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June 2018



Huntsville Chapter
Military Officers Association of America

The Sentinel

Huntsvillemoaa.org



PRESIDENT'S MESSAGE Col Gerald C. Maxwell, USAFR



Fellow Members -

Summer begins soon, with many things to do. Travel to the beach, the mountains, or anywhere in between. Fire up the grill for a cookout, or just sit by the pool. It's also a time to remember those who gave us the opportunity to enjoy these things. We celebrated Memorial Day recently. More than just a day – we should remember those who sacrificed for us throughout the year.

The Chapter is once again supporting the annual BBQ at the Tut Fann veterans home on 9 June. Several volunteers are needed to help serve food. Everyone is invited to stop by and visit with some of the resident heroes. They will appreciate the company, and you'll get a free BBQ lunch.

The Chapter presented \$10,000 in merit awards at the 2018 Community Assistance and Merit Award Ceremony held on 8 May at the Summit Club. The awardees had amazing academic and extra-curricular credentials, and will no doubt go on to make major contributions to our country. Our annual Scholarship Golf Tournament makes this possible. This year, the tournament will be held on Thursday, 20 September, at The Links at Redstone. Contact either Bruce Robinson or Rick West to volunteer and/or play.

There are no membership meetings in June or July. We resume on 29 August, and our guest speaker will be Congressman Mo Brooks. The Congressman is up for re-election, and he always provides us with Washington insight and political candor.

Speaking of elections, the Chapter will be electing a new slate of officers at the end of the year. A Nominating Committee will be stood up next month to identify candidates. If you are interested in serving in one of the officer positions, please contact Charles Clements or Bruce Robinson for more information.

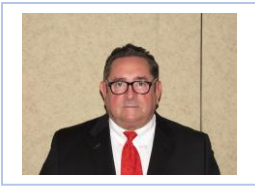
Gerald Maxwell

Get Involved!

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Note: National MOAA and the Huntsville Chapter are non-partisan organizations



Legislative Corner

Lt Col Charles Clements, USAF-Ret



**Take
Action**

→ <http://www.moaa.org/takeaction/>

“All politics is local.” VOTE! VOTE! VOTE!

We are less than a month away from the Alabama primary election scheduled for June 5th. The ballot is too extensive to list all the offices and candidates in this article. However, if you go to our website at <http://huntsvillemoaa.org/legislative0.aspx> you will see a detailed list of candidates for Northern Alabama offices as well as state-wide offices. This is a means for you to investigate the candidates for offices that affect you before the mudslinging on TV begins.

But does one go about researching candidates? TV ads and mail fliers provide limited information. Consider these five ways:

- Explore candidates’ websites and read where they say they stand on issues that are important to you.
- For an incumbent in the U. S. House, go to www.congress.gov to find out how he or she voted on bills, their roles and activities in Congress and how to contact them. The Alabama Legislature offers www.legislative.state.al.us. This website provides a lot of information, but if you are interested in how you representative or senator voted you need to have the bill number and be prepared to spend some time to dig out the information you are seeking.
- Attend the candidates’ town hall meetings, informal coffees or other neighborhood appearances. Some candidates have telephone or on-line tele-hall meetings as well.
- Call or visit the campaign office. Ask to speak to the candidate or his or her representative to get your question answered.
- Check the candidates’ answers. [Www.factcheck.org](http://www.factcheck.org) run by the University of Pennsylvania monitors the accuracy of statements made by candidates. Another source is www.politifact.com operated by the nonprofit Poynter Institute.

But what if you are out of town on Election Day? Have you applied for an absentee ballot? If not, then go to

Continued on page 8

2017-2018 GOVERNING BOARD

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President: Col Gerald C. Maxwell, USAFR, 256-606-5282, gerald.c.maxwell@nasa.gov

1st Vice President: CAPT Richard C. West, USN-Ret, 256-776-6901, rickw675@att.net

2nd Vice President: Lt Col Charles T. Clements, USAF-Ret, 850-496-6089, ctcbama76@gmail.com

Secretary: Lt Col Charles T. Clements, USAF-Ret, 850-496-6089, ctcbama76@gmail.com (temporary)

Treasurer: CAPT Richard C. West, USN-Ret, 256-776-6901, rickw675@att.net

Army Representative: COL James D. Treadway, USA-Ret, 256-859-1484, jreadway51@mchsi.com

Navy Representative: CW4 Louis J. Kubik, USMC-Ret, 256-859-3054, lkubik@mediacombb.net

Air Force Representative: Col Edward L. Uher, USAF-Ret, 256-882-6824, bged992K@aol.com

Immediate Past President: Lt Col Charles T. Clements, USAF-Ret, 256-450-3610, ctcbama76@gmail.com

Second Past President: MAJ Bruce T. Robinson, USA-Ret, 256-426-0525, brucer76@knology.net

STANDING COMMITTEES

Membership: CDR Christine Downing, USN-Ret, 256-828-9740, cdowning@bellsouth.net

Programs: COL James D. Treadway, USA-Ret, 256-859-1484, jreadway51@mchsi.com

Legislative Affairs: Lt Col Charles T. Clements, USAF-Ret, 256-450-3610, ctcbama76@gmail.com

Personal Affairs: Lt Col Gerald Haynes, USAF-Ret, 256-882-7857, jerry15@hiwaay.net

Public Affairs (Publicity): CDR John Inman, 256-425-8022, inman331@msn.com

Historian: Vacant

Auxiliary Liaison: Mrs. Jan Camp, 256-464-8622, janetecamp@aol.com

Chapter Hospitality: Mrs. Carrie Hightower, 256-882-3992

Constitution and By-Laws: CAPT Richard C. West, USN-Ret, 256-776-6901, rickw675@att.net

Chapter Chaplain: CH (LTC) Bert E. Wiggers, AUS-Ret, 256-617-0055, chbwig@gmail.com

Commissary & Post Exchange: Col Gerald C. Maxwell, USAFR, 256-606-5282, gerald.c.maxwell@nasa.gov

FAHC Liaison: MAJ Bruce T. Robinson, USA-Ret, 256-426-0525, brucer76@knology.net

Golf: MAJ Bruce T. Robinson, USA-Ret, 256-426-0525, brucer76@knology.net

ROTC: Lt Col Charles T. Clements, USAF-Ret, 850-496-6089, ctcbama76@gmail.com

TOPS: MAJ Bruce T. Robinson, USA-Ret, 256-426-0525, brucer76@knology.net

The SENTINEL Editor: MAJ Bruce T. Robinson, USA-Ret, 256-426-0525, brucer76@knology.net

LIFE MEMBERSHIP TRUST

COL John Fairlamb, USA-Ret, 256-539-0161, fairlambjrf@comcast.net (June 2017)

MAJ Monte C. Washburn, USA-Ret, 256-301-5457, monte.washburn@heartlandits.com (July 2018)

LTC John C. Franks, USA-Ret, 703-489-2701, john.franks@ingenuityinc.net (July 2016)



PX / Commissary
Col Gerald C. Maxwell, USAFR



Main Exchange

A new manager is coming to your Redstone Exchange. Arriving sometime in June from Ft. Sill, Oklahoma is Ms. Teresa Palu.

There are still a few garden and flowering plants remaining outside the Exchange. They are 20% off – get some while they last!

June is grilling month! Stop by Outdoor Living and treat yourself to a new grill this year. And don't forget that Father's Day coming up. Clothes, computers, TV's, lawn equipment, and of course grills will all be on sale for Dad.

Also, it's not too early to start thinking about sending the kids back to school. Watch for back to school specials and sales in the coming months.

Shopette

Create a one-of-a-kind gift with an engraved bottle of Gentleman Jack. The engraver will be at your Shopette on Goss Road sometime in late June.

The Pre-4th of July Tent Sale is scheduled for 28-30 June. The tent is usually open each day from 0900-1700. Come early for best selection of all your summer favorites.

Special hours will be in effect for the July 4th holiday.

Commissary

Check out the meat department at your commissary. Everything you require for grilling is there, plus all the foil, sauces, sides, spices, and any other accoutrements to make you king or queen of the grill. Also, look for upcoming 4th of July grilling and outdoor specials!

Check out the bulk sales section in the middle of the store. They have a wide variety of bulk-type items ala Costco. Plus, a huge selection of drinks for your summer activities.

Increase your saving with coupons. Go to <http://www.commissaries.com> and check out the rewards, recipes, sales, and general commissary information throughout the world. Plus, don't forget that your STAR card is now accepted at your commissary for even more rewards!

Need Addresses

None this month

We have lost track of the above member. If you know their whereabouts, please have them contact Chris Downing at 256-828-9740 to update their addresses.

Concerns

This month the following people were reported as being ill or recuperating and need our support and prayers:

None this month

Persons to contact are:

Army Representative:
COL James D. Treadway
 256-859-1484
jtreadway51@mchsi.com

Navy/USMC Representative:
CW4 Louis J. Kubik
 256-859-3054
lkubik@mediacombb.net

Air Force Representative:
Col Edward L. Uher
 256-882-6824,
biged992K@aol.com

Personal Affairs Officer
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Fox Army Health Center

MAJ Bruce T. Robinson, USA-Ret



Smoke Free Campus coming to Fox

Fox Army Health Center will soon be a tobacco free medical campus. An Army Medical Command directive requires that all medical treatment facilities promote tobacco free living throughout the entire medical campus. The change, which goes into effect June 1 at Fox, will include the parking lot, as well as the jogging trail, and applies to both employees and beneficiaries.

“We’re excited. This is a great opportunity to help us help patients help themselves,” Fox Army Health Center Commander Col. Michael Oshiki said. “We know the effects of secondhand smoke are significant, on kids, as well as adults, so we’re freeing the workplace from any secondhand smoke.”

For those smokers who will be impacted by the change, there is help. Fox’s Wellness Clinic continues to offer a tobacco cessation program, open to all active duty, active duty family members, Tricare Prime/non-prime beneficiaries and current Redstone Arsenal Department of Defense/Department of the Army civilians.

“We’re not just saying, ‘Good luck with that,’ we’re saying, ‘Let us help you do something that’s good for you as a patient, and as a person, for your health,’” Oshiki said. “We want to help you. The single best thing anyone can do for their health, if they’re a smoker, is to quit smoking. The effects on the body that go along with smoking – the increased risk for cardiovascular disease, for stroke, for lung cancer, the effects on the kidneys, for women of childbearing age – the birth defects that go along with smoking – we can reduce those risks by quitting.”

The program, which runs 12 weeks, includes five classes, one-on-one support and free tobacco cessation medication. One of the most effective ways to quit smoking is through both counseling and medication, according to the Centers for Disease Control.

“A lot of people come in and think, ‘If I just have the medication then that’s the fix. The medication is going to stop me from smoking,’” Dr. Minnetta Williams, chief of Fox’s Wellness Clinic, said. “One of the big pieces we have to make sure we’re teaching throughout the class is it’s more than the medication, there’s a behavioral component there. We’ve got to change the behavior. The medicine is just there to guide them through that process of change.”

Class topics include: determining commitment, symptoms of recovery, stress mastery, relapse prevention and coping strategies. The classes are held from 11:30 a.m. to 12:30 p.m. the first five Tuesdays of the program, and then participants follow up individually with nurse educators at two-week intervals and are also checked in on at the 3-month, 6-month, 9-month and 1-year mark.

“The hardest part for them is changing the behavior, so that’s our goal, is to give them ideas of what their triggers might be so that they’re prepared for when those urges come, then they’ll have tools available in order to overcome the urge, instead of falling back into the same habit,” said Mary Bouldin, nurse educator. The success rate for the program is 44 percent. While that may not seem like a lot, the national average is 31.2 percent.

“Many people try and quit multiple times,” Bouldin said. “The first time they may not be successful. We have several people who have come through the program maybe three times, and that’s the charm. It’s a difficult process. Behavioral change is difficult. Any time you try to change a habit you’ve established, one you’ve had for years, it’s really difficult, and when you add the physical addiction to nicotine, it makes it ever harder.” For more information about the Tobacco Cessation Program, call 955-8888 ext. 1440.

Ready to Give Up the Smoking and Start Feeling Better?

Did you know that [7 out of 10 cigarette smokers](#) want to quit smoking? Ask yourself, if you were to quit smoking today, in what ways would your life be better?

Many people say that cigarettes help them deal with stress and are good for when they are bored. For many smokers though, the smell of stale tobacco on your clothes, the cost, the hassle of finding a place to smoke and of course, wondering whether you'll get cancer because of your smoking, can often persuade smokers that it's time for a change.

If you are thinking it might be your time to quit, we'd like to help.

Did you know that research, published in the journal of *Tobacco Control*, has shown that combining nicotine replacement therapy and counseling is more effective in helping smokers quit than just using nicotine replacement therapy alone? Smokers who used nicotine replacement therapy and received telephone counseling were three times more likely to successfully quit smoking and stay quit at a 6-month follow-up.

The [Freedom Quitline](#) is grant funded by the National Institutes of Health, in cooperation with the University of Virginia and the Department of Defense. The [Freedom Quitline](#) offers free care to all [TRICARE beneficiaries](#). It provides free nicotine replacement treatment mailed directly to your home, plus personalized telephone counseling to maximize your chances of success.

Imagine a tobacco free life. If you or someone you know is interested in quitting cigarette smoking, call the [Freedom Quitline](#) at 1-844-I-AM-FREE (1-844-426-3733).

This article was provided by Freedom Quitline. For additional resources to help you quit smoking, check out the [TRICARE Tobacco Cessation Program fact sheet](#).

COL Marvin J. Harris Communications Award

The Chapter has won the 5-star Communications Award for 2017 for both website and newsletter. This is the sixth year in a row for both. Congratulations to our webmaster Rick West, and to our newsletter editor Bruce Robinson.



COMMUNICATION



Surviving Spouse's Luncheon

Mrs. Carrie Hightower
256-882-3992

Our May luncheon had to be cancelled. We will try again in June

We will gather on Thursday, 21 June at 11 AM.
This month's restaurant is Cheddars, 6175 University Drive, Huntsville, Alabama 35806
Phone is 256-971-2000.

There will be no luncheons in July or August – enjoy your summer. We will resume again in September.

Surviving Spouse Corner: Building a New Social Life

How do you fill the void in your life after you lose your spouse? Here are some ideas to help you become the outgoing person you once were.

- If you don't have to relocate, it could be possible to rely on your family and friends for a while. Your family members have suffered a loss as well. Try to brighten their days. You could meet for lunch or bring a salad or dessert to share a meal.
- If you have grandchildren who have school programs or sporting events, you can attend and be there for them. Perhaps, their school needs volunteers or mentors.
- Maybe your church sponsors a grief support group. Listening to speakers and sharing with others might help you process your loss.
- Calling another widow or widower and inviting them to a MOAA meeting will help both of you keep that connection to military life. Offer to help. You could represent surviving spouses if that position is not filled.
- Volunteering to help at your church or for a community function will bring you as much reward as you will give to others. Every group needs new faces and willing hands.
- Try something you haven't done before. I became a docent at our Fine Arts Center. I loved touring visitors of all ages. For many children, this was their only exposure to art. Also, other docents became my new friends.
- Use your work-related skills. I volunteered to teach a life story writing class at the nonprofit in my community. That brought a group of strangers together who became new friends as they shared their amazing life stories.
- Discover a new talent. I moved this summer and joined the drama club at the senior center. I hoped to find people who wanted to attend plays. Instead, I learned the club was producing the *Fall Follies*. All of a sudden, I had bit parts in three skits and the opening and closing numbers. We closed with a Salute to Veterans, which moved the audience to come to their feet!
- Spread cheer by visiting residents in a nursing home. A friend in Florida makes bouquets from her garden and brings them to residents.
- Consider getting a dog. It will need to be fed, walked, and loved. I guarantee that you will be visiting with other dog owners on your daily walks.



Chaplain's Corner CH (LTC) Bert Wiggers, AUS-Ret

MIND

According to an October 29, 1994, story from the Reuters news agency, a Chinese woman named Zhang Meihua began to suffer mysterious symptoms when she turned twenty. She was losing the ability to nimbly move her legs and arms. Doctors could not find the cause, and the symptoms continued.

Two decades passed, and Zhang began to also suffer from chronic headaches. Again, she sought help from the doctors. This time a CAT scan and an X ray found the source of the woman's mysterious symptoms. A rusty pin was lodged in her head. The head of the pin was outside the skull, and the shaft penetrated into her brain. Doctors performed surgery and successfully extracted the pin.

The Xinhua news agency reported the doctors expressed amazement that the woman "could live for so long a time with a rusty pin stuck in her brain." After noting the position of the pin in her skull, they speculated that the pin had entered her skull sometime soon after birth and before her skull had hardened. Zhang now fully recovered, said she "had no memory of being pierced by a pin in the head."

Like the rusty pin in that woman's brain, unwholesome thoughts, bad attitudes, and painful memories can lodge in our minds and cause chronic problems. That is why God tells us to renew our minds.

"And do not be conformed to this world, but be transformed by the renewing of your mind, that you may prove what is good and acceptable and the perfect will of God (Romans 2, NKJV).



Legislative – continued from page 3

www.madisoncountylvotes.com to apply. There are deadlines coming up. You have until 21 May 2018 to register to vote; 31 May 2018 is the deadline for applying for an absentee ballot as well as the last day to cast an absentee ballot in person; and 4 June 2018 is the last day to have an absentee ballot postmarked.

As always, please take time to look at <http://takeaction.moaa.org>. The National Headquarters of MOAA has outlined action items they think are important to active duty force as well as those who have served, including you. On the MOAA webpage each action item is presented in the following format: Who is Affected; The Issue; and The Remedy. III

Best Cult Films About the Vietnam War

- **The Boys in Company C (1978):** A solid but obscure example of the from-basic-to-battle narrative.
- **The Siege of Firebase Gloria (1989):** A crusty senior enlisted man defending a besieged firebase during the 1968 Tet Offensive.
- **The Hanoi Hilton (1987):** A gritty look into an especially dark corner of 'Nam.
- **Go Tell the Spartans (1978):** Burt Lancaster as the commander of an Army unit facing a certain-death mission.
- **Tribes (1970):** Made-for-TV movie tells the story of a hippie draftee and the Marine Corps drill instructor charged with turning the pacifist into a warrior.

Chapter Happenings



April Membership Meeting – Guest Speaker Ms. Brandi Medina from the Alzheimer’s Association



Chapter President Gerald Maxwell with some of the winners at the Merit Awards Ceremony



HCMOAA Treasurer's Report April 2018

Submitted by CAPT Richard C. West, USN (Ret.)

1. The April 2018 Treasurer's Report is presented herein. It will be presented to the membership for approval at the May 2018 Membership meeting.

2. Monthly Summary:

	Operating Funds	Savings	Scholarship Fund
Starting Balance	\$ 6919.55	\$ 7999.73	\$ 4197.86
Income	\$ 894.00	\$ 0.20	\$ 0.00
Expenses	\$ 880.80	\$ 0.00	\$ 3.00
Ending Balance	\$ 6932.75	\$ 7999.93	\$ 4194.86

3. Notable income included individual dues, Sentinel advertising and payments for membership meeting meals.

4. Notable expenses included Sentinel (printing and mailing), Gold Bar ceremony purchases (frames and bars) and payments for guest speaker and membership meeting meals.

5. Chapter savings account activity was limited to interest.

6. Scholarship Fund checking account activity was limited to account online view fee.

7. The Chapter holds an \$8000 (current value: \$8153.46) Certificate of Deposit with Renasant Bank for reserve funding and advance dues payment protection.

Scholarship Fund

The Chapter has an active scholarship program. In conjunction with the RSA Military & Civilians' Club, we issue scholarships each year to deserving students. Please consider donating to our program.

Contact Rick West at rickw675@att.net or 256.776.6901 for details.

Scholarship Fund Donations Received During May 2018

NONE

Total received for May: \$0
Total received FY18 to date: \$520



**WELCOME NEW MEMBERS TO
HUNTSVILLE CHAPTER MOAA**

LCDR Aaron Freymiller, USN

Membership Statistics

Total Members: 383
Regular Members: 318
Surviving Spouses: 65

New this month: 1
Deaths this month: 4
Renewals: 4

MEMORIALS

If you would like to send a memorial contribution to the Huntsville Chapter MOAA, please send the following information along with your check to: Memorials, HCMOAA, P.O. Box 1301, Huntsville, AL 35807

In memory of:

MAJ Raymond Weinberg

By: COL Hal Hicks

**Board Member Position
Open**

We have an opening on the board for a Secretary. The position is currently being filled on an interim basis.

The Secretary's duties mainly are to take minutes at the board and membership meetings to document the proceedings.

If you are interested in serving as Secretary, contact any board member.



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Huntsville Chapter
Military Officers Association of America
P.O. Box 1301
Huntsville, AL 35807



Membership Application or Renewal Confirmation
Yes! I'd like to add my voice to the Huntsville Chapter

_____ New _____ One Year \$10*
_____ Renewal _____ Two Years \$20
_____ Three Years \$30

If New, how did you hear about us?

_____ MOAA National
_____ Local event
_____ Letter / e-mail from HCMOAA
_____ HCMOAA website
_____ Friend / acquaintance
_____ Other (Please explain _____)

Interested in a Chapter Life Membership
Contact us for pricing (age-based)

*\$5 for New Members joining between 7/1 to 11/1

New Members joining after 11/1 will have membership paid through following calendar year

_____ First Name MI Last Name
_____ Preferred Name Birthday Spouse's Name Period(s) of Active Duty
i.e. 1965 – 1990
_____ Grade Branch of Service MOAA National Member #
_____ Active Retired NG Former Officer Reserve Surviving Spouse
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30 Birthdays in June

CPT Rene E Lemieux, USA
Mrs Miriam Murphy
LTC Dale M Stevens, USA
LTC Johnnie L Bone Jr, USA
CDR Rudolph M Ohme, USN
COL Michael A Roddy, USA
MAJ John F Wilson Jr, USA
Capt Kenneth E Shepard, USAF
COL Tom L Albertson, USA
COL John A Olshefski, USA
CWO Richard C Demming, USA
LTC James M Ivy IV, USA
Mrs Virginia K Wagner
LTC William L Brigadier, USA
CW4 William W Wright, USA

Mrs Helen J Kolankiewicz
LTC Stephen D Rice, USA
MAJ Michael V Tallman, USA
CAPT William L Howard, USN
CPT Vernon K Sutter, USA
Mrs Florence L Garman
CW3 Lewis F Spencer Jr, USA
Mrs Lois J Wendt
Col Charles R Rice, USAF
CDR Robert P Rolf, USN
CW4 Aniceto I Bagley, USA
MAJ Sherrill T Chaffin, USA
Col Bernard S Morgan Jr, USAF
Mrs Nora Taylor
LTC Gary R Young, USA

If we missed your birthday, it's because we don't have it on file. Please e-mail your birth date to MAJ Bruce Robinson at brucer76@knology.net so it can be included in future newsletters. Thank you.

The Golf Committee Needs You

It's that time again. Initial planning is underway for the 2018 Scholarship Golf Tournament. You don't need to know anything about golf or commit an excessive amount of time – you can volunteer as much or as little as you see fit. The following are some of the ways you can help:

- When you visit a local merchant, ask them if they could donate any goods or services
- Recommend businesses that we can approach to be sponsors
- Spread the word about the tournament to any golfers that you know
- Set aside some time on tournament day to help out at the course – just an hour or two
- Join the golf committee – we meet monthly over lunch at the Redstone golf course



If interested, or to find out more, contact Bruce Robinson, brucer76@knology.net or 256-426-0525



TAPS

*Our deepest sympathy and prayers are extended
to the families and friends of:*

Doris Smith Prince of Huntsville died Saturday, April 21, 2018. She was predeceased by her husband, Colonel Ivan Ross Prince, brother, Lewis Dal, and her twin sister, Janis Smith Batty. Survivors include her son, John Ross Prince of Huntsville; and brother-in-law, Frank Richard Batty of Huntsville. Mrs. Prince was a member of First United Methodist Church of Huntsville. A graveside service was held at 11 a.m. Friday, April 27, 2018 at Maple Hill Cemetery with Dr. Glenn Conner and the Rev. Coy Hallmark officiating.

LTC Ronald Howard Bynum, USA-Ret, age 87, born to the parents of Leonard and Sally Bynum on March 29, 1931 and passed away on April 28, 2018. Mr. Bynum was a Retired Lieutenant Colonel with the United States Army.

He is survived by his son, John H. Bynum; daughter, Stacia A. Bynum Bradley (Mike); grandsons, Jonathan M. and Jeremy H. Bradley and Granddaughter, Jenna E. Bradley Dendy. He was the best son, husband, father and grandfather in the world and his biggest joy was his family. Ronald's family and friends have nothing but great love and memories of him and he will be missed. Until we meet again! God is good, all the time.

Visitation was held on Thursday, May 3, 2018 from 1:00pm until 2:00pm with Funeral Services to follow at 2:00pm at Gurley Cumberland Presbyterian Church, with Pastor Toy Brindley officiating. Entombment will follow at Valhalla Memory Gardens - Chapel of Peace Mausoleum.

MAJ Raymond Weinberg, USA-Ret, of Huntsville, AL, 88, passed away April 26, 2018. He is survived by his wife, Kathleen Jeanette Weinberg and his three children, Paul C. Weinberg, Nina Lawles and her husband Bobby, and Allan J. Weinberg and his wife Lois Anne, 18 grandchildren and 30 great-grandchildren.

Raymond was born in Los Angeles, CA and was drafted into the Army in 1951. Raymond was stationed at several military bases throughout his military career i.e. Ft. Ord, CA; Ft. Bliss, TX; Vicenza, Italy; Ft. Sill, OK; Babenhausen-Ober-Amergau, Germany; Frankfurt, Germany; Ft. Monmouth, NJ; Ft. Gordon, GA; as well as serving during the Korean and Vietnam conflict. He also attended all missile firings at White Sands NM and supported the setup of the sub-orbital flight of Astronauts Shepard and Glenn. After more than 20 years of military service, he retired from the Army at Redstone Arsenal.

Upon entering civilian life, he was hired as a technical representative by an Atlanta company that serviced computers and printers. Later he became Director of Maintenance for Huntsville City Schools. Raymond was also a past president of the Huntsville Chapter of MOAA. He fully retired in 1988.

Ray's passion for bowling led him to become a certified coach for Youth Bowling in Huntsville. He established the bowling venue in the Alabama State Games known as The Sports Festival. He was inducted into the Huntsville Bowling Association Hall of Fame and subsequently into the Alabama State Bowling Association Hall of Fame

Visitation was held Friday May 4, 2018 from 6:00 – 8:00 pm at Hazel Green Funeral Home. Funeral services were held Saturday May 5, 2018 at 11:00 am at the funeral home with Rev. Dr. Robert B. Hurst and Col. Henry B. Miller (Ret) officiating. Burial will be with full Military Honors at Concord Cemetery in New Market, AL. Hazel Green Funeral Home is honored to serve the family.

Continued on next page

COL Wayne D. Miller, USA-Ret, age 89, a resident of Huntsville since 1973, died Sunday, May 13, 2018. He was born, a Yankee, in Newburgh, New York to Gustav and Mildred Seebeck Miller. He attended Cornwall High School, Cornwall, N.Y. and entered the United States Military Academy, West Point in 1947. While at West Point he played varsity soccer and ice hockey. He graduated in 1951 and was assigned to the Field Artillery Branch.

After attending schools at Fort Sill and Fort Benning (Airborne Training) he was assigned to the Division Artillery in the 82nd Airborne Division. In 1952, he received orders to the war zone in Korea, and was assigned to the Division Artillery of the 7th Infantry Division where, for a time, he was the Artillery Liaison Officer to the 31st Infantry Regiment Commander. During this time the regiment was involved in the Battle of Pork Chop Hill. During his career he commanded a Field Artillery Battery (Korea), a SKYSWEEPER Air Defense Battery (Air Base in South Dakota), and a HAWK Air Defense Battalion (later in Korea). In between commands and staff assignments, he attended progressively higher-level schools to include: three times at Artillery Schools; the Command and Staff College, the Armed Forces Staff College, the University of Southern California (MS in ME), and the non-resident course at the Army War College.

In 1957, he thoroughly enjoyed a tour as an instructor at West Point in the Department of Military Topography and Graphics. Prized staff assignments included: a tour in the Pentagon in the Office of the Chief of Research and Development, where he was the Military Assistant to the Chief Scientist of the Army and, at the same time, the Executive Secretary of the Army Scientific Panel. He also had a tour of the international staff at SHAPE, France, the Military Headquarters for the NATO Military Command. A third staff assignment was as the Director of the War Games Facility in the Combined Arms Combat Development Command at Ft. Leavenworth. His final assignment was as the Director of the SAFEGUARD Project Office, in the Ballistic Missile Systems Defense Command.

After retirement from the Army in 1976, he worked for Intergraph Corporation in various positions, and retired again in 1986. Retirement for Wayne was not a "kick back" and relax situation. He traveled with Friendship Force International and visited New Zealand, Australia, Japan, Brazil, Costa Rica, Canada, Netherlands, England, Ireland, and France. Other trips were to Mexico, Germany, Belgium, Spain, Italy, Switzerland, Korea, and China. When not traveling, he tutored in the Adult Education Program in Huntsville, and taught Woodcarving classes for over 20 years. He was a past President of the Huntsville Chapter AUSA, and the North Alabama Woodcarving Association (NAWA). He was a life member of AUSA, NAUS, and KWVA (Korean War Veterans). He was a deacon and Elder in Faith Presbyterian Church since 1975. When his children were younger, he enjoyed coaching youth soccer and basketball. He enjoyed woodcarving, designing and building, camping, and family activities. He always tried to do the right thing. He loved people and lived with a smile on his face and a kind word for everyone.

This gentle, cheerful, patient, caring man is missed by all whose lives he touched. He was preceded in death by his first wife of 33 years, Alice Weir Miller, and his oldest daughter, Linda Miller Scott. He is survived by his wife of 33 years, Charlotte Upton Miller; one sister, Janice Vizino; one brother, Warren Miller; two daughters, Lori Tweedel and Robin Powell; a son, Jeff; one stepson, Monte Shearer; and one stepdaughter, Elaina Shearer Marshall of Nashville; 13 grandchildren; and eight great-grandchildren. Visitation was held from 1 to 3 p.m. Sunday, May 20, 2018, at Faith Presbyterian Church. The funeral service will follow at the church with Dr. Tom Lovell officiating.

Gone but not forgotten for their dedicated support and service to our Country. We will miss these outstanding Leaders and Patriots.

Assess Your Mental Wellness

You likely spend time and energy on improving your physical health. Do you do the same when it comes to your mental health? Similar to physical health, mental health requires regular care. Mental health is as critical as physical health to mission readiness. Therefore, it's just as important to invest in your mental health as it is your physical health. TRICARE provides [mental health services](#) for you and your family at all times, but especially during times of stress, depression, grief, anxiety or mental health crisis.

Mental health encompasses the well-being of mind, body and spirit, and contributes to overall health and resilience. You can improve your mental health, and we've highlighted some of the ways how in this month's [TRICARE monthly tips](#). Start by striving to:

- Exercise regularly
- Eat nutritious foods
- Get adequate sleep
- Maintain social connections
- Practice destressing techniques (like yoga, meditation and breathing)

If mental health concerns start to interfere with your daily life, [seek help](#). Mental health treatment works and recovery is possible. Pursuing mental health support will not end your career. In fact, it's a sign of strength.

TRICARE covers medically and psychologically necessary mental health and substance use disorder care. This includes both inpatient and outpatient care. Services include psychotherapy, prescription medication, psychiatric treatment and more. You can learn more about [covered treatments](#) online.

If you or someone you know has suicidal thoughts, call the [Military Crisis Line](#) at **1-800-273-8255** and press 1, text **838255**, or confidentially [chat online](#) with a Military Crisis Line counselor.

Learn more about the [TRICARE mental health coverage](#) and check out the [TRICARE monthly tips](#) on the [Healthy Living](#) page for ways to take care of your mental health. You can also download the "Mental Health and Substance Use Disorder Services" fact sheet from the [TRICARE Publications](#) page. Take command of your physical and mental health with TRICARE this year.

Chapter Trip being Planned

The Chapter is planning a trip to the hills of Tennessee for some whiskey distillery tours and tastings.

The tour company, Whiskey Bent Tours, is a family owned company dedicated to making your travel experience fun, educational and stress-free. Take a seat and relax while they drive you around the rolling hills of Tennessee. They will stop and visit four neighboring distilleries and venues where you will enjoy taste testing, tours, stories and the history of the making.

A maximum of 14 people will be picked up and returned to Huntsville in a small bus. The tour will stop for lunch in Lynchburg. Possible venues include: Jack Daniels, George Dickel, Lynchburg Winery, Southern Pride and Pritchard's. The cost will be about \$120 per person and includes a souvenir T-shirt. We are looking at 21 or 28 July.

Intrigued? Please send Bruce Robinson an e-mail (brucer76@knology.net) so we can start to gauge the interest.

TRICARE Retiree Dental Plan is Ending

If you're here, you've probably already heard that on December 31, 2018, the Defense Health Agency's TRICARE Retiree Dental Program (TRDP) will end. Don't worry! You can enroll in dental coverage for next year, effective January 1, 2019, but it will be under a different program, the Federal Employees Dental and Vision Insurance Program (FEDVIP), offered by the U.S. Office of Personnel Management (OPM).

Vision coverage is also available to you for the first time under FEDVIP. Retirees and their families, who were eligible for TRDP, and family members of active duty service men and women, will now be eligible to enroll in a FEDVIP vision plan, if enrolled in a TRICARE health plan.

You don't need to take action yet. However, if you would like dental and/or vision coverage next year, effective January 1, 2019, you must select and enroll in a FEDVIP plan during the next Federal Benefits Open Season. Open season is your annual opportunity to sign up for FEDVIP, and this year it runs from November 12 through December 10, 2018. **Note:** If you're currently enrolled in a TRDP plan, you will not be automatically enrolled in a FEDVIP plan for 2019. You must enroll during open season.

FEDVIP is popular among Federal employees. The more than 3.3 million people already enrolled give the program high marks for quality and value. With 10 dental and four vision carriers to choose from, and some plans offering both high and standard options, FEDVIP offers great flexibility when selecting the right coverage for you and your family.

FEDVIP dental plans

- Aetna Dental®
- Delta Dental®
- Dominion Dental®
- EmblemHealth®
- FEP BlueDental®
- GEHA®
- Humana
- MetLife
- Triple-S Salud®
- United Concordia Dental®



**Federal Employee Dental & Vision
Insurance Plans**

FEDVIP vision plans

- Aetna Vision®
- FEP BlueVision®
- UnitedHealthcare Vision
- VSP Vision Care®

Huntsville Chapter Objectives

- Promote the aims of the national MOAA organization
- Further the legislative and other objectives of MOAA through grassroots activity
- Foster fraternal relationships among retired, active and former officers of the uniformed services
- Maintain liaison and a positive relationship with the Redstone Arsenal Garrison and other military commands in the Northern Alabama area
- Provide a social venue for members to meet periodically and enjoy fellowship with people of similar interests and backgrounds
- Promote and assist worthy community activities
- Provide useful services and information for members and their dependents and survivors
- Provide representation to the Alabama Council of Chapters of MOAA
- Provide representation to the Northern Alabama Veterans and Fraternal Organizations Coalition
- Protect the rights and interests of service retirees and active duty military members in matters of state legislation through the Alabama Council of Chapters

Benefits of Membership

We are the largest of the 13 chapters in Alabama and have about 450 members. We have been recognized by National MOAA for the last four years with Level of Excellence awards. We provide grassroots support for issues that affect us and are active in both the Redstone Arsenal and Madison County communities. Why should you join our chapter? This is what we do, and what's in it for you:

- Partnership with Redstone Arsenal agencies – Fox Army Health Clinic, Army Community Service, MWR, PX/Commissary, Military Retiree Council
- Membership in the North Alabama Veterans and Fraternal Organizations Coalition (NAVFOC) – plugged in to the larger Veterans associations “big picture”
- Recognizing leadership – JROTC/ROTC awards and “gold bar” ceremonies
- Recognizing potential – Scholarship Awards program with the Redstone Arsenal Military and Civilians Club
- Community service/relations – annual Tut Fann Veterans Home BBQ, Memorial Day wreath laying ceremony, Veterans Day parade and events, Retiree Appreciation Day
- Camaraderie – Monthly meetings & breakfasts, parties, golf tournament
- Information – Monthly newsletter, web site, Personal Affairs, guest speakers
- Legislative action – grassroots activities, support for National MOAA agenda
- Venue for getting involved

Please visit our award-winning chapter website at <http://huntsvillemoaa.org> where you can find out more about chapter activities.

Attention Members

One of the best sources of income for the Chapter comes from advertisements like the ones in this newsletter. You are the best resource for identifying potential advertisers. The next time you go out to dinner, or to shop, or to get a haircut, or to get your car fixed – ask the business manager if they would consider advertising. Let them know that the newsletter reaches our 400+ members each month. All they can say is “no”.

If they are interested or desire more information, please let Bruce Robinson know, and he will follow up with them. His contact information is brucer76@knology.net or 256-426-0525.

Important Dates in June

- 4 June – Rome liberated by the US 5th Army (1944)
- 4 June – Chinese troops fire on unarmed protestors in Tiananmen square (1989)
- 5 June – Alabama primary election
- 5 June – Robert Kennedy assassinated in Los Angeles (1968)
- 6 June – D-Day (1944)
- 9 June – The British sign a 99-year lease for Hong Kong (1899)
- 9 June – Monthly Breakfast – Royal Rose Diner**
- 9 June – Tut Fann Veterans Home BBQ**
- 11 June – Soviet military occupation of East Germany ends (1994)
- 12 June – The Philippines declare independence from Spain (1898)
- 13 June - The New York Times published the Pentagon papers (1971)
- 13 June – The Supreme Court ruled in *Miranda vs. Arizona*, leading to the Miranda warning (1966)
- 14 June – The Continental Army was established (1775)
- 14 June – Monthly Board Meeting – Java Café**
- 14 June – Flag Day
- 14 June – Univac I, the world’s first computer, was unveiled (1951)
- 15 June – The Magna Carta was signed (1215)
- 16 June – Soviet cosmonaut Valentina Tereshkova became the first woman in space (1963)
- 17 June – Watergate burglary (1972)
- 17 June – Father’s Day
- 18 June - Dr. Sally Ride became the first American woman in space (1983)
- 18 June – Napoleon defeated at Waterloo (1815)
- 19 June – Julius and Ethyl Rosenberg were executed for espionage (1953)
- 21 June – First day of summer
- 24 June – Berlin Blockade initiated (1948)
- 24 -30 June – Armed Forces Week activities
- 25 June – Custer’s Last Stand at the Little Bighorn (1876)
- 25 June – Korean War began (1950)
- 26 June – United Nations Charter signed (1945)
- 28 June – Archduke Franz Ferdinand assassinated, leading to World War I (1914)
- 28 June – Treaty of Versailles signed, ending World War I (1919)

Note: No Membership Meetings in June or July

