

Volume 57, Issue 3
March 2018



Huntsville Chapter
Military Officers Association of America

The Sentinel

Huntsvillemoaa.org



PRESIDENT'S MESSAGE Col Gerald C. Maxwell, USAFR



Fellow Members -

St. Patrick's Day is March 17th. St. Patrick wasn't Irish, wasn't a saint, and blue (not green) was the traditional color associated with the famed patron saint of Ireland. Given that Ireland is known as the Emerald Isle, green was adopted as the national color and appears on the Irish flag. The wearing of green on St. Patrick's Day became popular sometime in the 19th century and was a statement of solidarity with the Irish-American community, according to National Geographic.

YOU now have an opportunity to show solidarity. Our Chapter really needs your help. Yes, I know - similar statements last month. Yet the need is real, and it continues. Please consider volunteering some of your time and talents on one of the Chapter's various committees.

You can also help when you are out visiting the many businesses you routinely use. Ask the manager if he/she would like to advertise in the newsletter, or if they would donate goods and/or services towards the golf tournament. If you get a lead, contact Bruce Robinson at brucer76@knology.net or 256-426-0525, and he will follow up.

Finally, we welcome your input for potential guest speakers and Chapter trips. Recent trips have included viewing the total solar eclipse, the General Wheeler home, and the Jack Daniels Distillery (with a side trip to Mary Bobo's restaurant). Past speakers have included politicians (both local and state), General Officers, financial planners and even the Birdman. If you have an idea, contact any board member.

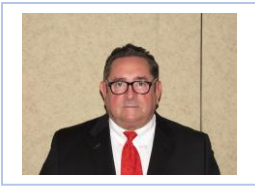
Gerald Maxwell

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.”

There is a special election set for 27 March to fill the seat for House of Representative District 21. This is the seat that opened as the result of the death of Representative Jim Patterson on 2 October last year. Democrat Terry Jones and Republican Rex Reynolds are on the ballot.

As of 21 February 2018, the Alabama legislature has been in session for over six weeks. So far 321 bills have been introduced in the state Senate and 430 bills have been introduced in the State House of Representatives. I will touch upon four.

A bill has been introduced Senator Arthur Orr and Representative Arnold Mooney to curb the wide use of civil asset forfeiture in Alabama. The legislation would abolish asset forfeiture in Alabama in the absence of a criminal conviction. The bill would also provide a clear, efficient mechanism for innocent property owners to challenge civil asset forfeiture and would require state agencies to report all seizures and release information regarding how forfeited proceeds are used. The bill would also require the property seized to go to the Alabama General Fund. Under current law cash seized at a drug bust goes to local law enforcement agencies.

Current Alabama law requires a couple to obtain a license to marry and then the license must be presented to an authorized “minister of the gospel” so a “solemnization” may be accomplished. Senator Greg Albritton has introduced a bill doing away with the need for a marriage license and the requirement for a religious ceremony is eliminated. The bill would require an affidavit or marriage certificate to be filed with the local county probate court.

A bill sponsored by Representative Nathaniel Ledbetter and Senator Steve Livingston would make owners of dogs that severely injure or kill people subject to felony charges. Under this bill if a dog that has been declared dangerous by a court later causes serious injury to a person, without provocation, the owner could be charged with a Class B felony—punishable by two to 20 years imprisonment. If a dog has not been declared dangerous causes a serious injury or death and the owner knew and recklessly disregarded the dog’s dangerous tendencies, the owner could be charged with a Class C felony—punishable by one to 10 years imprisonment.

Continued on page 7

2017-2018 GOVERNING BOARD

EXECUTIVE COMMITTEE

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

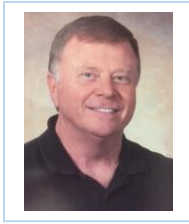
The SENTINEL Editor: MAJ Bruce T. Robinson, USA-Ret, 256-426-0525, brucer76@knology.net

LIFE MEMBERSHIP TRUST

COL John Fairlamb, USA-Ret, 256-539-0161, fairlambjr@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

Time for St. Patrick's Day savings at your Exchange! You will save plenty of green when you shop your Exchange. Be sure to always check the clearance section of each area in the store. Often the manager runs specials on clearance where the more you buy, the more you save!

Also, you get an additional savings when you use your STAR card. If you haven't gotten your STAR card yet, ask any Exchange employee or go to <http://www.shopmyexchange.com> and apply there. Don't forget the first day you use your STAR card – EVERYTHING is an ADDITIONAL 10% off! That includes sale items and fire arms. Plus, throughout the year, there are always STAR card exclusive specials and as always, you get 5 cents off per gallon at the Exchange gas pumps and sometimes even more with your STAR card.

As always shop early for best selection.

Shopette

Your Shopette has new lunch items! These include microwave ready quinoa meals in mango/roasted peppers, spicy jalapeno/roasted peppers, and basil pesto. Also new and distilled on the remote island of Islay (off the west coast of Scotland) is Bowmore Islay single malt Scotch whiskey. Not inexpensive, but you're worth it.

Less expensive but also worth it is the new Firefly sweet tea (vodka with natural flavors). Speaking of vodka, Eimad Island Reyka vodka is on sale - small batch hand crafted in Iceland. Also check out the nearby Stranahan's Colorado whiskey and Booker's uncut and unfiltered small batch bourbon. On the pricier side (but on sale) are Talisker and Lagavulin single malt Scotch whiskies.

Also new at your Shopette, craft micro beers! One is Rocket Republic brewing (One small sip for man one giant taste for mankind). Plus, a veteran owned, and operated microbrew called Props. They have Flying Coffin IPA, Blonde Bomber Ale, and Dos Pilotos Cerveza.

Plus, check out the wines of the month.

Commissary

New at the commissary - Juiceology (Live on the bright side) juices!

Continued on page 7

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



Flu Shot Prescribed to Defend Against Outbreak

Despite questions of its effectiveness, the best line of defense against the flu remains the flu vaccine, according to MAJ Simeon Smith, chief of Preventive Medicine at Fox Army Health Center.

“Come and get your flu shot now,” Smith said. “Across the nation there’s an increase in flu-like activities. In Alabama there have been 52 deaths. It’s serious this year. It is not a public health emergency yet, but it is getting there. Get the flu shot. Get the flu shot. Get the flu shot.”

Fox Army Health Center staff have given thousands of flu shots since the vaccination campaign began this season at Fox, but vaccines are still available for those who have not yet received their shot. Military members should go to the Blue Team; all other beneficiaries should go to their clinic or to the public health nurse at Fox.

“There’s a good reason for the amount of attention in the media over the current influenza outbreak, and the unfortunate fact is that it could get worse before it gets better. Everyone should get their flu shot if they’ve not had it, and anyone who is sick needs to stay home from work or school until they get better, said COL Oshiki, Commander Fox Army Health Center.”

The flu shot is particularly imperative for those who are at high risk for flu complications. That population includes adults age 65 and older, children younger than 5, pregnant women, those who are more than 100 pounds overweight, and those with chronic health complications such as asthma, diabetes and heart disease. Once a person receives a vaccine, it typically takes eight to 10 days for it to kick in. Flu season typically peaks January through mid-March, according to the Centers for Disease Control and Prevention.

“It’s better to take the vaccine than not to have the vaccine, because if you don’t take the vaccine you’re more at risk of having a serious illness that could lead to death,” Smith said. “You’re getting the vaccine to build up your immune system to protect you from the virus entering your body.”

In addition to the shot, to prevent the spread of the virus individuals should cover their mouth when coughing, and properly wash their hands with soap and water, or if that is unavailable, use hand sanitizer.

Flu symptoms typically include: fever, cough, sore throat, runny or stuffy nose, body aches, extreme fatigue and headache. Due to the way the virus is spread – through droplets from coughing and sneezing – it is highly contagious, and those with the virus can infect others before their symptoms even develop.

“If you’re sick, go see your healthcare provider,” Smith said. “If you’re sick, don’t come to work, stay home. If your children are sick, don’t take them to the daycare or school, let them stay home.”

Smith recommends those who think they may have the flu, even if they’re healthy or have received a flu shot, see their healthcare professional for a diagnosis and course of treatment. The Fox pharmacy is not affected by the shortage of Tamiflu ® (oseltamivir) that is a concern in some parts of Alabama and has plenty of medication in stock.



Surviving Spouse's Luncheon

Mrs. Carrie Hightower
256-882-3992

We had a good turnout for our February luncheon. With the return of the nice weather, hopefully attendance will increase as well.

We will gather on Thursday, 15 March at 12 noon.

This month's restaurant is the Metro Diner, 7626 Highway 72, Suite A, Madison, AL.
Phone is 256-929-6541.

Reservations are a must. Hope to see you there.

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

Kindness

According to the writer Jon Van at the 1995 meeting of the American Association for the Advancement of Science, researchers revealed the results of a study that show how important Kindness is in our daily relations.

In this experiment researchers gave forty-four doctors the symptoms of a hypothetical patient and asked for each doctor's diagnosis of the illness.

But the real point of the study was not how well the doctors could diagnose. Before the experiment began researches gave half of the doctors a bag of candy, saying it was a token of appreciation for their involvement in the study. However, the other doctors received nothing

Alice Isen, a Cornell University psychologist, said the doctors receiving the candy were far more likely to correctly diagnose the patient's problem. "Pleasant-feeling states give rise to unselfish, helpfulness, and improved interpersonal processes," she explained.

God has a good idea, as always, when he tells us to be kind to others. David, the warrior, said: "Blessed *be* the LORD, for He has shown me His marvelous **kindness** in a strong city! (Psalm 31:21, NKJV)"

The apostle, Paul, wrote: "Since God chose you to be the holy people he loves, you must clothe yourselves with tenderhearted mercy, kindness, humility, gentleness, and patience." (Colossians 3:12, NLT)



Legislative – continued from page 2

A bill sponsored by Representative Lynn Greer would extend the "stand your ground" immunity to prosecution to a person in a church or other religious gathering. The current law applies when using force to defend one's self, family and others from death, serious injury, robbery and other crimes.

Please take time to look at <http://takeaction.moaa.org>. There are key bills MOAA thinks are important to you. Let your representatives in DC know what you think of them. This is a link to a webpage that allows you to prepare e-mails or print out letters your representatives. III

PX/Commissary – continued from page 3

In pomeberry bliss, berry benefits, and radiant boost. All have 8 grams of fiber, 200 calories and non-GMO, with no sugar added per bottle. Also, Marzetti simply dressed dressing. In Caesar, champagne, pomegranate, balsamic, avocado ranch, raspberry, red wine Italian, lemon, and blue cheese. All made with non-GMO oil. As an alternative you can try Bolthouse Farms classic ranch, mango chipotle, chunky blue cheese, or Italian vinaigrette.

For those in a hurry, try the Bumble Bee "lunch on the run!" tuna salad, and fat free tuna salad. Lunch in a box to keep at your desk.

New in the juice isle is Honest Brand mango, watermelon, and original lemonade. Don't forget to check out the Club Pack Savings isle in the middle of the store. A large variety of what you are looking for at club prices. III

Chapter Happenings



Chapter President Gerald Maxwell presents a Merit Award check for \$10,000 to Kristina DeBusk and Donna Bolander from the Redstone Arsenal Military and Civilians Club



Chapter President Gerald Maxwell present a Certificate of Appreciation to the January guest speaker, BG "Fighting Joe" Stringham, USA-Ret, a member of the Ranger and Special Forces Hall of Fame

New Features of the TRICARE Website

The TRICARE website is your first stop when you have questions about your benefit. At the start of the New Year, we introduced some redesigned features on the TRICARE website that make it easier for you to take command of your health. Beyond the new look and feel of the website, new features and tools will now help you find what you're looking for quicker. Check out these improvements to the TRICARE website:

- **Find Information Faster.** Need to compare TRICARE plans, find a doctor or find a phone number? Three new search wizards on the [home page](#) have been optimized to make sure you'll answer fewer questions and get to your results faster. Use the [Find a TRICARE Plan](#), [Find a Doctor](#) and [Find a Phone Number](#) tools to see what plans you qualify for, locate a nearby provider or get contact information.
- **Understand Your Benefit.** TRICARE is changing, so the TRICARE website is better organized to help you quickly understand your benefit. Use the TRICARE website to know [what's covered](#) or what a [qualifying life event](#) is. Need to submit a claim or file a form? You'll find "Forms and Claims" in the top navigation bar.
- **Access TRICARE On-the-Go.** According to Pew Research Center, half of smartphone users use their phone to look up health information, and 62 percent used their smartphone to look up a health condition. With that in mind, the TRICARE website has been improved for viewing on mobile devices.

And while you're here, now is the perfect time to tackle that to-do list: [schedule your next appointment](#), [change your primary care manager](#), [review costs](#) and much more. Take command of your health and your health care in 2018.



HCMOAA Treasurer's Report January 2018

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

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

2. Monthly Summary:

| | Operating Funds | Savings | Scholarship Fund |
|------------------|-----------------|------------|------------------|
| Starting Balance | \$ 6651.80 | \$ 7999.14 | \$14203.08 |
| Income | \$ 1941.00 | \$ 0.21 | \$ 390.00 |
| Expenses | \$ 1766.21 | \$ 0.00 | \$ 0.00 |
| Ending Balance | \$ 6826.59 | \$ 7999.35 | \$14593.08 |

3. Notable income included individual dues, LMT dues payment, and payments for membership meeting meals.

4. Notable expenses included ALCOC dues, Chamber of Commerce dues, office supplies (stamps, paper, folders), printed Sentinel (printing and stamps), membership recruiting mailing, ALCOC quarterly meeting travel, ROTC/JROTC medals, and Governing Board discretionary funds (ALCOC hotel reimbursement).

5. Chapter savings account activity was limited to interest.

6. Scholarship Fund checking account activity was limited to donations.

7. The Chapter holds an \$8000 (current value: \$8133.13) 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 February 2018

NONE

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



**WELCOME NEW MEMBERS TO
HUNTSVILLE CHAPTER MOAA**

None this month

Membership Statistics

Total Members: 425
Regular Members: 356
Surviving Spouses: 69

New this month: 0
Deaths this month: 3
Renewals: 19

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:

LTC Stephen Torok

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
_____ Mailing Address City State Zip
_____ Phone Number E-mail Address

PAST DUE

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Attention Annual Members

PAST DUE

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It is past time to renew your membership for next year
The Chapter has one of, if not the, lowest membership rates in the country at \$10

Non-renewals are being dropped from the rolls (see next page) – renew now!

You can also renew for multiple years and lock in that low rate
Don't know when your membership expires? Contact CDR Chris Downing at
256-828-9740 or cdowning@bellsouth.net

Don't want to worry about renewing ever again - consider becoming a Chapter Life Member – contact
COL John Fairlamb at 256-539-0161 or fairlambjrf@comcast.net for the details

The following members are being dropped from the rolls
effective 1 March 2018

| | | | | | | | |
|------|----------|------------|------|------|-------------|---------------|------|
| LTC | Melville | Adams | USA | COL | James | Allred | USA |
| LTC | Barry | Blackmon | USA | COL | David | Byers | USA |
| COL | David | Carpenter | USA | CDR | Andre | Coleman | USN |
| LTC | James | D'Arienzo | USA | CW3 | John | Davis | USA |
| Col | John | Emich | USAF | LTC | John | Fain | USA |
| COL | John | Fellows | USA | Maj | John | Finn | USAF |
| LTC | Earl | Freeman | USA | Mrs | Nada | Gabardi | |
| COL | Dewey | Granger | USA | CAPT | Laurence | Grimes Jr | USN |
| LT | Aubrie | Hess | USN | LTC | Arno | Hoerle | USA |
| COL | Gary | Jerauld | USA | MAJ | James | Kirsch | USA |
| CW3 | Darrel | LaCanne | USA | LTC | Ruby | Lardent-Davis | USAR |
| LTC | James | Leary | USA | LTG | Patricia | McQuiston | USA |
| MAJ | Harold | Meeker | USA | COL | Paul | Mullek | USA |
| CW4 | Edwin | Nickel | USA | CDR | Rudolph | Ohme | USN |
| COL | Henry | Oldham | USA | MG | Virgil | Packett | USA |
| COL | Alfred | Paddock | USA | CPT | Richard | Pella | USA |
| LTG | James | Pillsbury | USA | CAPT | Samuel | Powers | USN |
| CDR | Harry | Puryear | USN | MAJ | Ryan | Rushton | USA |
| Col | Joseph | Rutter | USAF | COL | Christopher | Sargent | USA |
| Col | Eric | Silkowski | USAF | CDR | David | Swindle | USN |
| CAPT | Brian | Thrlin | USN | COL | Steven | Walburn | USA |
| CPT | Arthur | Werkheiser | USA | Mrs | Nancy | Wiggs | |
| COL | Scott | Wilson | USA | COL | John | Womack | USA |

***If you see your name in the table above,
and you fail to take action, this will be your
last newsletter!***

***Get those checks in the mail now. We need
you as members to keep the Chapter
healthy. Best deal – renew for three years!***



30 Birthdays in March

Maj Gen Melvin G Bowling, USAF
LTC Raymond L Livingston Jr, USA
LTC James A Roy, USA
Col Alvin R Kemmet Jr, USAF
Lt Col Charles T Clements, USAF
LTC Harry W Durgin, USA
COL John R Fairlamb, USA
CAPT John E Snyder, USN
Maj John G Finn, USAF
Lt Col Brenda Armstrong, USAF
Col Scott G Patton, USAF
COL David W Pemberton, USA
MAJ Robert C Szeremi, USA
MAJ Ryan Rushton, USA
LT James L Pointer, USN

LTC Floyd E Teller, USA
Mrs. Margaret R Feist
LTC Nicholas M Mikus, USA
CW3 Braxton D Butler, USA
MAJ Harold Meeker, USA
Mrs. Jean Parker
LTC Robert C Westerfeldt, USA
COL Donald B Harmon, ARNG
CW3 Darrel J LaCanne, USA
CW4 Robert C Savage, USA
LCDR Richard A Edgar, USN
COL Mark R Arn, USA
LTC Earl A Freeman, USA
CDR John E Inman, USN
Mrs. Sonia Gojsza

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:*

LTC Stephen F. Torok, USA-Ret, 75, passed away on 16 February 2018 after a brief hospital stay.

Survivors include his wife of 51 years, Christine Torok, son Greg Torok, daughter Stephanie Waddell, daughter-in-law Julie Torok, eight grandchildren (Sara, Allison, Caitlin, Nicole, Megan, Emily, Joshua and Samuel), and three brothers – Andrew, Leslie and Peter. He was preceded in death by his parents Stephen and Clara Torok, brother Martin Torok, and son Michael Torok.

Steve was a native of Budapest, Hungary, grew up in Pennsylvania, and was a long-time resident of Huntsville. He graduated from Youngstown University, Ohio and was commissioned in the US Army. He retired from the Army in 1982 after 20 years of service in Germany, Vietnam, Los, Korea and various stateside assignments. He retired again in 2001 from Boeing.

Steve was active in the Huntsville Chapter of MOAA and served many years as the Chapter's Legislative Affairs Chair.

Steve also enjoyed bowling, racquetball, duck hunting, bass fishing and travelling. He was a loving husband, father and grandfather who will be greatly missed.

A Funeral Mass was held at 11AM on 21 February 2018 at the Good Shepard Catholic Church in Huntsville. The family received visitors at the church.

In lieu of flowers, donations can be made in his honor to VFW Post 5162, PO Box 4638, Huntsville, AL 35815. Berryhill Funeral Home assisted the family.

LTC Quentin C. Soprano, USA-Ret, 96, of Huntsville, AL passed away peacefully on Sunday, 18 February 2018, at home. LTC Soprano, a native of Allentown, PA was the son of the late Ferdinand and Sallie Moyer Soprano of Wescosville, PA. His wife Mary Florence preceded him in death. He is survived by a sister, Dolores Soprano, a son, Martin, both of Huntsville, AL, his wife, Robin, and three grandchildren, Anthony, Ryan and Mary Elizabeth.

A graduate of Allentown High School, he graduated Cum Laude from Lehigh University, Bethlehem, PA in 1943 with a Bachelor of Science degree in Mechanical Engineering and from the Pennsylvania State University in 1950 with a Master of Science degree. He was a veteran of World War II and Korea, receiving three battle stars and the Army Commendation Ribbon with Oak Leaf Cluster.

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He entered military service in June 1943 at Aberdeen Proving Ground, MD and was assigned to the Office, Chief of Ordnance, Detroit, the Montreal, Canada, Tank Plant and the Ordnance Gage Laboratory, Frankford Arsenal, Philadelphia, PA. After service in Italy and Austria during WW II he was assigned to the Research and Development Division at Rock Island, IL and then as a Company Commander in Korea. From Korea he became the Chief Inspector at the Tokyo, Japan, Ordnance Rebuild Depot.

On return to the States he was a Professor of Military Science and Tactics, College of Engineering, University of Detroit. From the University he was assigned to Redstone Arsenal, AL as Research and Development Project Engineer for the Nike-Hercules Antimissile Program. This resulted in sea duty as Liaison Officer for the Down Range Antimissile Program aboard the USAS American Mariner. The mission was to track long-range missiles launched from Cape Canaveral, FL into the South Atlantic Ocean.

Upon completion of this duty he was assigned to the Detroit Ordnance Procurement District and served as Chief, Quality Assurance Division. He later became the Executive Officer for the entire Detroit Ordnance District. In 1965, after many years of military service he retired from the U S Army. From 1965 until 1987 he was employed by NASA, the Marshall Space Flight Center, as a Supervisory Quality Assurance Engineer.

He was active in many of the early manned launch programs, Skylab, Space Lab, Apollo Moon Landing, and later the Tethered Satellite, Hubbell Space Telescope and the initial requirements for the International Space Station. Prior to full retirement in 1993 he was employed by Boeing as lead engineer for the re-flight certification of the Space Shuttle Solid Rocket Booster.

Valhalla Funeral Home is in charge of funeral arrangements. A closed casket visitation was held at Holy Spirit Catholic Church, 625 Airport Road from 6:30-8:00 pm on 22 February 2018. The Funeral Mass was held at Holy Spirit Catholic Church at 11:00 am on Friday 23 February 2018. In lieu of flowers, memorials may be sent in his name to the St. John Paul II Catholic High School.

COL Dean DeWitt Bekken, USA-Ret, 95, of Huntsville, Alabama, passed away on February 17, 2018. When your 95th Birthday is the best one of your life because you enter joy everlasting with Jesus, what a gift! To his beloved family, he was affectionately known as Pop.

Dean was born and raised in the home his father built on Main Street in Sparta, Wisconsin, in 1923, where he lived until he left for the University of Wisconsin and became an ROTC cadet. Upon graduation, he served a long and distinguished career in the US Army. He was the recipient of a Purple Heart and a Silver Star, which was awarded for personal valor in combat during World War II for gallantry in action against an enemy of the United States. After retiring from the military, COL Bekken taught Government and Economics for 15 years to seniors at J.O. Johnson High School.

He was preceded in death by his parents, Al and Gert Bekken, and his faithful wife of 51 years, Carolyn Gaboury Bekken. He is survived by his four children; Byron Bekken, Mary Anne Hertzog (Mike), Dean

Continued on next page

TAPS – continued from previous page

Bekken II and Andrew Bekken; sister Bekke DeMers; eighteen grandchildren and twelve great-grandchildren. His greatest joy was savoring the simple things in life, most of all time spent with family. To his children, he will always be remembered as a Patriot, Father, Mentor and Friend.

He will be laid to rest in the sure and certain hope of the resurrection with full military honors at the Chattanooga National Cemetery on March 2nd at 2:30 pm. A memorial service will be held at Covenant Presbyterian Church, where he and Carolyn were long time members, on March 3, 2018 at 11:00 am. To God be the glory. Berryhill Funeral Home is assisting the family.

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



Is Your Heart Healthy?

About 600,000 people die of heart disease in the U.S. every year, making it the leading cause of death for men and women, according to the Centers for Disease Control and Prevention. Knowing the warning signs and symptoms of a heart attack is key to preventing death, but many people don't know the signs.

Don't wait to get help if you experience any of these heart attack warning signs. Although some heart attacks are sudden and intense, most start slowly, with mild pain or discomfort. Pay attention to your body — and call 911 if you feel:

- **Chest discomfort.** Most heart attacks involve discomfort in the center of the chest that lasts more than a few minutes, or that goes away and comes back. It can feel like uncomfortable pressure, squeezing, fullness or pain.
- **Discomfort in other areas of the upper body.** Symptoms can include pain or discomfort in one or both arms, the back, neck, jaw or stomach.
- **Shortness of breath** with or without chest discomfort.
- **Other signs** may include breaking out in a cold sweat, nausea or lightheadedness.

To see if you're at risk, talk to your doctor about your cholesterol levels, blood pressure, and weight and body mass index numbers. Your TRICARE benefit covers [cardiovascular disease screenings](#), including cholesterol and blood pressure checks.

REDSTONE COMMISSARY Midnight Madne\$\$ Sale

Don't Miss This Super Sale

Pet Food
Selected Meat Product
Snacks
Detergent
Paper Product
Can Vegetables

Don't Miss This Super Sale

March 2, 2018

1800 - 2200

"FREE" GIFTS FOR THE FIRST 25 PATRONS



Kiwanis Club of Huntsville 41st Annual Pancake Day

**All - You - Can - Eat
Pancakes - Sausage
Coffee - Milk - Orange Juice**

**March 3, 2018
0630-1200
Huntsville High Cafeteria**



Now and Always We'll be There.



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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 450+ 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.



Special Chapter Event

March 28th, 2018 – 1100 hours

**Monthly Membership Meeting at Nick's
Ristorante**

10300 Bailey Cove Rd SE, Huntsville, AL

***Cash Bar will
be available!***

***Bar opens,
and seating
starts at
1030!***

Entree Choices:

- **Chicken Piccata**
- **Chicken Marsala**
- **Lunch Filet Mignon**

Cost: \$20

Seating is Limited, and a Standby List will be used.

Menu selection must be made at time of reservation

Note: All entrees will include a choice of soup or mixed green salad with balsamic vinaigrette; garlic mashed potatoes, green beans, bread/butter basket, house-made Cannoli or Cuscinetto Limone, and tea/water/coffee.

RSVP by 14 March (with check made out to HCMOAA) to:

**CDR Christine Downing, USN (Ret.)
116 Spring Tanner Road
Hazel Green, AL 35750-8483**



Guest Speaker:

**CPT Gary "Mike" Rose, USA-Ret
Chapter Member and recent
Medal of Honor Recipient**

Mail this form and your check made out to HCMOAA to Chris Downing (address above).

Attendee: _____ Entrée (circle 1): (a) Piccata (b) Marsala (c) Filet

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***This event is made possible by the generosity of LTC Nick Mikus,
Chapter Member and owner of Nick's Ristorante***



Medal of Honor Citation



Sergeant Gary M. Rose distinguished himself by acts of gallantry and intrepidity while serving as a Special Forces Medic with a company-sized exploitation force, Special Operations Augmentation, Command and Control Central, 5th Special Forces Group (Airborne), 1st Special Forces, Republic of Vietnam.

Between 11 and 14 September 1970, Sergeant Rose's company was continuously engaged by a well-armed and numerically superior hostile force deep in enemy-controlled territory. Enemy B-40 rockets and mortar rounds rained down while the adversary sprayed the area with small arms and machine gun fire, wounding many and forcing everyone to seek cover.

Sergeant Rose, braving the hail of bullets, sprinted fifty meters to a wounded soldier's side. He then used his own body to protect the casualty from further injury while treating his wounds. After stabilizing the casualty, Sergeant Rose carried him through the bullet-ridden combat zone to protective cover.

As the enemy accelerated the attack, Sergeant Rose continuously exposed himself to intense fire as he fearlessly moved from casualty to casualty, administering life-saving aid.

A B-40 rocket impacted just meters from Sergeant Rose, knocking him from his feet and injuring his head, hand, and foot. Ignoring his wounds, Sergeant Rose struggled to his feet and continued to render aid to the other injured soldiers.

During an attempted medevac, Sergeant Rose again exposed himself to enemy fire as he attempted to hoist wounded personnel up to the hovering helicopter, which was unable to land due to unsuitable terrain.

The medevac mission was aborted due to intense enemy fire and the helicopter crashed a few miles away due to the enemy fire sustained during the attempted extraction.

Over the next two days, Sergeant Rose continued to expose himself to enemy fire in order to treat the wounded, estimated to be half of the company's personnel. On September 14, during the company's eventual helicopter extraction, the enemy launched a full-scale offensive.

Sergeant Rose, after loading wounded personnel on the first set of extraction helicopters, returned to the outer perimeter under enemy fire, carrying friendly casualties and moving wounded personnel to more secure positions until they could be evacuated. He then returned to the perimeter to help repel the enemy until the final extraction helicopter arrived. As the final helicopter was loaded, the enemy began to overrun the company's position, and the helicopter's Marine door gunner was shot in the neck.

Sergeant Rose instantly administered critical medical treatment onboard the helicopter, saving the Marine's life. The helicopter carrying Sergeant Rose crashed several hundred meters from the extraction point, further injuring Sergeant Rose and the personnel on board.

Despite his numerous wounds from the past three days, Sergeant Rose continued to pull and carry unconscious and wounded personnel out of the burning wreckage and continued to administer aid to the wounded until another extraction helicopter arrived.

Sergeant Rose's extraordinary heroism and selflessness above and beyond the call of duty were critical to saving numerous lives over that four-day time period. His actions are in keeping with the highest traditions of military service and reflect great credit upon himself, the 1st Special Forces, and the United States Army.

Excitement Builds for the New TRICARE Dental and Vision Plan

This week, MOAA had an exclusive preview of TRICARE's widely anticipated new dental and vision plans. This new insurance option for certain beneficiaries is set to be offered starting Jan. 1, 2019. The newly designed option was included in the 2017 National Defense Authorization Act with the legislated start date of 2019. This new plan will be offered and administered through the Federal Employees Dental and Vision Insurance Program (FEDVIP).

Key Point: The Delta Dental Retiree Dental Plan is terminating at the end of 2018. All TRICARE retirees and their families are eligible for both the new dental insurance and the vision coverage. Active duty military families are only eligible for the vision coverage.

The FEDVIP dental program of offerings will replace the existing TRICARE Retiree Dental Plan, which is currently provided through Delta Dental. *That program will sunset Dec. 31, 2018.*

Here's what will be offered. The retiree dental plan and the new addition of a vision plan will allow for beneficiaries to make a selection from among several dental and vision carriers with a variety of benefit options. For example, in 2018 the FEDVIP program lists 10 dental carriers and four vision carriers (Delta Dental is included) with comprehensive dental and vision insurance at competitive group rates.

Key facts:

- Eligible beneficiaries must choose their plan during *TRICARE's open season, which is scheduled to be Nov. 12 - Dec. 10, 2018.*
- *There will be no automatic transition for those beneficiaries currently enrolled in the TRICARE Retiree Dental Program.* Beneficiaries will be required to enroll for coverage.
- Enrollment and plan changes can only occur during the open season with the exceptions for those beneficiaries with qualifying life events (usually anything that necessitates a change in the DEERS system).

Here's the kind of coverage TRICARE beneficiaries will get with FEDVIP (besides more choices):

- no wait period for most dental services;
- no annual maximum benefit for some dental plans;
- regional and national dental networks;
- no deductible for some vision plans;
- no limit on brands for frames or contacts for some vision plans; and
- discounts on LASIK offered by some vision plans.

Beneficiaries are encouraged to start getting information and pre-enrollment communications through the website set up just for this program. The website, www.TRICARE.benefeds.com, will be up and running Feb. 1.

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.

Know Someone Interested in Advertising in *The Sentinel*?

These are the monthly rates:

| | |
|------------------------|--------------|
| Full Page Ad | \$120 |
| Half Page Ad | \$60 |
| Quarter Page Ad | \$30 |
| Business Card | \$20 |

Advertise for a year and get one month free!

Important Dates in March

- 1 March – Articles of Confederation ratified (1781)
- 1 March – Charles Lindberg's son kidnapped (1932)
- 1 March – Peace Corps established (1961)
- 6 March – The Alamo falls (1836)
- 8 March – Monthly Board Meeting – Java Café**
- 9 March – Ulysses Grant becomes commander of the Union armies (1864)
- 10 March – Monthly Breakfast – Royal Rose Diner**
- 10 March – First issue of US Government paper money (1862)
- 10 March – Salvation Army founded (1880)
- 11 March – Daylight Savings Time begins
- 11 March – “Spanish” influenza arrives in US, killing 500,000 (1918)
- 11 March – Lend-Lease program began (1941)
- 12 March – Bermuda colonized by the British (1609)
- 12 March – Germany invaded Austria (1938)
- 15 March – Ides of March
- 15 March – Julius Caesar assassinated (44 BC)
- 16 March – My Lai massacre (1968)
- 17 March – St. Patrick's Day
- 19 March – US invaded Iraq (2003)
- 2 March – Nerve gas attack on Tokyo subway (1995)
- 20 March – First day of Spring
- 21 March – Assassination attempt on Hitler failed (1943)
- 23 March – Patrick Henry's “Give me liberty or give me death” speech (1775)
- 24 March – Philippine Islands granted independence from US (1934)
- 24 March – Exxon Valdez oil spill (1989)
- 26-28 March – AUSA Global Force Symposium & Exhibition - VBC
- 26 March – Camp David Accord ended 30 years of war in Middle East (1979)
- 27 March – Two Boeing 747s collided in the Canary Islands, killing 570 (1977)
- 28 March – Monthly Membership Meeting – Nick's Ristorante**
- 28 March – Three Mile Island nuclear accident (1979)
- 30 March – Ronald Reagan shot (1981)
- 31 March – Lyndon Johnson announced he won't seek re-election (1968)

