

The Next Stage

VOLUME 24, ISSUE 4

Newsletter of The Huntsville Division Alumni Association

NOVEMBER 15, 2019



CHRISTMAS FESTIVITIES AT MAGNOLIA TRACE!!

All we need is a toasty fireplace for our Christmas luncheon to take the chill out of our winter. Our Thiokol family of good friends should provide plenty of warm camaraderie! The lunch is scheduled for **Saturday, December 7th, at Magnolia Trace's Magnolia Room, 1 Clubhouse Avenue in Huntsville.**

Social hour begins at 11:00 a.m., and the buffet lunch ~12:00 p.m. Cost is \$15 per person! (Great negotiating, Paul and Cec!, and thanks to the Board for approval of subsidizing the event to help keep member costs down.) We have the room for a while, so linger a bit and enjoy good company.

Dues must be current, so check your mailing label to check your status. We don't want to miss you or your guests, nor you miss a possible door prize (6 \$50 gift cards at favorite local restaurants! Only one winner per household).

Paid reservations are required by noon Saturday, November 30th, and may be submitted to HDAA P.O. Box 4185, Huntsville, AL 35815-4185.

Your committee chairman, Paul McFall, continues to provide a Christmas luncheon that is exceptional. Thanks to Cecil/Shirley Stokes for hosting us all as their guests at Magnolia Trace—beautiful location, scrumptious food!

A meal of tossed salad, bread, turkey, ham, cornbread dressing, cranberry sauce, green bean casserole, mashed potatoes, gravy, pecan pie, coffee, tea and water will be served. A wine bar will be available.

Directions to Magnolia Trace: South Memorial Parkway, west on Boulevard South. Check in at gate, follow Club-house Avenue to Magnolia Trace main community building.



*Come join the warm camaraderie of dear friends.
Good luck winning one of the fabulous door prizes!*



May the Christmas season bring peace, comfort, hope, and abundant blessings.

ENGINEERING LUNCHEON!

Come join us for the Engineering Luncheon, to be held on Monday, December 2, 11:00 a.m. at Logan's on Balmoral Dr/HSV (in their garage.)

Please contact Nita Boyd at 256/603-7349 for a head count.

Please help spread the word!

Hope to see you there...Tell them you're with the Thiokol Engineering Group!

LADIES LUNCH...

Join us at Gibson's BBQ, S. Memorial Parkway, on Wednesday, December 4, 11:00 a.m. as we jump start our Holiday Spirit over Gibson's wonderful Brunswick Stew to warm up!

It will be good to visit with dear friends as we reminisce over shared times.

See you there!

Let Faye Jones know if you plan to attend @ 256/551-0126.

Next Board Mtgs:

(2ndThurs each qtr)
Jan 9, Apr 9,
Jul 9, Oct 8 2020

2:30 pm Faith
Presbyterian Church,
SE corner of
Whitesburg/Airport.

*Come join your
Board in preparing
the year ahead!
Your input is
valued!*

Dates to Remember:

2019

12/7: Christmas Party
(Magnolia Trace,
Social 11:00/Buffer 12 N)

2020

-Spring Breakfast TBD
-Summer Picnic TBD -
Grn Mtn Nature Trail.
-Fall Dinner TBD
-Christmas Party TBD

Specific details will be
provided closer to the
date of the event!
Hope to see you
there!

Monthly:

1st Wed: Ladies
lunch, 11:00, Gibson's
BBQ/S. Mem. Pkwy.
Call Faye/551-0126
for details.

2nd Tue: Call Bill
Russell, 256/650-5400
if interested in a
breakfast group.

3rd Wed: Lunch at
Logan's/Balmoral
12:00. Call Jim
Gasaway/256/353-
7199 and ask to be
added to his emails!



Today's Northrop Grumman Technology

Northrop Grumman showed progress toward successful heterogeneous unmanned vehicle (UxV) swarming with the test of Rapid Integration Swarm Ecosystem (RISE) at the Defense Advanced Research Project Agency's (DARPA) second field experiment. The

experiment leveraged the command, control and collaboration capabilities of RISE in a mock city environment at Fort Benning, GA, with dozens of UxVs and human team members. The test was part of Northrop Grumman's work as a Swarm Systems Integrator in the Agency's Offensive Swarm-Enabled Tactics (OFFSET) program, which seeks to provide dismounted soldiers with upwards of 250 small UxVs.

"Swarm technologies are vital to getting expanded situational awareness in a complex environment like the one in this test," said Vern Boyle, VP, Emerging Capabilities, Northrop Grumman. "Our unique applications of autonomous robotics and human-machine teaming for swarming enhances a warfighter's capacity and speed for information gathering and processing under a variety of conditions."

(Excerpt from Northrop Grumman News Room, dated October 25, 2019; More details may be found at news.northropgrumman.com)

FRIENDS IN THE NEWS....

Congratulations to Barbara Plonka on celebrating her 96th birthday! Don't know how she manages to do all she does, do it well, and still look so fabulous! She dances circles around the rest of us as she thoroughly lives a very full life. You inspire us ALL, Barbara!! Tell us your secret so we can all be as successful as you!



Marie and Carroll Bobb celebrating "Uncle" Carroll's birthday with some very special grands!



Congratulations, Uncle Carroll....and keep on loving and living life!

Our resident horticulturist, **Julie Garrett**, grows magnificent vegetable and floral gardens that are picture perfect, shown at right. Her FB page constantly exhibits the quality of her work, as well as some of **Rich Alfiero's** efforts around their homestead. They are an amazing couple who stay busy 24/7! Seriously,...do you hire out?!? 😊



FALL LUNCH FUN

Committee Chair, Don Royston did another outstanding job with our Fall Lunch! There were 42 attendees who all had a great time. Special recognition was given to **Barbara Plonka** who celebrates her 96th birthday this year!

Congratulations, Don, on another successful event! Thanks to Cecil, Harold Webb, Paul McFall, and Patti Wilson for helping out as well. Keep up the great work!



Helen Mitchell

Patty Webb

Glenn Webb Ola Ann Lee



Recognize the person at left? Having fun at the Magnolia Trace Halloween Party, **Don Royston** won top awards for his great costume! Looks like it must have been a fun party. *Keep on having fun, y'all....you have to keep at least a little of that inner child to keep laughter in your life....just like Don is having fun doing! Way to go, Don.*

Your mind is a powerful thing. When you fill it with positive thoughts, your life will start to change.



L: Harold & Jackie Whitesides



R: Brenda Turner

Check out the HDAA FaceBook page to see all of the other photos in color...and, larger! Request to Friend the FaceBook page if you haven't already done so.

At this point in our lives, we have MANY who may be suffering in some way: the loss of a loved one, health issues, extended family health issues, loneliness, the list may be endless. Reach out to someone you know who may be suffering, let them know you are thinking about them, and simply listen. You may just be the light they need in their lives....to help them through the holidays.

Be thankful for friends and family who know you, love you, and are there for you in times of need.

And, never forget the power of prayer.

SLATE OF OFFICERS AND BOARD NOMINATED FOR 2020

(Highlighted names only to be voted upon at the annual Christmas Business Meeting.)

President
Vice President
Secretary
Treasurer/Membership

Tom Bryant
Gerald Roberts
Cecil Stokes
Charlie Thomas

Directors: Directors: ('20) Ron Clements
Harold Whitesides
Sam Zeman

Director: ('21) John DeHaye
Don Royston
Patti Wilson

Directors: ('22) Bill Barnes
Jim Gasaway
Paul McFall

Ex Officio: (Vacant)/Historian
Cecil Stokes/WebMaster

*Retiring from Board: None! They all agreed to serve again. 😊
To those departing and to all who agreed to serve again...again...& again...
THANKS for serving HDAA with your time and efforts!*

Thanks to the Nominating Committee (Tom Bryant, Glenn Webb, Jim Gasaway) for doing such an outstanding job! It's difficult to recruit new Board members, since no one wants to commit at this point in our lives, and our group is getting smaller. The meetings are only four times a year at 2:30 p.m., and are seldom longer than one hour! Why not consider serving? Nothing feels better than serving others. Come join us! You just might be glad you did.

Keep Cholesterol in Check Naturally

Good:

- Oats:** 25-30 gms/day. Oatmeal, Cheerios, add banana
- Barley/Whole Grains:** Oats, oat grains
- Beans:** Soluble fiber: blackeye peas, pintos, Navy, etc.
- Eggplant/okra (not fried!):** Good source of fiber.
- Nuts:** Eating ~2 oz/day can help lower LDL ~5%! Particularly almonds, peanuts, walnuts.
- Vegetable oils:** Safflower, canola, sunflower.
- Apples, grapes, strawberries, citrus fruits,** which contain pectin, a soluble fiber.
- Foods fortified w/sterols/stanols:** (help absorb cholesterol from food prior to entering body) ~2 gms/day can lower LDL as much as 10%! Check for supplements.
- Soy beans:** ~25 gms/day can lower LDL ~5-6%.
- Fatty fish:** 2-3 times/week can lower LDL, help keep triglycerides down, help stop arrhythmia. Try anchovies, mackerel, pompano, salmon, sardines, whitefish, shad.
- Fiber supplements:** LEAST desirable, but can provide up to ~4 gms/day of soluble fiber.

Bad:

- Saturated fats:** red meats, whole-dairy products, eggs.
- Transfats:** byproduct of turning liquids to solid—butter, shortening, etc. Increases LDL, triglycerides, lowers HDL. Found in cookies, crackers, etc.
- Overweight, under-exercise:** increases LDL, depresses HDL. **Let's get healthier!!**

(Excerpt from "Harvard Health Letter", August 2017)

Every struggle in your life has shaped you into the person you are today. Be thankful for the hard times; they can only make you stronger.



16 Mistakes That Can Damage Your Eyes

- Watching television in the dark.
- Not blinking your eyes often enough (computer work!).
- Not wearing sunglasses.
- Sitting too close or too far from the television.
- Reading small print on your cell phone.
- Not wearing safety glasses or goggles.
- Being careless with your makeup.
- Overusing eye drops.
- Not taking care of your overall health.
- Holding your book/tablet too close or too far while reading.
- Never taking a break when reading.
- Getting "lost" in your tablet while reading.
- Rubbing your eyes too hard.
- Sleeping while wearing your contact lenses.
- Never getting an eye examination (should be yearly!).
- Not taking a break from the computer every 15 minutes.

You only have ONE pair of eyes...take care of them!

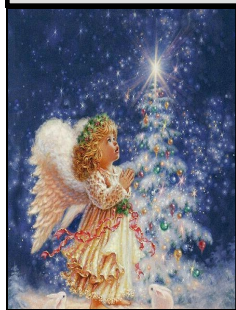
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The Huntsville Division Alumni Association
P.O. Box 4185
Huntsville, AL 35815-4185

Place
Stamp
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REMINDER: \$12 DUES FOR 2019 MUST BE CURRENT
TO ATTEND OUR ANNUAL CHRISTMAS PARTY!

MERRY CHRISTMAS & HAPPY NEW YEAR!



*Never regret a day in your
life: good days give
happiness, bad days give
experience, worst days give
lessons, and best days give
memories.*

*May the holiday season
find you surrounded by
love and laughter.*

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The Next Stage is the quarterly newsletter publication of the Huntsville Division Alumni Association, Inc. Distribution: approximately 100. Editor: Patti Wilson. Its address is POB 4185; Huntsville, AL; 35815-4185.

The 2019 HDAA Board consists of: President/Bill Barnes, VP/Tom Bryant, Secretary/Cecil Stokes, Treasurer/Membership/Charlie Thomas, (19) Jim Gasaway, (19) Paul McFall, (19) Gerald Roberts, (20) Ron Clements, (20) Harold Whitesides, (20) Sam Zeman, (21) John DeHaye, (21) Don Royston, (21) Patti Wilson.

Ex-officio members of the Board are: Historian/vacant), Cecil Stokes/WebMaster.

Contact Cecil for details about the HDAA website and how to view more photos in color/photos at Smugmug.com! Check out HDAA's FaceBook page. Remember to Friend HDAA to get notices.

*See you at Magnolia Trace Sat., 12-7!
Come warm your heart with old friends!
Come hungry.....
Hope to see you there!*

In Fond Memory...

We join the families in mourning the loss of family, friends and prior coworkers:

Margaret C. Driskill: Wife of Earl Driskill, Martin-Marietta Engineering Representative/Patriot Program in the 1980/90s.

Charles S. Locke: Former Morton-Thiokol, Inc. CEO

Betty Joyce Luna: Wife of William C. "Jack" Luna, who worked in Property and Supply, then Scheduling at TC/HD.

David C. Oetjen: Son of William H. "Bill" Oetjen, who worked in the Control Lab at TC/HD.

Dolores P. Vance: Wife of Sam Vance, who worked in R&D as the TC/HD explosives expert.

Dorothy H. "Jean" Walker: Who worked in Accounting at TC/HD 1956-92.

Mildred "Millie" Wallace: Who worked in Industrial Relations, Security and Management Services.



They will be sorely missed by us all, since they truly touched our lives. Our heartfelt sympathy to those who have lost other loved ones, as well.

*Some things in life cannot be fixed. They can only be carried.
Loved ones you lose give you a forever in their numbered days...
as shared memories you hold in your heart.*