

The Next Stage

VOLUME 25, ISSUE 1

Newsletter of The Huntsville Division Alumni Association

February 26, 2020



Next Board Mtgs:

(2ndThurs each qrtr)
Apr 9, Jul 9,
Oct 8, 2020
2:30 pm Faith
Presbyterian Church,
SE corner of
Whitesburg/Airport.

*Why not come see
how efficiently and
productively your
Board members plan
annual events...and
have fun while doing
it!*

Dates to Remember:

2020

**3/14: Spring
Breakfast Brookdale's, 08:30 social
-6/6: Summer Picnic
Green Mtn Nature Tr.
-Fall Dinner TBD
-12/5: Christmas Party**

Specific details will be
provided closer to the
date of the event.

Don't miss out on fun
times with dear
friends.

Come See Us!

Monthly:

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

2nd Tue: Bill Russell/650-5400 would
love to set up a break-
fast group! **Call him!**

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

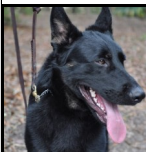


BROOKDALE'S @ Jones Farm Hosting Another Breakfast Feast!

Brookdale Place, Jones Farm, 2815 Carl T Jones Dr SE, Huntsville is generously hosting another delicious breakfast for us! Saturday, March 14, 2020 is the date. 08:30 Social Time, ~09:00 Buffet Served! Again, there is NO cost for this delicious breakfast! At last word, the buffet will include breakfast casserole, bacon, sausage, hash brown potatoes, biscuits, gravy, fruit, juice, and coffee. So, come join us for the delicious fare and camaraderie of dear friends!

Please submit your reservations to Don Royston/256-539-4338 or email edjnr89@comcast.net by Monday, March 9 so an accurate count can be provided Brookdale for preparation of the meal. **Hope to see you there!**

Northrop Grumman Supports Veterans With K9s



Victor, a specially trained German Shepherd, is a hero in his own right. He is a medical service dog recently paired with retired U.S. Army Brig. Gen. Donald C. Bolduc (former Commander, Special Operations Command Africa) thanks to Northrop Grumman's (NG) sponsorship of dogs for veterans programs.

A second German shepherd to be named CIRCM is just one more way Northrop Grumman's support of the warfighter extends well beyond technology. For U.S. soldiers overseas, Common Infrared Countermeasures (CIRCM) will defend their lives against enemy threats. At home, a real-life CIRCM dog will help a veteran become more independent in day-to-day life.

German shepherds are a breed known for service. These dogs aid military and law enforcement with crucial protective services, such as detecting enemy forces and bombs. The breed also excels in medical and trained companion service.

Guardian Angels, a nonprofit organization, trains and raises the service dogs for 18 to 24 months, then gifts them to people with disabilities (more than 90% go to veterans) to provide companionship and improve their quality of life. Guardian Angels receives ~14,600 applications annually for the trained dogs, with only ~50 being gifted each year.

Since retiring, Bolduc has become a vocal advocate for treatment and recognition of PTS and TBI, because of the challenges he has faced. "I want to thank you very, very much," he told Northrop Grumman. "You've made one veteran's life significantly better, allowing me to make other lives better and become an advocate for veterans."

(Excerpt from NorthropGrumman.com, 2/2020)

Lessons to Learn, If You Haven't Already...

- The best classroom in the world is at the feet of an elderly person.
- When you're in love, it shows.
- Just one person saying, "You've made my day!" can make your day.
- Having a child fall asleep in your arms is one of the most peaceful feelings ever.
- Being kind is more important than being right.
- Never say no to a gift from a child.
- You can always pray for someone when you don't have the strength to help in any other way.
- When your life requires you to be serious, everyone needs a friend to act goofy with (aka, celebrate your inner elf).
- Sometimes all a person needs is a hand to hold and a heart to understand.
- Under everyone's hard shell is someone who wants to be appreciated and loved.
- It's the small daily happenings that make life so spectacular.
- To ignore facts, doesn't change the facts.
- Love, not time, heals all wounds.
- Everyone you meet deserves to be greeted with a smile.
- Life is like a roll of toilet paper....the closer it gets to the end, the faster it goes!

(These Must be Andy Rooney-isims. And all true.)

Thiokol Greenway Update

As noted in previous newsletters, your Board and, more specifically, Cecil Stokes and Glenn Webb have arduously been working with the City Planning (Michael Webb, Glenn and Patty's son) and Historical Markers committees to get the Thiokol Greenway designed, planned, and completed.

Total paving for the Greenway along Haysland Rd. to Redstone Rd. should be completed this Spring. The location selected for the Thiokol Greenway Marker is already paved.

The Thiokol Marker will most probably be made by Trav-Ad Signs, also used by the City of HSV for their markers. The cost of the marker will be between \$2-3K, paid for by the HDAA.

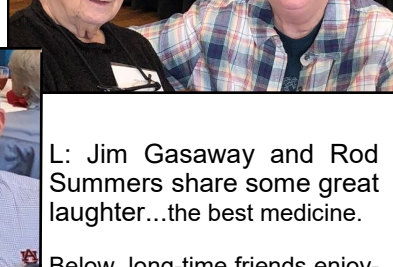
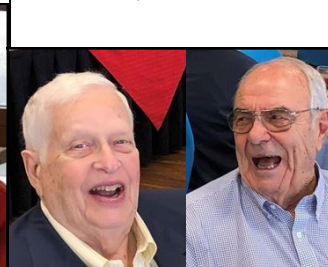
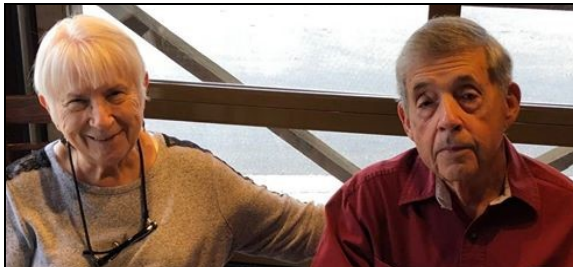
There has also been discussion of providing a shelter and a bench or two for viewers to sit and reminisce in comfort. The marker will be placed first, and the rest to fall into place when the time and finances are right.

(Quite honestly, in this writer's humble opinion, I never thought we'd see it in our lifetimes. But, thankfully/gratefully, I'm being proved wrong!) Many Thanks to Cec, Glenn, and all others who have participated in seeing this dream come to fruition. We all look forward to seeing the Thiokol Greenway Marker and all the memories it will conjure up for those able to view it.

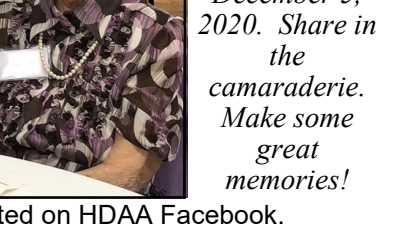
Engineering Lunch

Logan's was, once again, the site for another fun Engineering event to jumpstart everyone's holiday spirit. Food was delicious, service was great, drinks abundant. Now, if we can only convince the powers that be to keep a blazing fire in that magnificent fireplace! Nita Boyd pulled another successful event out of her amazing repertoire of talents. Thanks for bringing us all together!

Loved & remembered always.



Top: Nita & Gene Thomas
Left: Patti Anderson and Taska Clark
Bottom: Mark Kirkham, Hill English, Larry Pledger.
Remember: All can attend!



More photos located on HDAA Facebook.

Christmas Luncheon Pix

Lauds to Paul McFall for another tremendously successful Christmas luncheon! Magnolia Trace had their usual magnificent decorations, with poinsettias decorating the table tops (Thanks, Paul!). We are eternally grateful to Cecil and Shirley Stokes for sponsoring us at MT each year, and to Bill Barnes for returning Thanks for the delicious food, ability to enjoy the camaraderie of good friends, and missing those who couldn't be with us. Those who were with us thoroughly enjoyed themselves, and the lucky door prize winners are probably enjoying dinner out at fine restaurants in HSV at this writing, if they haven't already done so!

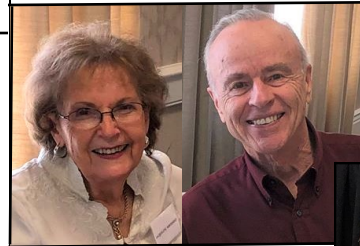
Enjoy the happiness shown in all the faces. And, if you missed us last year, please plan on the Christmas luncheon this year. You'll be glad you did!



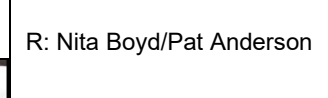
President Bill Barnes does look presidential, doesn't he? /



Linda and John DeHaye, above.



L: Jackie/Harold Whitesides



R: Nita Boyd/Pat Anderson



L: Jim Gasaway and Rod Summers share some great laughter...the best medicine.

Below, long-time friends enjoying the luncheon. Helen Mitchell & Barbara Plonka.



Join us at Magnolia Trace on December 5, 2020. Share in the camaraderie. Make some great memories!

FRIENDS IN THE NEWS....
Your 2020 HDAA Board



Harold Whitesides Jim Gasaway Cecil Stokes Ron Clements
 Charlie Thomas



Tom Bryant Gerald Roberts Glenn Webb Don Royston Bill Barnes Sam Zeman
 (Not shown: John DeHaye, Paul McFall, Patti Wilson)



Spring Is Almost Here...

...Bringing lush green vegetation, gorgeous flowers coming into full bloom, magnificent singing of birds...and sinus problems! A physician once said, if you live in the Tennessee Valley long enough, you'll have sinus problems. How right he is!

The sneezing, nasal drainage, coughing, and the intense pressure of feeling like your face is a balloon filling with air. This is known as allergic rhinitis (nasal allergies). It may cause recurrent, seasonal, or constant (chronic) sinus inflammation and swelling of the lining of the nose, which may result in sinus congestion. Exposure to tobacco smoke, air pollution, air-borne pollen, and even pressure changes with air travel can irritate it even more.

Some relief can be attained by either applying a warm compress on your face or breathing steam from a pot of hot water or in the shower. Drinking plenty of water and other fluids can thin and loosen mucus. Avoid tobacco and alcohol, which may increase sinus swelling.

You may also try nasal corticosteroid sprays, now available in over-the-counter remedies. Taken daily, these may help control allergies until symptoms lessen. As in anything chemical, it should only be used short-term, or it might worsen the problem. And, some oral decongestants can even elevate blood pressure and pulse rate. Moderation/caution are always important.

You might also consider using nasal irrigation. This may help relieve symptoms, but extra caution should be taken to ensure utensils are always thoroughly clean/sterile.

If symptoms persist for longer than 10 days, it might be time to see your physician, since bacteria may have caused an infection, requiring more medication.

When drainage/mucus is clear (not yellow or green), you are on the road to recovery, enjoying the beauty of our Spring!
(Excerpt from Mayo Clinic Health Letter, March 2020)

**It's Never Too Late to Begin
 An Exercise Plan**

Several years ago, the U.S. Surgeon General's Call to Action on Walking program seemed to get the entire country in motion. Now we have wristwatches that can track our steps, heart rates, blood pressure, and even tell us if we're not sleeping as soundly as we should! So, there should be no excuse to keep us from getting healthier.

Many physical and mental benefits of just 22 minutes of walking a day can include weight loss, reduced stress, helping keep depression at bay, increased energy, better sleep, as well as boosting overall heart health and helping diabetes. And, boosting your immune system can occur if you enjoy this short walk in nature—soaking up a little sun (aka, Vitamin D). (A short walk in the wooded area on Monte Sano can work wonders, or the Nature Trail on Green Mountain before/after our picnic.)

Henry David Thoreau even stated at one time "The moment my legs begin to move, my thoughts begin to flow." So, start walking and begin those memoirs you've been thinking about jotting down!

Good health can be as simple and fun as putting one foot in front of the other at every opportunity. Just Do It!

(Excerpt from "Natural Awakenings")

(As always, check with your family physician before adding any new exercise regime to your routine.)

*It does not matter how slowly you go,
 As long as you don't stop.
 -Confucius*

*Stop focusing on how stressed you are...
 And remember how blessed you are!*

The Next Stage

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

Place
Stamp
Here

REMINDER: \$12 DUES FOR 2020 WERE DUE 1/1/20.

IF YOU HAVEN'T ALREADY SUBMITTED, PLEASE
CONSIDER DOING SO SOON. THANKS!

Daylight Savings—3/8
St. Patrick's Day—3/17
First Day of Spring!!!— 3/19
Palm Sunday—4/5
Good Friday—4/10
Easter—4/12
Administrative Professionals Day—4/22
Earth Day—4/22
Mother's Day—5/10
Armed Forces Day—5/16
Memorial Day—5/28

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THE NEXT STAGE

FEBRUARY 26, 2020

The Next Stage is the quarterly newsletter publication of the Huntsville Division Alumni Association, Inc. Distribution: approximately 100. (FYI: Started with ~350 25 years ago.) Editor: Patti Wilson.

Its address is POB 4185; Huntsville, AL; 35815-4185.

The 2020 HDAA Board consists of :
President/Tom Bryant, VP/Gerald Roberts,
Secretary/Cecil Stokes, Treasurer/
Membership/Charlie Thomas. Directors:
(20) Ron Clements, (20) Harold Whitesides,
(20) Sam Zeman; (21) John DeHaye, (21)
Don Royston, (21) Patti Wilson; (22) Bill
Barnes, (22) Jim Gasaway, (22) Paul McFall.

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

Contact Cecil for details about the HDAA
website and how to view more photos in color!

See you at Brookdale Saturday, 3/14!

**Please join us and start your day
with a delicious meal and getting this new
decade off to a great start!**

**Linger a while and visit. Get caught
up with friends!** 😊

In Fond Memory...

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

Barry David Allan: Research Chemist for Army Missile Command, RSA,
Army Propulsion Lab, Stone Engineering, ASI.

Johntas "Jo" Goodwin Batey: Who worked at Morton Thiokol, '50s/60s.

Juanita "Nita" Boyd: Who worked in Engineering, as Sr. Secretary.

Ruby Lillian Franklin Hawkins: Wife of Oscar, who worked in Plant
Engineering.

Jack Francis Kerr: Who worked in Inspection 1950s-80s.

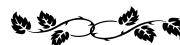
Margaret Pelham: Whose husband, Joe, worked as Manager in Quality.

Dolores P. "Lo" Vance: Wife of Sam, who worked in Development Section.

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.
If you learn of a prior coworker passing, please let someone on the Board know.

*Be like the bird, who halting in his flight on limb too slight feels it give
way beneath him...yet sings knowing he hath wings.*

- Victor Hugo



*It's okay to shed tears as you mourn the loss of a loved one. But, let the fond
memories of times shared bring joy to your heart until it brings a smile to your
face...and, remember the infectious laughter you enjoyed together.*