

# The Next Stage

VOLUME 19, ISSUE 1

Newsletter of The Huntsville Division Alumni Association

MARCH 1, 2014



Miss the 2013 event? Come JOIN US!

## SPRING BREAKFAST.... SATURDAY, MARCH 22<sup>nd</sup>!

Location: Brookdale Place at Jones Farm, 2815 Carl T. Jones Drive SE in Huntsville. Date: Saturday, March 22nd. Time: 8:30-9:00 a.m. camaraderie; buffet begins ~9:00 a.m. Cost: \$6/person. Another delicious fare of breakfast casserole, bacon, sausage, hashbrowns, biscuits/gravy, fruit, juice, and coffee. Compliments abounded at last year's meal!

Paid reservations should be mailed to HDAA, P. O. Box 4185, Huntsville, AL, 35815-4185 by Monday,

**March 17.** Don Royston, Committee Chairperson, has worked hard for a successful event. Thanks to Jack Hagler, too, for making the contact with Brookdale!

*Hope to see you all there...hungry! ☺*

Regular events you might want to attend...

### Monthly:

**1st Wed:** Ladies lunch, 11:00 am.

3/5: Gibson's S. Parkway/Joyce

4/2: Victoria's Café/Jan

5/7: Red Lobster/Helen

6/4: Logan's on Balmoral/Barbara

7/2: NO LUNCH!

**2nd Tue:** Breakfast at Mullins/  
Andrew Jackson Way, 07:30. Call  
Bill Russell at 650-5400 for details.

**3rd Wed:** Lunch at El Palacio,  
12:00. Call Don Royston/539-  
4338 for details.

*Hope to see you there!*

**Spring Breakfast: Saturday, March 22**  
**9:00 a.m. buffet served.**

**Brookdale Place, 2815 Carl T. Jones**

**Cost is \$6 per person**

**Paid Reserv's. by Mon., Mar. 17 to HDAA,**  
**P.O. Box 4185, HSV, AL 35815-4185.**

*The greater part of our happiness or misery  
depends on our dispositions  
and not our circumstances.*

-Martha Washington

*Happiness is like a butterfly which, when  
pursued, is always beyond our grasp. But, if  
you will sit down quietly, may alight upon you.*

-Nathaniel Hawthorne

### Next Board Mtg:

(2nd Thurs each qrtr)

Apr 10, 2014

5:00 pm, Faith Presbyterian Church,  
SE corner of Whitesburg/Airport.

*Come share your ideas!*

### Dates to Remember:

**2014**

**3/22:** Spring Bkfst @ Brookdale.

**6/7:** Picnic / Green Mtn. Nature Trail.

**TBD:** Fall Dinner

**12/6:** Christmas Party @ Magnolia Tr.

Details will follow  
for each event.

*Hope you come join the camaraderie!*

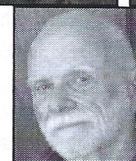
## ENGINEERING LUNCHEON = EXCELLENT DESIGN WORK!

Even though Nita has moved to Dothan, the perennial Engineering Secretary was able to execute a perfect luncheon at Logan's on Balmoral in Huntsville! Amazing. Needless-to-say, a good time was had by all. We hope you plan on joining the group next December—time and location to be announced later. Congratulations on a job well done, Nita...and, THANKS!

Shown below, L-R: Mark Kirkham, Ralph Snowden, Tom Turner, Rich Alfiero John Nelson. Shown right top, L-R: Sam Zeman, Tom Sato, Jim Gasaway, Cecil Stokes, Paul McFall.



Right, L-R:  
Hill English,  
John DeHaye



Harold Whitesides, Gene Thomas. And, last but certainly not least, Nita! Able to handle it all long-distance, blindfolded, grandkids in her lap...and, with that contagious laughter. Thanks, again, Nita. Good work.

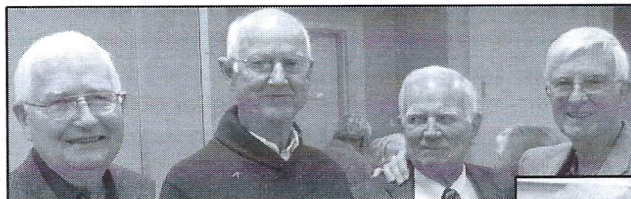




## CHRISTMAS PARTY BELLES & BEAUS...

Gene Thomas and Paul McFall, Christmas Party Co-Chairs, did an outstanding job with the 2013 event at Magnolia Trace. The food was exceptional, the wine selection excellent, and the camaraderie of good friends was a nice way to round out the year. Lauds to you both!

Shown at left, L-R, top row: Iva/Gene Thomas, Libby Loder, Patty Webb. Bottom row: Paul Mc., Juanita/Gerald Roberts, Brenda Turner, Sharon Turner. Shown below, L-R:



Jake Reep, Bill Barnes, Ron Clements, Tom Irby. At right, Dolly Shuey, wife of Hank Shuey, who was a long-time consultant for Thiokol. Below right, Dr. Al Watson, who was the Division doctor in the early years.



## The Crime of the 21st Century (to date!): *Financial Abuse of the Elderly*

A study conducted in 2011 indicated the elderly are swindled out of nearly \$3 billion a year—likely just the tip of the iceberg since it's believed most cases are never reported. That number has been steadily on the rise as con artists refine and improve their techniques, and the technology of today merely increases the speed and reach of their tactics. Why? The older generation has worked hard and saved their entire lives, and have a vast amount of wealth...and the scammers know this.

Nearly 7.3 million older Americans (1 in 5 over age 65) have been ripped off: Misrepresented annuities; telephone fraud selling bogus products/services; soliciting for charitable contributions; saying you've just won a prize; or even someone offering to help retrieve money if you've been victimized in the past...for a price; mortgage help with loan modifications; free lunch/dinner seminars for fictitious investments which lead to high-pressure follow-ups; magazine scams with third parties selling subscriptions/renewals, etc...and the list could go on.

You'd think common sense would prevail: *If it sounds too good to be true, it probably is. Take your time. Check out any proposition with a reliable, neutral source.* All great advice. But, the prevalence of senior financial abuse often comes from members of your inner circle, such as family, and strangers — all of whom can be real pros at taking advantage of their intended victim, especially if the victim's judgment is blurred by the haze of even slight cognitive impairment. According to a MetLife Mature Market Institute survey of reported swindles, 51% of the scammers were strangers, and 34% were family, friends, or neighbors. So, should we not trust ANYone? According to Sally Hurme, senior project manager in education and outreach for AARP, "I'm not going to say that. It's grim, but there are ways to help you."

What can you do to help prevent financial abuse? Look for red flags: getting in "on the bottom floor," having to make

a decision "right now," a promise of "guaranteed profit" at minimal risk," deal is based on "insider information," documents not provided because it's "classified information," etc.

- Be aware of threats, and don't be ashamed/afraid to seek help from someone you trust.
- If you feel overwhelmed by it all, ask someone you trust to help go through your mail and monitor your account statements for unusual activity.
- Keep close track of your income/expenses to ensure you are not over-extending yourself financially.
- Get on Do Not Call lists. Telemarketers are supposed to stop calling once your number has been on the National Do Not Call Registry for 31 days. Ask them to stop calling. If they don't, report them to your local Better Business Bureau (w/callers' numbers). You can register free at [www.donotcall.gov](http://www.donotcall.gov) or by calling 888-382-1222.
- Get regular copies of credit reports: [www.equifax.com](http://www.equifax.com) (800-685-1111); [www.experian.com](http://www.experian.com) (888-397-3742); [www.transunion.com](http://www.transunion.com) (800-916-8800). You're entitled to one free copy per year from each, so get a copy from one of them each quarter — for a total of 3/year). Just remember that each site may get information from different sources, so the reports may differ slightly.
- Your doctor may be able to help. A program developed by the Investor Protection Trust, the North American National Adult Protective Services Association and the Baylor College of Medicine aims to educate physicians about some of the telltale signs of financial exploitation. Since mildly cognitive-impaired seniors seem particularly vulnerable to financial abuse, Baylor created a pocket guide for physicians listing warning signs, as well as resources for social service, legal advice, etc. You can find a copy at [www.investorprotection.org](http://www.investorprotection.org). *Be aware!*

(Excerpt from Kiplinger's Personal Finance, dated 11/2011.)



## SEVERE WEATHER SEASON IS UPON US AGAIN...

So, do the best you can to be prepared for the power outages that quite often occur.

If the outage is 2 hours or less, you need not be concerned about losing perishable foods. For prolonged outages, though, you can help minimize food loss and keep your household as comfortable as possible.

- Help preserve food: Keep several Styrofoam coolers to store perishables. Surround food with ice. A digital quick-response thermometer can verify food has been kept cold enough to use safely.
- Put together an emergency preparedness kit: •Water (1 gallon per person, per day [3-day supply for evacuation, 2 week for home use]) •Easy to prepare food items (3 day/evacuation, 2 week/home) •Flashlights/batteries (no candles, if possible, to circumvent potential fires) •Hand-crank or battery operated radio or NOAA Weather Radio •First aid kit: Medications (7-day supply) and medical items •Multipurpose tool •Sanitation/personal hygiene items •Copies of important personal items

(medication list/medical info, deed/lease to home, birth certificates, insurance policies) •Cell phone/chargers; but maintaining a non-cordless phone is likely to work even during the outage •If someone in your home requires electric-powered, life-sustaining equipment, include backup power in your evacuation plan. •If you have pets, keep their food/meds, etc. •Family/emergency contact information •Extra cash! •Keep your car's gas tank full.

- Energy conservation recommendations when power returns: •Turn off lights/computers when not in use •Wash clothes in cold water, full loads only, clean the dryer's lint trap after each use •Only full dishwasher loads on light cycle, low temp, let air dry •Replace incandescent light bulbs with energy-efficient compact fluorescent lights.

- Let your family know you're safe! If required, register on the American Red Cross website, RedCross.org, or call 1-866-GETINFO to register to locate one another.

(Excerpt from *Power Outage Checklist—American Red Cross*)

## STAYING MENTALLY SHARP

Boost your memory and develop habits that can help counter age-related memory loss:

- Make associations: If you are introduced to Fred who has red hair, link his name to his hair color!
- Choose what to remember: Meet several people? Focus on remembering a few key names.
- Recite, retrieve, review: Recite key information several times to learn it and retrieve it often. Review information you'll need, such as looking at your high school/college yearbook before attending a reunion.
- Break it down: Break down new information into units (i.e., to memorize a long-distance phone number, break it down into area code, the next 3 digits, the remaining 4 digits).
- Pay attention: Forgetfulness may indicate nothing more than having too much on your mind. Slow down and pay full attention to the task at hand. Limit distractions.
- Keep track of appointments, tasks, contacts: Use appointment books, calendars, to-do lists, address books, software, Post-It notes — whatever works for you.
- Develop routines: For example, put frequently used items such as keys in a designated spot when not using them.
- Create rituals and cues for common tasks: Make sure your keys are in hand before locking your car doors. Place packages you need to mail near the front/back door so you won't forget them.
- Include physical activity in your daily routine: Physical activity increases blood flow to your whole body, including your brain. This may help keep your memory sharp.

(Excerpt from *Mayo Clinic Special Report*, dated 2013)

## MEDICARE DEDUCTIBLES FOR 2014

Having trouble finding them? They are \$1,216 for Part A Hospital; and \$147 for Part B Medical. Check with a certified accountant for specific information. Remember the April 15 deadline, unless you request an extension. Good luck!



**Phyllis Booth** recently sent a note saying she is enjoying being able to take trips with her daughter, Mary, and her family. Her church family has also kept her busy with their senior group and a lot of different activities. She misses all of her Alabama/Thiokol family, and logs on to HDAA to try and keep up with Thiokol happenings. She also sends her love to all! She'd love to hear from you. *Glad you are enjoying your life!*

**Nita Boyd** is truly enjoying her Dothan home, even though she misses her "Yankee" friends in N. Alabama. Per Nita: Dothan is like HSV was about 45 years ago, w/only 2 high schools. Small town, and I love it! People complain about the traffic; I just chuckle. Everything is relative; I sorta complain about having to go "all the way down to Ross Clark Circle to get my Hardee's biscuit;" then I measured it and it's 1.5 miles farther from my house than my Hardee's was in Madison. I can get to church in 10 minutes (yes, you read right: "church" and the roof hasn't caved in, yet!). Traffic lights are slower, but you never have to go through 2 rotations. Montana Magnet School is where my grandchildren go to school (public school), but must maintain at least a B average to attend. We have "Grans" every Wednesday from 10:00 to Noon. We trace and cut out things, tear pages out of workbooks and sort them, wrap cereal boxes in red paper, and trace and cut out shapes and faces to go on them for Valentine's Day, etc., put glue and glitter on things, anything that helps the teachers (and they are quite creative). Especially love this! And, we get to have lunch with our grandchildren. Here's a picture of mine: Adam is 8 and Ella is 11. They are Joel and Maria's children. Love 'em!

Beautiful!



**Bob Glick** is suffering the extreme cold (IN): -7°F and 30 mph winds=dishwasher frozen solenoid valve. Propane price is escalating due to unanticipated needs. The only "humor" is inescapable "global warming" is the cause. He keeps in shape with hand splitting/hauling wood for their Buck Stove. *Stay warm!*

**Mill Scoggin** stays busy as a computer volunteer at his Church. He, too, misses all his Thiokol family. *We miss you, too, Mill!*

*Let us hear news from you, too — always nice to hear!*



28 FEB 2014 PM 4 L



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

\$12 DUES FOR **2014** ARE DUE (ALWAYS BY  
THE FIRST OF EACH YEAR). THIS ALLOWS  
YOUR BOARD TO BETTER PLAN  
SUBSIDIZED EVENTS.  
THANKS FOR YOUR CONTINUED SUPPORT!

*Ash Wednesday—3/5*  
*Daylight Savings—3/9*  
*St. Patrick's Day—3/17*  
*Palm Sunday—4/13*  
*Easter—4/20*  
*Mother's Day—5/11*  
*Armed Forces Day—5/17*

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35802209834

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THE NEXT STAGE

MARCH 1, 2014

The Next Stage is the quarterly newsletter publication of the Huntsville Division Alumni Association, Inc. Distribution: approximately 150. Editor: Patti Wilson.

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

The 2014 HDAA Board consists of President Ron Clements, Vice President Tom Bryant, Secretary Helen Mitchell, Treasurer/Membership Charlie Thomas, and Directors: Nita Boyd (14), John Grider (14), Charlie Thomas (14) Sam Vance (14), Patti Wilson (14), Carroll Bobb (15), Paulette Hamblin (15), Paul McFall (15), Don Royston (15), Don Wilson (15), Bill Barnes (16), Jim Lee (16), John Nelson (16), Cecil Stokes (16), Sam Zeman (16). Ex-officio members of the Board are: Jim Lee/ Historian, and Cecil Stokes/WebMaster.

For Internet information:

**MyFamily.com** (contact Cecil for details)

*See You at Brookdale Place on*

*Carl T. Jones Drive SE*

*Saturday, March 22!*

*Come hungry—stay for camaraderie!*

## In Fond Memory...

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

**Alan Compton:** His wife, Mary, worked in Chemistry in the 1950s.

**Winston Davies:** Tech rep in Quality Testing, also in California and Colorado.

**Earl Driskill:** Lockheed/Martin customer representative at TC/HD.

**Sue Ferrara:** Wife of Jim Ferrara, Manager of HSV/SE District Office.

**Bob Lyles:** Worked in Thermal Group, transferred to Chicago, then Utah.

**James McCulley:** Worked in Project Management.

**John Norton:** Worked in Plant Engineering.

**Dieter Schrader:** Worked at the Huntsville Division in the 1960s.

**Bill Stogner:** Worked in Manufacturing.

\*\*\*\*\*

They will be missed by us all, and live on as memories in our hearts.  
Our heartfelt sympathy to those who have lost other loved ones, as well.

If we have missed others, we were unaware. Please let us know.



For each new morning with its light,  
For rest and shelter of the night,  
For health and food, for love and friends,  
For everything Thy goodness sends.

-Ralph Waldo Emerson (on gratitude)