

# The Next Stage

VOLUME 22, ISSUE 1

Newsletter of The Huntsville Division Alumni Association

March 6, 2017



## ***BREAKFAST @ BROOKDALE'S!***

Don Royston has been working hard to plan another great breakfast for us all. Brookdale Place, Jones Farm, 2815 Carl T Jones Dr SE, Huntsville is our usual location, and you know what an excellent job they do! It is scheduled for Saturday, March 25, 2017, 08:30 Visiting Time, 09:00 Buffet Served! The cost is \$7.00 per person (same as last year...thank you very much, Don!). And, the fare should be as delicious, as usual: breakfast casserole, bacon, sausage, hash brown potatoes, biscuits, gravy, fruit, juice, and coffee.

Please submit your paid reservations to HDAA, P O. Box 4185, Huntsville, AL, 35815-4185 by Monday, 20 March 2017, so an accurate count can be provided Brookdale for preparation of the meal.

We hope you join us for this event to share great camaraderie and a hot cup of coffee!  
*See you there!*

## **Next Board Mtgs:**

(2nd Thurs each qtr)

Jan 12, Apr 13,

Jul 13, Oct 12, 2017

**2:30 pm** (note change from 5 p.m.), Faith Presbyterian Church, SE corner of Whitesburg/Airport.

*If you can't make a meeting, why not send in some suggestions for upcoming events you might like!*

## **Dates to Remember:**

**2017**

**3/25:** Spring Breakfast Brookdale Place

**-6/3:** Summer Picnic Green Mtn Nature Tr.

**-Fall Dinner TBD**

**-Christmas Party TBD**

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

Hope you'll join the fun and camaraderie!

*Come Join Friends for the wonderful events!*

## **Monthly:**

**1st Wed:** Ladies lunch, 11:00, Gibson's BBQ/S. Mem. Pkwy. Call Joyce/539-4338 for details.

**2nd Tue:** Call Bill Russell at 650-5400 for details.

**3rd Wed, 3/15/17:**  
**Lunch at Logan's/ Balmoral Dr. (where the Eng. Lunch was held), 12:00N. Call Jim Gasaway/353-7199 for details.**

## **ORBITAL ATK SHOWS WIDE RANGE OF DEFENSE, AERO-SPACE AND SPACE CAPABILITIES AT INTERNATIONAL EXPOSITION**

The exposition takes place biennially at the Abu Dhabi National Exhibition Centre. The event, held February 19-23, provided Orbital ATK the opportunity to display its expertise to a global audience at one of the largest attended international defense expositions.

Highlighted is the company's Palletized Weapons System (PaWS) offered by Orbital ATK's Defense Systems Group. PaWS is a rapidly reconfigurable roll-on/roll-off gun system for medium- to heavy-lift aircraft. The system includes enhanced electro-optical/infrared targeting sensors and a trainable 30 mm MK44 Bushmaster® Chain Gun®. Other highlights include the company's precision guidance kits (PGK) for artillery and mortars, Hatched (a miniature precision glide weapon), the complete Bushmaster® line of Chain Guns® and automatic cannons that support 7.62 mm, 25 mm, 30 mm and 40 mm applications. The company also displayed its full line of small-, medium- and large-caliber ammunition.

Orbital ATK displayed its innovative line of customized special mission aircraft and weaponized gunships that provide allied nations with intelligence, surveillance and reconnaissance platforms.

*(Excerpt from [www.orbitalatk.com/news-room](http://www.orbitalatk.com/news-room), 2-16-17)*

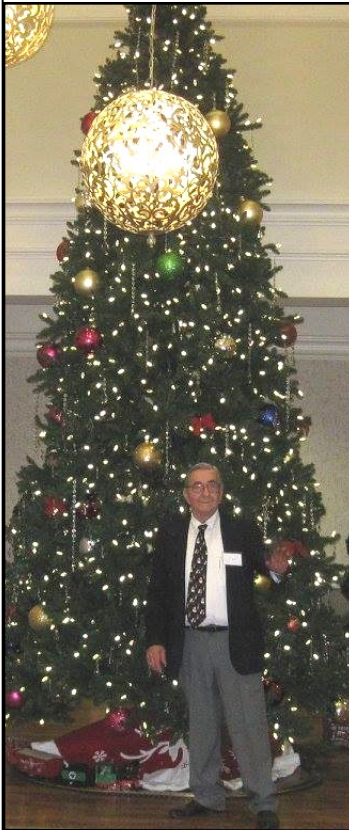
## **ORBITAL ATK AWARDED INTEGRATION CONTRACT FOR MULTIPURPOSE SATELLITE BY U.S. AIR FORCE**

Orbital ATK has been awarded a contract by the U.S. Air Force Space and Missiles Systems Center to provide payload integration and support services for Space Test Program Satellite 6 (STPSat-6). The multi-purpose satellite will operationally demonstrate advanced communication capabilities, collect space weather data and support nuclear detonation detection in the Earth's atmosphere or in near space. STPSat-6 is the primary payload on the STP-3 mission which is set to launch no earlier than June 2019.

Orbital ATK will integrate and test the spacecraft, deliver operations procedures, and support launch and on-orbit check-out. The satellite will carry nine payloads from the Department of Defense, National Nuclear Security Administration and NASA.

*(Excerpt from [www.orbitalatk.com/news-room](http://www.orbitalatk.com/news-room), dated 2-13-17)*

## Christmas Luncheon Glamour!



What a magnificent entrance to the Magnolia Trace annual Christmas luncheon! And, co-chair, Paul McFall was there to greet all who arrived. He selected beautiful poinsettias for the table decorations, and all door prize recipients were excited at the gift choices.



A very special thanks to Cecil and Shirley Stokes for making arrangements with Magnolia Trace to again host this annual event. The staff and chef always do an exceptional job! *Thanks!*



Beautiful Kathy Bazzell and Lisa Duncan Williams, always add brightness to a room!



Betty Bryant, Brenda Turner, and Sharon Turner—BFFs, above.

Joyce and Don Royston, right.

Paul, Iva/Gene Thomas, and Shirley Stokes getting it all set up!



A special thanks to Gene and Iva for supplying all the wonderful wine for our event. Great selection!

This is always such a warm and special time together — all the festivity of the Christmas holiday, everyone just a little “sparkly,” quick to smile and share laughter with good friends who’ve known one another for many years, and shared so many great times. Brilliant minds who had fun getting the job done with superior quality. It’s pretty amazing, isn’t it, that we still enjoy spending time together after all these years?!

*Great group of folks! Thanks to **all** for a great time!*

## Annual Engineering Luncheon Brings “Long Lost” Friends Together

Nita Boyd, long-time Engineering Secretary, was not able to attend this year, and she was sorely missed! But, she was certainly with us in spirit. This is always an event that brings prior coworkers together that we don’t see quite as often, so it’s always great to join everyone at Logan’s, where the food is always good, and the conversations rapid fire, trying to catch up on an entire year’s activities!



Tom Bryant



Gary Kirkham



Tom Turner



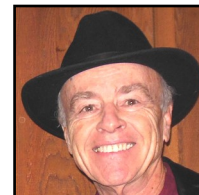
Hill English



Tom Sato



Ron Pucket



Harold Whitesides



Rich Alfiero



Far left, Don Wilson. Patti Wilson congratulating Sam Zeman on his latest retirement, from PRC!

*What a marvelous group of fun, intelligent minds!*

## HOW ATTITUDES AFFECT YOUR HEALTH

Are you enthusiastic, hopeful, engage in life, and have the ability to face life’s stresses with emotional balance? This positive outlook may be adding years to your life!

A study conducted with 6,025 participants, in 2007 (National Health and Nutrition Examination study) has revealed that those with high levels of emotional vitality at the onset of the study had significantly lower rates of cardiovascular disease an average of 15 years later. In 2015, they reported that among 6,019 participants studied an average of 16 years, greater emotional vitality was associated with a lower likelihood of having a stroke. Additional studies also show improved functioning if minor disabilities exist.

So, focus on what is important in the overall scheme of things (pick your battles!), practice mindfulness (live in the present, quell anxiety about the future, don’t live in the past), keep a sense of purpose AND humor. All this may add years to your life.

*Life is GOOD...LIVE it! ☺*

*(Excerpt from Harvard Women’s Health Watch, May 2016)*



## FRIENDS IN THE NEWS....



**Ralph Snowden**, circa 1944, in Pearl Harbor in front of the hotel which was in the movie, *From Here to Eternity*, and bombed during the attacks on Pearl Harbor.

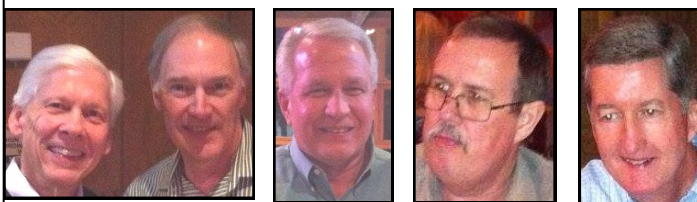
\*\*\*\*\*

### Mike's Night!

It had been such a long time since we had seen Mike and Lance DeFatta, we decided that was good cause for a party! Bart Fulmer contacted a group of Mike's friends and a gathering was held at Logan's on Balmoral Drive in Huntsville...in their "garage!" What a fun time was had by all. And, as we all parted ways, we decided that just might be what the doctor might order for us all...more frequently!



Shown above are Danielle (Mike/Lance's beautiful daughter), Mike, Lance...all looking fabulous!



L-Steve Alexander  
R-Larry Pledger

Mark  
Kirkham

Wayne  
Steelman

Jeff Jones



Lisa  
Duncan



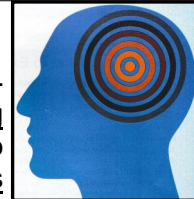
Greg  
Bentley

Bart  
Fulmer



More photos of attendees on HDAA Facebook site. Visit it!

## ARE YOU STROKE SMART?



When blood flow to the brain is interrupted, minutes matter! Lifesaving treatment can help reduce damage to the brain, if it happens as quickly as possible. That's why it's important to know the signs of a stroke. Symptoms may appear suddenly, so recognizing them and getting help FAST just might save a loved one's life or lower the risk of disability.

**F FACE.** Ask the person to smile. Is the smile uneven? Does one side of the face droop? Or is it numb? Trouble seeing in one or both eyes? Is the person dizzy?

**A ARMS.** Ask the person to raise both arms. Does one arm drift downward? Is it weak or numb? Is there a loss of balance? Is there difficulty walking? Trouble with coordination?

**S SPEECH.** Ask the person to repeat a simple sentence. Does it sound slurred or strange? Does the person seem confused? Does the person have a severe headache?

**T TIME.** For ANY of these signs, call 911 right away. And, note the time symptoms first began.

### HOW TO LOWER YOUR RISK OF STROKE:

**Watch what you eat.** A healthy diet should be low in saturated fats, trans fat, added sugars, salt; and, focus on healthy foods like fruits, vegetables, whole grains, beans and fish.

**Move more.** Aim for at least 2.5 hours of moderate-intensity aerobic exercise a week (walking is great!). Add strength exercises on two or more days a week.

**Don't smoke.** Lighting up boosts your stroke risk. Steer clear of secondhand smoke, too.

**Get regular checkups.** Work with your doctor to manage conditions that might raise your risk for stroke, such as high blood pressure or diabetes.

For safety's sake, always talk with your doctor before increasing your activity level! And, if you have access to a computer, go to **[BeginsAt50.com/strokequiz](http://BeginsAt50.com/strokequiz)** and see if you know fact from fiction. (Excerpt from *Strive*, an AARP publication, Winter 2017)

**aunty acid**  
www.facebook.com/auntyacid

I'm thinking of calling in  
**GHOSTBUSTERS**  
coz I'm convinced I live in a  
**HAUNTED HOUSE.**  
Every time I look in the freakin'  
mirror, this old lady comes and  
stands in front of me and  
blocks out my reflection.

# The Next Stage

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

Place  
Stamp  
Here

REMINDER: \$12 DUES FOR 2017 WERE DUE 1/1/17.

*IF YOU HAVEN'T ALREADY SUBMITTED, PLEASE  
CONSIDER DOING SO WITH YOUR BREAKFAST  
RESERVATIONS. THANKS!*

*Daylight Savings—3/12  
St. Patrick's Day—3/17  
Palm Sunday—4/9  
Easter—4/16 Count your blessings!  
Earth Day—4/22  
Mother's Day—5/14  
Armed Forces Day—5/20  
Memorial Day—5/29*

Veterans are people who, at one point in their life,  
wrote a blank check payable to the United States of  
America, for an amount up to and including their life.

VOLUME 22, ISSUE 1

THE NEXT STAGE

MARCH 6, 2017

The Next Stage is the quarterly newsletter publication of the Huntsville Division Alumni Association, Inc. Distribution: approximately 120. Editor: Patti Wilson.

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

The 2017 HDAA Board consists of President Glenn Webb, Vice President John DeHaye, Secretary Cecil Stokes, Treasurer/Membership Charlie Thomas, and Directors: Ron Clements (17), Faye Jones (17), Sam Vance (17), Harold Whitesides (17), Patti Wilson (17), Tom Bryant (18), Don Royston (18), Joyce Royston (18), Don Wilson (18), Jim Gasaway (19), Paul McFall (19), Gerald Roberts (19), and Jim Tucker (19).

Ex-officio members of the Board are: Jim Lee/Historian, 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, 3/25!  
Come Join Us!**

***There's nothing better than starting  
the day with a hot cup of coffee  
and conversations with good friends!***

## In Fond Memory...

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

**John Coffin:** Worked at HSV Division a short time, but mostly at Corporate.

**Mary Coffin:** Wife of John, she passed in March of 2016.

**Dottie Luke:** Worked in Marketing 1970's-1990's.

**Annelie Mey Owens:** Wife of Chuck Owens, who worked in Quality.

**Jeff A. Tate:** An Instrument Technician in Plant Engineering/Quality

**Nancy Lou Tate:** Wife of Jeff, above.

\*\*\*\*\*

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.



*I love the times I can't remember  
with the friends we'll never forget.*

\*\*\*\*\*

***F.E.A.R. has two meanings:  
Face Everything and Run or Face Everything and Rise.  
The choice is yours every single day!***

\*\*\*\*\*

The most memorable people in life will be the friends who loved you.....  
Even when you weren't very lovable.