

The Next Stage

VOLUME 22, ISSUE 2

Newsletter of The Huntsville Division Alumni Association

MAY 15, 2017



IT'S PICNIC TIME AGAIN!!!

Our annual picnic is scheduled to be held Saturday, June 3, at the Green Mountain Nature Trail. The pavilion is reserved from 10 a.m. to 3 p.m. But, come early and stay late to visit. Lunch will be served about 11:30 to 12:30, consisting of Lawler's pulled pork, BBQ beans, potato salad, cole slaw, buns and sauces, those delicious cookies for dessert, and drinks. Cost will again be only \$7/person. *Great negotiating, Committee!!*

Please submit your paid reservations to HDAA, P O. Box 4185, Huntsville, AL, 35815-4185 by Tuesday, 30 May 2017, so a good head-count can be given to Lawler's BBQ for preparation of our great meal.

Ron Clements and Glenn Webb, committee Chairmen, have hosted this fun event for years...and it's always enjoyed by all. Nature's beauty should be great after all our rain! Come, totally relax...AFTER a hike along the trail! (Ron and Glenn have requested great weather, as well. :-)) *See you there!*

MORE TC/HD MEMORABILIA WANTED!

Everyone had so much fun browsing through all the odds and ends folks brought to last year's picnic that it was requested we do it again this year! So, clean out that attic or basement and see what you can gather so we can all take a walk down memory lane: fun days of working long, hard hours on proposals, winning contracts, and actually having fun the entire time. Good results with a lot of great folks.

Gotta Keep A Sense of Humor...

One day, a housework-challenged husband decided to wash his sweatshirt. Seconds after he stepped into the laundry room, he shouted to his wife, "What setting do I use on the washing machine?" "It depends," she replied. "What does it say on your shirt?" After a puzzled moment, he yelled back, "University of Illinois".....

A fellow mentions to his friend that his therapist told him to finish everything he started. He said, "So far I've finished three bags of chips and one chocolate cake and I feel better already!"

(Thanks to Sam Vance for his *Prairie Home Companion* items.)

Orbital ATK Receives Foreign Military Sales Award for Sidewinder Missile Rocket Motors

Orbital ATK received a contract award from the U. S. Air Force for production of rocket motors for the AIM-9P missile. The award is an indefinite-delivery/indefinite-quantity contract estimated to be \$67 million when fully optioned. The order adds to the more than 30,000 Sidewinder motors the company has produced to date.

The Sidewinder Missile System has a proven record for effectiveness and reliability at home and around the world. This award will help our allies defend shared interests for years to come (per Pat Nolan, VP and GM of Orbital ATK's Missile Products Division). This FMS version will be delivered to our allies with the same outstanding record with which thousands of other tactical air-to-air rocket motors were delivered.

The AIM-9P Sidewinder missile has received significant upgrades since it was developed in 1978, with the latest version featuring Orbital ATK's SR116-HP-1 reduced smoke rocket motor. Work for the current FMS order is expected to run through February 2022.

(Excerpted from Orbital ATK news website. For more information on this and many other interesting stories, go to www.orbitalatk.com.)

Next Board Mtgs:

(2nd Thurs each qtr)
Jul 13, Oct 12, 2017

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

*Come to the
meeting and bring
new ideas for
events!*

Dates to Remember:

2017

-6/3 Summer Picnic
Green Mtn Nature Tr.
-Fall Dinner 9/9,
Brookdale Place
-Christmas Party 12/2,
Magnolia Trace
**Mark your calendars
now!**

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

Hope you'll join us!

*Camaraderie is great,
food is always
fabulous. "Catch up"
with your Thiokol
family!*

Monthly:

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

2nd Tue: Am not sure
a new breakfast place
has been set. Call Bill
Russell at 650-5400
for details.

3rd Wed: Lunch at
Logan's/Balmoral,
12:00. Call Jim/353-
7199 for details. Ask
to be added to his list.

BREAKFAST BONANZA!

Don Royston reigns supreme as the breakfast host with the most! A smaller group attended this year, largely thanks to memories that aren't what they used to be. With Cecil out of pocket, your editor was going to send out a reminder, but a computer problem prevented that. Will do better next year!

Chef Dennis Woods provided an outstanding meal, with plenty of hot coffee for those who wanted to visit for a while afterwards. They always do an outstanding job.

Thanks to Don (and Joyce) for a job well done! Thanks, too, to Charlie Thomas for his ever-vigilant collection of checks and providing an attendance list. And, thanks to Paul McFall for keeping us all "known" with nametags! That gets more important with each passing year.

More great color photos may be viewed at the FaceBook HDAA group site, or:

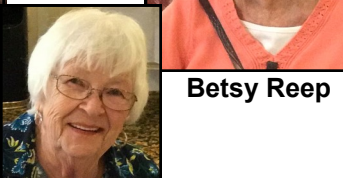
<https://www.facebook.com/photo.php?fbid=1468631606514421&set=pcb.1349543965091352&type=3&theater> (Copy this into your web browser or Google search engine.)



Amma/Bill Barnes



Nancy Webb



Betsy Reep



Rosa and Andy Karabinos



Our delicious fare... and enough for seconds.

Come join us next year. It's always fun, relaxing, and a great start to your weekend! Just keeps on getting better with each passing year.

See you there next year!

FRIENDS IN THE NEWS....

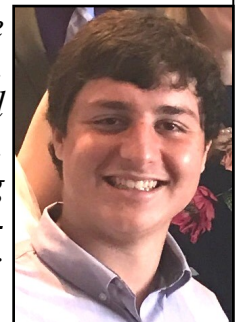
Mike and Lance DeFatta update! Mike and Lance are proud to announce that daughter, Danielle, was recently wed to Marshall Williams. A small, private ceremony was held on Marshall's mother and step-father's farm in Jackson County. In attendance, besides their daughter, Vivian and a few family members was their horse, Freedom. A late afternoon ceremony on April 1...a perfect setting for the exquisite photo, below:



Fabulous. *Best Wishes, Marshall & Danielle!*

Don and Joyce Royston have grandparents' bragging rights! Grandson, Daniel Patton, (son of Lois and Rip Patton) has been selected by his HSV high school science teacher to attend the Biotech Academy at Hudson Alpha this summer. One junior or senior student from each of 18 high schools in Madison County are nominated to attend the academy. It's a 4-week intensive learning experience to provide a foundation in research skills as well as introducing genetics, genomics and biotechnology.

Congratulations, Daniel! We are ALL very proud of you. You will have to keep us posted on this exciting opportunity. Hudson Alpha is an amazing facility doing remarkable research. (Note from editor: wish I could join you!)



10 INSIDER TIPS ONLY NURSES WILL TELL YOU!

- 1) Get a second opinion BEFORE your surgery. Our current healthcare system incentivizes doctors to advise high-cost procedures (that might be avoided). Ask about rehabilitation for successful recovery, possible negative aspects, etc., and possibly consider a THIRD opinion from an objective doctor.
- 2) Appoint one family spokesperson. Your nurse will have more time for you if she only has to answer questions from one family member. Coordinate your questions through one person.
- 3) Avoid teaching hospitals in July. Every July, medical students become interns/1st year residents, first-years become second-years, etc. These new doctors are thrust into direct patient care, where mistakes can happen. University of CA/San Diego researchers found that fatal medication errors spike by 10% in July, but in no other month. If surgery is mandatory, consider another hospital.
- 4) Watch carefully to ensure EVERYone entering your room sanitizes their hands. This is extremely important for reducing a patient's chance of infection. If you don't see them sanitize their hands, ask, "Could you please wash your hands?"... especially the nurses and doctors. Going from patient to patient, it's *vital!*
- 5) Do as much as you can for yourself/the patient. Maximize your/patient's time with the nurse by doing as much as you can on your own. Bring your own food/beverages, ask the nurse if there's anything you can do for the patient (brushing patient's teeth, handling feeding, etc.). Any type of care done by the family is not just a help to nurses, it aids in the healing process. It will better prepare the caregiver for in-home rehabilitation, as well.
- 6) Have honest end-of-life discussions before they are necessary. If family members don't know of Do Not Resuscitate orders by the patient, they may demand "do everything you can" to the staff, ignoring the patient's wishes. CPR can break multiple ribs, possibly require a prolonged ICU stay for the patient with a barrage of toxic medicines, and even "indefinite" ventilator time. This may be the opposite of what the patient truly desires. Learn what you/your loved one truly wants at this difficult time (long before the situation is urgent), and ensure the entire family and the staff know as well. (Ed. Note: A good book to read is "It's OK To Die", by Monica Williams-Murphy, MD and Kristian Murphy. Visit OKtoDie.com.)
- 7) Have someone stay with the patient 16 hours/day. A second set of eyes/ears is always helpful! Family members/loved ones should try to take turns to ensure someone is in the room ~16 hours each day, particularly if the patient is older. Sometimes the more aggressive/"fussy" patients take more time away from the quieter patients. Be assertive, but nice.
- 8) Don't be afraid to ask questions. Ask what time the physician conducts daily rounds, so a visitor will be available with the patient. Patients get better care when the family is actively involved. Ask staff about the patient's care, reasons for procedures, etc., even if you think it might annoy the professional. You should be proactive (and an advocate) for the patient's well being. It could save a life! Example: Ask why certain medications may be necessary. Double check the ID information on the patient's armband. It's important! If questions aren't urgent, don't ask on the nurse's first visit of the shift — wait on the second pass through, when more time might be available to properly address all questions.
- 9) Being kind to your nurse matters! Being rude to the staff can possibly delay processes, if patients are physically/verbally abusive, and dealing with them becomes difficult. So, be assertive, but NICE, for possibly faster service...and maybe even a few perks!
- 10) Understand why your medications might not arrive promptly. Many nurses are overloaded with patients, with several patients' medications scheduled to be delivered simultaneously. Some patients may require special needs with meds (crushing pills to blend with applesauce, feeding to patients with specific requirements, etc.). So, be "patient!" Also, if your call button request isn't answered immediately, it might be for a very good reason: your nurse holding the hand of a patient who might be taking a last breath, comforting someone who just lost a loved one, or, quite the opposite, taking the verbal/physical abuse of a drunken/irate patient. So, please cut your nurse some slack...they are doing the best they can.

(Excerpt from *Everyday Health* Guest Columnist, 24 June 2015.)

CRIME OF THE 21st CENTURY...TO DATE!: FINANCIAL ABUSE OF THE ELDERLY

The elderly are being swindled out of nearly \$3 billion a year. Why? The older generation has worked hard, saved their entire lives, and has a vast amount of wealth...and the scammers know this, and are armed with speedy technology. Most cases are never reported, for fear of scorn by family, feeling ashamed, etc. 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 sound advice, but the abuse often comes from the victim's inner circle: *family/friends/neighbors/strangers*, often working through the haze of even slight cognitive impairment.

What to do? Red flags: getting in "on the bottom floor," decisions required "right now," "guaranteed profit" promises with minimal risk, etc. Be aware of threats; seek help from someone you trust, by going through your mail/monitoring your account statements. Keep close track of income/expenses. Get on Do Not Call lists for free: www.donotcall.gov or call 888-382-1222. Get credit reports: www.equifax.com (800-685-1111); www.experian.com (888-397-3742); www.transunion.com (800-916-8800). You're entitled to one free copy a year from each (copy from one each quarter). Your doctor may have resources for social service, legal advice, etc: www.investorprotection.org. **BE AWARE!!!**

(Excerpt from *Kiplinger's Personal Finance*.)

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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 SOON. THANKS!*

Memorial Day—May 29

Flag Day—6/14

Father's Day—6/18

Summer Begins! - 6/21

Independence Day—7/4

Never miss an opportunity to thank a Veteran for
serving this great country, defending our God-given
rights, defending our Constitution,
and preserving our freedoms!

You probably already know: freedom isn't free.....
It should be highly valued and protected!

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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 on Green Mtn. Saturday, 6/3!
Come soak up some sun, enjoy nature,
enjoy a delicious Lawler's BBQ meal,
and, of course, the camaraderie of
good Thiokol friends.*

In Fond Memory...

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

R. E. "Bob" Adams: Worked in Technical Management in the 1960s.

Annie Mae Brewer: Wife of Ed Brewer.

Ed Brewer: Worked in Motor and Finishing Assembly in the 1960s.

Tex Byess: Worked in Property and Supply.

Charles V. Farr: Son of James A. Farr, who worked in Research/Chemistry in the late 1950s/early 1960s.

Kimiko Lutz: Mother of Kathy Lutz, who worked in IT & Qual. Eng.

Barney "Ace" Roberts: Worked in Engineering in the early 1960s.

Annette P. Rogers: Worked in Rocket Engineering & Program Mgmt.

Estha Sims: Worked in Test & Inspection/1960s; Quality in the 1980s.

George W. Sims: Worked in Engineering/Preliminary Design in the 1960s.

Denise Thirkill-Green: Worked in ATK Contracts Office on RSA.

Stan Thomas: Worked in Information Technology/computer programmer.

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.

*You are stronger than you think...braver than you know...
And, more loved than you can imagine.*

*After the rain comes a rainbow. After the storm comes a calm.
After a night comes a morning. After an end comes a new beginning.
Stay strong. Believe. Time heals.*