

The Next Stage

VOLUME 26, ISSUE 1

Newsletter of The Huntsville Division Alumni Association

February 26, 2021

Next Board Mtgs:

(2ndThurs each qrtr)
Apr 8, Jul 8,
Oct 8, 2020

2:30 pm Faith
Presbyterian Church,
SE corner of
Whitesburg/Airport...
Or ZOOM mtg. TBD.

Until we're more comfortable about the CV19 situation, locations/times will be noted closer to events.

Dates to Remember:

2021

There is currently **NO Spring Breakfast** planned at Brookdale's.

-6/5: Summer Picnic
Green Mtn Nature Tr.
TBD. No reserve. yet.
-Fall Lunch TBD.
-12/4: Christmas
Party, Zoom or not!

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

Don't miss out on fun times with dear friends whenever possible!

Monthly:

1st Wed: Ladies lunch, 11:00, Gibson's BBQ/S. Mem. Pkwy. On Hold until further notice.

3rd Wed: Lunch at Logan's/Balmoral 12:00. This event is also on Hold until further notice.

It is sincerely hoped the CV19 numbers will improve so we can resume our normal events!



Spring Breakfast On Hold Until CV19 Under Control...

Brookdale Place, Jones Farm, 2815 Carl T Jones Dr SE, Huntsville has graciously hosted this wonderful event for a number of years. We are sorry to be unable to enjoy it this year due to CV19. We are genuinely hoping it will continue again in 2022. We are hoping by that time CV19 will be under control and most of our Thiokol family vaccinated.

We truly miss seeing everyone and look forward to the day when life can resume more normally.

We would also like to posthumously thank Don Royston for chairing this event for so many years, and doing it so magnificently. He and Joyce enjoyed their times spent with our group. They will both be missed immensely.

Paul McFall has assumed the leadership role in more recent times, and has done a tremendous job. Thanks for continuing to help gather us together in such grand style, Paul!

NATO Alliance Ground Surveillance Force Achieves Initial Operating Capability

Northrop Grumman Corp's RQ-4D Phoenix Global Hawk has recently enabled the NATO Alliance Ground Surveillance (AGS) Force to achieve a declaration of initial operating capability from Supreme Allied Commander Europe, giving NATO commanders the ability to perform uninterrupted in-theater operations 24/7/365. The RQ-4D Phoenix Global Hawk variant provides cutting-edge intelligence, surveillance and reconnaissance in support of global security.

"NATO AGS will help the Alliance with persistent regional defense and deterrence," said Jane Bishop, VP/GM autonomous systems, Northrop Grumman. "The commitment of the entire AGS team partnership—both government and industry—has shown incredible dedication, working across cultures, time zones and languages, all aiming toward one goal—providing the Alliance with this critical capability."

The NATO AGS system is comprised of five aircraft, ground and support segments, along with advanced sensor technologies. Northrop Grumman led the industry team that developed the NATO AGS capability.

(Excerpt from NorthropGrumman.com/News, 2/18/21)



NATO AGS RQ-4D Phoenix Global Hawk

Psychological First Aid... Resiliency in Times of Stress

Though it may not seem like it, stress is a normal, healthy human response — both physical and emotional — to life events. In today's world, the COVID-19 pandemic is an all-too-familiar source of stress. Some of the reasons for the increased stress are:

- *Uncertainty* — Worry about what might happen if you or a loved one contracts the virus. Worry about financial health due to a job loss for yourself or a loved one, loss of saving and investments in this volatile economy. Worry about safely getting groceries or prescriptions, or visiting your health care provider for health concerns.

- *Information overload* — You may be surrounded by information/conversation about CV19 most of the day, whether from TV, radio, newspapers, social media, internet sites, friends, neighbors, co-workers.

- *Changes to your daily routines* — Frustration with loneliness and isolation when confined to your home and you're unable to do activities you would normally enjoy, or simply see friends and loved ones. Or, you may find yourself tired of living in close quarters with family members with whom you don't normally spend so much time.

There's also social upheaval related to race or ethnicity, the election, daily life, etc.

(Continued Page 3)

CHRISTMAS ZOOM PARTY!

Were you able to tune in to the Christmas Zoom Party? It was certainly a First for many of us, and turned out to be a lot of fun! Business conducted, a couple of reports presented to the members attending, and Great entertainment (all Thiokol family)!

Benny Pitsinger, Lisa Duncan-Williams, and Allen Pendleton entertained us with their music, with songs that most of us may remember with fond memory, and a few originals, as well. And, who knew that our own Phillip Franklin, Glenn Hamer, Jamie Neidert, and Joey Reed were such great vocalists, as well? A Lot of talent in our midst, and it's nice that we were able to enjoy it.



Benny at his best!



The Incomparable Lisa!

We truly appreciate them all taking time out from their busy schedules during the holiday season! We would be honored to hear them again...and, frequently!

FRIENDS IN THE NEWS....

Mark and Rhonda Locker haven't let the CV19 lockdown keep them Totally secluded, as evidenced by the photo at left.



Rhonda indicated they took a week off in August 2020 to try and see a United Launch Alliance (they work in the facility in Decatur) Delta IV Heavy launch, but it ended up getting delayed until December. However, they were able to visit the launch pad, as seen at left. While there, they were able to see a SpaceX launch of a Falcon 9 and

then, 8 minutes later, watched it land. Awesome!

Now that's the way to get away for a few days and enjoy a work-related "vacation." We can ALL learn that we Can venture out, as long as we play it safe: wear masks, social distance, wash hands frequently. As long as we all do our part, then perhaps we can see the light at the end of the tunnel (aka, lockdown) and, as Dr. Dave used to say, "it isn't an oncoming train!" Nice. Speaking for us All, we can't Wait for that day! Thanks for sharing, Mark/Rhonda!



Photo of the Zoom party on the computer monitor. Top row, L-R: Carol/Tom Bryant, Shirley/Cecil Stokes, Sam/Liz Zeman, Jackie/Harold Whitesides, Alice/Ron Clements. Middle Row, L-R: Gerald/Juanita Roberts, Paulette Hamblin, Amma/Bill Barnes, Julie/Rich Alfiero, Patti/Don Wilson. Bottom Row, L-R: Bill King, Joyce Royston, Libby Loder, Lathair Munk. More individuals would appear, depending on who was speaking, so there were many more in "attendance." It was wonderful to be able to see so many faces that we haven't been able to see in a long, long time!

More photos and video clips can be seen on the HDAA FaceBook page. If you have not gained access to it, contact Cecil, and he will assist you. Thanks to Cecil and to everyone else who helped make this "first" for many of us so memorable and special! *(If errors or omissions, Editor is blaming it on her white hair! Advanced apologies.)*

Business Meeting Conducted

- ◆ The Nominating Committee is already looking for 2022 (and more!) Board members. Join us! It's fun, easy, Very worthwhile.
- ◆ Bryan Water will be helping landscape the Greenway site. If interested, contributions may be sent to HDAA, P. O. Box 4185, Huntsville, AL 35815, Attention: Charlie Thomas. Be a part of this historical remembrance of TC/HD!

Resiliency in Times of Stress *(Cont. from Page 1)*

Life is full of other stress sources, as well: grieving for the loss of a loved one, downsizing/moving to a new dwelling, ongoing health issues, difficulties in relationships. And, don't forget positive stress sources: planning for a wedding, your next big vacation.

All stressful! And, it's a normal part of life. As a beneficial influence, stress can lead to growth and change. It can be motivating, helping you to be more aware of your surroundings, spurring you to take action or to plan and prepare for the future.

However, stress can affect your body and mind in negative ways, which can become more problematic over time. You may show signs/symptoms related to your:

- *Emotions*—Anxiety, fear, grief, sadness.
- *Body function*—Sleep problems, muscle tension, upset stomach, headache, fatigue.
- *Thoughts*—A racing mind, worry and persistent negative thinking (rumination).
- *Behaviors*—Avoidance, social withdrawal, seeking reassurance, drug/alcohol misuse, overeating or undereating, reduced exercise.

We all react differently to difficult situations, especially when facing multiple challenges daily, and this can push some beyond their ability to cope. And, for those who might already be dealing with anxiety/depression during this time, symptoms may have worsened during the pandemic. If feeling helpless, sad, angry, irritable, hopeless, anxious, afraid, or can't concentrate on routine tasks, and symptoms persist for several days in a row, it may be time to ask for help. Reach out to a friend, family member, spiritual leader, primary care provider, resources provided by your health insurer.

Resilience is normal, too. When it comes to humans, resiliency is the ability to withstand and bounce back from adversity. When you're resilient, you're able to recover to a state where you're able to keep functioning physically and mentally. Your problems may not go away, but it doesn't take long before you're able to adjust to them and find constructive ways to focus your energies and adapt/move forward.

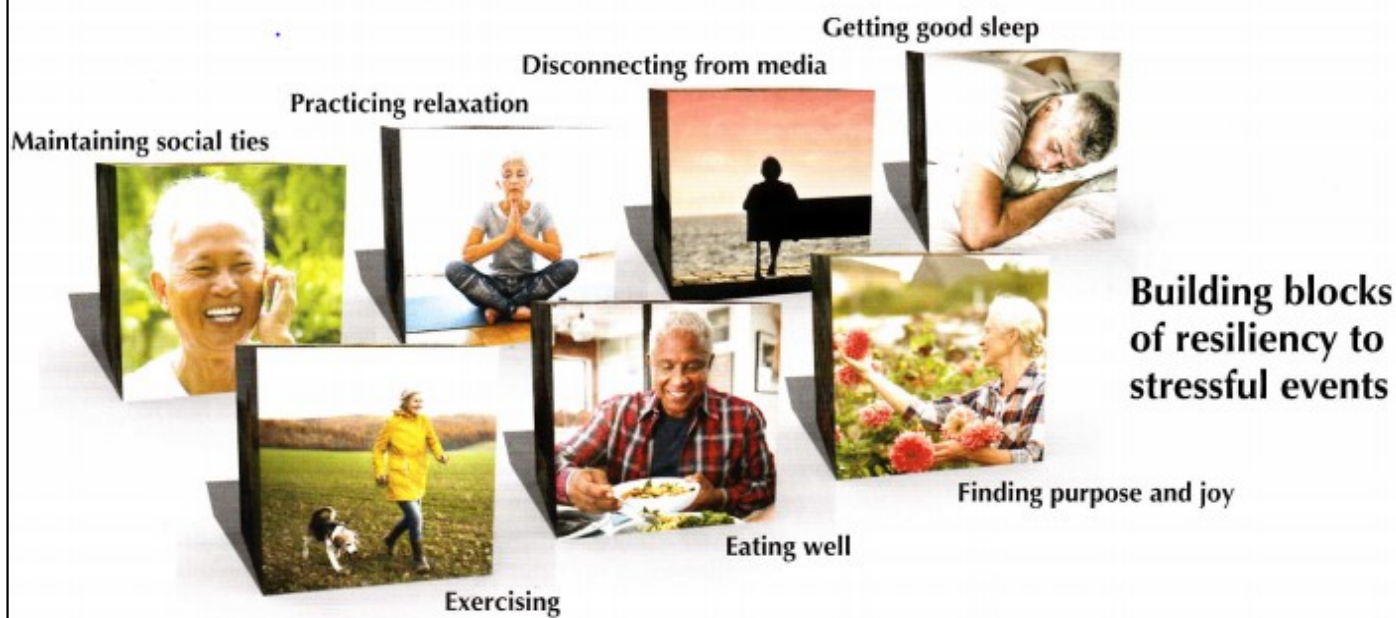
We're all a little older and have probably had a setback or two in our lives—and found a way to bounce back. It's a fundamental feature of everyday coping. It's not simply based on being strong/stoic or having exceptional emotional strength.

Resilience varies over time and there are differences in resiliency. No matter where your resiliency level lies, you *can* take steps to strengthen it. Many factors that contribute to being resilient can be learned and developed. Some of these factors may help you reduce the burden of stress and anxiety, helping you to cope better by:

- Correcting the imbalance between the demands you feel and your available resources to cope with those demands.
- Focusing on controlling the controllable, while letting go of the uncontrollable.
- Seeing challenges as opportunities rather than overwhelming obstacles.

It can all take time and effort, and results may not be immediately obvious. Still, it's worth working toward—not only because you may improve resilience to setbacks, stressful events or a crisis, but also because it's part of leading a healthy, productive, calmer, happier more enjoyable life. **YOU CAN DO IT!**

(Excerpt from Mayo Clinic Health Letter Special Report, 8/2020)



Helpful Resources: Mental health apps can be cost-effective, portable ways to learn and strengthen coping skills. These free apps may be helpful: COVID Coach, Breathe2Relax, Happify, Mindfulness Coach, SuperBetter, Calm, Insight Timer. Be sure to look for apps that have a recently updated version history. *Good Luck....B-R-E-A-T-H-E!*

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

Place
Stamp
Here

REMINDER: \$12 DUES FOR 2021 WERE DUE 1/1/21

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

*Daylight Savings—3/14
St. Patrick's Day—3/17
First Day of Spring!!!—3/20
Palm Sunday—3/28
Good Friday—4/2
Easter—4/4
Administrative Professionals Day—4/21
Earth Day—4/22
Mother's Day—5/9
Armed Forces Day—5/15
Memorial Day—5/31*

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FEBRUARY 26, 2021

The Next Stage is the quarterly newsletter publication of the Huntsville Division Alumni Association, Inc. Distribution: approximately 100. (FYI: Started with ~350 26 years ago.) Editor: Patti Wilson.

Its address: HDAA, POB 4185; Huntsville, AL; 35815-4185.

The 2021 HDAA Board consists of :
President/Gerald Roberts, VP/Tom Bryant,
Secretary/Cecil Stokes, Treasurer/
Membership/Charlie Thomas. Directors:
(21) John DeHaye, (21) Patti Wilson, (22)
Bill Barnes; (22) Jim Gasaway, (22) Paul
McFall; (23) Ron Clements, (23) Glenn
Webb, (23) Sam Zeman.

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

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

*While living under this CV19 "New
Normal," we will consider the best interests
of ALL the membership prior to deciding if
an event can be held safely for everyone.*

*We certainly hope to see everyone
Very Soon! Until then, be safe!* 😊

In Fond Memory...

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

Denise Accardi: Daughter of Roy Accardi, who worked in Engineering..

Marie Kennamer Bobb: Retired as Exec. Secretary to Finance/Administration Director; wife of Carroll Bobb, Director of, Quality.

Virginia Lynn Fuqua Horton: Mother of Mark Horton, Engineering, Advanced Design.

Richard Meigs Hubbard: Son of Bob Hubbard, Engineering in the 1960s.

Jimmy Johnson: Who worked in Rocket Engineering, Engineering Dept.

Joe Kovach: Who worked in Human Resources in the 1980s.

Barbara Plonka: Worked for the Manager, Operations Planning, 1950-60s.

Joyce Royston: Retired as Exec. Secretary to VP/GM; wife of recently deceased Don Royston, TC/HD Statistician in the Development Section, R&D.

Donald Ray Smith: Engineering Analysis & Eval., Engineer. Dept. 1950-60s.

Harry Stewart: Worked in Purchasing, Materiel Department.

Regie Vachon: Worked in Engineering in the 1960s.

Nancy Graves Webb: Wife of Jerry Webb, Development Section, R&D.

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



*Love is the flower of life, and blossoms unexpectedly and without law,
and must be plucked where it is found, and enjoyed for its brief hour of duration.*
-D.H. Lawrence