

The Next Stage

VOLUME 26, ISSUE 3

Newsletter of The Huntsville Division Alumni Association

AUGUST 23, 2021

Next Board Mtg:

(2nd Thu each quarter)

Oct 14, 2021,

Zoom Meeting, OR...

2:30 pm Faith

Presbyterian Church,

SE corner of

Whitesburg/Airport.

Notification by email to clarify location.

Dates to Remember:

2021

-Patriot Day picnic
9/11/21 at Green Mtn
Natural Trail pavilion.

-Annual Christmas
Party at Magnolia
Trace. **12/4/21.**

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

*Will be great to see
Everyone!*

*We sincerely hope
all will go as
currently planned.*



Monthly:

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

2nd Tue: Call Bill at
650-5400 to see
about breakfast
meetings. **On hold.**

3rd Wed: Lunch now
at Logan's/Balmoral,
12:00. Call Jim
Gasaway/353-7199 to
get on his email list!

*Will be nice when
we can All get
together again!*



PICNIC ON PATRIOT DAY...Sat. 9/11

We hope you'll join us at the Green Mtn. Nature
Trail pavilion on **Saturday, 9/11!**

We have the pavilion from 10 am—3 pm, so come
early and linger to visit...it's time to catch up with
everyone's news!

Our usual Lawler's BBQ lunch will be served
11:30 am to 12:30 pm, for only \$8/person!

Please mail reservations/\$\$ to HDAA, P.O. Box 4185, Huntsville, AL,
35805-4185 by Monday, 9/6/21, so Lawler's can have an accurate head count.
And, thanks to Ron/Alice, Glenn/Patty for exceptional efforts every year!

Rain or shine come enjoy the camaraderie, food, swings, rocking chairs, and
beautiful view of the lake. And, if you feel it's necessary, bring a mask...but, it's
outdoors and am certain most all of us have been vaccinated.

We are SO looking forward to seeing YOU ALL there!!!



Northrop Grumman Opens Missile Defense Futures Lab in Huntsville

Northrop Grumman Corporation
recently opened its new Missile
Defense Futures Lab (MDFL) in
Huntsville. MDFL is pioneering
change with speed and precision to
develop, test and field an integrated
missile defense system.

*The lab employs comprehensive modeling,
simulation and visualization capabilities to foster
innovation and collaboration between developers
and warfighters.*

Lisa Brown, VP, missile defense
solutions, NGC states, "With speed
and agility we can securely meet with
teams across the country, start

designing a product, share it with the customer and receive feedback in real-time,
reducing the length of our product roadmap dramatically."

With custom-built servers and the ability to process and relay data from missile
detecting satellites and ground stations, the MDFL supports missile defense systems
engineers with research, modeling and simulation and the development of tracking
software to respond to nuclear and other threats.

The company's end-to-end multi-domain approach to hypersonic and ballistic missile
defense spans technologies in multiple warfighting domains from sea to space, as
well as the electromagnetic and cyber environments. To learn more, visit:
<https://www.northropgrumman.com/space/missile-defense/>.

(Source: news.northropgrumman.com/news/releases, 18 August 2021)

In Case You Missed the Dedication of the Thiokol Greenway Project.....

Approximately 45 people attended the event, and the weather cooperated (for June in Alabama), and rain held off until later that day.

HDAA Board President, Gerald Roberts, made introductions/remarks and led the Pledge of Allegiance.



Gerald

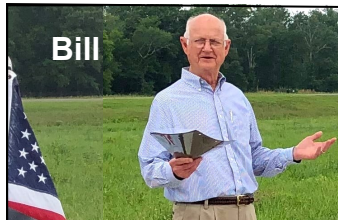


Glenn

Glenn Webb gave a brief history of the project development, as he (and his son, Michael, with the City Planning Department) were instrumental in getting the project seen

to fruition over the two-year planning process (along with Cecil Stokes, Ron Clements, your Board, and All who donated financial resources). *Thanks to all!*

HDAA past President, Bill Barnes, told of the history of Thiokol, its Huntsville Division, and the Huntsville Division Alumni Association.



Bill

We were honored to



Mayor Battle

have Huntsville Mayor Tommy Battle join us. His speech supported our notion that Thiokol set great standards for expansion of industry in Huntsville. He seemed impressed with such

devoted employees.

Special thanks to Ron Clements, who provided refreshing cold water for attendees, and to Harold Whitesides, who provided rides on his ATV to and from the parking lot to the dedication site (a hefty walk for some!).

We couldn't have made it without ALL of the participants, who did an exceptional job.

Thanks to you all!

If you'd like full-sized photos and more details, please check out the HDAA Facebook site.

Friends In The News...

Alice Clements enjoying time out at a Tee-Ball game with her grandson! *Don't know if he stole any bases...but, he certainly stole our hearts!*



Remember **Wayne McCain**? He's still teaching at Athens State University, and



enjoying life, as can be seen in a photo of him scuba diving on a poster. The poster was for an abstract which was submitted to the Mars Society

Annual Conference, September 2016, in DC:

Using O₂PTIMA Rebreather Technologies for advanced Mars Space Activity Suit (MSAS) applications!

Way to go, Wayne! Having fun while still keeping a hand in the industry...

Jim Gasaway recently posted this yummy photo on FB. It's from an all-you-can-eat buffet (including "lots of desserts and homemade ice cream") at the Ole Cook-stove near Danville.



Hmmm...Think I see a road trip in the not too distant future. Thanks for the tip, Jim!

If YOU have a favorite, out-of-the-way eatery. Please share it with us!

LIFE IS LIKE A
Camera
YOU FOCUS ON WHAT'S
important
capture the
Good Times
DEVELOP
from the negative
AND IF THINGS
don't work out
TAKE ANOTHER SHOT

More Friends In The News...



Rich Alfiero and Julie Garrett and two dear old friends...enjoying the finer things in life! Doesn't get any better than this...

Moved To A New Location or Changed Your Phone No. Lately?

Please don't forget to let HDAA know, so we can keep you apprised of special events, or reach out if we haven't seen or heard from you in a while. As part of our Thiokol Family, you are important to us, and we'd like to be able to keep in touch!

All you have to do is notify us by snail mail HDAA, POB 4185, HSV, AL 35815-4185, email: PattiKat2@aol.com, or give any Board member a call to give them the current information.

It's as simple as that! We don't want to lose touch with you. YOU are important to the entire Family.



Expert Ways to Ease Exhaustion

This article was specifically written for people with Multiple Sclerosis (MS), who often report disabling fatigue. But, it could easily apply to any one of us.

According to Jason Sico, MD, FAAN, associate professor of neurology at the Yale School of Medicine in New Haven, CT, people experiencing fatigue may have slightly altered brain chemistry — particularly in levels of neurotransmitters such as serotonin and melatonin, possibly contributing to the fatigue.

Co-occurring conditions (thyroid dysfunction, low vitamin D or B3 levels, anemia) can also contribute to fatigue. The same is true of depression, anxiety, and other mood disorders. Sleep disorders such as insomnia, sleep apnea, restless legs syndrome may lead to fatigue as well. Certain medications may also affect restful sleep.

Individuals are differently affected by various causes of fatigue, so it's important to seek out the cause and effect for you, then make adjustments where you can.

Asses your meds. Discuss this with your physician.

Ease into exercise. Lack of physical exercise can worsen fatigue. Regular exercise improves cardiovascular function, circulation, oxygenation of different organs, and muscle strength. It enhances mobility and cognition and triggers the release of natural endorphins that improve mood. Try different kinds of exercise (walking, swimming, cycling, yoga, tai chi) to find the type, intensity, and duration that helps decrease your fatigue. Again, discuss this with your physician before beginning.

Practice Mindfulness. Mindfulness enhances quality of

life and lowers the experience of fatigue. Don't expend energy wastefully, staying focused for better productivity.

Treat sleep disorders. Sleep apnea? Your doctor can prescribe a sleep study to see if a CPAP machine can give you a more restful sleep. A 30-minute catnap can also help with fatigue, and keep you from feeling groggy.

Use your time wisely. Organize your day to be most productive during your most energetic windows. Drop activities that are less important, and rest frequently to recharge your batteries.

Eat Well. A diet high on the glycemic index (sugar) can cause blood sugar to soar and crash, contributing to fatigue. To find out your specific foods fueling fatigue, keep a food diary to see how you feel shortly after eating. A low-fat, plant-based diet has a significant positive impact on fatigue.

Stay cool. Don't get overheated and stay well hydrated, which work well together to keep you more energized.

Tend to your mood. Fatigue can mask mood issues. People who are depressed often report fatigue as well. If you are experiencing depression or anxiety, talk to your physician about whether antidepressants or counseling could help. A better mood energizes everyone!

(Excerpt from "Brain & Life", Winter 2021)

Ripples...

When you create a difference in someone's life, you not only impact their life, you impact everyone influenced by them throughout their entire lifetime.

No act is ever too small.

One by one, this is how to make an ocean rise.

The Next Stage

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!*

*Mon, Sep 6 — Labor Day
Sat, Sep 11 — Patriot Day + Grn Mtn Picnic!
Sun, Sep 12 — Grandparents Day
Tue, Sep 21 — Peace Day
Wed, Sep 22 — First day of Autumn
Mon, Oct 11 — Columbus Day
Sat, Oct 16 — National Boss Day
Sun, Oct 24 — United Nations Day
Sun, Oct 31 — Halloween
Mon, Nov 1 — All Saints Day
Sun, Nov 7 — Daylight Savings Ends
Thu, Nov 11 — Veterans Day*

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The Next Stage is the quarterly newsletter publication of the Huntsville Division Alumni Association, Inc. Distribution: approximately 100. Editor: Patti Wilson. Its address is 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.

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 on Green Mountain at the
Nature Trail Pavilion Saturday, 9/11
(Patriot Day!), 10 am-3pm.
Reservations/\$\$ to HDAA, POB 4185,
HSV, AL 35815-4185 by 9/6/21.*

In Fond Memory...

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

Hollis Hinkle: Worked in the Manufacturing Shop. TC #85!
Long-timer.

Dorothy McKemie Miree: Who worked at the Division when we
were Morton Thiokol.

Martha Nelson: Wife of John Nelson, who worked in Physical
Test.

They will be sorely missed by us all, since they truly touched our lives.



*Look for something Positive in each day...
Even if Some days you have to look a little harder.*

*The phrase "do not be afraid" is written in the Bible 365 times.
That's a daily reminder from God to live every day being fearless.*

*Dear Past: Thank you for all the lessons.
Dear Future: I am ready.*