

The Next Stage

VOLUME 27, ISSUE 1

Newsletter of The Huntsville Division Alumni Association

JANUARY 23, 2022

Next Board Mtg:

(2nd Thu each quarter)

Jan 13, Apr 14, Jul 14, Oct 13, 2022.

2:30 pm Faith Presbyterian Church, SE corner of Whitesburg/Airport, 5003 Whitesburg Dr.

Come join the meeting and see how Your Board works for You!

Dates to Remember:

2022

Spring Breakfast: 3/12

Summer Picnic: 6/18

Fall Lunch: TBD

Christmas Party: 12/3

Details of events provided closer to date of event!

Mark your calendar now!

In the mean time, take care of one another!

Monthly:

1st Wed: Ladies lunch, 11:00, Gibson's BBQ/S. Mem. Pkwy. Call Patti/534-9702 for details.

2nd Tue: Call Bill at 650-5400 to see about meeting for breakfast with Bill!

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

If interested, please call the listed person!



SPRING BREAKFAST SET FOR SATURDAY 3/12!

Bill Barnes graciously agreed to be Committee Chair for the Spring Breakfast. So, we are certain he (and Amma!) will work diligently with Brookdale to have another successful/favorite event.

Breakfast is scheduled for Saturday, March 12, 09:00 at Brookdale at Jones Farm, 2815 Carl T. Jones Dr. SE in Huntsville. The chef is anxious to serve our group the delicious fare of scrambled eggs, sausage, bacon, biscuits, juice, and plenty of coffee. We are anxious to partake!

Brookdale has agreed to host this event again, so **there will be no charge.** However, we **DO** need to give Charlie Thomas a headcount so Brookdale knows how to properly prepare for this favorite event. **Please RSVP to Charlie or any Board member no later than Monday, March 7 by email or phone.**

Looking forward to seeing you there! Will be good to visit.

NORTHROP GRUMMAN JOINS NASA IN EXCITING VENTURE

NASA's James Webb Space Telescope, built in partnership with Northrop Grumman, arrived at its solar orbit, Lagrange Point 2 (L2), marking the completion of its million mile journey and the first month of its half-year commissioning period.

L2 is a point in space about a million miles from Earth where the gravity of the sun and Earth create a semi-stable location where it is easy to maintain Webb's orbit with a minimum of fuel.

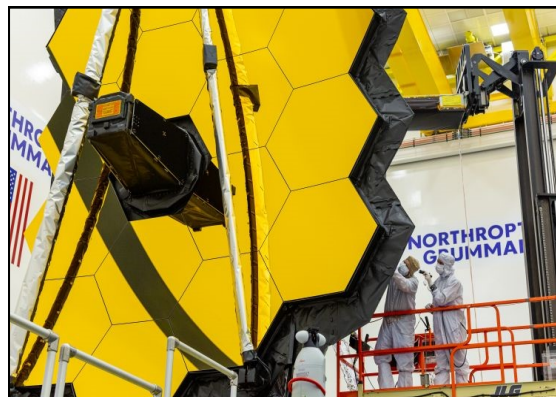
"The James Webb Space Telescope will unlock some of the universe's biggest mysteries and it stands as a testament to what's possible when industry and government work together," said Scott Willoughby, VP and Prog. Mgr., James Webb Space Telescope, Northrop Grumman.

Webb launched from the European Space Agency's (ESA) Spaceport in Kourou, French Guiana on Dec. 25, stowed inside an Ariane 5 rocket. Over the course of two weeks after its historic launch, the space observatory successfully deployed its sunshield and mirrors during a series of complex deployments and maneuvers, the first of its kind ever attempted in space.

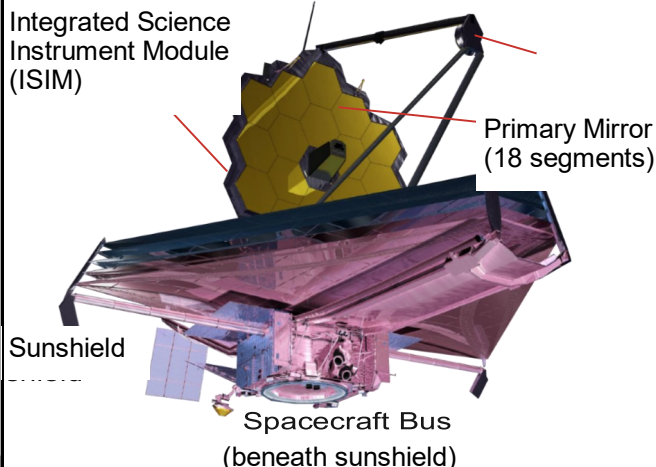
The team is turning its attention to making a

series of fine adjustments to the telescope's optics over the coming weeks and months to bring the telescope's optical train into precise alignment. NASA anticipates the observatory will be ready to send back its first science by mid-summer.

Webb is an infrared telescope designed to see the first light coming from the earliest stars and galaxies in the universe. Once operational, Webb will collect data and capture images for scientists back on Earth and explore farther than ever before into the cosmos, looking back over 1.35 billion years. *(Amazing!)*



Webb's iconic mirror is the world's largest and most powerful ever built for space.

James Webb Telescope (Continued from Page 1)**CHARACTERISTICS**

PRIMARY MIRROR	21.4 feet (6.5 meter) diameter aperture
WAVELENGTH COVERAGE	0.6 to 28.5 microns
DIFFRACTION LIMIT	2.0 microns
ONE-YEAR SKY COVERAGE	100%
ORBIT	940,000 miles (1.5 million km) from Earth at the Second Lagrange Point (L2)
MISSION LIFETIME	5 years (10-year goal)
TELESCOPE OPERATING TEMPERATURE	Approximately 45 Kelvin (-380°F; -228°Celsius)
MASS	Approximately 6,500 kg

(Source: <https://news.northropgrumman.com/news/releases/>, dated January 24, 2022, by Omar Torres)

NAPS...The Good and the Bad...

Naps can be good for you. They may help reduce daytime sleepiness and fatigue from changes in sleep patterns with aging. And, some cultures believe that afternoon naps are beneficial for health.

A recent study published in *General Psychiatry* suggests naps could help brain functions such as processing memories and performing daily mental tasks. Why this may happen isn't known for sure. It is thought that sleep helps regulate the immune system responses, so may boost the body's ability to counter inflammation associated with cognitive impairment.

Naps of 90 minutes or longer may create a higher risk of brain health issues which could lead to dementia.

While the news on napping is nuanced, getting enough sleep is essential for good health. Mayo Clinic experts advise a quick nap of 30 minutes or less and earlier in the afternoon (to avoid interfering with bedtime) may help recharge the brain. However, if you find yourself napping often or for long periods, speak with your doctor to rule out underlying health issues. (Ed: 10 minute power nap!)

(Excerpt from Mayo Clinic Health Letter, September 2021)

Friends In The News

Judy Godsey Is falling in love all over again.....bonding with her precious great grandchild. Babies (this one is now 3, 4 before you know it!) just bring out the love in us ladies, don't they?! Grands make our lives so very special. *You are blessed, indeed!*



Recognize the young man on the right in the rocket photo? He's Always been a rocket scientist at heart. Loved working with him at TC/HD. In case you need a hint, see below:



That's right, our own **Bobby Taylor**, shown at right with lovely wife, Kelly. Looks like he has been blessed in life! Plays a great banjo with a blue grass band, loves to hunt. *Stay happy, y'all!*



At left is **Lynn Norman**, dancing with daughter, Jessi. Lynn is another R&D TC/HD alumni. We had a Great crew in the Chem lab! *Keep on enjoying life, Lynn!*



Someday, everything will make perfect sense. So for now, laugh at the confusion, smile through the tears, and keep reminding yourself that everything happens for a reason.

Dale Hutchens, another Chem Lab chemist, with wife, Cindy at a Cubs game in Chicago. He is a true renaissance man, with many talents, still enjoying life! *Onward and Upward, Dale! Never change, you two!*

SOME DAYS
I AMAZE MYSELF.
OTHER DAYS
I LOOK FOR MY
PHONE WHILE I'M
HOLDING IT.

Christmas Party Pix!

Magnolia Trace was the perfect setting for this annual event; always beautifully decorated, exceptional food, excellent staffing, and a piano handy for our own Gerald Roberts, HDAA President/2021, to lead attendees in Christmas Carols! What a grand way to set our holiday spirits! *Special thanks to Cecil/Shirley Stokes for hosting our HDAA group, and to all others who helped make it so successful.*

This year's party seemed extra special since it was so long awaited. Everyone seemed to thoroughly enjoy themselves And the delicious fare provided by Magnolia Trace received many compliments.

Below are a few photos from the party, and more photos can be found at <https://hdaa.smugmug.com/2021-Events/2021ChristmasLuncheon>.



Gerald Roberts/HDAA President '21, right, passing the "torch" to Tom Bryant/HDAA President '22.



Jan Kranert and Polly Hamblin filling our tables with beautiful decorative give-aways. *Thanks!*



Brenda Turner, Tom and Sharon Turner in front of the ceiling high tree in MT's lobby. *Beautiful...the tree, too!*



Sam Vance and Foots McCauley enjoying an outstanding lunch. *Looking mighty dapper, guys!*



Patti and Chuck Anderson... Spreading the joy! *Love it!*

See you at next year's party!

WHEN LIFE PUTS
YOU IN TOUGH
SITUATIONS, DON'T
SAY "WHY ME"
SAY "TRY ME"
THEGOODVIBE.CO

10 TOP SECRETS TO BOOST YOUR BRAINPOWER

Exercise: Any exercise at least 3 times/week can help boost your memory, combat illness. Walk, use stairs, garden, swim, Anything you'll enjoy and stick with! Just keep moving.

Don't Smoke: It increases risks for stroke and hypertension, which can cause memory impairment.

Drink Alcohol ONLY In Moderation: No more than 2 drinks/day for men, 1/day for women.

Keep Learning: Exercising your brain stimulates communication between brain cells. Crossword puzzles, reading, book discussion group, chess, taking classes. Plan a day trip, go to theaters, museums, volunteer, meet with friends. Vary your routine.

Follow A Healthy Diet: Lots of fruits, vegetables, healthy fats from fish, nuts, and eat whole grains. Avoid saturated fats (meats/dairy) and trans fats. It will help keep arteries clear, cholesterol levels healthy.

Get A Good Night's Sleep: 6-8 hours/night of quality sleep. If sleep problems persist (insomnia, apnea) talk to your doctor.

Be Social: Have close ties with others, build relationships. This can also provide support during stressful times, reducing damaging effects stress has on the brain.

Manage Stress: When stressed, it's hard to concentrate. Not concentrating is a key cause of poor learning and forgetfulness. Constant stress can alter your brain chemistry, so control your reactions to stress in your life that can't be controlled.

Protect Your Brain From Injury: Wear appropriate gear for high-speed activities, watch out for pesticides, paints, solvents, use a water filter to eliminate possible lead. Be careful when sanding/painting older homes.

Now, HOW many secrets are listed? Gotcha!

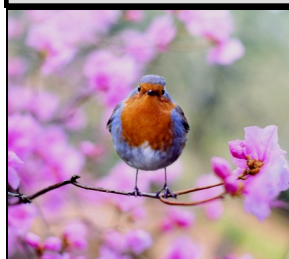
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The Huntsville Division Alumni Association
P.O. Box 4185
Huntsville, AL 35815-4185

Place
Stamp
Here

REMINDER: \$12 DUES FOR 2022 WERE DUE 1/1/22

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



*Pandemic pounds have
taken their toll!*

*Mar 1—Mardi Gras Day
Mar 2—Ash Wednesday
Mar 13—Daylight Savings
Mar 17—St. Patrick's Day
Mar 20—1st Day of Spring
Apr 10—Palm Sunday
Apr 17—Easter
May 8—Mother's Day
May 21—Armed Forces Day
May 30—Memorial Day
June 14—Flag Day
June 19—Father's Day
June 21—1st Day of Summer*

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The Next Stage is the quarterly newsletter publication of the Huntsville Division Alumni Association, Inc. Distribution: approximately 90. Editor: Patti Wilson. Its address is POB 4185; Huntsville, AL; 35815-4185.

The 2022 HDAA Board consists of:
President/Tom Bryant
VP/Ray Zimmerman
Secretary/Cecil Stokes,
Treasurer/Membership/Charlie Thomas.

Directors: (22) Bill Barnes, (22) Jim Gasaway, (22) Juanita Roberts; (23) Ron Clements, (23) Benny Pittsinger, (23) Glenn Webb; (24) Jan Kranert, (24) Gerald Roberts, (24) Patti Wilson.

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

Contact Cecil for details about the HDAA website, and more color photos can be found on line (see link on Page 3, Christmas Party Pix).

***Don't forget to join us at Brookdale @
Jones Farm 3/12/22, at 09:00 a.m.!
Look forward to seeing you there.***

In Fond Memory...

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

Mr. Carl Max Hammond, Sr: Contract negotiator, Morton-Thiokol. (He passed away November 2011, but this notice was not found until 2021.)

Ms. Sue Motley Hammond: Wife of Carl Hammond, Sr., who worked with Morton-Thiokol. (She passed away in August 2016, but this notice wasn't found until 2021.) (Remember son, Carl Hammond, Jr., was killed on UAL Flight 175 9/11/01.)

They are missed by us all.

No legacy is so rich as honesty.

-William Shakespeare

Honesty is something you can't wear out.

-Waylon Jennings

He that loseth his honesty hath nothing else to lose.

-John Lyly



Kindness in words creates confidence. Kindness in thinking creates profoundness. Kindness in giving creates love.

-Lao Tzu

One's philosophy is not best expressed in words; it is expressed in the choices one makes...and the choices we make are ultimately our responsibility.

-Eleanor Roosevelt