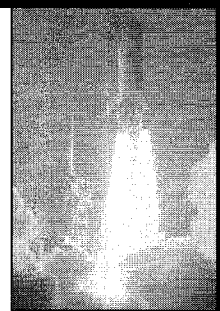


The Next Stage



VOLUME 17, ISSUE 3
AUGUST 21, 2013

Newsletter of The Huntsville Division Alumni Association

FALL LUNCH AT BROOKDALE SEPTEMBER 7TH!

The Fall **LUNCH** will be held at Brookdale Place/Jones Farm, 2815 Carl T. Jones Drive SE, Huntsville, on Saturday, 9/7. Social hour will begin 11:30 a.m., and lunch served at 12:00 Noon. The meal will be catered by Kurt Lineback, consisting of chicken and pork, vegetable, salad, a starch, bread, tea, coffee, and dessert. Cost to our members/guests will be \$15 per person. In order to have an accurate head count for Brookdale, please submit reservations/checks to HDAA, P.O. Box 4185, Huntsville, AL, 35815-4185 by Tuesday, September 2, 2013.

Sounds like this lunch will last us through to dinner! And, of course, the camaraderie is the best part of all.

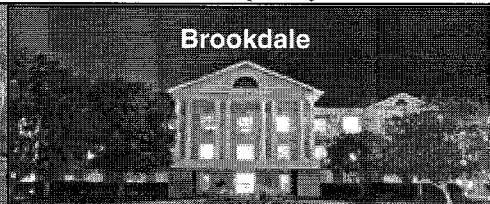
Fall **Lunch**: Saturday, September 7th
11:30 a.m. Social; Lunch 12:00 Noon!
Brookdale/Jones Farm, HSV
Cost is \$15/person.

Mailed Reservations by Tuesday, Sept 2
to HDAA, POB 4185, HSV, AL 35815-4185.

*Don Royston,
committee
chair, says he
hopes to see
you at
Brookdale!*



Brookdale



20th GREAT MOONBUGGY RACE HELD AT MSFC



The race was held the end of April at the U.S. Space and Rocket Center in Huntsville, with more than 600 students forming 89 teams from 23 states, Puerto Rico, Canada, India, Germany, Mexico and Russia. Truly an international event, students participated as drivers, engineers and mechanics.

The race challenges students to design, build and race lightweight, human-powered buggies. The course is more than 1/2 mile in length and simulates the cratered lunar surface, as well as challenges astronauts may face while exploring the surface of Earth's Moon. The winning teams post the fastest vehicle assembly and race times in their divisions, with the fewest on-course penalties.

Our own Jill Eskew, ATK employee from Marshall Space Flight Center Resident Management Office, volunteered for the event. She said, "It was great to interact with all the international students and get their views on the future of space travel."

(Check www.atk.com to see more re: ATK's community involvement.

Excerpt from "Aerospace News", dated June 26, 2013.)

"Retired" Ladies Lunch Bunch

Retired or not, you're welcome to join the fun when we gather together the first Wednesday of the month at different locations throughout the HSV area. Please remember to contact/respond to the host of each month's luncheon in a timely fashion. Failure to do so is inconsiderate to the host as well as the reserved restaurant. Thanks!

Sep 4: Gibson's/South Parkway, Huntsville
Helen/256-881-1524

Oct 2: Ol' Heidelberg/University Dr, HSV
Patti/256-534-9702

Nov 6: Victoria's Café/S. Pkwy, HSV
Ruthy/256-886-0351

Dec 4: At Jean's—bring a covered dish!
256-534-6806

Join us... We'd love to see you & catch up!

aerospace kind! The students represented 54 teams from 56 middle schools, high schools, colleges and universities, competing in a launch competition to see which team's rocket could come closest to the one-mile altitude goal and safely return its onboard science or engineering payload to Earth.

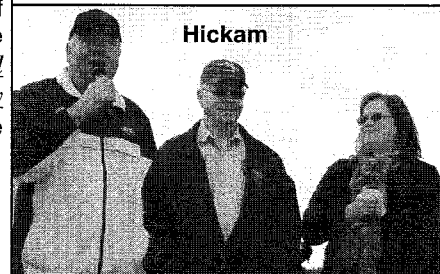
The annual event celebrates innovative young minds, hoping to inspire them to pursue careers in aerospace. NASA selects award recipients based on final reports, as well as all team's efforts leading up to launch day. Vanderbilt University's creative and innovative payload experiment, emphasizing safety and scientific design earned the Best Payload Design award. Alabama A&M University won the Closest to Altitude award.

In ATK's 6th year of sponsoring NASA's project, a grand prize of \$5,000 and subsidized travel expenses and rocket motors was donated for the teams. *More community involvement!*

(Excerpt from "Aerospace News", dated June 26, 2013..)

ATK SPONSORS NASA's STUDENT LAUNCH PROJECT IN HUNTSVILLE

Hickam



ATK VP, Bob Herman, talks to crowd as Homer Hickam/HSV, author of *Rocket Boys* (movie, *October Sky*) looks on.

More than 600 students from 26 states gathered at Bragg Farms in Toney, AL, for a little smoke and fire — the

SPACE LAUNCH DIVISION INITIATIVE EVENT IN HUNTSVILLE

Six ATK/UT employees joined 5 ATK/AL employees to participate in a Space Launch Division employee initiative in April. The event provided employees who may not normally travel for their jobs to see ATK operations outside of UT. The goal of the program is to provide a training experience that gives employees a better understanding of what Propulsion Systems/HSV does, and how UT contributions make it possible.

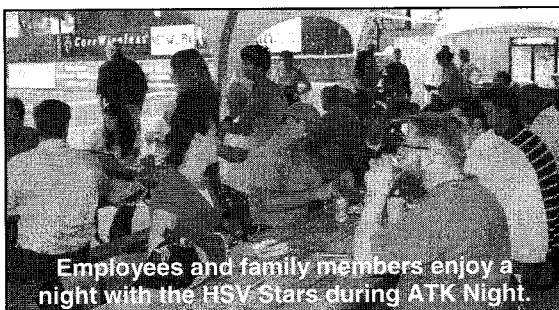
During the event, the group shared in the ATK Night with the HSV Stars, toured MSFC and ATK's Material Test Lab, and participated in NASA's Student Launch Project (SLP).

"The trip to HSV was a great experience," said Bennion-Heinzel, internal auditor. He gained a better appreciation for the hard work the SLP students put into their rockets, the dedication required to successfully complete the milestones, and the obvious pride in their accomplishments.

"During the tour of MSFC, the opportunity to see

the NASA structured light scanning system was incredible," said Fuller, scientist. "To be able to scan, in real time, a physical 3D object and have it show as a useable 3D model is a truly powerful tool. It was also nice to see the ATK testing capabilities in HSV being expanded because of customer demand."

Building better working relationships all around!



(Excerpt from "Aerospace News", dated June 26, 2013.)

SUMMER PICNIC ENJOYED BY ALL!

Ron Clements and Glenn Webb hosted yet another successful picnic, including warmer weather than last year's brisk event! With 49 attendees, the conversation was lively, with folks lingering to get caught up on one another's lives. Food, provided by Lawler's BBQ, was hot, exceptional, plentiful, and what little there was remaining was donated to the Breaking Free Mission on Triana Blvd. A few of the attendees are shown below. Remember that more *color* photos can be seen on the MyFamily.com website. If you cannot link to the website, contact a Board member, and you can be re-invited. *See you next year on Green Mountain!*



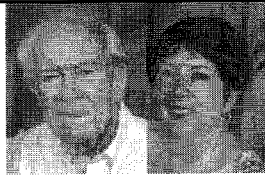
Billy/Evelyn East



Betsy Reep



Betty Willis



Lloyd/Jan Kranert



Jake Reep/Ola Ann/Jim Lee

The Strongest Link ...Family & Friends!

And, our Thiokol family of friends is the best.

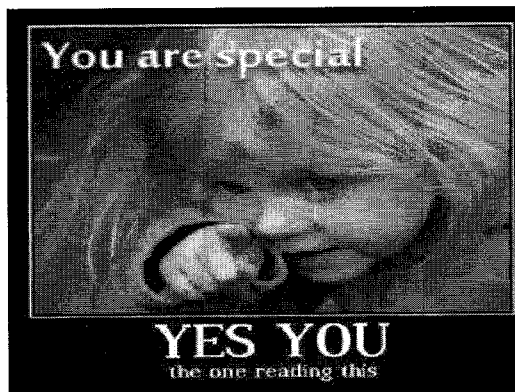
Bob Askins and son, Lee, keep fit, trim and healthy by tackling projects (aka, therapy) on the farm, where they both enjoy spending most of their time. *Keeps you young, Bob!*

Carroll Bobb is proof positive that we are the best judge of what might be going on in our bodies. After all, we've lived in them our entire lives! In spite of complaints to doctors, a complication/conflict of medications and dosages sent him to the ER with convulsions and an inability to form speech. After 3 days, he was sent home, then *back* to the hospital for 3 more days with acute dehydration and residual meds in his system. Doing a little better now, it's probably safe to say we should ALL be very, very careful with every "cure" that medical professionals impose on

us. *Sorry you had to go through all that, Carroll....but, we're glad you're better!*

Tom Harris is still in the Harris Tree Service business, living in Foley. If you need trees trimmed, felled, cleared, or other possible work completed, try calling him at:

256/631-7726. Am certain he'd like to hear!



Regular events you might want to attend...

Monthly:

1st Wed: Ladies lunch, 11:00 am. Call Joyce Royston/256-539-4338 for details if not certain of specific location.

2nd Tue: Breakfast at Mullins/Andrew Jackson Way, 07:30. Call Bill Russell @ 256/650-5400 for details.

3rd Wed: Lunch at El Palacio, 12:00. Call Don Royston @ 256/539-4338 for details.

We hope you decide to join good friends for good food, fun times!



Age is in your ♥!

Next Board Mtg:

(2nd Thurs each qtr)

Oct 10, 2013

5:00 pm, Faith

Presbyterian Church, SE corner of Whitesburg/Airport.

Come join us and bring some new ideas!

Dates to Remember:

2013

9/7: Brookdale's Fall Lunch. 11:30 a.m. social; lunch - 12 Noon.

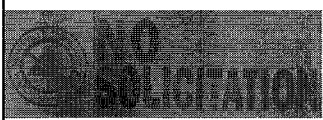
12/7: Christmas Party at Magnolia Trace!

Details will follow in the next newsletter.

See you there!



Huntsville has a No Solicitation Ordinance that enables you the right to be secured from unwanted intrusion into your privacy and from criminal/fraudulent conduct or activity. The two most important sections of



the ordinance cover the placement of a "No Solicitation" (shown at left) or "No Trespass" sign on your property (Section 18-2). It is a violation for a solicitor to attempt to

make contact once you properly post either sign. Section 18-8 requires any commercial solicitor to have an ID card (boy scouts/girl scouts are exempt from this requirement). Ask to see this ID card. If a solicitor refuses to show this ID, tell them to leave and call police at 256/722-7100 (non-emergency number), giving them descriptive information of the solicitor. As you already know, this is a primary way many scam/con artists use to relieve you of your hard-earned money. Contact your local precinct Community Resource Officer for a copy of the entire ordinance and a sign for your front door.

Huntsville Law Enforcement also has an Operation ID program. If you engrave/affix all of your major "portable" appliances with your driver's license number, they will, hopefully, be more easily restored to you if stolen. Such items might include, but aren't limited to flat screen TVs, laptops, electronic tablets, smart phones, etc.—the most frequently stolen items that can quickly be removed from homes, vehicles. If you want to go one step further, you may provide a listing of the engraved items to your local police precinct, so the stolen items can more rapidly be returned to the rightful owner. If you do engrave your items, a sign such as the one at right can be posted on your door, warning would-be intruders of your participation in Operation ID.



If not a

Huntsville resident, check with local law enforcement to see if such provisions are available in your area.

Incandescent light bulbs are being phased out, by the U. S. government, of manufacture/distribution in favor of the more "green" fluorescent bulbs, unless a "sufficiently energy efficient" incandescent bulb can be devised. If you've already tried those "curly" little fluorescent bulbs you know their lighting effect is different, and quite often not as effective. The compact fluorescent bulbs are more expensive and most won't work with dimmers. Fluorescent bulbs are, however, long lasting, efficient, and run cooler than incandescent bulbs. But, did you know those "curly" fluorescent bulbs contain Mercury, and actually fall under a subcategory of hazardous waste called universal waste? So, read the label on the box of those fluorescent bulbs so you know how to properly dispose of them. And, there's still time to stock up on our "old fashioned" incandescent bulbs before this government regulation goes into effect. For more information regarding both types of bulbs, you can Google fluorescent bulb disposal or incandescent bulb regulation.

SCAM ALERT

There are two scams permeating Huntsville. One delivers a gift basket to your front door, and asks for a credit card to pay the tax on the gift since they cannot accept cash. The other is a phone call claiming that your utility bill is delinquent and must be paid by credit card immediately, or your utilities will be turned off. Simple rule: do not give your credit card to ANYone at your door or over the phone unless you have initiated the contact to a known legitimate recipient. If you have questions, contact your local Better Business Bureau (HSV: 256/533-1640 or 800/239-1642). If someone has attempted to scam you, also contact your local, non-emergency law enforcement number to let them know the scam has been in your area.

Always be aware of your security and safety!



HERE'S TO YOUR HEALTH!

Are you drinking your prescribed amount of non-alcohol/ non-caffeine/non-carbonated/non-sugar liquids (water is best!) every day? We have all heard that 64 ounces (8 8-oz containers) consumed each and every day is the best amount to maintain optimum health for your body. Did you know there is actually a best time to maximize your liquid consumption effectiveness on your body? The Mayo Clinic indicates the following (*excerpt from www.HealthLetter.MayoClinic.com*):

- 2 glasses of water, waking up—helps activate internal organs
- 1 glass of water 30 minutes before a meal—aids digestion (side benefit: helps you eat less!)
- 1 glass of water before taking a bath/hot tub—helps lower blood pressure
- 1 glass of water before going to bed—helps avoid stroke or heart attack

And, as age keeps reminding us, all these liquids keep us busy! As we once overheard, "Why, yes...I jog ever single morning! From the bed to the bathroom! Just keep a sense of humor."

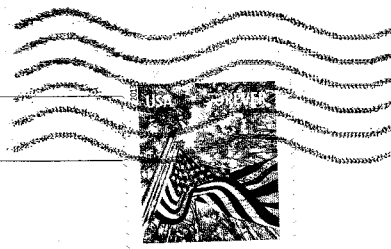
A great source of information on the internet for healthy eating: JoyBauer.com. Another constant reminder of the "age factor" is how we need plenty of nutrients to keep up our bone strength to prevent breaking/fracturing vital bones. There are bottled supplements that can aid in this endeavor, but, FOOD is nature's best medicine! The food you eat can help you naturally treat and aid in the cure of many diseases, as well as improve your overall health. As always, check with your doctor!

Following are eight bone-building nutrients, and the every-day foods you can consume which contain them.

- **Calcium:** Aim to get 1,000-1,300 mg of calcium daily from the foods you eat, including fat-free plain yogurt, fat-free/low-fat milk and cheeses, calcium-fortified tofu, soybeans, white beans, collard greens, kale, broccoli, almonds.
- **Vitamin D:** Necessary for calcium to travel to areas of your body requiring it. Sunlight is a great source, but to protect your skin, try these foods: fatty fish like salmon, herring, mackerel, sardines; fat-free/1% low-fat milk, soy milk, yogurt; UV-treated mushrooms; egg yolks. A supplement may be required to take in 800-1000 IU of Vitamin D daily.
- **Protein:** Moderate amounts of lean meats (turkey, chicken, lean beef, veal, pork tenderloin); seafood, egg whites, fat-free/low-fat milk and cheeses, yogurt, beans, legumes, peanut butter, soy protein.
- **Magnesium:** Pumpkin seeds or quinoa; millet, brown rice, spinach, Swiss chard, artichoke hearts, cashews, sweet potatoes, beans, sesame seeds, flaxseed, wheat germ.
- **Potassium:** Cantaloupe, apricots, honeydew melon, papaya, bananas, plums, prunes, raisins, avocados, artichokes, lettuce, carrots, tomatoes, beans, almonds, pistachios.
- **Vitamin K:** Kale, lettuce, spinach, asparagus, broccoli, brussel sprouts, watercress, parsley, okra. However, Vitamin K may thicken your blood, so check with your doctor about it.
- **Vitamin C:** Strawberries, oranges, lemons, grapefruit, guava, pineapple, raspberries, mangoes, persimmons, bell peppers, broccoli, brussel sprouts, cauliflower, cabbage, rutabagas, tomatoes, summer squash.

Live, Love, Laugh — Stay Healthy, Stay Happy!

21 AUG 2013 PM 5 L



The Next Stage

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



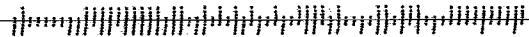
REMINDER: \$12 DUES FOR 2013 ARE DUE!
IF YOUR ADDRESS LABEL SAYS
ANYTHING BUT PD. 2013, PLEASE REMIT
THANKS!



Labor Day: 9/2/13
Patriot Day: 9/11/13
Autumn begins: 9/22/13
Columbus Day, observed: 10/14/13
Daylight Saving Time Ends: 11/3/13
ELECTION DAY: 11/5/13—Please Vote!!
Veterans Day: 11/11/13—THANKS!

Cecil Stokes (pd 13)
3134 Constellation Dr.
Huntsville, AL 35802

35802209834



VOLUME 17, ISSUE 3

THE NEXT STAGE

AUGUST 21, 2013

The Next Stage is the quarterly newsletter publication of the Huntsville Division Alumni Association, Inc. Distribution: approximately 150. Editor: Patti Wilson. Its address is POB 4185; Huntsville, AL: 35815-4185.

The 2013 HDAA Board consists of President Cecil Stokes, Vice President Ron Clements, Secretary Helen Mitchell, Treasurer/Membership Charlie Thomas, and Directors: Bill Barnes (13), John DeHaye (13), Joyce Royston (13), Gene Thomas (13), Jerry Webb (13), John Grider (14), Charlie Thomas (14), Sam Vance (14), Patti Wilson (14), Carroll Bobb (15), Paulette Hamblin (15), Paul McFall (15), Don Royston (15), Don Wilson (15). Ex-officio members of the Board are: Jim Lee/Historian, and Cecil Stokes/WebMaster, as well as serving as President.

For Internet information:

MyFamily.com (contact Cecil for details)

*See you at Brookdale on Saturday,
9/7/13!*

In Fond Memory...

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

Mildred Buchanan: Wife of Jack (passed 1-2 years ago) who worked in TC/HD Quality/Testing in the early days, also in UT and Florida's launch operations.

Vernon Maroney: Who worked in Quality/Inspection.

John M. Tate: Former branch chief in the Army Propulsion Directorate.

Dick Watts: Who worked in Engineering/Metallurgy.

They will be sorely missed by us all.
Our heartfelt sympathy to those who have lost other loved ones, as well.
If we have missed condolences, it's because we were unaware.



May the wind welcome you with softness;
may the sun bless you with its warm hands;
may you fly so high and so well,
that God joins you in your laughter,
and settles you gently back into His loving arms.