



**Ft. Rucker
Chapter**

MOAA

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The MOAA Airways is the bimonthly newsletter of the Fort Rucker Chapter, MOAA which is an Affiliate of the Military Officers Association of America (MOAA). MOAA and its Affiliates are nonpartisan.

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**GENERAL MEMBERSHIP MEETING & CHRISTMAS DINNER 19
DECEMBER - 6:30 PM THE LANDING BALLROOM, FORT RUCKER, AL**

AGENDA, MENU, GUEST SPEAKER

Social: 1800
Invocation/Pledge of Allegiance: 1845
Dinner: 1900
>Mixed green salad w/ranch & Italian dressings
>Sliced roast beef w/mushroom demi-glace
>Malibu blend vegetables
>Smashed potatoes
>Rolls & butter
>Desert bar—red velvet cake, cheesecake w/strawberries, lemon squares, chocolate cake
>Unsweet Tea, Water,
Coffee
Cost: \$22 per person

GUEST SPEAKER:

**LTC (Ret) Dave Jensen, President,
MOAA Alabama Council of Chapters (Bio on page 4)**

Please make your Reservations by noon Wednesday, Dec. 16th to Mary Rutkowski at (334) 347-4966.



Cash or personal checks only!

Persons not canceling their reservation by noon on the Friday prior to the Dinner Meeting will be responsible to our Chapter Treasurer for full payment of the meals.



President's Message by Lisa Bailey

Saturday, December 19th will be our first live meeting since COVID has imposed restrictions on facilities and on our lives with social distancing and all the other things we do to protect ourselves and others.

The meeting will be held at The Landing, as usual, and will be in the main ballroom to allow for social distancing. The meal will be served buffet-style. We feel that the precautions determined by the Welcome Home Catering group will provide us the protection that we all need and want. By the way, the catering chef was doing a wonderful job and we were enjoying some especially delicious meals that our own Mary Rutkowski coordinated for us prior to the hiatus. Be sure to give her a special thanks for all she does for the organization.

We will be entertained with Christmas music and our own Chaplain COL (Ret) Newton leading us in song and playing his guitar. We will also be supporting the MOAA Scholarship fund again this year with a raffle. Tickets will be available at the door.

LTC (ret) Dave Jensen (*right*) and his wife will be joining us from northern Alabama to update us on the activities of the MOAA Alabama Council of Chapters and to install our new slate of officers.

(President's Message continued on page 2)



LTC (Ret) Dave Jensen
President, Alabama
Council of Chapters

(President's Message continued from page 1)

If you are interested, the Alabama Council of Chapters has a website with a lot of great information about our efforts in affecting state legislation on behalf of our members. The website is www.alamoaa.org.

Earlier that day, Saturday, December 19, 2020 please join us at Meadowlawn Memorial Park in Enterprise to Remember and Honor our veterans by laying Remembrance wreaths on the graves of our country's fallen heroes. Please help us honor and remember as



many fallen heroes as possible by sponsoring remembrance wreaths, volunteering on Wreaths Day, or inviting your family and friends to attend with you. The US Army Warrant Officer Association Above the Best Silver Chapter and VFW Post 6683 and Auxiliary in Enterprise are spearheading this effort. Our Fort Rucker MOAA chapter has made a donation to Wreaths Across America to purchase wreaths. Due to COVID

social distancing requirements, we expect that an 1100 time to meet should be good for our organization. Please check local media for updates. Wreaths Across America started as a simple gesture of thanks that has grown into a national movement of dedicated volunteers and communities coming together to not only remember the nation's fallen and honor their service, but to teach the next generation about the sacrifices made for us to live freely. This year, there will be more than 1,600 participating locations placing wreaths on National Wreaths Across America Day – Saturday, Dec. 19, 2020 – with more than two million volunteers coming together.

If you can't make it to the wreath laying, please go to Wreaths Across America Meadowlawn Memorial Park (ALMMPE) webpage and support this effort.

My thanks to the Chapter members for their continued interest in supporting this worthwhile organization. It has been my honor to serve you as your President for the past two years. The Board will move on with a new group of members, and we are really hoping to be able to meet and enjoy the programs planned for you that will continue to inform, entertain and educate.

I hope to see many of you at our meeting. Until then, please take care of yourselves and your families. I wish you a holiday season filled with love, joy, and thankful hearts for our many God given blessings.



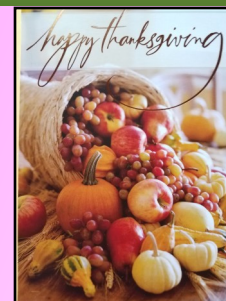
Retired Officer Wives Association (ROWA)

by Mary Jane Collins



Greetings Everyone:

The dancing leaves colored in their brilliant autumn coats, the abundant harvest, the white fields of cotton under the bright blue skies, and crisp temperatures usher us into the bounty of Thanksgiving. This special time of the year opens the door to gratitude, family, feast, and remembrance.



ROWA enjoyed harvest time at lunch in October with Ingrid. With November's lunch of German fare at the Castle Café, we honored our Veterans, those on active duty, and the passing of Ken Bedsole and Ben McKee. President Esse Muskopf announced a donation to the Wounded Warriors. Carol Lee Dawson announced that her husband had received a Quilt of Valor at the Flag ceremony in Enterprise.

The ROWA Christmas luncheon will be held at The Landing, December 8th with an ornament exchange. The January luncheon, A new Decade, will be the 12th with location determined.

November envelopes the maturity of harvest seeds, the appreciation of our Veterans' dedicated service and legacy, and a time of gathering, both in fields and homes.

We are reminded in this season of the first Thanksgiving gathering in America when Pilgrims and Native Americans joined in a three-day feast. It is interesting that the word Pilgrim in Latin refers to one who travels from afar on a journey to a holy, especially significant place. Certainly our founding fathers knew the significance of this country, faith, freedom, peace, and opportunities. May we ever be grateful for the blessings bestowed from our Sovereign God.

May we offer prayer for our country to adhere to His standards. May your Thanksgiving be joyfully blessed! "In God we Trust" with "One Nation Under God."



Remembering former days with our veterans.

GUEST SPEAKER

LTC (Ret) David P. Jensen has a Bachelor's Degree in Special Education from University of Delaware, Masters of Education from Florida State University, and attended the Army's Command & General Staff College at Ft. Leavenworth.

He was an ROTC DMG from University of Delaware, commissioned Regular Army in Infantry, commanded at Platoon, Company, and Battalion levels in Infantry, and has served in Army units and staff positions at Ft. Benning, Mainz FRG, Ft. Monroe, Ft. Stewart, and the Pentagon.

He also has experience as Director of Human Resources, Performance Improvement, and Risk Management with Southeastern Psychiatric Management, Inc. at Mountain View Hospital, Gadsden, AL.

His awards include the Bronze Star w/V Device, Meritorious Service Medal, Army Commendation Medal, Army Achievement Medal, National Defense Service Medal, Southwest Asia service Medal, Army Service Medal, Overseas Service Medal Combat Infantry Badge, Ranger Tab, Parachutist Badge, Pathfinder Badge, and Army Staff Identification Badge.

Organizations/memberships include: Past President Coosa Valley Chapter MOAA, President MOAA Alabama Council of Chapters, Past President 7th Infantry Regiment Association, Honorary Colonel of the 7th Infantry Regiment, Member of Etowah County Sheriff's Personnel Board, and Member/Treasurer of Gadsden First UMC.

He is married to Sissie and they have four children: Kate (35), Coby (33), David (32), and Christi (29), and five Grandchildren.



TREASURER'S REPORT by LTC (Ret) Loel Ewart



Date (as of): Monday, November 9, 2020

Net Worth of the Fort Rucker Chapter of MOAA as of 11/09/2020 is **\$31,063.49**. These funds are in one checking account, one savings account and one Money Market Account in the All-In Federal Credit Union (All-In FCU).

Activities Since Last Report: (10/12/20) **Starting balance of;** **\$30,551.09**

DEPOSITS	ACTION:	
09/31/20	Money Market Interest (October)	\$12.40
10/15/20	Ron K. (MOAA National)	500.00
	Deposits Total	<u>\$512.40</u>

CHECKS:	EXPENDITURES:	
No Expenditures this period.		
	Expenditures Total	<u>\$0.00</u>
	Net Increase	<u>\$512.40</u>

(11/09 /20) **Current Total Balance of;** **\$31,063.49**

All-In checking	\$6707.32
All-In Savings	\$5.41
All-In Money Market	\$24,350.76

Reserve Total: Minus Reserve); **-\$24,350.76**

Life Membership	\$9,560.00
MOAA reserve,	\$14,790.76

Minus Savings: **\$5.41** **-\$5.41**

***Usable Funds as November 9, 2020 (Minus reserve/savings)** **\$6,707.32**

Other News *No outstanding bills. Scholarship Fund = \$235.00

Be Your Own Eye Insurance

Extracted from *AARP Magazine*, Oct/Nov 2020 issue

Sidestep eye disease and keep your vision secure with these simple dietary and lifestyle upgrades.

GO DARK: Green veggies like kale and spinach are rife with zeaxanthin and lutein—dubbed in a 2019 study “the most potent antioxidants: to prevent and reduce the risk of eye diseases, like age-related macular degeneration (AMD).

STAY MOVING: Exercising for at least three hours per week was associated with up to 41 percent lower risk of certain types of AMD, compared with maintaining a couch potato lifestyle, according to a 2017 study review.

WEAR SHADES: Whether sunny or cloudy, summer or winter, wearing sunglasses “is one of the simplest things you can do to prevent eye disease,” says Edward Manche, MD, an ophthalmologist at Stanford University. UV exposure is associated with cataracts, AMD, and eyelid skin cancer among other conditions research indicates.

ORDER THE TUNA: Eating tuna regularly was found to reduce the risk of AMD by 42 percent, according to a meta-analysis in the journal *Nutrients* that looked at nearly 130,000 people. Fish, especially oily kinds like tuna, are packed with polyunsaturated fatty acids such as DHA and EPA, which lower inflammation and free-radical exposure.

Joan V. Newman, AAMS®
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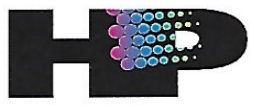
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APRIL 3 & 4, 2021**

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MOAA, Ft. Rucker Chapter
P.O. Box 620075
Ft. Rucker, AL 36362-0075



Return Service Requested

MOAA Membership Application
Fort Rucker Chapter



Fort Rucker Chapter
Military Officers Association of America (MOAA)
PO Box 620075
Fort Rucker, AL 36362-0075

Enclosed is my check, in accordance with the schedule below, for membership in the Fort Rucker Chapter of the *Military Officers Association of America (MOAA)*.

Individual joining: 1 Dec – 28 Feb \$12.00; 1 Mar – 31 May \$9.00; 1 Jun – 31 August \$6.00; Membership 1 Sep – 30 Nov \$3.00.

NAME: _____ RANK: _____
 BRANCH OF SERVICE: _____ ADDRESS: _____
 CITY: _____ STATE: _____ ZIP: _____
 DATE OF BIRTH: _____ PHONE: _____
 SPOUSE'S NAME: _____
 E-MAIL ADDRESS: _____

NATIONAL MOAA MEMBERSHIP #__ National Life Member? _____

Membership in the National MOAA is required for membership in our local Chapter. If you are a member of National and do not know your membership number so indicate and we will obtain it from National.

Make checks payable to Fort Rucker Chapter MOAA Thank you for your support!

Web address: www.FortRuckerMOAA.org