

### Now it is really HOT!

Time to take a few months long vacation back to Michigan! We had a great fried food fest last month at Lloyd's, but plan to eat a little healthier for lunch at First Watch on August 3<sup>rd</sup>. Same place as last year, on highway 280 across from Lee Branch, next to Hanna's Garden shop. Meet at 11:30 or so and everyone buys their own. Should be fun, see you there!

Still need some summer vacation and or grandkids pictures for the newsletter. I'm sure they are all having a great time and I hope you all are fortunate enough to be able to be with some of them. Unfortunately, none of our children live nearby and we're missing out. Please send me some photos at [don.lehman1@gmail.com](mailto:don.lehman1@gmail.com).

A long hot summer and a short president's message! All is good. Have a great rest of the summer and look forward to seeing you all soon!

Respectfully,  
*Don & Patricia*



Website

Volume 123 Issue 8

August 2023

## Officers' Call

*President* Don Lehman, LTC, USMC (Ret)  
*1<sup>st</sup> VP* Harold Coghlan, CW4 USA (Ret)  
*2<sup>nd</sup> VP* Michael Walker, LTC, USA (Ret)  
*Secretary* Margie Argo, LTC, USAR (Ret)  
*Treasurer* Doug Markham, CPT, USN (Ret)  
*Past Pres.* Wes Cox, Col, USA (Ret)  
*Director* Mark Melanson, Col USA (Ret)  
*Director* Bob Barefield, Col USA (Ret)  
*Director* Richard McKinley, CPT USAF (Ret)  
*Chaplain* Dan Phifer, LTC, USA (Ret)  
*Legislative Affairs Vacant*  
*Personal Affairs* Anne Hartline  
*Surviving Spouse Liaison* Lynn Phifer  
*Newsletter* Linda DeMarco, LTC, USA (Ret)

### Statement of Publication

Officer's Call is the newsletter of the Greater Birmingham Chapter—Military Officers Association of America. It is published once each month to inform the membership of issues and activities of interest to all.

GBC MOAA is a non-profit 501(c)19 entity in the state of Alabama organized to represent the membership and to support the activities of the Alabama Council and MOAA National.

MOAA and its affiliated chapters and councils are non-partisan.

Advertising contained in the newsletter is not endorsed by MOAA or its affiliate the Greater Birmingham Chapter and does not represent any recommendation to the membership. Opinions expressed in articles contained herein are not necessarily those of the membership as a whole or the Chapter. Questions should be directed to [newsletter@moaabirmingham.org](mailto:newsletter@moaabirmingham.org).

## AUGUST MEETING

### 2023 MOAA future meetings and guest speaker schedule:

**August 3<sup>rd</sup>** - Lunch (**Buy your own**), First Watch restaurant on 280, 11:30 -? **No** RSVP required.  
5479 US Hwy 280 (across from Lee Branch shopping area)

**Sept 7<sup>th</sup>** - Dinner mtg at Danberry. UAB ROTC presentation (tentative)

**Oct 5<sup>th</sup>** - Dinner mtg at Danberry. BG (ret) Jeff Newton, Asst Commissioner, AL Dept Veterans Affairs. Overview and update on the department.

**Nov 2<sup>nd</sup>** - Dinner mtg at Danberry. Guest speaker TBD.

**Dec 7<sup>th</sup>** - Dinner mtg at Danberry. Guest speaker TBD.

## NATIONAL AIRBORNE DAY AUGUST 16

National Airborne Day on August 16th  
honors the military's airborne divisions of  
the Armed Forces.

## CHAPLAIN'S CORNER

"Surely goodness and mercy shall follow me all the days of my life, and I shall dwell in the house of the Lord forever." Psalm 23:6

Start saying, "The Lord is my shepherd," and many people will be able to continue the words of Psalm 23. We may recognize it from funerals or other times of struggle because of the peace it offers. In it we hear of God's gentle care and a reminder that we are in good hands. I remember so many times families have requested these comforting words as they grieve the loss of their loved one.

Our Good Shepherd was our Suffering Servant. He was forsaken; we will fear no evil because He is with us always. He suffered with no rest; we are led by our gracious Savior to times of rest and green pastures of His Word which feed and strengthen us.

We are blessed abundantly with His gifts. We enjoy still waters and the promise of the victory banquet. We are followed by goodness and mercy.

Take time to look up Psalm 23 and read it again. We find strength in those Words.

Blessings,

Dan Phifer

## RECRUITER'S CORNER

The recruiting season continues. Recruiting for the Greater Birmingham Chapter MOAA is close to taking first place in the State of Alabama. There are currently 162 members showing on the National MOAA Committee Module.



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First Name (Preferred name)   MI   Last Name   Rank / Grade   Spouse

Member of National MOAA? ☐ Yes   ☐ No   Mem # (if known) \_\_\_\_\_

Branch of Service		Status	
<input type="checkbox"/> Army	<input type="checkbox"/> Marines	<input type="checkbox"/> Active Duty	<input type="checkbox"/> National Guard
<input type="checkbox"/> Air Force	<input type="checkbox"/> Navy	<input type="checkbox"/> Retired	<input type="checkbox"/> Former Member
<input type="checkbox"/> Coast Guard	<input type="checkbox"/> Other	<input type="checkbox"/> Reserve	<input type="checkbox"/> Surviving Spouse

---

Postal Address   City   State   Zip Code   Home Phone #:

Date of Birth   Cell phone #   Email Address

Member: \_\_\_\_\_

Spouse \_\_\_\_\_

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Local Membership (Greater Birmingham Chapter) runs by calendar year.

The remainder of your first calendar membership year is complimentary.

Following yearly membership dues: ☐ \$20/year   ☐ \$35/2 years   ☐ \$50/3 years)

Mail to:

Greater Birmingham Chapter MOAA, P.O. Box 530153, Birmingham, AL 35253

**Thank you for your support!**



## LEGISLATIVE UPDATE

visit Legislative Action at <http://www.moaa.org>

NO UPDATE THIS MONTH

### Dale Murray's promotion to Brigadier General in the Army National Guard.

MG Buckhead, AG of Maryland NG swearing in Dale as ADC-S of 29th IN DIV in the Maryland Army NG .



(Left to right) LTC (Ret) Bob Horton, Dale's Assistant PMS at Auburn, Dale, and Bob Barefield (Dale's Bde Cdr when he was commissioned in 1997).



His family pinned his Star.

## MILITARY SPOUSE'S CORNER



Hello everyone,

Welcome to August! The summer is flying by with all the heat, rain, thunderstorms, and wind.

I recently attended an Alabama Board of Nursing meeting and heard a fabulous speaker teach about the bonding between animals and humans. I want to share it with you.

Dr. William S. Pope, DNP, RN, D. Min is an associate clinical professor at Auburn University. The title of the class is "Human Animal Bond and Health. We all need to do what we can to stay healthy. Maybe having a pet dog is an answer!

What is a Bond? A bond is a relationship with someone, or something based on shared feelings, interests, or experiences. Some bonding examples are husband-wife, parent-child, friend-friend, human-animal. Some characteristics of bonding include continuous, reciprocal, voluntary, trustworthy, caring, and beneficial to both. Think about a pet you have had or have now. The human-animal bond is a mutually beneficial and dynamic relationship between people and animals that is influenced by behaviors that are essential to the health and well-being of both. This includes, but it is not limited to emotional, psychological, and physical interactions of people, animals, and the environment.

What are some Human-Animal Bond Facts? Research shows that senior citizens who own dogs go to the doctor less than those who do not own a dog. A Medicare study shows dog owners had 21 % fewer doctor visits (Seigel, 1990). Children who are exposed to dogs show more empathy than children who are not (Ascione, 1992).

Another reason this subject came to my mind is a neighbor, who lost her husband last September, has recently told me she is thinking about adopting a dog for a companion.

Whatever chance or reason happens to you to help deal with loneliness, lack of purpose, sadness, or grief, may you embrace that situation so you will heal and be healthy. It may even be a sweet puppy! God bless you!

Sincerely,

Lynn M. Phifer,

Surviving Spouse Liaison



## GREATER BIRMINGHAM CHAPTER INFORMATION

### HAPPY BIRTHDAY

Steve Coleman	7
Paul Pocopanni	8
Tracy Mullins	9
Sam Sparks	12
Jack Natter	14
Lynn Hendricks	17
David Burford	18
George Meighen	20
Rose Marie Ritz	20
Laurie Berenotto	25
Ginger Branson	26
Sam Killian	28
Tony Berenotto	29

### MOAA on-line photo directory

Below is a sample of our chapter on-line photo directory, available via a private link to our members only on our website. It can be found at: <http://moaabirmingham.org/#>. You will need to request a log-in/join if you have not already in order to access the "Members Only" page. If you and or your spouse do not have and would like to have your photo(s) in the directory, please send a selfie or photo to Donna Martin at: [donnamaemartin@aol.com](mailto:donnamaemartin@aol.com).



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[marthak36@gmail.com](mailto:marthak36@gmail.com)

USN Ret CDR Life  
205-408-7721 (h)  
205-903-6638 (c)  
BD: 8/28  
BD: 11/10



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Spouse: Patricia A. Lehman  
[islandmomma1@gmail.com](mailto:islandmomma1@gmail.com)

USMC Ret LTCOL Life  
404-441-3882 (c)  
BD: 7/10  
BD: 11/20  
404-725-7152 (c)



### ID CARDS

If your ID card has an expiration date that is past or expires this month, you need to renew it ASAP. There are several locations in the Birmingham area, just google "military ID card renewal near me." Some may require an appointment and be sure that you have the needed documentation when you go; they can tell you what you need when you call.

### Greater Birmingham MOAA Coins

The new Greater Birmingham Chapter MOAA Challenge Coins are now available to order for only \$10 per coin! This coin will make a wonderful gift and must-have for any challenge coin collection. You can also order coins by contacting: LTC (ret) Don Lehman at [don.lehman1@gmail.com](mailto:don.lehman1@gmail.com). Display cases are available for \$1 each, and orders to be mailed should add \$1 per coin.

### MEMBERSHIP INFORMATION

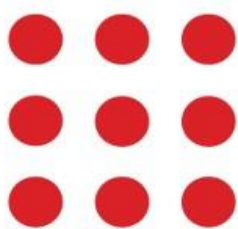
**Eligibility:** Honorably serving, former, or retired Warrants, Chief Warrants, or commissioned officers of the armed forces (Regular, Reserve, National Guard) as well as current, former, or retired USCG, NOAA, USPHS commissioned officers and surviving spouses from all branches are eligible to join MOAA. If you know of anyone who may qualify to belong to the chapter, have them contact us or better yet, invite them to an upcoming meeting.

**Dues:** Until it changes, 1-Year dues are still only \$20 (2 Years = \$35). The 3-Year chapter renewal option is the best bargain at \$50.

Complete application in newsletter or complete at <https://chapterdues.moaa.org/Membership.aspx>



VETERAN'S CRISIS LINE



**Veterans  
Crisis Line**

**DIAL 988 then PRESS 1**

MOAA LEGISLATIVE ACTION CENTER

**How to register with MOAA's  
Legislative Action Center:**



Four ways to get there:

**Direct link:** MOAA.quorum.us

**Text** "MOAA" to 1-855-547-6921

**Go to:** MOAA.org > Advocacy > Legislative Action Center

**Or scan** the QR code to the right with your phone:

Then follow the instructions on how to register.

Each of your devices, i.e., phone, laptop, iPad, must be registered separately. It's a great way to keep up with all

MOAA's advocacy issues, plus links to all your congressional representatives.

Link to MOAA's new Legislative Action Center and FAQ's:

<https://www.moaa.org/content/publications-and-media/news-articles/2022-news-articles/advocacy/meet-moaas-new-legislative-action-center/>





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**HOMEWOOD**

Lt. Col. (Ret) Mac Chandler, Family Service Counselor

205-879-3401 [RidoutsValleyChapel.com](http://RidoutsValleyChapel.com)



## Donald Lehman

LtCol USMCR (retired)

### Consulting Petroleum Geologist

AAPG CPG #4560

*Lifetime memberships:*

[MOAABirmingham.org](http://MOAABirmingham.org)

[AlabamaMarine.org](http://AlabamaMarine.org)

[VVA.org](http://VVA.org) - [DAV.org](http://DAV.org)

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### Hours

Thursday 4–10PM

Friday 4–11PM

Saturday 3–11PM

Sunday Closed

Monday Closed

Tuesday 4–10PM

Wednesday 4–10PM

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