



### Dinner meetings and football season are here!

With the cooler fall weather in sight, we will be having an exciting chapter meeting coming up on September 5<sup>th</sup>, with a site visit from National MOAA board member Col Theodore J. Janosko, USA (Ret), Council & Chapter Affairs Committee Chair. It will be interesting to hear what's happening at MOAA headquarters and have your questions and concerns answered. Let's welcome Col Janosko with a great turnout! Details, dinner menu and RSVP information are included herein, plus the email blast will go out soon.

We had another good turnout (19) for our August luncheon social meeting at the First Watch Restaurant. Great, fun, food and conversation. A group photo in pages below.

I am pleased to announce that our Chaplain, Col Dan Phifer USA (retired) has been selected as our Veteran of the year! He will be honored at the annual Veterans Day dinner on November 10<sup>th</sup> at the downtown Sheraton hotel. Dan is always there when we need him, and of course devoted wife and teammate Lynn is right there by his side. And what a great team they are! Tickets for the Veterans Day dinner are \$75 each and can be ordered online. Details to follow in a separate email blast to the membership soon.

Again, please visit the revamped MOAA website at <https://www.moaa.org/>. I encourage all members to please check their subscriptions status once they are logged in. Please subscribe to the weekly newsletter too, it has a lot of timely and good information. I think you will find the new National website easier to navigate, is well organized and helpful.

Football season is here, so Go Blue! And how about them Hawkeyes! Yes, I am a foreigner, kids went to Michigan and I bleed black and gold (Iowa). Still watch an occasional Alabama or Auburn game though too, so all is well. Enjoy the rest of your summer and come see us on Sept 5<sup>th</sup>, back at Danberry.

Respectfully,  
*Don & Patricia*

Volume 124 Issue 9 September 2024

## Officers' Call

*President: Don Lehman, LTC, USMC (Ret)*  
*1st VP: Harold Coghlan, CW4 USA (Ret)*  
*2nd VP: Michael Walker, LTC, USA (Ret)*  
*Secretary: Margie Argo, LTC, USAR (Ret)*  
*Treasurer: Donna Martin*  
*Past Pres: Wes Cox, Col, USA (Ret)*  
*Director: Mark Melanson, Col USA (Ret)*  
*Director: Jeff Newton, BG, ANG (Ret)*  
*Director: Doug Markham, CPT, USN (Ret)*  
*Chaplain: Dan Phifer, LTC, USA (Ret)*  
*Legislative Affairs: Mark Rubino, LDCR, USN (Ret)*  
*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).

## SEPTEMBER 5 MEETING

Danberry at Inverness  
235 Inverness Center Drive  
Birmingham, AL 35242  
205-443-9500  
Social 6:00 pm, Dinner 6:30 pm

### **MENU**

Tuscan Baked Chicken Breast with Herb Cream Sauce  
Green Bean Almondine  
Cranberry Walnut Salad  
Peach Cobbler

**Dinner cost will be \$25 per person.**

Reservations must be made by noon Monday, September 2, 2024.

### **Preferred method:**

RSVP and pay by credit/debit card at:

<https://september-5-2024-reservation.cheddarup.com>

### **or alternate method:**

Call/email Don Lehman 404-441-3882 or don.lehman1@gmail.com



### **SPEAKER**

**Col. Theodore J. Janosko, USA (Ret)**

### **Council & Chapter Affairs Committee Chair**

Col. Theodore J. Janosko USA (Ret) is a 1975 graduate of The Ohio State University. Upon graduation, he was commissioned in the field artillery with multiple commands and two combat deployments to Southwest Asia. Following combat service in Iraq, he served with the 82nd Airborne Division. He holds a master's degree from the Naval Postgraduate School, Monterey, Calif.

Since retiring from active duty in 2005, he has served in leadership positions such as president of the Southwest Oklahoma MOAA Chapter, and he is a past president of MOAA's Oklahoma Council of Chapters. He is active in volunteer activities supporting the military and veteran communities, including serving on the board of directors of the Armed Forces YMCA. He resides in Bluffton, S.C.

## RECRUITER'S CORNER

### 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.

To join or renew, please complete the application below or join/renew online at:

<https://www.moaabirmingham.org/membership/>

## CHAPLAIN'S CORNER

Remember Gracie Allen who played the scatterbrained wife in the comedy team with her husband George Burns? In one routine, Gracie called in a repairman to fix her electric clock. The repairman fiddled with it for a while and told her, *"There's nothing wrong with the clock; you just didn't have it plugged in."* Gracie replied, *"I don't want to waste electricity, so I only plug it in when I want to know what time it is."*

That's an apt description of many of us. We save our religious faith for a rainy day. We go about "unplugged" and wonder why our lives are so devoid of power. That's sad! Faith is not something to be plugged in when it is convenient or when necessary. The life of faith is lived daily. It affects every aspect of our living. Keep your faith plugged in to the source of all power, our God.

**Chaplain Dan Phifer**  
**U.S. Army Retired**

### MOAA speakers for 2024:

- **October 3** – LTC Jamaine J. Williams (JJ), UAB Army ROTC
- **November 7** – Col Jay Skinner, AL ANG, topic TBD
- **December 5** – Holiday program. Ray Reach, vocalist/pianist.



## LEGISLATIVE UPDATE

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

### Major Richard Star Act

The Major Richard Star Act would end an unjust pay offset faced by tens of thousands of combat-injured veterans by which they lose a dollar of earned DoD retirement pay for every dollar of VA disability compensation. The Act would make those with under 20 years of active service eligible for both disability and retirement benefits. Under current law, only disabled veterans who have served 20 years receive both benefits.

While it's supported by more than three-quarters of Congress, MOAA's work continues to ensure it receives a floor vote and can become a part of the must-pass National Defense Authorization Act. Tell your senators to help combat-injured veterans by 1) Pushing for a floor vote to add the Star Act to the NDAA, and 2) Committing to supporting the bill when it comes to the floor.

### Competitive Pay for Junior Enlisted

In the current National Defense Authorization Act, the House has proposed a 4.5% pay raise for military members across the board, except for an additional 15% boost (19.5% total) for E-1 through E-4 and a smaller boost to E-5 pay. The Senate proposes the same 4.5% across the board, but with only a 5.5% increase for E-1 to E-3. MOAA hopes to see them meet somewhere in the middle. The government's Quadrennial Review of Military Compensation (QRMC) is underway, but it won't come out until the Summer of 2025, which means the impact of the QRMC probably won't be realized until 2027.

Junior enlisted in the military continue to struggle with food insecurity, housing, and overall quality of life issues. In addition to addressing these needs, the DoD must increase the junior enlisted pay to remain competitive with industries and meet its recruitment and retention goals.

Currently an E-1 with less than two years of service living in Jacksonville, Florida receives \$54,276 annually (including BAH and BAS). Comparing the annual compensation for skilled labor in Jacksonville points to the gap the increase in pay will address.

- |  |          |
|--|----------|
| • Electrician in Jacksonville, FL:         | \$62,210 |
| • Automotive Mechanic in Jacksonville, FL: | \$63,000 |
| • Painter in Jacksonville, FL:             | \$66,520 |

Please visit the MOAA Legislative Action Center for information on these and other issues and how you can help make a difference for our service members and veterans: <https://moaa.quorum.us/>.

LCDR Mark Rubino. USN (Ret)

## Legislative Action Center



Four ways to get there:

**Direct link:** [MOAA.quorum.us](https://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 left with your phone:

## MILITARY SPOUSE'S CORNER



Hello everyone,  
MOAA Surviving Spouses

I recently read an article in the summer 2024 Harvard Heart Letter entitled, "Take Charge of Your Heart Health". It describes how complex our cardiovascular system is and that there are many moving parts besides our heart. We have over 60,000 blood vessels. This means there are many changes in our heart and cardiovascular system, especially with age.

One section that really caught my attention was, "Is There Such a Thing as a Broken Heart?"  
The answer is YES!

Broken Heart Syndrome is a real diagnosis. Extreme physical or emotional stress can cause this to be a problem, especially in women. The changes that can happen to the heart are similar to a heart attack. Luckily, the damage is usually temporary and leads to no long-term heart damage.

A surviving spouse has lost his/her partner in life. Many changes happen. Much sadness occurs in dealing with these changes. Grief is handled differently by everyone. There is no timeline for grief. However, all suffer Broken Heart Syndrome to some degree.

Let us remember to show kindness in our words and actions toward anyone who has lost a spouse, either recently or in the distant past.

Sincerely,  
Lynn M. Phifer  
MOAA GBC  
Surviving Spouses Liaison



### **LADIES LUNCHEON OCTOBER 16, 2024 - HOOVER COUNTRY CLUB**

Coffee station at 10:30 with the program starting shortly after.

Speaker: Niki Sepsas. "The Voices that Won the War. "

Lunch served at 11:45 \$25.00.

Please join us for an informative program, great company and a delicious meal.

More information to follow



## GREATER BIRMINGHAM CHAPTER INFORMATION

### HAPPY BIRTHDAY

|                 |    |
|-----------------|----|
| Jerry Ingram    | 1  |
| Beth Smith      | 2  |
| Len Mueninghoff | 8  |
| Ron Bradstreet  | 11 |
| Jim Langley     | 16 |
| James Wilson    | 17 |
| Mike Walker     | 21 |
| Susan Bradshaw  | 23 |
| Cynthia Cox     | 24 |



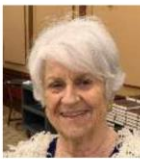
### MOAA on-line photo directory

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).



**Killian, III, Sam P.**  
4545 Magnolia Drive  
Birmingham, AL 35242  
Email: [spkiii@bellsouth.net](mailto:spkiii@bellsouth.net)  
Spouse: Martha T. Killian  
[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



**Lehman, Donald D. (Don)**  
1204 Greystone Parc Drive  
Birmingham, AL 35242  
Email: [don.lehman1@gmail.com](mailto:don.lehman1@gmail.com)  
Spouse: Patricia A. Lehman  
[islandmomma1@gmail.com](mailto:islandmomma1@gmail.com)

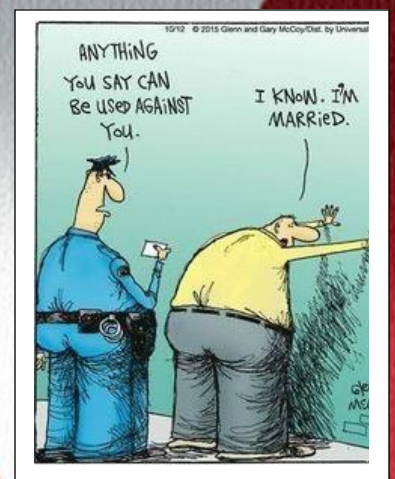
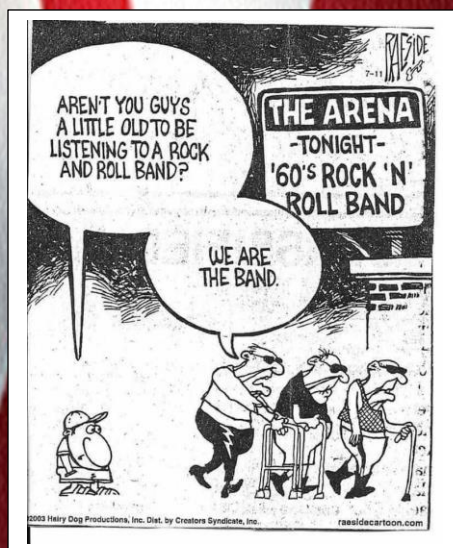
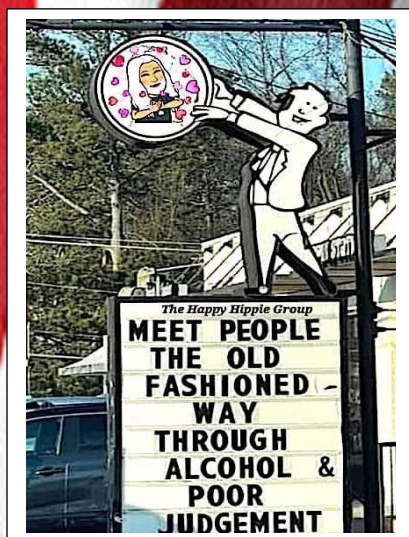
USMC Ret LTCOL Life  
404-441-3882 (c)  
BD: 7/10  
BD: 11/20  
404-725-7152 (c)



August Luncheon Meeting-  
A great time was had by all!!!!











## APPLICATION FOR MEMBERSHIP

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!**





Meeting September 5, 2024