



### Fall is in the air

I am loving this weather, reminds me of Michigan summers before I moved south! We had a great meeting in September hosting Col Ted Janosko from National MOAA, who shared with us important information on what is happening at the national level. We try to get a representative from national to come see us every two to three years. We will have the UAB Army ROTC presenting to us on our October 3<sup>rd</sup> meeting, which will be an opportunity to hear what is going on with the new generation of young officers and maybe a couple of UAB cadets in attendance too. So do not miss it!

We have some important events coming up, the Alabama Memorial Park brick dedication ceremony on Sunday, November 3<sup>rd</sup>, which we support with volunteers and the Veteran's Day dinner on November 10<sup>th</sup>, honoring our veteran of the year, LTC Dan Phifer and others. This is a grand event; I hope that you can attend and we will resend the link again soon for ticket purchase.

We would like to thank Jim Langley for taking over our newsletter, this is his first one. And an even greater shout to Linda DeMarco for doing it for the past ?? years! She kept all of us laggards on track to be sure that our items were submitted, and the newsletter was sent out timely. We would not be what we are without all of this help! Thank you both.

I hope that everyone had a great summer and are settling into the couch for the football season. I think I'll change my allegiance to a team that starts with an "A"; so much for my Hawkeyes and UM too! Enjoy and come see us on October 3<sup>rd</sup>, should be a good one.

Respectfully,  
Don & Patricia

Volume 124 Issue 10 October 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)  
*Director:* Vacant  
*Chaplain:* Dan Phifer, LTC, USA (Ret)  
*Legislative*  
*Affairs:* Mark Rubino, LDCR, USN (Ret)  
*Personal*  
*Affairs:* Anne Hartline  
*Surviving*  
*Spouse*  
*Liaison:* Lynn Phifer  
*Newsletter:* Jimmy Langley, 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).



Websit

**MEETING**  
**OCTOBER 3, 2024**

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

**MENU**

Grilled Chopped Sirloin & Gravy  
Twice Baked Potato Casserole  
Mixed Grilled Garden-Fresh Vegetables  
New Orleans Beard Pudding

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

Reservations must be made by noon Monday, September 30, 2024.

**Preferred method:**

RSVP and pay by credit/debit card at:

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

**or alternate method:**

Email / call Donna Martin at [contact@moaabirmingham.org](mailto:contact@moaabirmingham.org) or 205-876-6274.

**SPEAKER: Lieutenant Colonel Jamaine J. Williams**

Lieutenant Colonel Jamaine J. Williams joined the University of Alabama at Birmingham, Blazer Battalion in the summer of 2023.



Hailing from Detroit, Michigan, LTC Williams began his military journey as an infantryman in 2001. In 2005, Williams attended Officer Candidate School, earning his commission as a 2nd lieutenant in the Military Police Corps. His subsequent assignments included roles like the Special Reaction Team Platoon Leader and Executive Officer of the 59th MP Company. LTC Williams's passport bears stamps from Korea, Italy, and across Africa. His mission? Ensuring force protection and community safety. Notably, during Operation United Assistance, he played a critical role in combating Ebola in West Africa. Beyond the battlefield, Williams pursued education relentlessly. His MA in Business Security Management and MMAS in Military Strategic Studies sharpened his strategic thinking. His time at the Command and General Staff College further refined his leadership acumen. His chest proudly displays the Bronze Star Medal, Meritorious Service Medal, and Army Commendation Medal, among others. But LTC Williams's commitment extends beyond duty; he's a devoted husband and father.

## 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

A poor Scottish farmer was out walking one day when he heard a plaintive cry for help coming from a nearby bog. He ran to assist and found a young boy, mired to the waist in the black muck. Extending his staff, the farmer pulled the boy out.

The next day, a handsome team and carriage came up to the Scotsman's small hut, and an elegantly dressed gentleman stepped out. He offered a reward to the Scotsman, who refused it. Just then the farmer's young son came to the door. Seeing him, the gentleman made the Scotsman an offer: "Let me take your son and give him a good education. If the lad is anything like his father, he'll grow into a man you can be proud of."

The Scotsman liked this and shook hands on the bargain. In time, the Scotsman's son graduated from St. Mary's Hospital Medical School, London. He later became Sir Alexander Fleming, the noted discoverer of penicillin.

Years later the nobleman's son was stricken with pneumonia but was saved through the use of penicillin. The nobleman was Lord Randolph Churchill, and the son was Winston Churchill. (Winston Churchill would go on to inspire England to survive the intense bombing of World War II, leading the cause for eventual victory and an end to the bitter war.)

This was cited in the book, More of...The Best of BITS & PIECES

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

### **MOAA speakers for 2024:**

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



**LEGISLATIVE UPDATE**  
visit Legislative Action at <http://www.moaa.org>)

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/>.

### Food Insecurity in the Ranks

The Military Officers Association of America has joined the National Military Family Association (NMFA) and Mazon: A Jewish Response to Hunger in submitting a joint letter to Congress calling for action to be taken to reduce the high level of food insecurity among military families.

The U.S. Department of Agriculture (USDA) defines food insecurity as the “limited or uncertain availability of nutritionally adequate and safe foods or limited or uncertain ability to acquire acceptable foods in socially acceptable ways.” The DoD measures food insecurity by asking military members if they have ever worried that their food would be gone before they could afford to buy more, or whether they sometimes cannot afford to eat nutritionally balanced meals. Based on the DoD data, 25% of service members and military spouses have experienced food insecurity. To put this in perspective, the current rate of food insecurity in Jefferson County, Alabama is 13%. To use a football perspective, if you filled Bryant-Denny Stadium with military families, a quarter of the crowd (25,000) would be food insecure.

Read more about MOAA’s advocacy on food security in the ranks at this link:

<https://www.moaa.org/content/publications-and-media/news-articles/2024-news-articles/advocacy/advocacy-groups-point-to-ndaa-measures-addressing-food-insecurity-in-the-ranks/>

### Improving Access to Maternal Health within the Military Health System

House Resolution 7214/S.3722, the Improving Access to Maternal Health for Military and Dependent Moms Act, was co-sponsored by Democrat U.S. Senator John Tester of Montana and Republic Senator Marco Rubio (no relation) to require the Department of Defense to provide Congress with a comprehensive study on access to maternal health care within TRICARE, the military health care system, for servicemembers, retirees, and their dependents. Tester and Rubio’s efforts to bolster servicemembers and military spouses’ maternal health are supported by Military Family Advisory Network, Military Officers Association of America, and the National Military Family Association.

The U.S. is experiencing a maternal health crisis, with high rates of maternal morbidity and mortality. Maternal mortality has more than quadrupled over the last decades, and more than 40% of birthing people in the U.S. receive no postpartum care. As Chairman of both the Defense Appropriations Subcommittee and Senate Veterans’ Affairs Committee, Tester has been fighting to improve care offered to servicemembers, veterans, and their families through the TRICARE network.

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](https://www.moaa.org) > Advocacy > Legislative Action Center

**Or scan** the QR code to the left 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/>



## MILITARY SPOUSE'S CORNER

Hello everyone,

"HELLO HONEY". What a sweet greeting! We often refer to our family and dearest friends as, "Honey". We use it as a greeting and as a salutory. Unfortunately, "Honey" can also be said with sarcastic tones, therefore meaning the opposite of the sweetness it represents. For our surviving spouses, the spouse who called us "Honey" or who we called "Honey" is missing. I recently read an article in, "The Healing Powers of HONEY" by Cal Orey entitled "Discover the Latest Buzz about HONEY". One of the main topics was the attention given to honey as an ancient "nectar of the gods" and now it is becoming a 21st century miracle. Honey can help heal insomnia, cough, headaches, ease tension, and relieve heartburn. The book even credits honey with fighting wrinkles.

Now that might be a reason to try it! There are different types of honey and each works on a different health issue. Some honeys are known to halt the growth of some cancer cells. Others increase the number of healthy antioxidants in your body. While others still fight skin infections and help with digestion. Mayo Clinic researchers say that honey helps in cardiovascular disease, cough, gastrointestinal disease, neurological disease and wound care. I bet several of you remember as I do that our moms gave us hot tea with a spoonful of honey when we had a cold and sore throat. It worked wonders! We got well! We can purchase natural honey from a farm where they raise bees. Honey can be bought at local grocery stores as well. Honey is flavorsome and nourishing. Let's always remember to show kindness in our words and actions to anyone who has lost their "Honey".

Sincerely,  
Lynn M. Phifer,  
Surviving Spouses Liaison

### **Ladies Luncheon Surviving Spouses Female Officers Spouses of Living Members**

**Wednesday, October 16, 2024      10:30 am  
Hoover Country Club  
3140 Club Drive, Hoover, AL 35226**

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

**"MOAA Legislative Updates on Benefits"**

**Your check will be your reservation.  
Make check payable to: MOAA GBC  
Mail to: Donna Martin  
140 Courtside Drive  
Birmingham, AL 35242  
[donnamaemartin@aol.com](mailto:donnamaemartin@aol.com)  
Lynn Phifer - 205-919-9430**

**Cost: \$25    Reservation deadline: October 9, 2024**



## GREATER BIRMINGHAM CHAPTER INFORMATION

### HAPPY BIRTHDAY

#### October Birthdays

Jack Vogt	1
Vicki Edwards	2
Charles Jager	8
Tim Jett	8
Bill Satterfield	9
Emma Vaiton	13
Margie Argo	16
Barbara Stone	21
Reuben Melton	27
Dorsey Ingram	31

### 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 gave 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).



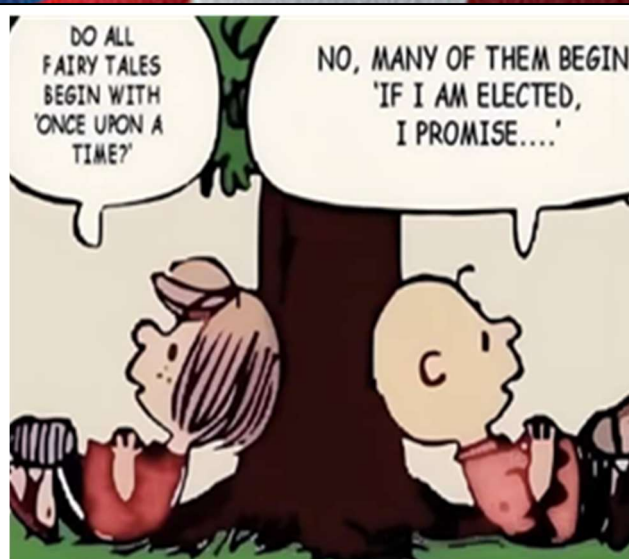
**Killian, III, Sam P.**  
4545 Magnolia Drive  
Birmingham, AL 35242  
Email: [spkiii@bellsouth.net](mailto:spkiii@bellsouth.net)  
Spouse: Martha T. Killian  
[marthak36@gmail.com](mailto:marthak36@gmail.com)

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)







### **Women's History Month: Ret. Lt. Colonel Emma Vaiton**

**LTC Ginger Branson: "I attended her 104th birthday party yesterday at Mt. Royal Towers. She is spryer than I am, and still drives! A very special lady!"**

**Let's delve into the remarkable journey of Ret. Lieutenant Colonel Emma Vaiton, an Alabama native who blazed trails in both nursing and the United States Air Force.**

**Emma's story began in Montgomery, Alabama, but it was in Birmingham where she truly left her mark. After graduating from A. H. Parker High School, she embarked on a nursing career, initially training at the Norwood School of Nursing—a program uniquely operated by a local hospital. Her dedication to nursing led her to Tuskegee College (now Tuskegee University), where she became part of the first nursing class in Alabama to graduate from a college or university. This milestone signaled a broader shift nationally, as nursing education transitioned from hospitals to higher institutions.**

**But Emma's journey didn't stop there. In 1953, she joined the U.S. Air Force, rising through the ranks from Captain to Major and ultimately to Lieutenant Colonel. As an African American woman in a leadership position during a time when there were no Black generals, Emma faced subtle resistance from some male counterparts. Yet, her commitment remained unwavering. She specialized in psychiatric nursing, held top-secret clearance, and cared for wounded soldiers across various locations. Her legacy lives on, not only for her service but also for her dedication to safety and well-being.**

**Today, Emma Vaiton continues to reside in Birmingham, a living testament to courage, resilience, and the power of breaking barriers.**



## APPLICATION FOR MEMBERSHIP

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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

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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 October 3, 2024