

UAHRA Newsletter Summer 2025

other aspects of preparing local weather forecasts.

Upcoming Activities

As you will see in the Recent Events section of this newsletter we have enjoyed frequent meetings and events. The Board's goal is to have an event or activity almost every month. Here are some events planned for the near future. Please feel free to bring a fellow retiree or guest.

August 22nd 2025 at 4 pm Student Services Building 112 Welcome Back Picnic

Retirees will once again be invited to the picnic along with current faculty and staff.

August 19th 2025 at 11 am Morton Hall 146 Local Weather



Brad Travis of WAFF TV

This will be a follow-up on our visit to the Weather Forecasting Office last year. Brad Travis of WAFF TV will tell us how local forecasters use National Weather Service products to make forecasts and

September 25th 2025 at 5:30 pm Wine and Docent Led Tour Huntsville Museum of Art

Please join us for an evening at the Huntsville Museum of Art (HMA) for a docent-led tour of one of their current exhibits entitled "American Art Galleries" beginning at 6:30 pm. This dynamic installation is a sweeping celebration of the nation's artistic legacy showcasing masterworks of American painting, sculpture, and works on paper. The exhibit incorporates art from the Museum's permanent collection and augmented by extraordinary loans from major institutions and private collections. The tour will take about 45 minutes, but you can certainly explore the rest of the museum until closing at 8:00 pm. The HMA offers a special non-

member discount on Thursdays called \$5 after 5, and they offer a glass of wine during these occasions for \$7 each. If you are interested in purchasing a wine ticket, we suggest arriving by 5:30 pm, because you cannot take beverages on the tour.



**October 9th 2025 at 2 pm
Meeting with President Chuck
Karr
Student Services Building,
Room 313**

President Karr will give us an update on important matters and events at UAH.

**October 15th 2025 at 5 pm
Burritt on the Mountain
Cocktails at the View**

The View is a patio area with a spectacular view of Huntsville. Admission is free and drinks and food are available for purchase

**November 14th 2025
Cocktails and Cosmos at the
Intuitive Planetarium**

After a very enjoyable evening at the USSRC last year, we are planning another visit. Last year, after cocktails or wine/beer we saw a terrific planetarium show about explosive events ranging from meteoroid impacts on planets to the Big Bang.

December 2025 Holiday Cheer Reception

Once again retirees will be invited to the campus holiday party. Last year about 30 of us attended and had a great time talking with old friends. The date and time have not yet been announced.



Recent Activities

January 2025 159 Wilson Hall Balance Class

Seniors, including retirees, are susceptible to falls, which can have a dramatic impact on health and lifestyle. In this balance class we learned about exercises and actions that can reduce our likelihood of falls.

UAHRA Members visit Pizelles

February 2025 Pizelles

Pizelles staff gave us a great demonstration of how they make their beautiful candies and then let us sample their delicious confections.

April 2025 Faculty/Staff Clinic Tour

Many retirees are not aware that Clinic (<https://www.uah.edu/clinic>) services are available to retired faculty and staff. The Clinic offers a very wide range of services from physical exams to suture removal to EKGs to vaccinations. We toured the clinic and learned more about what it can do for retirees.

May 2025 Annual Meeting and Presentation by Cade Smith, UAH Director of Athletics.

Mr. Smith gave us an update on UAH athletics and a history of UAH and its conference affiliation. He also discussed the impact on Name, Image, Likeness (NIL) funding on UAH and Division II sports.

June 2025 Botanical Garden



UAHRA at the Botanical Garden

Our tour of the Botanical Garden included visits to the Butterfly Garden, the Mother Earth Troll Garden, the Daylily Garden, and the Water Lily Ponds.

July 2025 US Space and Rocket Center Biergarten



Back by popular demand. We drank beer and ate German food under the Saturn V in the Davidson Pavillion.

Officers and Board

The UAHRA Officers and Board for 2025-26 are:

President	Jack Fix
Vice President	Sharlene
Bruce	
Treasurer	Leigh Holt
Secretary	Juanita Owen
Board Member	Don Bowyer
	Steve
	Bruce
	Sherri Messimer
	Debra Moriarity
	Carolyn Sanders

New Member

Louise O'Keefe

UAHRA President's Message

In addition to scheduling frequent events for retirees to enjoy, learn from, and maintain contact with fellow retirees, the UAH Retirees Association also tries to represent retirees' interests to the UAH administration. Here are a couple of recent examples.

At our request, UAH retirees are now invited to faculty/staff events like Welcome Back, Spring Picnic, and Holiday Cheer.

We worked with Holly Holliday of Faculty/Staff benefits to invite PEEHIP representatives to campus when a significant change in retiree health benefits is likely to occur. These presentations and Q&As have drawn large attendance. We are now working with Holly to schedule a PEEHIP presentation well advance of the coming transition from UHC to Humana.

Recently, UAH announced that current retirees would have their UAH email accounts deleted and new retiree accounts would be issued. UAHRA Vice President Charlie Bruce sprang into action, collected some data from other board members, and discussed the situation with OIT members. We argued that for about 20% of UAH retirees, the UAH account is the one on record with RSA/PEEHIP, which would be unable to contact those retirees except by mail. The University and UAHRA would be unable to send email announcements to those retirees as well. About a week later UAH

announced that current retiree email accounts would not, in fact, be deleted. Other factors were involved in the decision, but our actions no doubt played a role.

A larger membership would make the UAHRA a more powerful advocate for UAH retirees. If you're not a member, please consider joining. If you are a member, please talk with retiree friends about membership.

We Welcome New Members!

If you know UAH retirees who are not members, encourage them to join. If you are a new or not so new retiree, please consider joining.

An organization such as ours always needs new ideas, helping hands and the strength that our mutual past brings. If you know of a potential UAHRA member, please ask them to fill out the "Membership Form" on the last page of this newsletter and mail it along with a check made payable to UAHRA to:

***Leigh Holt
9001 Chaffee Circle SW
Huntsville, AL 35802***

Retiree Spotlight: Carolyn Sanders



Carolyn has been very busy since retiring as a Professor of Music in 2023. Here is her account of what she has been up to.

“Since retiring, I’ve found joy, purpose, and a whole lot of sweat in training for long-distance triathlons. This year, I’m both thrilled and humbled to be competing in two of the sport’s most prestigious events: the Ironman World Championship in Kona, Hawaii (October 2025) and the 70.3 Ironman World Championship in Marbella, Spain (November 2025).

I’ve competed in nine Ironman races in the U.S. and abroad, including four since retiring from UAH in August of 2023. I continue to be inspired by this sport. At 68, I’m often lining up near professional athletes—sometimes they zoom past me in a blur! But that’s part of what makes triathlon

so powerful: it welcomes all of us. Every age, ability, gender, and background is represented. I’ve even witnessed athletes with physical challenges being guided by able-bodied partners during the swim, bike, and run. It’s humbling and motivating.

For me, this journey is about more than medals—it’s about honoring my *Why*. Staying physically active is essential at any age, but especially for those of us in midlife and beyond. We’re constantly sold “quick fixes,” but the truth is: long-term health comes from consistent movement and a commitment to fitness. Not everyone can do an Ironman, but everyone can take daily steps toward a healthier life. When the race gets hard—and it always does—I keep going because I know I’m not just chasing a finish line. I’m showing what’s possible and hopefully inspiring others to move, dream, and believe.”

Thank You to UAH

Although the UAH Retirees Association isn’t officially part of UAH, we get a great deal of help and cooperation from the university. The officers and board are very grateful for UAH support.

The University of Alabama in
Huntsville
Retirees' Association
(UAHRA)
2026 Membership Form

Membership in UAHRA is available on an annual and lifetime basis. Annual fees are due on October 1 2025 and must be paid in full to qualify to vote in the spring elections in May.

New retirees may enjoy complimentary membership until the fiscal year begins in October.

Membership

- ☐ Already a UAHRA Lifetime Member \$ 0.00
Please skip to bottom of form to update in your personal information.

Type of Lifetime Membership:

- ☐ UAH retiree \$100.00
☐ UAH retiree and spouse \$150.00

Lifetime Membership fees are assessed as a one-time payment only.

Type of Annual Membership:

- ☐ New UAH retiree--date of retirement:_____ \$ 0.00
☐ UAH retiree \$10.00
☐ UAH retired spouses (both UAH retirees) \$15.00
☐ UAH retiree and non-UAH retired spouse \$17.50
☐ UAH retiree and non-retired spouse \$20.00
☐ Surviving spouse of UAH retiree \$10.00
☐ Associate member* \$10.00
(UAH employee within five years of retirement eligibility)
☐ Other individual applicant* \$20.00
(as approved by the Board)

*Cannot vote or hold office

Name: _____

_____ Title First Middle Last

Name: _____

_____ Title First Middle Last

Department/Division: _____

Address: _____

Zip Street City State

Phone(s): _____

Please label your numbers as "H" for home, "C" for cell or "W" for work.

Email(s): _____

*Send form and check (if applicable) made payable to "UAHRA" to:
Leigh Holt, UAHRA Treasurer
9001 Chaffee Circle, Huntsville, AL 35802*

Your email address is greatly appreciated such that we may m