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NEWSLETTER

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CNO Speaks About Shipbuilding at 20th SNA Symposium



Chief of Naval Operations

CRYSTAL CITY, Va. - Delivering the keynote address at the Surface Navy Association's 20th National Symposium March 14, Chief of Naval Operations Adm. Gary Roughead spoke on the importance of providing the fleet with the right number of ships, submarines and aircraft to achieve the objectives of the Maritime Strategy.

"Our job, as the nation's leaders, is to ensure Sailors have the ships, the aircraft and the submarines that will enable them to accomplish the mission," said Roughead.

Roughead discussed the need to increase the number of ships in the Navy. Although 313 is commonly referred to as the "floor" of what the Navy needs, he emphasized that more ships are needed and that we require a combination of balance and quantity to build the Navy for the future.

"Three hundred thirteen is the numerical floor because it gives us global capabilities," he said. "At some point, quantity becomes a capability. As the commander in the Pacific and the commander in the Atlantic, I can tell you that I never had enough ships, even before we developed the Maritime Strategy," said Roughead.

Recognizing the need for new ships, Roughead nevertheless stressed the importance of the Navy

working with the shipbuilding industry to control costs. He stressed the need for restraint and appetite suppression, explaining that it will take the combined effort from both the Navy and the industry to realize efficiencies in shipbuilding.

"I expect Navy leaders to take a disciplined approach in determining our needs," he said. "An approach based in the Maritime Strategy that strives to balance among the six core capabilities, linking each purchase to a capability or capabilities will be the test I will apply. To do this, hard decisions must be made in the short term to ensure a long term shipbuilding plan is viable."

The Surface Navy Association was founded in 1985 to "promote coordination and communication among those in the military, business and academic communities who share a common interest in naval surface warfare.



U.S. Navy Quartermaster, right, and bridge officer use a search light to send a Morse code message to an approaching fishing vessel while under way aboard USS Blue Ridge (LCC 19) March 23, 2008. The fishing vessel approached the starboard bow of Blue Ridge during an underway replenishment. Blue Ridge attempted to contact the fishing boat using the international radio frequency, the ship's horn and the searchlight, as a last resort, but had to perform an emergency breakaway from John Ericsson before the vessel changed course.



The Pilothouse Polished Wheel



Photo by Nick Gardner, QM3

A photograph, taken by **Nick Gardner**, QM3, in 1961, that captures a view of the interior of the 1156 pilothouse. Many former crewmembers will recall the brightwork in the pilothouse, including the wheel and the gyro stand outside the hatch. Nick says, “You could shave in that wheel, and all that brightwork in the wheelhouse was kept shined by the QMs, in the Operations Division.”

Security Upgrade for Navy Base

GREAT LAKES, Ill. - Naval Station Great Lakes, site of the LST 1156 Association's *Sixth Annual Reunion*, will soon be getting a complete security upgrade as a result of a multimillion-dollar contract from Lockheed Martin Integrated Systems.

The Maryland-based company has been awarded \$5.6 million by the Department of Defense for design, construction, equipment and maintenance of anti-terrorism upgrades.

Great Lakes Navy officials said the security improvements will ensure the safety of military personnel and residents living around the base.

SOURCE: Lake County, Ill. News-Sun

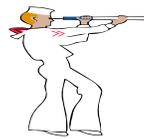


Bob Slovey Moves Up In GM Vets Group

Congratulations to T-bone Association Secretary **Bob Slovey**, YN3, ('68-'71), on being elected in February to the position of Vice President of the General Motors Veterans Affinity Group.

The group, more commonly known as the GM Vets Club, creates professional development opportunities for their members, and serves as an information resource to GM on issues that affect GM veterans.

GM Affinity Groups are a formal link between Veterans and GM's diversity management, human resources staff and senior management. Their mission is to enhance market opportunities; improve recruiting and retention efforts; provide opportunities for career development and networking; acting as an information resource for any GM function; and, serving as GM's "face" in the veterans communities.



Naval History

1942 - During the World War II Battle of Makassar Strait, U.S. destroyers attack a Japanese convoy in the first naval surface action in the Pacific.

1944 - During Operation Shingle, Amphibious Task Force 81, under the command of Rear Adm. F.J. Lowry, lands the Army's VI Corps at Anzio, Italy.

1986 - The Coral Sea (CV 43) and Saratoga (CV 60) carrier battle groups conduct freedom of navigation exercises in and near the Gulf of Sidra, demonstrating the long-standing United States' refusal to recognize Colonel Khadafi's attempt to include the gulf in Libyan territorial waters.

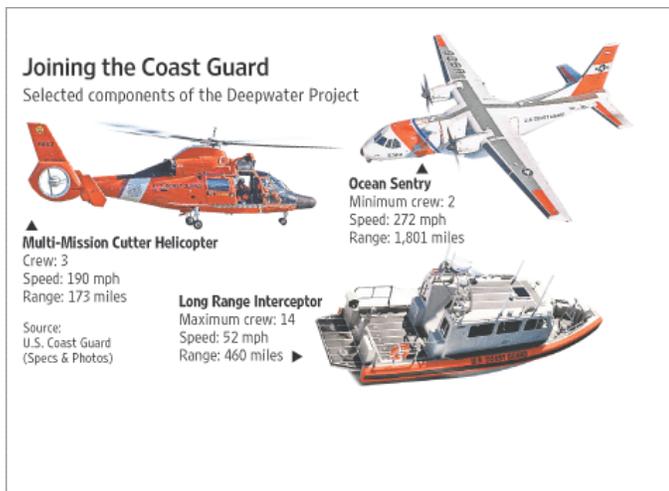
1991 - Helicopters from USS Leftwich (DD 984) and USS Nicholas (FFG 47) recapture the first Kuwaiti territory from Iraqi forces.



Joining the Coast Guard



The U.S. Coast Guard's first national security cutter, USCG Bertholf (WMSL 750), performs sea trials in Mobile Bay, Ala., March 19, 2008. Bertholf is the first of eight planned ships in the new class of highly capable, technologically advanced, multimission cutters and will be homeported in Alameda, Calif.



Naval Station Newport to Expand

NEWPORT, R.I. - The Navy station in Newport is spending \$111 million on an expansion to accommodate an influx of sailors.

Navy officials say the improvements are needed to handle an additional 6,800 Navy personnel who are expected to come over the next three years for training.

The projects include building a \$4.8 million training pool, renovating buildings and constructing a \$24.5 million school for the Naval Supply Corps.

Other proposals that have not yet been approved include building a new fitness center and an Army Reserve center.

USS Arizona Memorial Detachment Sailors Serve As 'Face of the Navy'



PEARL HARBOR, Hawaii - U.S. Navy sailor, assigned to the USS Arizona Memorial Detachment at Naval Station Pearl Harbor, navigates a white boat with 150 passengers to the USS Arizona Memorial from the visitor's center. Sailors who are assigned to the USS Arizona Memorial Detachment transport nearly 2 million visitors to the memorial each year.

COLA 2009

In mid February, the Bureau of Labor Statistics announced the January 2008 monthly Consumer Price Index (CPI), which is the metric used to calculate the annual cost-of-living adjustment (COLA) for military retired pay, VA disability compensation, survivor annuities, and Social Security.

The CPI jumped 0.5% over December's value. That puts cumulative inflation at 1.5% for the first four months of the fiscal year.

Anyone desiring to track the monthly CPI fluctuations can refer to www.moaa.org/colawatch and view a graphic chart on the comparison between the 2008 and 2009 CPIs.

SOURCE: MOAA



Personal Impressions

By Sue Carney, Ph.D.



Huntingdon, Pa.

I've only got one true, full semester of teaching and a handful of courses under my belt, but already I feel like I've changed my own teaching style a lot.



PowerPoint is the classroom tool of choice these days in many courses, and it seems to have become a subject of great debate on college campuses. I use PowerPoint for nearly all of my lectures, but I've found myself moving increasingly away from it.

In the beginning, I'll freely admit that it served as a crutch. By having all of my topic/points/images in a slide show, I could be sure that I was organized and would not forget to mention important information in class. Students are used to such presentations, but whether it is the best way of teaching remains to be determined.



I've noticed that when professors use PowerPoint, students tend to take fewer notes. In a lot of classes, professors will post their PowerPoint lectures before class so that students can come in with printed copies of slides on hand. Some students seem to think that this can take the place of their own note taking. If they do take notes, they copy from the screen and don't have to do any sort of processing or organization of thoughts on their own.

I generally post my notes after class in the hopes that students will be forced to take their own in

class, but I still have some that sit idly (hopefully listening, but definitely not taking notes).

As I've gotten more comfortable in the classroom, and to try to encourage students to take their own notes, my PowerPoint presentations have become shorter, include less text, and include more images, especially graphs and/or tables of data to be interpreted.

I use slides now more often as fodder for discussion rather than as a way to present facts that the students could read in their textbooks.



I've started using the whiteboard more for jotting down notes and/or working through problems with the class. On the whole, I've made a greater effort to make my classes much more interactive.

I've noticed in classes that because students are so used to PowerPoint, once the first slide of a lecture goes up on the screen, a lot of them seem to get a "glazed-over" look on their face. They spend hours a day staring at screens of various sorts, either in their classes or when they're doing work on a computer.

I'm coming to believe that maybe giving them a bit of a break from a screen could be an effective way to grab their attention. I'll still continue to use PowerPoint, but I think that I and many other professors will agree that its most valuable use is when it is an accessory to the professor rather than the professor itself.

Sue Carney, is the daughter of deceased shipmate LT(jg) John Carney, former LST 1156 Engineering Officer ('68-'71).

7th LST 1156 Reunion



Annapolis, Maryland

May 13 - 16, 2009

Archbishop Visits USS Iwo Jima



ATLANTIC OCEAN - Archbishop Timothy Broglio, archbishop for the military services talks with Operations Division Officer on the bridge of the amphibious assault ship USS IWO JIMA (LHD 7). The archbishop visited the crew for two days last month to get familiarized with life at sea and the impact the U.S. Navy Chaplain Corps has on Sailors lives. LST 1156 Association *First Annual Reunion* attendees toured the Iwo Jima, and spent some time on the ship's bridge also.

Iwo Jima Medical Team Trains For Mass Casualties

USS IWO JIMA, At Sea - The flight deck of a U.S. Navy ship is often called one of the most dangerous places in the world; jet blasts, rotor blades, people moving around equipment attached to the deck - the atmosphere can be confusing even for the best trained and most seasoned Sailors.

Safety is always the primary concern for all Sailors working on the flight deck. For the amphibious assault ship USS Iwo Jima's (LHD 7) medical team, constant drills are necessary to maintain a safe atmosphere, even under the most strenuous circumstances. Iwo Jima held one such drill March 16, while underway.

While flight decks are most often associated with aircraft carriers, Iwo Jima has its own set of challenges. Iwo Jima's flight deck is populated with attack helicopters and vertical take-off, AV-8B Harriers, with much less space than on a carrier.

The ship is also called on to receive casualties from other locations.

They perform these drills to get ready for any type of scenario that could happen. While on deployment, Iwo Jima is the primary casualty-receiving platform.

The ship holds two mass casualty drills per month on the flight deck, in the well deck and for general medical emergencies.

Iwo Jima has one of the largest, battle-ready medical departments on the waterfront.

T-bone Association *First Annual Reunion* attendees will recall touring the Iwo Jima and its battle ready medical departments in Norfolk in 2002.

SOURCE: Iwo Jima Public Affairs



Wise Choices

Heart Attack Signs

Fast action can save lives. Everyone should know these warning signs of a heart attack.

- Pain or discomfort in the center of the chest that lasts for more than a few minutes, or goes away and comes back.
- Discomfort in other areas of the upper body. Can include one or both arms, the back, neck or stomach.
- Shortness of breath often comes along with chest discomfort, but it also can occur before chest discomfort.
- Other symptoms may include breaking out in a cold sweat, nausea or light-headedness.

SOURCE: National Institutes of Health | News in Health

- Thought for the Day -

"When I was born, I was so surprised, I didn't talk for a year and a half."

- Gracie Allen

- **Judy Robinson**, Associate Member
Kirkwood, Mo.

New Technology Extends Produce Freshness at Sea



Working Party - Sailors move fresh fruits and vegetables onto the Ticonderoga-class guided-missile cruiser San Jacinto.

SAN DIEGO - The days of wilted lettuce and brown bananas at sea could be numbered.

The aircraft carrier Ronald Reagan is serving as a test bed for a simple, innovative storage system that its makers say will keep produce fresh long enough to get the ship to the next underway replenishment.

While training off California recently, the Reagan loaded eight pallets of fruits and vegetables, including six of Romaine and iceberg lettuce, broccoli and bananas stored using Modified Atmosphere Packaging.

The system includes plastic bags lined with a proprietary membrane developed by Apio Inc., of Guadalupe, Calif., designed to control the airflow in and out of the package. The remainder of the produce was stored in traditional packaging and served as the control group for the field test.

Officials hope to find a way to extend the shelf life of fruits and vegetables, which would mean ships' crews would have fresh produce at sea at least through the next replenishment, which typically occurs every 10-15 days.

The technology would save not only fruits and vegetables but also money that otherwise would be spent replenishing overseas produce stocks. In 2005, the Navy reported \$3 million of the \$26 million spent that year on fresh fruits and vegetables was lost to spoilage.

Measures that extend the shelf life of fresh produce are likely to be embraced by shipboard

sailors, whose at-sea meal options have become healthier with the Navy's standard core menu.

For several months, Reagan's crew has been dining on the 14-day menu designed for big-deck ships, which includes more salad bar items and daily services of skinless chicken breasts.

SOURCE: Navy Times

Veterans' Corner



VA Voluntary Service Seeks Volunteers

The VA Voluntary Service (VAVS) was founded in 1946 to provide for our nation's veterans while they are cared for by VA health care facilities.

It is a volunteer organization run by the VA that helps veterans in VA facilities throughout the country. Volunteers assist in routine administrative functions to help free VA employees to concentrate more on health care.

There are also several VA cemeteries that have VAVS volunteers assisting in maintenance chores. It is one of the largest centralized volunteer programs in the Federal government. Over 350 organizations support it and volunteers have provided over 676 million hours of service since its conception. As a community service volunteers assist veteran patients by augmenting staff with end of life care programs, foster care, community-based volunteer programs, hospital wards, nursing homes, and veteran outreach centers.

The program receives annual contributions of over \$50 million in gifts and donations.

There are two convenient ways to sign up to be a VAVS volunteer:

- ✓ Contact the Department of Veterans Affairs facility nearest you, ask for Voluntary Service, and tell their staff of your interest in becoming a VAVS Volunteer. The staff will take care of everything else including your interview, orientation, and assignment.
- ✓ Volunteer on-line by filling out and submitting the form located at www.va.gov and click on volunteer services. Someone from your local VAVS office will contact you with additional information.



Ohio State Tax

Recently passed Ohio legislation exempts military retirement pay from Ohio personal income tax and exempts estates of armed forces members who died while serving in combat zones from probate fees.

The legislation also extends the 20% credit available to certain military persons on civil service examinations to any member of the National Guard or a reserve component of the U.S. Armed Forces who has completed more than 180 days of active duty service pursuant to an order of the President or an act of Congress.

Retiree Appreciation Days

Retiree Appreciation Days and Military Retiree Seminars offer military retirees and their families a chance to learn current information about topics such as benefits, entitlements, health care, and special services available for them.

Since the day's schedule of activities differ from location to location, it is best to check with the event's point of contact for specific details. The Army maintains a current listing of activities for 2008 at www.armyg1.army.mil

The listing of U.S. locations include:

Dover AFB, Del. April 12 (302) 677-4612
Fort Jackson, S.C. April 25-26 (803) 751-6715
Fort Wainwright, Alaska April 26 (907) 384-3500
McGuire AFB, N.J. April 26 (609) 754-2459
Fort McPherson, Ga. June 21 (404) 464-3219
NAS Jacksonville, Fla. July 12 (904) 542-2766 Ext. 126
Orlando, Fla. Aug. 16 (912) 767-5013
Andrews AFB, Md. Oct. 25 (301) 981-2726
Fort Leavenworth, Kan. Nov. 1 (913) 684-2425
Bolling AFB, D.C. Nov. 8 (202) 767-5244



U.S. Savings Bond Info

Retirees can buy U.S. Savings Bonds in electronic form and hold them directly with the U.S. Treasury over the Internet.

They can even convert their paper savings bonds into electronic form and hold them in an account with the government. Both are possible when people open a TreasuryDirect account, according to Defense Finance and Accounting Service officials.

TreasuryDirect allows people to open an online account and buy savings bonds either through a payroll allotment or with money debited directly from a bank or credit union account. Once the bonds are eligible for redemption, people can go online and schedule payment directly into a bank or credit union account.

Electronic savings bonds carry the same interest rates and maturity periods as paper bonds, but, unlike paper bonds, people do not have to wait to receive them in the mail. Instead, all people need is access to the Internet.

With a TreasuryDirect account, people can convert any paper bonds they own into electronic securities. If the DFAS is holding the bonds, people can request the bonds and DFAS will mail them.

People can then send them, along with any paper bonds they may have at home, to the U.S. Treasury for addition to a TreasuryDirect account. Because the U.S. Treasury requires people to submit the bonds with a signed manifest, DFAS cannot mail the bonds directly to the treasury.

To learn more about converting bonds into electronic form, visit SmartExchange at www.treasurydirect.gov.

Things Turn Up

In 1915, Private Walter Hicks of Wiltshire, England sent a postcard from the trenches of World War I telling his sweetheart Amy that he was alive and well.

The postcard never arrived, but Hicks went home after the war, married Amy, and raised a family. The couple is now deceased.

Last month, the postcard Walter wrote 92 years ago was finally delivered to his daughter, who is now 84 and a grandmother.

New York Christening Powered by Memories, Resolve



The Emerald Society Pipes and Drum Combined band of the New York Fire and Police Department personnel perform in front of the amphibious transport New York before christening ceremonies at Northrup Grumman Shipyard in Avondale, La. on March 1. The New York will officially be commissioned in New York City in the fall of 2009.

GM Partners with Law School Provides Legal Assistance to Vets



By **Bob Slovey**, YN3 ('68-'71), Association Secretary

Macomb, Mich.

The University of Detroit Mercy School of Law has launched a nationwide tour of its Mobile Law Office (MLO), which will provide free assistance and/or representation to thousands of low-income veterans on federal benefits issues throughout the U.S.

UDM Law is the only law school in the country with a mobile law office, a GM recreational vehicle that has been outfitted as a law office.

For the national tour, General Motors is donating a specially designed, custom built, state-of-the-art RV. Through the mobile law office, volunteer attorneys and UDM Law faculty and students counseled and/or otherwise assisted over 800 people during the past year. The MLO has made numerous stops at regional senior centers, churches, and other similar facilities, as well as regular stops at facilities where veterans congregate.

Military Retiree Alert

Military retirees need to check their beneficiary information on the reverse side of their Military Retiree Account Statement.

Some retirees have reported an unauthorized beneficiary name change. The Defense Finance and Accounting Service said it has no way of ascertaining whose identity may have been stolen, resulting in a beneficiary change.

If this becomes a widespread issue, they most likely will put out at notice. Those retirees that have the wrong beneficiary on their statement should contact DFAS immediately to change their beneficiary, and let them know it was changed without their authorization. The DFAS number is: 1-800-321-1080.

Fiscal Year '09

***Keep in Touch! Stay Involved!
Follow Our Progress!
Support your Association!***



FY '08 (6/1/2008 - 5/31/2009)

Annual Dues (\$25.00)

Send to:

**Bill McKnight, CSSN
Membership Chair**

P.O. Box 818

Buckhannon, WV 26201-0818

Checks payable to:

**USS Terrebonne Parish (LST 1156)
Association**



Making the Navy More Attractive

Group taking close look at new personnel policies

4-day workweek?

Commanders could soon have the blessing from “Big Navy” to offer their sailors four-day workweeks - or at a minimum, give them the chance to work out flexible hours for their sailors.

Flexible work hours are just one of 12 perks Navy officials have in the works or are investigating in a major drive to get younger sailors to join the Navy and stay.

This means that soon, sailors could be able to not only negotiate flexible hours with their commands, but also telecommute from home or off-site work centers. They might even take sabbaticals or homestead in one location for a chunk of their careers.

It's all on the table for what the Navy's calling Task Force Life/Work, a group charged with taking a deep look at all the Navy's personnel policies from pay to family perks and education.

The goal is to make the Navy more attractive to the “millennial generation” - those born between 1980 and 2001 - to keep young sailors from fleeing to the private sector, where many of the perks already exist.

In the six months since it was created, the task force has talked to more than 10,000 sailors worldwide and sought feedback on ways to keep them in the service. Based on that feedback, the task force is pushing for the 12 initiatives it would like to see in effect sooner rather than later.

Here's a look at some of what's being considered: telework; pregnancy and parenthood; sabbatical; flex-work schedules; on-ramps and off-

ramps; extended child care; reenlistment basket leave; enlisted educational advancement program; life coach program; and sea duty incentive pay to sailors who stay at sea beyond their normal tours voluntarily.

SOURCE: Navy Office of Information

Eye on the Fleet *U.S. Navy Photos*



U.S. Navy Sailors aboard Landing Craft Utility 1631 prepare to conduct a stern-gate marriage near Sasebo, Japan, Mar. 21, 2008, with USS Essex (LHD 2) to load mission essential supplies for Essex's spring patrol. Essex is the lead ship of the only forward-deployed U.S. Expeditionary Strike Group and serves as the flagship for Commander, Task Force 76.

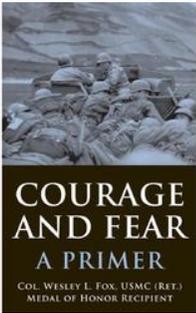


The Military Sealift Command dry cargo/ammunition ship USNS Sacagawea (T-AKE 2), left, replenishes the amphibious assault ship USS Tarawa (LHA 1), right, Mar. 29, 2008, as the amphibious dock landing ship USS Germantown (LSD 42) approaches. The replenishment is the first for Sacagawea, which is on its maiden voyage.



Bookshelf

- ***Courage and Fear: A Primer***, by Col. Wesley L. Fox, USMC (Ret.), Potomac Books, Inc. 144 pages, 2007



From monsters under the bed to the frozen valleys and mountains of Korea, and on into firefights in the jungles of Vietnam, “*Courage and Fear: A Primer*” takes the reader into foreign worlds, personifying the experiences of Medal of Honor winner Colonel Wesley L. Fox, USMC (Ret).

Col Fox’s book brings an intriguing perspective to what it means to be courageous and how to conquer fear in difficult situations during war and peace.

This book is an entertaining read that offers practicality. The author presents well-developed ideas to readers through his successes in a systematic progression in order to make the reader internalize the same situation. He carefully explains how his own fear took over in each situation and he describes his response in conquering that fear.

‘Figurehead’

This carved wooden figure placed at the bow of a ship had no function but to “see the way” The term now denotes a person appointed to a leadership position but with no real responsibilities.

- *Jim Harris, CWO-2, USN (Ret.)
Makakilo, Hawaii*

Seniors Benefit Checkup

As a whole, Americans are blessed compared to people in many other countries. We are wealthy and have access to education and quality health care.

Unfortunately, many older Americans have difficulty making ends meet. Some may be unable to pay for prescriptions or heating. For these seniors there is help. Programs at the federal, state and local level can provide assistance. So if you need help, visit BenefitsCheckUp at:

www.benefitscheckup.org.

First, you can apply for prescription drug coverage through Medicare if you have not already done so. Then, find more benefits programs that will help with utility bills, food, healthcare and other needs.

You can also apply for these programs from the site. You will need to fill out a short form indicating in broad terms your current situation. You will not need to identify yourself or provide any location info other than your zip code and state of residence. Upon completion you will be provided a list of benefits you are eligible for that you are not already receiving.

Source: Tips-n-Topics

Odierno To Be New Army Vice Chief



Army Lt. Gen. Raymond T. Odierno

Army Vice Chief of Staff Gen. Richard Cody will step down this summer and be replaced by Lt. Gen. Raymond Odierno, who is completing more than two years as a top ground commander in Iraq.

Odierno, an artilleryman, commanded the 4th Infantry Division in Iraq in 2003-2004 and is currently commander of III Corps, Fort Hood, Texas, and commanding general of Multi-National Corps - Iraq, a position he has held since December 2006.

Health Journal



By *Beverlee Keels, CMA, Associate Member*

Cola Can Harm Kidneys



Columbus, Ohio

Here's one more reason to cut out the cola. According to a study in *Epidemiology*, people who drank more than two colas a day more than doubled their risk of kidney disease.

A group of 465 people recently diagnosed with kidney disease was matched by age, sex, and race with healthy individuals, and both groups provided information about the type of beverages they drank and how often they drank them.

Those who drank two or more servings daily of either diet or regular colas had 2.3 times the risk of kidney disease compared to noncola drinkers.

Consumption of other types of carbonated beverages did not produce a similar risk. Researchers think this might be because colas contain phosphoric acid, while other carbonated beverages contain citric acid

Health Mailbox

Q: *What should you do if you come across an unconscious person, as in the case of actor Heath Ledger?*

A: Emergency physicians say the first step is to verify that the person really is unconscious. Shout, shake him or dig your knuckles over his collarbone. That may revive him.

If it doesn't, call 911. Then check to see if the person is breathing. It may be shallow so put your ear to his face to feel for any movement of air. Also watch to see if his chest is rising. If you don't

detect breathing, tilt his chin back, open his mouth and clear out anything that may be blocking his airway. Then check again for breathing. Also check for a pulse; the easiest place is under the jawline on either side of the windpipe.

If the unconscious person is breathing and has a pulse, you probably don't need to do anything else. Just stay by his side until assistance comes.

If there's no breath or pulse, the 911 dispatchers may ask you to perform cardiopulmonary resuscitation. In a nutshell, American Heart Association guidelines instruct lay rescuers to: Close the person's nose with your fingers, and blow two quick breaths into his mouth to make his chest rise. Then push hard and fast on his chest, 30 times. Two breaths and 30 compressions make one cycle.

This can quickly become exhausting as the cycle is repeated, and it may be several minutes before responders arrive. Shout for assistance if anyone is nearby.

Public-safety experts encourage everyone to get CPR training, which is available free in most communities. Visit American Heart Association's Web site (www.americanheart.org) for more information.

USS Buttercup is Still Sinking



NORFOLK, Va. - Sailors place plugs in the hull of the USS Buttercup during a training exercise. Norfolk area Sailors and Coast Guardsmen test their damage control skills aboard the USS Buttercup during general shipboard damage control training at the Naval Station Norfolk. Once a month, Mid-Atlantic Region Sailors and Coast Guardsmen test their damage control skills aboard Buttercup, a training simulator that recreates a sinking ship. **11**

Long A Skipper's Perk The Gig is Going Away

Carrier skippers are losing a traditional status symbol under a Navy directive issued in January. The captain's gig, the motorboat set aside to ferry commanding officers to shore when their ships are anchored away from land, is being phased out of the fleet.

Under a directive issued by Naval Air Forces, all 11 carriers will be required to turn in their captain's gigs before June 30, 2009.

Admiral's barges, another variety of boat traditionally carried aboard carriers, aren't affected by the gig withdrawal. And captain's gigs will stay aboard the amphibious assault ships and other surface ships that now carry them.

The gig withdrawal is part of a larger Navy bid to economize carrier operations.

The motorboats, some of which have served as long as their host carriers and been continually refurbished, will go into storage until the Navy decides what to do with them.



Sailors aboard the aircraft carrier Theodore Roosevelt use a boat and aircraft crane to lift the captain's gig from Turkish waters after a port visit in Marmaris, Turkey in 2007. Gigs are being phased out on the Navy's 11 aircraft carriers.



First USO in Iraq Opens



Army Gen. David Petraeus plays golf on a video game console Mar. 20 at the newly opened USO facility at Balad Air Base, Iraq. The facility also includes computer, Internet and telephone services.

BALAD AIR BASE, Iraq - Gen. David Petraeus, a left-hander, knocked in a 9-foot putt for a quadruple bogey March 17 on the third hole at the Mortaritaville Country Club.

The golf was virtual, part of a tour given to the top U.S. commander, who came to cut a ribbon at the first USO in Iraq.

The facility - which offers video games, Internet and computer services and telephone exchanges - received the name Mortaritaville because the base has had a difficult history of coming under routine mortar and rocket fire from Sunni insurgents.

The Balad USO facility joins hundreds of others worldwide that have been established since United Services Organization began operating in 1941, shortly before the beginning of U.S. involvement in World War II.

Houma Regional Military Museum



Honoring

**All Veterans * All Service Branches *
All U.S. Wars**

Website:

www.regionalmilitarymuseum.com



Distance Support

A World of Support at Your Fingertips

By Rev. **George Fox**, FT3, ('59-'61)
Pastor, North Flushing Assembly of God



Flushing, N.Y.

Ever since I entered the ministry, it has been my desire, by the leading of the Holy Spirit, to plant a church in North Flushing. On March 2 that took place.

I have lived in the area as long as I have been in the ministry, approximately 30 years. Prior to my coming back to the Lord I was part of the world. Sundays were just another day.

I would go on vacation, thinking nothing of serving the Lord. When I was younger, I attended an Assembly of God Church along with my parents, aunts, uncle and cousins. Who would have known the change that would take place more than 25 years later?

In those 25 years I could have attended any Assembly of God church after all; there are over twelve thousand AG churches throughout the United States. I had no excuse.

My wife, Dorothy and I were in the same squad in the NYPD with another cop who was a deacon in an AG Church. He invited us to a Sunday evening service and the Holy Spirit gripped both our hearts. Our love for the Lord flourished.

God has blessed us in many ways throughout the years and now it is time to give back a portion of what God has blessed us with. We are following the Great Commission in Matthew 28:19 "go and make disciples of all nations."

Rev. George Fox's column provides Association members with a single place to learn about spiritual support, or request, distance support services. He can be contacted by e-mail at g.fox@verizon.net or by phone at 718.762.7895 or Cell: 917 749 7895.



Photo by Janet Fox

First row (Left to Right) Dorothy Fox, LST 1156 shipmate, Les Wise, EN3, ('59-'63), his wife, Rachel and me. Second row (L-R) Billy Delane, Ed Fox. Third row (L-R) Hope Demertzis, and Joyce Skrezec, following the inaugural worship service of North Flushing Assembly of God on March 2.

FI\$CALLY FIT



By *Dave Bader* in Columbus

Membership: 157

As we close out this fiscal year, our total paid membership is **157**. That includes **136** regular members and **21** associate members. FY '09 begins June 1. Watch for membership renewal information.

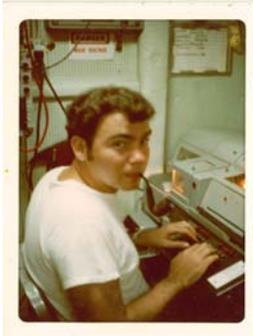
VA Benefits Guide Available On-line

The Department of Veterans Affairs recently published their Federal Benefits for Veterans and Dependents for 2008. An easy-to-read reference guide, it provides the most current information about your earned benefits.

You can download or print a copy at:
<http://www1.va.gov/opa/vadocs/fedben.pdf>.



By Ship's Historian **Rick Erisman** in Pittsburgh



Archives Update

By Ship's Historian **Rick Erisman** in Pittsburgh

I sent Mr. Robert Busch, Editor of the LST SCUTTLEBUTT, a letter to the editor thanking him for including the reprint of our MAY/JUNE 2005 two-page feature story covering the history with photos of the *USS Terrebonne Parish (LST 1156)* in the JANUARY/FEBRUARY 2008 issue of the LST SCUTTLEBUTT.

The letter also included some updated information on our association's history, which I thought would be of interest to readers of the *Letters to the Editor* section of the publication. In addition I sent Mr. Busch the article with photo that covers our association's successful efforts in having our ship's memorabilia displayed at the Houma Regional Military Museum in the ship's namesake parish.

I have revised the ship's history recently to include shipping all 113 items of the ship's archives and inventory including all shipmates donations that were in my custody, historic documents, reunion documents and uniform items which were donated by crewmembers to the Houma Regional Military Museum for display purposes.

Volunteering Leads to Navy Bugler Research

As a volunteer in the Library & Archives of the Senator John Heinz Pittsburgh Regional History Center, I was asked to research the history of buglers in the Navy.

During the 50th Anniversary of D-Day and Victory in the Atlantic tour in 1994 in which I participated as a tour director for members of the U.S. Navy Memorial Foundation, Jackson Hoffler, 64, was a member of my group. He was the youngest man to land on Omaha Beach. At the age of 14, he was a gunner on LST 512. He was wounded twice by shell concussions and shrapnel after his LST broke up while hitting an underwater obstacle on June 6, 1944. He was stranded until July 13, 1944 while working with the beach master unit. Hoffler is the president of the North Carolina Chapter of the Veterans of Underage Military Service.

Hoffler was the official bugler for the ill-fated Exercise Tiger Commemoration at Slapton Sands, Devon, U.K. May 31, 1994 to dedicate a bronze relief honoring those who died during Exercise Tiger in Lyme Bay on April 28, 1944.

Nearly 750 American soldiers and sailors were killed when three LSTs were torpedoed by German E-boats while conducting pre-invasion rehearsal exercises for LST landings on Utah Beach at Normandy. Hoffler trained at Slapton Sands as a crewmember on LST 512 and as a gunner in a landing craft.

In addition to research, I have been reading correspondence between soldiers and sailors to their girlfriends and wives during World War II in order to develop a soldiers and sailors history of their service to the nation.

I have enjoyed reading the e-mails between shipmates concerning events during the Mediterranean cruises and the responses that have been generated. Keep up the good work!

Plan of the Day Circa 1970

Don Muhleman, FTG2 ('68 - '71) sent a partial POD circa 1970 that I would like to share with you for nostalgia.

Notes

1. The ship expects to get underway at 0700 Monday.
2. Anyone interested in participating in a smoker next week (exact time & date to be announced) sign up with LTJG RHODES.
3. The schedule for next week has not yet been received. We backload sometime Monday & conduct exercises & a landing with the Brazilian Navy during the week. Monday, the exact schedule will be promulgated.

(Continued on Page 15)

(Continued from Page 14)

FROM THE CAPTAIN

4. "The ship yesterday passed its last major evaluation of the training year. TERREBONNE PARISH received a grade of about 93 in the ADMIN, give or take a point, which coupled with an 89.5 in the ORI at GITMO puts the ship in the thick of contention for the Battle Efficiency Award. At the critique of the inspection COMMODORE TROTTIER commended the crew for their hard work and excellence in operations so far. His closing remark was, 'I'm proud to be in the same Navy as TERREBONNE PARISH.' With a complement like that from a man with more than 30 years in the Navy – What can I add?"

To the Officers and crew of T-BONE – WELL DONE."

A.J. SCHLESINGER, LTJG, USN
Command Duty Officer

My research indicates that this occurred between March 2, 1970 when we were in port GITMO and March 26, 1970 when we left GITMO for San Juan and Vieques to participate in Exercise Veritas 3 during our Carib 1-70 cruise. We earned the Battle Efficiency White "E", Operations Green "E" and Supply Blue and White "E" in 1970.



MICRONESIA (March 14, 2008) – Navy petty officer assigned to Mobile Diving Salvage Unit, plants an American flag on the site where an American WWII military aircraft crashed into the Pacific Ocean. Deep sea divers are assigned to Joint POW/MIA Accounting Command accounting of all Americans missing as a result of the nation's past conflicts.

Seabee Museum Gets \$50,000 for New Building



PROVIDENCE, R.I. - A museum and memorial park honoring a famed naval construction unit founded in Rhode Island has received a \$50,000 donation from the New Boston Fund to help construct a new museum building.

The museum plans a new building at the Quonset Gateway development. More than 100,000 Seabees were trained at the former Navy base in Davisville, during World War II.

The Seabee Museum commemorates naval construction battalions, which were created just before World War II. Unit members were skilled craftsmen, including electricians and carpenters, who also were trained to fight.

The Seabee Museum and Park will recreate and celebrate the Seabee story, including Seabee participation in amphibious operations during the Korean War.

The Seabee Museum and Memorial Park began as an idea in the late 1990s in the minds of a group of retired Navy Seabees.

To learn more visit the museums website:
www.seabeesmuseum.com.

"The only trouble with your Seabees is that you don't have enough of them."

- Gen. Douglas MacArthur

Worth Repeating

"You give a Sailor a job and he'll find a way to get it done. Our Sailors are innovative. They don't ask for a lot and they make things happen."

- Joe R. Campa Jr., Master Chief Petty Officer of the Navy

Changing Tides



At sea in 1944 in a disruptive camouflage paint

The USS Mason Proudly Served WW II America

By Col. Frank B. Gregory, USA, (Ret.)

Monterey, Calif

I came across an interesting feature story in the February issue of *Military Officer* magazine that highlights the success of the USS Mason in World War II. I thought the ship's WW II achievements and its serving as a role model for the integration of U.S. Navy ships might be of interest to T-bone Association members, and other readers of your **NEWSLETTER**.

Most often, the contribution of Black servicemembers in World War II focuses almost always on the Tuskegee Airmen or the Army's 92nd Division and the 761st Tank Battalion. Less known is the USS Mason (DE 529) – the first navy ship to have a predominantly Black crew.

The USS Mason was an Evert-class destroyer escort named for Ensign Newton Henry Mason, a naval pilot shot down by Japanese aircraft in May 1942. It was launched Nov. 17, 1943, and commissioned March 20, 1944, with six officers and 150 Black enlisted men. Despite the low expectations of many, the crew of the Mason distinguished themselves repeatedly throughout their two years of wartime service. By the time the Mason was decommissioned; all the chief petty officers were Black.

Destroyer escorts were heavily armed ships designed to protect convoys against enemy submarines and other hazards. The Mason escorted numerous convoys across the North Atlantic.

During World War II, when the storm of the century stopped a naval convoy station in

Normandy, the African-American men of the USS Mason were chosen to escort them to safety.

The deck split, and under appalling conditions the men heroically repaired the ship at sea, rescuing the entire convoy.

Their heroic action continued to bring down the Navy's racist color barriers and policies opening the doors for a new generation of African-Americans. The Mason was called "Eleanor's Folly," a reference to First Lady Eleanor Roosevelt, a vocal advocate of desegregation of the armed forces.

The ship's white captain, Bill Blackford, affectionately referred to as "Big Bill" by his crew, was the great grandson of abolitionist Mary Berkeley Minor Blackford.

In February 1995, surviving crewmen were awarded letters of commendation for their meritorious service and steadfast devotion to duty.



Four years later, an Arleigh Burke Destroyer was christened USS Mason (DDG 87) in their honor, the third U.S. Navy ship to bear the name. And in 2004, The Mason's story was made into the film "Proud."

LST Overlooks Mason Commissioning



Commissioning ceremonies on the ship's fantail, held in a driving snowstorm at the Boston Navy Yard, Massachusetts, March 20, 1944. Her Commanding Officer, Lieutenant Commander Blackford, is in the center with some of the crew standing in ranks behind him. Ship in the background is an LST, with bow doors partially opened.

Tea - The Elixir of Life



By *Charlie Emrhein, SK3, Plankowner, ('52-'53)*



University Heights, Ohio

Delicious, low-calorie, and brimming with antioxidants, tea is quickly becoming the most commonly consumed beverage worldwide, after water. Even in the U.S., its popularity is rapidly growing. And why not? With the health benefits you stand to gain, you, too, will want to drink up.

Soak Up the Health Benefits

It is no wonder that tea is the beverage most commonly enjoyed by centenarians around the world. Tea is full of powerful antioxidants that improve concentration, gently boost energy, and make people happier. The free radical-inhibiting property of tea is more potent than that of vitamin E, and tea is a proven preventive and treatment for arteriosclerosis (hardening of the arteries). The polyphenols in tea, especially the catechins, are powerful antioxidants that help ward off diabetes and cancer.

To get the most health from your tea, brew it fresh from tea bags or loose leaves and herbs, as instant and bottled teas contain less active compounds. Let the tea steep for three to five minutes to extract the most beneficial compounds. Drink to your health.

Cut the Morning Coffee

For many people, the first thing they reach for in the morning is coffee. Although it may initially give you a jolt, coffee actually depletes your vital essence, "borrowing" energy that you didn't have in the first place.

Caffeine acts as a central nervous system stimulant. It causes you to experience stress, anxiety, a racing mind, and even insomnia, working against your attempts to relax the body and calm the mind. A healthier alternative to coffee is herbal tea.

On average, a cup of black tea contains about one third of the caffeine you would get from the same cup of coffee. Green tea contains about one sixth of that amount.

Of course, caffeine content will vary depending on the particular tea and the brewing time. One way to naturally decaffeinate your tea is to steep for 45 seconds, pour out the liquid but keep the tea leaves, then add fresh boiling water and let it steep for 3-5 minutes or longer to allow the beneficial polyphenols to be extracted from the tea.

Slim Down with Tea

As a weight loss tool, tea is a wonderfully cleansing way to flush the system, replace fluids - and pump the body full of powerful antioxidants at the same time. Aside from the health benefits, tea is a zero-calorie beverage, making it your best choice for weight loss. Pass on the diet soda, loaded with sugar and bone-weakening bubbles, and go for tea.



It is best to drink tea unsweetened and without milk, which can minimize some of the health benefits. To sweeten the tea without the extra calories, forgo the sugar and try instead honey, stevia products, or a stick of cinnamon.

May you stay healthy, live long and live happy.

SECNAV Names Three New Virginia Class Attack Submarines

Missouri/California/Mississippi Selected

Secretary of the Navy Donald C. Winter announced Feb. 20 the names of three Virginia class submarines – the Missouri, California and Mississippi.

The selection of Missouri honors the continuous support of the military by the people of the "Show Me State," and its leaders. Designated SSN 780, Missouri is the fifth ship of the United States Navy to be named in honor of the U.S. state.

The selection of California, designated SSN 781, honors the thousands of men and women from California who serve in today's armed forces, and the millions of Californian veterans and their families. This will be the seventh ship to bear the name California.

The selection of Mississippi, designated SSN 782, is dedicated to the state's long-standing tradition of shipbuilding in support of our nation's defense.

Make Plans To Attend



HOUMA T-BONE MURAL EVENT FOR SHIPMATES, GUESTS & FRIENDS

**Friday, October 24, 2008
Agenda**

**Lunch 1130-1330
Regional Military Museum
1154 Barrow Street**

**- Sponsored by -
Virginia "Mother Goose" De Fraités**

* * *

Mural Dedication Ceremony

**Mardi Gras Hall Building
7880 Main Street- 1600 Hours**

***Informal Reception Following
Dedication Ceremonies At:
Earl Williams Clothing Store
7873 Main Street***

**- Sponsored by -
Mart & Charlette Black**

* * *

**Hotel Accommodations:
Ramada Inn
1400 West Tunnel Blvd.
Houma, Louisiana
Room Rate \$69.00 (plus tax)
1-4 persons / per night**

1-888-989-8367

**Request: USS Terrebonne Parish
(LST 1156) Association Group Rate**



Be There!!



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