



**Dave Bader** – *President*  
**Bill McKnight** – *Vice-President*  
**Bob Slovey** – *Secretary*

# NEWSLETTER

Issue # 56

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## CNO: Reducing Crew Sizes a Top Priority



Chief of Naval Operations



Admiral Gary Roughead

In upgrading old ships and building new ones, Navy engineers must make reducing crew sizes a top priority, on par with technological additions and life-extending repairs, according to Chief of Naval Operations Adm. Gary Roughead.

Roughead said at a recent Pentagon briefing that he thought smaller crew sizes were a top feature on the Navy's new generation of warships, including the Zumwalt-class destroyers - which, although they're the Navy's largest new surface combatants since World War II, have a projected crew of 142 - and the littoral combat

ships, which will be crewed by 40 sailors who'll be given multiple jobs.

Roughead said he didn't have specific goals yet for how much he'd like to reduce crew sizes on so-called "legacy ships" that the Navy plans to upgrade, but he said "my objective will be get it down to the number that allows us to maintain combat effectiveness and provide for the safety and security of the ship.

The crew-reduction priority is just one important factor in the upgrades to legacy cruisers and destroyers - Navy officials are also counting on the improvements to extend the lives of existing ships so the sea service can reach its goal of having a fleet of 313.



**NEW YORK - Rear Adm. Kenneth J. Braithwaite, director of Joint Public Affairs Support Element-Reserve presents the Department of the Navy Superior Public Service Award to Montel Williams for his continuous support and recognition of service members and their families throughout his 17 years in television. The Superior Public Service Award is the second highest award presented to civilians by the Department of the Navy.**

# T-BONE TALK



## Sea Duty Before the T-bone



USS Botetourt (APA 136)

By *Charlie Murphy, RM3, ('55-'57)*

- *Quincy, Mass.*

When I completed my Radioman training in 1955 I got assigned to the USS Botetourt (APA 136), a troop transport ship stationed in Norfolk.

That was the end of any adventure of getting assigned to an exotic port of even an interesting billet like a destroyer, cruiser, or carrier.

The ship was on extended exercises in the Norfolk area and kept moving between Norfolk, Little Creek and surrounding anchorages. Being naïve, I was anxious to get on board the ship and went from place to place trying to hook up with the ship, which kept moving around. After about three weeks I finally hooked up with a mail boat at Little Creek while the ship was performing one of those "away all boats" exercises out there somewhere in the ocean.

When I got on board I was told to report to Boatswain's Mate First Class Spain at the boat davit. He was in charge of Deck Division One.

I went there, in my white uniform, and met Spain. He quickly told me to grab some greasy line. I asked him if I could change into work clothes and he said "No, not on your life, sailor, just grab that line", which I naturally did and proceeded to ruin a perfectly good set of whites by getting grease and some other stuff all over them.

When the exercise was over and I finally went to the radio shack the guys there were not surprised that Spain made me work in my whites. He was infamous for that.

Once getting settled and after a month or so of running around with the message board, and making coffee I was assigned mess duty.

### Scullery Duty

Guess who ran the mess crew? You got it! Spain, BM1. He seemed to be waiting for me

(a Reservist, Seaman Deuce), and he immediately assigned me to the scullery, a hot, steamy room near the galley where dishes are washed. The most dreaded area to work, when assigned to mess duty.



Botetourt Scullery

I noticed that BM1 Spain rotated the jobs assigned to individuals regularly giving a turn at different assignment fairly. Except in my case he left me in the scullery.

One day, I asked him to include me in the rotation process and he said, "You are staying in the scullery, Murphy". I asked a second time, and he again that I was staying in the scullery at which time I told him to take a leap off of the fantail (which is what I thought he should do).

After I told him that, he then shut down and forbade me to use the garbage grinder on the diagonally opposite side (corner) of the mess hall and made me carry the barrels of garbage, which had to weigh nearly as much as my 135 lbs, accumulated in the scullery up two decks and all the way back to the fantail to dump the garbage.

Fortunately for me, 29 days into my mess duty the Botetourt was going to be decommissioned, and I was transferred to the T-bone. What a relief.



Botetourt Radio Shack

To the radio crew I had become a sympathetic figure. Not only the radio crew, but also others on the ship could not fail to notice my permanent position in the scullery. I thought I was doomed until my transfer to the LST 1156 happened.

Once on the T-bone, a much nicer ship, it was like the difference between night and day. I can truthfully say that my transfer to the T-bone was glorious.

# Navy Museum Gets Rare Civil War Artifact

By *Stan Okin, RM3, ('55-56)*

*Manchester, Vermont*

A bell from the historic Civil War naval vessel USF Merrimack is on display at the National Museum of the United States Navy in Washington D.C.

The acquisition of the bell is important for both the museum and for the Navy overall because there are very few artifacts from Merrimack and the battle between Virginia and ironclad Monitor at Hampton Roads on March 8-9, 1862.

The bell is now on display at the museum's popular Civil War gallery as a long-term attraction. For more information on visiting the museum, visit the [National Museum of the United States Navy website](http://www.usn.museum).

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## Jobs Open for Presidential Inauguration



The Armed Forces Inaugural Committee is looking for Army reservists and retirees to assist in a variety of jobs in support of the presidential inauguration in Washington, D.C., next Jan. 20. Those interested should contact Reserve Operations – HRC-STL, at (800) 318-5298 ext. 0355, or e-mail at: [HRCMissionRequirement@conus.army.mil](mailto:HRCMissionRequirement@conus.army.mil).

SOURCE: Armed Forces News

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## Famous Last Words

*“Who in the world wants to hear actors talk?”*

- H.M. Warner, (Warner Studios) 1927

# Army VIP’s Link To T-bone Crewmember



By *Barry Sutton, RD3, ('59-'61)*

*Casey Creek, Ky.*

I’m very proud to say that Army four-star General David Petraeus, the soon to be chief of the U.S. Central Command and I graduated from the same high school - Cornwall Central High School - in Cornwall, New York. General Petraeus had been serving as the top military commander of forces in Iraq. As head of the U.S. Central Command, General Petraeus oversees forces in both Iraq and Afghanistan.



Army Gen. David Petraeus

However, what a lot of people don’t know about the general, except the folks in Cornwall, is that his nickname in high school was "Peaches".

No one seems to know exactly how that nickname got started, but it all began when he was in Cornwall-on-Hudson Elementary School. Rumor has it that the reason for the nickname "Peaches" was because no one could pronounce his last name.

I’ve often wondered what his PowerPoint briefing meetings would be like if his staff knew about his boyhood nickname while growing up in Cornwall.

# Personal Impressions

By Sue Carney, Ph.D.



## Oops – Time Got Away From Me!



Phew. I'm not sure what happened to the spring semester, but before I knew it, I was grading my last final exams and got my grades submitted to the registrar with minutes (about 15 before the deadline) to spare.

Another year down, with a new chapter to begin soon. I knew that my time at Juniata was finite, only for a year, as I was replacing a professor who was on sabbatical. Fortunately, in the midst of my teaching, another year of applications and interviews came to a successful ending.

I've been hired into a permanent position at Hood College in Frederick, Maryland, where I will be moving this summer. I'll save the details of my new job for a later time, because right now I have other pressing details to attend to - my wedding!



### Wedding Plans

My fiancé Andy and I planned our wedding in Pennsylvania for May 30 for a few reasons. First, I'll be on a break from teaching. Second, the house that I'm renting this year is big enough that some of his family, who will be coming over from England, will be able to stay with us. And finally, a Pennsylvania wedding will be far less expensive than a wedding in New Jersey, where I grew up, and much more convenient for us and many of our friends.

Andy and I are trying to be as low-key about the event as possible, but even so, I've come to

conclude that wedding planning is a career in itself.

Really, we just want it to be a fun event for us and our friends and family. In our eyes, there's no need for a lot of stress over one day of our lives. Over the past year, we've managed to do our planning without too many headaches. A meeting at the reception and ceremony venue started things off last year, meetings with a DJ, a florist, an officiant, and a photographer came about 6 months ago, and then some other details (invitations, accommodations) have fallen into place here and there.

Over the past few weeks, we've done some whirlwind planning trips to wrap up my dress fitting, finalize our flower order, finalize our song list, choose our food and cake, and order chocolates as favors. We thought we had everything well under control until we met with our wedding coordinator at our reception site last week.

A series of rapid-fire, detailed questions from her made us start to think that (1) Maybe we're not taking our planning seriously enough or (2) maybe other people take planning WAY too seriously. She asked us things that I never would have worried about, such as "What kind of napkin fold do you want on the tables?"



That one took me by surprise - does it really matter how the napkin is folded?! Our guests are going to take it off the table and put it on their laps as soon as they sit down anyway. We chose one of the six choices (I don't even remember which) and will hope that our guests are satisfied with it. Of course, I know that all of the details our wedding coordinator is concerned about will lead to a smooth ceremony and reception. This is her job, she knows what to expect, and she knows how to avoid problems (hopefully).

In the end, though, the details aren't going to be what we remember. Instead, our wedding memories will be of our friends and family all gathered together for a fun evening. We'll all enjoy the celebration, the dancing, and the champagne, regardless of whether it's regular or pink.

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

## Norfolk: Reunion 2009 Location



For the past several months we have been negotiating with hotels in the Annapolis area as a site location for our 7<sup>th</sup> LST 1156 reunion scheduled for next year. The rates we were provided were exceptionally high, and we have decided to change locations.

The best rate that we were able to negotiate for that area was \$159.00/night plus tax to include a hot buffet breakfast. For multiple nights the costs were very expensive.

The Executive Board in attempting to look for reasonable rates and keeping the crew's best interest in mind, looked at an alternate site - Norfolk, Va., - and we have been able to negotiate a better rate at the Lake Wright (the site of our first reunion in 2002).



Along with this, a tour of NAB Little Creek is being planned as one of the features of our 7<sup>th</sup> LST 1156 Reunion.

### Navy Amphibs to Meet Army Amphibs

Additionally, with the assistance of **Armand Janelle**, EN1, ('63-'66) we are looking at including a tour of the Ft. Eustis Army Transportation Museum where LST 1156 *Navy Amphibs* can meet the *Army Amphibs*. After serving ten years in the Navy, Armand then served in the Army's Navy for 20 years, retiring as a Warrant Officer.

More reunion information will be included in future issues of the **NEWSLETTER**, and registration information will be mailed on or about October 1.



## Marines Launch New Web Site

The Marine Corps is revamping its Web site, [www.marines.mil](http://www.marines.mil), with the intent of offering visitors in and out of uniform more thorough and secure access to news, documents and other features.

The redesign includes a new button, "In the Community," which will provide a direct link to civilians who seek service support of community-relations activities. The site will also provide a calendar of open houses, displays, color guards, and other ceremonies.

SOURCE: Armed Forces News

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## Vietnam Veterans Memorial Opens Online – 'Virtual Wall'

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

*Makakilo, Hawaii*

The Vietnam Veterans Memorial, one of the most visited sites in the nation's capital since its opening in 1982, has gone virtual.

The memorial is now posted on the Internet with a searchable database of National Archives files that provides more than just the names of the 58,000 veterans whose names are etched in black marble on "the Wall," located near the Lincoln Memorial on the National Mall.

The "virtual wall," with features that include allowing visitors to post photographs and comments, was produced by a for-profit company, Footnote.com, under an agreement with the National Archives, which keeps the military's historical records and photographs and makes them available to researchers and other visitors at an archives facility in College Park, Md., Justin Schroepfer, Footnote.com's marketing director, said access to the virtual Vietnam Veterans Memorial <http://go.footnote.com/thewall> and to linked historical records and photographs is free, but people will have to pay to use some features on the Web site.



## Navy To Stand Up New 4th Fleet in Mayport

The Navy will create a 4th Fleet headquartered at Naval Station Mayport, Fla., and will tap a two-star SEAL officer to lead it, according to a Pentagon announcement last month.

Rear Adm. Joseph Kernan, head of Naval Special Warfare Command in Coronado, Calif., has been chosen to command the new fleet. Kernan will take control of both 4th Fleet and the current Naval Forces Southern Command, the Navy component of U.S. Southern Command.

The command will oversee maritime operations in Central and South American waters, and is similar to the command structure of 5th Fleet, which is also Naval Forces Central Command.

When 4th Fleet stands up, it will actually be a reconstitution of a previous command. The Navy created 4th Fleet in March 1943 to oversee patrols of the South Atlantic for submarines and other enemy vessels.

The command lasted until 1950, when it was absorbed into 2nd Fleet in Norfolk, Va.

SOURCE: Navy Office of Information



**KEY WEST, Fla.** (May 20, 2008) - A Sailor stationed at Naval Air Station Key West spots a rare rainbow halo in the skies over the air station. According to the National Oceanic and Atmospheric Administration, the halo, which typically indicates rain is on the way, is a ring of colored or white light that encircles the sun when seen through a cloud of ice crystals.

## Women Pilots: A Weapon To be Used



**USAF 1st Lt. With the Alabama Air National Guard reads an aerial map while flying her KC-135 Stratotanker during a practice aerial refueling mission May 19 near the Mariana Islands. KC-135s refuel the B-52 Stratofortresses that support the U.S. continuous bomber presence in the Pacific region.**

### IN MEMORIAM



**Patricia McKnight – 1932 - 2008**  
**Wife of Plankholder Bill McKnight, CSSN,**  
**Association Vice-President.**



**Patricia L. McKnight** passed away on May 2, 2008 in Buckhannon, West Virginia. Bill and Patricia were married on September 10, 1951, prior to his duty aboard the LST 1156. Patricia attended all of our association's reunions with Bill, and will be deeply missed by all of her T-bone Association friends who have known her since our first reunion in 2002.

## *Biker Babes Rule!*



Photo by Beverlee Keels with caption by Diane Bader-Lewis

**Dave Bader**, JO2, ('54-'56), amid his three daughters, (L-R) Karen, Diane and Denise, and Iron Horse Chopper having some fun at Karen's surprise birthday bash held in March at Cheshire Choppers, Delaware, Ohio motorcycle shop. The bike is neat – but it just doesn't compare to the Bader Babes!

### *New Fiscal Year Begins June 1, 2008*

*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**



## **VA Substance Abuse Program Reaches Out to Veterans**

*By Nancy Bobal*

*Hillman, Mich.*

Recently, I received some information from the Veterans Administration in Michigan about their various medical and substance abuse programs, that I thought might be of interest to others.

As many know, the VA is dedicated to helping the men and women who have served this country both here and abroad. Many times, the outcome of that service is sometimes a difficult burden for the veteran. In some instances, that outcome results in some form of substance abuse, and the veteran may not be aware of the VA's programs that are available to assist, or it may be because of the vet being geographically removed from a VA clinic.

I learned that the VA is reaching out to veterans and they are striving to become more accessible by creating Community Based Outpatient Clinics.

For example, here in Michigan, the Saginaw VAMC currently has clinics in Traverse City, Gaylord and Oscoda. More clinics will be opening in my state, and around the country this year. On page 17 in this issue of the *NEWSLETTER*, in the *Veterans Corner* column, there is a listing of some of the clinics that will be opening this year in various cities across the U.S.

Presently, there are specialized substance abuse treatment services available at 126 VA medical facilities. The focus of the substance abuse program is treatment for those who struggle with an addiction.

The VA is there to help. Any veteran, who needs assistance, regardless of when they served in the military, can take advantage of this program, by contacting their local VA facility.

To find out more about these services, and the many other services provided by the VA, as well as the locations of VA clinics in your area, visit the VA website at: [www.va.gov](http://www.va.gov) and click on the *Find a Facility* link, or call their health care benefits toll free number: 1-877-222-8387.



## **Navy SEALs Partner With U. of Pittsburgh for Training**



U.S. Naval Special Warfare/University of Pittsburgh

Submitted by **Rick Erisman, RM3, ('70-'71)**  
*Ship's Historian*

*Pittsburgh, Pa.*

The U.S. Navy SEALs announced in April a \$2.1 million project with University of Pittsburgh's Medical Center (UPMC) for Sports Medicine to study ways to help the Navy's commandos get more benefit from their physical training, and to reduce the injuries they suffer in training and on combat operations.

The operator himself is the most important weapons system of Naval Special Warfare," said Capt. Chaz Heron, commander of Naval Special Warfare Group Two at the Naval Amphibious Base in Little Creek, Va. "We are always seeking ways to improve our operators' success on the battlefield. I want every advantage possible to give my men a better chance.

The Little Creek lab, has state-of-the-art biomechanical and physiological instrumentation that can measure both the physiology of the athlete/warrior such as percentage of body fat, and the kind of stress he puts on muscles, joints and tendons when conducting particular activities.

The military long has had a "one size fits all" approach to physical training. The morning PT routine of calisthenics followed by a group run doesn't vary much from Army post to Marine base, or from years ago to today.

But just as a tennis player has to do different things than a golfer, who has to do different things than a ballet dancer or a hockey player to achieve maximum performance, the training regimen of people in our military should be tied more closely to the specific tasks they are required to perform, according to medical specialists. The SEALs have

to do different things than Air Assault personnel have to do.

The Navy's interest was piqued by the success UPMC has had at Fort Campbell, Ky., home of the 101st Airborne Division (Air Assault), the 5th Special Forces Group, and the Special Operations Aviation Regiment.

SOURCE: Pittsburgh Post-Gazette

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## **Naval Academy Field House To Honor First Black Grad**

**ANNAPOLIS, Md.** - The new sports complex at the U.S. Naval Academy will be dedicated Saturday in honor of the academy's first black graduate.

Retired Navy Lt. Cmdr. Wesley Brown graduated in 1949 and now lives in Washington. He said using his name for the new \$45 million field house is symbolic and indicates the Navy's dedication to diversity.

About 4 percent of the academy's 4,000 current midshipmen are black. The naming of the field house coincides with efforts to boost minority enrollment. The sports complex will house facilities for physical education and sports teams.

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## **'Fleet Week' NYC: May 21-28**

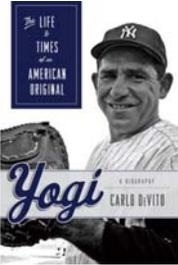


The Amphibious Assault Ship USS Kearsarge (LHD 3) passes by the Statue of Liberty as it steams up the Hudson River May 21 during the parade of ships for the 21st Fleet Week New York 2008. More than 4,000 Sailors, Marines, and Coast Guardsmen participated in various community relations projects and took in the sights in New York City.



# Bookshelf

## Batter Up!



- *Yogi: The Life and Times of an American Original*, by Carl DeVito, Triumph Publishing, Mar. 2008, 412 pages

By *Judy Robinson*, Associate Member

*Kirkwood, Mo.*

Mickey Mantle once speculated that New York Yankees catcher Yogi Berra said only about a third of the things attributed to him

“St. Louis Cardinals catcher and Berra boyhood pal Joe” Garagiola made up a third,” Mantle said, “and the (sports) writers made up the rest.”

DeVito proposes in *Yogi* to cut through the tall tales and the myth to uncover the man “genuinely one of the greatest players ever to pick up a bat and ball. And no matter how humorous his remarks are, his accomplishments were hard-earned and fairly won.”

Baseball fans can head home with this book about the game.

### Houma Regional Military Museum



*Honoring*

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

Website:

[www.regionalmilitarymuseum.com](http://www.regionalmilitarymuseum.com)

## 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 Fraites

\* \* \*

*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**  
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Houma, Louisiana  
Room Rate \$69.00 (plus tax)  
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1-888-989-8367

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



*Be There!!*

# Health Journal



By *Beverlee Keels, CMA, Associate Member*

## Chocolate Gains Accolades



*Columbus, Ohio*

**D**ark chocolate, that is. According to a study in the *Journal of the American Medical Association*, a small, daily bite of dark chocolate, rich in chemical substances known as polyphenols, may slightly lower your blood pressure.

Twenty men and 24 women, ages 56 – 73, with prehypertension were given 6.3 grams of polyphenols-rich dark chocolate or matching amounts of white chocolate daily. While white chocolate - which has no polyphenols - caused no blood pressure changes, dark chocolate reduced the average systolic pressure by 2.9 mmHg and the average diastolic pressure by 1.9 mmHg, without causing weight gain or other adverse effects.

So, go ahead, treat yourself once in a while.

## Once a Marine

*"It's a funny thing, but, as years go by, I think you appreciate more and more what a great thing it was to be a United States Marine... People will tell me what a shame it was I had to go back into the service a second time, but I'm kinda glad I did. Besides, I am a U.S. Marine and I'll be one till I die."*

- **Ted Williams**



## Plankholder's Plug-in Car

### Cruise for a Bargain



**HILLMAN, Mich.** - Higher gas pump prices won't bother LST 1156 *Plankholder* **Ed Bobal**, BM3, ('52-'55). With this all-electric car that he bought last month, Ed can't wait to hit the accelerator, save money at the pump, and take wife Nancy shopping.

According to Ed, the car saves on gas two ways: "It runs on an electric motor, and gets its charge from a household current, not from a gasoline engine. **The car weighs 1300 lbs, with 8(6 volt) batteries, and travels at a speed of 45-50 mph. Nancy has named the car Oscar**".

*"When asked what I am most proud of, I stick out my chest, hold my head high and state proudly, 'I served in the United States Navy!'"*

- **John Fitzgerald Kennedy**



# FI\$CALLY FIT



By *Dave Bader in Columbus*

## Membership: 99

Our total membership for the new fiscal year is at 98. That includes **90** regular members and **nine** associate members. *Welcome aboard to:*

### Regular Members

- **Jerry Bolmarcich**, BM3, (11/52-6/55), *Plankowner*, West Hampton, NY
- **John Kryvanick**, ET3, (LST 1161) (11/55-5/56) Houma, LA
- **Gary Crossland**, RM2, (6/57-5/59), Sterling, IL
- **Bill Nelson**, EMC, (7/57-7/61), Newport, MI
- **Leo Robbins**, CS3, ('54-'56), Coudersport, PA
- **Michael Macierowski**, EM3, ('61-'65), Elizabeth, NJ
- **Jimmy Reece**, GMGC, (4/61-'64), Meridian, MS
- **Ed Bobal**, BM3, *Plankholder*, (8/52-12/55), Hillman, MI
- **Lynn Bailey**, IC2, (LST 1161), Marmet, WV
- **Dave Bader**, JO2, (10/54-4/56), Worthington, OH
- **Bill McKnight**, CSSN, *Plankowner*, *Association Vice President*, (2/53-3/55), Buckhannon, WV
- **Hank Munnikhuisen**, CAPT (11/59-11/61), Virginia Beach, VA
- **Nestor Bendza, Jr.**, SMSN, (6/61-12/64), Panama City Beach, FL
- **Mark V.V. Nelson**, CDR, CO, (4/70-10/71), Tulsa, OK
- **Micheal McKinney**, FN, ('66-'67), West Bloomfield, MI
- **Robert Rackleff**, PN3, (8/65-8/67), Tallahassee, FL
- **Jim Gilbert**, SM2, (3/66-10/69), Vero Beach, FL
- **Gene Bahn**, SN, *Plankowner*, (8/52-11/53), Staunton, IL
- **Stephen Kopchik, III**, SN, (12/60-9/62), Seymour, CT
- **Gordon Robinson**, YN3, (4/58-1/62), Brunswick, GA
- **Roy Wood**, EN3, (8/58-9/59), North Jackson, OH
- **Ron Lewis**, RD2, (12/59-6/62), LaGrange, OH 44050
- **William Clermont**, CAPT, CO, (5/65-11/66), Alexandria, VA
- **Ralph "Eddie" Reynolds**, FT3, (7/68-10/68), Bedford, VA
- **Joe Klinger**, BM2, *Plankowner*, (11/52-3/55), Tucson, AZ
- **David Belt**, ETN2, (1/70-10/71), Cedar Grove, NC
- **Lindsay Shuford, LT(jg)**, (6/58-6/61), Gunnery/Deck Officer, Los Angeles, CA
- **David Henk**, GM3, (9/61-2/64), Medina, OH
- **John "Bill" McCartney**, LT(jg), Supply/Disbursing Officer (6/61-6/63), SC, LCDR, USN Ret.), Charleston, SC
- **Richard Kunz**, SN, (8/66-7/67), Parsippany, NJ
- **Ed Bulluck**, CAPT, SC, USN (Ret.) ('57-'59), Arden, NC
- **William Baumgartner**, EN2, (11/54-6/57), Manistee, MI
- **Robert Woolsey**, BT2, (1/59-2/59), Baltimore, MD
- **Bob Slovey**, YN3, (10/68-10/71), *Association Secretary*, Macomb, MI
- **Charles Emrhein**, SH3, *Plankowner*, (11/52-8/53), University Heights, OH
- **Carlton Warner**, GMSN, (1/57-10/60), Locke, NY
- **Barry Sutton**, RD3, (8/59-8/61), Casey Creek, KY
- **Charles Burton**, SF3, (8/70-10/71), Medford, OR
- **Terry Rowe**, SK2, (10/59-1/62), Dahlonega, GA
- **Stanley Okin**, RM3, (4/55-9/56), Manchester, VT
- **Peter DeWolf**, ET3, (1/55-9/57), Albuquerque, NM
- **Mike Brost**, EN2, (9/63-1/67), Roselle, IL

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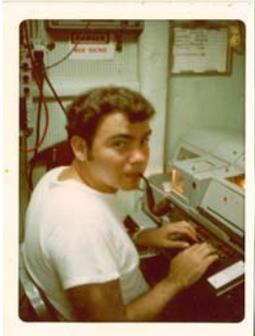
- **Michael Morrissey**, RM3, ('59-'62), Albuquerque, NM
- **Henry Hoggatt**, HT1, ('70-'71), Reading, MI
- **James (Ronnie) Cozart**, EN2, (2/61-3/64), Memphis, TN
- **Nick Gardner**, QM3, (8/59-7/61), Savannah, GA
- **Rick Erisman**, RM3, (1/70-10/71), Pittsburgh, PA
- **Ed Lubin**, LT, SC, USNR, 11/58-5/60), Westlake Village, CA
- **Ed Goerling**, FT3, (8//52-7/56), *Plankowner*, Naperville, IL
- **John Stewart**, CS1, (10/70-10/71), Hayesville, NC
- **Thomas "Monty" Billings, Jr.**, LT(jg), ('67-'70), Naples, FL
- **Edward Klinges**, LT(jg), (8/55-6/57), Villanova, PA
- **Robert Bowers, Jr.**, IC2, (8/60-6/62), Mentor, OH
- **Clair "Dutch") Hinderliter**, SK3, (11/59-7/62), Willow Grove, P
- **James Baker**, BM3, (61-'64), Hanover, PA
- **Charles "Chuck" Vores**, CSSN, (6/63-6/65), Fond Du Lac, WI
- **Peter Gionis**, LT(jg), (5/62-10/63), St. Croix Falls, WI
- **Larry Adcock**, RD2, (1/53-5/56), *Association Chaplain*, Birmingham, AL
- **Armand Janelle**, EN1, (6/63-8/66), Stuart, FL
- **Ronald Raymond**, SK3, (9/65-10/67), Orlando, FL
- **Alan Schlesinger**, LT(jg), (7/68-7/70), Newton, MA
- **James McNeil**, FN, (9/70-11/71) Raymond, MS
- **John DiPofi**, DC3, (9/61-6/62), Watervliet, NY
- **Bill Laughlin**, ET2, ('65-'67), Pittsburgh, PA
- **Harold Templet**, PN2, ('70-'71), Thibodaux, LA
- **Alan Miller**, RD3, ('62-'65), Jacksonville, FL
- **Richard Wendelburg**, BT3, ('59-'62), Tribune, KS
- **Emerson Hansell**, LT, (XO), (4/58-1/60), Virginia Beach, VA
- **Edward Ring**, HT2, (9/69-10/71), Edgewater, NJ
- **Sam Portelli**, SN, (5/57-5/60), Fairlawn, NJ
- **Johnny Hinchman**, IC2, ('56-'59) Laurel Fork, VA
- **W. Patrick "Doc" Monaghan**, HM2, ('64), Boca Raton, FL
- **Robert Hebert**, SM3, (7/61-5/65), White River Junction, VT
- **Burgess Brightman, Jr.** SN, (12/58-9/62), Merrimack, NH
- **John Groff**, EN3, ('61-'65) Mountville, PA
- **Denis Carter**, EMC, (8/69-10/71), Virginia Beach, VA
- **John Dobkin**, GM3, ('64-'67), Leesburg, FL
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- **Richard Swisher**, LT(jg), Operations Officer, (12/61-11/64), Hixson, TN
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- **Leslie Wise**, EN3, ('59-'63), Clayton, NJ
- **Ronald Bloss**, PO3, *Plankowner*, (8/52-2/55), Mt. Wolf, PA
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- **Fred Hubbard**, RM3, (9/63-9/66), Barnegat, NJ
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- **Mart Black**, AICP, Houma, LA
- **Jean Brown**, Laytonsville, MD
- **Donna Erisman**, Pittsburgh, PA
- **Will Robinson**, Tampa, FL
- **Louise Carney**, Cedar Knolls, NJ



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



## Archives Update

I am a member of the Houma, La. [Terrebonne Parish] Regional Military Museum where selections of the USS Terrebonne Parish (LST 1156) Association's 113 artifacts are on display. I received a very nice "welcome aboard" letter from Mr. C.J. Christ, President and a handsome membership card.

In the last T-bone Association **NEWSLETTER** I mentioned that I sent Mr. Robert Busch, Editor of the *LST SCUTTLEBUTT*, an article on the Houma Regional Military Museum display and thank you letter for reprinting our May/June 2005 two-page feature story in the January/February 2008 issue of the *LST SCUTTLEBUTT*.

Both the article and letter were published on the front page and page three respectively in the March/April issue of the *SCUTTLEBUTT*! A sincere thanks to Mr. Busch and the *U.S. LST Association* for sharing information about our ship and association activities to their membership.



### *A Letter Dated January 30, 1944 Underway To New Guinea*

As a volunteer in the Library and Archives of the Senator John Heinz Pittsburgh Regional History Center, I have been researching letters from Sgt. Harry A. Greenblatt from Pittsburgh to his wife Edna between 1943-1945.

In doing that, I have extracted significant events during his tour of duty overseas during World War II and have been recording them. With that in mind, I thought I would share with our readers the following event, which I believe many of you, can empathize with.

"Dearest Wife,

"About ½ year ago, we left from an undisclosed location on the West Coast. At a port on the coast we embarked for a little while. There was a G.I band that blasted away in the same monotones – *The G.I Jive*, *Johnny Doughboy*, etc. No stars or entertainers were on hand to welcome us or cheer us up. It was indeed a very mournful day. It was cold, bitterly cold on the bay, and it kept drizzling. The only novel thing that did have appeal to me was the seagulls. It was fun to feed them. You toss crumbs at them and they would make a swift dart for it and catch it too.

"We waited a while and then switched our gear to a great big ship. It was a converted cargo vessel and bigger than the average liberty ship. We climbed on the gangplank according to our numbers. The weight of our gear together with the steepness of the gangplank was a real obstacle and I had to steel myself to make it. There were some sailors coming on before us. Some of them were smaller than their gear and they could not make the gangplank.

"We finally got down to our respective hole in the ship. Little cubicles of space in which we were to live for the next two or three weeks perhaps more as it turned out. In an area the size of hut #13 [New Guinea], 24 men and their gear were huddled together.

"It was very close quarters and for many weeks tested the patience of the men. There was not sufficient space to sit up in the steel bunk hanging from the wall. A man on the fourth tier waiting to go to sleep would step on the 2<sup>nd</sup> or 3<sup>rd</sup> guy. Can you imagine the specter of all those men in that compact and contiguous space getting up around the same time for breakfast.

"After an hour of suffering in the hole and after we had familiarized with the various life saving signals and other life saving accessories, we were permitted on deck but only after we were out of sight of land. [This] was for... security reasons. The meals served such as they were, were not for enjoyment. It was just to put stuff in your mouth so

(Continued on Page 14)

(Continued from Page 13)

that you could live. Occasionally – extremely rare occasions they offered a fair bit of Roast Beef.

“The ship plodded on her course with tremendous energy. She was a fast ship capable of cruising twenty-five or 30 miles an hour. I spent those days mostly reading. Except for K.P. once and occasional garbage detail, there was nothing to do but read from the limited supply of books in the ships library. Those Pacific sunsets were a joy to behold. One could weave all the thoughts of his imagination in those beautiful skies. For the most part, the sky at night would look like pastoral scenes as painted by the masters.

“In this manner we plodded on for about 10 days until we hit not so comfortable waters. On one night there was a tense and ominous atmosphere as if danger was imminent. It seems that during the previous day we spotted a bomber giving some kind of signals. On this particular night the Chaplain gathered us about him and told us that there was danger but not to worry – just sleep in your clothes and wear your life jacket and should any emergency arise be calm and remember your drills and life saving station.

“It was a dark and dismal night. I lay on the concrete deck and for the first time I heard the ship’s Captain calling his junior officers. This was the first time I ever heard his voice. I never really knew what happened. Some say it was a Jap submarine and the skillful maneuvering of the ship by the Captain coupled with the amazing speed of the ship out maneuvered the submarine. Something was up that night – as long as I live I’ll never forget the tenseness on the ship that particular night.

“I told you about the ceremony on the ship crossing the equator. The Royal Honorary members of the Shellbacks of King Neptune’s court. I am one of them, baby. Because I got my [hiney] severely paddled and my hair scalped and my face painted purple like a savage, I am now a member of this popular organization.

“The rest of the journey was routine. There was monotony waiting for days while the ship unloaded its cargo. But we finally debarked. It has been a long time. I have learned a lot since I set out to make a place suitable for sleeping. Our hut [New Guinea] and general living as compared with those days is considerably improved.

Perhaps when we get established and a bit prosperous we can take a cruise together. To Honolulu in Hawaii but darling for my sake let’s stay the hell out of New Guinea. Love, Harry”

## WW II Japanese Midget Sub Donated To Park Service



NPS Photo

Submitted by **Rick Erisman**, RM3, ('70-'71), Ship’s Historian

Pittsburgh, Pa.

The National Park Service has acquired a very rare Type C Japanese midget submarine from World War II and placed it on display in front of its visitor center on Guam. The U.S. Navy donated the submarine to the Park Service.

In August 1944, a Ko-Hyoteki (Target A) Hei Gata (Type C) Japanese midget submarine ran aground off the southeastern coast of Guam. The submarine was crewed by two Japanese soldiers, who held off American troops ashore for three days prior to surrendering. The submarine was then internally gutted and placed on exhibit at Camp Dealy on Toghca Bay, Guam, by the United States Navy’s 103<sup>rd</sup> Construction Battalion.

The Type C class was equipped with a diesel generator to recharge its batteries and for use in running on the surface. Built in three sections of 5mm to 8mm thick welded steel with rivets added for extra strength in the fore and aft sections, the submarine is just over 80 feet long. The forward section contained two bow-mounted 17.7-inch torpedoes in tubes. In the center section was the conning tower and the stations for the two-man crew. Fore and aft of the conning tower were the batteries, while the aft section held the motor and the reduction gear.

The submarines were carried by either Chitose class seaplane tenders or C1 type submarines. They had a displacement of 46 - 49 tons submerged and had a range that varied, but was not thought to exceed 300 miles. Most craft were launched very close to their targets. Few crewmembers were expected to return safely.

It’s believed that 47 subs of this type were built before the end of the war, but only 15 saw action during World War II.

SOURCE: National Park Service Digest



## 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.*

Let's focus on the Holy Spirit and sanctification, even though all three members of the Trinity are involved. The plan is God's. His desire is nothing less than the sanctification of the entire world and all its people. Jesus Christ died to make that plan possible, but His work on the Cross is finished John 19:30. The active agent in sanctification today is the Spirit of God. His leading role in this process is indicated by His most common title, the *Holy Spirit*, and the cleansing symbols by which He is represented in Scripture: water and fire.

The title "Holy Spirit" appears ninety-four times in the New Testament. Alternate titles for the Spirit all appear far less often. While some might argue that "Holy Spirit" is a simple shortening of the "Spirit of the Holy [One]," the title cannot be explained away so casually. God the Father has many unique attributes, any one of them—eternality, omnipotence, omniscience—could have served to identify the Spirit as well as holiness. The writers of the New Testament used the phrase "Holy Spirit" so often because they recognized the Spirit's significance for the sanctification of the world.

The Spirit of God is often symbolized by water Isa. 44:3-4 "pour out" Zech. 12:10 "filled" Luke 1:15 "anointed" Isa. 61:1-2; even "baptize" and "baptism" John 1:33. Less often the Spirit is symbolized by fire Acts 2:3.

They were powerful symbols to Jewish audiences familiar with the baptisms and other purification rituals of first-century Judaism. Our misunderstandings about sanctification and the work of the Holy Spirit may be due, in part, to our lack of knowledge about those purification rituals.

Generally, when people today speak of the Spirit's work with regard to sanctification, they mean a spiritual process through which one passes that makes one more holy. The practical questions about the sanctification of a person may be put quite simply:

What is sanctification? My next column in the August/September issue will discuss sanctification.

*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](mailto:g.fox@verizon.net) or by phone at 718.762.7895 or Cell: 917 749 7895.*

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## ***Eye on the Fleet U.S. Navy Photo***



**U.S. Navy Aviation Ordnanceman 1st class** prepares to bury the remains of a service member during a burial-at-sea ceremony aboard the Nimitz-class aircraft carrier USS Abraham Lincoln (CVN 72) May 18, 2008. Lincoln and embarked Carrier Air Wing Two are under way in the Pacific Ocean for a scheduled seven-month deployment to the U.S. 5th Fleet area of responsibility.

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**Flag Day**

**June 14**



**Fly the Flag**

# 2008 Commencement At Gallaudet University



By *Paula Johnson*, Guest Columnist

Washington, D.C.

On May 16, 2008, commencement exercises took place at Gallaudet University in Washington, D.C. – the only university in the world to specifically accommodate deaf and hard-of-hearing students.



It was the 139<sup>th</sup> class to graduate from the university, and I am proud to say that my daughter, Marie, was a member of this year's graduating class.

I have recently begun to read, the T-bone Association's *NEWSLETTER*, and as a daughter of a WW II Lt (jg) who served in the Pacific, I enjoy reading all of the articles.

Many people do not know of Gallaudet, and its mission, and I thought I would share with association members and readers of the *NEWSLETTER*, a little background on the university.

The original school, the Columbia Institution for the Instruction of the Deaf, Dumb and Blind, was established on two acres of land donated by philanthropist, Amos Kendall in 1856. The blind students were transferred to another facility in 1865. An Act of Congress in 1864 authorized the school to offer college degrees. The bill was signed by Abraham Lincoln.

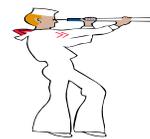
The name Gallaudet College was adopted in 1893 and was named for Thomas Hopkins Gallaudet (1787 – 1851), who was responsible for the early education of deaf children and also introduced manual communication (sign language) in the United States. In 1986 Gallaudet was accorded university status with the passage of the Education of the Deaf Act, signed into law by Ronald Reagan and became Gallaudet University.

The present campus is located in the northeast section of the capitol. Its grounds include 17 acres that are registered with the National Register of Historic Places. Frederick Law Olmstead, noted for his design of New York City's Central Park, designed the landscaping in this area of the campus.

Daniel Chester French, who also sculpted the Abraham Lincoln statue in the Lincoln Memorial, sculpted the statue of Thomas Gallaudet that is located on the grounds.

Beginning with Ulysses S. Grant in 1869, the President of the United States, as patron of the university signs all diplomas. On May 16, my daughter received one of the diplomas signed by our president, George W. Bush.

If you would like to learn more about this unique university, I encourage you to visit the school's website: [www.gallaudet.edu](http://www.gallaudet.edu).



## Naval History

**1880** - USS Constellation departs New York with food for famine victims in Ireland.

**1898** - Assistant Secretary of the Navy Theodore Roosevelt proposes the Navy investigate the military application of Samuel Langley's flying machine, beginning naval aviation.

**1915** - F-4 (SS 23) becomes the first American submarine casualty, sinking off the coast of Honolulu.

**1917** - Loretta Walsh becomes the first woman Navy petty officer when she is sworn in as a chief yeoman.

**1919** - The Navy installs and tests a Sperry gyrocompass, in the first test of an aircraft gyrocompass.

**1943** - The Battle of Komandorski Islands prevents Japanese reinforcements from reaching Attu.

**1945** - The Bureau of Aeronautics initiates rocket-powered surface-to-air guided-missile development by awarding a contract to Fairchild.





## VA Life Insurance Premiums To Drop

Veterans covered by Veterans Group Life Insurance (VGLI) and servicemembers covered by Servicemembers' Group Life Insurance (SGLI) will see a reduction in their premiums, on July 1.

SGLI rates will drop to 6.5 cents per month for \$1,000 of coverage – down from 7 cents. The 7-percent drop means that service members will pay \$26 per month for the maximum \$400,000 of coverage, down from \$28.

VGLI rates for veterans ages 30 to 64 will see their premiums drop as well on July 1.

The Department of Veterans Affairs, which manages both SGLI and VGLI, attributed the reduction to improvements in investment earnings and a reduction in non-combat claims.

More than 2.4 million people currently participate in the VA-managed SGLI program, with another 433,000 in VGLI.

To view a table with the new VGLI rates, visit the VA Web site at [www.insurance.va.gov](http://www.insurance.va.gov), or call the Office of Servicemembers' Group Life Insurance at (800) 419-1473.

SOURCE: Armed Forces News

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## VA Clinic Openings

Veterans in seven additional states will have easier access to health care under a Department of Veterans Affairs plan to open 14 new outpatient clinics in 2008. Secretary of Veterans Affairs Dr. James B. Peake announced in March that the VA will establish new clinics in:

- Arkansas - Phillips County
- Illinois - Coles County
- Indiana - Scott County
- Kentucky - Carroll County, Christian County and Graves County
- Oklahoma – Stillwater
- Tennessee - Bolivar and Campbell, Dyer, Roane, Sevier, and Warren Counties
- Washington - Lewis County

The exact locations of the new facilities, along with their opening dates and the health care services they will provide, have to be determined.

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## Technology Changes Amphib Warfare



USS Mesa Verde

By CDR **George McClure**, USNR (Ret.),  
Supply/Operations Officer ('55-'57)

Winter Park, Fla.

The U.S. Navy will commission the USS Mesa Verde on December 15 in Panama City, Florida.

The Mesa Verde is the first ship of that name in the Navy. It is a San Antonio class amphibious transport dock ship (LPD).

LPDs will carry Marines and deploy them in air cushion vehicles, Expeditionary Fighting Vehicles and Osprey, tilt-rotor aircraft (MV-22). The ship has a flight deck aft and a launch port aft to deploy the vehicles.

The crew consists of 360 officers and Sailors and three Marines. It can carry 800 US Marines, at surge level, and travel at 22 knots.

Home port is Norfolk, Virginia, and its first commanding officer is Cmdr. Shawn W. Lobree.

The LPDs will replace a number of classes of ships: LPD 4, LSD 36, LKA 113, and LST 1179. They cost approximately \$419 million each.

It is armed with Two Bushmaster II 30mm Close in Guns, one fore and one aft, and two Rolling Airframe Missile Launchers, fore and aft, not to mention any weapons that the aircraft aboard will be able to deploy.

It will carry two LCACs (hovercraft) or one LCU, and 14 Expeditionary Fighting Vehicles. The 90-foot hovercraft can carry a tank, many Humvees and other assorted material, and reach a speed of over 50 knots. The ship can launch two Ospreys or up to four helicopters of various kinds. The new ships are more spacious, and more survivable in battle conditions.



## Tips for a Long Life

By *Charlie Emrhein, SH3, Plankowner, ('52-'53)*

*University Heights, Ohio*

Everyone would love to live to a ripe old age, but not if it means looking and feeling like an over-ripe old vegetable. We need to understand that though getting older is inevitable, getting decrepit is not.

Being bent in half and wheeling around an oxygen tank should not be what we picture when we hear the phrase "the golden years." Centenarians around the world defy our stereotypes of the aging experience.

Here are a few secrets that will have you looking forward to your 100th birthday!

### **Tai Chi: An Exercise in Anti-aging**

Tai chi, the choreographed meditative exercises that have been a healing art in China for thousands of years is practiced by over 100 million people worldwide and owes its popularity to a simple fact - it's enjoyable and it makes you stronger.

Recent studies confirm that when practiced regularly - 30 minutes, three times a week - it has numerous health benefits including: increased energy, decreased stress, an immunity boost against viruses, lowered blood pressure, better cognitive functioning, increased joint mobility, an improved cholesterol profile, relief from fibromyalgia symptoms, and even a better night's sleep. It also increases leg muscle strength and provides better balance and posture. Perhaps the best part is that tai chi is a gentle exercise that can be performed by anyone at any age.

Centenarians also take advantage of other rejuvenation techniques the Chinese have known for thousands of years - like acupuncture, acupressure, and energy healing - that increase energy, promote health, and balance the body and the mind.

### **Diet: The Cornerstone of Longevity**

It is no surprise that diet is an essential factor to health and longevity. So what should you be eating? In my research, I found that the centenarians of two reputed "longevity capitals" - Okinawa, Japan, and Rugao County, a rural community four hours north of Shanghai - shared a nearly identical diet.

These long-lifers eat mostly fish, vegetables, mushrooms, seaweed, corn, and buckwheat - and virtually no meat. Scientists have confirmed the health benefits of a diet high in fish and vegetables and low in animal products. These centenarians are living examples, as they suffer from very little heart and liver disease and have negligible rates of cancer and degenerative diseases.

### **Environ-Mentality**

When it comes to longevity, environment is half of the equation. From the verdant valleys of Ecuador to the rugged mountains of Armenia to the pristine foothills of the Himalayas, centenarians live in environments that exhibit the same characteristics: clean air, good water, low stress, close communities, and unspoiled nature.

Take a tip from these centenarians and drink only clean, filtered water. Connect with your community in a positive way. Find every way you can to bring nature into your life, from planting more trees in your area to more plants in your home.

Avoid the environmental factors that are damaging to our well-being and know what to look out for. Just a few things to avoid include xenoestrogens, which are present just about everywhere, pesticides used on vegetables, hormones injected into meats and poultry, phthalates leaching from plastic bottles, and dioxins from bleached paper products. You can avoid these chemical compounds if you buy organic foods and use glass containers and unbleached paper products.

### **Keep it Simple!**

Centenarians' lifestyles are simple. The centenarians I have known lead active lives and get plenty of rest. They are dedicated lifelong learners and avid travelers. Enjoy your years and you will have many more years to enjoy!

I hope these suggestions further your longevity goals!

## New Ship Has T-bone Props Similarity



By **CDR George McClure, USNR (Ret.)**,  
*Supply/Operations Officer ('55-'57)*

*Winter Park, Fla.*

The USS Makin Island (LHD 8) in port at Northrop Grumman shipyard in Pascagoula, Miss.

The ship is 844 feet long and has a 106-foot beam DWL, 118-foot beam at the Flight Deck.

The LHD 8 is powered by two 35,000 Bhp G.E. gas turbines, two 5,000 Bhp variable speed AC electric motors, and two 16.5 ft diameter controllable pitch props, like those on the LST 1156.

Built by Rolls Royce the draft is 27.3 feet, and has a top speed of 20 knots. It has 6 4,000 Kw diesel generators. The crew consists of 65 officers, 994 enlisted, and a Marine detachment of 1,687 troops plus 184 surge.

The LHD 8 will be the last LHD-1 Wasp-class, but the first to have gas turbine engines, and electric drive (unlike other Navy ships, but like recent cruise ships).

It has six Operating Rooms, 17 ICU beds, and 47 Bed Ward. It will be commissioned in April 2009 in San Diego, Ca.

### - Judy's Thought for the Day -

*"I learned the value of hard work by working hard."*

- Margaret Mead, scientist, explorer, author and educator (1901 – 1978)

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



*Eggy Says*



## 22<sup>nd</sup> Wyoming Senior Olympics



By **Jim Eggenberger, AK3**,  
*Wyoming Senior Olympics, State Coordinator*

*Sheridan, Wyoming*

The 2008 Wyoming Senior Olympics will be held again this summer - July 24, 25, & 26 - at the foot of the beautiful Bighorn Mountains in Sheridan.

Last summer's games attracted a record setting near 500 participants. This July, the organizers expect over 700 participants to show up from all over the state and all over the nation, since it is a national-qualifying year in which anyone winning a gold, silver, or bronze medal is automatically eligible to compete in the National Senior Olympics in 2009 in Palo Alto, CA.

Local businesses, motels, and Sheridan College dormitories will open their doors to out-of-town visitors.

At least 25 events will be offered and you can enter as many sports or games of skill as you have enough wind for. Track & field, swimming, cycling, tennis, bowling, basketball, horseshoes, darts, table tennis, pickleball, golf, canoe paddling, billiards, and other activities will be held all over Sheridan. If you're 50 years old or better, join us for some serious sweating or just for fun. And anyone of any age can attend as a spectator or help as a volunteer. So wake up, get off the couch, turn off "Oprah," and get down to the gym now!

For more information, check out our website at [www.wyseniorolympics.com](http://www.wyseniorolympics.com) or call State Coordinator Jim Eggenberger at 307-673-0000 or email him at [eggy@vcn.com](mailto:eggy@vcn.com). Mail in registration forms can also be downloaded from our website.



**Seventh LST 1156 Reunion  
Norfolk, Virginia**



Wednesday, May 13



- LST 1156 Backyard Buffet -

\*\*\*

Thursday, May 14  
- Business Meeting -

Tour: Jamestown Settlement  
Tour: Fort Eustis Army Transportation Museum  
- Navy Amphibs Meet Army Amphibs -

\*\*\*

Friday, May 15  
NAB Little Creek Tour & Lunch: CPO Mess  
Norfolk Botanical Garden Tour

\* Group Photos, Reception & Banquet Dinner \*

Guest Speaker: TBA  
NAB Little Creek Color Guard

\*\*\*

Saturday, May 16  
- Open Day -

\*\*\*

**REGISTRATION & RESERVATIONS ARE  
REQUIRED**

Reunion Registration Deadline: March 15, 2009  
Hotel Registration Deadline To Ensure Group  
Rate: April 11, 2009

**7<sup>th</sup> LST 1156 Reunion**



Norfolk, Virginia

May 13 - 16, 2009

**Seventh LST 1156 Reunion**

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