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NEWSLETTER

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USS Terrebonne Parish Mural Dedicated

By Naomi King Staff Writer: Houma Courier

HOUMA - The mural of a historic military ship many residents drive by every day in downtown Houma was dedicated Friday evening in a ceremony long in the making.



Courier Photo Matt Stamey

David Bader, President of the USS Terrebonne Parish LST 1156 Association, speaks during the mural dedication Friday evening in Downtown Houma.

Hurricane Katrina kept veterans from assembling three years ago to dedicate the mural of the USS Terrebonne Parish naval landing ship, and Gustav nearly sidetracked the festivities again this year.

"I think the town was looking for something to revitalize it," said the mural's artist Hans Geist, who also served in the Louisiana National Guard.

A dozen veterans who'd served aboard the USS Terrebonne Parish traveled to Houma to honor their ship, a vessel similar to those used at the Battle of Normandy to pull up to the beach and unload equipment and soldiers via a front-opening door during World II.

The ship, launched in Bath, Maine, Aug. 9, 1952, was the first of 15 built in the LST 1156 class. Later, Congress decided to name the vessels after counties and parishes. The late U.S. Sen. Allen Ellender of Houma ensured that Terrebonne Parish was picked to be the flagship's name.

It served numerous missions, such as anchoring in Cuba during the Cuban Missile Crisis, before being decommissioned and donated to the Spanish Navy in 1971. It was scrapped in 1994, said Rick Erisman, a former radioman from Pittsburgh who served on the ship from 1970 to 1971. Before it was sent, however, sailors took a few artifacts - a clock and plaque that are on display at the Houma Regional Military Museum, Erisman said.

Wanting to highlight Terrebonne Parish's link to the historic ship, the Houma Downtown Development Corp. approached Geist to produce the mural.

Geist and fellow local artist Elishah Gomez brushed the detailed image onto the side of the Mardi Gras Bingo Hall in 2005 in roughly three weeks after a few months of research.

A final touch was added this week, Geist said, thanks to an anonymous artist. Atop the mural wall is a 3-D metal mast and flag that completes the pole Geist had to cut off in his painting.

"They were able to create the personality of the ship, ... giving it motion, giving it life," said Ohio resident David Bader, president of the USS Terrebonne Parish LST 1156 Association.

Politicians including Maj. Gen. Hunt Downer of the Louisiana National Guard, Parish President Michel Claudet, Terrebonne Council Chairman Clayton Voisin and State Representative Damon Baldone also spoke during the ceremony.

T-BONE TALK



Louisiana Governor Praises T-bone Mural Unveiling



Governor Bobby Jindal

BOBBY JINDAL
Governor



State of Louisiana
Office of the Governor

October 14, 2008

Dear Friends,

I would like to welcome you to the USS Terrebonne Parish Mural Unveiling Ceremony. I would also like to extend a special welcome to the brave officers and crew of the USS Terrebonne Parish Association.

The "T-bone", as she was fondly called during service, was the first of the new-type LSTs built after World War II. She was faster, had a larger capacity and greater endurance than those that came before her. With that in mind, as we assess the damage in Houma and our surrounding communities following Hurricanes Gustav and Ike, let the USS Terrebonne Parish's namesake mimic the legacy of the ship. Let us rebuild as a better, stronger community in the wake of these storms.

On behalf of the people of Louisiana, I hope that this mural serves as a reminder of not only a mighty ship of the U.S. Navy, but also the strength and determination of Terrebonne Parish itself.

Very Truly Yours,

Governor Bobby Jindal
State of Louisiana

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A Noble Undertaking: T-bone Mural

Artist reflects on dedication ceremony



Hans Geist is proud of another mural he painted on front of the Regional Military Museum in Houma that depicts a plane that his grandfather flew in World War II.

By *Hans Geist*, Artist

Gray, La.

Everyone did a fantastic job in making the T-bone mural unveiling in Houma in October a huge success.

We were so excited to have you all here finally. Meeting everyone has truly been an honor! I just can't believe the ceremony has come and gone so quickly.

This has been a major event in my heart (and my life) that I will never forget. You know, it's one thing to paint a mural on a wall - but to know that you have affected the lives of others with your artwork really makes it totally worthwhile and gives my life a real sense of meaning.

God bless you and your group Dave.

Our community appreciates all the Association's hard work that had been done in organizing the event.

I also enjoy reading your group's wonderful newsletters. Keep 'em coming.

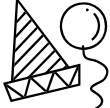
HAPPY NEW YEAR

A Jambalaya Happening



Mother Goose Celebrates 70th B-day

Associate member **Virginia “Mother Goose” De Fraités** celebrated her 70th birthday at an unforgettable weekend of partying with friends and partygoers from across the country, Nov. 28 - 29 at the social event of the season in downtown Houma, La.



Attendees enjoyed a two-day birthday bash including a Bayou swamp tour, VIP private tour of the “Krewe of Terreanians Mardi Gras Den”(Mardi Gras in a capsule), a VIP tour of the Regional Military Museum, a tour of the Southdown Plantation, and a huge catered dinner and dancing event at the Houma Auditorium on Saturday evening Nov. 29.

Guests included dignitaries, and friends from Terrebonne Parish, in addition to her many friends from around the country.

Goose was born at the Touro Infirmary in New Orleans, at 5:48 p.m., December 1, 1938, Wt. 9 lbs. 12 ¼ oz., attending physician - Dr. Joseph Hebert.

The T-bone Association joins all of her friends in sending a happy birthday to one of its loyal supporters – *Happy 70th Goose!*



Bob Slovey Retires Following Three Decades with GM

Macomb, Mich.

Wrapping up more than 31 years of service at General Motors Corporation, **Bob Slovey**, YN3, T-bone Secretary, Executive Board Member, and Vice President of the General Motors Veterans Group retired effective Nov. 1.

Bob, who had been responsible for the GM ASEP and AYES service technician’s training programs, leaves with having contributed significantly to training and developing service employees at various levels within the GM operating divisions and dealer organizations nationwide.

He plans to continue to work after leaving GM, but those plans have not been finalized as yet.

The LST 1156 Association wants to congratulate our former shipmate, and association board member, on his retirement and corporate career accomplishments.

Oldest Cutter in Coast Guard Fleet Back at Sea



USCG Cutter Acushnet (WMEC 167)

KODIAK, Alaska - The Coast Guard cutter Acushnet is returning to service in the Bering Sea.

The 213-foot ship, will be enforcing fisheries law and preventing incursion into U.S. waters by foreign fishing vessels.

The 80-crew members completed several days of training in Kodiak before returning the ship to service last month.

The Acushnet is the oldest commissioned cutter in the U.S. Coast Guard earning her the title “Queen of the Fleet” and ceremonial gold hull numbers.

The ship was originally commissioned as the Navy rescue and salvage ship Shackle in 1944. It was transferred to the Coast Guard in 1946.

Personal Impressions

By Sue Carney, Ph.D.



Frederick, Md.

Only a single-digit number of new lectures remain to be written and given this semester. On one hand, the time has flown by since I have been so busy; it seems like the semester just started! On the other hand, I will be relieved when it is over.

This semester has been quite a test of endurance between teaching, beginning research projects with students, and starting to get involved in service activities for the college. Although, the end of this term only means that I have to shift gears to preparing for a new set of courses and writing a couple of grant proposals over the semester "break".

Those weeks between the semesters will go by even more quickly, I'm sure. As busy as I've been, I can't help but marvel at the schedules of some of my students. Some of them appear to be amazingly overextended, yet they seem to be able to manage everything fine.

I know that I used to be the same way in college, but somehow now, I couldn't imagine playing a sport, taking four classes, and being a member of multiple clubs/organizations, most of which have weekly meetings.

A group of my students were heavily involved with the recent Presidential election (and were quite happy with the outcome!). At least two who I know of volunteer at the local hospital and at a nearby animal shelter. In addition, many of my students have part-time, or in some cases, nearly full-time, jobs.

I get a stronger sense this year than I have in the past that the majority of students truly do realize the importance of their education, especially given the state of the economy. College costs a lot more now

even than when I went, and it is surely a hardship on many students' and their families' pocketbooks.

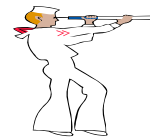
It's nice to see, though, that there is a sense of optimism at least on my campus among college-age students that working hard towards their degree will help them to achieve their goals. Let's just hope that when they finish college, the state of our country will have changed so that their optimism isn't all for naught.

The T-bone Mural : Its Significance

A final note – I had an opportunity to see a photo of the USS Terrebonne Parish mural taken at the dedication ceremony in Houma, La. It looks like quite an impressive tribute to the ship and to all of the veterans who served on it.

My family and I are particularly proud to be associated with it through my dad – he would have thought it was pretty cool!

Sue Carney, is the daughter of deceased shipmate LT(jg) John Carney, former LST 1156 Engineering Officer ('68-'71). She is currently an Assistant Professor in the Dept. of Biology & Environmental Biology at Hood College.



Naval History

1822 - Sloop-of-war Peacock captures five pirate vessels.

1850 - Congress outlaws flogging on Navy ships.

1922 - Report on observations of experiments with short wave radio at Anacostia in the District of Columbia starts Navy development of radar.

1941 - Launch of first Liberty ship, SS Patrick Henry, in Baltimore.

1942 - The first three schools for enlisted WAVES open in Stillwater, Okla. (yeoman); Bloomington, Ind. (storekeepers); and Madison, Wis. (radiomen).

1944 - Special Air Task Force (STAG-1) commences operations with drones, controlled by TBM Avenger aircraft, against Japanese in Southwestern Pacific.



An MH-60S Sea Hawk helicopter from Helicopter Sea Combat Squadron 26 conducts a vertical replenishment with the multi-purpose amphibious assault ship USS Iwo Jima (LHD 7).

Iwo Jima Cooks Up Unique Project To Showcase Crew's Diversity

USS IWO JIMA, At Sea - The multipurpose amphibious assault ship USS Iwo Jima's (LHD 7) Air Department recently hosted a cruise project to collect and share recipes from the ship's Sailors to generate a cookbook.

The project is similar to the T-bone Association's *Galley Exchange* cookbook that was developed in 2004. The Iwo Jima collection of recipes will demonstrate a range of different cultures and ethnicities that comprise Iwo Jima's crew.

The project will be a collection of recipes from around the ship, representing as many Iwo Jima Sailors and their diverse cultures as possible.

The Iwo Jima has Sailors from at least 43 different countries, not to mention the numerous different American regions.

Once completed, the ship plans to have the finished product available for sale in January.

Iwo Jima is currently deployed to the U.S. 5th Fleet Area of Operations to conduct maritime security operations. The operations help develop security in the maritime environment. From security arises stability that results in global economic prosperity.

The maritime security operations complements the counterterrorism and security efforts of regional nations and seeks to disrupt violent extremists' use of the maritime environment as a venue for attack or to transport personnel, weapons or other material.



Veterans Corner

Vets Can Render Military Style Hand Salute

WASHINGTON - Veterans and active-duty military not in uniform can now render the military-style hand salute during the playing of the national anthem, thanks to changes in federal law that took effect in October.

"The military salute is a unique gesture of respect that marks those who have served in our nation's armed forces," said Secretary of Veterans Affairs Dr. James B. Peake. "This provision allows the application of that honor in all events involving our nation's flag."

The new provision improves upon a little known change in federal law last year that authorized veterans to render the military-style hand salute during the raising, lowering or passing of the flag, but it did not address salutes during the national anthem. Last year's provision also applied to members of the armed forces while not in uniform.

Traditionally, members of the nation's veterans service organizations have rendered the hand-salute during the national anthem and at events involving the national flag while wearing their organization's official head-gear.

The most recent change, authorizing hand-salutes during the national anthem by veterans and out-of-uniform military personnel, was sponsored by Sen. Jim Inhofe of Oklahoma, an Army veteran.

It was included in the Defense Authorization Act of 2009, which President Bush signed on Oct. 14.

The earlier provision authorizing hand-salutes for veterans and out-of-uniform military personnel during the raising, lowering or passing of the flag, was contained in the National Defense Authorization Act of 2008, which took effect Jan. 28, 2008.



Pearl Harbor Day

December 7

Actor Paul Newman Was Decorated WWII Sailor



Newman Decorated Sailor

Actor received coveted Combat Aircrew Wings

Most Americans know actor Paul Newman had an Academy Award to his credit, but few know his list of awards also include a Navy Combat Action Ribbon and the coveted Combat Aircrew Wings he got while serving as an aviation radioman and aerial gunner during World War II.

Newman, 83, died Sept. 26 after a long battle with cancer.

According to information provided by Navy Personnel Command and the Naval Historical Center, the future blue-eyed actor enlisted in the Navy on Jan. 22, 1943 - four days before his 18th birthday - with the hopes of becoming an officer and an aviator flying off carriers.

While waiting for his application for officer training to go through, Newman attended Ohio University in Athens. When his approval came through, he was ordered to report on July 1 to the Navy V-12 program at Yale University in New Haven, Conn. His hopes for a commission and pilot's wings were dashed four months later after a flight physical discovered he was colorblind.

Instead, he was shipped a few miles down the road to the Navy's boot camp at Newport, R.I. Graduating three days after Christmas, Newman was selected to train as an aviation radioman and reported to the Naval Air Technical Training Center in Jacksonville, Fla.

Aviation Radioman 3rd Class Newman spent a few months at Naval Air Station Miami before transferring to NAS Barber's Point, Hawaii, where he would serve in three Pacific-based replacement torpedo squadrons, VT-98, VT-99, and VT-100.

Though Newman did see scattered combat, his closest brush with death came in 1945.

Operating from Saipan, Newman and a number of other aircrews from his squadron had been ordered with their TBM Avenger aircraft to be replacements onboard the Essex-class aircraft carrier Bunker Hill operating off Okinawa. But Newman's pilot got sick, grounding the aircraft and crew until he could recover.

Just days later, two Japanese kamikaze aircraft hit the ship within 30 seconds and in the resulting fires and explosions 346 sailors were killed - among them, the entire contingent from Newman's squadron.

A VT-99 contingent including Newman was aboard the escort carrier Hollandia, which was operating about five hundred miles off Japan when the Enola Gay dropped its atomic bomb on Hiroshima.

Along with his aircrew wings and CAR, he was also awarded the Good Conduct Medal, the American Area Campaign Medal, the Asiatic Pacific Campaign Medal and the World War II Victory Medal.

SOURCE: Navy Office of Information

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**



Regional Military Museum Tour



Photo by Rick Erisman

Another mural by Hans Geist on front exterior wall of the Regional Military Museum depicts LST 1156 and LCVP hitting the beach.

Associate Member, **Mart Black**, has created an excellent display of selective memorabilia to reflect the ship's 19 years of service to our nation. He also created a guidebook for the display that includes the ship's history. Thanks, Mart!

The Chelsea Quarterdeck Clock (1940-1944, Boston) on display donated by **Don Muhleman**, FTG2 ('68-'71) has been repaired and a key made for it by Steven Legendre of ClockWorks in Gray, La. Thanks, Steven!

Being in Houma for the ceremony, I had the opportunity to visit the *Regional Military Museum*, and accepted the following final donations to our museum collection and transferred them to the custody of **Mart Black**. The *Association* will not be accepting any additional donations.

There is a sufficient inventory of materials currently in the custody of the *Museum* for display purposes. I was pleased to observe also that the *Museum* has a security alarm system.

John DiPofi, DC3 ('61-'62) donated two Zippo cigarette lighters with the ship's logo; a ship's insignia shoulder patch; ship's stationery; a Tango Mike Bravo Club/ *That's My Boy* membership card number 075 signed by Lt. Cmdr. H.F. Munnikhuisen; and a Zales Jeweler's National Credit Card with ship's address (he purchased his wife's wedding ring there).

Alan Miller, RD3 ('62-'64) donated a place mat with a map of the 9/63-3/64 Mediterranean Cruise. The *Association* acknowledges and accepts these final donations from shipmates.

(Continued on Page 8)



AHOY... NOW HEAR THIS

By **Rick Erisman**, RM3, Ship's Historian, in Pittsburgh, Pa.



Our Houma Legacy



Photo by Rick Erisman

Downtown mural with donor display board

It was a personal pleasure to finally have the opportunity to participate in the *Houma T-bone Mural Dedication* with shipmates, guests, friends and local officials October 24, 2008 in Houma, Terrebonne Parish, Louisiana.

All participants had a fantastic weekend together socializing, reminiscing and looking forward to attending the *Seventh Reunion* in Norfolk, Virginia next May 13-16, 2009.

We had the opportunity to visit the *Regional Military Museum* and view our display of ship's artifacts and memorabilia that were donated by shipmates, in addition to the mural by Hans on the outside of the building. I was very impressed with it and the entire display of military accessories and equipment.

T-bone Museum Display



Photo by Rick Erisman

If you want to support and contribute to the maintenance and display of the ship's artifacts and memorabilia, become a member of the *Regional Military Museum*, P.O. Box 10247, Station 1, Houma, LA 70363, (985) 873-8200 or visit its website at www.regionalmilitarymuseum.com.

Mural Unveiling Association Attendees

Donna and I really enjoyed the dedication ceremony and visiting the ship's namesake parish again. Here are the other members of our association who were on hand for the festivities:

- ❑ Dave Bader - Ohio
- ❑ Richard & Judy Broyles - Arkansas
- ❑ Frank & Betty Moran - Virginia
- ❑ Ron & Judy Robinson- Missouri
- ❑ Gordon Robinson - Georgia
- ❑ Jimmy & Janett Reece - Mississippi
- ❑ John DiPofi (with his brother Paul) – N.Y.
- ❑ Alan Miller & Carol Jean - Florida
- ❑ Michael Morrissey – New Mexico
- ❑ "Mother Goose" – Houma
- ❑ Mart & Charlette Black – Houma
- ❑ John & Liz Kryvanick – Houma
- ❑ Harold & Margaret Templet – Thibodaux, La.
- ❑ C.J. Christ – Houma



LST 1156 Underway



T'was the Night Before Christmas

By *Judy Robinson, Associate Member*

Kirkwood, Mo.

T'was the night before sailing and all thru the ship, not a "jarhead" was stirring except those sea sick. They were all nestled in their bunks - seven high I recall – Port and Starboard forward and aft.

The causeways were hung on the ship's sides with care, in hopes that the Med. Cruise would soon set sail. CSSN's in the galley preparing a feast that any "old salt" would be proud to eat.

First - turkey, then - dressing - with cranberries, too. Twelve loaves of bread could be smelled deck to deck with visions of SOS soon to come next.



Captain Nelson calls down to the engine room then, "on **Bellew**, on **Cozart**, on **Baumgartner** and **Groff**, we need the steam now, ready to shove off".

With red skies at dawn we arose to the clatter, the anchor chain out was surely the matter. Our blessings we counted and a prayer we all said, "May the men of the T-bone enjoy,

Fair Winds and Following Seas".

Long Shot



Here's a modern gambling term that has nautical origins. Because the guns on early ships were inaccurate except when fired at close range, it was an extremely lucky "long shot" that would find its target at a great distance.

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

The Rhine of the Americas

Part Two



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

Casey Creek, Ky.

Before joining the Navy, I grew up in Orange County, New York. The area sits in the state's scenic Mid-Hudson Region of the Hudson Valley.

In the last issue of the **NEWSLETTER**, I wrote about some interesting historical information about the area, and as promised in my last article, here are a few more examples that Orange County, N.Y. is famous for:

- 'Philadelphia Brand Cream Cheese' was invented in Chester, N.Y. (1872)
- First butter factory in America was in Campbell Hall, N.Y. (1859)
- The oldest (1839) continuously operating winery in the US is in Washingtonville, NY (The Brotherhood Winery).
- The Tuxedo dinner jacket originated in Tuxedo Park, an enclosed community developed by Pierre Lorillard, tobacco magnate (Old Gold cigarettes).
- The daughter of Bruce Price, the designer of Tuxedo Park N.Y. (1880), and also a resident, was Emily Post.
- The Order of the Purple Heart was established by George Washington in Newburgh, N.Y. (1782).
- The largest Church Organ in the world is at West Point USMA.
- Bear Mountain State Park has more visitors annually than does Yellowstone National Park.

To be continued . . .



IN MEMORIAM



The LST 1156 Association has learned of the following shipmate deaths:

Harold Linville, BMC, USN (Ret.)
1926 - 2006

Harold Linville, BMC, passed away in Deridd, La. in 2006. Chief Linville served on board the USS Terrebonne Parish (LST 1156) from September 1970 – September 1971. He retired as Chief Boatswain's Mate.

* * *

Gordon Souva, ENC, USN (Ret.)
1934 - 2008

Gordon Souva, ENC, passed away in February 2008 in Thousand Islands, Maine. Chief Souva served on board the LST 1156 during the ship's last two operational cruises, and when the T-bone was turned over to Spain in 1971. Following his LST 1156 duty, he retired at NAB Little Creek as a Chief Engineman in 1972.



- Fair Winds and Following Seas -

Armed Forces Recruitment Rises

Recruitment for all components of the armed services rose during fiscal year 2008, which began last Oct. 1 and ended Sept. 30.

The Army enlisted 80,517 active duty, 39,870 reserve and 65,200 National Guard soldiers; the Navy enlisted 38,485 active duty and 9,134 reserve sailors; the Air Force signed 27,848 active duty, 7,323 reserve and 10,748 National Guard airmen; and the Marine Corps signed 37,991 active duty and 7,628 reserve Marines.

The increase was the highest in five years. Meanwhile, retention remained high for the Army's and Navy's active components, but lagged to 95 percent for the Marines.

Navy Pilots Learning To Fly Global Hawk



Global Hawk, global mission

An RQ-4 Global Hawk unmanned aircraft is towed back to its hangar following a mission in Southwest Asia. Navy pilots are about to join Air Force pilots in operating the Global Hawk at deployed locations and the first class of Navy pilots is at Beale Air Force Base, Calif., to learn this unmanned aircraft system. Navy officials, who currently don't have a Global Hawk training program, will use the training to install their own Global Hawk presence in the Central Command area.

LETTER TO THE T-BONE ASSOCIATION

I would like to take to pass on my thanks to the LST 1156 Association for giving me an opportunity to read your organization's *Newsletter*.

My mother, Paula Johnson, who is a civil war historian, began writing a column in your publication, a few issues ago, and that has given me a chance to also read your *Newsletter*, and to learn more about the Navy and your ship, the USS Terrebonne Parish.

In particular, I like the fact that there are so many different topics and people writing them. I really liked the *Once a Marine* story in the August/September 2008 issue ("Marine Receives Purple Heart, 63 Years Later"). I also enjoy the various health tips that are included in each issue, and - of course - all of my Mom's articles.

Well, I just wanted to thank you again. I always look forward to receiving your publication, and I'll be looking forward to the next *Newsletter* issue.

Mark Harrison
Jackson, Mich.

Graduating Recruits Learn About Navy Ethos

NAVAL STATION GREAT LAKES, Ill. - Graduating recruits at the Navy's only boot camp learned more about their roles, their Navy and the newly released Navy Ethos from the service's highest ranking officer during their graduation Nov. 17.

"You are a United States Sailor. It is a privilege enjoyed by only a fortunate few in our nation's history, and it is a privilege with a storied past and distinguished history," Roughead told the Navy's newest 970 Sailors at their recruit graduation.

This was Roughead's first trip to Great Lakes as the Chief of Naval Operations. The visit comes in the second year of his term, and in the week in which he has just released the Navy Ethos and CNO Guidance.

"This is where it starts, this is a great place to talk about the Ethos for the first time because the Ethos captures who we are," Roughead said. "The Navy Ethos compliments our creed because it is not a statement of what we live by, but it is a statement of who we are."

Roughead's message to the new Sailors is that they are part of the greatest Navy in the world today, the greatest Navy that has ever sailed on the world's oceans.

"These Sailors have tremendous opportunities ahead of them. They are part of something that is bigger than themselves and they, individually, can make a difference in the world that we live in," Roughead said.

"Sailors have been doing that for generations, and I am ever more optimistic with the young men and women today and what they can do."

The Navy's senior officer also lauded the Sailors whose daily jobs, at Naval Station Great Lakes, it is to train Sailors both at recruit training command and in their technical training schools.

"My message to those who provide leadership and mentoring and who shape these young people who arrive here and leave as United States Navy Sailors is first and foremost, my appreciation for what they do," Roughead said. "It is demanding work, and they give themselves completely to the mission." Roughead's other message to the training staff is that they are doing something that so few people have the opportunity to do; they are shaping and molding young Sailors in an incredible career.



Distance Support

A World of Support at Your Fingertips

God as Creator

By Rev. **George Fox, FT3**, ('59-'61)



Flushing, NY

The opening verse of Scripture declares, “In the beginning God created the heavens and the earth” (Gen. 1:1). Introducing us to the subject of creation, Genesis 1:1 answers three questions: (1) When did creation take place? (2) Who is the subject of creation? (3) What is the object of creation?

Old Testament writers routinely attribute the creation of the physical universe to God with the word ‘bara’ “He created.” Out of nothing (Latin ex nihilo), God created the heavens and the earth.

According to Genesis 1:1, the subject of creation is “God.” The word “bara” in its most common Hebrew form is used only of God’s activity, never of human “creative” activity. Creation displays God’s power (Isa. 40:26), majesty (Amos 4:13), orderliness (Isa. 45:18), and sovereignty (Ps. 89:11-13). As Creator, God should be recognized as omnipotent and sovereign. Anyone who abandons the biblical doctrine of creation diminishes the awe and reverence that are rightly due God for these attributes.

In the Old Testament, “the heavens and the earth” comprise the entirety of the “orderly, harmonious universe.” Nothing exists that God did not create.

Old Testament writers also use the word ‘yatsar’, “form,” “shape,” to describe God’s

creative acts. For instance, this word aptly describes the “potter,” someone who shapes, or forms, an object according to his will (Isa. 29:16).

Finally, Old Testament writers employ a third primary term when describing God’s creative activity: ‘asah’, “make.” Like yatsar above, *asah* generally has a much broader scope than the word ‘bara’. However, when placed in a statement of creation parallel to ‘bara’ (Gen. 1:31; 2:2-3; 3:1; 5:1), there appears to be little difference in meaning between the two terms. Again, the term ‘asah’, though at times broader in meaning than ‘bara’ lacks sufficient flexibility to include the concept of evolution.

In my next *Distance Support* column we will discuss The New Testament Writers.

Editor’s note: Rev. George Fox, Senior pastor Flushing North Assembly of God. His column provides Association members with a single place to learn about spiritual support, or request, distance support services. Rev. George can be contacted directly by e-mail at g.gfox@verizon.net or by phone at 718.762.7895 or Cell: 917 749 7895.

USS Freedom Commissioned



MILWAUKEE (Nov. 18, 2008) - Sea Cadets stand in formation as the crew of the littoral combat ship USS Freedom (LCS 1) mans the rails during her commissioning ceremony at Veterans Park in Milwaukee, Wis. Freedom is the first of two littoral combat ships designed to operate in shallow water environments to counter threats in coastal regions.

Navy Quote

“When I lost my rifle, the Army charged me 85 dollars. That is why in the Navy the Captain goes down with the ship.”

- **Dick Gregory**, Comedian, Activist

FI\$CALLY FIT



By *Dave Bader* in *Columbus*

FY '09 Membership: 139



To date, we have 124 regular members and 15 associate members who have come aboard for fiscal year 2009 (6/1/2008 – 5/31/2009), as we go to press. Welcome aboard to the following individuals who have come aboard since our last publication:

Regular Members

- **Donald Howell**, LT(jg), Engineering Officer ('67-'69), Bohannon, VA
- **James Pittman**, ENFN, (10/63-3/65), Newport, NC
- **Guy Archambault**, LT (XO/Navigator), (1/65-8/66), Jamestown, RI
- **Donald Devries**, EN3, (10/59-6/63), Olmstead Falls, OH

Associate Members

- **C.J. Christ**, President, Regional Military Museum, Houma, LA

7th LST 1156 Reunion



Norfolk, Virginia

May 13 - 16, 2009



Bookshelf



Finding Amelia: The True Story of the Earhart Disappearance, by Richard Gillespie, U.S. Naval Institute Press, 2007

In the 70 plus years since the disappearance of Amelia Earhart and her navigator Fred Noonan during a flight over the Central Pacific, their fate has remained one of history's most debated mysteries.

Now a wealth of new information uncovered by the International Group for Historic Aircraft Recovery gives us this first fully documented history of what happened.

Author Richard Gillespie draws on the work of his organization's historians, archeologists, and scientists, who compiled and analyzed more than five thousand documents relating to the Earhart disappearance and massive search operation. Gillespie posits that Earhart and Noonan died as castaways on a remote Pacific atoll.

But *Finding Amelia* is not a polemic that argues for a particular theory. Rather, it tells the story from the letters, logs, and telegrams that recorded events as they unfolded, dispelling many myths and allowing the reader to connect all of the authenticated historical dots.

Probably the most detailed and factual account of Amelia Earhart's disappearance and the massive and failed attempt to find her that we shall ever have - First rate history.





Putting Health Into Motion



By **Beverlee Keels, CMA,**
Associate Member

Columbus, Ohio

Every single bone forms some type of joint with another bone because joints allow us to have motion. When motion is normal at a joint, life is good. But daily activities or injuries can cause improper position of the bones, resulting in abnormal movement at the joint. This can lead to problems like swelling, pain, muscle spasms and arthritis later in life. The point is, from head to toe, your joints occasionally need a tune-up. Let's take a look at some of the more common trouble spots and what a chiropractor will do to get the healing process started.

Head and Neck: When patients have headaches, they almost always have a lack of normal movement of their skull and the first two cervical vertebrae (bones). By restoring alignment to these bones, muscle tension is released. This allows blood circulation and nerve information to flow better.

From Shoulders to Hands: You probably know a lot of people who have shoulder injuries. Well, our shoulder is made up of more joints than just the ball-and-socket joint. Anyone with shoulder pain likely has one or more of these joints that need to be realigned. Moving down the arm, we can find elbow tendonitis (golfer's elbow, tennis elbow), carpal tunnel syndrome and other repetitive-use injuries that can cause considerable pain, swelling and muscle spasms. In general, pain in any of these joints can be treated quite effectively with chiropractic care.

Hips and Knees: Hip joint arthritis is very common these days, and you might even know someone who has had their hip replaced. When a hip is not in good alignment, the same pattern we have talked about exists. It can lead to lack of normal movement, arthritis and pain. And ligament injuries in the knee and kneecap pain often arise due to the leg bones being malpositioned.

Feet and Ankles: Did you know we actually have three arches of the feet that are supported mostly by a large ligament and secondarily by the bones and muscles? When we have a collapse of these arches, which happens in eight out of 10 people in the world, we can have a variety of painful conditions.

The moral of this story is this: No injury or pain is ever just muscular. You know now that muscles attach to bones and bones make up joints everywhere in the body. It may be the muscles giving you pain, but unless you have the joints examined, you could be setting yourself up to have a relapse or a flare-up down the road. Ask your chiropractor for more information.



A Holiday Message

The executive board of the LST 1156 Association wishes all members and their families good health, happiness and prosperity during this holiday season.

Take time to thank the men and women serving in the armed forces who cannot be at home with their loved ones and to remember those we have lost.

Best wishes,

Dave Bader, President
Bill McKnight, Vice-president
Bob Slovey, Secretary



Larry Adcock, Chaplain
Rick Erisman, Historian
Nick Gardner, E-mail Coordinator
Mark Allen, Webmaster, *Red Bank Web*



Worth Repeating

“Having knowledge but lacking the power to express it clearly is no better than never having any ideas at all.”

Christmas During the Civil War

By *Paula Johnson, Civil War Historian*



Thomas Nast's Original Civil War "Santa Claus In Camp", *Harper's Weekly*, January 3, 1863

Washington, D.C

I recently read that Christmas was not made a Federal holiday until 1870, although it was recognized in several states, including Louisiana and Arkansas as early as the 1830's. How was Christmas celebrated during the Civil War when fear and uncertainty enveloped the entire nation?

Many of the traditions we enjoy today were also popular during the 1860's: decorating the Christmas tree, hanging up stockings, families singing Christmas carols and sending Christmas cards, drinking eggnog – when the ingredients were available, religious services and Santa Claus were popularized before or during the Civil War.

Times were hard all over the country during the war, but it was much worse in the South and Christmas only seemed to accentuate the hardship. Due to the Union blockade of Southern ports, goods and raw materials were difficult to obtain; money to purchase the available items was even scarcer.

Mothers told their disappointed children that Santa Claus was unable to run the blockade or even that he was a Yankee to explain the absence of presents in their stockings.

The holiday feast was meager – sugar and flour were mostly unavailable; livestock had been stolen by the Union Army and even wildlife was no longer plentiful; honey and sorghum were used as sweeteners and sassafras and chestnuts were substitutions for coffee and tea.

What little food a household could scrape together was often sent to husbands, brothers, fathers and sons, who were often sick and starving.

Things were better in the North. Food, though more expensive than usual, was readily available, as were household goods and materials. Money was tight, but not absent from pocketbooks. Gifts were mostly handmade, such as knitted hats, socks and mufflers, rag dolls, carved wooden toys, baked goods, and soaps.

Newspapers and magazines – a rarity in the south – provided festive stories, ideas and recipes for ladies of the North.

Christmas trees were decorated with strings of popcorn and cranberries, nuts, fancy cookies, and other decorations made of wax, tin, paper, cloth and wood. Small gifts were hung in the branches.

Holiday tables held platters of meat, a variety of vegetables and fruits, baked goods and sweets. Snow made the atmosphere festive and covered up the ravaged roads and yards.

Christmas trees, made popular in the 1850's, were found in the camps of both the Union and the Confederacy and were festively decorated with berries, pinecones, hard tack and salt pork. Soldiers and sailors looked forward to packages from home containing necessities like soap, clothing, blankets, baked goods, food supplies and sometimes liquor.

Officers authorized extra rations when they were available. Even prisoners might receive an extra ration of rice or flour. Actual warfare was mostly put on hold for the day.

In many cases, Union and Confederate soldiers sang Christmas carols together such as "Silent Night", "Deck the Halls", "The First Noel", and "Hark! The Herald Angels Sing". Rations were shared and newspapers and letters from home were passed back and forth between the "enemies". Races, contests and games were played, as well. Sometimes there was a raffle for a small share of meat.

Field dinners consisted of hard tack, salt pork, rice, beans and coffee. Drills and marching were put off for another day.

One of the most beloved images of Christmas then and now is Santa Claus. The most familiar image of a jolly, fat, bearded, old gentleman, was created during the Civil War by Thomas Nast, a political cartoonist. In 1862, Nast, was asked by his editor at *Harper's Weekly* to illustrate the 1822 poem "A Visit From St. Nicholas" (better known as "Twas the Night Before Christmas") by Clement Clark Moore.

(Continued on Page 15)

(Continued from Page 14)

Nast's drawings were based on memories of his childhood home in Germany. In his early drawings, Santa was allied to the Union and appeared in patriotic clothing of stars and stripes, distributing holiday gifts to Union soldiers from his sleigh. The North Pole was named as Santa's address "so that no nation could claim him as their own". Nast continued to publish elaborate Christmas illustrations for *Harper's Weekly* until he retired in 1886. He is also credited with creating the image of Uncle Sam that we are familiar with today.

Probably the most famous gift of the war was announced by telegram on December 22, 1864. It read:

"To His Excellency, President Lincoln: I beg leave to present to you as a Christmas gift the city of Savannah, 150 guns and plenty of ammunition; also about twenty five thousand bales of cotton. W. T. Sherman, Major – General".

A group of about 90 of Sherman's men from Michigan loaded up wagons full of food and supplies for distribution to some of the starving Southerners living in the countryside around Savannah. By attaching tree branches as antlers, Army mules were transformed into makeshift reindeer to distribute the Christmas cheer to those who had little to celebrate. The real gift, of course, was the beginning of the end of the Civil War. (It ended some four months later on April 9, 1865.)

Blocked Punts Key Navy Win Over Air Force



Navy fullback Eric Kettani (36) gets a first down during Navy's 33-27 win over Air Force on Oct. 4.

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Pearl Harbor December 7, 1941



Pearl Harbor, Hawaii -- The USS Arizona Memorial is bathed in light from a neighboring community.

The Arizona

**That winter, in a land where sun and
Beauty coincide, the landscape was scathed
By the horror of intentions run amok.
Billows of smoke, twisted hulks of steel
And maimed bodies belied the
Tranquility of the setting.**

**Now, entombed in their own fateful meeting
With the unknown, men and women whose
Breaths are now taken by swirling tides,
Live on in memories etched in infamy.
Black tears rise intermittently to the surface,
Expressing the sadness of a lost innocence,
And then drift away, without rancor,
As if the battle has been won.**

*Harold C. Babson
Columbus, Ohio
7 December 1991*

FDR: The Internal Battle



By *Sarah Martin*

Worthington, Ohio

Everyone is faced with an internal battle when making decisions- do or don't. Some find it easier than others when the decision one makes only impacts the individual that made the decision. However, making a decision that affects a nation and the rest of the world is something extremely different. As a high school student studying World War II, I have been intrigued by the events that led up to the decision to enter the war against the Axis powers.

Following a bitter ending with the Treaty of Versailles in World War I, Germany was dissatisfied with the rest of the world and looked to a leader with the vision of World Domination, Adolf Hitler.

The United States and Russia were viewed as international superpowers to the rest of the world. However, the United States was economically a mess after the stock market crashed, and the nation experienced the Great Depression. It seemed as if there was no hope for the future. When Hitler invaded Poland on his mission, the people of the United States were clear that they wanted to remain neutral and work only on domestic issues. As a result, Congress and Franklin Delano Roosevelt passed the Neutrality Acts to keep an unready nation out of war.

As the war progressed in Europe more countries were falling victims to Hitler's mad pursuit, and it only made decisions harder for FDR on what to do. Help out our "allies" and upset the nation or let them be destroyed to please the nation? When both decisions impact the nation it becomes a challenge to listen to the people and listen to the rest of the world cry for help. His plan was to keep the Americans informed and allow reality and the media to play a role in getting the nation ready for what lies ahead. Once Hitler conquered Europe and

started after Russia, there was nothing stopping an invasion on the United States.

The Atlantic Charter

The Atlantic Charter was signed by FDR and British Prime Minister Winston Churchill while war was still in process. Claiming to prevent what went wrong with WWI and leaving the "losers" of the war angry that they would want to seek revenge. It included provisions that territory would not be gained or lost without the concern of everyone involved. It was clear that neither the United States nor Great Britain were seeking land. Also it called for freedom of the seas. The charter declared that on January 1, 1942 numerous nations, including the United States would join the Allied Powers to put an end to Hitler and the rest of the Axis powers. FDR had decided that the United States needed to be become involved in the War.

The media had a lot to cover during WWII. With the rest of the world being taken over the United States was leaning towards the idea that involvement in the war is necessary. However, despite the January 1 activation date for the countries to join by the Atlantic Charter, a surprise attack came on December 7, 1941 by Japan. This is "a day that will live in infamy" (Roosevelt). Now with war on both sides of the country and Americans who were furious, Roosevelt knew that he must ask for Congress approval and declare War.

The Decision

War was declared, and the U.S. broke their neutrality. On August 15, 1945 the War ended with Japan surrendering on the U.S.S Missouri. The decision to enter the war before December 7, 1941 was a tough decision. FDR had to look at a much larger picture than many at the time did. If the United States did not enter the War, what would happen if the U.S. gets in trouble? Who would help us? What if other nations are upset we did not help and they then declare war on us? What if we were unable to play the offensive role, but had to defend this great nation we love? What if we have an invasion on our soil, we could be attacked from both sides of the country? The Nation was uneasy and wanted nothing to do with foreign affairs, but wanted to focus on getting the nation up and running.

(Continued on Page 17)

(Continued from Page 16)

However, FDR's decision saved everyone. The war created jobs, and the economy was starting up again. The other nations were thrilled that a world super power was helping out. Overall, the decision to enter the war saved the nation, help countries, and help put down Hitler's World Domination plot. The moral battle with oneself can be the most vigorous battle ever fought but all in all FDR's decision was worth the fight.

By the way, as you can see from my photo on the previous page, I really am proud of my T-bone mural dedication tee shirt. I'm the envy of all of my classmates at TWHS.

Sarah Martin is in her junior year at Thomas Worthington High School, Worthington, Ohio.

Navy to Play Sixth Straight Bowl Game



ANNAPOLIS, Md.-The Naval Academy has formally accepted an invitation to play in the inaugural EagleBank Bowl Dec. 20 at RFK Stadium in Washington, against an Atlantic Coast Conference opponent.

The bowl bid is a landmark achievement for the Midshipmen, marking the first time in history that Navy has gone to six-straight bowl games.

The game will be televised nationally by ESPN and game time is tentatively set for 11 a.m.



Martin Luther King Day

January 19, 2009

Once A Marine

USMC Reunion News

Birdcage Marines

Veterans of Marine Barracks, Clarksville, TN'

7th Annual Reunion

April 23 – 25, 2009

Parris Island, SC



For further information, contact:

John Tonkin, LCPL, USMC ('54-'58)

jtonkin@roadrunner.com

513.696.8047

Birdcage Website:

www.birdcagemarines.org

“Not as mean, not as lean, but still Marines.”

**The men of Marine Barracks,
Clarksville, TN**

* * *

LCPL **John Tonkin** was aboard the T-bone from January – March 1956 as part of USMC Traex 1-56, involved with various amphibious operations in the Caribbean.



- Judy's Thought for the Day -

“Our greatest glory consists not in never falling, but in rising every time we fall.”

- Ethel Kennedy, widow of Senator Robert F. Kennedy

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

Top Five Foods for Lowering Your Cholesterol



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

University Heights, Ohio

Have you ever witnessed someone eating one of those fast food meals with a triple-burger sandwich, an extra-large order of French fries, and an even larger serving of soda and reflected - either to yourself or out loud - on how you could "hear their arteries clogging?"

Of course you have. In fact, you might have even heard your *own* arteries clogging as you consumed a meal filled with animal fat, simple sugars, and processed foods. Physicians recognize the importance of diet when battling high cholesterol, and eating improper foods such as these can trigger the digestive system to build up the amount of low-density lipoproteins (LDL) - which are also known as bad cholesterol - in the blood. This can then lead to life-threatening illnesses such as heart attacks, strokes, and, of course, clogged and hardened arteries.

Cholesterol, however, is a tricky condition. A person with high amounts of LDL cholesterol in their blood may have inherited the condition from a genetic predisposition, and it may not seem like changing the diet can't in any way help. Happily for your health, this isn't true. Individuals with very high cholesterol simply need a change to their diet and lifestyle to improve their health. Keep in mind that this change in diet does not have to be an all-or-nothing overhaul of deprivation and starvation. If you have high cholesterol, start simple!

Try incorporating the following five foods into your diet. High in fiber and low in cholesterol, they will not only help to lower your LDL cholesterol levels, but also benefit your body's health in general.

1. Apples: A study was conducted in Finland to determine whether or not eating apples can lower

cholesterol. The results of this study determined that eating three apples a day for three months can help you drop your cholesterol level by twenty points. This is a result of apple's high amount of pectin, which is a source of dietary fiber that will draw LDL out of your system. Also, quercetin, an antioxidant, helps to inhibit the amount of LDL in the bloodstream. As autumn is a time for apples, be sure to take advantage of all of the tasty varieties that the season offers.

2. Spinach: Spinach, along with other green leafy vegetables, contains a carotenoid known as lutein. Lutein has been associated with the prevented buildup of cholesterol in the blood. With a little help from one or two helpings of fresh spinach, you'll be on your way to low cholesterol levels in no time.

3. Oats: There are few things as satisfying as a warm bowl of oatmeal in the morning. Whole grain oats, like whole wheat, are a high-fiber grain. While whole wheat is helpful in lowering cholesterol, oats contain more soluble fiber and therefore are more likely to reduce the levels of LDL cholesterol in your system. When eating foods containing oats, however, be sure to always eat whole grain oats, because the oats found in processed foods like granola bars often don't contain soluble fiber.

4. Homemade orange marmalade: Who would guess that this delicious fruity spread would also be good for lowering LDL cholesterol? Orange marmalade includes orange rind - which contains compounds known as polymethoxylated flavones (PMFs). PMFs are found in the pigment of orange peel and are responsible for cholesterol-lowering actions, yet don't reduce the level of good cholesterol. You can use orange rind in your cooking, as well.

5. Green tea: Green tea is beneficial for many conditions and ailments, and high levels of LDL cholesterol is no exception. Drink one cup of green tea daily and you may find that your high LDL cholesterol levels will say their final farewell.



Lowering your cholesterol starts with the foods you eat - and the foods you choose not to eat. Be sure to eat plenty of fruits, vegetables, and whole grains. Eating the right foods can help you on the way to a long, healthy life. As always, talk to your physician before beginning a new health regime.

Navy Honored with Normandy Memorial



SAINT MARIE DU MONT, France - Adm. Pierre-Francois Forissier, Chief of Naval Staff for the French Navy, center left, and Adm. Mark Fitzgerald, commander of U.S. Naval Forces Europe, far right, observe the unveiling of a U.S. Navy monument on the Utah Beach battleground.

SAINT MARIE DU MONT, France - The United States Navy was honored with the unveiling of a D-Day memorial statue in Saint Marie du Mont Sept. 27.

Construction of the statue, commissioned by the Naval Order of the United States, began more than five years ago at the hands of Stephen Spears after realization that no monument existed to honor the U.S. Navy's involvement with D-Day.

"Five years ago, we learned that among all the armed services of France's allies that fought here, the U.S. Navy alone had no tribute on the beaches of Normandy," said retired Capt. Kenneth Johnson, commander general of the Naval Order of the United States. "At long last this statue will be a fitting tribute to the service and sacrifice of the U.S. Navy at Normandy."

The monument is dedicated to the brave Sailors who fought in the invasion of Normandy. More than 1,000 Sailors gave the final full measure of devotion, laying down their lives for others. In attendance at the ceremony were veterans of World War II and Sailors from United States European Command; Commander, U.S. Naval Forces Europe; and the crew from USS The Sullivans (DDG 68).

During the ceremony, three D-Day veterans received the Legion of D'Honneur, France's highest decoration, and awarded the order of Chevalier or "Knight" of the Legion of Honor. The awards, presented by Adm. Pierre-Francois Forissier, Chief of Naval Staff of the French Navy, and the Honorable Gordon England, Deputy Secretary of Defense, were presented to retired Capt. Richard Zimmermann, Jim Gaff and Chester Collins.

The monument has been placed on land located on the battlefield of Utah Beach and was donated by the town of Saint Marie du Mont.

On April 10, 1944 the Allied Navy officers received the confirmation that a landing would take place on the Normandy coasts. This operation would be code-named Neptune. A total of 5,300 craft of all kinds, plus 4,000 relay ships were used making it the largest fleet in the history of the world.

Navy Accepts Delivery Of Destroyer Stockdale

BATH, Maine - The Navy accepted delivery of the guided-missile destroyer Stockdale from General Dynamics Bath Iron Works during a ceremony in Bath, Maine, Sept. 30.

Designated DDG 106, the new destroyer honors Medal of Honor recipient Vice Adm. James Bond Stockdale (1923-2005), the legendary leader of American prisoners of war (POWs) during the Vietnam War.

Stockdale is the 56th Arleigh Burke-class destroyer. The ship will be able to conduct a variety of operations, from peacetime presence and crisis management to sea control and power projection. Stockdale will be capable of fighting air, surface and subsurface battles simultaneously and contains a myriad of offensive and defensive weapons designed to support maritime warfare.

The ship can operate independently or as part of carrier strike groups, surface action groups, amphibious ready groups and underway replenishment groups. The ship's combat system centers around the Aegis combat system and the SPY-1D(V), multi-function phased array radar.



Seventh LST 1156 Reunion
Norfolk, Virginia



Wednesday, May 13



- LST 1156 Backyard Buffet -
Featuring: "ALEXIA"
"Singing Vegas Style Show Act"

Thursday, May 14
- Business Meeting -

Tour: Historic Williamsburg & Jamestown
Settlement

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 -

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REQUIRED

Reunion Registration Deadline: March 15, 2009

Hotel Registration Deadline To Ensure Group

Rate: April 11, 2009



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* * *



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