



USS TERREBONNE PARISH (LST 1156)
Reunion Association

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NEWSLETTER

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U.S. Navy's 233rd Birthday-13 October



The United States Navy traces its origins to the Continental Navy, which the Continental Congress established on 13 October 1775 by authorizing the procurement, fitting out, manning, and dispatch of two armed vessels to cruise in search of munitions ships supplying the British Army in America.

The legislation also established a Naval Committee to supervise the work. All together, the Continental Navy numbered some fifty ships over the course of the war, with approximately twenty warships active at its maximum strength.



First Navy Jack

After the American War for Independence, Congress sold the surviving ships of the Continental Navy and released the seaman and officers. The Constitution of the United States ratified in 1789, empowered Congress “to provide and maintain a navy.” Acting on this authority, Congress ordered the construction and manning of six frigates in 1794,

and the War Department administered naval affairs from that year until Congress established the Department of the Navy on 30 April 1798.

Not to be confused with the Navy Birthday or the founding of the Navy Department is Navy Day. The Navy League sponsored the first national observance of Navy Day in 1922 designed to give recognition to the naval service. The Navy League of New York proposed that the official observance be on 27 October in honor of President Theodore Roosevelt, who had been born on that day.

In 1972 Chief of Naval Operations (CNO) Admiral Elmo Zumwalt authorized recognition of 13 October as the Navy's birthday. In contrast to Navy Day, the Navy Birthday is intended as an internal activity for members of the active forces and reserves, as well as retirees, and dependents.

Since 1972 each CNO has encouraged a Navy-wide celebration of this occasion “to enhance a greater appreciation of our Navy heritage, and to provide a positive influence toward pride and professionalism in the naval service.”

Happy Birthday Navy!

October 24th - Make Plans to Attend



Houma T-bone Mural Dedication

See Details on Page 6, Column 1



LST Sailors Get Their Due From Nation

House Resolution Honors Service of LST Veterans



Rep. James McGovern (D-MA)

From the 1940's through the early 1990's, U.S. Navy and Coast Guard sailors and seamen served on America's Landing Ship Tanks (LSTs).

They are true American heroes. They fought for this country in some of the most decisive battles in our history, and they deserve to be recognized.

And on August 1, 2008 HR 1316 to honor LST sailors was passed in the House of Representatives by roll call vote. The totals were 415 Ayes, 0 Nays, 19 Present/Not Voting. The resolution passed in the House, which is the end of the legislative process for resolutions, and took effect August 1, 2008.

The resolution was sponsored by U.S. Rep. James P. McGovern, D-Worcester, whose education about LSTs began with a phone call from an LST vet from his district.

"We've all seen the pictures of when the U.S. forces landed on the beaches of Normandy, those dramatic images, but I never really thought about the strategic value (of LSTs)," Mr. McGovern said.

HR 1316, honors the service of the Navy and Coast Guard veterans who served on the Landing Ship Tank (LST) amphibious landing craft during World War II, the Korean war, the Vietnam war, Operation Desert Storm, and global operations through 2002 and recognizes the essential role played by LST amphibious craft during these conflicts.

The resolution also recognizes the debt modern amphibious operations owe to the LST sailors and

ships in pioneering the multiple missions carried out by amphibious landing craft.

Ship Was a Workhorse During World War II and Long After

Photo # 80-G-252797 USS LST-325 & LST-388 unload at low tide during Normandy invasion, 12 June 1944



LSTs on the beach

Landing Ship Tank (LST) was the military designation for naval vessels created during World War II to support amphibious operations by carrying vehicles, cargo, and landing troops directly onto shore.

Congress authorized the construction of LSTs during World War II. Over 1,000 of these vessels were constructed during that war. During the D-Day operation, LSTs evacuated 41,035 wounded Allied soldiers from the Normandy beaches to England.

Landing Ship Tanks were also used during military campaigns in Korea, Vietnam, Operation Desert Storm in the Persian Gulf, and Operation Restore Hope in Somalia.

The last LST, the USS Frederick (LST 1184), the last of the Newport class, was decommissioned in 2002.



LSTs on the beach during the June 1944 Allied invasion of Normandy.

World War II Galleys



Hungry sailors lineup for a hot meal at the serving batch of a Landing Barge Kitchen - that fed the crews of small craft at the Normandy beaches.

Landing Barge Kitchens

*They Baked 1,000 Loaves of Bread
A Day For Invasion Craft*

By **Judy Robinson**, Associate Member

Kirkwood, Mo.

Little appears to be written about the White Ensign-flying Thames barges in most of World War II literature, but during the war a Landing Barge Kitchen (LBK) was perhaps one of the most unusual but welcome vessels a sailor would have seen.

Based on some research that I did after reading about the LBKs in the Missouri Amphibious Navy Association Newsletter, I found out that the LBK performed a very important role in the Battle of Normandy. I thought that readers of our **NEWSLETTER** would enjoy learning about this unique vessel.

The LBK was fitted with a large superstructure containing the galley and were adaptations of British Thames barges used to feed the crews of small craft at the Normandy beaches. With a crew of 20 plus they could carry food for 900 for a week and provide 1,600 hot and 800 cold meals a day, including freshly baked bread.

Many of the English barges were refitted with four ovens, aft with spaces for stores (bulk and perishable) forward, and a 100-ton fresh water tank was fitted in the hold of the barge. Two Chrysler engines were fitted aft to provide a speed of 6 knots. A galley space was added, on deck aft of the steering shelter, a head, and crew accommodations. Many of the barges were towed while others traveled under their own power.

While the vessels were not very attractive they were capable of feeding 900 men for one week, and bake 1000 pounds of bread a day. Very often ships

would come along side calling for insulated canisters of meat and vegetables.

In the galley the crew cooked while shells were peppering the seas around them. They were always prepared to feed a nutritious meal to any one on the spur of the moment.

'The Longest Day'

On June 7, 1944 LSTs were ordered to place all LCVPs except one under the command of the beach master of the five invasion sites. Many LCVP sailors had difficulty adjusting to the strange environment as LCVPs had no sleeping bags, there were no sleeping quarters, no dining facilities, no cleaning or grooming facilities, many of the LCVPs had to practically beg for supplies.

Some LCVPs found the food furnished by the a LBKs not very good, and had to make friends with the U.S. Army tug boat crew as a source of aid to keep healthy while performing their duty at the invasion beaches.

Interestingly, some LSTs at Normandy were converted to post offices, emergency aid, and some to sleeping quarters. For whatever the need, the LST was always ready.

They may have been very rough riding and not much to look at but when we look back it was not too bad a home.

SOURCE: MAN (Missouri Amphibious Navy) Association

Worth Repeating



"Always do right. This will gratify some people and astonish the rest."

- Mark Twain, American humorist, author and lecturer (1835 -1910)



Personal Impressions

By Sue Carney, Ph.D.

HOOD COLLEGE



Frederick, Md.

Between a wedding and moving to another new state, this summer flew by. Before I knew it, a new semester, at a new college, was upon me. Having a year of teaching at a liberal arts college under my belt, I have now started a (hopefully) permanent position at Hood College.

Hood at a Glance

For the most part, Hood is not too different from Juniata. The campuses are a similar size, as is the curriculum. Among its strengths are a dedicated faculty who teach in the college's 27 undergraduate majors and 14 master's degree programs. All courses are taught on Hood's beautiful 50-acre campus in historic Frederick, Md.

My new colleagues are quite supportive of me and the other new hire in our department this year – he and I are the first new people in the department for 10 years!

My classes are going well so far, although I've re-discovered, having not had to teach many first-year students last year, that there is a huge difference between the quality of work that the average first-year student hands in compared to the work a junior or senior might submit. My freshmen are, however, willing participants in class, for the most part. I was pleasantly surprised on the first day of the semester when I asked questions and multiple hands went in the air to offer a reply. Of course, their replies weren't always on target, but at least they are trying.

One of the courses I'm teaching, Biodiversity, is especially challenging because not only can it be taken by incoming students who might be preparing

for a biology major, it is also a course that can be used to fulfill the general science requirement of all students on campus. So, that means that I also have a handful of upperclassmen from such majors as history and political science in the class. Trying to cater to the appropriate level for everyone becomes quite difficult at times.

So, teaching is keeping me busy, although I'm perhaps not as overwhelmed as I might be had I not already had a bit of experience. The area of my new position that has been most surprising to me so far is the amount of time that gets used up by meetings.

Hood Happenings

Since I have no classes on Fridays, I had illusions that I would be able to get lots of grading and preparation for the following week done each Friday. However, I have quickly learned that Fridays become packed with meetings – staff meetings, orientation meetings, course lab prep meetings, etc.

Next year, I'll have even more meetings to add into my schedule once I'm put onto various committees, and soon I'll have a couple of research projects started that will mean more meetings with students who will be working on those projects. It's all part of the job, I know, but it really is incredible that the "teaching" part of being a professor, on many days, seems to be outweighed by other duties.

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.

Navy Quote

"The Navy opened doors for me that would not have been possible any other way, and for that I am forever grateful."

- Tony Curtis, Actor



Ohio Teen Learns About the Navy & Second World War



Here I am at Pearl with two battleships in the background.

By *Sarah Martin*, Guest Columnist

Worthington, Ohio

In December 2006, I had the unique opportunity to visit Hawaii while on a family vacation to celebrate my family's 25th wedding anniversary.

During our visit, I had the chance to tour the USS Missouri, and the USS Arizona Memorial at Pearl Harbor.

At the time, I was a freshman in high school and did not know a lot about World War II, and even less about the Japanese surrender that occurred on board the USS Missouri in 1945.

However, visiting each of these historical sites, proved to be a memorable experience for me as a high school freshman. There is so much history in WW II, and the Japanese surrender is probably the most memorable in my mind. My grandfather, Christian Zigler, served in the Navy as a Signalman Third Class on board the USS Sangay (AE 10), a munitions ship, in the Pacific during the war. He has rarely spoken of the war or his experiences serving in the Navy at that time. So for me this was an added opportunity to learn about the Navy, and about the war in the Pacific, where he served during WW II.

My visit to Pearl Harbor helped me understand the enormity of events of Dec. 7, 1941 as I looked down upon the sunken USS Arizona and realized that 1,102 crewmen remain entombed in the battleship. The boat ride across the harbor to the museum is somber. Once there, I stopped at the memorial wall that includes the names of the 1,177

sailors and Marines on the ship who were killed in the attack.



Photo by Sarah Martin

The USS Arizona Memorial honors Americans killed in the 1941 attack on the battleship at Pearl Harbor.

I can honestly say that I learned so much about the war. I actually learned more there than I could have ever learned in a textbook. I learned about important military strategies that helped the United States succeed, and the role the military played in the war. It has provided me with an understanding of what the significance of that strategy was, and also how to avoid war, until the nation was ready to go to war.



Photo by Sarah Martin

This is my favorite picture taken during my tour of the Missouri. If you look real closely at this photo, you will see a slight dent, (left) in the ship's railing. It is where the only attack came on the Missouri, when a kamikaze pilot flew his plane into the ship's starboard side. The plane exploded, the pilot died and the ship's captain ordered that a proper memorial be arranged for the pilot. The only damage to the ship was that dent in the railing.

Sarah Martin is in her junior year at Thomas Worthington High School in Worthington, Ohio. 5

October 24th - 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:***
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Room Rate \$69.00 (plus tax)
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Be There!!



Army – Navy Joint Exercise



CAMP PENDLETON, Calif. - The Army Trident pier approaches Gold Beach during Joint Logistics Over-The-Shore (JLOTS) 2008. JLOTS 2008 is an engineering, logistical training exercise between Army and Navy units under a joint force commander to load and unload ships without the benefit of deep draft-capable, fixed port facilities.

Coast Guard Gets New Rating

Recognizing the Coast Guard's increased role in protecting ports and assets close to the nation's shores, Commandant Adm. Thad Allen announced the creation of a new Law Enforcement and Security rating (LE/S) for its members who specialize in those duties.

While the mission is not new to the Coast Guard, Allen said in a service-wide statement, the service has had to realign its resources to meet demand since the onset of the war on terror in September 2001.

The LE/S rating is expected to be fully operational with two years.

Worth Repeating

“So many of our dreams at first seem impossible, then they seem improbable, and then, when we summon the will, they soon become inevitable.”

- Christopher Reeve, actor, director,
Writer, and activist (1952 – 2004)

I Remember When . . .

My LST Stopped The Demolition Man

By *Paul Holmberg, FT, USN*

Orange City, Fla.

When I was in the U.S. Navy, my ship was entering a port in the Far East in 1955 when we spied a certain type of small ship anchored in the harbor.

We knew instinctively that we would be "attacked" by the U.S. Navy Underwater Demolition Teams (UDT), the forerunner of the Navy SEALs, that evening. This was their usual practice.

It was becoming a nuisance, as it happened in almost every port we entered. Someone would sneak aboard our ship and place something that said, "BOMB" on it. Each evening, we put out a small craft to patrol around the ship looking for swimmers. When spotted, a bright beam of light would be placed on them, and they would swim away because they had been "shot."

Our ship was an LST (landing ship, tank) Cassia County (LST 527) with bow doors and a ramp. So one evening, we set an obvious trap by opening the bow and lowering the ramp into the water, and we waited in the shadows.

Sure enough, someone took the bait and came up the ramp. He was captured and placed in our brig. The ramp was raised, and the bow doors closed, and we continued to watch for more swimmers. The next day, word was sent out asking whether anyone had seen the UDT commander, to which we replied, "No." We watched as many small boats set out looking for that missing man, while we had him all the time, dried off, fed and clothed.

Our LST division commander obtained our captive's word that he would stop the "attacks" if we let him go but would not betray his stupid mistake of falling for an obvious trap. We covertly set him ashore, so he could make up his own story.

We had no further "attacks."

Editor's note: This article was published in the Orlando Sentinel, and sent to us by CDR George F. McClure, USNR (Ret.), Supply/Operations Officer ('55-'57). The author was a FT aboard the Cassia County (assigned to a Division in PhibPac, and homeport San Diego.

The LST 527 served in WW II before receiving a name. It made 45 trips across the English Channel on D-Day and (mostly) later, carrying supplies and evacuating wounded.

Apparently, it was the commander of the UDT team who fell for the trap - leaving the bow doors and ramp open.

He should have known better, but the LST division commander ended the "sneak attacks" with this ploy. The small "ship" he referred to was likely an inflatable Zodiac, used by UDT teams.

Army Streamlines Dress Uniforms

Soldiers can say goodbye to the old green Army Service Uniform. The transition to the new Army Service Uniform - which looks a lot like the present dress blue uniform - has begun.

The new uniform includes a wrinkle-resistant blue coat, a white shirt comparable in design to the current green one, but with permanent military creases, blue slacks for men and women, and blue skirts for women.

The transition began as of the Army's Aug. 21 announcement; soldiers can start wearing the new uniforms as soon as they become available in clothing sales stores. All soldiers must wear the new uniforms by October 2014.

The new uniform affords soldiers the opportunity to wear combat service identification badges, overseas service bars on sleeves, and unit insignia on shoulder loops for enlisteds. Paratroopers can wear black jump boots as well.

The coat and slacks should cost around \$140; the total uniform should cost around \$200.

7th LST 1156 Reunion



Norfolk, Virginia

May 13 - 16, 2009

Newest National Security Cutter Christened

Washed in Tradition



The Coast Guard christened its newest national security cutter, the Woesche (WMSL 751), during a July ceremony at Northrop Grumman Shipbuilding in Pascagoula, Miss. More than 1,000 guests attended the ceremony.

Woesche is named for Adm. Russell R. Woesche, who was the first Coast Guard commandant to achieve the rank of admiral. He led the Coast Guard from 1936 to 1946, which is the longest tenure of any USCG commandant. Adm. Woesche's granddaughter Marilla Woesche Pivonka broke a bottle across the ship's bow to a rousing ovation, and also performed a song to honor the ship and her grandfather.

When ready, the 418-foot Woesche will join sister ship Bertholf as the second in a series of vessels aimed at expanding the Coast Guard's reach under the ambitious Deepwater revitalization plan. Woesche, Bertholf, and six more yet-to-be-built national security cutters will offer greater range, speed, and launch-and-recover capabilities that the Coast Guard considers essential in its expanded homeland-security role.

Production of the second National Security Cutter at Northrop Grumman Shipbuilding represents a new approach to the design and construction of surface ships. In partnership with the U.S. Coast Guard, Northrop Grumman and Lockheed Martin, the joint venture partners have been working side-by-side to build a class of ships that is not only capable and flexible, but also an economical and enduring platform. Construction on Woesche concludes later this year, after which the vessel will undergo sea trials.

Contract Awarded for First Carrier of New Class

The Navy awarded Northrop Grumman Shipbuilding a \$5.1 billion contract last month to begin construction of the first ship of a new class of aircraft carrier.

Northrop's Newport News, Va., shipyard will build the carrier Gerald R. Ford (CVN 78), lead ship of the first new class of nuclear-powered U.S. aircraft carriers in more than four decades.

CVN 78-class ships are expected to displace around 100,000 tons with a length of nearly 1,100 feet. The design of the new flattops includes a new flight deck with an improved weapon handling system, advanced arresting gear, a newly developed electromagnetic aircraft launch system, new and simplified nuclear propulsion plants and a new electrical power generation system.

The last 10 aircraft carriers belong to the Nimitz class. Construction on the carrier Nimitz (CVN 68) began in 1967 and the ship entered service in 1975. The tenth and last ship of the class, the George H.W. Bush (CVN 77), is to be delivered to the Navy in 2009.

SOURCE: Navy Times

Officers v. Enlisted

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

Monterey, Calif.

Having just moved into his new office, a pompous, new colonel was sitting at his desk when an airman knocked on the door.

Conscious of his new position, the colonel quickly picked up the phone, told the airman to enter, then said into the phone, "Yes, General, I'll be seeing him this afternoon and I'll pass along your message. In the meantime, thank you for your good wishes, sir."

Feeling as though he had sufficiently impressed the young enlisted man, he asked, "What do you want?"

"Nothing important, sir," the airman replied, "I'm just here to hook up your telephone."



Janett Reece Elected to National Committee at DAV Convention

T-bone Associate Member, **Janett Reece**, wife of **Jimmy Reece**, GMG2, ('61-'64) was elected to the Auxiliary National Executive Committee for the 8th District representing Mississippi, Alabama, Louisiana and Tennessee, at this year's Disabled American Veterans annual convention held in August in Las Vegas, Nevada.

The Reece's are both active in the Disabled American Veterans organization, and presently Jimmy serves as the Department of Mississippi Commander, while Janett serves as the Commander of the Meridian DAV Auxiliary. Jimmy is a retired Navy GMGC.

Fiscal Year '09

***Keep in Touch! Stay Involved!
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**FY '09 (6/1/2008 - 5/31/2009)
Annual Dues (\$25.00)
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**USS Terrebonne Parish (LST 1156)
Association**



Navy Develops Dual Use Drinking Water Monitoring System

WASHINGTON, D.C. - The Navy is testing a new drinking water quality monitoring system that would provide safe water for military personnel worldwide while warning of attempts to intentionally contaminate water supplies.

The system is part of a study completed by the Naval Facilities Engineering Command's Engineering Service Center to assess drinking water security technologies and is being demonstrated at Naval Base Ventura County, Port Hueneme.

The study was funded by the Navy Environmental Sustainability Development to Integration program.

Testing includes the integration of water distribution system hydraulic modeling with recommended real-time monitoring technologies identified in the study.

Chlorine residue (free and total), ammonia, nitrate, organics (total and dissolved), total trihalomethanes (TTHM), conductivity and turbidity are among the key water quality parameters monitored.

More importantly, the system can also detect a wide range of contaminants to provide an early warning of occurrences of water abnormality, such as intentional contamination or terrorist attack, pipe breaks, or system failure.

The monitoring stations are deployed at strategic locations to detect water quality of the water coming into the base, as well as water quality of the segment of water system that serves a large portion of the base population or areas experiencing poor water quality.



U.S. Navy's ongoing mission:

Maintaining the freedom of the seas.

Navy Identifies Ships Leaving the Fleet

Seven surface ships are scheduled to leave the fleet before the end of fiscal 2009, according to a fleet-wide message released by the Navy in September.

On the inactive list are the amphibious assault ship Tarawa; the amphibious transport docks Juneau and Nashville; the combat stores ships Saturn and Concord; and the acoustic survey ship Hayes.

Also slated to end its career is the Navy's one-of-a-kind nuclear-powered research submarine, the NR-1.

The best-known ship on the list is the carrier Kitty Hawk, which returned to the U.S. on Aug. 7 after a decade of being stationed in Japan as the Navy's only forward-deployed carrier.

The Saturn, Concord and Hayes likely will be sunk as targets in upcoming naval exercises. The carrier and the destroyers will go into the Navy's inactive reserve fleet.

NR-1, which returned from its final deployment this summer to search for the shipwreck of Capt. John Paul Jones' Revolutionary War frigate Bonhomme Richard, is to enter the Navy's nuclear submarine recycling program this November.

Builder's Trial



MARINETTE, Wis. - The first U.S. Navy Littoral Combat Ship, Freedom (LCS 1), the inaugural ship in an entirely new class of U.S. Navy surface warships, is seen conducting a speed run during Builders Trials. The ship is designed for littoral, or close-to-shore, operations and to provide access and dominance in coastal-water areas.

Veterans Day

In 1918, at the 11th hour, of the 11th day, of the 11th month, the guns of World War I fell silent. After years of bloody struggle, "the war to end all wars" had at last come to a close. This is the genesis of Veteran's Day. Throughout the 20th century, more wars, suffering and sacrifice followed this devastating conflict.

In 1954, President Dwight Eisenhower issued a proclamation calling on the Nation to "solemnly remember the sacrifices of all those who fought so valiantly, on the seas, in the air, and on foreign shores, to preserve our heritage of freedom, and let us rededicate ourselves to the task of promoting an enduring peace so that their efforts shall not have been in vain."

Today, the words of Eisenhower retain their deep, profound meaning. Military service abroad and at home calls for many sacrifices, but our armed forces have fought hard to not only preserve our freedom and way of life, but to bring freedom to the oppressed.

We continue to engage throughout the world, and help to bring hope for the future and an enduring peace.

Veterans can take pride in the knowledge that future generations will pause on this day to remember your contributions to peace. They will remember how our armed forces defeated brutal tyrants in places like Germany, Japan, Afghanistan and Iraq, removing the enemy with one hand and restoring hope with the other. They will remember your countless acts of compassion and service around the world. They will remember that you stood watch at the front lines in America's defense and defeated every threat.

As we remember those who have gone before us, so too will you be remembered by generations yet unborn.

- Judy's Thought for the Day -

"It's not the length of life, but depth of life."

- Ralph Waldo Emerson (1803-1882)

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

Eye on the Fleet

U.S. Navy Photos



PORTSMOUTH, Va. - Chief of Naval Operations (CNO) Adm. Gary Roughead signs ballcaps and coffee mugs during the 36th Annual National Naval Officers Association professional development and training conference. The CNO spoke on the importance of diversity in the sea services and how the Navy will sustain a force through the fair, equal and ethical treatment of every member.



SAN DIEGO - The aircraft carrier USS Kitty Hawk (CV 63) sails past the nuclear-powered aircraft carrier USS George Washington (CVN 73) as Kitty Hawk returns to her homeport of San Diego one final time before being retired. The 46-year-old carrier is the oldest active-duty warship in the Navy and will be replaced this summer by George Washington as the Navy's only permanently forward-deployed aircraft carrier. Kitty Hawk has been based in Yokosuka, Japan, for more than a decade.



PORT KALANG, Malaysia - Boatswain's Mate Seaman releases the bits after tensioning a mooring line on the fantail of the Nimitz-class aircraft carrier USS Ronald Reagan (CVN 76). Ronald Reagan moored pier side in Port Kalang for a scheduled port visit. The Ronald Reagan Carrier Strike Group is on a scheduled deployment in the U.S. 7th Fleet area of responsibility, operating in the western Pacific and Indian oceans.

It's Worth A Shot!



Every year, 65 million people fall victim to the flu. Of these people, 300,000 of them are hospitalized and 20,000 to 40,000 die each year as a result of complications from the flu. The flu season in the U.S. takes place from November through April, with peak activity between December and early March.

What can you do to protect yourself from the flu? Get a flu shot - it's that simple! Anyone, any age, anywhere can get the flu. You can help reduce the potential spread of the flu virus by getting a flu shot. Check your local healthcare provider to get a flu shot.

Note: *Individuals allergic to eggs or other components, or who have had an allergic reaction to the flu shot should consult their healthcare provider before being vaccinated.*



History Project Allows Vets to Share Experiences

The Veterans History Project collects and preserves the remembrances of American war veterans and civilian workers who supported them. These collections of first-hand accounts are archived in the American Folklife Center at the Library of Congress for use by researchers and to serve as an inspiration for generations to come.

The program is designed to preserve the legacies of America's aging veterans who are dying at the rate of about 1,500 a day.

"Getting these oral histories now is important, because once (the veterans) are gone, their stories are gone forever," said Steve Hollingshead from the Department of Veterans Affairs' Media Services Division.

Project volunteers collect remembrances of veterans who served in World War I, World War II, the Cold War, Korean War, Vietnam War, Persian Gulf War (1990-1995), or Afghanistan and Iraq conflicts (2001-present). Citizen civilians who actively supported war efforts (such as war industry workers, USO workers, flight instructors, medical volunteers, defense contractors, etc.) also are invited to share their valuable stories.

Interviews taped through the program go on file at the Library of Congress, where they are available for researchers, and the veteran gets a personal DVD copy, Mr. Hollingshead said.

But while the program initially focused on older veterans, Mr. Hollingshead said, he is increasingly seeing veterans from Iraq and Afghanistan participating in the project.

The younger veterans' stories are different from those of earlier generations, Mr. Hollingshead said. They served in different wars, carrying out different missions and applying different kinds of warfare. Their wounds are different today, with traumatic brain injuries and amputations more prevalent than in the past.

But despite these differences, Mr. Hollingshead said, he sees a common thread among the veterans he interviews. Whether they served in World War I or Operation Iraqi Freedom, or in some conflict in between, all recognize that "they were there,

fighting for their country," he said.

"All of them love their country and are here for all the right reasons," Mr. Hollingshead said. "The patriotism you see in these people is just phenomenal."

All Americans, including students and grandchildren, can participate in documenting the lives of the nation's war veterans, Mr. Hollingshead said.

The history project relies on volunteers throughout the nation to collect veterans' stories on behalf of the Library of Congress.

These stories are made available to researchers and the general public, both at the library in Washington D.C. and via the Veterans History Project Website.

Congress created the Veterans History Project in 2000.

SOURCE: Air Force News

Once a Marine



Commandant OKs Outline Of Corps' Future Path

The Marine Corps will apply lessons learned in Iraq and Afghanistan to adapt to future missions against irregular or unconventional threats without compromising its traditions and standards,

The white paper, a product of nearly a year's work by colonels and lieutenant colonels at headquarters and operational commands as well, has several key elements, including:

- * An end to some non-productive training regimens - such as the two - to three-week long episodic training conducted in foreign countries before deployment to other regions.

- * Further implementation of culture and language training that led to successes in Anbar province and the city of Basra in Iraq.

- * The need for balance on the battlefield. Not going back to the ways of light naval infantry, but to continue with some of the heavier programs that have been initiated.

- * Increased presence on Navy ships, but in a modern context. Not going there just to guard the ship's captain and being shipboard bellhops.



Distance Support

A World of Support at Your Fingertips

Creation of the Universe And Humankind



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

Flushing, NY

The Scriptures clearly portray God as a purposeful being. Proverbs 19:21 observes, "many are the plans in a man's heart, but it is the Lord's purpose that prevails." God declares, "I make known the end from the beginning, from ancient times, what is still to come. I say: my purpose will stand and I will do all that I please" (Isa 46:10: cf. Eph 3:10-11: Rev 10:7).

The study of creation must therefore seek to analyze God's purpose in creation (i.e., the universe is what it is because God is who He is). And what is God's purpose in the creation of the universe? Paul explains, "He made known to us the mysteries of His will according to His good pleasure, which He purposed in Christ, to be put into effect when times had reached their fulfillment - to bring all things in Heaven and on earth together under one head, even Christ" (Eph 1:9-10).

Move over, God's purpose for humanity is inseparable from His overall purpose for His creation (i.e., we human being are what we are because God is who He is). The apostle Paul, in speaking of our future immortal existence with God, states, it is God who has made us for this very purpose and given us a Spirit as a deposit guaranteeing what is to come" (2 Cor 5:5).

There is an indissoluble unity, then, between the bible's teachings about God, creation of the universe, and the creation and nature of human

kind. This unity stems from God's created purpose and God's purpose for His creation, and specifically for humanity, is capture by the familiar confession, "Man's chief end is to glorify God, and enjoy Him forever."

My column for the next **NEWSLETTER** will touch upon God as the Creator.

Editor's note: Rev. George Fox is a credentialed minister with the Assemblies of God; his column provides Association members with a single place to learn about spiritual support, or request, distance support services. George can be contacted directly by e-mail at g.fox@verizon.net or by phone at 718.762.7895 or Cell: 917 749 7895.

The Rhine of the Americas



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

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. Recently I came across some historical information about the area that I thought might be of interest to readers of our association's **NEWSLETTER**. Some of which, I did not know about. Here are just a few examples that Orange County, N.Y. is famous for:

- The Hudson River, the first explored and most beautiful river in the United States, passing through this area is called "The Rhine of the Americas "

- More Mastodon skeletons have been unearthed here than any other place on earth.

- Stephen Crane wrote his most popular novel *The Red Badge of Courage* in Port Jervis, N.Y.

- Of the 10 Counties named Orange in the US, Orange County NY is the oldest (1683). It is 206 years older than Orange County California (1889), 169 years older than Orange County Texas (1852), 162 years older than Orange County Florida (1824), 133 years older than Orange County Indiana.

To be continued. . .

FI\$CALLY FIT



By **Dave Bader** in Columbus

FY '08 Membership: 134



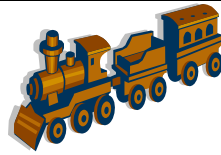
To date, we have 120 Regular members and 14 Associate members who have come aboard for fiscal year 2009 (6/1/2008 – 5/31/2009), as we go to press. Welcome aboard to the following individuals who have come aboard since our last publication:

Regular Members

- **Ronald Ferguson**, SN, ('64-2/66), Hopkins, SC
- **Alva (Tom) "Doc" White**, HMC, (6/59-2/62), Tulsa, OK
- **Robert Miller**, CS1, (10/65-5/67), Virginia Beach, VA
- **E. Wayne Smith**, DK2, (9/70-8/71), Fuquay-Varina, NC
- **Robert Andrews**, ET3, (10/54-7/57), Littleton, NH
- **Joseph Lang**, CDR, USN (Ret.), LT(jg) Operations Officer, (1/61-11/63), Old Town, FL
- **Frank Edmunds, Jr.**, LCDR CO (9/69-1/71), Ocala, FL
- **Ray Pfeiffer**, RM3, (9/70-'71), Lutz, FL

Associate Members

- **Beverlee Keels**, CMA, Columbus, OH



TOYS FOR TOTS

Help put a smile on the face of a child this upcoming holiday season! The U.S. Marine Corps Reserve's Toys for Tots program is now in its 59th year.

Toys for Tots makes Christmas wishes come true for underprivileged children.

To participate, drop off a new, unwrapped toy (no holiday gift wrapping, and no stuffed animals) at your local U.S. Marine Corps Reserve Station from now until December 17. *Every child deserves a little Christmas and the U.S. Marines are making sure that happens!*

EPA Wants to Make You a Star

The Environmental Protection Agency is hoping some hidden talent in the general public can help combat a widespread health threat.

Officials are looking for 30-second to 60-second videos that encourage people to test their houses for radon gas, the second leading cause of lung cancer in the United States.

The winner will receive a \$2,5000 award, and the video will appear on EPA's Web site and be shown at the 2008 National Radon Meeting later this year. For additional information, access www.epa.gov.

SOURCE: Environmental Protection Agency

USMC

Semper Fidelis

1775 **2008**

233rd Birthday
November 10th



Honor **Courage** **Commitment**



AHOY - NOW HEAR THIS



Archives Update

By Ship's Historian Rick Erisman, RM3, ('70-'71)

Pittsburgh, Pa.

I am looking forward to participating in the *Houma T-bone Mural Event* for shipmates, guests and friends in Houma, Terrebonne Parish, La., Friday, October 24, 2008.

As you may recall this celebration was postponed due to Hurricane Katrina in September 2005.

I am particularly anxious to visit the *Regional Military Museum* where I am a member. Selections of the USS Terrebonne Parish (LST 1156) Association's 113 artifacts, which I shipped in January, are on display in addition to other military memorabilia.

In advance of the *Houma T-bone Mural Event* I want to share with you how the USS LST 1156 was named for Terrebonne Parish and also provide some excerpts from the history of the ship's namesake parish.

Terrebonne Parish Comes Aboard

Initially when the LST 1156 was built by the Bath Iron Works Corp., Bath, Maine and launched on Aug. 9, 1952, commissioned on Nov. 21, 1952, she had no name.

All LSTs, at that time, were simply known by their hull numbers. Our ship's *Plankowners* (officers and crew), referred to the ship by her hull number, USS LST 1156, only. The 1156 was the

first of the post WWII LSTs to have been built and was the first of the new LST 1156 class.

The LST 1156 entered the Norfolk Navy Yard in January 1954 for modification of her stern and for conversion to an LST Flotilla Flagship in August 1954. The ship was designated as the flagship of LST Division 21 and Squadron 2 of LST Flotilla 2 (COMLANSHIPFLOT II).

Early in 1955, all LSTs in the U.S. Navy were designated by Congress to be named in honor of counties in various states across the U.S., and at least one parish in Louisiana.

At that time, Senator Alan Ellender, from Houma was responsible for the naming of the first ship of its class the LST 1156 after his home parish, Terrebonne Parish, which means the "good earth." On July 1, 1955, the USS LST 1156 officially became the USS Terrebonne Parish (LST 1156).

The ship visited New Orleans on August 6, 1955 to celebrate the naming and receive representatives from the parish.

Citizens and official parish representatives presented the crew with a sampling of resources from Terrebonne Parish, and she was visited by more than 15,000 people. As many of you know, The *Second Annual Reunion* of the USS Terrebonne Parish (LST 1156) Association was held in Houma, in April 2003.

A Primer on Houma-Terrebonne Parish

Terrebonne Parish was established on March 22, 1822. It is the second largest parish in Louisiana. The words "terre bonne" mean "good earth." In 1834, Terrebonne Parish founded Houma as the parish seat.

Houma was named after the Houmas Indians. The native word "houma" means red, and the tribe's war emblem was the crawfish.

In 1848, Houma was incorporated as a city. Industry in Houma consisted of farming plantations, seafood, fur trading and logging. The cultivation of sugar cane was the principal agricultural industry in Terrebonne Parish

Canals were dug between the bayous to decrease travel time within the parish and make trade more efficient. These canals were later abandoned with the construction of the Intracoastal Waterway in 1923.

During World War II, the centrality of Houma along the Gulf Coast made it an ideal area to establish a Lighter Than Air Blimp Naval Station,

(Continued on Page 16)

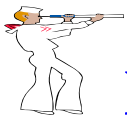
(Continued from Page 15)

which was in operation from May 1943 to September 1944. The Navy Base, which used blimp squadrons to scan the coastline for enemy vessels, was one of only two blimp stations operating on the Gulf Coast.

Oil and gas made its debut in 1929 and brought a period of economic development and prosperity. With the discovery of offshore oil, Terrebonne Parish became the gateway to the heaviest concentration of offshore oil service companies into the 1960's.

In 1961, the Houma Navigational Canal was completed to provide a 30-mile link to Terrebonne Bay and the Gulf of Mexico. By the late 1970's, Houma's main focus was the oil industry until the early 1980's when cheaper foreign oil resources were discovered.

Excerpted From the Terrebonne Parish Council Government Website.



Naval History

1823 - After pirate attack, Lt. David G. Farragut leads landing party to destroy pirate stronghold in Cuba.

1846 - First visit of U.S. warships (USS Columbus and USS Vincennes) to Japan is unsuccessful in negotiating a treaty.

1918 - Armored cruiser USS San Diego (ACR 6) sunk off Fire Island, N.Y. by a mine laid by German U-boat U-156.

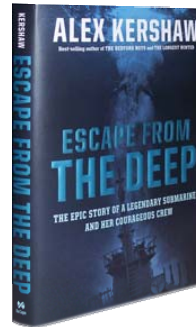
1944 - Invasion and recapture of Guam begins.

1946 - In first U.S. test of adaptability of jet aircraft to shipboard operations, XFD-1 Phantom makes landings and takeoffs without catapults from USS Franklin D. Roosevelt (CV 42).

1958 - Lt. R. H. Tabor, wearing a Navy-developed pressure suit, completes a 72-hour simulated flight at altitudes as high as 139,000 feet. It was another step in the development of the Navy spacesuit, which NASA accepted in 1959 for use by Mercury astronauts.



Bookshelf



- *Escape From The Deep*, by Alex Kershaw, Da Capo Press, 2008, 256 pages w/ 16 pages of black and white photos.

The gripping true tale of America's deadliest submarine, her tragic sinking, and the survival of her brave, battle-hardened crew.

In October 1944, the U.S. Navy submarine *Tang* was already legendary – it had sunk more enemy ships, rescued more downed airmen, and pulled off more daring surface attacks than any other Allied submarine in the Pacific.

And then, on her fifth patrol, disaster struck. The *Tang*'s last torpedo went out straight on target, but suddenly malfunctioned, turned back in an erratic "circular run," and struck the *Tang* with such enormous force that half of the eighty-seven-man crew was killed instantly.

The survivors who went down with the *Tang* struggled to stay alive in their submerged "iron coffin" one hundred eighty feet beneath the surface, while the Japanese dropped deadly depth charges.

As the oxygen depleted, some of the men made a daring ascent through the escape trunk. In the end just nine men of the original crew survived, including four who had been thrown from the bridge when the faulty torpedo hit, and had managed to tread water for over eight hours. But all of them were just beginning a far greater ordeal.

After being picked up by a Japanese patrol vessel, the survivors from the *Tang* were sent to a secret Japanese interrogation camp known as the "Torture Farm." When they were finally liberated in August 1945 they were close to death, but they had revealed nothing to the Japanese including the greatest secret of World War II.



Flavor That Food



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

Columbus, Ohio

You can make food tasty without using salt. Try these spices, herbs, and flavorings as you prepare your favorite foods.

For meat, poultry and fish:

- Beef: Bay leaf, marjoram, nutmeg, onion, pepper, sage, thyme
- Lamb: Curry powder, garlic, rosemary, mint
- Pork: Garlic, onion, sage, pepper, oregano
- Veal: Bay leaf, curry powder, ginger, marjoram, oregano
- Chicken: Ginger, marjoram, oregano, paprika, poultry seasoning, rosemary, sage, tarragon, thyme
- Fish: Curry powder, dill, dry mustard, lemon juice, marjoram, paprika, pepper

For vegetables:

- Carrots: Cinnamon, cloves, marjoram, nutmeg, rosemary, sage
- Corn: Cumin, curry powder, onion, paprika, parley
- Green beans: Dill, curry powder, lemon juice, marjoram, oregano, tarragon, thyme
- Greens: Onion, pepper
- Peas: Ginger, marjoram, onion, parsley, sage
- Potatoes: Dill, garlic, onion, paprika, parsley, sage
- Summer Squash: Cloves, curry powder, marjoram, nutmeg, rosemary, sage
- Winter squash: Cinnamon, ginger, nutmeg, onion
- Tomatoes: Basil, bay leaf, marjoram, onion, oregano, parsley, pepper

SOURCE: National Heart, Lung, and Blood Institute

PHYSICIAN

Q & A:



Stephanie Benedict, MD

Question: What can I do to reduce my risk of high blood pressure?

Thankfully there are a number of simple lifestyle changes you can make to lower your blood pressure. And doing so is a good idea, because high blood pressure means your heart has to work harder to pump blood to your body and can lead to hardening of the arteries and even heart failure.

If you're overweight, the first step is to lose weight. Aim for 1-2 pounds per week. Losing just 5-10 pounds can help. Second, eat a healthy, well-balanced diet that includes lots of fresh fruits and vegetables. You should limit your salt intake, too. Too much sodium can raise your blood pressure.

Next, get active. Aerobic activities like walking, hiking, swimming, and biking makes your heart stronger and helps with weight loss and stress reduction.

Last, but not least, quit smoking. Smoking cigarettes increases your blood pressure so quitting today will help reduce your risk of high blood pressure.

Stephanie Benedict, MD, is board-certified in Family Medicine. Her special interests include Sports Medicine and Women's Health.

What is a Veteran?

A veteran - whether active duty, retired, or national guard or reserve - is someone who, at one point in his/her life, wrote a blank check made payable to "The United States of America", for an amount to and including my life." That is an honor.

- Author unknown

- Bill McCartney, LT(jg), Supply/Disbursing Officer (6/61-6/63), Charleston, SC

Custer: First Double Winner of Medal of Honor



Thomas Ward Custer

By *Paula Johnson, Civil War Historian*

Washington, D.C.

Many readers may not know that the Medal of Honor was originally designed for use by the Navy during the Civil War.

It is the highest award, which can be bestowed upon an individual in the military. It is awarded for valor in action against enemy forces and is presented by the President in the name of Congress.

Congress made it a permanent decoration in 1863 for use by all branches of military service. To date, there have been 3,467 Medals of Honor awarded; only 19 recipients have been honored two times.

The first to be doubly honored was 2nd Lt. Thomas Ward Custer of the 6th Michigan Cavalry during the final days of the Civil War.

Tom was born on March 15, 1845 in New Rumley, Ohio. He was the third son of Emanuel and Maria Custer and the younger brother of George Armstrong Custer. Tom idolized his elder brother, who had graduated from West Point at the beginning of the war. Having lied about his age, 16-year-old Tom enlisted as a private in the 21st Ohio Infantry. He participated in many battles including Nashville, TN, Chickamauga, TN and Kennesaw Mountain, GA. In October 1864, he was appointed to his brother, Armstrong's staff with the 6th Michigan Cavalry.

Tom received his first Medal of Honor at Namozine Church, Virginia on April 3, 1865. A brigade of Fitzhugh Lee's North Carolina Cavalry was holding an intersection of the Namozine Church Road open for Bushrod Johnson's Infantry division to pass while retreating towards Lynchburg, Va. A Union Cavalry brigade attempted to divide the Confederate lines. During this confusion, Tom spurred his horse over a barricade and captured 3 officers, 11 enlisted men

and the battle flag of the 2nd North Carolina Infantry. His first Medal of Honor was presented on May 3, 1865.

The second Medal of Honor came 3 days later on April 6, 1865 at Saylor's Creek, Va.; the last major battle of the Civil War. Robert E. Lee's army was headed towards Lynchburg, where supplies awaited them.

Weakened by shortened rations, the Confederates were easily driven back towards the Hillsman Farm by Philip Henry Sheridan's Cavalry. During this charge, according to General Sheridan, Tom "leaped his horse over the enemy's works, being one of the first to enter them, and captured two stands of colors, having his horse shot under him, and receiving a severe wound". Tom was shot in the face, so close that his face was spotted with burnt powder.

He delivered the flags of the 38th Virginia Infantry and General Joseph Kershaw's Headquarter's Flag to his brother and attempted to return to the fight. General Custer had to threaten Tom with arrest to force him to get the needed medical treatment.

This final battle was a catastrophe for General Lee. Losing one-third of his men - 6,000 captured and 3,500 killed or wounded - Lee was heard to question, "My God, has the army been dissolved?" Among the captured were some of his top generals: Richard S. Ewell, Joseph B. Kershaw and his son, Custis Lee. Three days later, Lee would surrender the Army of Northern Virginia at Appomattox Court House, Va. Tom Custer would be awarded his second Medal of Honor on May 26, 1865.

Over the years, the parameters of the Medal of Honor have been revised several times to ensure that the Medal is justly awarded. During the infamous "Purge" of 1917, convened by General Nelson A. Miles, a special commission reviewed each of the medals awarded thus far. The medals of 911 non-military awardees were revoked including those of Dr. Mary Walker, the only female recipient and Buffalo Bill Cody, a scout for the army in the West.

Some of the revoked medals were later reinstated; Dr. Walker's in 1977 by President Jimmy Carter and Bill Cody's in 1989 by President George Bush.





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

Six Fat-Burning Eating Tips

University Heights, Ohio

Now don't get all excited. We don't have any magic wand solutions that will take the place of exercise and eating right. But we do have a few foods that could help you on your journey to rid yourself of excess flab. Here's the scoop...

Lean Protein

To put it simply, protein takes a lot of effort for the body to break down and digest. A lot more than, say, fat. So while your body is working hard to process that protein, you're burning calories. HG tip – eat fish! Chances are you're not getting enough of it. Not only is fish a fabulous source of lean protein. But many types are full of those Omega-3 fatty acids you're always hearing about. Beans are also a wonderful source of protein. And it's no secret how we feel about our friend the soybean. (Let's have a cheer for veggie patties and soy-meats!)

Whole Grains

Belly fat is not particularly cute on anyone (except maybe babies), so it's exciting news that whole grains can do a number on that stubborn flab around your midsection. One of the easiest ways to get whole grains into your diet? Oatmeal in the morning. Quaker's Simple Harvest Multigrain Hot Cereal is really good and just full of grains. Also, Kashi GoLean's Hot Cereal packs in 7 whole grains and a big 5-7g fiber.

Grapefruit

Ever since you were a kid popping Flintstones Chewables, you've known that Vitamin C is good for you – and that certainly hasn't changed. Vitamin C is a powerful antioxidant and has been shown in studies to help burn fat. So, if you're looking for a snack, how's about a nice, juicy grapefruit? The theory is that grapefruit helps to

lower insulin levels, which keeps you from being hungry all the time! We know it smacks of classic diet food, but those Ruby Reds are mighty delicious! If it's too sour for you straight, sprinkle it with some no-calorie sweetener like Splenda or stevia.

Green Tea

Green tea is everywhere. It's been classified as a "superfood" as it's been linked to reduced rates of heart disease and cancer. And now it helps us lose weight too? Green tea has been shown to raise our metabolism, which is key in our battle with the bad stuff. Researchers also suspect that substances called polyphenols combined with caffeine are responsible for its fat-burning properties.

Light Dairy

Hey, dairy queens! Good news! It turns out that people who eat low-fat or fat-free dairy lose more weight than people who don't. Sure we mentioned protein before, but it bears bringing up again since the magical combo of calcium and protein seems to work wonders. We're way into yogurt, so we suggest picking up some Fage Total 0% Greek Yogurt and mixing in your favorite fruits, sugar-free preserves... or whatever! Also, light string cheese is a great little snack, with only around 50-60 calories and 2.5g fat a pop. Not bad for hard cheese, people.

Water

Experts say it's important to drink lots of water if you're trying to burn fat. Your body can't work effectively if it's dehydrated – not only will you feel like you don't have any energy, but also your body really won't have what it needs to function and burn off fat. Keep that machine humming – drink around 8 glasses of water a day

Visit Our Website

www.tbone1156.com



Seventh LST 1156 Reunion
Norfolk, Virginia



Wednesday, May 13



- LST 1156 Backyard Buffet -

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 -

**REGISTRATION & RESERVATIONS ARE
REQUIRED**

Reunion Registration Deadline: March 15, 2009

Hotel Registration Deadline To Ensure Group

Rate: April 11, 2009

Seventh LST 1156 Reunion

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Quality Suites: \$109.00 (plus tax), rate includes Hot
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Breakfast Buffet for 2 adults per room.

Reservation Deadline for group rate: April 11, 2009

* * *



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NEWSLETTER STAFF:



Editor, David Bader, E: redab@columbus.rr.com
Contributing Writers, research and articles
written by various Association members & guests.

Reunion Association Officers:

David Bader, JO2, President

Bill McKnight, CSSN, Vice President

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Nick Gardner, QM3, E-mail Coordinator

Rick Erisman, RM3, Historian

Mark Allen: Webmaster - Red Bank Web Design



Veterans Day



November 11

FAIR WINDS AND FOLLOWING SEAS