



Dave Bader – President
Bill McKnight – Vice-President
Bob Slovey – Secretary
Website: www.tbone1156.com

NEWSLETTER

Issue # 61

An 1156 Communications Publication

April-May 2009



'Welcome Aboard!' NAB Little Creek



Captain W. W. Crow, USN,
CO NAB Little Creek

Dear USS TERREBONNE PARISH (LST 1156)
Former Crewmembers and Friends:

Welcome to Naval Amphibious Base Little Creek and the greater Hampton Roads area. We are honored to support you and trust that your visit to the "Pearl by the Bay", as we affectionately call Little Creek, will exceed your expectations.

I hope your stay in the area will be an enjoyable one. While here, please make sure you take the time to tour our outstanding installation. Ask lots of questions about your former installation since many changes have taken place over the years and many more are coming in the near future. We are in the middle of a major transition called Joint Basing and in October our name will officially change to *Joint Expeditionary Base Little Creek-Fort Story*.

We have been the leader in the Department of Defense Joint Basing initiative and will soon assume full responsibility for land management and building maintenance on a hidden jewel for our top military forces, the Army post of Fort Story. We are eager to see this fruition as it helps to guide our country to a more efficient and economical military force.

The Hampton Roads area has lots to see and do, especially our host city, the City of Virginia Beach. I encourage you all to take advantage of the many tourist venues in the area. Our country's rich history began in this area and it is one that you all shared in preserving by serving your country. For that, the men and women of Little Creek salute you and thank you.

Once again, welcome aboard! If I can be of assistance during your visit, please call my Public Affairs Officer, Scott Mohr, at (757) 462-8426.

Sincerely,

W. W. CROW
Captain, U.S. Navy
Commanding Officer
NAB Little Creek

7th LST 1156 Reunion



Norfolk, Virginia May 13 - 16, 2009

Seventh LST 1156 Reunion to Feature ‘Gator’ Base CO



**Captain William W. Crow
United States Navy
Commanding Officer
Naval Amphibious Base
Little Creek, Virginia**

This year's reunion program will include, as guest speaker, on May 15, the Naval Amphibious Base Little Creek Commander, Captain William W. Crow, USN.

Born and raised in Morganfield, Kentucky, Captain Bill Crow graduated earning a Bachelor of Science degree from the United States Naval Academy in 1980. He also attended the National Defense University Industrial College of the Armed Forces and was awarded a Master of Science degree in 1997.

At-sea assignments include division officer billets and Chief Engineer in USS PHARRIS (FF-1094), Assistant Operations Officer of Commander Destroyer Squadron Twenty Six, an extended department head tour as Chief Engineer in USS BRISCOE (DD-977), Material Officer for Commander Destroyer Squadrons Ten & Two, Executive Officer of USS PETERSON (DD-969), Commanding Officer of USS AUSTIN (LPD-4), and Training and Readiness Assistant Chief of Staff for Commander Amphibious Group Two.

Ashore he has served as instructor at SWOSCOLCOM for Steam Engineering, SWO programs officer for COMNAVSURFLANT, Chief Staff Officer to the Commandant, Naval District, Washington, COMOPTEVFOR Surface Warfare Director and most recently as Executive Officer Naval Station Norfolk. He assumed his current duties December 2006.

Personal awards include 5 Meritorious Service Medals, 5 Navy & Marine Corps Commendation Medals, and 2 Navy & Marine Corps Achievement Medals.

Captain Crow is married to the former Jeanne Boucher of Chesapeake, Virginia. They and their four children, John 20, Karen 19, Sara 17, and Kevin 16, reside in the Great Bridge community of Chesapeake.

NAB Color Guard to Present Colors at T-bone Reunion



The Color Guard represents Navy core values and has been a ceremonial part of the Navy for generations. The official NAB Color Guard will keep that tradition alive at our 7th LST 1156 Reunion. During ceremonies on May 15, the Color Guard will present the flags of the United States, the Navy, and the Marine Corps at our dinner program.



U.S. Navy's ongoing mission:

Maintaining the freedom of the seas.



LST 1156 WINTER AND SUMMER SCENE NOTE CARDS



USS TERREBONNE PARISH (LST 1156)
10 Count Holiday Notecard Box (winter scene),
left, and 10 Count Notecard Box (summer
scene), right, available for sale for the first time.

*Stop by the ship's store to purchase yours at the
reunion!*

Services Exceed Recruiting Goals

All active, reserve and National Guard components met February recruiting goals.

The active-duty Marine Corps experienced the greatest success, signing up 1,752 new recruits, ahead of its goal of 1,292.

The active-duty Army, with 6,324 new soldiers, exceeded its monthly goal of 6,000. The active-duty Navy and Air Force, with 3,060 and 2,486 new recruits, met their monthly goals.

The Navy, Air Force, and Marine Corps reserve components each met their goals, with 602, 803, and 602 accessions respectively.

The Army Reserve signed 3,614 recruits, ahead of its goal of 3,138. The Army Guard, with 6,114 new recruits, and the Air Guard, with 946 new recruits, both exceeded goals as well.



Navy Adds Rotary-Wing Squadrons, Sailors

The Navy is expanding and streamlining the helicopter fleet, offering young rotary-wing aviators more career flexibility in the coming years.

The Navy has added three rotary-wing squadrons during the past several years, and plans to stand up seven more by 2019, Navy officials said.

Today's fleet of 7,700 enlisted sailors will grow to about 9,100 in the next 10 years, and the number of officers is slated to rise to 1,775, up from today's level of about 1,400.

There will be a lot more command opportunities for people to get promoted. And that will follow on the enlisted side - the opportunity to make chief will increase, according to Navy officials.

At the same time, the Navy is scaling back the number of helicopter types in the fleet, dropping from seven models to just two: the MH-60R and the MH-60S.

Those two aircraft will be taking on more missions than before, including anti-submarine warfare, anti-surface warfare and mine sweeping.

For helicopter pilots, the new configuration will allow more variety because fewer platforms will be doing more missions.

More squadrons - especially concentrated in the areas of San Diego; Norfolk, Va.; and Jacksonville, Fla. — will also mean more options for enlisted sailors to settle down, buy a house and keep their kids in the same schools.

SOURCE: *Navy Times*



The Navy is scaling back the number of helicopter types in the fleet, dropping from seven models to just two: the MH-60R and the MH-60S, above.



Veterans Eligible for Honor Medal

New medals authorized by the state of Louisiana for its servicemen and women who have fought or died in the nation's wars were presented to veterans by Gov. Bobby Jindal and other officials in a ceremony at Barksdale Air Force Base last month.

The beribboned, gold-plated Veteran Service Medal was authorized in the last legislative session,

Wounded veterans will receive a medal with a purple ribbon, and all other veterans will receive one with a blue ribbon.

Eligibility for receipt of the Veterans Honor Medal:

- Have served in the armed forces of the United States during wartime or peacetime.
- Have received an honorable discharge.
- Be a current Louisiana resident, and a resident upon entering military service.

Veterans can request the medal by submitting an application along with a copy of their DD-214 to LDVA at P.O. Box 94095, Baton Rouge, LA 70804; or fax to 225-922-0511. Additional documentation may be required.

Applications can be downloaded at: www.vetaffairs.com.



“Freedom has a taste, and for those that have fought for it, the taste is so sweet the protected will never know...”

- General George S. Patton

Study Says Ship's Namesake Parish Population Will Grow

HOUMA, La. - Terrebonne Parish, the site of our *Second Annual Reunion*, is expected to show slow but steady population growth over the next two decades, a newly released study shows.

The study, a joint effort between Louisiana State University and the Louisiana State Census Data Center, was completed last fall.

Terrebonne's July 1, 2005 population estimate was about 107,000. Between 2000 and 2005, the parish grew by nearly 2,000 people. By 2010, Terrebonne is expected to have about 119,000 people. Over the next 20 years, that number will grow to more than 125,000. It's a growth parish, although it may not be growing real fast, it is, however, a very solid growth, according to officials.

The increased population will also lend itself well to more residents viewing the T-bone Mural in downtown Houma.

Changing Times

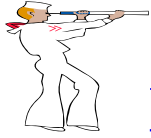


Navy Musician 2nd Class Petty Officer listens to an MP3 player during the Navy-wide E-6 advancement exam at Fleet Activities Yokosuka, Japan. Last month. This is the first time the Navy allowed musicians to use MP3 players during a rating exam.

Visit Our Website



www.tbone1156.com



Naval History

1895 - The first submarine building contract is awarded to John P. Holland Torpedo Boat Co.

1917 - Armed merchant ships are authorized to take action against U-boats.

1944 - Sue Sophia Dauser, superintendent of the Navy's Nurse Corps, is the first woman in the Navy promoted to the rank of captain.

1959 - The Naval Research Laboratory takes the first ultraviolet pictures of the sun.

1960 - The Bathyscaph Trieste descends to the deepest part of the ocean -- the Marianas Trench.

1963 - USS Albany (CG 10) and aircraft from Navy Airborne Early Warning Squadron 4 from Roosevelt Roads, Puerto Rico, aid five ill crewmembers of Norwegian freighter Jotunfjell.

1968 - USS Pueblo (AGER 2) is seized by North Korean forces in the Sea of Japan.

1991 - Navy A-6 Intruders sink an Iraqi tanker and accompanying hovercraft that were monitoring allied air activity over the northern Persian Gulf.



MEDITERRANEAN SEA (Mar. 20, 2009) - The guided-missile cruiser USS Vella Gulf (CG 72) crashes through heavy seas in the Mediterranean. Vella Gulf is deployed as part of the Iwo Jima Amphibious Ready Group supporting maritime security operations in the U.S. 5th and 6th Fleet areas of responsibility.



Navy Lore

Ahoy!

This old traditional greeting for hailing other vessels was originally a Viking battle cry.

Galley

The galley is the kitchen of the ship. The best explanation as to its origin is that it is a corruption of "gallery". Ancient sailors cooked their meals on a brick or stone gallery laid amidships.

- Submitted by **Jimmy Reece, GM2, ('61-'64)**



Fiscal Year '10

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



FY '10 (6/1/2009 - 5/31/2010)

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**



Personal Impressions

By Sue Carney, Ph.D.



Frederick, Md.

Spring break takes on a whole new meaning as a professor. Probably even more than my students, I was in dire need of some time to unwind, get more than ~ six hours sleep a night, and to catch up on life and classes. We're at the halfway point of the semester – seven weeks down, seven remaining.

At about week five, things really started to unravel for me. I used to be one of those people who had my work done ahead of time, with time to spare. This semester especially, however, I find myself finishing lectures ~15 minutes before I give them, posting problem sets that I have not even yet had a chance to do myself, and choosing readings for classes that I have not yet had a chance to fully read myself. Somehow, I had managed to get by without any major catastrophes - until technology (or rather, its failure) reared its ugly head.

Picture the scene – a Friday morning, my only day without classes, and I arrived in my office early to get started on my long list of things to get started for the following week, which included writing a Genetics exam for Monday morning.



I sat down at my desk with my cup of tea, and turned on my laptop, new as of August 2008. Strangely, it booted up but gave me an odd

message about being unable to access my profile (and therefore, my documents). Interesting. Thinking that it was just one of those PC hiccups that sometimes happen, I decided to reboot it.

That's when the black screen of computer death appeared, with a message about a missing executable file. Believing that it was still just acting up, that nothing really serious was wrong with it, I tried another time to reboot. Alas, the black screen was all I could see from that point on.

I put in a call to our IT department, and of course, couldn't get a hold of anyone. Long story short, by the end of the day I learned that I had had a hard drive failure. And, as busy as I had been for the past few weeks, I foolishly hadn't taken the time to backup many of my files from the start of this semester. In the meantime, I decided that I couldn't wait to see if documents like that partial Genetics exam could be recovered, so I spend that Friday in one of our campus computer labs, running back and forth to my office when I needed books or papers, recreating what I could.

By the following week, our IT department still gave me hope that the data from the corrupt hard drive might be able to be retrieved, so while I was inconvenienced, I wasn't completely distraught.



However, once the IT people finally told me to give up hope of getting data back, it was then that I had to face the reality that among the many files on that hard drive that I had lost (and I'm sure I haven't even realized everything that's gone yet!) were my Genetics students' grades for this semester for three problem sets and a lab exercise. I held off for as long as I could, but finally I had to break down and ask them, during the class before our spring break, if they could, at some point, bring their graded papers back to me so I can recreate my grade book.

Not one of my finer teaching moments. Although, I did make sure that they all learned at least one lesson in class that day – back up your computer often!!

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.

Peleliu Becomes First LHA To Receive EFV in Welldeck



USS Peleliu (LHA 5) became the first LHA-class amphibious assault ship to receive the new expeditionary fighting vehicle (EFV) in its welldeck during trials last month off the coast of Marine Corps Base Camp Pendleton, Calif.



EFV on water

The Expeditionary Fighting Vehicle (EFV) is a keystone for both the Marine Corps Expeditionary Maneuver Warfare and Ship-to-Objective Maneuver warfighting concepts. It represents the Marine Corps primary means of tactical mobility for the Marine Rifle Squad during the conduct of amphibious operations and subsequent ground combat operations ashore.

The EFV is an armored amphibious vehicle capable of seamlessly transporting Marines from Naval ships located beyond the visual horizon to inland objectives. While providing the speed and maneuvering capabilities to operate with the main battle tank on land, current obstacles to the landing force such as oceans, lakes and rivers, can be used by the EFV as high speed avenues of approach and maneuver.

Peleliu is currently off the coast of Southern California conducting routine operations.

We Build, We Fight

Seabees' - 'Can Do' Going Strong After 67 Years

The U.S. Naval Construction Force (NCF) shares a proud past around the world through its contributions to mission readiness in the areas of construction and reconstruction of vital facilities and infrastructure.

It was in 1941 when Rear Adm. Ben Morell, chief of the Navy's Bureau of Yards and Docks, recommended establishing naval construction battalions to provide a force capable of defensive military operations as well as construction.

The first units were recruited from the civilian construction trades and deployed to Pacific and Atlantic fronts in support of the nation's warfighting efforts in World War II. From building airstrips and roads to hospitals and homes, the Seabees were credited for constructing all of the essentials for forward-base facilities, and playing a significant role in the success of the World War II and other conflicts that followed.

More than six decades later, the Seabees continue build on their proud heritage. Today there are 16,336 Seabees in the NCF providing central command support with multiple Seabee regiments and battalions providing contingency operations throughout Iraq, Afghanistan Kuwait, and Bahrain in direct support of Marine Expeditionary Force - Forward, U.S. Forces - Afghanistan, and various special operations force efforts.

Projects include construction of base camps and forward operating bases; road, airfield and bridge repairs; building renovations; and electrical and force protection upgrades. Task-organized units of various sizes provided force protection and mission support projects such as hardened dining facilities, Southwest Asia huts, and tension fabric structures at established camps and expeditionary forward operation bases.

Battalions also continued to run convoy security teams through the dangerous streets of Iraq, ensuring that supplies are safely and successfully transported to all camps in Iraq.

With their motto "Construimus, Batuimus" or "We Build, We Fight" the Seabees have been alongside fellow Navy and Marine Corps units in every major conflict the U.S. has been involved in since World War II.



VA Hearing Aids & Eyeglasses

A new directive allows VA to provide glasses and hearing aids to those who are not service connected for those conditions (Priority Groups 6-8).

In the past these were available only to those service connected for the condition. These services are now considered part of the preventative care package for all veterans enrolled in the VA who meet certain criteria.

Veterans who are enrolled in the VA health care system are eligible for battery replacement and repair of hearing aids even though those aids were purchased from a private source. Even though glasses and hearing aids may be provided at no charge, there may be a co-pay required for those in group 6-8.

Audiology is a specialty clinic with a \$50 dollar co-pay for some services. There is no co-pay for the devices or the batteries. Nor are there any charges for visits for the purpose of adjusting, repairing or modifying hearing aids.

SOURCE: VA Public Affairs

Estate Planning Help for Vets

The website www.willsforvets.com is dedicated to assisting U.S. veterans in their estate planning. Each member of the wills for vets team has agreed to provide, on a pro-bono basis, "basic" estate planning documents to any U.S. veteran upon request.

There is also a Questions & Answers page on the site to answer any questions you may have regarding the below estate planning documents, the information needed to prepare them on your behalf, and the protections they provide your family and you. The legal services are provided in appreciation of each veteran's service to our country and protection of our democracy.

To obtain assistance it is necessary to complete their online form at www.willsforvets.com/Contact_Us.html with your basic contact data and a brief description of the

assistance you are looking for. You should receive a response within 7 workdays identifying a pro-bono attorney who will help you.

There is no income level prerequisite but the services are designed for vets just getting by in today's environment or those scheduled to be deployed. The documents you should have on hand to ensure proper handling of your estate are:

- Last Will & Testament
- Power of Attorney
- Health Care Directive
- Living Will



LST 1156 Trivia

By Joe "Shorty" Gallagher, EN3, ('56-'59)

Orlando, Fla.

When the 1156 was awarded, the Engineering Red "E", in 1958, our Engineering Division Officer, Lt. Holmes, elected me to paint the Red "E" on the ship's smoke stacks, hanging on a Boatswain's Chair. It was a long way up for me, and an experience in that Bosun's Chair that I'll never forget.



- Judy's BB Thought for the Day -

"Good pitching will always stop good hitting and vice-versa."



- Casey Stengel

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



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



PERSIAN GULF - Sailors aboard the amphibious dock landing ship USS Carter Hall (LSD 50) watch the multi-purpose amphibious assault ship USS Iwo Jima (LHD 7) breakaway from the Military Sealift Command dry cargo/ammunition ship USNS Lewis and Clark (T-AKE 1) after a replenishment at sea. Carter Hall and Iwo Jima are deployed as part of the Iwo Jima Expeditionary Strike Group supporting maritime security operations in the U. S. 5th Fleet area of responsibility.



PACIFIC OCEAN (March 19, 2009) - The USS Seawolf (SSN 21), leads the Japan Maritime Self-Defense Force destroyer JS Oonami (DD 111), left, and the Nimitz-class aircraft carrier USS John C. Stennis (CVN 74) after a successful undersea warfare exercise involving the John C. Stennis Carrier Strike Group, Japan Maritime Self-Defense Force and other naval vessels operating in the U.S. 7th Fleet area of responsibility.

COLA Update

Social Security beneficiaries face a grim dilemma next January, if predictions from the latest economic report of the Congressional Budget Office (CBO) prove correct, - no cost-of-living adjustment (COLA) in 2010.

But if that were to happen, and Medicare Part B premiums continue to increase, it would set off an unprecedented test of a little-known provision of law that protects the Social Security benefits of tens of millions of seniors.

Under current law, when the Medicare Part B premium increases more than the amount of a person's Social Security COLA, the government is required to adjust the Medicare premium so that the person's Social Security check is not reduced from one year to the next.

With only a few exceptions, this provision protects most people who have Medicare. According to the Congressional Budget Office's (CBO) 2009 annual Budget and Economic Outlook, the Consumer Price Index (CPI) is expected to drop because of easing gasoline and other prices, a characteristic of recessions.

By the third quarter, when the government determines the annual COLA payable the CPI may be close to, or at, zero, the CBO said. And according to the 12 month CPI data through DEC 08, the index used to determine COLAs isn't just zero, it's minus 0.5%.

If this were to happen, it would be the first time since Congress made the Social Security COLA automatic in 1975 that beneficiaries would fail to get an increase.

Since the automatic COLA was established, the lowest ever paid was 1.3% in 1986 and 1998. Should inflation come down to zero, or even near zero, and Medicare Part B premiums increase even modestly, the federal government could be on the hook for potentially billions in unanticipated Medicare Part B premium costs that normally are automatically deducted from beneficiaries' Social Security checks.

According to a national survey, the average beneficiary will see a 24% increase in his or her monthly premiums. And many drug and other Medicare plans also steeply increased co-pays and other out-of-pocket costs.

Source: Social Security & Medicare Advisor

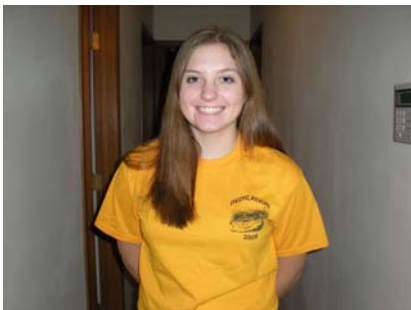


Bookshelf

Twilight: Taking the World by Storm



- *Twilight*, by Stephenie Meyer, Little, Brown Books, 2005, 512 pages.



Book review by *Sarah Martin*

Worthington, Ohio

“I’d never given much thought to how I would die. ”Who would have thought that this simple sentence would catch the eyes of reader’s everywhere. In Stephenie Meyer’s *Twilight*, you learn to think in a different perspective. If you had the choice to live forever with the one you love and give up everyone else in your life, would you? Could you be strong enough to not look back? Could you make a decision that means the end of life as you know it and start another one as a vampire?

As the innocent Isabella Swan, who goes by Bella, moves from hot and sunny Arizona to the small town of Forks, Washington she learns that life has not been what it seems. She attends a public high school and drives an old beat up truck like a typical teenager, but falls for the irresistible Edward Cullen. As Edwards’s strange behavior intrigues Bella, she does some research to discover Edward’s true secret identity. He’s a Vampire!

By falling for Edward, Bella risks her life. Her scent is now known to other blood-sucking vampires who find it irresistible. Jasper, a “brother” to Edward, is the latest “vegetarian” in the Cullen clan so the temptation to drink her blood is inevitable. The Cullen’s are considered to be vegetarians because they only drink animal blood, not human blood. However, Edward does not want to endanger Bella’s life and Bella is willing to give up everything she has to be with Edward.

This sticky triangle only gets worse as Edward considers being a vampire a horrible thing and claims that he is not living. Then Bella pushes Edward to turn her into a vampire. Will Edward do it?

This book is not only a crooked love story; it is also filled with non-stop tension and action. There are other vampires roaming the earth and with Bella’s blood being so irresistible, the “Hunt” begins. As the life and death chase begins, it requires some extreme super natural powers and clever strategy to keep Bella alive. What starts out as a simple game of baseball turns into a nightmare ending in a Ballet studio and Bella’s life takes a tragic turn in a fight for survival.

The *Twilight Saga*, made up of *Twilight*, *New Moon*, *Eclipse*, and *Breaking Dawn*, really uses fiction to grasp the attention of readers of all ages, and teach life lessons along the way. It is a fine balance of romance and action which when combined properly created a *New York Times* Bestseller.

This is the type of book you might read in just a few sittings, becoming engrossed in its fantastical world and oblivious to your physical surroundings. It’s a fun book to get lost in and comes to an end much too quickly.

Highly entertaining, fast paced story of suspense and romance.

Sarah Martin is in her junior year at Thomas Worthington High School, Worthington, Ohio. She plays softball, and also works part time at the Worthington Pizza Primo restaurant.

LCS Named USS Fort Worth

The latest littoral combat ship (LCS) will be named the USS Fort Worth, the Navy announced March 6. When Fort Worth joins the fleet, likely within the next four years, its mission will focus on coastline and homeland defense missions such as mine, antisubmarine, and submarine warfare. **10**



Health Insights

Brush Your Teeth *Before* Eating



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

Columbus, Ohio

According to the British Dental Health Foundation, brushing your teeth after consuming acidic food and drink can permanently damage your teeth.



Sounds backwards, right? Here's the Foundation's explanation: Acidic foods and drinks, such as oranges, grapefruit and fruit juices soften the enamel on your teeth. So brushing immediately after consuming these wears the enamel away, and can cause dental erosion. Though it's true that the saliva in your mouth neutralizes the acidity and restores its natural balance, this can take up to an hour to occur.

To avoid dental erosion, the Foundation suggests the following:

- Brush your teeth before breakfast if you consume fruit or fruit juice, or wait one hour after eating or drinking anything acidic before brushing.
- Use a straw when drinking acidic drinks to reduce contact with teeth.
- Drink water and milk between meals in preference to juice and fizzy drinks.
- Chew sugar-free gum, which will produce more saliva to help cancel out acid in your mouth.
- Finish a meal with cheese or milk to help neutralize any acids.



Too Hot to Handle

Facts About Fevers



You know the feeling. You're achy and run down. Something's not quite right. When you finally get home and reach for the thermometer, you soon find that your temperature's above normal. You have a fever—a sign that something is out of balance in your body.

Fevers aren't necessarily bad. In fact, by turning up the heat, a fever can help you fight off disease-causing bacteria and viruses, which tend to grow and flourish at the body's normal temperature. Fever also activates your body's immune **system**, which protects you against infection.

Normal body temperature is considered to be 98.6 degrees Fahrenheit. "But in reality there's a lot of individual variation in the 'normal' temperature," says Dr. Fred Gill, chief of the internal medicine consult service at NIH's Clinical Center. "Body temperature often fluctuates throughout the day. It tends to be higher in the afternoon and early evening and is typically lower in the middle of the night. A slight rise in temperature without other symptoms does not necessarily mean you have a fever.

In general, doctors don't consider you to have a fever until your temperature reaches 100.4 degrees. Fever can make you feel uncomfortable and have trouble sleeping, but it's rarely dangerous in adults. It's different for infants under 3 months old. They should be evaluated by a doctor for any fever that reaches 100.4 degrees.

Fever often brings the shiver. You feel chilled because blood vessels in your skin tighten and shrink, keeping warm blood deeper within your body and making your skin feel cold. As a result, your muscles contract and you shiver. Fevers often start to subside when you begin to sweat. Sweating is good because it helps your body cool down and return your temperature to normal.

Infections are the most common cause of fever, but there are many other triggers. Toxins, certain medications, cancer and diseases that weaken the immune system are a few of the things that can cause your temperature to rise.

In general, if a fever is mild and you have no other major symptoms, simply drink fluids and get plenty of rest.



Distance Support

A World of Support at Your Fingertips

Rebutting the Abortionist And the Absolute Right For Abortion

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



Flushing, N.Y.

No one in the medical or biological field quarrels over the origin of the human being's physical body. At conception, when the male sperm cell unites with the female ovum, the DNA molecule in each respective cell unravels and unites with the DNA from the other, forming an entirely new cell (a zygote). This new living cell is so different that after it attaches to the uterine wall the mother's body responds by sending antibodies to eliminate the unrecognized intruder. Only special, innate protective features in the new organism safeguard it from destruction.

Therefore, it is improper for female proponents of abortion to speak of the embryo or fetus—at any stage—as “my body.” Those who claim that to be a truth are erroneous. We will see why this is not an accurate statement. The developing organism within the mother's womb is, in fact, a discrete, individual body. From conception on, this distinct body will produce more cells, all of which will retain the unique chromosome pattern of the original zygote. It is clear, therefore, that the human body finds its origin in the act of conception.

The origin of the soul is more difficult to determine for the purpose of the following discussion we will define the soul as an entire immaterial nature of the human being (encompassing the biblical terms heart, kidneys, bowels, mind, soul, spirit etc.)

The biblically oriented theories of the soul's

origin are three. Preexistence, creationism (God directly creates each soul), and traducianism (each soul is derived from the soul of the parents).

Charles Hodge, *Systematic Theology*, vol. 2 (New York: Scribner, Armstrong and Company 1877).

My next **NEWSLETTER** column will explore all three theories.

Rev. George Fox's column provides Association members with a single place to learn about spiritual support, or request, distance support services. He can be contacted by e-mail at revgfox77@aol.com, or by phone at 718.762.7895 or Cell: 917 749 7895.

FI\$CALLY FIT



By **Dave Bader** in Columbus

FY '09 Year-end Membership: 157

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

'Bamboozle'

In the days of sailing this modern term for deception meant disguising your ship's nationality by flying colors that were not your own - a practice among pirates. Today an intentional deception among friends, usually meant as a joke, is said to be bamboozling.

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





By Ship's Historian **Rick Erisman, RM3**



Archives Update

Pittsburgh, Pa.

In my column for this issue I am reprinting the history of Naval Amphibious Base, Little Creek (USNABLC) from *NEWSLETTER* issue # 41 November/December 2005. Also included in my column this issue is an update using the VETRECS system to request DD 214s and other documents available to veterans from the National Personnel Records Center (NPRC) in St. Louis, Mo. Let's begin with that.

Update: DD-214s and Service Documents VETRECS

The National Personnel Records Center has provided the following website for veterans to gain access to their **DD-214's** and copies of documents from their military files online at <http://vetrecs.archives.gov>.

Although I have the original DD-214 and other service documents I received when I was separated from active duty February 21, 1973, I was curious to experience the request procedures and difficulty of doing so online. In addition I was curious after 36 years of separation to receive what documentation that NPRC has on file that I may not have.

I accessed the website January 14, 2009. I provided the identification it requested as well as service dates with ease. I discovered that NPRC wasn't going to send the documents as an email attachment. Instead, it issued me a Service Request Number. I also received a Signature Verification

form that I mailed to NPRC the next day to declare under penalty of perjury under the laws of the United States of America that the information I provided is true and correct to authorize the release of that information.

I received an email response from NPRC-VETRECS dated January 21, 2009, which thanked me for submitting a request, and that it had received my signature authorization.

It stated that, "the average response time on the majority of these types of requests is three to four weeks, however, on occasion a greater response time may be experienced. We service approximately 20,000 requests each week and are working earnestly and successfully at reducing our response time. Our goal is to reduce our response time on these types of requests to ten days or less."

I inquired about the status of my request for records on March 2. On March 3, I received this response, "We are obtaining the appropriate records. The estimated date of completion is approximately April 30, 2009. Please allow 5-7 business days mailing time." I will follow-up at the reunion, if I receive any documents!

Naval Amphibious Base, Little Creek

Many of you will recall the numerous transits to and from its piers for various cruises and exercises and the time you spent at the base clubs, theater, lakes, beaches and other facilities especially the Navy Exchange. Registered reunion attendee members are scheduled to tour USNABLC and have lunch at the base CPO Club, Friday, May 15, 2009.

The Naval Amphibious Base, Little Creek, Virginia (USNABLC), the largest base of its kind in the world, is the major operating station for the amphibious forces of the United States Atlantic Fleet. The base's location totals 2,147 acres and is sited at the extreme northwest corner of Virginia Beach. Little Creek's mission is to provide continuously improving support and services to operating forces and shore commands.

Little Creek is a small inlet on the southern shore of the Chesapeake Bay approximately midway between Cape Henry and NAVSTA Norfolk (USNOB). About 30 homeported ships of the U.S. Navy Amphibious Forces, such as ARSs, LSD's, and PC's routinely use the 61 pier facilities at the NAB. Pier integrity varies. Piers 11-19 on the west side of the harbor are considered the strongest.

(Continued on Page 14)

(Continued from Page 13)

They are the only piers at the facility, except for the quay wall and “dogleg” on Little Creek Cove that can be used by large ships.

The entrance channel to USNABLC has a project depth of 22 ft. It passes between two jetties into Little Creek Harbor on a bearing of 177.5 degrees. Ships entering the harbor should not exceed a 20 ft. draft.

On July 16, 1942, a Navy truck drove off the scenic Ocean View-Virginia Beach highway and stopped in a waterlogged bean field of the Whitehurst farm. This mass assault of trucks loaded with lumber and equipment in almost continuous succession was that early in WWII Navy planners saw a necessity for landing large numbers of American troops on foreign shores in the face of enemy gunfire. Training would be needed before sufficient men were proficient in the complicated art of the amphibious assault, which would enable U.S. troops to drive to the heart of the enemy.

The early days were hard ones. Techniques of training had to be developed from scratch. Facilities for the upkeep of equipment as well as living facilities for personnel were primitive. The newcomers found few buildings and practically no roads or utilities- only bean vines. The men assigned found it difficult to get their white uniforms clean because there was so much foreign matter in the water; there was no such luxury as hot water so the men had to do their best with cold water and soap powder. After various improvisations came temporary buildings that were later to give the site some resemblance to a naval base.

The men worked long hours in blistering heat in the summer and the penetrating wet cold of winter. They worked in mud and sand. After long hours of training many of them performed extra duties on their own initiative, which slowly resulted in improved living conditions.

The USNABLC was created from four bases constructed during WWII-the Amphibious Training Base, the Naval Frontier Base, and Camps Bradford and Shelton. It consisted of three annexes named for former owners of the property-Shelton on the east, Bradford in the center, and Whitehurst to the west.

Camp Bradford was about half of the present day USNABLC. On March 16, 1943 Camp Bradford changed its identity from a Seabee Training Base to an Amphibious Training Base. Between May 1943 and January 1944, over 100,000 troops were

amphibiously polished at Bradford. Day and night, men, tanks and guns poured in and out of the holds of LSTs, LCIs, LCTs and LCVPs. During WWII over 200,000 Navy personnel and 160,000 Army and Marine Corps personnel trained at Little Creek

Early in January 1944 with the end of the Army training in sight, hundreds of LSTs manned by thousands of sailors trained at Camp Bradford. The training staff was comprised of Mediterranean assault veterans giving trainees the benefit of their earlier combat experience. Many training time-savers, such as the Mock-Up, were implemented. This was the creation of the top deck and bridge of an LST on dry land. It was exactly the same size in every way. Its only difference was that this mock ship, known at the *USS Neversail*, was constructed of wood and concrete rather than steel.

The four bases were partially inactivated at the end of WWII. However, the bases at Little Creek, because of their central location on the Atlantic Ocean and varied beach conditions, proximity to the naval facilities of Norfolk, berthing amphibious ships through the size of LSTs, and other advantages were considered and it was renamed the Naval Amphibious Base, Little Creek, commissioned August 10, 1945. It was designated a permanent base in 1946.

Today USNABLC, is comprised of four locations in three states, including almost 9,000 acres of real estate within which more than 15,000 military and civilian personnel work. Outlying facilities of the Amphibious Base include a 6,013-acre Naval Gunfire Support Range located at Bloodsworth Island, Md, 80 miles north in the Chesapeake Bay.

Approximately 350 acres at Camp Pendleton, sandwiched between Dam Neck and the commercial section of Virginia Beach, make up Little Creek's only property with direct access to the Atlantic Ocean. 21 acres known as Radio Island at Morehead City, N.C., are used as an amphibious embarkation/debarkation area for U.S Marine Corps units at Camp Lejeune, N.C.

The mission of the USNABLC is to provide required support services to the over 15,000 personnel assigned to the approximately 30 homeported ships and 78 resident and/or support activities.

The base has three primary training commands. The Fleet Training Unit is responsible for refresher and underway training of Navy and Coast Guard ships.

PHYSICIAN

Q & A:



Melissa A. Dine, DO

Question: What is the best way to lose weight?

Like most things, unfortunately, there is no quick fix. Fad diets and diet pills are not a long-term solution and most people gain the weight back. The best and safest way to lose weight is to try to lose about 1-2 lbs. a week.

Portion control is a safe and effective first step. In a super-size world, we tend to lose sight of how much food we really need. Most portions should only be about the size of your fist. You'll also want to avoid the extra calories in commercial coffees, sodas, juices and alcohol beverages. Finally, set an exercise regimen. A good cardiovascular workout (jogging, biking, walking) 3-4 times a week for at least 30 minutes will help you lose weight. Try including weights to help burn extra calories and build muscle for a leaner appearance.

Ask your doctor for help in finding the right plan for you.

Melissa A. Dine, DO, received her medical degree from Lake Erie College of Osteopathic Medicine in Erie, Pa. Her special interests include dermatology, osteopathic manipulation and preventive health. She is a medical staff member with Mount Carmel Hospital, Columbus, Ohio.



"Words are cheap. The biggest thing you can say is elephant."

- **Charlie Chaplin**, Actor, Director, Producer, Composer

Thirty-seven Former Shipmates To Attend 7th LST 1156 Reunion

Following is a list of 37 shipmates who have registered, to attend our 7th LST 1156 Reunion in Norfolk May 13-16, 2009:

- ❑ **Bill McKnight, CSSN, (Plankholder) ('52-'55)**
- ❑ **Joe Klinger, BM2, (Plankholder) ('52-'54)**
- ❑ **David Bader, JO2, ('54-'56)**
- ❑ **John Kryvanick, ET3, (LST 1161)**
- ❑ **Rick Erisman, RM3, ('70-'71)**
- ❑ **Ron Robinson, CSSN, ('58-'59)**
- ❑ **CDR Mark V.V. Nelson, CO, ('70-'71)**
- ❑ **Terry Rowe, SK2, ('59-'62)**
- ❑ **Gary Crossland, RM2, ('57-'59)**
- ❑ **Gordon Robinson, YN3, ('58-'62)**
- ❑ **Richard Kunz, SN, ('66-'67)**
- ❑ **David Henk, GM3, ('61-'64)**
- ❑ **Jim Gilbert, SM2, ('66-'69)**
- ❑ **LT Ed Lubin, (SC), ('58-'60)**
- ❑ **John Groff, EN3, ('61-'65)**
- ❑ **Ron Bloss. Sr., PO3, (Plankholder) ('52-'55)**
- ❑ **Ed "Bo" Bobal, BM3, (Plankholder) ('52-'54)**
- ❑ **Rev. George Fox, ET3, ('59-'61)**
- ❑ **Bob Slovey, YN3, ('68-'71)**
- ❑ **Jerry Deardorff, EN3, ('63-'67)**
- ❑ **LT(jg) Gary Augustine, ('61-'65)**
- ❑ **LT Em Hansell, ('58-'60)**
- ❑ **Gary Benson, YN2, ('54-'56)**
- ❑ **Leo Robbins, CS3, ('54-'56)**
- ❑ **Dave Belt, ETN2, ('70-'71)**
- ❑ **Larry Van Der Snick, Sr., EN3, ('62-'66)**
- ❑ **LT(jg) E. Lindsay Shuford, ('58-'61)**
- ❑ **ENS Frank Jarema, ('59-'60)**
- ❑ **Leslie Wise, EN3, ('59-'63)**
- ❑ **Frank Moran, SH2, ('59-'60)**
- ❑ **Homer Moore, PN3, ('61-'63)**
- ❑ **LT(jg) Donald Howell, ('67-'69)**
- ❑ **Larry Adcock, RD2, ('53-'56)**
- ❑ **Ed Ring, HT2, ('69-'71)**
- ❑ **Nick Gardner, QM3, ('59-'61)**
- ❑ **Fred "Speedy" Langford, EM3, ('54-'56)**
- ❑ **Nick Gardner, QM3 ('59-'61)**
- ❑ **Richard Broyles, SH3, ('60)**



Shinseki's Letter to Vets

Veterans Affairs Secretary Eric K. Shinseki sent the following letter to military veterans on March 13, introducing himself and noting his own military service.



Veterans Affairs Secretary Eric. K. Shinseki

Washington, D.C.

“My name is Ric Shinseki, and I am a Veteran. For me, serving as Secretary of Veterans Affairs is a noble calling. It provides me the opportunity to give back to those who served with and for me during my 38 years in uniform and those on whose shoulders we all stood as we grew up in the profession of arms.

“The Department of Veterans Affairs has a solemn responsibility to all of you, today and in the future, as more Veterans join our ranks and enroll to secure the benefits and services they have earned. I am fully committed to fulfilling to transforming our department so that it will be well positioned to perform this duty even better during the 21st Century.

We welcome the assistance and advice of our Veterans Service Organizations, other government departments and agencies, Congress, and all VA stakeholders as we move forward, ethically and transparently, so that Veterans and citizens can understand our efforts.

“Creating that vision for transforming the VA into a 21st Century organization requires a comprehensive review of our department. We approach that review understanding that Veterans are central to everything VA does. We know that results count, that the department will be measured by what we do, not what we promise, and that our best days as an organization supporting Veterans are ahead of us.

We will fulfill President Lincoln's charge to care for “. . . him, who shall have borne the battle, and for his widow, and his orphan . . .” by redesigning

and reengineering ourselves for the future. “Transforming any institution is supremely challenging; I know this from my own experience in leading large, proud, complex, and high-performing organizations through change. But the best organizations must be prepared to meet the challenging times, evolving technology and, most importantly, evolving needs of clients. Historically, organizations that are unwilling or unable to change soon find themselves irrelevant. You and your needs are not irrelevant.

“Veterans are our clients, and delivering the highest quality care and services in a timely, consistent and fair manner is a VA responsibility. I take that responsibility seriously and have charged all of the department's employees for their best efforts and support every day to meet our obligations to you.

Our path forward is challenging, but the President and Congress support us. They have asked us to do this well - for you. Veterans are our sole reason for existence and our number one priority - bar none. I look forward to working together with all VA employees to transform our department into an organization that reflects the change and commitment our country expects and our Veterans deserve.

“Thank you, and God bless our military, our Veterans, and our Nation.”

Signed: Eric K. Shinseki

Houma Regional Military Museum



Honoring

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

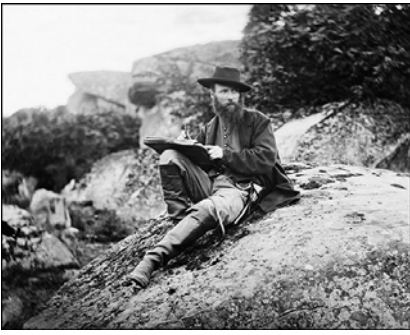
Displays Include LST 1156 Memorabilia

Website:

www.regionalmilitarymuseum.com



A Civil War Sketch Artist



Alfred Waud, sketching on the outskirts of battlefield Gettysburg.

By *Paula Johnson, Civil War Historian*

Columbus, Ohio

As a Civil War Historian, I have always been interested in, and fascinated by the battlefield sketches done by Alfred Waud, who was the most recognized and prolific sketch artist or “special” artist of the Civil War. He produced hundreds of “live action” battlefield drawings during the war, like this one below titled: *Reconnaissance by Bufords Calvary towards the Rapidan River*.



Cameras of the era were unable to capture movement, due to the long exposure time needed. The only way to catch live action was by actually drawing the scene on paper – while it was occurring. Waud and other “special” artists of the time, such as his brother, William, Theodore R. Davis, and Winslow Homer (who was later to become one of America’s most famous oil painters) were employed by the popular weekly-illustrated newspapers such as *Harper’s Weekly* and the *New York Illustrated News*.

Together with photographs of prominent figures and thousands of words of text, the public were given the opportunity to “observe” the horrors of

war right in their homes – primarily in the North, as these papers were largely unavailable in the South.

Alfred Waud was born in London, England in 1828 and was educated at the School of Design at Somerset House, London. He took a job as a scene painter in the local theaters. Alfred had a considerable ability for architectural delineation, but his true interest was in marine art. Many of his best illustrations include scenes of the sea, harbors, and ships.

Alfred immigrated to New York in 1850 with his brother, William (also an artist). He again took employment as a scene painter at local theaters, as well as doing private commissions.

While living in Boston, he learned how to draw on woodblocks, which were used to mass-print illustrations. He landed a job as an illustrator with the *New York Illustrated News* in 1860. When the war broke out in 1861, he was sent into the field to cover the action. Later in 1861, he went to work for *Harper’s Weekly*, where he remained on staff for many years.

Woodblock engravings were the most common method used to reproduce a drawing for mass publication. Once a sketch was completed in the field, it was rushed by mail or courier back to the newspaper office. Engravers would copy the drawings onto boxwood blocks. Often a team would work together, one to do the foreground figures and structures, the other to do the detail work in the background. A two-page spread might require as many as 40 woodblocks. A metal electrotyped impression was made for the printing press and would be capable of printing up to 100,000 copies.

From the artist’s sketchpad to the printing press would usually take about three weeks. With a rush to get the paper out, woodcut reproductions often didn’t do the artist’s work justice, looking crude and stilted. Engravers, such as Thomas Nast, sometimes took credit for an artist’s drawing. Nast and Waud had a life-long feud because of this.

Photographers like Matthew Brady and Alexander Gardner provided invaluable images of the aftermath of war, which included photos of dead soldiers. Studio photographs of prominent figures, as well as the common soldier brought a sense of reality to the war, but it is the work of the “special” artist that really provided the public with the true feeling of the war.

Alfred Waud traveled with the Army of the Potomac throughout the war, capturing scenes at

(Continued on Page 18)

Continued from Page 17)

every important battle site from Bull Run (1861) to Appomattox (1865). His depiction of Pickett's Charge at Gettysburg is thought to be the only visual account of the debacle by an eyewitness.



Between battles, he sketched camp scenes, military reviews, scouting expeditions, and portraits. The "special" artists accompanied the soldiers right onto the battlefield, placing themselves in harm's way to get the best view. Enemy fire was a normal hazard of the profession. He had to fend for himself, find his own food, sleep rough and provide his own horse and supplies.

Artists, photographers, and correspondents were considered "combatants" and if captured, could be imprisoned. Waud was once detained behind enemy lines (September 1862), which gave him the opportunity to sketch a rebel camp. Considering the risks and discomfort, the pay was low, usually five dollars to 25 dollars per published sketch. More prominent artists like Waud were salaried by their newspapers. Most of these men were unknown in their day.



Attack of the Louisiana Tigers on a Battery of the 11th Corps at Gettysburg July 1, 1863.

On the battlefield, Waud could capture a scene quickly and accurately. His drawings were rendered in pencil and he sometimes used washes of black or Chinese white. He used toned paper in grey-green, brown or tan and range in size. Some sketches are finely detailed; others are in a quick

shorthand-style used during the heat of the battle. Waud often made notes somewhere on the sketch to remind him of some small detail to perfect later. He occasionally placed himself into his drawings.

Although primarily a sketch artists, Waud's notes sometimes became articles, such as *A Day In the Life of the Army of the Potomac*, published in the *New York Illustrated News* in October 1861. He published more field sketches than any other artist during the Civil War.

Following the war, Alfred went south to illustrate a series on Reconstruction for *Harper's Weekly*. From 1866-1867, thousands of words of his commentary and 85 of his drawings were used in a series. In 1872, he began a series of illustrations for a book called *Picturesque America*, which included drawings by a number of prominent artists. Waud's drawings included precise architectural illustrations of Chicago, Cincinnati, New Orleans, St. Louis and Milwaukee.

He later worked as a free-lance illustrator from his studio in New York. In later years, he became a competent photographer, occasionally using photographs as an aid in composing his drawings. His versatility as an illustrator is exemplified by the varied subjects he depicted such as seascapes and nautical subjects, historical renderings, portraits and architectural drawings and live-action illustrations.

Alfred Waud died on April 6, 1891 at the age of 62 in Marietta, Ga., following a heart attack while on a sketching tour of southern battlefields. The Waud Collection, considered to be a national treasure, is preserved in the Library of Congress and consists of 2,300 sketches by Alfred and his brother, William. Of that number, 1150 were Civil War related. He executed only a few colored paintings. He remained a sketch artist all his life.



My favorite - Custer at the Battle of Woodstock Races - October 1864 - before the start of battle - bowing to friend, West Point classmate and Confederate, General Stephen Ramseur.

Five Tips to Boost Your Circulation



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

University Heights, Ohio

When the temperatures are dropping, you may be shivering even in heavy layers of clothing. If you can't remember what it felt like to have warm hands and feet, read on to learn five natural ways to boost your circulation and be warm from the inside out!

Cold hands and feet occur when blood vessels constrict or become obstructed, causing extremities to change in color from pink to purple, blue, or white. The source can be anything from exposure to extreme cold, poor circulation due to heart disease, frostbite, stress side effects of medications, and prolonged work with vibrating equipment such as jackhammers. Cold extremities are more common in women than men.

Chinese medicine considers coldness in the body to be due to a diminished flow of the body's yang (or fire energy) or as the result of insufficient blood. But diet and lifestyle changes along with exercise can help relieve the symptoms. Here are some of my favorite recommendations:

1. Spice therapy fires up vitality

When you eat spicy food, your body may react by increasing in body temperature, becoming red in the face, and perspiring - all signs that your blood vessels are dilated and your blood flow is sped up. Many spices have been clinically found to prevent blood clots, and improve circulation, particularly cayenne, turmeric, garlic, and onions. Ginkgo, turmeric, cinnamon, and ginger improve circulation in the fingers and toes. Other warming spices include black pepper, fennel, anise, and cardamom. Use these spices liberally in your cooking and teas to boost circulation.

2. Warming bedtime tea for soothing sleep

Steep 1 tablespoon each of cinnamon and clove in 1 cup of hot water. Drink a cup of this tea in the evening to warm your insides, which encourages a good night's sleep. Wear socks and gloves to bed to

maintain warmth in your extremities.

3. Take a steamy, spicy bath

Simply boil 1 tablespoon each of these spices in a large pot for 15 minutes: crushed black pepper, cayenne pepper, ginger, cinnamon, rosemary, oregano, sage, and cumin. Pour this mixture into your bath through a strainer and fill the rest of the tub with hot water. Not only will you be warmed by the spices, but you'll also smell delicious.



This bath is best taken before bedtime.

4. Eat warming food

Eat plenty of omega-3 rich foods such as mackerel, herring, salmon, and anchovies. Also, incorporate blood-building meats such as lamb, beef, and wild game into your diet. Iron-rich foods can help warm up those cold hands; try spinach, broccoli, dried plums, oats, quinoa, sunflower and sesame seeds, walnuts, yams, squash, kale, onions, leeks, chives, garlic, scallions, and parsley. Raw foods and icy cold foods and beverages should not be on the menu during these cold months. Drink only warm or hot water.

Caffeine constricts blood vessels and can cause cold hands and feet, so it is best to avoid coffee. Avoid alcohol, because although it may temporarily be warming, it actually lowers body temperature. Cut out smoking, as it impairs circulation.

5. Exercise to activate the flow of energy

Regular physical activity is essential to promote smooth flow of energy in your body, prevent blockages, and stimulate healthy circulation.

May you live long, live strong, and live happy!



"It's hard to lead a cavalry charge if you think you look funny on a horse."

- Adlai Stevenson

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: Captain William W. Crow, USN
Commanding Officer, NAB Little Creek
NAB Little Creek Color Guard

Saturday, May 16

- Open Day -

**REGISTRATION & RESERVATIONS ARE
REQUIRED**

Reunion Registration Closed



FAIR WINDS AND FOLLOWING SEAS

7th LST 1156 Reunion

SPECIAL REUNION RATES

Airline: CONTINENTAL AIRLINES



Call your travel professional or Continental
MeetingWorks at 800-468-7022

Refer to:

Agreement Code: BKK2F6 & Z Code: ZDXF
Additional 3% discount when booking on-line.

www.continental.com

* * *

Hotel:

Lake Wright

Two Great Hotels in One Terrific Location

Reservations: 1.800.228.5157

Request USS Terrebonne Parish Group Rate.
Quality Suites: \$109.00 (plus tax), rate includes Hot
Breakfast Buffet for 2 adults per room.

Sleep Inn: \$89.00 (plus tax), rate includes Hot
Breakfast Buffet for 2 adults per room.

Reservation Deadline for group rate: April 11, 2009

* * *



Auto: AVIS CAR RENTAL

For Discount rates: Call 1-800-331-1600

Reservations online at: www.avis.com

Use Discount Code Number J992066

An 1156 Communications Publication

Published bi-monthly, and is the official
publication of the USS Terrebonne Parish (LST
1156) Association.

NEWSLETTER STAFF:



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

LST 1156 Association Officers:

David Bader, JO2, President

Bill McKnight, CSSN, Vice President

Bob Slovey, YN3, Secretary

Larry Adcock, RD2, Chaplain

Nick Gardner, QM3, E-mail Coordinator

Rick Erisman, RM3, Historian

Mark Allen: Webmaster - *Red Bank Web*