



Est. 2002



Dave Bader – President
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NEWSLETTER

Issue # 62

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July-August 2009



The Little Creek Experience



NAB Main Gate

Norfolk, Va.

For the sixth year the red carpet was rolled out for former LST 1156 crewmembers and guests at this year's reunion. The 2009 event was hosted in May at the Lake Wright Hotel, Norfolk, Va., the site of our *First Annual Reunion* in 2002.

As in past programs, this year's attendees represented many different eras of service aboard the 1156, and enjoyed four days of fun-filled activities including a T-Bone Backyard Buffet, evening dining, tour of the Naval Amphibious Base Little Creek, a tour of historic Jamestown and Williamsburg, and much shipmate camaraderie.

Commemorative gifts for attendees this year included a Heritage Collection 11-ounce goblet with etched T-Bone association logo and *Fair Winds and Following Seas*.

Other gifts included 2009 commemorative ball caps for the former officers and crewmembers *Footies* socks with Gator embroidered image for the ladies, and customized Navy anchor lapel pins.

This year's dinner banquet included the Naval Amphibious Base Little Creek Color Guard. Special guests included our guest speaker Captain **William W. Crow**, USN, Commanding Officer, Naval Amphibious Base, Little Creek, and NAB Public Affairs Officer **Scott Mohr**.



Photo by Scott Mohr, NAB PAO\

The NAB Little Creek Color Guard presented colors, and the National Anthem was sung by the LST 1156's last Commanding Officer, CDR **Mark V.V. Nelson**, USN (Ret.).

First time T-bone reunion attendees include: **Lt(jg) Gary Augustine**, ('61-'65) and his wife Judy; **Gary Benson**, YN2, ('54-'56), and his wife Sandy; **LT(jg) Donald Howell**, ('67-'69; **LT Ed Lubin**, SC, ('58-'60); **LT(jg) E. Lindsay Shuford**, ('58-'61); and **Terry Rowe**, SK2, ('59-'62), his wife Shirley, granddaughter Lindsey and her friend Chris Ferebel.

Our traditional *Tolling of the Bell* ceremony to honor deceased shipmates was conducted by T-bone Association Chaplain, **Larry "Rocky" Adcock**, RD2, ('53-'56), and **Nick Gardner**, QM3, ('59-'61).

As has been done at each of our prior reunions, several attendees won a variety of commemorative door prizes.

CO's Remarks Focuses on Base's Continuing Mission



Photo by Scott Mohr, NAB PAO

At this year's dinner banquet held on May 15, our guest speaker, NAB Little Creek CO, Captain Bill Crow's comments included an overview of the mission and major activities of the base that he has commanded since December 2006.

The Captain's remarks touched upon important initiatives that have impacted on the base during the past few years, and the programs being implemented now and in the immediate future.

What follows is a brief summary of his remarks.

*By ENS **George F. McClure**, Stores/Operations Officer ('55-'57)*

Winter Park, Fla.

Little Creek is the largest amphibious base in the world, surpassing PhibPac at Coronado, Calif. That facility doesn't have a harbor.

Effective in October 2009, Little Creek will join with Fort Story as the Joint Expeditionary Base, Little Creek/Ft. Story. An Army Expeditionary Battalion is based at Ft. Story.

Geographically, Little Creek is totally within the boundaries of Virginia Beach.

Knowledge of mission is important: "You don't know where you are going if you don't know where you came from." We carry forward the Navy tradition (as the USS Terrebonne Parish did) on to the present.

'Amphibiosity' Takes the Lead

The Navy, with its amphibious force, forms a credible deterrent to project power anywhere in the world. We like to refer to it as "Amphibiosity". It

saved the Pacific war in WW II, as well as D-Day at Normandy.

The amphibbs will never leave Little Creek – the force has moved equipment and logistics for the Iraq war. We continue to be an important component in the war there.

Before 2001, Little Creek was a "Sleepy Hollow" – with a population of 9,000. Now it has a population of 14,500, and will grow to 17,000 – larger than NAS Oceana.

SEALS Home Base

All Navy SEALs are trained and based at Little Creek, except for a few at Dam Neck. SEALs are fighting in caves in Afghanistan, also doing explosive ordnance disposal (EOD). The message is: "Don't leave home without them."

The Naval Network Warfare Command is also based in Little Creek – headed by a 3-star admiral. Among other things, it oversees Navy email.

The "dirt Navy" – the Naval Expeditionary Combat Command (NECC) – is headquartered in Little Creek. Its tasks include Explosive Ordnance Disposal (EOD).

They render safe all types of ordnance, both conventional and unconventional, improvised, chemical, biological, and nuclear to include Improvised Explosive Devices (IEDs) and Weapons of Mass Destruction (WMD).

Riverine Squadrons

The Marines took over Riverine warfare before Iraq as part of the NECC. Riverine Group One and Riverine Squadron One are both in Little Creek. They were patrolling the Euphrates River in less than a year after arrival in Iraq. There are three squadrons – two in Little Creek and one at Yorktown.

These squadrons patrol coastal areas and safeguard shipping lanes and oil platforms in Iraq.

Fourteen thousand sailors are on the ground in the Mid-east, to relieve Army and Marines.

LCSs to be based at Little Creek

The LPDs now at Little Creek will move to NOB (Naval Operating Base) Norfolk. The Littoral Combat Ships (LCS) (ten of them) will have Little Creek as the homeport. [LCS 1, USS Freedom, has been completing its acceptance trials from Little Creek – since it was built in the Great Lakes, there were some trials that could not be completed there.]

(Continued on Page 3)

(Continued from Page 2)

USS Oak Hill (LPD 51) Moored at NAB



Photo by Jim Gilbert, SM2

The LCS is a flexible platform, with “Plug and Play” modules installed for specific missions – Maritime interdiction, mine warfare, and anti-submarine warfare. The goal now is “getting the bugs out”.

After the passage of the Goldwater Nichols DOD Reorganization Act of 1986, the services talk to each other now.

Joint bases will permit new synergies and efficiencies. Twenty-seven bases were closed through recent Base Closure and Realignment Commission (BRAC) recommendations, or combined as joint bases now. As a result, Ft. Eustis is now the “mother ship” of Ft. Story. Langley AFB will soon be a part of Ft. Eustis, as well.

NAB Little Creek is the fastest-growing base in the Navy. There is a space deficit now – 141 mobiles are used to house the overflow.

We have an all-volunteer Navy now, and there is a waiting list to join.



Photo by Scott Mohr, NAB PAO

T-Bone Welcome: Captain Bill Crow following his introduction as guest speaker. That’s ENS George McClure, (’55-’57), on the right.



Captain Crow receives T-bone commemorative plaque from Association President, **Dave Bader**, JO2, (’54-’56) following his remarks to attendees at this year’s dinner banquet.



Photo by Jim Gilbert, SM2

1156 Association Secretary, Bob Slovey, YN3, and **CDR Mark V.V. Nelson**, USN (Ret.), (’70-’71), chat with guest speaker, **Captain Bill Crow** at reception prior to banquet dinner on May 15.

America Celebrates July Fourth





On July 4, 1776, the thirteen colonies claimed their independence from England, an event that eventually led to the formation of the United States.

Each year on July 4th, also known as Independence Day, Americans celebrate this historic event.

Conflict between the colonies and England was already a year old when the colonies convened a Continental Congress in Philadelphia in the summer of 1776. In a June 7 session in the Pennsylvania State House (later Independence Hall), Richard Henry Lee of Virginia presented a resolution with the famous words: “Resolved: That these United Colonies are, and of right ought to be, free and independent States, that they are absolved from all allegiance to the British Crown, and that all political connection between them and the State of Great Britain is, and ought to be, totally dissolved.”

Lee’s words were the impetus for the drafting of a formal Declaration of Independence, although the resolution was not followed up on immediately. On June 11, consideration of the resolution was postponed by a vote of seven colonies to five, with New York abstaining. However, a Committee of Five was appointed to draft a statement presenting to the world the colonies’ case for independence. Members of the Committee included John Adams of Massachusetts, Roger Sherman of Connecticut, Benjamin Franklin of Pennsylvania, Robert R. Livingston of New York and Thomas Jefferson of Virginia. The task of drafting the actual document fell on Jefferson.

On July 1, 1776, the Continental Congress reconvened, and on the following day, the Lee Resolution for independence was adopted by 12 of the 13 colonies, New York not voting. Discussions of Jefferson’s Declaration of Independence resulted in some minor changes, but the spirit of the document was unchanged. The process of revision continued through all of July 3 and into the late afternoon of July 4, when the Declaration was officially adopted. Of the 13 colonies, nine voted in favor of the Declaration, two – Pennsylvania and South Carolina – voted No, Delaware was undecided and New York abstained. John Hancock, President of the Continental Congress, signed the Declaration of Independence. It is said that John Hancock’s signed his name “with a great flourish” so England’s “King George can read that without

spectacles!”

Today, the original copy of the Declaration is housed in the National Archives in Washington, D.C., and July 4 has been designated a national holiday to commemorate the day the United States laid down its claim to be a free and independent nation.

We reprint this historical message about the origin of the Declaration of Independence each July in recognition of July 4th.

Houma Sailor ‘Ships Over’ Near T-bone Display At Houma Military Museum



Photo by Emily Schwarze Houma Courier Staff

Petty Officer 2nd Class Benjamin Badon, 39, who first joined the Navy in 1989, re-enlisted last month during a brief ceremony at the Regional Military Museum close to the T-bone display in Houma as family and friends look on.

8th LST 1156 Reunion



Las Vegas, Nevada - 2010



Talk About a Small World

By *John Kryvanick, ET3, (LST 1161)*

Houma, La.

When Liz and I left the Norfolk reunion on Saturday, May 16, we went to Elizabeth City, N.C. to visit some friends. Actually our daughter's best friend who recently had a baby. Her husband (Travis) is a helicopter mechanic with the Coast Guard, an AM1.

While sitting in his garage having a beer, he mentioned his neighbor, Sonny, across the street was former Navy and wanted me to meet him. A short time later Travis saw him coming out of his house and called for him to come over.

After chatting for a while, he asked what brought us up there from Louisiana. I told him about the reunion, and he mentioned his brother-in-law had attended a ship's reunion in Louisiana some several years ago. I asked what ship? He responded it was something or other parish. I said the Terrebonne Parish? He said yes.

His brother-in-law is **Andy Vyniski**, FN, from Nutley N.J., I about fell over. He told me Andy is busy with the family business so that's why he hasn't been at some of the other T-bone reunions.

Lights, Cameras, Taxin'

A woman in Winter Haven, Florida, received a \$316 bill for "accident response fees" from an incident in February where she sideswiped a van.

The city is one of a few dozen around the country to pass the expenses on to at-fault drivers. If the lights and sirens are tending, some municipalities are sending bills to recoup costs.

Washington D.C. Mayor Adrian Fenty wants to add \$4.25 a month to everyone's electric bill as a "streetlight user fee" to cover operating and maintenance costs.

New York City expanded its anti-idling law and will levy a \$100 fine on any motorist parked near a school with the engine running for more than a minute.



Sailors and Marines unfurl a football field-sized American flag at Dodger Stadium during pre-game activities before a Major League Baseball game between the Los Angeles Dodgers and the San Francisco Giants.

Green Thumbs Up



The following entities are driving environmentally friendly programs:

- **New Jersey** instituted a low-emission program that will require automakers to sell zero-emission and hybrid cars.
- **New York** is rolling out a hybrid car production and research initiative that will help create electric batteries and energy storage technologies for plug-in hybrid vehicles.
- **Connecticut, Maryland and Virginia** provide state tax exemptions for those who purchase hybrid cars.
- **The Salt Lake City Police Department** added hybrid Toyota Camrys to its fleet.



U.S. Navy's ongoing mission:

Maintaining the freedom of the seas.

‘Port to Starboard’

By **Judy Robinson**, Associate Member

Kirkwood, Missouri

At our first reunion, in 2002 we toured the entire Naval Operating Base (NOB) and Navy sights to the left side of Norfolk. This reunion we took in all the (Norfolk) right side and NAB Little Creek.

Some of us (**John DiPofi, Les and Rachael Wise, Richard and Judy Broyles, Ron** and I) even did a little “Double dipping” and again took the harbor cruise this year as we did in 2002 to view all the in-port active ships.

What an awesome sight to see in this time of crisis for our country. We actually watched a ship with hull number 50 being loaded with ammunition that was to be deployed that afternoon. Many tugs were in place to guide her out of her berth with very tight security

Our memories of this reunion were once again made special by seeing many old friends and meeting several new ones. Having eight officers in attendance was a real plus. Five of which were on board during Ron’s tour of duty. Happily very few remembered he was the CSSN.

Ron talked for weeks about seeing “Mr. Lubin”, the Supply Officer, again after 50 years. “Ed” (Ron can call him that now) was the one officer he dodged contact with at every opportunity. Mainly so as not to be corrected with, “Straighten that hat, sailor”. I really believe they both enjoyed a strong sincere handshake when they were again together in port.

Wednesday’s cookout was a casual, picnic style get together to catch up on old times with those we missed at sign in at the hospitality room.

Many enjoyed Thursday’s tour of Colonial Williamsburg and Jamestown Settlement. We were there on our own with **Rick and Donna Erisman**. We have for the past seven reunions enjoyed sharing a special afternoon and “bubba” lunch together.

Friday’s tour to Fort Story and the Naval Amphibious Base Little Creek sure were eye openers to our “old salts”. My how times have changed. The NAB CPO Club lunch was

outstanding. Wish I had the recipe for those chocolate chip cookies.

The covered train ride thru the Norfolk Botanical Gardens, later that day, was still beautiful even with the downpour of rain. Our dinner banquet was, as usual, the “grand finale” of all events, including the NAB Little Creek Color Guard.

Our guest speaker **Captain William W. Crow** sure made us proud to be Americans. We can read any newspaper and not get the true picture of our reasons on involvement in any conflict.

Hearing and seeing the commanding officer of the largest amphibious base in the world stand so tall and firmly tell us with a tear in his eye how great his troops are and in the same breath thank all of the men of the Terrebonne Parish for their service was beyond words to me.

In closing I want to thank our Executive Board for another first class reunion. Ron and I look forward to seeing you in Las Vegas. Until then have happy days, good health and please keep in touch. *Judy.*



KODIAK, Alaska – SEAL Qualification Training candidates hike through deep snow during a long-range land navigation exercise. The candidates will spend 48 hours in the Alaskan mountains learning how to navigate through the rugged terrain and survive the frigid conditions. The 28-day cold weather exercise taught in Kodiak is part of a year-long process to become a U.S. Navy SEAL.



Personal Impressions

By Sue Carney, Ph.D.



Undergrad & Graduate School Commencements

Frederick, Md.

Graduation ceremonies are a long enough process when you're one of the graduates, but at least the excitement of finishing a degree and a sense of accomplishment accompany the day.

Commencements are an even longer process when you're a faculty member – and the spouse of a graduate – with three ceremonies at two institutions! I had the experience this spring of sitting through both the undergraduate and graduate school commencement ceremonies at my college and my husband's doctoral degree ceremony in the same weekend.

Fortunately, they were on different days so I could attend them all, but it did make for a long weekend. At many smaller colleges especially, faculty are encouraged, if not required, to attend graduation. It does make the event nice for the students and their friends and families; they can see the people who have taught (or at least, tried to teach) their children for the past four years.



The traditions of academic regalia complete with caps, gowns and hoods, and all of the “pomp and circumstance” that go along with the ceremony also make the day unique, if not amusing – and a bit impractical. No one looks good in a cap and gown, especially when it's a 90-degree, sunny day and the gowns are made of dark polyester or wool and velvet. I did have quite a few seniors in

my classes this year, so it was nice to see them off. It was also entertaining to meet some of their parents. In many cases, it explained a lot about some of the characteristics I had gotten to know in their children. I even had one set of parents profusely thank me, and somewhat apologize, for having to deal with their son in two classes this year. He wasn't a bad guy, just not the best time manager, and as a result, he barely made it through and required a lot of attention.

Three commencements meant three commencement speakers. I learned quite a few things about what makes a commencement speech good or not so good. Not-so-good speeches are the ones that are too long – nobody wants to hear one person talk for 45 minutes in the midst of all of the other time it takes to get through a ceremony. This was evident in the reactions of many of the audience members who grew quite restless during an especially long speech (if they were still awake). Good speakers at graduation are concise, maybe use a bit of humor, and definitely leave a clear message with the audience.

Of course, the overlying theme shared in part by all of the speakers I saw this year was the fact that the graduates were headed out into the worst economy this country has seen in a long time. I can't say that I'm envious of them.

Another academic year down, many more years to come. Fortunately, now that my husband is now a Ph.D. recipient as well, I'll only have two ceremonies in any future graduation weekend instead of three!

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.

Support your Association!

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

Annual Dues (\$25.00)

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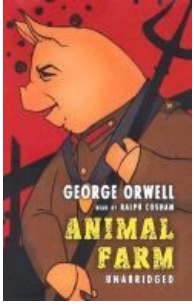
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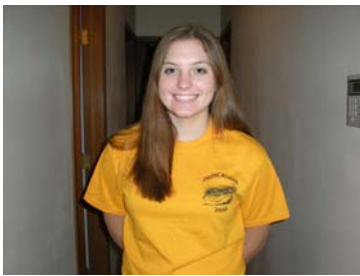
USS LST 1156 Association



Bookshelf



- *Animal Farm*, published in England in 1945.



Book review by **Sarah Martin**

Worthington, Ohio

When farm animals are brought up in a conversation the most natural instinct is to think of the animals that provide meat and dairy. The most fascinating thing is that when George Orwell thinks of animals he thinks of Russia.

When his rebellious animals overthrow farmer Jones, things become very interesting. In a typical society, when power falls a power struggle begins, and on *Animal Farm* it is no different. The brains of the farm are easily seen as the dogs and the pigs, but two pigs in particular try to push their way to the top, Snowball and Napoleon. Snowball thinks that the farm would be more efficient and better suited for the animals by building a windmill to generate power. Napoleon despises the plan until Snowball is forced out of the picture by Napoleon's personal KGB, the dogs, and then claims that Snowball stole his idea.

Soon as things start to go well on the farm, there are necessary changes that "must" occur. Then the animals lose the ability to think for themselves when Napoleon's "yes man", Squealer, tells the less intelligent animals that they are imagining these horrible things. Soon enough, Napoleon has total control over the entire farm. Not one animal can

remember if life was better before the rebellion when the animals were neglected and abused or now that they are "free."

Orwell uses a unique style to make the rising of communism understandable. When information is withheld and disparity takes over, any source of hope is better than none, but in reality one must think is it worth it? The entire book is filled with symbolism, all of the animals represent the people in Russia, the dogs act as the KGB, and the famous Napoleon is none other than Joseph Stalin.

This book is a satire based on events in Russia after the October 1917 revolution, and on what happened during the World War II time era in Russia under the rule of Stalin.

It is amazing how something so informational can be so entraining. I can honestly say that I learned more about how Communism works in this short book than I have ever learned in school. Personally, this is what made this book worth writing about, and I wanted to share my review of this classic book with readers of the T-bone Association *Newsletter*. Who would have thought that a book about farm animals could be so educational and entertaining?

Also of interest is the fact that *Time* Magazine chose the book as one of the 100 best English-language novels (1923 to 2005), at number 31 on the Modern Library List of Best 20th-Century Novels. It is also included in the Great Books of the Western World.

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

Houma Regional Military Museum



Honoring

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

Website:

www.regionalmilitarymuseum.com



Health Insights

B Vitamins May Benefit Eye Health



By **Beverlee Keels, CMA**

Columbus, Ohio

Taking B vitamins can prevent a common type of vision loss in older women, according to the first rigorous study of its kind.

It's a slight redemption for vitamin supplements, which have suffered recent blows from research finding them powerless at preventing disease.

Age-related macular degeneration is the leading cause of blindness in people 65 and older, with nearly two million Americans in the advanced stage of the condition. It causes a layer of the eye to deteriorate, blurring the center of the field of vision and making it difficult to recognize faces, read and drive. There's no cure, but treatment can slow it down.

The women in the study took a combination of B vitamins – B-6, folic acid and B-12 – reduced their risk of macular degeneration by more than one-third after seven years, compared to women taking dummy pills. The study, involved more than 5,000 women age 40 and older.

SOURCE: Archives of Internal Medicine

Savvy Savings for Shoppers

To save on groceries without sacrificing nutrients, *Consumer Reports on Health* says skip prepared foods and produce that have already been cut; look on the top and bottom shelves since pricier items tend to sit on the middle ones; buy store brands; and fill your basket with beans, potatoes, low-sodium canned soups, and other low-cost high-nutrition foods.

Veterans' Corner



SSA COLA Update

Now that our federal budget deficit is the only major economic indicator that's roaring upward, Social Security benefits may be next to go through the wringer.

The policy experts are quietly considering a number of ways to "fix" Social Security's solvency, and Cost-Of-Living Adjustment (COLA) cuts appear high on a short list of remedies. Late last year, the Social Security Administration released a policy paper examining the financial impact of COLA cuts.

The paper looks at how the benefits of a number of different demographic groups of beneficiaries would be affected, as well as the effect such a change would have on Social Security's solvency. The analysis found that cutting COLAs by one-half of a percentage point (0.5%) would take care of almost 40% of Social Security's long-range imbalance.

If COLAs were cut a full point (1.0%), that would fix almost 78% of Social Security's long-range imbalance. Either would be a huge single fix, the cost of which would be borne entirely by people who have already started benefits and least able to afford it.

In the past, reducing the growth rate of COLAs has appealed to lawmakers because the change looks deceptively tiny, especially in the first year or two. But don't let tiny numbers fool you. The cuts compound over time like interest.

Certain groups who receive benefits longer than average would experience larger reductions, and those groups include some of the sickest and oldest beneficiaries, women, widows, widowers and retired disabled people.

To learn more, visit the TSCL website at www.seniorsleague.org or call 1-800-333-8725.



'AHoy - NOW HEAR THIS'

DD 214s and Records Update

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



Archives Update

Pittsburgh, Pa.

In the last Newsletter I informed you that the estimated date of completion for my request for separation documents, personnel and medical records was April 30. On 4 May 21 I received correspondence dated April 29 from the National Personnel Records Center.

The information I received included 2 copies of my DD-214 with official certification seals; enlistment contract; record of discharge from the U.S. Naval Reserve (inactive); 9 pages of administrative remarks ranging from enlistment, recruit training, service schools and duty stations; enlisted performance record; Navy occupation/(training and awards) history; enlisted classification records; and 15 pages of report of medical/dental examinations. A total of 34 pages were received.

When I separated from active service aboard USS Coronado (LPD-11) February 21, 1973 the only documents I received listed above were a DD-214; enlisted classification records; and a complete Navy occupation/training and awards history which I did not receive from NPRC.

They only provided the occupation history page. They did not provide a history of assignments, which I had received. In addition I received the original performance evaluations when I separated from active service.

It was interesting to receive and read the documents I did not have in my military service collection. Although the time to process my request between January and May was lengthy, I believe it was worthwhile to endure the waiting period to compare what I had with what I received. It was gratifying to know that NPRC in fact had my separation documents/records. I believe that my personal service record is finally complete.

How to Get Your Service Info

If you are interested in learning what service documents the NPRC has for your military service to supplement your files, submit your request online at <http://vetrecs.archives.gov> to start the process.

1156 Napkin Ring to Houma

The last artifact donation to our archives, which will be included in our display case at the Regional Military Museum in Houma, La, was received during the *Seventh Reunion* in Norfolk, Va. During the *Sixth Annual Reunion* at Great Lakes, Ill. our last Commanding Officer, **Mark V.V. Nelson**, promised to donate a silver napkin ring which was presented by the Bath Iron Works at the launching of the ship on August 9, 1952.



Naval History

1941 – Commissioning of USS North Carolina (BB 55), which carried nine 16-inch guns.

1943 – Re-establishment of Commodore rank.

1959 – Selection of first seven Mercury astronauts, include four naval aviators.

1988 – USS Samuel B. Roberts (FFG 58) strikes an Iranian mine off Qatar.

1989 – The first Navy ship arrives on scene to assist in the Exxon Valdez oil spill cleanup.





Distance Support

A World of Support at Your Fingertips

Preexistence Theory

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

Pastor, North Flushing Assembly of God



Flushing, N.Y.

According to the preexistence theory, a soul created by God at some time in the past enters the human body at some point in the early development of the fetus.

More specifically, the souls of all people had a conscious, personal existence in a previous state. These souls sin to varying degrees in this preexistent state, condemning them to be "born into this world in a state of sin and in connection with a material body." The most important Christian proponent of this view was Origen, the Alexandrian theologian (ca. 185-ca. 254).

He maintained that the present state of being we observe now (the soul/body individual) is only one stage in the existence of the human soul. Hodge elaborates on Origen's view of the soul: "It has passed through innumerable other epochs and forms of existence in the past, and is to go through other innumerable such epochs in the future."

Because of its insuperable difficulties, the preexistence theory has never won many supporters. (1) It is based on the pagan notion that the body is inherently evil and therefore the embodiment of the soul is tantamount to punishment. (2) The Bible never speaks of the creation of human beings prior to Adam, or of any apostasy of humanity prior to the Fall in Genesis 3. (3) The Bible never attributes our present sinful condition to any source higher than the sin of our first parent, Adam (Rom 5:12-21; 1 Cor 15:22).

My next column will explore *Creationism Theory*.

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.

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FOOTBALL

2009 Schedule



Date	Opponent	Location	Time
09/05/09	at Ohio State	Columbus, Ohio	TBA
09/12/09	vs. Louisiana Tech	Annapolis, Md.	3:30 p.m.
09/19/09	at Pittsburgh	Pittsburgh, Pa.	TBA
09/26/09	vs. Western Kentucky	Annapolis, Md.	3:30 p.m.
10/03/09	vs. Air Force	Annapolis, Md.	3:30 p.m.
10/10/09	at Rice	Houston, Texas	TBA
10/17/09	at SMU	Dallas, Texas	TBA
10/24/09	vs. Wake Forest	Annapolis, Md.	3:30 p.m.
10/31/09	vs. Temple	Annapolis, Md.	3:30 p.m.
11/07/09	at Notre Dame	South Bend, Ind.	2:30 p.m.
11/14/09	vs. Delaware	Annapolis, Md.	3:30 p.m.
11/28/09	at Hawaii	Honolulu, Hawaii	TBA
12/12/09	vs. Army	Philadelphia, Pa.	2:30 p.m.

Valiant Steeds Of the Civil War



Pierre Gustav Toutant Beauregard equestrian statue in New Orleans, La.

By **Paula Johnson**, *Civil War Historian*

Columbus, Ohio

Many do not realize that of all the creatures in the animal kingdom, the horse is one of the most intelligent. His excellent memory records acts of kindness and cruelty. He shows affection and loyalty to his owner. Excellent eyesight allows for safe travel in darkness.

Although native to the Americas, horses became extinct here about 10,000 years ago for unknown reasons. They were re-introduced to North America in the early 16th century by Spanish explorers. Little use of the horse can be found during the American Revolution (1775-83), other than to convey generals and dispatch correspondence. The newly formed American Cavalry was able to cover vast distances during the Mexican War (1846-48).

It wasn't until the Civil War that horses were considered to be the most reliable means of transportation due to the regular destruction of the railroad lines. In fact, in many ways, the horse was as important as the soldier – they moved heavy artillery and cannon, supplies, and ambulances.

Millions of horses and mules were used during the American Civil War (1861-65) – over one million died in service; more often from disease, malnutrition or exhaustion. At Gettysburg alone, during the three-day battle (July 1 – 3, 1863) over 72,000 horses were present and nearly 5,000 died. By 1863, horses were so scarce that anyone caught mistreating a horse was severely reprimanded.

Interestingly, horses trained and drilled the same as soldiers – they were trained to remain calm and manageable under fire and to lay down when ordered.

A typical daily ration consisted of 14 lbs. of hay, 12 lbs. of grains (corn, oats and/or barley) and 10

gallons of water – more if the unit was on the move or the weather was very warm.

A typical brigade might include tens of thousands of horses and mules: Artillery horses, Cavalry horses, draught animals to pull wagons, ambulances and guns, saddle horses to carry couriers and officers (generals often traveled with several mounts) – all of which required daily food and water rations. As much as 800,000 lbs. of forage and grain might be required for one day. The average wagon carried about 1,000 lbs; so 400 wagons were required to carry an average daily ration – just for the horses and mules!

The finest horses were generally reserved for the Cavalry. Most cavalry units rode to a battle, but fought dismounted. A heavy cavalry charge, as depicted by Hollywood, was sometimes effective, but was not a common practice. Immediately, one-quarter of the cavalry unit was lost to “horse-holding”

Only generals and other officers remained mounted during a battle. They usually remained at the rear, so as not to be an easy target to the enemy.

The most famous and recognized horse of the Civil War was Traveller, the favorite horse of Confederate General Robert E. Lee.



Robert E. Lee on Traveller

Neither Lee nor Traveller was wounded during the war. Following the signing of the Articles of Surrender at Appomattox Courthouse, they both retired to Washington College (now Washington & Lee University) in Lexington, Va., where Lee acted as President until his death on October 12, 1870. During the funeral procession, Traveller faithfully followed the caisson bearing his master's casket.

Horses were so important during the time of the Civil War that a clause was included in the Articles of Surrender at Appomattox. Lee asked that all Confederate cavalymen be able to retain their horses. Grant agreed when Lee explained that most of these men would need their horses to do the spring planting when they returned to civilian life.

Horse cavalry began to be phased out after World War I in favor of tanks. Military equestrian units are primarily for ceremonial purposes today.

Immune System 101



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

University Heights, Ohio

The immune system is a complex combination of barriers, specialized cells –with names like natural killer cells – and proteins that identify invaders and work to protect us. Immune strength is highly related to food intake. What foods can we eat to help make the immune system stronger? Here are four of the best:

Carrots

Carrots are good for you because they are a rich source of beta-carotene. Beta-carotene is a powerful immune booster that actually strengthens defenses against both bacterial and viral infections. Studies show that the more beta-carotene consumed, the greater the increase in protective immune cells, including those natural killer cells. If you start getting carrot overload, you can get your beta-carotene from other great sources, such as mangoes, papaya, oranges, melons, and green leafy vegetables.

Mushrooms

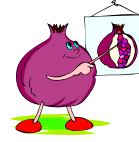
You'll be happy to know that the mouth-watering mushroom gravy over your favorite steak is actually a tremendous immune booster. According to recent studies, increased intake of white button mushrooms, which represent 90% of the mushrooms consumed in the U.S., enhances those natural killer cells, thus promoting immunity.

Pom Juice

One of the reasons pomegranates are a superfood is because they are loaded with immune-boosting antioxidants. Antioxidants protect and repair cells damaged by free radicals, making you better able to ward off infections and flu. Pomegranates have been shown to have extraordinary power to neutralize free radicals.

The fresh pomegranate fruit is only in season during the fall; however, you can get that protective

power all year by drinking the naturally sweet and unique tasting pom juice. *Pom Wonderful* the only company that bottles pure pomegranate juice from the "Wonderful" variety of the fruit, spent over \$30 million in clinical research demonstrating just how potent the antioxidants really are in Wonderful



pomegranates. Other pomegranate juice products contain added sugars and juice fillers and will not provide the same protective benefit. Superfoods also include blackberries, blueberries, and acai berries. It is always better to eat these berries raw and fresh rather than cooked – sorry, but blueberry muffins and blackberry pies won't boost the immune system as much as raw, fresh fruit or pure juice.

Yogurt

When consumed, probiotics, the good live bacteria in yogurt and other bacteria-fortified products, go to the digestive tract – the place where 70%-80% of our immune cells reside. Germs entering through the mouth will be warded off when they encounter these healthful bacteria. Foods that are naturally rich in healthy live cultures include sauerkraut and certain yogurts, such as Vitos. There are many new products on the market that are fortified with probiotics, including Kashi V Vibe cereal, milk, and even some baby formulas. To ensure that the good bacteria colonizes in the GI tract, you can take a clinically validated probiotic supplement, such as **BioGaia**, to boost your body's natural immunity.

The Ultimate Immunity Diet

Breakfast: Mix a nonfat Honey Vanilla Bean flavored Vitos Greek yogurt with mangoes and papayas. Enjoy with a bowl of Kashi Vibe cereal and a glass of Pom juice. Have one BioGaia supplement. Replace your coffee with a green tea.

Lunch: Enjoy a turkey sandwich on wheat along with a spinach salad on the side with plenty of mushrooms and carrots.

Snack: Have a Greek yogurt smoothie with plenty of blueberries and blackberries and another green tea.

Dinner: Eat a succulent lean filet or chicken breast smothered with a garlic-rosemary mushroom sauce, with a side of brown rice.

REUNION 2009 - NORFOLK

Paparazzi



Photo by Nick Gardner, QM3

LST 1156 officers – From left: LT(jg) E. Lindsay Shuford ('58-'61), LT Ed Lubin (SC), ('58-'60), ENS Frank Jarema, ('59-'60), and former XO Em Hansell ('58-'60) meet again to share some memories.



Photo by Alice Langford

Good Ol' Boys? – LST 1156 1953-1956 shipmates together at this year's reunion. From left: Fred "Speedy" Langford, EM3, ('54-'56); Ensign George McClure, ('55-'57); Larry "Rocky" Adcock, RD2; ('53-'56); Gary Benson, YN2; and Dave Bader, SHSN.



Photo by Nick Gardner, QM3

LT(jg) E. Lindsay Shuford ('58-'61), left, and LT(jg) Gary Augustine ('61-'64) get set for a photo op during reception at Norfolk's Lake Wright Hotel prior to dinner banquet on May 15, 2009.



Photo by Nick Gardner, QM3

Jim and Janet Gilbert with John DiPofi, DC3, far left, and Terry Rowe, SK2, in the background at the cocktail hour just before the dinner banquet at the Lake Wright. Jim served aboard the T-bone as a SM2.



REUNION 2009 - NORFOLK



Photo by Nick Gardner, QM3

Dave Henk, GM3, left, and **Jerry Deardorff**, EN3 at reception sharing some T-bone seas stories. Far left and partially hidden is FC1 **Shawn Harmon** NAB Color Guard lead petty officer. Lt(jg) **E. Lindsay Shuford**, far right.



Photo by Nick Gardner, QM3

TACTICAL PLANNING SESSION – from left: **John DiPofi**, DC3, (left), and **Les Wise**, EN3, during tour of Fort Story Army Base. Also pictured are **Jerry Deardorff**, EN3, and **Rick Erisman**, RM3



Photo by Joyce Gardner

Former shipmates – From left: **Nick Gardner**, QM3, **Terry Rowe**, SK2, and **Gordon Robinson**, YN3, have the opportunity to meet again.



Photo by Nick Gardner, QM3

Em Hansell and **Ellen Hansell** during cocktail reception at Lake Wright. LT Hansell is a former XO of the LST 1156.



REUNION 2009 - NORFOLK



Photo by Nick Gardner, QM3

The Erisman's, Rick and Donna waiting for the bus back to the hotel following tour of Norfolk's botanical Gardens. RM3 Rick is the T-bone Association's Ship's Historian. Rick looks like a CO with those scrambled eggs on the bill of his LST 1156 ball cap.



Warship's moored at Jamestown Harbor, taken by **Nick Gardner, QM3**, during a tour of Jamestown Village May 14.



Photo by Nick Gardner, QM3

Ex- LST 1156 crewmembers, left to right: **Frank Moran, SHB2, Dave Bader, JO2, Bob Amee, SHB3, and Bill McKnight, CSSN**, planning strategy on the bridge.



Photo by Janet Gilbert

Seventh LST 1156 Reunion shipmates and guests getting ready for official taking of group photo at Lake Wright May 15.



REUNION 2009 - NORFOLK

Paparazzi



Jim and Janet Gilbert while waiting for tour bus.



Photo by Janet Gilbert

Crewmembers Rich Kunz, SN, and Jim Gilbert, SM2.

Fort Story Lighthouses

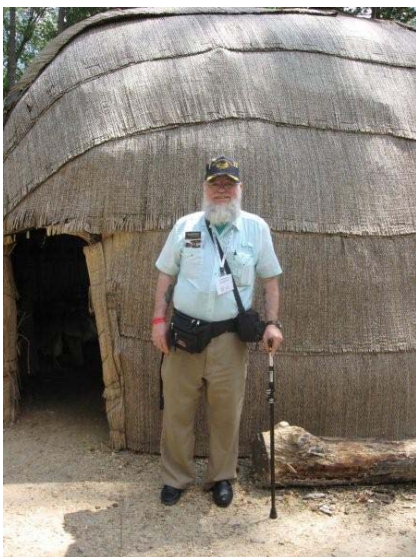


Photo by Jim Gilbert, SM2

Rich Kunz, SN, outside colonial day hut during tour of Jamestown Settlement.



Photo by Jim Gilbert, SM2



REUNION 2009 - NORFOLK



Photo by Jim Gilbert, SM2

Colonial BM2 awaiting liberty call.

T-bone sailors on Bow Watch



Photo by Jim Gilbert, SM2



Photo by Janet Gilbert

Jim Gilbert, SM2, searching for the right fit in colonial battle armor.



Photo by Janet Gilbert, SM2

George Fox, FT3, and Dorothy Fox make way for horse drawn carriage during Williamsburg and Jamestown tour.

REUNION 2009 - NORFOLK

Paparazzi



Photo by Janet Gilbert

Jerry and Sonja Deardorff at historical Williamsburg tour on May 14.



Photo by Jim Gilbert, SM2

Far left: Joyce Gardner, Richard Kunz, Jr., and Rich Kunz, SN, at Lake Wright reception.



Photo by Janet Gilbert

NAB Little Creek Color Guard at Lake Wright reception, left to right: Shawn Harmon, FC1; Brandon Waugh, HM1; Darrel Rabarabrokate, MM3 and Nathaniel Kunst, CTN3.



Photo by Jim Gilbert, SM2

From left: (back to camera) LT Em Hansell (XO), and ENS Frank Jarema chat about their wardroom days; and former shipmates: Nick Gardner, QM3; Terry Rowe, SK2; and Gordon Robinson, YN3, meet again at 2009 Norfolk reunion.



REUNION 2009 - NORFOLK



Photo by Janet Gilbert

LST 1156 CREWMEMBERS – (left to right) Bob Amee, SHB3; Dave Belt, ETN2; Ed Ring, HT2; Jim Gilbert, SM2; CDR Mark V.V. Nelson, CO; Rick Erisman, RM3; and Bob Slovey, YN3, at May 15 Lake Wright reception.

Shipmates and Guests on Deck



Photo by Janet Gilbert

Shipmates and guests getting ready for official taking of group photo at Lake Wright Hotel on May 15.



Photo by Jim Gilbert, SM2

The Crosslands – Gary and Jeanne at My 15, 2009 reunion reception.



Photo by Jim Gilbert, SM2

The official NAB Little Creek Color Guard during ceremonies on May 15. The Color Guard prepares to present the flags of the United States, the Navy, and the Marine Corps as a part of our formal dinner program in the Lake Wright Ballroom.

Little Creek Scenes



Photo by Jim Gilbert, SM2



Photo by Jim Gilbert, SM2

LPD 51 tied up opposite the LCS 1 piers where the LST 1156 tied up when at Little Creek.



Photo by Jim Gilbert, SM2



Photo by Janet Gilbert, SM2



Photo by Janet Gilbert, SM2



*U.S. Navy's ongoing mission:
Maintaining the freedom of the seas.*

7th LST 1156 Reunion Group Photo



Photo by Jeffrey Aldrich, Group Photo USA

First row (seated), left to right: Les Wise, EN3; Leo Robbins, CS3; Richard Broyles, SH3; Bill McKnight, CSSN; CDR Mark V.V. Nelson, CO; John Kryvanick, ET3, (LST 1161); Gordon Robinson, YN3; John DiPofi, DC3; Nick Gardner; QM3; George Fox, FT3; Ed “Bo” Bobal, BM3; Steve Kopchik, SN; LT(jg) E. Lindsay Shuford; Terry Rowe, SK2. **Second row (left to right):** Jerry Deardorff, EN3; Larry Van Der Snick, EN3; Larry “Rocky” Adcock, RD2; Ron Robinson, CSSN; Fred “Speedy” Langford, EM3; LT(jg) Gary Augustine; Rich Kunz, SN; Gary Crossland, RM2; ENS Frank Jarema; Gary Benson, YN2; LT “Em” Hansell, XO; LT Ed Lubin (SC); Frank Moran, SHB2; Bob Amee, SHB3; Dave Bader, JO2. **Third row, left to right:** Dave Belt ETN2; Homer Moore, PN3; Captain Bill Crow. CO NAB Little Creek (Guest Speaker); Rick Erisman; RM3; Ron Bloss, GM3; Bob Slovey, YN3; Ed Ring, HT2; Jim Gilbert, SM2; ENS George McClure; Dave Henk, GM3; John Groff, EN2; Mike Brost, EN2; NAB Color Guard: Darrel Rabarabrokate, MM3; Nathaniel Kunst, CTN3; Brandon Waugh, HM1 and Shawn Harmon, FC1.

FI\$CALLY FIT



FY 2010 Membership: 110

Our total membership for the new fiscal year (FY 2010) is at 108. That includes **99** regular members and **eleven** associate members.

Due to the coverage of this year’s reunion activities in this issue, a full membership list will appear in our next bi-monthly **NEWSLETTER** publication (September/October 2009).

Shipmates and Guests Group Photo



Photo by Jeffrey Aldrich, Group Photo USA

First row (seated), left to right: Les Wise, Leo Robbins, Richard Broyles, Bill McKnight, Mark V.V. Nelson, John Kryvanick, Gordon Robinson, John DiPofi, Nick Gardner, George Fox, Ed “Bo” Bobal, Steve Kopchik, E. Lindsay Shuford, Terry Rowe. **Second row left to right:** Ed Lubin, Rachel Wise, Sonja Deardorff, Larry Adcock, Judy Broyles, Meg Groves, Liz Kryvanick, Fred “Speedy” Langford, Gary Augustine, Judy Augustine, Joyce Gardner, Jeanne Crossland, Dorothy Fox, Frank Jarema, Gary Benson, Dorothy Kopchik, Ellen Hansell, Frank Moran, Bob Amee. **Third row, left to right:** Scott Robbins, Jerry Deardorff, Lynda VanDerSnick, Lois Adcock, Ron Robinson, Judy Robinson, Judy Robinson, Alice Langford, Ron Bloss, Bob Slovey, Rich Kunz, Gary Crossland, Nancy Henk, Sandra Benson (partially hidden), Lynn Brost, Em Hansell. **Top row, Left to right:** Larry VanDer Snick, Carol Belt, Dave Belt, Nabcy Moore, Homer Moore, Captain Bill Crow, Donna Erisman, Rick Erisman, Ed Ring, Jim Gilbert, George McClure, Dave Henk, John Groff, Judy Groff, Mike Brost, Richard Kunz, Jr., Jr., Betty Moran, Dave Bader, and Ed Lubin (once more once).

An 1156 Communications Publication

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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