

Veterans Tribune
C/O John Stewart
1716 East 42nd Street Place
Kearney, NE 68847



9.11.2001

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Managing Editor – John Stewart

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March - April 2010



VETERAN'S TRIBUNE



Dedicated to the Heroes of America – Our Veterans



*Special
This
Issue*

The United States Navy

Stories, Information and More!!!

Honor Flight Program slated to take veterans to World War II Memorial on April 17, 2010 at no charge to the veterans

Honor Flight Historic Triangle Virginia will host its third bus trip for World War II veterans to the World War II Memorial in Washington , D.C. on April 17, 2010. Veterans wishing to go on the trip should visit <http://honorflighthtva.org/> to download the application. Please submit your application as soon as possible so we can plan for the trip. If you have questions or comments, contact us at honorflighthtva@cavtel.net or if you prefer, call us at 1-877-424- VETS.

Honor Flight Historic Triangle Virginia Inc. is a Williamsburg based organization formed in October 2008. Our goal is simple: to take by bus every World War II veteran in the Historic Triangle Area (Hampton Roads, Tidewater, and even Richmond) who is able and has not been to Washington to visit their memorial. We must do this now before all our veterans of that war leave us. Veterans pay nothing for the trip. Buses will depart from Virginia Beach and Williamsburg , but may also depart from Richmond if we have a sufficient number of travelers from that area.

Our volunteers organize the veterans for travel, arrange the travel both to and from Washington, and arrange all activities and meals in Washington . The trip is completed in one day, spending several hours at the World War II Memorial, then visiting the Korean War Memorial and Arlington Cemetery , depending on the weather. Veterans will be treated to dinner at the National Museum of the Marine Corps in Quantico before returning to Tidewater.

We also need volunteers for the trip to serve as guardians. These volunteers will serve as guides or as a guardian for a veteran in a wheelchair. To volunteer, visit <http://honorflighthtva.org/>.

We are an affiliate of the national group Honor Flight Network, which began this activity in 2005 and began flying veterans to Washington on commercial charter aircraft in 2006. There are now about 40 hubs or cities from which trips, mainly by air, originate. Due to our proximity to Washington , our trips are by bus. National Honor Flight Network provides us with technical and travel support, and helps arrange activities in Washington D.C. We are funded

100% by private and commercial donors. We are supported by many veterans organizations in the region.

Please see how you can help by visiting <http://honorflighthtva.org/> .


Shore Duty...

An old Sailor and an old Marine were sitting at the VFW arguing about who'd had the tougher career.

"I did 30 years in the Corps," the Marine declared proudly, "and fought in three of my country's wars. Fresh out of boot camp, I hit the beach at Okinawa, clawed my way up the blood-soaked sand, and eventually took out an entire enemy machine gun nest with a single grenade. As a sergeant, I fought in Korea alongside General MacArthur. We pushed back the enemy inch by bloody inch, all the way up to the Chinese border, always under a barrage of artillery and small arms fire. Finally, as a Gunny Sergeant, I did three consecutive combat tours in Vietnam. We humped through the mud and razor grass for 14 hours a day, plagued by rain and mosquitoes, ducking under sniper fire all day, and mortar fire all night. In a firefight, we'd fire until our arms ached and our guns were empty, then we'd charge the enemy with bayonets!"

"Ah," said the Sailor with a dismissive wave of his hand, "All shore duty, huh?"

People sleep peaceably in their beds at night only because rough men stand ready to do violence on their behalf.



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Try to fill in the missing numbers.

Use the numbers 1 through 36 to complete the equations.

Each number is only used once.

Each row is a math equation. Each column is a math equation.

Remember that multiplication and division are performed before addition and subtraction.

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Looking for a Shipmate?

The Navy Log is the National Registry of Sea Service, the place where you can search for shipmates or enter information about your service record. You can search by Name or Duty Station. It can be found at: <http://www.navylog.org/>



Your Own Scrapbook...

All members of the Navy community – Sailors, veterans, retirees, reservists, family members, friends, civilian employees and the private sector that serves the Navy – are invited to build Personal Scrapbooks for themselves or loved ones. Supplement your official Navy Log Service Profile: Add personal stories, links and photos, and connect with friends and shipmates. It can be found at: <http://www.navylogcommunity.org/>

The 2010 Tribune Project

This issue we highlight the United States Navy. Future 2010 issues will cover each branch of service with special stories, information about ongoing projects, photos, and much more.

Watch for your particular branch of service coverage in future issues.

Your Editor

TRICARE Over-The-Counter Medications

TRICARE's over-the-counter medication benefit allows TRICARE beneficiaries to substitute some over-the-counter versions for selected prescription drugs without copayments.

OTC medications are generally less expensive than their prescription versions. To receive covered OTC medications with no out-of-pocket costs, beneficiaries still need a prescription from their health care provider specifically for the OTC drug. After submitting the prescription at any TRICARE retail network pharmacy or the TRICARE mail-order pharmacy, the prescription for the OTC medication is filled at no cost. For more information about the TRICARE Pharmacy Program, visit the TRICARE prescriptions webpage at <http://www.tricare.mil/pharmacy>.

Virginia Veterans Care Center

The Virginia Veterans Care Center (VVCC) is a state-of-the-art model for long term health care and the only state home for veterans in the Commonwealth of Virginia.

The mission of the VVCC is to provide affordable, high quality, comprehensive nursing and domiciliary care to Commonwealth of Virginia residents who are admitted to the VVCC, are aged or infirm, and are honorably discharged veterans of the United States Armed Forces.

Virginia Veterans Care Center has 240 beds in the facility to provide comprehensive, high quality care with on-site laboratory work, x-rays, dental clinic, physical therapy, respiratory therapy, podiatry care, and many other ancillary health care services. The Salem VA Medical Center is also located next door for additional services for those qualified. Additionally, the building and grounds offer an array of amenities to include wheelchair accessible nature trails and deck, library, chapel, barber shop, billiard room, wood working shop, and convenience store.

The facility is nestled in the landscape of the Blue Ridge mountainside and has been enjoyed by our veterans since it was opened on Veterans Day, 1992.

WWI Torpedo Firing from Submarines Circa-1918 Instructions for Sailors

"Assume that firing at a range of over 3,000 meters (3,280 yards) is useless, and therefore better not attempted for single boats."

"The rule for submarines remains as before: Proceed unobserved to a position from which a high speed shot can be fired and a hit certainly obtained."

I. MOST FAVORABLE SIDE FOR ATTACK.

"When choice is possible, the sunny side should be chosen, particularly when the sun is not too high, and provided the shot can be fired more or less from the direction of the glare of the sun."

"In a strong breeze the weather side is preferable."

II. STRENGTH OF WIND AND SEA..

"Do not fire in a calm with a perfectly flat sea (except from the direction of the glare of the sun or at a slow cargo steamer)."

"Force of wind 3-4, and sea 2-3, present the most favorable conditions for attack."

"If the sea is 5-6, when it may be just possible to fire, fire at right angles to the direction of the sea."

"Do not attack in a heavy sea and a long Atlantic swell."

III. USE OF PERISCOPE.

"Periscope showing 1.5 to 2 meters can not be seen more than 4,000 meters, provided a suitable speed is maintained and the favorable side for attack chosen."

"With binoculars it has not been possible to distinguish the periscope even at 2,000 meters."

"An unseen attack (periscope used sparingly) implies keeping the periscope low and showing it frequently but for quite short periods (a few inches of periscope only, so that the object glass is almost awash)."

"You must not for any length of time omit to take a look

around."

"Lower the periscope completely and go to a depth of 18 meters (59 feet) when high speed (full speed or utmost speed) is necessary to attain the position for firing."

"Never show two periscopes at the same time."

"Come to the surface with periscope lowered."

"Handling of periscope immediately after firing: (a) Lower the periscope and dive to the greatest possible depth (45 meters) (148 feet); this applies particularly to small boats with only one periscope.

"A better method:

"(b) Observe the shot and the hit; also whether a second shot is necessary and possible.

"For this purpose, after firing show the periscope as sparingly as possible in every way; that is, show very little of it, and, as the boat invariably rises somewhat, always first lower the periscope a little; then raise it again according to your depth.

"After observing the hit and the counter measures adopted, then (and not till then) proceed for about 15 minutes at the greatest possible depth. Lower the periscope completely and preserve silence in the boat."

IV. SPEED WHEN ATTACKING.

"The speed of the submarine is a vital factor in an 'unseen' attack.

"1. To close the enemy, first proceed at high speed until the bearing does not change. When actually attacking, endeavor to limit yourself to the lowest speed at which the boat keeps her depth well.

"2. Before using your periscope, always reduce speed.

"3. If the enemy is zigzagging, it is advisable not to proceed at too low a speed."

V. FIRING RANGE.

"The most favorable firing range is 200 to 300 meters (219 to 328 yards)."

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The art of designing ships in bottles was developed during the early 19th century when ocean voyages lasted for months and even years.

Using whatever raw materials the crew members could scavenge, they developed their skills.

Word Search Puzzle – The Navy

B D C F O R C A E B M E Z Z V H U L Z I
 C A R A H Q I O R D X V D N I W T F Z L
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 Q T O T O T Z A D E C B C F P X O P S E
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 W A W S J L C N C T R P F I V U A S R M
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 T L T K R H N J Y E Z W T F D W B R K R
 O I P G J M T H X E C E X S S C M H Y Q

Find These Words

- AIRCRAFT
- BATTLESHIP
- BOAT
- CAPTAIN
- CARRIER
- CRUISER
- DECK
- DESTROYER
- GUNS
- HELICOPTER
- MAP
- MAST
- OCEAN
- SAIL
- SHIP
- STARBOARD
- STARS
- SUBMARINE
- UNIFORM
- WATER
- WIND




Vietnam Naval Operations List of Ships for Presumptive Agent Orange Exposure and Compensation

Compensation and Pension (C&P) Service has initiated a program to collect data on Vietnam naval operations for the purpose of providing regional offices with information to assist with development in Haas related disability claims based on herbicide exposure from Navy Veterans. To date, we have received verification from various sources showing that a number of offshore “blue water” naval vessels conducted operations on the inland “brown water” rivers and delta areas of Vietnam. We have also identified certain vessel types that operated primarily or exclusively on the inland waterways. The ships and dates of inland waterway service are listed below. If a Veteran’s service aboard one of these ships can be confirmed through military records during the time frames specified, then exposure to herbicide agents can be presumed without further development.

- All vessels of Inshore Fire Support [IFS] Division 93 during their entire Vietnam tour
- USS Carronade (IFS 1)
- USS Clarion River (LSMR 409) [Landing Ship, Medium, Rocket]
- USS Francis River (LSMR 525)
- USS White River (LSMR 536)
- All vessels with the designation LST [Landing Ship, Tank] during their entire tour [WWII ships converted to transport supplies on rivers and serve as barracks for brown water Mobile Riverine Forces]
- All vessels with the designation LCVP [Landing Craft, Vehicle, Personnel] during their entire tour
- All vessels with the designation PCF [Patrol Craft, Fast] during their entire tour [Also called Swift Boats, operating for enemy interdiction on close coastal waters]

- All vessels with the designation PBR [Patrol Boat, River] during their entire tour [Also called River Patrol Boats as part of the Mobile Riverine Forces operating on inland waterways and featured in the Vietnam film “Apocalypse Now”]
- USS Ingersoll (DD-652) [Destroyer] [Operated on Saigon River, October 24-25, 1965]
- USS Mansfield (DD-728) [Destroyer] [Operated on Saigon River August 8-19, 1967 and December 21-24, 1968]
- USS Richard E. Kraus (DD-849) [Destroyer] [Operated on coastal inlet north of Da Nang, June 2-5, 1966, protecting Marines holding a bridge]
- USS Basilone (DD-824) [Destroyer] [Operated on Saigon River, May 24-25, 1966]
- USS Hamner (DD-718) [Destroyer] [Operated on Song Lon Tao and Long Song Tao Rivers, August 15-September 1, 1966]
- USS Conway (DD-507) [Destroyer] [Operated on Saigon River, early August 1966]
- USS Fiske (DD-842) [Destroyer] [Operated on Mekong River, June 16-21, 1966]
- USS Black (DD-666) [Destroyer] [Operated on Saigon River, July 13-19, 1966]
- USS Providence (CLG-6) [Cruiser, Light, Guided Missile] [Operated on Saigon River 3 days during January 1964]
- USS Mahan (DLG-11) [Guided Missile Frigate] [Operated on Saigon River October 24-28, 1964]
- USS Okanogan (APA-220) [Attack Transport] [Operated on Saigon River July 22-23, 29-30, 1968 and August 5-6, 1968]
- USS Niagara Falls (AFS-3) [Combat Stores Ship] [Unloaded supplies on Saigon River and Cam Rahn Bay, April 22-25, 1968]



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The term "the whole 9 yards" came from W.W.II fighter pilots in the South Pacific. When arming their airplanes on the ground, the .50 caliber machine gun ammo belts measured exactly 27 feet, before being loaded into the fuselage. If the pilots fired all their ammo at a target, it got "the whole 9 yards."

Looking for the latest in VFW news? Go to the website at the address below. You’ll find links to VFW National and VFW Virginia, plus thousands of links to other veteran related subjects. Additionally, tell your fellow veterans and friends they can read the Tribune online at:

www.veteranspage.com

The Veterans History Project of the American Folklife Center collects, preserves, and makes accessible the personal accounts of American war veterans so that future generations may hear directly from veterans and better understand the realities of war. In addition, those U.S. citizen civilians who were actively involved in supporting war efforts (such as war industry workers, USO workers, flight instructors, medical volunteers, etc.) are also invited to share their valuable stories. Go to <http://www.loc.gov/vets/> to tell your story.

Southwest Virginia Veterans Cemetery construction update

DUBLIN—Following the first full month of construction, Branch and Associates, the company handling construction of the Southwest Virginia Veterans Cemetery, reported that site clearing and installation of erosion control devices is well underway. Progress includes installation of silt fencing, site clearing and tree removal, installation of a temporary construction entrance, grubbing and stump removal, installation of a temporary sediment basin, completion of temporary electrical service, and preliminary stakeout.

During December, the company anticipates completing the temporary sediment basin, rough grading, stakeout and installation of temporary roads, removal of concrete structures associated with a demolished water tower, site grading for the committal shelter and columbarium areas, and relocation of the water line.

The Southwest Virginia Veterans Cemetery is located in Dublin Virginia on an 80 acre parcel of line transferred from the Department of the Army, Radford Arsenal to the Commonwealth of Virginia in 2008. The cemetery will be developed in four phases as grave sites are needed. Phase 1 construction, currently underway, will cover 24 acres and includes the main entrance area, full casketed and cremation burial areas, a columbarium, a memorial garden and scatter garden areas, roads, an assembly area, committal shelter, cemetery office, maintenance complex, and supporting infrastructure. Interment areas will include 5,167 standard burial plots; 2,750 pre-placed crypts; 500 in-ground cremation spaces, and 625 columbarium niches. Construction costs are funded by a \$7.2 million grant from the U. S. Department of Veterans Affairs National Cemetery Administration. Completion of construction is forecast for late 2010.

About the Virginia Wounded Warrior Program

In response to the growing need to improve and expand services to our nation's veterans and service members, the Commonwealth of Virginia established the Virginia Wounded Warrior Program (VWWP) in 2008. It is operated by the Virginia Department of Veterans Services in cooperation with the Department of Behavioral Health and Development Services, formerly the Department of Mental Health, Mental Retardation and Substance Abuse Services, and the Department of Rehabilitative Services.

The VWWP supports the following persons on their road to recovery from the effects of stress-related injuries (such as post traumatic stress disorder) or traumatic brain injuries:

- Veterans of any era who are Virginia residents
- Members of the Virginia National Guard not in active federal service
- Virginia residents in the Armed Forces Reserves not in active federal service
- Family members of veterans and service members

Regional coalitions of community services boards, brain injury services providers, and other public and private service providers are offering services across the Commonwealth. These coalitions will enhance the existing array of services in their communities based on an ongoing assessment of local needs.

Following are examples of the services that may be available through these networks of public and private providers:

- Comprehensive and timely assessment
- Case management
- Outpatient treatment
- Outreach activities
- Rehabilitative services
- Family support
- Linkage to benefits services, housing, employment and educational programs

Yokosuka cave network dug by Japanese during World War II sealed

By Juliana Gittler, Stars and Stripes Pacific edition

YOKOSUKA NAVAL BASE, Japan — More than 60 years after his father gave the blessing opening the labyrinthine caves under Yokosuka's shipyard, a Shinto priest gave a blessing Friday to officially seal them.

The caves were dug into the hills with picks and shovels to fortify against possible American attacks during World War II. The system included rails for moving heavy equipment, a hospital and even a power substation.

After the United States took over the base, the caves — totaling approximately 16 miles — held the Navy hospital and several commands.

Safety fears from falling rocks caused the U.S. Navy to seal off much of the system of halls and walkways 30 years ago. The final area of caves still in use was vacated when the Japanese government built a new Command and Control Center nearby last year.

The Japanese military began building the caves in 1938. The cave system went on to swell as the military later ordered all commands on the base to build additional emergency shelters against air raids.

The patchwork system extended several levels and opened out into small holes dotted around the base.

Most of the caves were closed off after World War II and the remaining working areas were converted into rooms with metal walls and flooring.

"It's hard to find exactly what went on in here," said Cmdr. Tom Stith, from CNFJ operations, during a tour for visitors attending the closing ceremony.

Much of the cave's history still is classified, so its functions before and after the war aren't completely clear. During the Korean War, it was used as an emergency

shelter. It also served for storage.

Fluorescent lights now cast an eerie pallor over the windowless room inside the main area, used as the Commander, Naval Forces Japan operations center. A yellowing map covers one gigantic wall, where in years past a sailor on a ladder attached to a rail would roll back and forth plotting coordinates.

Down a long hall, a locked door marks the entrance to the original caves, where the rounded rock walls still drip water.

Along the ceilings, bits of metal protrude where light systems once ran.

In the late 1970s, Senior Chief Petty Officer Harold L. Jarrell, operations chief for the CNFJ operations and plans department, spent his workdays inside the structure. A large glass apparatus called "the octopus" was heated and set before blowers to draw moisture out, to protect the sensitive equipment inside, he recalled.

During earthquakes he and his co-workers could hear rocks breaking off and hitting the internal metal walls the Americans added to the caves, which were used then for storage.

Jarrell said he remembered being joined at work by the mosquitoes that loved the damp, dark passages, and by giant wolf spiders.

"You'd come in in the morning, open the door and they'd look at you eyeball to eyeball," he said.

Most of the entrances to the caves were cemented over in the 1970s as the Navy began gradually shutting down the structures.

With the last personnel vacating the premises, the Yokosuka facilities office now will take over the caves for safekeeping.

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Life on a Submarine...

If you have never served aboard one this list may help you understand what life aboard a submarine is all about.

- Spend as much time as you can indoors during the daytime, stay out of direct sunlight. Go to work only before sunrise and come home after sunset.
- Paint everything around you Sea Foam Green (Navy NSN Green, no substitutions) or Off-White to be sure you are living in a clean, happy environment.
- Every Friday, set an alarm on loud for a short, but hated, drill sound. Then get up and manned only with a bucket, sponge and a greeny clean one area over and over, even if it is already spotless.
- Eat food that you can only get out of a can and requires water in order to eat it. Empty out your refrigerator and turn the temperature control down, turning the refrigerator into a freezer. Get rid of all fresh fruits and vegetables.
- Repeat back everything spoken to you. Repeat back everything spoken to you.
- Sit in your car for six hours at a time with the motor running. Keep hands on the wheel. But don't leave your driveway. Log readings of your oil pressure, water temperature, speedometer and odometer every 15 minutes.
- Put Lube Oil in your humidifier instead of water. Set it on high.
- Buy a trash compactor; use it only once a week. Store the rest of the garbage in your bathroom.
- Don't watch movies except in the middle of the night. - -
- Have your family vote on which movie to watch, then show a different one.
- Have the paperboy give you a standard Navy haircut.
- Take hourly readings on your water and your electric meters. But only for a six hour period.
- Sleep with your dirty laundry.
- For you old mechanics, set your lawn mower in the middle of the living room while it is running. Only for six hours a day.
- Invite guests but don't prepare enough food for everyone. Serve food cold. Limit the time they sit at the table to 10 minutes.
- Wake up at midnight every night and make a peanut butter sandwich, use stale bread. Better yet, make your own bread but cut 3 inch thick slices and use these.
- Optional: warm up some canned Ravioli or soup.
- Make your family a menu for the week without knowing what food is in the cabinets.
- Set your alarm clock for various times at night; adjust the

volume to the maximum. When it goes off, jump out of bed, get your clothes on as fast as you can, run outside and grab the garden hose. Then go back to bed and do it all again when the alarm goes off.

- Once a month take apart every appliance completely and then put them back together.
- Use 18 scoops of coffee per pot and allow it to sit for 5 to six hours before drinking it.
- Invite at least 85 people you really don't like and have them stay for a couple of months.
- Store your eggs in the garbage for two months and then cook a dozen each morning.
- Have a fluorescent lamp installed under your coffee table and lie underneath it to read books.
- Put a complicated lock on your basement door and wear the key around your neck on a special chain.
- When making cakes, prop up one side of the pan when cooking. Use extra icing to level it off.
- Every so often, yell "EMERGENCY DEEP!" run into the kitchen and sweep all pots, pans and dishes off of the counters onto the floor, and then yell at your wife for not having the kitchen area "Stowed for Sea!"
- Put on the stereo headphones (don't plug them in), go to the stove and stand in front of it. Say (to no one in particular) "Stove manned and ready" stay there for 3 to 4 hours. Say (once again and to no one in particular) "Stove secured", then role up your headphone cord and put them away.
- Pull out your refrigerator and clean behind it for 4 hours and then put it back when you are done. Have your wife come and check every 10 minutes with a flashlight to see how you are doing.
- When doing your laundry fill it only 1/3 full, sit in front of your washing machine in your underwear and read a book or magazine you've read at least 5 times before in the last week. When the wash is done, only run the dryer for half the normal time.
- Fix-up a shelf in your closet that will serve as your bunk for the next six months. Take the door off of the hinges and replace them with curtains. While asleep, have family members shine a flashlight in your eyes at random intervals and say either "Sign this!" or "Sorry, wrong rack!"

If you can do these you can do just about anything! If you can't, contact former submariner and current Post Quartermaster Phil Steege for assistance. He knows how to do all of these and more. Does that make him strange? ☺ ☺ Nah, just a Submariner.

Try to fill in the missing numbers.

		11		24
5	3			29
	0	1		9
			1	15
12	18	22	20	8

The missing numbers are integers between 0 and 12. The numbers in each row add up to totals to the right. The numbers in each column add up to the totals along the bottom. The diagonal lines also add up the totals to the right.

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OPERATION JUNCTION CITY - Vietnam War Remembered

"One day during a fire fight, for the first time in my life, I heard the cries of the Vietnamese wounded, and I understood them, when somebody gets wounded, they call out for their mothers, their wives, their girlfriends. There I was listening to the VC cry for the same things. That's when the futility of the war really dawned on me."--U.S. soldier

Junction City, a Corp-level search and destroy operation in War Zone C, was the largest U.S. military offensive of the war. U.S. forces consisted of the 1st Infantry Division, with the attached 1st Brigade; 9th Infantry Division; the 25th Infantry Division, with the attached 3rd Brigade; the 173 Airborne Brigade; and the 11th Armored Cavalry regiment.

The operation had three main objectives: to search out and destroy the 9th Viet Cong Division and 101st NVA regiment based in the area; to destroy the Central Office for South Vietnam, the enemy's headquarters in the South; and to establish a Special Forces CIDG camp and airfield at Prek Klok from which to monitor enemy movement.

Primarily a U.S. Army operation, Junction City involved major U.S. Air Force support. The outcome of the operation was mixed. All three regiments of the 9th VC Regiment had been engaged, with 2,728 Viet Cong troops killed and 34 captured. American losses included 282 killed and 1,576 wounded. A CIDG camp had been completed on May 14. But although forced to relocate temporarily to a safe haven in Cambodia, COSVN had not been captured and continued to operate throughout the rest of the war. Enemy activity in War Zone C had been disrupted. But Operation Junction City was not, as some claimed, a turning point in the war.

Editor's Blog (may be a repeat but, if so, a repeat is needed after these past few months)

It's been eight years now. Eight very long years since cowards who professed to be "God's chosen" attacked our country and there have been many changes in our lives since. Most could never be believed nor understood by our founding fathers. Loss of privacy. Loss of freedom. Loss of rights. Loss of men, women and many, many children. A tremendous loss of life. Reminiscing about those terrible losses I sometimes wonder if we've had any gains. No matter how hard I try, it's truly difficult to find anything positive. But we press on, trying to comprehend what has happened in recent times and what may happen in the future. Yes, life goes on as we deal with the insanity of shoe bombers, underwear bombers and other idiots.

One question I've asked myself hundreds of times since the 9/11 attack is; "Why did God let this happen?" No real good answer to it surfaces, but faith carries me on. During a speech shortly after the attack on New York City Reverend Billy Graham probably said it best. "I have been asked hundreds of times in my life why God allows tragedy and suffering. I have to confess that I really do not know the answer totally, even to my own satisfaction. I have to accept, by faith, that God is sovereign, and He is a God of love and mercy and compassion in the midst of suffering". Using those words I try to live with what has happened to our nation and, as difficult as it is to comprehend, continue with my love for our great country.

I have thought about those claiming their God (our God) is whom they devoutly and honorably serve while maiming and killing innocents around the world in the interest of some insane belief. They call it "Jihad", a word I have found difficult to interpret or understand. Daniel Pipes of the New York Post said that "... *jihad is "holy war." Or, more precisely: It means the legal, compulsory, communal effort to expand the territories ruled by Muslims at the expense of territories ruled by non-Muslims*". In plain language, there is the Jihad world/religion and there are no others. Should any exist, they will be eliminated. You can look at Sudan to see what the ghastly reality and finality of Jihad can be at its' extreme. For two decades, under government auspices, Jihadists have physically attacked non-Muslims, looted their belongings and killed their males. Jihadists enslaved tens of thousands of females and children, forced them to convert to Islam, sent them on forced marches, beat them, and set them to hard labor. The women and older girls suffered ritual gang-rape, genital mutilation and a life of sexual servitude. Sudan's state-sponsored Jihad has caused and is causing millions of deaths and the displacement of millions and millions - making it the greatest humanitarian catastrophe of our era.

That's a pretty harsh view of Jihadism, however, what about the "others"? Those not of the Jihad fanaticism. Let's, for brevity's sake, group them into one big pile and call them **The Freeman**. Composed of Christians, Buddhahists, Democrats,

Republicans, Japanese, Germans, Californians, Eskimos, Americans, Mexicans, Virginians, etc.

Hypothetically, what if **The Freeman** established a Jihadist type word that described intent to totally wipe the world of "Jihadders"? For brevity's sake again let's pretend the term they would use is "NukeYouToYouGlowInTheDark". Would the Jihadders begin asking their God (our God) why civilized people are allowed to make such a horrific decision to turn their sandcastle homes into radioactive glass? Or, why peace loving people like **The Freeman** would become the new badboys on earth with a declaration to annihilate infidel Jihadders from the face of the earth? An action completely rationalized by a belief that Jihadders have (1) no right to express their form of religion, (2) they have no right to wish to live in peace, and (3) they have no rights. Ironically, that sounds similar to the stated Jihad mission doesn't it?

Unfortunately, in my heart as an American and former professional military person of many years experience, I believe one day (perhaps not too distant in the future) **The Freeman** scenario will surface. The free world is growing tired of Jihadders and meaningless insane statements. The free world is tired of the Jihadist killing of innocent lives while using their God (our God) as an excuse to be killers of women and children. Frankly, we are tired of lying cowards like the idiot leading Iran. I believe the next Great War will not be between Middle Eastern countries or us against Korea, or China against Japan, or Russia against the world. It will be **The Freeman** against Jihad in a dark, ugly method of elimination. Simply stated, it will be NukeYouToYouGlowInTheDark. There will be no winners in this Great War and there may be no survivors. On either side, in any country, in any religion on God's earth.

I hope you will pause to silently pray for those lost in the past, present and future to Jihadist extremists. And, most importantly, pray that God will lead us away from the Great War where all will be losers. I close with hope in my heart and words of Reverend Graham:

"My prayer today is that we will feel the loving arms of God wrapped around us, and will know in our hearts that He will never forsake us as we trust in Him."

Your Editor, John Stewart, A Freeman

Life on an Aircraft Carrier

The modern supercarrier is widely referred to as a "city at sea." With between 5,000 and 6,000 people working, relaxing, eating and sleeping onboard for months at a time, this is certainly accurate. But it's not at all like any city you would find on dry land.

For starters, most residents have little opportunity to see the outside world. The flight deck, hangar and fantail all have wonderful views of the sea and sky, but they are so hectic and dangerous that only a handful of people are allowed access during normal operations. The top levels of the island are safe enough, but sensitive operations and limited space means you can't have a lot of people coming and going. A sailor who works below deck might go for weeks without ever seeing daylight.

Throughout the ship, conditions are much more cramped than in a normal city. To get from place to place, personnel have to scale nearly vertical steps and squeeze past each other in narrow corridors. The berthing compartments (sleeping quarters) are extremely tight. Enlisted personnel share a compartment with about 60 other people, all sleeping in single bunks, generally called racks, crammed together in stacks of three. Each person gets a small stowage bin and upright locker for clothes and personal belongings, and everybody in the compartment shares a bathroom and a small common area with a television hooked up to one of the carrier's satellite dishes. Officers enjoy more space and finer furnishings, but their space is limited, too. Everybody onboard has to get used to tight quarters.

Jobs are highly varied, just like in a normal city. Approximately 2,500 men and women form the air wing, the people who actually fly and maintain the aircraft. Another 3,000 or so people make up the ship's company, which keeps all parts of the carrier running smoothly -- this includes everything from washing dishes and preparing meals to handling weaponry and maintaining the nuclear reactors. The ship has everything its residents need to live, even if it's not as comfortably as they would like. There are multiple galleys (kitchens) and mess halls onboard, which collectively serve as many as 18,000 meals a day. The ship also has a sizable laundry facility, dentist and doctor's offices, various stores and a bank of telephones where personnel can talk to their families via satellite.

Life onboard an aircraft carrier is undeniably difficult and exhausting, but it can also be exhilarating, especially for the men and women up on the flight deck, flying and bringing in planes on a tiny patch of runway. Good or bad, it's like no other place on earth.

Going Ashore

Avast ye swabs, lands in sight-make haste in sail for we land tonight and in the morn at break of day, we'll man the rails and gangplank way.

The Bos'ns pipe will trill and shrill—as we send a shipmate to the shore, there to remain forever more.

Tonight we'll crack a keg or two, gather round and drink a toast to you.

We'll lift our mugs away up high, for the many years that drifted by.

Remember throughout the many years, you sailed away amidst the tears of loved ones left behind, worried and hoping they'd be fine.

Of our shipmates too, my man, who followed you to many lands, in time their names and faces, will be forgotten as all those places.

But like the morning fog and dew, we'll endeavor to remember you, and when morning sun lifts the haze, and we sail again for many days you'll remember us as we will you, until the years leave only a few to recall the good old days, of sailing men o're the waves.

May you have fair winds and following seas and may your big jib draw.

One of the serious problems in planning the fight against American doctrine, is that the Americans do not read their manuals, nor do they feel any obligation to follow their doctrine...

- **From a Soviet Junior Lieutenant's Notebook**

Army Suicide Rate Increases Five Straight Years

By Army Sgt. 1st Class Michael J. Carden
American Forces Press Service

WASHINGTON, Dec. 11, 2009 - The rate of soldier suicides this year exceeded the 2008 total with 147 reports through November, marking the fifth consecutive year the service's suicide rate has increased.

In November, 12 potential suicides were reported among the active-duty Army, all of which still are under investigation. In addition, two potential suicides were reported for November among reserve-component soldiers not serving on active duty. For October, three of the 16 active-duty suicides reported now are confirmed, according to a statement released by the Army yesterday.

For 2009, 45 reports of possible active-duty suicides remain unconfirmed, along with 30 of the 71 reported suicides in the reserve components, the statement said.

The Army is working to combat its rising suicide rate through the recently launched Comprehensive Soldier Fitness program, the Suicide Prevention Task Force and its five-year research partnership with the National Institute of Mental Health.

Despite frequent deployments and stressful operations tempo, Army officials believe leadership intervention is the biggest factor in prevention, Army Gen. Peter W. Chiarelli, Army vice chief of staff, said in a media roundtable discussion last month.

More than one-third of the Army's suicides this year have occurred with soldiers who never have deployed. The Army has determined that its efforts must reach the entire Army, not just those soldiers with multiple deployments, said Walter Morales, Army suicide prevention program manager, in the statement released yesterday.

Chiarelli is expected to meet this month with National Institute of Mental Health officials to receive a report and briefing on the institute's initial findings. The institute is charged with studying every Army suicide to better understand the rising pattern to complement the service's internal research, the general explained in last month's discussion.

"We conduct an exhaustive review of every suicide within the Army," said Army Brig. Gen. Colleen McGuire, director of the Army's Suicide Prevention Task Force. "What we have learned is that there is no single or simple answer to preventing suicide. This tells us that we must continue to take a holistic approach to identifying and helping soldiers and families with issues such as behavioral health problems, substance abuse, and relationship failures."

The Army is testing pilot programs in virtual behavioral health counseling, enhanced behavioral counseling before and after deployment, and expanded privacy protections for soldiers seeking substance-abuse counseling. These programs are part of the Army's overall campaign to increase health promotion, risk reduction and suicide prevention.

Officials are studying the results to determine the programs' future roles in the Army's prevention efforts, the statement said.

The 147 suicides reported this year are the highest number since the Army began recording such data in 1980.

WWII Veteran Honored During Burial-at-Sea Aboard USS Harry S. Truman

By Lt. Katharine M. Cerezo, USS Harry S. Truman (CVN 75) Public Affairs
USS HARRY S. TRUMAN (NNS) -- A World War II veteran was honored by Sailors on board USS Harry S. Truman (CVN 75) during a burial-at-sea ceremony Dec. 10.

Seaman 1st Class John Ivan Fox joined the Navy at age 17 after obtaining permission from his father. He served on active duty for two years on board the light aircraft carrier USS Monterey (CVL 26) and entered the reserves in 1946.

Fox was living in Lee's Summit, Missouri when he learned that a carrier named after the only president from Missouri was going to be commissioned. Fox wrote his congressman requesting tickets to the commissioning ceremony, and attended the 1998 commissioning of USS Harry S. Truman with his son, James.

Fox felt a strong connection with the ship and several years later he specifically requested the Truman commit his remains to sea.

Captain Joseph M. Clarkson, Truman's commanding officer, praised Fox's "spirit of patriotism and volunteerism that ennobled his service in the Navy and to his nation during time of war," and noted that Fox's lifelong love of aircraft carriers made it fitting that he be honored by Truman Sailors.

Father Thomas Ianucci, Truman's Catholic Chaplain, served as the ceremony officiate. Like each chaplain, he works closely with the family of the deceased throughout the process to fulfill the service member's wishes and bring comfort and closure to the family.

"Families are so appreciative when a ship is able to fulfill the service member's final wishes," said Ianucci.

A burial at sea is one of the Navy's most time-honored traditions, and provides Sailors the opportunity to bid

farewell to one of their own. In keeping with tradition, the ceremony featured a chaplain from the service member's faith, a bugler, a seven-man rifle squad and an honor platoon.

Because most families typically do not have the opportunity to participate in the burial-at-sea ceremony, the ship sends photographs, video, a navigational chart marking the place of burial, and a flag to them.

The burial process is very important to persons of all faiths and each faith has its unique traditions, said Ianucci.

"In the Catholic faith, for a burial with cremations, we are not allowed to scatter the ashes. The ashes are treated as a human body and have to be placed in one container to preserve the body's unity."

Hull Technician 1st Class (SW) Carl Carlson was responsible for constructing the wooden container for Fox's remains. The container required approximately eight hours to build and was weighted down with steel to allow it to sink. The construction of the container and the significance of a military burial resonated with Carlson, whose grandfather served in World War II and whose great uncle was buried in Arlington following his services in Korea.

The container has to be designed to hold the ashes and steel, and it must be strong enough to withstand the descent through the ocean. In addition to being functional, Carlson wanted the container to be something more: it had to be beautiful. When asked why he spent so much time crafting a container that was seen for half an hour, and will never be seen again, Carlson responded matter-of-factly.

"It's a respect thing. The family is putting their trust in you to take care of them—I take this seriously," Carlson said. "I wanted to make [the container] as nice as possible."

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The USS John F Kennedy.

Post 9877 Commander Milton Carson served on her during the Vietnam War.

A Small Portion of the Kennedy's Proud History

USS JOHN F. KENNEDY (CV 67) was named for the 35th President of the United States. The ship's keel was laid October 22, 1964, at the Newport News Shipbuilding and Drydock Company in Virginia. President Kennedy's nine-year-old daughter, Caroline christened the ship in May 1967 in ceremonies held at Newport News, Virginia; the ship subsequently entered naval service on September 7, 1968.

KENNEDY was originally designed as a CVA-67, attack aircraft carrier. In the early 1970's, the classification was changed to CV-67, indicating the ship was capable of supporting anti-submarine warfare aircraft, making it an all-purpose, multi-mission aircraft carrier.

In September 1995, the USS John F. Kennedy became the Naval Reserve's first aircraft carrier. Homeported at Mayport, FL, her primary function during contingency operations is to provide a surge capability, and in peacetime to support Navy force training requirements. As with all other Reserve ships, she remained fully mission ready.

KENNEDY spent the winter of 1984 in drydock at the Norfolk Naval Shipyard for complex overhaul. KENNEDY departed Norfolk, Virginia, for her 12th major deployment to the Mediterranean in August 1988. On January 4, 1989, while conducting routine operations in international waters, F-14s from the embarked air wing shot down two Libyan MIG-23s that were approaching the battle group in a hostile manner. In the spring of 1989, the ship entered Norfolk Naval Shipyard for a short industrial period.

On January 16, 1991, aircraft from the ship's Carrier Air Wing THREE began Operation Desert Storm with attacks on Iraqi forces. The ship launched 114 strikes and 2,895 sorties, with the aircrews of CVW-3 flying 11,263 combat hours and delivering more than 3.5 million pounds of ordnance in the conflict. After the cease fire, KENNEDY transited the Suez Canal for the fourth time in seven months and began her journey home Congress required to be performed by PNSY. The Secretary of Defense concurred in this plan in September 1991. KENNEDY completed a two-year comprehensive overhaul in the Philadelphia Naval Shipyard on September 13, 1995. Following the overhaul, KENNEDY moved to its new homeport at the Mayport Naval Station in Mayport, Florida.

Kennedy sailed again in 1997 returning after six months of deployment in the Mediterranean Sea, the Adriatic Sea in support of Operation Deliberate Guard, and the Arabian Gulf supporting Operation Southern Watch. As the sole conventionally powered aircraft carrier in the Atlantic Fleet, JFK deployed with the most advanced command, control, communications, computers and information systems (C4I) in the Navy.



The Navy Chief

As a crowded airliner is about to takeoff, the peace is suddenly shattered by a five-year-old boy who picks that moment to throw a wild temper tantrum. No matter what his frustrated, embarrassed mother does to try to calm him down, the boy continues to scream furiously and kick the seats around him.

Suddenly, from the rear of the plane, an older man in the uniform of a US Navy Chief begins to make his way up the aisle. Stopping the frustrated mother's upraised hand, the white haired, courtly, soft-spoken Chief leans down and, motioning toward his collar, whispers something into the boy's ear. Instantly, the boy calms down, gently takes his mother's hand, and quietly fastens his seat belt. All the other passengers burst into spontaneous applause. As the Chief slowly makes his way back to his seat, one of the cabin attendants touches his sleeve. "Excuse me Chief", she asks quietly, "could I ask you what magic words you used on that little boy?"

The Chief smiled serenely and gently confides, "I showed him my anchors, service stripes, and battle ribbons, and then explained to him that they entitled me to throw one passenger out of the plane."

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Employment for Virginia's veterans

Volunteer for the Veterans Workforce Outreach Project and help develop an innovative action-based plan to connect veterans and their family members with powerful employment tools offered by the Virginia Workforce Connection online system and the Virginia Workforce Network One Stop services.

The discipline, leadership traits, and technical skills that veterans bring to the workplace make them excellent employees. Yet, consistently, veterans, especially disabled veterans, report difficulty finding employment that makes the most of their military experience. At the same time, Virginia employers are clamoring for reliable, skilled workers.

Virginia offers several powerful tools, such as Virginia Workforce Connection (VaWorkConnect.com) and the Virginia Education Wizard (VaWizard.org) as well as the Virginia Community College System and the Virginia One-stops, that provide veterans, disabled veterans, and their family members with a full array of career development, educational, and employment-related services. These tools also help employers identify and recruit qualified candidates for jobs. However, these tools are underutilized.

- Volunteers must be willing to actively assist with researching, drafting, and reviewing innovative outreach solutions that target veterans, disabled veterans, and family members and motivate them to use employment tools provided by the Virginia Workforce Connection and One Stops.
- Volunteers must be willing to participate in several meetings (either in-person in the Richmond area or by teleconference) to discuss findings, formulate strategies, review, and refine strategies.
- Engagement period will be approximately three months.

Team participation is open; however, the number of participants is limited. To volunteer, contact Tim Bass at tim@bassempire.com or call 804-357-0803 by January 6, 2010 to discuss your interest in this critical initiative.

Remains discovered in China with dog tag spark mystery

By Jeremy Kirk, Stars and Stripes, Pacific edition

YONGSAN GARRISON, South Korea — It might be one of the eerier items dropped off at the U.S. military headquarters in Seoul: powdered bones and bone fragments no larger than paint chips wrapped in paper, along with a photo of a U.S. Marine dog tag.

The remains, allegedly recovered in China and possibly those of an American soldier from the Korean War, were dropped off Monday at Gate 17 by South Korean human rights activists, said Albert McFarland, U.S. Forces Korea mortuary affairs officer.

The package was dropped off by Do Hee-youn, the secretary general of Citizens Coalition for Human Rights of Abductees and North Korean Refugees. The group was formed three years ago to aid North Korean refugees, Do said.

Do would not say Thursday how he obtained the remains or the photo of dog tag, but that he wants to help the United States. Do would not comment further on his activities in China related to North Korean refugees.

“It was all humanitarian activity,” he said. “It would be great if the alliance between South Korea and the U.S. can be strengthened by this little act,” he said, referring to the return of the remains.

The remains will be sent to the Joint POW/MIA Accounting Command in Hawaii for analysis, McFarland said.

McFarland had the photograph of the dog tag in his office. The circular dog tag read Dallas Folsom, and identified its owner as a U.S. Marine with type O blood. McFarland said he was told the original dog tag was still in China.

One problem: Folsom did not die in North Korea along with thousands of other Marines during the bitter winter of 1950, U.S. military officials said. A check of the Defense POW/Missing Personnel Office found that Dallas Folsom left North Korea on Dec. 12, 1950, on the USS GM Randall.

Records show Folsom, of the 5th Marine Regiment, was in South Korea two days later. He returned to the United States about a year later and was discharged as a staff sergeant in the 1960s.

Efforts to locate Folsom on Monday were unsuccessful. Military officials in the States are looking for information on whether Folsom still is alive and, if so, where he is living.

An official with the POW/Missing Personnel Office in Northern Virginia said previous reports about the remains had been brought up this summer. How the confusion arose remained unclear.

McFarland said he’s received other remains that could be U.S. soldiers who died during the 1950-53 Korean War. In July, he sent more bone fragments given by another civic group to the Joint POW/MIA Accounting Command. In early November, McFarland was given 18 photos — including shots of femurs and skulls — reportedly taken in China.

“Occasionally, they bring stuff to us and we take a look at it,” McFarland said.

About 8,100 servicemembers remain missing from the Korean War, military officials say. American and North Korean teams have conducted 27 recovery operations in North Korea since 1996 and found remains believed to be those of 180 servicemembers.

The United States and North Korea agreed last month in Bangkok to hold more recovery missions early next year in Unsan County, about 60 miles north of Pyongyang near Chosin Reservoir. The reservoir was the scene of heavy fighting when China entered the war in December 1950, sending U.S. troops in a hasty southern retreat.

But it’s not just Americans and South Koreans on the receiving end of remains. Tuesday, the U.N. Command returned the body of a North Korean sailor to officials at Panmunjom, the area bisected by the Koreas’ border in the Demilitarized Zone. A fisherman found the body Oct. 8 on Yongpyong Island in the Yellow Sea.

It was found with a military-style belt and what was believed to be a North Korean navy uniform. The remains were returned across the border by an honor guard after inspection by North Korean officers.

“You have to take care of soldiers with respect and dignity,” McFarland said. “I would hope they do the same thing for us.”

Sandra Jontz and Choe Song-won contributed to this 2003 story.

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(continued from previous page...)

island that made up the *Umurbrogol Pocket*. The month of fighting against the 14th Division (Imperial Japanese Army) on Peleliu cost the 1st Marine Division 1,252 dead and 5,274 wounded.

The final campaign the division would take part in during World War II would be the Battle of Okinawa. The strategic importance of Okinawa was that it provided a fleet anchorage, troop staging areas, and airfields in close proximity to Japan. The division landed on April 1, 1945 as part of the III Amphibious Corps. Its initial mission was, fighting alongside the 6th Marine Division, to clear the northern half of the island - that they were able to do expeditiously. The Army's XXIV Corps met much stiffer resistance in the south, and in late April the Marine division was moved south where it relieved the Army's 27th Infantry Division.

The division was in heavy fighting on Okinawa until 21 June 1945, when the island was declared secure. The 1st Marine Division slugged it out with the Japanese 32nd Army at such places as *Sugarloaf Hill* and Shuri Castle. Fighting on Okinawa cost the division 1,155 killed in action.

Navy Announces Availability of ex-John F. Kennedy for Donation

In a Federal Register notice published on Nov. 23, 2009, the Department of the Navy advertised the availability of ex-John F. Kennedy (CV 67) aircraft carrier, located at the Navy’s Inactive Ships Maintenance Office, Philadelphia, Pa. for donation as a museum/memorial under. Eligible recipients may include any State, Commonwealth, or possession of the United States or any municipal corporation or political subdivision thereof; the District of Columbia; or any organization incorporated as a nonprofit entity.

According to the Federal Register notice, the deadline for submission of Phase I documentation, a Letter of Intent and an Executive Summary, is Jan. 22, 2010. For organizations meeting the minimum requirements of Phase I, a letter will be sent notifying each organization to proceed to Phase II of the application process. Responses to Phase II of the process will be due one year from the date of the notification letter to proceed to Phase II. Should Navy receive no interest within two years for donation of the ship, the Navy may remove the vessel from donation consideration and proceed with disposal. Ex-John F. Kennedy was the last conventionally powered aircraft carrier built by the Navy. Originally scheduled to become the fourth Kitty Hawk-class carrier, Kennedy received so many modifications during construction that she formed her own class.

(Editor’s comment: I think the Town of Amherst, Virginia should prepare an application to obtain the ex-John F. Kennedy and move it to a nearby waterway such as Buffalo Creek. An alternative site would be along Tye River property owned by my brother, Clay Stewart, who has the Tye River Farm business on route 29. He is ex-navy and would love to have an aircraft carrier to play with during his spare time. Post 9877 Commander, Milton Carson, could be selected as Captain of the only floating (?) aircraft carrier in Amherst County. Shortly thereafter the flight deck would be converted for small aircraft service and Amherst County would announce daily flight service to neighboring airports and Jamaica. My brother has a pilot’s license and would make a great Chief of Operations, though I would never fly with him. He’s tried to kill me with hobbies on more than one occasion. The Kennedy’s many galleys would be converted to fine dining restaurants specializing in the food I prefer – which is just about anything. Berthing compartments would become a Holiday Inn Express. Lifeboats could be rented by the rich, big city canoe paddlers coming down from D.C. The huge engines would be converted to power every residence in Amherst County and my brother’s landscape business. Her guns would be used for an annual Town turkey shoot. Portions of revenue from this project would be used to construct a rotating eight story Veterans of Foreign Wars Post in the Amherst traffic circle in honor of those who have proudly served our country in uniform from Amherst County, rather than currently having no facility and their heroic service being dishonored by being forced to meet in the basement of a library every month. Of course, I would like to have a small plaque containing my name placed in the facility in honor of coming of with this grand idea. Also, a monthly large stipend from revenue proceeds would be anticipated. I would appreciate someone presenting this idea at the next Amherst Town Council meeting).

World War II 1st Marine Division – Remembered

The 1st Marine Division was activated aboard the USS Texas on February 1, 1941. The division's units were scattered over the Pacific with the support elements and the 1st Marine Regiment transported en route to New Zealand on three ships, the USATs *Ericsson*, *Barnett* and *Elliott* from Naval Reserve Air Base Oakland to New Zealand, and later were landed on the island of Guadalcanal, part of the Solomon Islands, on August 7, 1942.

Initially only the 7th Marine Regiment was in garrison on British Samoa, with the 5th Marine Regiment having just encamped at Wellington, New Zealand after disembarking from USAT *Wakefield*, and the 1st Marine Regiment not scheduled to arrive in New Zealand until 11 July.

The 1st Raider Battalion was on New Caledonia, and the 3rd Defense Battalion was in Pearl Harbor. All of the division's units, with the 11th Marines (artillery) and 75mm howitzer armed 10th Marines battalion would rendezvous at Fiji.^[6] Due to the change in orders, and shortage of attack and combat cargo vessels all of the division's 2.5 ton trucks, its M1918 155-mm howitzers and the sound and flash-ranging equipment needed for counter-battery fire had to be left in Wellington. Also, because the Wellington dock workers were on strike at the time, the Marines had to do all the load reconfiguration from administrative to combat configuration.

After 11 days of unparalleled dockside logistic mayhem, the division, with 16,000 Marines, departed Wellington in eighty-nine ships embarked for the Solomon Islands with 60-day combat load, no tents, spare clothing or bed rolls, no office equipment, unit muster rolls or pay clerks. Other things not yet available to this first wave of Marine deployments were insect repellent and mosquito netting.

Attached to the division was the 1st Parachute Battalion which along with the rest of the division conducted landing rehearsals from the 28th to the 30th of July on Koro Island which General Vandergrift described as a "disaster".

On 31 July the entire Marine task force came under command of Vice Admiral Frank J. Fletcher's Task Force

61. The division as a whole would fight in the Battle of Guadalcanal until relieved at 1400 on December 9, 1942 by Alexander Patch's Americal Division. This operation won the Division its first of three World War II Presidential Unit Citations (PUC). The battle would cost the division 650 killed in action, 1,278 wounded in action with a further 8,580 contracting malaria and 31 missing in action.

Following the Battle of Guadalcanal, the division's Marines were sent to Melbourne, Australia to rest and refit. It was during this time that the division took the traditional Australian folk song "Waltzing Matilda" as its battle hymn. To this day, 1st Division Marines still ship out to this song being played.

The division would next see action during Operation Cartwheel which was the codename for the campaigns in Eastern New Guinea and New Britain. They came ashore at the Battle of Cape Gloucester on December 26, 1943 and fought on New Britain until February 1944 at such places as *Suicide Creek* and *Ajar Ridge*. During the course of the battle the division had 310 killed and 1,083 wounded. Following the battle they were sent to Pavuvu in the Russell Islands for rest and refitting.

The next battle for the 1st Marine Division would be the bloodiest yet at the Battle of Peleliu. They landed on September 15, 1944 as part of the III Amphibious Corps assault on the island. The division's commanding general, Major General William H. Rupertus had predicted the fighting would be, "...*tough but short. It'll be over in three or four days - a fight like Tarawa. Rough but fast. Then we can go back to a rest area.*" Making a mockery of the prediction, the first week of the battle alone cost the division 3,946 casualties, during which time they secured the key airfield sites. The division fought on Peleliu for one month before being relieved. Some of the heaviest fighting of the entire war took place in places such as *Bloody Nose Ridge* and the central ridges of the

(continued next page...)

Hit'em Again for Me

With all the talk going on about assault charges hurled against three Navy SEALs for capturing Ahmed Hashim Abed, now may be a good time as any to revisit the story of a former Navy SEAL whose life so brutally came to an end one tragic day in Fallujah, Iraq.

His image will probably precede him, as he graced the cover of the Navy SEALs 1992 calendar (see photo right). Scott Helvenston was the youngest to ever complete Navy SEAL training, after being given special permission at 16 years old to join the Navy and completing Navy SEAL training at 17.

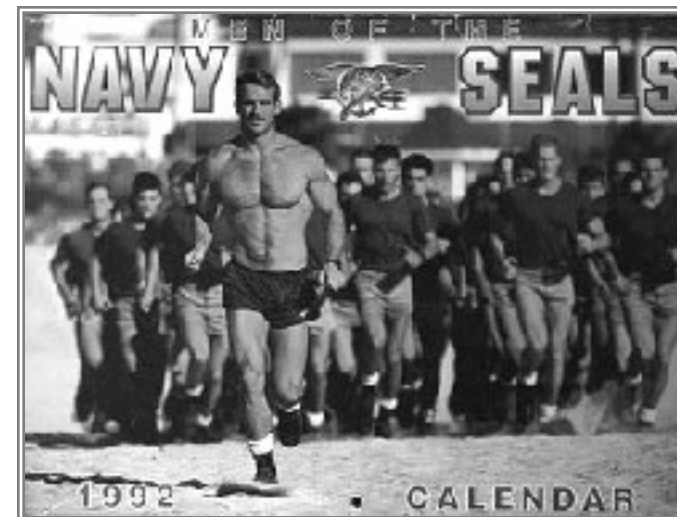
He spent 12 years in the Navy, from 1982 until 1994, during which time he was deployed four times. He spent four years as a Free Fall instructor.

Aside from being a former Navy SEAL, Scott Helvenston rubbed shoulders with celebrities and stars; he served as Demi Moore's personal trainer for her movie G.I. Jane, was a stunt man for the movie Face/Off, and was able to work with Anne Bancroft, Viggo Mortensen and Lucinda Jenney. He also appeared on reality TV, starring in *Combat Missions* and *Man vs. Beast*.

In 2004, Scott Helvenston worked for then Blackwater USA, a company owned by former Navy SEALs like himself. He was part of the Blackwater guards assigned to provide security for clients engaged in the food industry. On March 30, 2004, Scott Helvenston and three other contractors: Jerry Zovko, Wesley Batalona, and Michael Teague, were assigned to provide security to a convoy that was to travel from Baghdad to a military base to the west of Fallujah, Iraq. He was only 38 years old at that time.

The person who allegedly orchestrated the

gruesome murders of Scott Helvenston and his comrades after being tortured, mutilated, drug through streets as people stomped on them, and hung over the streets afterwards, images that sent shockwaves not only in America but all over the world, is now accusing Helvenston's comrades – for once a SEAL, always a SEAL – for punching him in the gut, and they are now facing a court martial for that. A promising life lost forever in the most brutal way imaginable, versus accusations of being at the receiving end of a punch — I invite you to take your pick regarding which is worse.



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- William Henderson, British admiral (1914)

Retiree eye exams allowed every two years

FALLS CHURCH, Va. (AFRNS) -- Maintaining healthy eyes and vision is an important part of personal safety and quality of life, say Tricare officials, and getting an eye exam is a smart idea for anyone, whether or not they have vision problems.

Retirees and their family members using Tricare Prime can get an eye exam every two years. Routine eye exams for retirees and their family members using Tricare Standard and Extra, and Tricare for Life are not covered.

These exams are more than the standard letter charts and include a check into the health of the eye. Retirees and their families enrolled in Tricare Prime can make an appointment with any Tricare-authorized optometrist or ophthalmologist for an exam. Tricare Prime beneficiaries do not need a referral unless they see a provider outside of their region's Tricare network.

All retirees, even Tricare for Life recipients, may receive one pair of standard issue glasses each year from the Naval Ophthalmic Support and Training Activity. Visit the NOSTRA Web site at www.med.navy.mil/sites/nostra and select the "How to Order: Retirees" link for more information. Family members and surviving spouses are not entitled to NOSTRA support.

Tricare officials said there are many ways to preserve and protect one's vision besides getting eye examinations. Avoid injury by wearing appropriate eye protection when handling tools and chemicals, and while playing sports. Also, wear sunglasses, hats and visors to protect eyes against the sun's harmful ultra-violet rays.

Learn more about Tricare vision benefits at the Tricare beneficiary portal at <http://tricare.mil/mybenefit>. Learn about eye health and protection at the National Institutes of Health's National Eye Institute at www.nei.nih.gov. (Courtesy of Tricare)

AF's New Aircraft Arrives at Bagram December 29, 2009

Air Force Print News|by TSgt. John Jung

BAGRAM AIRFIELD, Afghanistan - The newest aircraft to the Air Force's inventory arrived to Bagram Airfield. The MC-12 aircraft, tail number 090623, was the first of an undisclosed number of aircraft for the new 4th Expeditionary Reconnaissance Squadron here.

Following the MC-12's arrival, the 4th Expeditionary Reconnaissance Squadron was activated to carry out MC-12 operations in the Afghan theater of operations.

Col. Patrick McKenzie, the 455th Expeditionary Operations Group commander, presided over the brief ceremony attended by approximately one hundred Airmen and Soldiers.

"The MC-12 is much more than just a fleet of aircraft, its pilots and maintainers. It also consists of equipment and personnel that collect and broadcast full-motion video and signals intelligence, as well as crews that process, exploit and disseminate the information," Colonel McKenzie said. "In addition, the MC-12 encompasses a host of communications experts that support and maintain the added capability that the aircraft brings to the warfighter."

The first of its kind for the Air Force in Afghanistan, the MC-12 provides real-time ISR in the U.S. Central Command area of responsibility.

The aircraft bring another capability to Operation Enduring Freedom because the MC-12 is not just an aircraft, but a complete collection, processing, analysis and dissemination system of Airmen committed to securing Afghanistan and protecting Afghan and coalition lives.

If God had meant for us to be in the Army, we would have been born with green, baggy skin.
- Author Unknown (put here for you Navy dudes)

(continued from previous page...)

hazards keeps it interesting, but it can be difficult any time when the weather turns abruptly, as when a recent wind storm blew in across the sandy soil, Franzen said. Though there are no bunkers or water hazards, the course sports its own challenges.

Twenty yards in front of the third hole is a large mound of dirt lined with a protective barrier. Shooters have no choice but to shoot up and over if they want to reach the pin 224 yards away.

A foursome can navigate the nine-hole course in about two and a half hours – barring any unforeseen obstacles. Actually, many can be heard from a distance, as trucks rumble down gravel roads that traverse part of the course, as well as Black Hawk helicopters that routinely land in the vicinity.

The 2,400-yard course was designed around the base's daily activities, Franzen said, and sometimes golfers have to halt play for assorted vehicles.

Explaining that he needed a par 5 as he walked toward the fifth hole, Franzen devised an approach challenging enough for most. Dubbed the "Bucca Monster," the 570-yard hole is framed by concertina wire on one side and is a straight shot from the tee.

The closing of the detainee complex has shifted work priorities, including the completion of a new water treatment plant capable of producing millions of gallons of drinking water monthly for local residents.

Still, when the time allows, the flags beckon.

"The nice part is that because everyone has different schedules, it affords people to come out here at different times," Franzen said.

Lund said missions still go on daily, and the grind of a year-long deployment, though winding

down, goes on.

"It's been such a huge boost to morale," he said. The commander is one of 52 people who tried their luck in the Nov. 20 tournament. In the inaugural event a month before, 40 people participated. The winning team recorded a final score of 4 under par – a total that, given the characteristics of the course, left Franzen understandably skeptical.

"In real life, if you're not lying, you're not playing really good golf," he said, laughing.

Army Spc. Robert Schmude, a truck driver with "D" Company and a Manawa, Wis., native, said that while the idea of a golf course seemed odd to him at first, he realized the value of the venture.

"It's not a bad idea, and it enables us to relax on our day off," Schmude said.

As a reminder, the unassuming 124-yard ninth hole bears a placard that says "Back to Work."

In two months, Franzen's unit will begin to return home. The golf course will stay, and the equipment will be handed over to another unit. But for now, the infantryman and amateur golf course architect practices whenever he can find a couple of hours.

"When I get home, I'm going to be really good," Franzen said, referring to his sand game.

(Army Master Sgt. David Bennett serves with the 367th Mobile Public Affairs Detachment.)

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Soldiers Enjoy Camp Bucca Golf Course

By Army Master Sgt. David Bennett
Special to American Forces Press Service

CAMP BUCCA, Iraq - From the air, the basic outline of Camp Bucca appears as most military forward operating bases in Iraq, except for nine fluttering white flags affixed to poles jutting from the ground

The flags aren't tokens of surrender, but they often elicit cries of frustration from soldiers who have thrown their best at this opponent, only to be repelled.

Army Master Sgt. Brian Franzen, a platoon sergeant in "D" Company of the Wisconsin National Guard's 132nd Brigade Support Battalion, said it's just par for the course.

After a few minutes of speaking with him, it's easy to detect Franzen's passion for the Army, his Irish heritage and golf – not necessarily in that order. He said in his youth, he and his brothers created their own courses. Today, he rarely travels without his clubs, including his latest deployment to Iraq.

Franzen, an infantryman with the Wisconsin Army National Guard, can lay claim to designing what may be the only golf course in southern Iraq.

Until recently, Camp Bucca was home to the largest Theater Internment Facility in Iraq. The facility housed thousands of detainees before it closed in September. With guard towers providing a unique backdrop, Franzen recently explained how the golf course concept originated as he prepared for his second golf tournament for military members here – this one commemorating Thanksgiving.



After two representatives from the Professional Golfers Association of America made a morale visit last summer, Franzen suggested they hit a few balls. A brief conversation prompted Franzen to pitch the idea for a driving range to Marine Corps Col. Daniel Lund, Camp Bucca commander. The conversation turned to the feasibility of constructing a nine-hole course.

"It wasn't too hard," Franzen said. "It only took me two hours to lay it out on paper."

If the idea made sense on paper, finding the materials to begin work was another matter. Castaway parts were converted, such as old tent poles for flag sticks and carved-up 55-gallon plastic drums for the cups.

"One night I was digging the holes, and I was at hole No. 3, and a soldier who worked for law and order was walking by and asked me what I was digging for," Franzen said. "I said 'Hey, I'm making a golf course. What are you doing?'"

Tent poles could not substitute for putters, however. Due to a lack of necessary clubs and balls, Franzen contacted an acquaintance at Callaway Golf, who in turn sent out the word to other organizations that there was a fledging golf course in Iraq in need of equipment.

Soon, Franzen, who is from Dane, Wis., near Madison, began receiving donations of balls, drivers and irons from The PGA, Callaway, Nike Golf and even Arnold Palmer. However, when a representative of Legends Reno Tahoe Open Inc. set up a donations drive, sets of used clubs began arriving on pallets.

Carriers, including DHL, offered to ship the gear for free. "The generosity of people has really blown me away," Franzen said.

For good players, the perpetual presence of

(continued on next page...)

Officials launch new Air Force community Web site

by Master Sgt. Stan Parker
Secretary of the Air Force Public Affairs

Air Force officials have launched a new Web site to meet social and informational needs of Airmen, civilians, retirees and their families.

The entire Air Force family: all Airmen married and single; spouses; children; Air Force civilians; and retirees are invited to log on to www.usafservices.com, the official community Web site of the Air Force. The Web site allows users to add friends, send messages and update their personal profiles to notify family and friends about themselves.

Registered users will find the site allows for real-time socializing through the use of private or public chats, according to Mrs. Eliza Nesmith, Airmen and family services chief. Officials are not just optimistic based on the site's popularity, but also by feedback received regarding its functionality.

Additionally, users can join networks or create forums ranging in topics from deployed-spouse support to families with special needs.

"The new Web site is going to be very exciting and useful for Airmen and their families," said Ms. Nesmith. "We have about 2,200 users who are using the site right now, from an initial 600."

Although Airmen and families may be surprised by the absence of Air Force Crossroads, officials emphasized this important capability will continue to exist under the new domain.

Airmen will see advantages of the new site, particularly the new social networking feature, Ms. Nesmith said. The feature called "My Journal", under the "Share" tab functions much like Facebook and allows registered users to invite friends, join groups and post photos or videos. Like commercial sites, users can restrict access, allowing only those known to them to view their information and post messages.

Active duty, retirees, reservists, Guardsmen,

Department of Defense employees and others who are enrolled in the Defense Enrollment Eligibility Reporting System may register as users on the site. Users will notice that the Web site does not require the use of a common access card, but under optimized security measures, users can create a unique account username and a 15 character password, Ms. Nesmith said. Despite increased security measures, the site will be accessible from government and personal computers, she added. As this new site was launched, Air Force officials discontinued GI Mail. Over the past few years, officials have noticed the feature was an important tool for families to stay in touch, while others used it for their official mail or even to pay bills. "We are very sensitive to drawing down that capability ... but the social networking and contact with family during a deployment is going to be an easy and important part of usafservices.com," Ms. Nesmith said, noting a messaging feature, forums and a real-time.

While there is no capability or contact list link between Air Force Crossroads/GI Mail and the new usafservices.com Web site, users can click on the webmaster link to solicit help.

"Once Airmen and their families get accustomed to using the Web site, they will find that it is a very user friendly site that will give them much more flexibility than they have had on similar Web sites," Ms. Nesmith said. "During this Year of the Air Force Family, we really want to take a look at policies and procedures and see what we can do better. This is one of them."

Senior leaders have designated July 2009 through July 2010 as the Year of the Air Force Family, maintaining their commitment and attention to Airmen and their families as a top priority. Airmen and Family Support is one of the four pillars on which the Year of the Air Force Family is built, including Health and Wellness, Education, Development and Employment and Airman and Family Housing.



The USS George Washington Carver

This Fleet Ballistic Missile submarine was one of 5 vessels where Post 9877 Quartermaster Phillip Steege served during his long and distinguished military career. Others include two Fast Attacks, the Permit and Haddo, and Fleet Ballistic Missile boats Andrew Jackson and Will Rogers.

It is rumored that Quartermaster Steege has more bumps on his head from striking it on things inside the boat over the years than anyone in history. It probably explains many things.

USS *George Washington Carver* (SSBN-656), a *Benjamin Franklin*-class fleet ballistic missile submarine, was the second ship of the United States Navy to be named for George Washington Carver (1865–1943), an American researcher and inventor. She later was converted into an attack submarine and redesignated SSN-656.

Following shakedown, *George Washington Carver's* began her first strategic deterrent patrol on 12 December 1966.

George Washington Carver was both decommissioned and stricken from the Naval Vessel Register on 18 March 1993 at the Puget Sound Naval Shipyard in Bremerton, Washington, where her scrapping via the U.S. Navy's Ship and Submarine Recycling Program was completed on 12 March 1994.



Training and qualification at sea are required before submariners are awarded the coveted Submarine Warfare Insignia ("dolphins") - the submarine insignia worn by officers (gold) and enlisted personnel (silver) to demonstrate their achievement. The insignia of the U.S. Navy's Submarine Service is a Submarine flanked by two dolphins (the fish, not the mammal). Wearing the dolphins is a source of pride. Upon reassignment to "Fleet service", and leaving the submarine service, both officers and enlisted personnel usually continue to wear them.



A Hero Remembered

Michael Thornton was one of only 15 U.S. Navy personnel, (three of them SEALs) who received the Medal of Honor for their heroic actions during the Vietnam War. He is also the only recipient in over a century to save the life of another Medal of Honor recipient – SEAL Lieutenant Thomas Norris – who had performed heroic, lifesaving actions of his own just months earlier. Both men are still alive and well today. His other awards include the Silver Star, Bronze Star Medal with Combat "V" (3), Meritorious Service Medal, Combat Action Ribbon with Gold Star, Vietnamese Service Medal with one Silver Star and two Bronze Stars. His Medal of Honor Citation read:

“For conspicuous gallantry and intrepidity at the risk of his life above and beyond the call of duty while participating in a daring operation against enemy forces. PO Thornton, as Assistant U.S. Navy Advisor, along with a U.S. Navy lieutenant serving as Senior Advisor, accompanied a 3-man Vietnamese Navy SEAL patrol on an intelligence gathering and prisoner capture operation against an enemy-occupied naval river base. Launched from a Vietnamese Navy junk in a rubber boat, the patrol reached land and was continuing on foot toward its objective when it suddenly came under heavy fire from a numerically superior force. The patrol called in naval gunfire support and then engaged the enemy in a fierce firefight, accounting for many enemy casualties before moving back to the waterline to prevent encirclement.

Upon learning that the Senior Advisor had been hit by enemy fire and was believed to be dead, PO Thornton returned through a hail of fire to the lieutenant's last position; quickly disposed of two enemy soldiers about to overrun the position, and succeeded in removing the seriously wounded and unconscious Senior Naval Advisor to the water's edge. He then inflated the lieutenant's lifejacket and towed him seaward for approximately two hours until picked up by support craft.

By his extraordinary courage and perseverance, PO Thornton was directly responsible for saving the life of his superior officer and enabling the safe extraction of all patrol members, thereby upholding the highest traditions of the U.S. Naval Service.”

Lieutenant Thornton retired in 1992. He was the last Congressional Medal of Honor recipient on active duty at that time.



Navy SEALs recently secretly captured one of the most wanted terrorists in Iraq — the alleged mastermind of the murder and mutilation of four Blackwater USA security guards in Fallujah in 2004.

Ahmed Hashim Abed, whom the military code-named "Objective Amber," later told investigators he was punched by his captors — and he had the bloody lip to prove it. Now, instead of being lauded for bringing to justice a high-value target, three of the SEAL commandos, all enlisted, face assault charges and have retained lawyers.

What in hell is wrong with this country where we now dishonor heroes instead of honoring them? I'd give a fortune to smack that bastard around some too. **What in the hell is wrong with this country???**

- The Editor

With the Old Breed – Recommended Reading

With the Old Breed: At Peleliu and Okinawa is a World War II memoir by Eugene Sledge, a United States Marine. Since its first publication in 1981, *With the Old Breed* has been recognized as one of the better first-hand accounts of combat in the Pacific during World War II. The memoir is based on notes Sledge kept tucked away in a pocket-sized Bible he carried with him during battles.

By his own account, Sledge began writing the memoir in 1944, "immediately after Peleliu while we were in rest camp on Pavuvu Island", and continued working on it "as soon as I returned to civilian life" in 1946.^[1] The book's working title was *A Marine Mortarman in World War II*, which Sledge later changed to *Into The Abyss*. The book was first published under its final title by the Presidio Press in 1981.

Nicknamed "Sledgehammer" by his comrades, Sledge experienced combat during the battles of Peleliu and Okinawa as a 60mm mortarman while part of K Company, 3rd Battalion, 5th Marines, 1st Marine Division ("K/3/5").

His memoir is a front-line account of infantry combat in the Pacific War. Sledge writes of the brutality displayed by American and Japanese soldiers during the battles, and of the hatred that both sides harbored for each other. In Sledge's words, "this was a brutish, primitive hatred, as characteristic of the horror of war in the Pacific as the palm trees and the islands." Sledge describes one instance in which he and a comrade came across the mutilated bodies of three Marines, including one Marine whose genitals had been cut off and stuffed into the corpse's mouth. He also describes the behavior of some Marines towards dead Japanese, including the removal of gold teeth from Japanese corpses (and, in one case, a severely wounded but still living Japanese soldier), as well as other disturbing trophy-taking.

Sledge describes in detail the sheer physical struggle of living in a combat zone and the debilitating effects of constant fear, fatigue, and filth. "Fear and filth went hand in hand," he wrote. "It has always puzzled me that this important factor in our daily lives has received so little attention from historians and is often omitted from otherwise excellent personal memoirs by infantrymen." Marines had trouble staying dry, finding time to eat their rations, practicing basic field sanitation (it was impossible to dig latrines or catholes in the coral rock on Peleliu), and simply moving around on the pulverized coral of Peleliu and in the mud of Okinawa.

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Early History of US Navy Diving

The early history of diving in the US Navy parallels that of the other navies of the world. Since the middle of the nineteenth century, the Navy has employed divers in salvage and repair of ships, in construction work, and in military operations.

For the most part, early Navy divers were swimmers and skin divers, with techniques and missions unchanged since the days of Alexander the Great. During the Civil War Battle of Mobile Bay, swimmers were sent in ahead of Admiral Farragut's ships to locate and disarm Confederate mines that had been planted to block the entrance to the bay.

In 1898, Navy divers were briefly involved in an international crisis when the second-class armored battleship USS *Maine* was sunk by a mysterious explosion while anchored in the harbor at Havana, Cuba. Navy divers were sent from Key West to study and report on the wreck. Although a Court of inquiry was convened, the reason for the sinking was not found.

The beginning of the twentieth century saw the attention of all major navies turning towards developing a weapon of immense potential - the military submarine. The highly effective use of the new weapon by the German Navy in World War I heightened this interest, and an emphasis was placed on the submarine that continues today.

The US Navy had operated submarines on a limited basis for several years prior to 1900. As American technology expanded, the US submarine fleet grew rapidly. However, throughout the period of 1912-1939, the development of the Navy's F, H, and S class boats was marred by a series of accidents, collisions, and sinking's. Several of these submarine disasters resulted in a correspondingly rapid growth in the Navy diving capability.

Until 1912, US Navy divers rarely went below 60 fsw (feet of seawater). In that year, Chief Gunner George D. Stillson set up a program to test Haldane's diving tables and methods of stage decompression. A companion goal of the program was to develop improvements in Navy diving equipment. Throughout a three-year period, first diving in tanks ashore and then in open water in Long Island Sound from the USS *Walke* (Destroyer No.34), the Navy divers went progressively deeper, eventually

reaching 274 fsw.

The experience gained in Stillson's program was put to dramatic use six months later when the submarine USS *F-4* sank near Honolulu, Hawaii. Twenty-one men lost their lives in the accident and the Navy lost its first boat in 15 years of submarine operations. Navy divers salvaged the submarine and recovered the bodies of the crew. The salvage effort incorporated many new techniques, such as the use of lifting pontoons, but what was most remarkable was that the divers completed a major salvage effort working at the extreme depth of 304 fsw, using air as a breathing mixture. These dives remain the record for the use of standard deep-sea diving dress. Because of the depth and the necessary decompression, each diver could remain on the bottom for only ten minutes. Even for such a limited time, the men found it hard to concentrate on the job at hand. They were unknowingly affected by nitrogen narcosis.

The publication of the first US Navy Diving Manual and the establishment of a Navy Diving School at Newport, Rhode Island were the direct outgrowth of experience gained in the test program and the USS *F-4* salvage. When the United States entered World War I, the staff and graduates of the school were sent to Europe, where they conducted various salvage operations along the French coast.

The physiological problems encountered in the salvage of the USS *F-4* clearly demonstrated the limitations of breathing air during deep dives. Continuing concern that submarine rescue and salvage would be required at great depth focused Navy attention on the need for a new diver breathing medium. In 1924, the Navy joined with the Bureau of Mines in the experimental use of helium-oxygen mixtures. The preliminary work was conducted at the Bureau of Mines Experimental Station in Pittsburgh, Pennsylvania. Experiments on animals, later verified by studies with human subjects, clearly showed that helium-oxygen mixtures offered great advantages over air for deep dives. There were no undesirable mental effects and decompression time was shortened.

(Editor's note: This is a poem I've used at family request during hundreds of military funerals).

Do not stand at my grave and weep,
I am not there, I do not sleep.


I am a thousand winds that blow.
I am the diamond glint on snow.
I am the sunlight on ripened grain.
I am the gentle autumn rain.

When you wake in the morning hush,
I am the swift, uplifting rush
Of quiet birds in circling flight.
I am the soft starlight at night.

Do not stand at my grave and weep.
I am not there, I do not sleep.
Do not stand at my grave and cry.
I am not there, I did not die!

- Mary Frye (1932)

If you have a business ad in the Tribune and are approaching time for renewal, please do so and help us continue to provide our nation's heroes with information and entertainment. Write or email me, or contact the Post Quartermaster, Phillip Steege. Thanks. *The Ed.*



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

TRICARE Improves their Pharmacy Benefit

The TRICARE Management Activity (TMA) introduced a new enhanced pharmacy benefit that involved combining both mail-order and retail pharmacy contracts. The decision to combine the two contracts, call centers, and claims processing was done to help control Department of Defense pharmacy costs. There are three improvements:

- Include a specialty medication care management program in the mail-order pharmacy
- Expand the Member Choice Center to help beneficiaries move their prescriptions from the Military Treatment Facility to mail-order, and
- Establish one call center phone number at 877.363.1303 for all services

The specialty medication care management program allows beneficiaries to use the mail-order pharmacy for their specialty medications. There are 130 specialty pharmacies available within the retail network. Beneficiaries participating in the specialty medication care management program will receive clinical management to: assist with compliance and provide support; provide customized education; and decrease drug reactions by monitoring and intervening when needed to the beneficiary's doctor and talking directly with the beneficiary. Express-Scripts is sending out letters to beneficiaries who are currently filling their specialty medication in a retail pharmacy. The letters outline the benefits of using mail-order and instructions on how to transfer their prescriptions. Beneficiaries already using mail-order are being sent a postcard introducing them to the specialty care management program. Express-Scripts has been sending letters to beneficiary doctors who prescribe specialty medication educating them about the new specialty medication management program.

(continued from previous page...)

"There is a bit of culture that has developed,"

Bray said, about drinking. "And the younger people may think that is accepted practice, even though there are lots of efforts to dissuade them from doing that."

The rate, however, was lower among older military personnel when compared to the civilian population. Also, the number of military people who said they drank heavily remained little changed since 2005, at 20 percent.

"We did identify this as a concern in 2005," Smith said, citing recent campaigns such as the "That Guy" ad, aimed at soldiers who drink excessively.

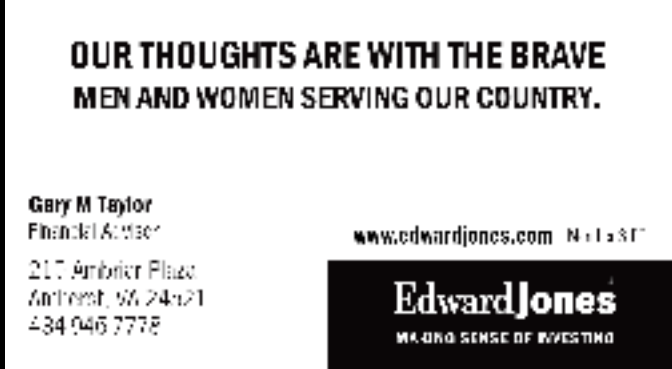
"But the problem has not gone away."

The survey did contain some good news.

Cigarette smoking declined from 34 percent in 2002 to 31 percent in 2008, and the number of military people who said they exercised at least three times a week increased. Also, there was a sharp decline in the number of servicemembers under the age of 20 considered overweight. And more than 70 percent of respondents said they were satisfied with their job.

"In spite of the many stressors from the many deployments," Smith said, "we see a remarkable degree of health and resilience."

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A LOVING WOMAN'S POEM

Before I lay me down to sleep,
I pray for a man who's not a creep,
One who's handsome, smart and strong.
One who loves to listen long,
One who thinks before he speaks,
One who'll call, not wait for weeks.
I pray he's rich and self-employed,
And when I spend, won't be annoyed.
Pull out my chair and hold my hand.
Massage my feet and help me stand.
I pray this man will love no other.
And relish visits with my mother.

A TYPICAL MAN'S POEM

I pray for a deaf-mute gymnast
nymphomaniac with big boobs who owns a
bar on a golf course and loves to send me
fishing and drinking. This doesn't rhyme and
I don't care!

Military study shows increase in suicide attempts, PTSD symptoms

By Seth Robbins, Stars and Stripes, Mideast edition

A wide-ranging Department of Defense survey revealed the rate of servicemembers attempting suicide has doubled in recent years, coinciding with an increase in those reporting symptoms of post-traumatic stress disorder and those abusing prescription drugs.

The study, which surveyed more than 28,500 active-duty personnel on a number of health issues, showed that 2 percent of servicemembers surveyed said they attempted suicide in the past year. In the 2005 study, only 1 percent of respondents said they attempted suicide.

“We’ve seen increases in suicide rates over the last several years,” said Robert Bray, the study’s senior program director. “I think this data is consistent with what we are seeing there.”

The 2008 Survey of Health Related Behaviors, released late Wednesday, was conducted by researchers with the Research Triangle Institute. It was last taken in 2005. The percentage of servicemembers admitting to PTSD-like symptoms rose from 7 percent in 2005 to 11 percent in 2008. The largest jumps came from soldiers and Marines. Soldiers who said they had PTSD-like symptoms rose from 9 percent to 13 percent, while Marines reporting such symptoms nearly doubled, from 8 percent to 15 percent. “The stresses of repeated deployments are playing a part in the trends we are seeing,” said Jack Smith, acting deputy assistant secretary for clinical and program policy for the assistant secretary of defense for health affairs. “We’re working on the stigma aspect of this and there are more screening opportunities out there, so people are becoming more aware of this.”

Respondents were not asked whether they had consulted anyone about their symptoms, but Smith said servicemembers have many more opportunities to be screened for PTSD during pre- and post-deployment assessments.

The survey also showed that about 11 percent of troops admitted to misusing prescription drugs, mostly painkillers, during the previous month. About 15 percent of soldiers and 11 percent of Marines said they misused

prescription drugs. Only about 7 percent of airmen said the same thing, the lowest number among the branches.

Troops abused pain relievers at a rate triple that of marijuana or amphetamines, the next most widely abused drugs among the survey’s respondents.

What’s more, the number of troops who said they misused prescription drugs nearly tripled from the last time the survey was conducted.

“I think this appears to be a nationwide trend,” Smith said. “This phenomenon of abuse of prescription drugs seems to be an increasingly common issue, which we are seeing in this survey.”

Researchers said making exact comparisons to earlier surveys is difficult because questions were changed after 2005 to keep the language in line with similar civilian studies. For example, the word “analgesics” was changed to “pain relievers,” and the questions tried to probe deeper into whether servicemembers were using prescribed medications in ways not intended by their doctors.

“The questions about prescription drug use are rather new,” Smith said. “This time we’ve drilled down on it as a major issue.”

The survey also looked at alcohol and tobacco use.

Heavy alcohol use — defined as five or more drinks during one occasion at least once a week — was higher among servicemembers in the age range of 18 to 35, compared to their civilian counterparts.

Bray said a history of drinking within the military may influence younger servicemembers.

(continued next page...)

Navy ‘moving aggressively’ to allow women on subs

By Leo Shane III, Stars and Stripes, Mideast edition

WASHINGTON — The secretary of the Navy said the service is “moving aggressively” to allow female sailors aboard submarines, a move that would open another of the few remaining career paths currently closed to women in the military.

In a statement released Thursday, Navy Secretary Ray Mabus said he and other top officials have been working on the change since he was sworn in last March.

“I believe women should have every opportunity to serve at sea, and that includes aboard submarines,” he wrote. Chief of Naval Operations Adm. Gary Roughead, in his own statement earlier this week, noted there are “particular issues with integrating women into the submarine force” but added he believes they can be resolved. In 1993, Congress struck down exclusion policies which barred women from serving in certain combat positions. Shortly thereafter, the Navy began allowing women to serve on some ships, but still bars females from serving aboard submarines.

Critics have long argued that forcing men and women to serve together in a submarine’s close quarters could lead to harassment, and the subs would have to be retrofitted with separate bathing and sleeping quarters. But Roughead dismissed those claims, saying the move is an important step towards diversifying the fleet. “Having commanded a mixed gender surface combatant, I am very comfortable addressing integrating women into the submarine force,” he wrote.

Last week, in testimony before the Senate Armed Services Committee, Joint Chiefs Chairman Adm. Mike Mullen said he believes the military should “continue to broaden opportunities for women” and specifically cited the ban on women serving on-board submarines as a policy he’d like to see overturned. On Friday, Nancy Duff Campbell, co-president of the National Women’s Law Center, lauded the Navy for promising the change.

“This is a heartening first step toward opening all positions in the Armed Services to women, who have proven their value and valor under fire in operations in Iraq and Afghanistan,” she said.

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My apologies to anyone noticing some print problems in the last issue, especially in some ads. I switched to a newer version of Microsoft’s software that I use to write this paper. Screwed up everything in my system. Also, it was a newer version of software than the one owned by the small company that prints this for me and it impacted their print process too. I am now back to the old software. Thank you Microsoft. So much for progress. Again, my apologies to everyone impacted by the problem. As the President says, “I take full responsibility.”

Your Editor

Shinseki Says VA's Home Loan Program a "Continued Success"

Veterans More Likely to Avoid Foreclosure with VA-Backed Loan

WASHINGTON (Dec. 7, 2009) - Despite problems in the nation's housing market, mortgage loans backed by the Department of Veterans Affairs (VA) had a lower foreclosure rate than any other type of home loan in the industry, as of the end of the last fiscal year.

"The dedication of VA's loan professionals, the support of our partners in the mortgage industry and most importantly, the hard work and sacrifice of our Veterans have made this possible," said Secretary of Veterans Affairs Eric K. Shinseki. "VA is making good on its promise to help Veterans buy homes, and Veterans are achieving their dreams."

Currently, about 1.3 million active home loans were obtained using VA's Home Loan Guaranty Program. The program makes home ownership more affordable for Veterans, active-duty members, and some surviving spouses by protecting lenders from loss if the borrower fails to repay the loan.

More than 90 percent of VA-guaranteed loans are made without a downpayment. Despite this, VA has the lowest serious delinquency rate in the industry, according to the Mortgage Bankers Association. Furthermore, VA's percentage of loans in foreclosure is the lowest of all measured loan types-lower even than prime loans, which require high credit scores and a 20 percent downpayment by the borrower.

Much of the program's strength stems from the efforts of VA employees and loan servicers nationwide, whose primary mission is to help Veterans stay in their homes, avoid foreclosure and protect their credit lines from the consequences of a foreclosure, Shinseki said.

Depending on the situation, VA's loan specialists can intervene on a Veteran's behalf to help pursue home-retention options such as repayment plans, loan modifications and forbearance. Additionally, under certain circumstances, VA can refund a loan, which involves purchasing the loan from the mortgage company and modifying the terms so the Veteran can afford the new mortgage payment.

Since 1944, when home-loan guarantees were offered under the original GI Bill, through the fiscal year that ended Sept. 30, VA has guaranteed more than 18.7 million home loans worth \$1.04 trillion.

To obtain more information about the VA Home Loan Guaranty Program, Veterans can call VA at 1-877-827-3702. Information can also be obtained at <http://www.homeloans.va.gov>.

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Army: A body of men assembled to
rectify the mistakes of the diplomats.

--Josephus Daniels--

(continued from previous page...)

About 30 seconds after takeoff, the back cabin was full of fuel, hydraulics were leaking, and systems were not working correctly. Captain Jennings flipped the fuel selector to cross feed between the two fuel tanks to keep the engine from flaming out. This was a huge factor in keeping the helicopter airborne, Major Dona said.

"As I enabled the second tank, I saw it was ticking down to zero as well," Captain Jennings said. "We needed to land. It was a decision to either crash three miles away or land two miles away."

The helicopter crew made the right decision. After landing the helicopter about two miles south of the convoy attack, the crew shut down and quickly secured a perimeter to protect the patients. Another HH-60G landed next to their crippled helicopter and the crew loaded all patients and as many crewmembers as possible before departing, Major Dona said.

"Army OH-58D Kiowa helicopters came to retrieve the rest of the crew," Captain Jennings said. "Being small single-engine, single-rotor, two-seater helicopters, there was no room for us inside. We had to stand on the skids and hold onto rocket pods."

Sergeant Burt also showed valor during the ordeal. While pararescuemen were loading patients onto the second HH-60G and the crew was being exfiltrated on to the skids of their cover ships, one of the pararescuemen called for help. Sergeant Burt ran through a rain of fire to help, Captain Jennings said.

"He totally put his life on the line," she said. "I'm extremely proud of my crew's heroism."

Looking back at the incident, Captain Jennings said she is thankful for her crew and their bravery.

"In a country where rocket-propelled grenades are used everywhere, it was a amazing that no one had an RPG. Everything was covered in fuel, including ourselves," she said. "It was nothing short of a miracle that we survived."

Captain Jennings was awarded a Purple Heart by Maj. Gen. Dennis Lucas, commander of the California Air National Guard, in a ceremony attended by her family, friends and fellow 129th RQW Airmen Dec. 6 at the Santa Clara Convention Center.

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Airman helps rescue 3 injured warriors during battle in Afghanistan

by Airman 1st Class Jessica Green
129th Rescue Wing Public Affairs

MOFFETT FEDERAL AIRFIELD, Calif. (AFNS) -- An Air National Guard member from the 129th Rescue Squadron here recently returned home from her deployment to Afghanistan after being wounded by enemy forces while rescuing three injured American Soldiers July 29.

Capt. Mary Jennings, an HH-60G Pave Hawk pilot, launched her rescue helicopter, call sign Pedro 15, from Kandahar Airfield, Afghanistan, enroute to a convoy that had fallen under attack after a vehicle struck an improvised explosive device.

"We couldn't see any enemy fire as we arrived on scene," said Maj. George Dona, Captain Jennings' co-pilot on Pedro 15, also from 129th RQS. "We were in voice contact with the Soldiers on the ground and we could hear over their radios that they were under distress."

The Soldiers were taking cover from hidden enemy positions on the western side of the convoy. The helicopter took immediate fire from the enemy upon the first landing, taking off right away, in enough time to drop off two pararescuemen in the zone, Major Dona said.

"One shot actually came directly into the cockpit and pretty much destroyed the entire co-pilot windshield," Major Dona said. "Captain Jennings took shrapnel and there was blood instantly all over her side."

The pararescue team lead member from the 71st Rescue Squadron assigned to the 23rd Wing at Moody Air Force Base, Ga., stayed on the aircraft after the first landing to ensure Captain Jennings was all right while the rest of his pararescue team deplaned to collect the patients. The HH-60G flew about a mile south to escape enemy fire and to guarantee that both the

helicopter and crew were in good enough condition to continue the save, Captain Jennings said.

"The helicopter was determined fully functional," she said. "We couldn't bring ourselves to return home without the patients."

Despite the danger the aircrew faced, the crew including Senior Master Sgt. Steven Burt, a 129th RQS flight engineer, and Tech Sgt. Tiejie Jones, a 129th RQS aerial gunner, returned to the scene after getting a call from the pararescuemen saying they were ready to haul out the three patients, Major Dona said.

"Then again, as soon as we landed we took immediate fire. We landed next to the patients and the (pararescuemen) were already moving them in," he said. "We took constant fire, and in about 20 rounds to the backside of the helicopter the systems started to deteriorate slowly."

Captain Jennings told Major Dona, who was on controls, to hold the helicopter on the ground through the fire as she watched the pararescuemen load the patients onto the helicopter.

"There were people yelling, lights flashing, and people screaming through the radios, all while dodging bullets," Captain Jennings said. "Major Dona had a lot of patience and confidence in his team to stay on the ground through all the chaos. His amazing pilotage skills saved all our lives."


(continued on next page...)

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The Captain and His Pants

Long ago, when sailing ships ruled the waves, a captain and his crew were in danger of being boarded by a pirate ship. As the crew became frantic, the captain bellowed to his First Mate, "Bring me my red shirt!". The First Mate quickly retrieved the captain's red shirt, which the captain put on and led the crew to battle the pirate boarding party. Although some casualties occurred among the crew, the pirates were repelled.

Later that day, the lookout screamed that there were two pirate vessels sending boarding parties. The crew cowered in fear, but the captain calm as ever bellowed, "Bring me my red shirt!". The battle was on and once again the Captain and his crew repelled both boarding parties, although this time more casualties occurred.

Weary from the battles, the men sat around on deck that night recounting the day's occurrences when an ensign looked to the Captain and asked, "Sir, why did you call for your red shirt before the battle?" The Captain, giving the ensign a look that only a captain can give, exhorted, "If I am wounded in battle, the red shirt does not show the wound and thus, you men will continue to fight unafraid". The men sat in silence marveling at the courage of such a man.

As dawn came the next morning, the lookout screamed that there were pirate ships, 10 of them, all with boarding parties on their way. The men became silent and looked to their Captain for his usual command.

The Captain, calm as ever, bellowed, "Bring me my brown pants!!"

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Maria Fedorovna, Empress of Russia and wife of Tsar Alexander III, was known for her charitable works. In fact, she once saved a condemned man from exile in Siberia by changing a single comma in the warrant signed by her husband.

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The man was thus saved and released.

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(As a retired Chief Master Sergeant I could not resist putting an Air Force article in the Tribune's Navy issue. The Editor).

Golden Anniversary for Chief Master Sergeant Rank

by Bryan D. Carnes, Air Force Materiel Command Public Affairs

WRIGHT-PATTERSON AIR FORCE BASE, Ohio (AFRNS) -- Chief master sergeants were not a part of the Air Force's enlisted structure when the service was formed in 1947. It took 11 years until the rank was created.

This year marks the 50th anniversary of the establishment by Air Force officials of the chief master sergeant rank, adding another important chapter to the Air Force's enlisted heritage.

The need to create the chief master sergeant rank was forged from the technology that World War II produced. In the attempt to end the war as quickly as possible, officials in the United States, along with those of other countries, dedicated teams of scientists and engineers to create the most advanced war-winning capabilities possible.

While the U.S. military was fighting the war in Africa, Europe and Asia, U.S. researchers were producing the most advanced technology ever seen. The emergence of faster aircraft, bombers, advanced electronics, radar systems and missiles were on the rise.

With the growth of aviation during the war, President Harry S. Truman signed the National Security Act of 1947 creating the U.S. Air Force. It was Sept. 18, 1947 that the Air Force became a separate entity which "shall include aviation forces both

combat and service not otherwise assigned."

It was not until after the Korean War, however, that Air Force officials realized that the enlisted corps suffered from stagnation in rank. Master sergeant, or E-7, was the highest enlisted rank a person could achieve. It was then that Congress enacted the Career Compensation Act of 1958.

The act allowed Air Force officials, and those from other uniformed services, to create two new ranks, senior master sergeant, or E-8, and chief master sergeant, or E-9. Air Force personnel officials conducted an in-depth study of all Air Force specialty codes and organized the career fields into highly technical, technical and non-technical fields.

It was decided that 1 percent of the master sergeants from the highly technical fields would be promoted to chief master sergeant. This is still true today, as only 1 percent of the enlisted force at any given time reach the rank of chief master sergeant.

There were 58,000 master sergeants which qualified for promotion to either of the two grades. A promotion board was held to review records and look for demonstrated leadership and supervisory skills, evaluations and commander recommendations. Of those, 625 Airmen were selected to become chief master sergeants. Since there were no line numbers at the time, they all were promoted on the same day, Dec. 1, 1959, becoming the Air Force's charter chiefs.

The rank has flourished since 1959, earning the respect of all other services and ranks. During the 1970s, Air Staff officials made "chief" the official term of address for an E-9.

One of the original charter chiefs, retired Chief Master Sgt. James J. Flaschenriem, wrote, "The chief does not manage by fear or intimidation as the old first sergeant did, but by knowledge, training and great leadership ability." (Courtesy of Air Force Print News)

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Come Join Us! VFW Post 9877 meetings are held on the 3rd Tuesday of each month at the Amherst Library. If you are a veteran it is your right to attend. If you are a veteran it is your responsibility to attend.

Basic Principles for Doing Your Job!

Admiral Hyman G. Rickover U.S.N.

Ownership -

"A person doing a job - any job - must feel that he owns it and that he will remain on that job indefinitely. Lack of commitment to the present job will be perceived by those who work for him, and they will also tend not to care. If he feels he owns his job and acts accordingly, he need not worry about his next job."

Responsibility -

"Along with Ownership comes the need for full acceptance of full responsibility for the work. Shared responsibility means that no one is responsible. Unless one person who is truly responsible can be identified when something goes wrong, then no one has really been responsible."

Attention to Detail -

"A tendency among managers, particularly as they move to higher positions, is to think they no longer need to be concerned with details. If the boss is not concerned about details, his subordinates also will not consider them important."

Priorities -

"If you are to manage your job, you must set priorities. Too many people let the job set the priorities. You must apply self-discipline to ensure your energy is applied where it is most needed."

Know What is Going On -

"You must establish simple and direct means to find out what is going on in detail in the area of your responsibility. I require regular periodic reports directly to me from personnel throughout my program."

Hard Work -

"For this, there is no substitute. A manager who does not work hard or devote extra effort cannot expect his people to do so. You must set the example. Hard work compensates for many short-comings. You may not be the smartest or most knowledgeable person, but if you dedicate yourself to the job and put in the required effort, your people will follow your lead."

Checking Up -

"An essential element of carrying out my work is the need to have it checked by an independent source. Even the most dedicated individual makes mistakes."

Facing the Facts -

"Another principle for managing a successful program is to resist the natural human inclination to hope things will work out, despite evidence or doubt to the contrary. It is not easy to admit that what you thought was correct did not turn out that way. If conditions require it, one must face the facts and brutally make needed changes despite considerable costs and schedule delays. The man in charge must personally set the example in this area."

Superstitions

In the days of sail, dead mariners were believed to be reincarnated in the bodies of petrels and seagulls. If one of these birds appeared over a ship in mid-ocean, it was a sign of storms to come.

The huge albatross of the southern seas held the most awe. To see one meant that a storm was a certainty. To kill one brought an eternity of bad luck. This is referenced in the poem "The Rime of the Ancient Mariner", by Coleridge.

In 1959 a cargo ship named *Calpean Star* had to carry an albatross on its way from the Antarctic to a zoo in Germany. When the ship docked at Liverpool with engine trouble, the crew walked off, claiming that the albatross was responsible for the misfortunes on the voyage. Only after the albatross died in its cage a day later was the Captain able to find another crew to take the ship out of port.

A young man who does not have what it takes to perform military service is not likely to have what it takes to make a living.

--John F. Kennedy--

Tattoos

In 1771, HMS Endeavour, under the command of Lt. James Cook, visited the island of Tahiti, and a seaman named Robert Stainsby had himself tattooed by a native. The craze for tattoos soon caught on as sailors thought a tattoo could increase their luck. A crucifix was a popular tattoo, as it was supposed to increase the chances of a Christian burial if the sailor were somehow lost at sea and later found washed up on shore. Also, a rooster and pig, each tattooed on one knee was popular. It ensured the seaman that he never went hungry as he would carry with him his own "bacon and eggs".

Trouble...



A Navy man walks into a bar, gives the bartender a conspiratorial wink and says, "Quick, pour me a drink, before the trouble starts."

The bartender pours a drink and watches as the Sailor downs it in one gulp.

The Sailor slams the glass down on the bar and says, "Quick, give me another one before the trouble starts."

The bartender pours another glass and the Sailor drinks it as quickly as he had the first. The Sailor pauses, lets out a belch and demands a third drink 'before the trouble starts.'

After several rounds of this, the bartender says, "Look Sailor, you've been talking about trouble for 30 minutes. Just when is this 'trouble' going to start?"

The sailor looks at the bartender and grins. "The trouble starts just as soon as you figure out that I don't have any money."

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Tragedy at LZ Albany – Vietnam War Remembered

"It ran through my mind for a moment, "did his father feel something, did anybody? Was she reaching for a can of peas in the supermarket and feel a tug or a jolt and not know what it was? Does anybody close to him know that he just died?"--U.S. soldier

"No matter what you did you got hit," wrote Jack Smith, son of the famous news commentator Howard K. Smith, then a soldier with the 2nd Battalion, 7th Cavalry, about the NVA ambush of his unit near Landing Zone Albany on November 17, 1965.

"The snipers in the trees just waited for someone to move, then shot him. I could hear the North Vietnamese entering the woods from our right. They were creeping along, arguing and babbling among themselves, calling to each other when they found a live G.I. Then they shot him."

This was the tragic postlude to the victory at LZ X-Ray the day before. As the NVA withdrew, the 1st Cavalry Division (Airmobile)'s 2nd Battalion, 7th Cavalry was ordered to move overland some two miles northwest to a jungle clearing called "LZ Albany". It was seen as a "walk in the sun". Unbeknown to the 7th Cavalry, however, the NVA had staked out all the clearings in the area, and its 8th Battalion, 66th Regiment, which had been held in reserve during the fight at LZ X-Ray, was alerted to their approach. Strung out for 550 yards along the line of march, the NVA sprang the ambush as the column reached the edge of LZ Albany. Thus began what one observer called "the most savage one-day fight of the Vietnam War."

The 400 men of the 2nd Battalion, 7th Cavalry were both surprised and outnumbered. Enemy forces included both the 550-man NVA 8th Battalion, 66th Regiment and remnants of the 1st and 3rd NVA battalions, 33rd Regiment, which had retreated from Landing Zone X-Ray the day before. When the battle ended the next morning, 155 U.S. soldiers had been killed and another 124 wounded.

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The number of medals on an officer's breast varies in inverse proportion to the square of the distance of his duties from the front line.

--Charles Edward Montague--

DID YOU KNOW?

Virginia has 813,977 veterans as of September 30, 2008 and the number is increasing (Source U. S. Department of Veterans Affairs)

20% of service members returning from Iraq or Afghanistan report symptoms of PTSD or depression; only half have sought treatment (Rand Corp. Study, 2008)

19% of returning service members experienced possible traumatic brain injury (Rand Corp. Study, 2008)

7% of returning service members report both probable brain injury and PTSD or depression. (Rand Corp. Study, 2008)

(continued from previous page)

guys jumping roof to roof coming after us," Brian said.

"So Chris had a great idea," Brian explained. "He said, 'Everybody (get beneath) a door jamb, get down low, and I'm going to have these Bradley (infantry fighting vehicles) come through here and take off the second decks of all these houses.'"

In a bold decision, Chris ordered enough ordnance to destroy the second-story of the building in which they were taking cover, and where the enemy fighters were positioned.

"It worked great!" Chris said in a Texas twang and with a wide smile.

The tank artillery campaign crippled the insurgency, what Chris remembered as "two distinct 30-minute periods of intense" fire fights. After the heavy tank reinforcements arrived, Brian, equipped with a machinegun, said he "went through about 800 rounds total."

The mission the SEALs described was one of roughly 65 direct-action combat operations they engaged in during their time in Anbar province, including an operation on the following night.

To illustrate symbols of the cultural progress they witnessed, Brian and Chris projected photographs on a large screen before the audience here.

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In one image, a group of Sunni and Shiite members of the Iraqi army carry the casket of a deceased Iraqi soldier as a U.S. Army Colonel looks on. The wooden coffin is draped in an Iraqi flag.

"This is the norm," Chris said. "This is what you're seeing on a daily basis; combined tribal and combined religious connection at things like funerals, mission planning out on operations. It's amazing."

In another one of Chris' slides, Iraqi police and civilians celebrate boisterously on a crowded street.

"After we were able to clear the city of (the enemy) in Eastern Ramadi, the people are able to go to the market, they're able to talk with Iraqi policemen out in the street openly, U.S. forces were able to patrol out in the street," Chris said. "It used to be very dangerous for us to even go down the road because of improvised explosive devices and sniper attacks and small-arms fire attacks."

In another picture, Chris and another SEAL flank a smiling Arab.

"Tribal engagement," Chris said. "This is us with Sheik Jossup up in Sofia, which was the genesis of the whole 'tribal awakening.'"

"We trained them in foreign internal defensive and they eventually were able to bring other tribes on board and it really opened up the Anbar province," he said.

After conducting about 110 combat operations with Iraqi security forces in Anbar, the mortaring at Camp Corregidor in Ramadi stopped, Brian recalled.

"We were free to exercise on base," Brian said. "We were free to use the bathroom without having a helmet and body armor on."

Navy SEALs Share War Stories from Anbar Province

By John J. Kruzel American Forces Press Service

WASHINGTON, May 25, 2007 – Two Navy SEALs who recently returned from Iraq shared some of their combat experiences and described the progress they witnessed in Anbar province, during a panel discussion yesterday at the Naval Heritage Center here.

Petty Officer 2nd Class Brian, a heavy weapons operator and breacher, and Lt. Chris, SEAL Team Five Bravo Platoon's commander, are identified only by their first names for security reasons. They spent seven months in Anbar province training Iraqi security forces to operate independently.

The SEALs painted an unfiltered picture of their experience on Camp Corregidor in the city of Ramadi, which was mortared an average of three times a day when they first arrived.

"No matter where we went, whether it was a PortoJon, the chow hall, wherever, if you left 25, 50 meters outside of your base or outside your barracks, you had to have full kit on," Brian said.

As platoon commander leading a foreign internal defense mission, Chris held the reins in "developing Iraqi security force capability to fight insurgents or terrorists, in order to create a self-sustaining and capable Iraqi security force," the lieutenant said.

During SEAL operations the platoon brought six to 10 Iraqis who either led or followed, depending on operational and tactical requirements.

"We would go in at night under the cover of darkness and get positioned to overwatch or basically provide support for an operation during the daytime," Chris said. "We're in there shaping the operation for decisive action.

"So we get setup and we're checking the environment out, looking at the battle space," Chris said. "And as the Army's coming through and we're kind of covering them, we get attacked pretty heavily."

Brian, who was closer to the enemy than Chris, recalled the ensuing ambush.

"(The platoon) was in three different operating positions. Our operating position started taking fire," Brian said. "It was ineffective – shots against the wall, stuff like that – we took a couple grenades against the side of the building.

"Shortly after, our two buddies who were down the street about 100 meters from me, they took heavy fire – rocket-propelled grenade attacks," he said. "One of my buddies got fragged pretty good.

"So when they called in a Quick Reaction Force to come pick him up, we had two Iraqis open the door and go out in the street. Well sometime during the night there was an IED left out there for him. It was either command-detonated or pressure-plate," Brian said. "It was detonated; the Iraqi lost both of his legs at the waist.

"Two other guys were hurt really bad – my buddy Joe and my buddy Elliott – took it pretty bad," Brian said. "Everybody bagged out of our operational positions. Once we heard guys were down we bagged out of there – we took off running down the street; running and gunning."

Brian, Chris and the other SEALs consolidated near their "wounded brothers."

"We grabbed both guys and brought them in a house and started taking care of the wounded to getting those guys ready for transport," Brian said.

Elliott, one of the two wounded, was the biggest corpsman on their team – weighing 250 lbs. without gear, Chris recalled.

"He was laying there bleeding out, and he was telling us how to fix Joe, with no concern for himself," Chris said. "That pretty much sums up Navy SEAL corpsmen."

Meanwhile, aerial surveillance showed "bad

(continued next page)

The Watch

For twenty years,
This sailor has stood the watch

While some of us were in our bunks at night,
This sailor stood the watch

While some of us were in school learning our trade,
This shipmate stood the watch

Yes...even before some of us were born into this world,
This shipmate stood the watch

In those years when the storm clouds of war were seen
brewing on the horizon of history,
This shipmate stood the watch

Many times he would cast an eye ashore and see his
family standing there,
Needing his guidance and help,
Needing that hand to hold during those hard times,
But he still stood the watch

He stood the watch for twenty years,
He stood the watch so that we, our families,
And our fellow countrymen could sleep soundly in safety,
Each and every night,
Knowing that a sailor stood the watch

Today we are here to say:
"Shipmate...the watch stands relieved.
Relieved by those YOU have trained, guided, and lead
Shipmate you stand relieved...we have the watch!"

"Boatswain...Standby to pipe the side...Shipmate's going
Ashore!"

–*William Whiting, 1860*

The Navy Hymn

Eternal Father, strong to save,
Whose arm hath bound the restless
wave,
Who bidd'st the mighty ocean deep
Its own appointed limits keep;
Oh, hear us when we cry to Thee,
For those in peril on the sea!

O Christ! Whose voice the waters heard
And hushed their raging at Thy word,
Who walked'st on the foaming deep,
And calm amidst its rage didst sleep;
Oh, hear us when we cry to Thee,
For those in peril on the sea!

Most Holy Spirit! Who didst brood
Upon the chaos dark and rude,
And bid its angry tumult cease,
And give, for wild confusion, peace;
Oh, hear us when we cry to Thee,
For those in peril on the sea!

O Trinity of love and power!
Our brethren shield in danger's hour;
From rock and tempest, fire and foe,
Protect them wheresoe'er they go;
Thus evermore shall rise to Thee
Glad hymns of praise from land and sea.

–*William Whiting, 1860*

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Enlist today...



If I could, I'd enlist today and help my country track down those responsible for killing thousands of innocent people in New York City and Washington, DC but, I'm over 60 now and the Armed Forces say I'm too old to track down terrorists. You can't be older than 35 to join the military. They've got the whole thing backwards. Instead of sending 18-year-olds off to fight, they ought to take us old guys.

You shouldn't be able to join until you're at least 35.

For starters:

Researchers say 18-year-olds think about sex every 10 seconds. Old guys only think about sex a couple of times a day, leaving us more that 28,000 additional seconds per day to concentrate on the enemy.

Young guys haven't lived long enough to be cranky, and a cranky soldier is a dangerous soldier. If we can't kill the enemy we'll complain them into submission. "My back hurts!" "I'm hungry!" "Where's the remote control?"

An 18-year-old hasn't had a legal beer yet and you shouldn't go to war until you're at least old enough to legally drink. An average old guy, on the other hand, has consumed 126,000 gallons of beer by the time he's 35, and a jaunt through the desert heat with a backpack and M-60 would do wonders for the old beer belly.

An 18-year-old doesn't like to get up before 10 a.m. Old

guys get up early every morning to pee.

If old guys are captured we couldn't spill the beans because we'd probably forget where we put them. In fact, name, rank, and serial number would be a real brainteaser.

Boot camp would actually be easier for old guys. We're used to getting screamed and yelled at, and we actually like soft food. We've also developed a deep appreciation for guns and rifles. We like them almost better than naps.

They could lighten up on the obstacle course, however. I've been in combat and didn't see a single 20-foot wall with rope hanging over the side, nor did I ever do any pushups after completing basic training. I can hear the Drill Sergeant now, "Drop and give me...er...one."

And the running part is kind of a waste of energy. I've never seen anyone outrun a bullet.

An 18-year-old has the whole world ahead of him. He's still learning to shave, to actually carry on a conversation, and to wear pants without the top of his butt crack showing and his boxer shorts sticking out. He's still hasn't figured out that a pierced tongue catches food particles, and that a 400-watt speaker in the back seat of a Honda Accord can rupture an eardrum.

All great reasons to keep our sons at home to learn a little more about life before sending them off to war.

Let us old guys track down those dirty rotten cowards who attacked our hearts on September 11 and are killing innocents today. The last thing the enemy would want to see right now is a couple of million old farts with attitudes.

Soldiers usually win the battles and generals get the credit for them.
--Napoleon Bonaparte--

(continued from previous page...)

But it had to be cleared—and not only of the larger obstacles. Even a hand grenade left on the bottom could one day be brought up by a dredger and explode, and anything that protruded significantly from the bottom meant, potentially, a damaged ship and the closure of the Canal sometime in the future. It had to be cleared—and the united efforts of four navies were not too much for this job, which combined dullest routine with sharpest danger, and high technology with the most primitive grope-and-grab methods.

Four full sweeps were made of the Canal, each slower and more painstaking than the last. Simultaneously with the first of them, American Explosive Ordnance Disposal diving teams gave specialized instruction to divers of the Egyptian Navy, training them in pattern-search methods and in the safe handling of the live and utterly unreliable explosives that they would be dealing with. Small naval vessels equipped with special sonar devices then began the search, starting at the Canal's southern end and working north toward the Little Bitter Lake.

The special devices—side-scanning sonar—were exceptionally precise instruments. "You just about have the name and address of anything lying on the bottom there," said a technician proudly. The essential phrase in that sentence is "just about." For although it could pinpoint both the shape and location of objects, it could not tell whether the find was a hand grenade or a beer can, or distinguish between a tangle of old steam pipe and a 250-pound bomb. Only a diver, working on the bottom by sight and feel, can distinguish—sometimes—between a find that must be brought up and disposed of, or whether it can be safely left where it lies.

As to the "address" of the find: the diver underwater cannot locate himself as exactly as the surface sonar ship can, and he must still search a certain area of the bottom to find the object he knows is there. When one adds to these difficulties the facts that a heavy falling object can easily bury itself in the sand and ooze of the bottom; that there is, in parts of the Canal, a certain amount of silting; and that underwater visibility is limited, then the difficulty of the job faced by the Egyptian Army divers becomes clear. For all the expert technological help they had, their work, in the end, came down again to the "grope, grub and tremble" of the salvage divers' motto. In this way they worked the length of the Canal, from Suez north, then skipping from

the Little Bitter Lake to Port Said and working south again from there to the Great Bitter Lake and its channel.

Two British sweeps of the Canal, at the cost of one "minor accident with injury," and by a process that a diver later described as "long periods of boredom interrupted by moments of sheer terror," found 27 large bombs, 508 small ones, 78 missiles, 517 anti-personnel mines, 209 tons of TNT in trucks and lighters, seven planes, three tanks, 15 trucks and personnel carriers, six bodies, and assorted explosives of Russian, American, Egyptian, Czech, Israeli, Danish, British and Swiss manufacture.

(Editor's notes: I deployed with this operation and spent a short time on the Iwo Jima before going in-country. It was my only experience on a boat/ship/vessel or whatever the hell you Navy guys call them. Enjoyed the duty. Enjoyed the food. Enjoyed the comradre of two different branches of service. Did not enjoy something floating on water without wings or propellers. Also, riding in a helicopter dragging a sled behind while waiting for exploding mines is a great carnival ride but not one I particularly recommend. During the mine clearance operations I watched man after man from different countries die. Definitely did not like our sacrifices but I guess it was for a "good cause." Did enjoy my time in Cairo living in a hotel near the Pyramids. Did not enjoy camel riding in the desert. Mean, unhappy animals. Did enjoy the food, though I contracted dysentery and over he next two years during continual Middle East deployments I suffered terribly from the effects of it. Nothing like experiencing dysentery on an aircraft with no toilets while flying 6-10 hours. Barf bags make terrible toilets.

Truly enjoyed the Egyptians and their friendship, though the constant worry about being attacked by the "bad guys" while walking on the streets was a bit disconcerting. No beer available and did not enjoy that! Driving was incredible. No rules, no laws, no sense to anything on the roads.

I received a very cherished Navy medal for the deployment and I had a ball serving with the Navy and other services!).



Nimbus Star / Nimbus Moon / Nimrod Spar

Operations Nimbus Star and Nimbus Moon involved the clearance of mines and other unexploded ordnance from the Suez Canal and its approaches by US and allied forces during the 1973 Arab-Israeli conflict. In reaction to the Middle East crisis between Israel and Egypt in October 1973, USS Iwo Jima (LPH-2) deployed fully loaded, more than a month early, and with only five days notice. While deployed, she participated in Task Force 65 NIMBUS STAR / NIMBUS MOON, an operation to clear mines from the Suez Canal. In May 1974 a twelve-plane detachment of RH-53D Sea Stallions from NAS Norfolk's Helicopter Mine Countermeasures Squadron TWELVE [HM-12] began minesweeping the Suez Canal as part of Project NIMBUS STAR. Clearance of Suez Canal for mines and unexploded ordnance completed by Joint Task Force on 20 December 1974. When mine clearing operations were completed, the Suez Canal and associated lakes were considered 99% clear of active mines.

The helicopter squadron, specialized in minesweeping, brought along two cryptically named items from its largely secret bag of tricks: a MOP and a Sled. Both were devices intended to be towed over the surface of the water by a low-flying helicopter and to detonate any mines near their path by "imitating" the effects of a passing ship.

Of the two devices, the MOP—for Magnetic Orange Pipe—was the simpler. It was just an eight-foot length of heavy magnetized iron pipe, capped at the ends and painted international orange; its field was sufficient to detonate magnetic mines. The Sled was more complex both in its uses and in its effects. It was a high-amperage electrical generator driven by a compact gas-turbine engine. Engine and generator were mounted together on a hydrofoil platform that could be air-towed at high speed; whether the power generated was used to set up a magnetic field that could detonate a mine, or instead produce an acoustic or other kind of signal, no one would say—but whatever mines were there would be taken care of.

"It's a little like fly fishing," said a Navy officer. "You figure there's something there, so you choose your fly, drop it in, and see if you get a bite." And the minesweepers displayed a true angler's patience. They had 121 square miles of waterway to cover, and flying an average of almost 13 hours a day over 39 days, they swept 7,616 linear miles, chopping up and down the Canal from Port Said to Suez, waiting for

the bang and the waterspout that would mean a "bite" at last.

As it turned out, there were no bangs. The only result of over five weeks of helicopter minesweeping of the Canal was the discovery that the waterway had never been mined. The banks, however, were. As American and Egyptian engineers put it, land mines were sown so densely that "even the snakes were moving on tiptoe."

The first step was training. The American engineers and a group of Army specialists in handling and disposing of unexploded ordnance trained 173 Egyptian officers in mine detection and disposal, and stood by while the officers trained nearly 1,700 Egyptian troops.

This group then began the dangerous and delicate job of clearing a strip of land 800 feet wide along both banks of the Canal and over its full 102-mile length. In the desert heat, they worked by inches, finding one anti-tank or anti-personnel mine per 10 square feet on the average and carefully excavating it—often with brushes as the safest tool—then disarming it; where safety allowed, the mine might be detonated on the spot. Over the three months that the operation lasted the Egyptian troops found an average of one mine *every six seconds*—not counting other types of ordnance—for a total of 686,000 mines and some 13,500 other satanic devices. Finding them cost the lives of 96 men.

With the Canal banks clear, the more difficult phases of the work could begin. For even though unmined, the Canal's waters concealed great dangers. For seven years, thousands of artillery shells had been fired across those waters—and into them; trucks carrying war materiel had driven across pontoon bridges—or fallen from them; bombs had fallen and planes and missiles had crashed in the Canal, and all had been concealed in its waters; amphibious tanks had sunk. The result was what one French officer called "a military bouillabaisse"—and a perfect paradigm for the synonymy of "war" and "waste."

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Breaking into the underwater boys' club: Sailor one of 12 women to be submarine-qualified

By Erik Slavin, Stars and Stripes, Mideast edition

YOKOSUKA NAVAL BASE, Japan — A sailor once asked Lt. Cmdr. Marilisa Elrod where she got the twin dolphins sewn below the U.S. Navy lettering on her uniform. She could understand the sailor's confusion — he had probably never seen the insignia on a woman before.

"I said I borrowed them from my husband ... just to tease him," said Elrod, a doctor and undersea medical officer based in Hawaii.

Then she explained how she studied for more than a year and passed her qualification test aboard the USS Key West before earning the distinction of being a submarine-qualified sailor.

To a submariner, those dolphins mean that the sailor wearing them knows enough about every function of the boat to save it in an emergency.

Elrod is one of 12 submarine-qualified women in the Navy, officials said.

As a medical officer, she has had the opportunity to ride on several vessels. However, crews stationed aboard submarines remain all male in the U.S. Navy.

"I think in the beginning it would be difficult from a logistics standpoint, but I don't see any reason why women would not be well-suited to be on subs," Elrod said.

Australia, Canada, Spain and Norway all allow women to serve on submarines, though their deployments tend to be shorter than those aboard U.S. nuclear-powered subs.

Some U.S. sailors say having women serve aboard subs would hurt unit cohesion. Others say sailors would adapt.

"You'll hear all sorts of arguments against it, some medical ... some similar to the arguments you hear against having homosexuals serving in small units," said Petty Officer 1st Class Jim Grisham, an electronics technician serving aboard the USS Seawolf. "Nothing credible, in my opinion, and little that the surface Navy and the other armed forces haven't learned to deal with."

Female U.S. Naval Academy students have come aboard the Seawolf and other submarines for years as part of their summer training.

While aboard submarines, Elrod has shared an officer's stateroom.

If women were allowed to serve permanently aboard subs, they would need designated spaces that aren't available on today's boats, said Submarine Group Seven spokesman Lt. Cmdr. Greg Kuntz.

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Hard pressed on my right. My center is yielding. Impossible to maneuver. Situation excellent. I am attacking.
--Ferdinand Foch-- at the Battle of the Marne

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"It's the space and the design itself that makes it very difficult at this time, but it's not that we aren't constantly reviewing [the idea]," Kuntz said. "The big question we continually ask ourselves is, 'How could we make this work?'"

Studies on retrofitting existing submarines to accommodate female berthing have shown that doing so would be prohibitively expensive, Kuntz said.

Submarines are already packed tightly with equipment; the few spaces that aren't, like the chief petty officer's lounge, aren't likely to be given away to enlisted sailors of any gender, Kuntz said.

Meanwhile, rack space is precious; the lack of bedding requires some enlisted sailors to "hot rack," meaning that three sailors share two racks while working different shifts.

Nonetheless, some sailors think it could be done if women are willing to put up with the same near-absence of privacy as men. For example, an extra curtain could cordon off a women's bunk area in the existing berths.

In Elrod's case, a sign hung on the door of the head, or bathroom, when she was using it. Certain times could be designated as women only, as they are for shower trailers in Iraq and Afghanistan.

Undiagnosed pregnancies before deployment could interrupt missions, detractors say. However, there are protocols for evacuating sailors with medical emergencies.

Submarine medics would also need to keep women's health issues in mind; for example, abdominal pain can be harder to diagnose in women, Elrod said.

"There are definitely some things that would need to be worked out and some instructions would need to be written, medically speaking," she said.

Other than the logistics, the biggest change would have to occur among attitudes. A large group of men in their 20s and 30s, living in very close quarters, tend to produce a lot of off-color humor.

"There's a sort of fraternity culture on board that would have to evolve, but if destroyers and the space station can be sex-integrated, then so can submarines," Grisham said.

Kuntz, who is submarine qualified, said that successful submariners of any gender tend to be shaped by the existing culture more than they change it themselves.

Petty Officer 2nd Class Seth Powers, 29, said that even most sailors who think it's a bad idea wouldn't have much choice but to do their jobs.

"It would probably work out," Powers said. "I don't see it being impossible. ... People would just get used to it."

In the early days of sailing ships, the ship's records were written on shingles cut from logs. These shingles were hinged and opened like a book. The record was called the "log book." Later on, when paper was readily available and bound into books, the record maintained its name.

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disabled submarine by using a down-haul cable attached to a special pad-eye on all U.S. submarine hatches. We also maintain one Deep Submergence Rescue Vehicle (DSRV), capable of rescues down to 2000 feet in a ready status at all times. It too can be deployed rapidly by aircraft to a nearby port where it would be mated to a mother submarine (MOSUB) and then transported to the scene of the stricken submarine. Depending on the distance from the Deep Submergence Unit to the nearest airfield and the distance from the nearest port to the position of the disabled submarine, the nominal timeline places the DSRV at the scene anywhere from 36 to 48 hours after first notification. However, this capability is also dependent on the proximity of a MOSUB to the port closest to the casualty. Following its recently completed and extensive maintenance availability, the DSRV Mystic will remain in a constant rescue-ready status until her inactivation in 2005, with the exception of one 3-week upkeep in 2003. Based on the Navy's requirement to keep only one DSRV rescue-ready at all times, our current plans are to lay-up or inactivate the DSRV Avalon in November 2000. Its final status will depend on a review now under way to determine the best course of action.

The Future

Future rescue systems will provide even better capabilities. One of the gaps in the current program is the ability to transfer personnel under pressure, which would allow us to rescue crew members at deep depths under immense pressures and transfer them to a decompression chamber. The acquisition of the Submarine Rescue Diving and Recompression System (SRDRS) will fill this gap while also providing a significantly more capable, state-of-the-art system. This will include a dramatically improved deep-diving capability, a pressurized rescue system, and a decompression system. Each of these subsystems will be phased in starting with the Atmospheric Diving Suit in 2001. With this suit, divers can dive to 2000 feet, conduct an initial rapid assessment, deliver Emergency Life Support Stores, and prepare the hatch for mating. The Submarine Decompression System, which includes two air transportable chambers capable of treating 62 patients simultaneously, will be delivered in 2001. The final element of this system is the Pressurized Rescue Module. Also air transportable, it will be capable of diving to 2000 feet, recovering up to 16 rescues under pressure, and

mating directly to the Decompression System. Two of these modules will be delivered in 2003 and 2005 respectively. Each element of the complete rescue system is capable of operation from a "vessel of opportunity," ensuring that a rapid, world-wide response capability is always maintained. As part of the modernization plan for rescue program, The Navy has carefully coordinated the acquisition and inactivation timelines for rescue assets to avoid gaps in our capabilities.

In addition to providing equipment, the Navy has gone to great lengths to ensure the readiness and interoperability of the submarine rescue program. The Navy has partnerships worldwide with other nations with similar rescue capabilities, and our submarines and rescue assets are completely interoperable and compatible with those nations. For example, in addition to the eight compatible U.S. MOSUBs, there are four United Kingdom and one French MOSUBs that could be used with one of the DSRVs. Equally important, the Navy conducts regular exercises to train crews and practice these procedures with participating nations. Just last year, the Navy launched a DSRV from a U.S. submarine, mated it with a Japanese submarine on the bottom, and transferred personnel. They conducted a similar exercise earlier in 1999 with the French. This year, the Navy conducted one NATO submarine rescue exercise involving our DSRV and another exercise, PACIFIC REACH, using one of our SRCs with the Koreans, Japanese, and Singaporeans.

Submarine survivability and rescue is an area that requires ongoing attention to ensure maximum readiness of current assets, proper equipping and training of crews, and introduction of the newest capabilities into the program. The goal is to ensure each submariner is given every chance for survival should the unthinkable happen. While continued effort and resources will always be required to ensure they meet that goal, the U.S. Navy's program today is ever-ready, highly capable, and still improving.

Submarine Rescue: Ready for the Unthinkable

With the recent tragic loss of a Russian submarine, there has been an increased interest in U.S. submarine survivability and the U.S. Navy's submarine rescue capabilities. These are areas of vital importance that should be understood by every submariner. This article will describe the programs and capabilities currently in place and some of the ongoing initiatives that are being pursued for submarine survivability and a rescue program.

Professional Submariners

Safe ships and professional, thoroughly-trained crews are the first line of defense. Although going to sea on submarines will always pose a certain amount of danger, the best way to reduce the risk to our Sailors is to prevent accidents from happening wherever possible and to train the crew to respond properly when the unexpected does happen. Following the tragic loss of the USS Thresher (SSN-593) in 1963, the Navy instituted the SUBSAFE program. By establishing certain operating and casualty control procedures, implementing maintenance and material requirements for greater reliability, and installing emergency recovery systems, we dramatically improved the integrity and recoverability of submarines in the event of a casualty. The Navy's training programs are also second to none. Thorough crew training and qualification programs further reinforce that foundation of safety. The impressive safety record of the Submarine Force since the implementation of these programs is a testimony to their effectiveness.

In the unlikely event an accident should occur which puts one of our submarines in distress, there is a very capable, three-pronged "rescue program," consisting of Survival, Escape, and Rescue. In addition to the current capabilities in each one of these pillars, there are also significant modernization programs already in progress. Most of these programs were initiated as a result of a thorough review and subsequent recommendations provided by the Submarine Escape and Rescue Steering Group established in 1999.

Survival

The first pillar of the program gives crews the tools to survive should a potentially catastrophic accident occur. Damage control training and specially trained Independent Duty Corpsmen (IDCs) are important elements. However, the limiting component in extended survival is atmosphere control. Re-distribution of the Lithium Hydroxide canisters, as recommended by the Steering Group, better supports survival of the largest part of the crew in the forward compartment. Passive carbon dioxide scrubbing and Emergency Air Breathing systems can currently support the crew for up to four days. To extend that, the Navy is proceeding with procurement of the Micropore Improved carbon dioxide scrubbing system, which will increase survivability to at least seven days.

Escape

The Navy equips submarine crews to escape should it become necessary. While submarine escape procedures carry with them certain limits and risks based on the water depth, we are pushing back those barriers. The Navy is in the process of installing new Submarine Escape and Immersion Equipment to replace Steinke Hoods onboard all of our submarines. These full body suits include thermal protection and a built-in life raft to allow crew members to escape at depths down to 600 feet and survive on the surface. The Navy is also reviewing our training programs to ensure crews are properly trained, as well as equipped, to perform submarine escapes.

Rescue

The Navy maintains state-of-the-art submarine rescue equipment. There are two Submarine Rescue Chambers (SRC) that we can rapidly transport to a support vessel to be used at the location of a disabled submarine. If a U.S. Navy auxiliary vessel cannot respond to the scene fast enough, any one of the world's estimated 4,000 commercial supply/handling vessels can be used if made available. The SRCs, capable of rescue down to 850 feet, can be mated to a

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Former POW uses her past experiences to help soldiers returning from war zones

By Nancy Montgomery, Stars and Stripes European edition

No one can tell Brig. Gen. Rhonda Cornum that she doesn't know what combat trauma's like.

She is, after all, one of the two female soldiers held as a prisoner in the Persian Gulf War. She was captured after her medevac Black Hawk came under fire and went down, slamming into the desert at 140 mph.

Five soldiers died in the crash. Cornum, then a flight surgeon, was among three survivors.

"Pinned under the wreckage, she dug her way out with two broken arms, a broken finger, a gunshot wound, torn knee ligaments, an eye glued shut with blood, and other injuries," Time magazine reported.

Then she saw five Iraqi soldiers pointing their rifles at her.

Cornum was held for about eight days in early 1991, frequently blindfolded and moved, kept in a cell and sexually molested before her release.

"It wasn't an all-good week," she said dryly in a recent phone interview.

Despite the ordeal, Cornum, who grew up in upstate New York and was once a finalist to become an astronaut, never experienced post-traumatic stress reactions.

No nightmares, no flashbacks, no trouble sleeping, she said.

She stayed on duty. She wrote a book. She returned to school to become a urologist, a medical specialty few women choose. And she was promoted to general officer.

Now, as director of Comprehensive Soldier Fitness, Cornum is in charge of an effort to teach soldiers how to be more emotionally resilient and so, it's hoped, less prone to depression, post-traumatic stress and suicide.

How to be, in essence, more like her.

"I always say that people start off with a wide spectrum of resilience," Cornum said. "I had a lot, just because of good fortune or good upbringing or good neonatal nutrition — who knows?"

"I've always been this way. ... But we are talking about thinking skills, learned optimism. That is trainable, and that's been proven."

When the helicopter was going down, Cornum said, she felt certain she was going to die. But she said she thought, "At least I'm dying doing something honorable."

After her capture, she didn't grow despondent.

"I felt I'd just had a mission change," she said. "My mission now was to stay alive."

Cornum, who holds a doctorate in biochemistry from Cornell University in addition to her medical degree, didn't get medical attention for several days during her captivity. But she appreciated the care she finally received.

"The guy that took care of me was a very good physician, actually," she said.

And although much was made of her sexual molestation after her release, to Cornum, it was "much ado about less."

It happened as she was riding in the back of an Iraqi truck, shortly after her capture. An Iraqi soldier unzipped her flight suit, stuck his hand in and groped her.

Her first reaction, she said, was surprise.

"I thought, 'Well, how bizarre!' Cornum told the Public Broadcasting Service program "Frontline." She was battered and blood-soaked and not at all enticing, she said, "And I'm thinking, 'How can he possibly want to do this?'"

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Did nothing bother her?

“They stole my wedding ring,” she said.

And she was bored much of the time. But she felt pretty sure things would work out.

“I felt confident that the Army was going to come and get me, or they were going to kill a lot of people trying,” she said. “And that was sufficiently comforting.”

After her return to the U.S., Cornum wrote a book. “She Went To War: The Rhonda Cornum Story,” was a critical success, named a New York Times Notable Book of the Year in 1992.

That was just one of the ways Cornum not only survived a terrible ordeal but also overcame it.


“I think, ‘Yes, I know this horrible thing happened, but I’m a better doctor — I will be more empathetic because I have been injured and afraid,” she said. “I think, ‘I’m a better spouse and a better kid and a better parent — I’ll never take them for granted.’ ”

Cornum said she’s convinced that the new Army-wide psychological training will help other soldiers improve their outlooks and outcomes. Then again, she is, as she puts it, “an indefatigable optimist.”

'OLD' IS WHEN... Your sweetie says, 'Let's go upstairs and make love,' and you answer, 'Pick one; I can't do both!'
'OLD' IS WHEN... Your friends compliment you on your new alligator shoes And you're barefoot.
'OLD' IS WHEN... Going bra-less pulls all the wrinkles out of your face.
'OLD' IS WHEN.... You don't care where your spouse goes, just as long as you don't have to go along.
'OLD' IS WHEN... 'Getting a little action' means you don't need to take any fiber today.
'OLD' IS WHEN... 'Getting lucky' means you find your car in the parking lot.
'OLD' IS WHEN... An 'all nighter' means not getting up to use the bathroom.
AND
'OLD' IS WHEN... You are not sure if these are facts or jokes.

When the French burned the town of Brighton, England, in the 1500s, King Henry VIII sent Admiral Wallop to retaliate and teach the French a lesson. He so thoroughly wrecked the French coasts, that ever since, a devastating blow is said to be an "awful wallop."

"No quarter given" means that one gives his opponent **no** opportunity to surrender. It stems from the old custom by which officers, upon surrender, could ransom themselves by paying one quarter of a year's pay.



30 YEARS OF SERVICE
TO CENTRAL VIRGINIA
2500 WATTS

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434.946.9000
434.942.4684
Fax: 434.946.2201

P.O. BOX 769 AMHERST, VA 24521
www.wamv1420.com · wamvradio@aol.com

Did You Read About this Hero's Passing in the News? Probably Not. But now you have a Chance to Read Something Worthwhile!

You're an 19 year old kid. You're critically wounded , and dying in the jungle in the Ia Drang Valley, 11-14-1965, LZ X-ray, Vietnam . Your infantry unit is outnumbered 8 - 1, and the enemy fire is so intense, from 100 or 200 yards away, that your own Infantry Commander has ordered the MediVac helicopters to stop coming in.

You're lying there, listening to the enemy machine guns, and you know you're not getting out. Your family is 1/2 way around the world, 12,000 miles away, and you'll never see them again. As the world starts to fade in and out , you know this is the day.

Then, over the machine gun noise, you faintly hear that sound of a helicopter, and you look up to see an un-armed Huey, but it doesn't seem real, because no Medi-Vac markings are on it.

Ed Freeman is coming for you. He's not Medi-Vac, so it's not his job, but he's flying his Huey down into the machine gun fire, after the Medi-Vacs were ordered not to come.

He's coming anyway.

And he drops it in, and sits there in the machine gun fire, as they load 2 or 3 of you on board.

Then he flies you up and out through the gunfire, to the Doctors and Nurses.

And, he kept coming back.... 13 more times.....

And took about 30 of you and your buddies out, who would never have gotten out.

Ed Freeman passed away at the age of 80 on August 29, 2008 after serving in WWII, Korea, and Vietnam. After two years in the Navy, he joined the Army in 1948. During the Korean War, he won a battlefield promotion to first sergeant in the 36th Engineer Battalion and was one of 14 men in his 257-man Bravo Company to survive the initial fight for Pork Chop Hill.

Freeman said he felt compelled to rescue the soldiers because he had helped drop them off several weeks before.

"I put them there, and I wasn't about to let them die," he said.

*The President of the United States
in the name of The Congress
takes pleasure in presenting the
Medal of Honor*

*to
Captain Ed W. Freeman, United States Army*

Captain Ed W. Freeman, United States Army, distinguished himself by numerous acts of conspicuous gallantry and extraordinary intrepidity on 14 November 1965 while serving with Company A, 229th Assault Helicopter Battalion, 1st Cavalry Division (Airmobile). As a flight leader and second in command of a 16-helicopter lift unit, he supported a heavily engaged American infantry battalion at Landing Zone X-Ray in the Ia Drang Valley, Republic of Vietnam. The infantry unit was almost out of ammunition after taking some of the heaviest casualties of the war, fighting off a relentless attack from a highly motivated, heavily armed enemy force. When the infantry commander closed the helicopter landing zone due to intense direct enemy fire, Captain Freeman risked his own life by flying his unarmed helicopter through a gauntlet of enemy fire time after time, delivering critically needed ammunition, water, and medical supplies to the besieged battalion. His flights had a direct impact on the battle's outcome by providing the engaged units with timely supplies of ammunition critical to their survival, without which they would almost surely have experienced a much greater loss of life. After medical evacuation helicopters refused to fly into the area due to intense enemy fire, Captain Freeman flew 14 separate rescue missions, providing life-saving evacuation of an estimated 30 seriously wounded soldiers -- some of whom would not have survived had he not acted. All flights were made into a small emergency landing zone within 100 to 200 meters of the defensive perimeter where heavily committed units were perilously holding off the attacking elements. Captain Freeman's selfless acts of great valor, extraordinary perseverance, and intrepidity were far above and beyond the call of duty or mission and set a superb example of leadership and courage for all of his peers. Captain Freeman's extraordinary heroism and devotion to duty are in keeping with the highest traditions of military service and reflect great credit upon himself, his unit, and the United States Army.

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The Passing of a Hero

A few weeks ago I was saddened to learn of the passing of Post member Randolph A. Wood. Rand never fully recovered from a fall many months ago. He had been residing in the Fairmont Nursing Facility.

Rand was a very good friend of mine and of many in our community. He served for many years as the Post 9877 Service Officer and never hesitated to help our veterans. He never met anyone that he did not ask if they were a veteran. He never met a stranger.

He was a 51-year member of the Clinton Lodge 73 AF & AM of Amherst; a 50-year member of the Elon American Legion Post 100; member of the Madison Heights American Legion Post 0274; 52-year member of the Amherst-Monroe Ruritan Club with 48 years of perfect attendance; Life Member of the Amherst Veterans of Foreign Wars Post 9877; a 29-year board member of the Amherst Cemetery Association; a 41-year member of the Travelers Protective Association; and an 18-year member of the National Box Car Association 40/8.

He was an Army veteran of World War II, having served in the 3255 Signal Corp attached to the third Army under General George Patton in England. After the war in Europe, he was sent to Manila to join the eighth Army. He was awarded the American Theatre Ribbon, the Eame Ribbon, the Asiatic Pacific Theatre Ribbon, the Philippine Liberation Ribbon, the French Liberation Ribbon, the World War Victory Medal and four Bronze Stars.

Rand will be missed by all. May he rest in peace.

Life on a Submarine

Nuclear-powered submarines can operate submerged for months at a time. Submariners are all volunteers rigorously tested before acceptance. Even more than in conventional submarines, the physical and psychological stamina of the crew on nuclear-powered submarines becomes a crucial factor. They must also deal, while on patrol, with being largely cut off from the outside world, including their families, for long periods of time.

Crew members live inside a pressure hull filled with the machinery required to keep them alive and allow the ship to function. They must make do with the cramped spaces between the machines, enjoying little stowage space or privacy. The submariner's day lasts 18 hours: three 6-hour watch cycles, 1 on and 2 off. He stands a duty watch, then has the next 12 hours for everything else: repair and maintenance tasks, study, relaxation, eating, and sleeping. Then it's back to the duty watch.

SUICIDE PREVENTION LIFELINE

If you or someone you know is in crisis, call the National Suicide Prevention Lifeline at:

1-800-273-TALK
1-800-273-8255 and press 1

Your call is free and confidential.

Combat Swimmers

The combat diving mission was the same in World War II as it had been in previous wars: to remove obstacles from enemy waters and to gather intelligence. The Navy's Underwater Demolition Teams (UDT) were created when bomb disposal experts and SeaBees (combat engineers) teamed together in 1943 to devise methods for removing obstacles that the Germans were placing off the beaches of France.

The first UDT combat mission, however, was in the Pacific. It was a daylight reconnaissance and demolition project off the beaches of Saipan in June 1944. In March of the next year, preparing for the invasion of Okinawa, one underwater demolition team achieved the exceptional record of removing 1,200 underwater obstacles in two days, under heavy fire, without a single casualty.

Diving apparatus was not extensively used by the UDT during the war. No suitable equipment was readily available. UDT experimented with a modified Momsen lung and other types of breathing apparatus, but not until 1947 did the Navy's acquisition of Aqua-Lung equipment give impetus to the diving aspect of UDT operations. The trail of bubbles from the open-circuit apparatus limited the type of mission in which it could be employed, but a special SCUBA (self-contained underwater breathing apparatus) platoon of UDT members was formed to test the equipment and determine appropriate uses for it.

Through the years since, the mission and importance of the UDT has grown. In the Korean Conflict, during the period of strategic withdrawal, the UDT destroyed an entire port complex to keep it from the enemy.

Today Navy combat swimmers are organized into two separate groups, each with specialized training and missions. The Explosive Ordnance Disposal (EOD) team has the mission of handling, defining, and disposing of munitions and other explosives. The Sea, Air, and Land (SEAL) special warfare teams make up the second group of Navy combat swimmers. SEAL team members are trained to operate in all of these environments. They qualify as parachutists, learn to handle a range of weapons, receive intensive training in hand-to-hand combat, and are expert in SCUBA and other swimming and diving techniques. In Vietnam, SEALs were deployed in special counterinsurgency and guerrilla warfare operations. The SEALs also participated in the space program by securing flotation collars to returned space capsules and assisting astronauts during the helicopter pickup.

Joan Virginia Lingerfelt
Proprietor



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- The Army's magazine of preventive maintenance.

Virginia Tech Coach Tries to Inspire Troops

By Gary Sheftick
Special to American Forces Press Service

WASHINGTON, Dec. 23, 2009 - Over the next couple of weeks, units in Afghanistan and Iraq will receive team-dynamics DVDs featuring Virginia Tech football coach Frank Beamer.

The shipment is being timed to coincide with college football bowl games for impact, said Col. Richard Todd Dombroski, who spearheads the project.

The video is the first of a planned series that will be sent to troops overseas as part of a larger, though informal, partnership between the military and college football teams, Dombroski said. He outlined a growing relationship with schools such as Dartmouth, the University of Washington and Georgia Tech that includes testing helmet sensors, balance sensors and sharing other information on concussions.

Dombroski serves as surgeon for the Joint Improvised Explosive Device Defeat Organization, known in military circles as JIEDDO, and serves as a consult surgeon to Army Operations, G3, and the Rapid Equipping Force. As such, he said he is constantly searching for any edge that could help troops survive IED explosions.

Along with better helmets, armor and equipment, intangibles such as resilience and team spirit could help give troops an edge, he said. That's where the videotapes featuring NCAA coaches like Beamer come in.

JIEDDO director Lt. Gen. Thomas Metz opens the first 5-minute video and introduces Beamer.

"Although we have deployed many sensors to defeat IEDs, the best sensor is still you - the alert, focused and Army strong soldier," Metz tells soldiers in the video.

"Staying focused is hard work and similar to the task of an elite athlete," he continues. "This is why we have asked several NCAA coaches to discuss team dynamics and resilience with you."

Over the past 28 years as a college football head coach, Beamer has posted 24 winning seasons. He has led the Virginia Tech Hokies to bowl games for the past 16 consecutive years.

This year, with a record of 9-3, the Hokies went to the Chick-fil-A Bowl to play Tennessee on New Year's Eve.

The secret to winning is not so much talent as it is a positive attitude and team spirit, Beamer tells the soldiers in the video.

For example, Beamer tells the story of a team he coached in 2003 that had exceptional talent, including several first-round draft picks. But the players just couldn't win the big games at the end of the season. Their chemistry just wasn't right, he said, explaining that some of the players didn't even like each other.

The following year, many of the players had less experience and talent, but because they believed in each other and forged team spirit, they went on to win the ACC championship.

"The chemistry of this whole thing is so important," Beamer says in the video.

Beamer also reveals a technique for establishing positive attitude. One coach recorded positive plays - like good blocks and tackles -- during game day and then played back the positive plays during the next practice.

"The team started thinking more positive," Beamer says in his message to troops, "and they started playing more positive."

(continued on next page...)

Old Ironsides...

The USS Constitution, Old Ironsides, as a combat vessel carried 48,600 gallons of fresh water for her crew of 475 officers and men. This was sufficient to last six months of sustained operations at sea. However, let it be noted that according to her log:

"On July 22, 1798, the USS Constitution sailed from Boston with a full complement of 475 officers and men, 48,600 gallons of fresh water, 7,400 cannonshot, 11,600 pounds of black powder and 79,400 gallons of rum." Her mission: "To destroy and harass English shipping."

Making Jamaica on 6 October, 1798 she took on 826 pounds of flour and 68,300 gallons of rum. Then she headed for the Azores, arriving there 12 November, 1798. She provisioned with 550 pounds of beef, and 64,300 gallons of Portuguese wine. On 18 November, 1798 she set sail for England. In the ensuing days, she defeated five British men-of-war, and captured and scuttled 12 English merchantmen, salvaging only the rum aboard each. By 26 January, 1799 her powder and shot were exhausted. Nevertheless, although unarmed, she made a night raid up the Firth of Clyde in Scotland. Her landing party captured a whisky distillery and transferred 40,000 gallons of a single malt Scotch aboard by dawn. Then, she headed home.

The USS Constitution arrived in Boston on 20 February, 1799 with no cannon shot, no food, no powder, no rum, no wine, no whisky and 38,600 gallons of stagnant water.

GO NAVY!

• Coffee tastes better if the latrines are dug downstream from an encampment.

- US Army Field Regulations, 1861



Open-Sea Deep Diving Records

Note: fsw = feet of seawater. (Editor's Note: (One fsw is 1/2 fsw more than I prefer to dive into).

Diving records have been set and broken with increasing regularity in the past 70 years. In 1915 the 300-fsw mark was exceeded when three U.S. Navy divers, F. Crilley, W. E. Loughman, and E. C. Nielson, reached 304 fsw using the MX V dress. In 1972 the MX 2 Mod 0 DDS set the in-water record of 1,010 fsw which was subsequently broken in 1975 when divers using the MX 1 Deep Dive System descended to 1,148 fsw. A French dive team subsequently broke the open-sea record in 1977 with a depth of 1,643 fsw.

Face of Defense: Vietnam Vet Serves in Iraq

By Marine Corps Lance Cpl. Melissa A. Latty
Special to American Forces Press Service

AL ASAD AIR BASE, Iraq, Dec. 16, 2009 - From the battle at Belleau Wood, where Marines earned the name "Devil Dog," to the iconic image of the flag-raising at Iwo Jima, Marine Corps history is embedded in every Marine from initial training at boot camp, and it continues to provide inspiration to those who serve.

Some veterans of past wars not only hold on to the memories of their service, but also are making new ones while they serve in support of Operation Iraqi Freedom.

Marine Corps 1st Sgt. Viriato B. Sena, first sergeant for Transportation Support Company, Combat Logistics Battalion 46, is one of the few Vietnam veterans still serving in the Marines.

Sena, who joined the Marine Corps in 1973, participated in the evacuation of Vietnam and now is deployed to Iraq during the drawdown of U.S. forces and equipment, which has been noted to be the largest operation of its kind since Vietnam.

In April 1975, Sena, attached to Battalion Landing Team, 1st Battalion, 4th Marine Regiment, participated in the evacuation of Saigon while working as part of a security team aboard the ships USS Midway and USS Enterprise.

"There were 10 of us, all combat engineers," Sena said. "Our function was to make sure that Vietnamese civilians brought nothing on to the ship that would jeopardize the mission, such as weapons or grenades." Once on the ships, the civilians were taken to refugee camps in the Philippine Islands.

Sena then became part of a team of Marines who helped set up more refugee camps for the Vietnamese civilians and provide security for displaced South Vietnamese nationals.

"I was only 19 at the time, and it was a hell of an experience," Sena said. "It has been a drastic change from those days to now."

The Marine reservist from Providence, R.I., also noted changes he saw during a recent visit to his first duty station at Camp Lejeune, N.C.

"I remember being back at Camp Lejeune right before this deployment," he said. "I was driving on base with a

young Marine, and we passed by what used to be an open squad bay. Now the area is well built up."

Camp Lejeune, which was a tobacco barn, farm house and temporary tent cities back in 1941, has grown to a 246-square-mile military training facility. Today, the base boasts 11 miles of beach capable of supporting amphibious operations. There are 78 live-fire ranges, 98 maneuver areas, 34 gun positions, 540 tactical landing zones and a state-of-the-art Military Operations in Urban Terrain training center.

"Things have changed so much since I was stationed there when I was active duty," Sena said. "Who would have thought I would be back there on the base that I was on in 1973, and it's now 2009."

Sena is leading his Marines through the drawdown process. Their missions include retrograde of gear and equipment from Al Asad and other small forward operating bases in western Iraq, and resupply and general service support to the forward operating bases. He uses his knowledge of the evacuation of Vietnam to prepare his Marines for their Iraq mission.

Four months ago, Sena gave a class to the battalion about the difference between the evacuation of Vietnam and the current drawdown of U.S. forces and equipment. One difference is the speed at which U.S. forces are withdrawing. During the Vietnam War, as soon as the fight was over, U.S. troops were on their way home. However, he explained, troops in Iraq have stayed past the fight to assist the Iraqis in rebuilding their country and training their military forces.

"We're taking our time, because we're not forced to pull out all at once as we were in the fall of Saigon," he said.

Back home, Sena works as a lieutenant supervisor with the Department of Veterans Affairs Police in Boston. He has served a total of 23 years of active duty in the Marine Corps.

"The Marine Corps has made me a better person and has guided me in the right direction," he said. "I love the responsibility that the Marine Corps instills in me to take care of my junior Marines."

"I'm going to stick around for the Marines until they kick me out," he joked. "I have a great bunch of Marines in my company. They are the future of the Marine Corps."

(continued from previous page...)

The other two keys for winning that he shares with soldiers are:

- Take one task at a time. "Instead of let's go win a war, let's do what it takes daily, hourly."

- Be consistent in daily actions. Balance the highs and lows and keep steady.

Dombroski said he has plans to distribute messages from other NCAA coaches as well, but he's still coordinating the details.

"War's not a football game," Dombroski said, "but there are some similar issues." Those issues include team dynamics, plays, fast action and reaction on contact, he said.

The partnership between JIEDDO and Virginia Tech began because Dombroski knew the team doctor, Dr. Gunnar Brolinson. He also knows some of the doctors for other teams, and said that has opened up doors for sharing information and partnering.

"This is all gratis," Dombroski said, explaining that the informal partnerships involve no contracts or money exchanging hands. He said it's mostly a "patriotic" thing on the behalf of the football teams.

The partnership with NCAA teams also is a two-way street, Dombroski said.

For instance, the Army has shared with Virginia Tech the same balance plate used by West Point athletics. After an athlete takes a hard hit, he is placed on the plate to measure balance problems.

Team doctors and Army doctors have many meetings to exchange ideas and information throughout the year," Dombroski said.

(Gary Sheftick writes for the Army News Service.)

Virginia Department of Veterans Services Releases Progress Report on the Virginia Wounded Warrior Program

Commissioner Vincent M. Burgess and Executive Director of the Virginia Wounded Warrior Program Catherine A. Wilson have jointly released the 2009 Progress Report on the VWWP. Authorized and funded in 2008, the Departments of Veterans Services, Behavioral Health and Developmental Services, and Rehabilitative Services, and the Adjutant General of the Virginia National Guard have worked together to establish the program and expand its reach across Virginia. Commissioner Burgess said, "the VWWP Team, our state agency partners, veterans service organizations, including the Joint Leadership Council which sponsored this program, have made great strides in developing a structure to connect veterans and their families to services for combat stress and traumatic brain injury."

Since July 1, 2008, the Virginia Wounded Warrior Program has

- Established 3 Regional Offices that cover Northern, Western and Central and Southern Virginia
- Funded five regional consortia of community mental health, brain injury and rehabilitative services specialists as well as Veterans Administration and military resources to connect veterans and families with local services for assistance
- Initiated a statewide needs assessment to learn about the gaps in services for veterans and their families who struggle with combat stress or traumatic brain injury
- Established a powerful Executive Strategy Group to explore partnerships and resources that can assist Virginia veterans, and
- Initiated steps to reach out to veterans and their families to encourage them to seek help.

Commenting on the tremendous progress in just one year of operation, Executive Director Wilson said, "I am confident that we will continue this momentum and demonstrate a record of success that adds unprecedented value to the quality of the lives of Virginia's veterans, service members and their families in the years to come."

Baking Powder Biscuits

YIELD: 300 Biscuits or 100 Portions, each portion 3 biscuits (1 ounce each)

<i>INGREDIENTS</i>	<i>WEIGHTS</i>	<i>MEASURES</i>	<i>PORTIONS</i>	<i>METHOD</i>
Flour, sifted Baking powder Salt	15 lbs. 15 oz. 3 oz.	15 qt. 2 1/2 cups 6 tbsp.	--	1. Sift dry ingredients into bowl of mixing machine.
Shortening	3 3/4 lb.	7 1/2 cups	--	2. Add shortening to flour mixture and blend until consistency of cornmeal (low speed, approximately 3 minutes).
Milk		5 or 6 qt.	--	3. Add milk and mix until dough is formed (low speed, approximately 1 minute). 4. Place portion of dough onto lightly floured surface, knead until dough is smooth. 5. Shape into a ball and roll to a uniform thickness of 1/2 inch.

VARIATIONS:

1. **BUTTERSCOTCH BISCUITS:** Roll dough into a rectangular sheet 1/3 inch thick. Spread with melted butter and brown sugar. Roll dough as for jelly roll. Cut into slices 3/4-inch thick.
2. **CHEESE BISCUITS:** Add 2 lbs. (2 qt.) of dry grated cheese to dough. Brush biscuits with milk and sprinkle with grated cheese.
3. **CINNAMON BISCUITS:** Proceed as for butterscotch biscuits. Spread with melted butter, granulated sugar and cinnamon.
4. **COBBLER:** Place prepared fruit in pan. Cover with biscuit dough 3/8-inch thick; dock, and brush with melted shortening.
5. **ORANGE BISCUITS:** Make a small indentation and place 1/2 teaspoon orange marmalade on each biscuit.
6. **WHOLE WHEAT BISCUIT:** Substitute 7 lbs. of whole wheat flour for 7 lbs. of white flour.



Try your hand at these authentic Navy Recipes.

Cook for the entire neighborhood.



Navy Bean Soup

YIELD: 6 1/4 Gallons or 100 portions, each portion: 1 cup

<i>INGREDIENTS</i>	<i>WEIGHTS</i>	<i>MEASURES</i>	<i>PORTIONS</i>	<i>METHOD</i>
Beans, white, dry	6 lbs.	3 1/2 qt.	--	1. Pick over and wash beans.
Ham stock Ham bones		7 gal. 8 bones	--	2. Add ham stock and ham bones. Heat to boiling point; cover and simmer 2-3 hours or until beans are tender. If necessary, add hot water. 3. Remove ham bones.
Carrots, shredded Onions, finely chopped Pepper	1 lb. 2 lbs.	2 3/4 cups 4 1/2 cups 2 tsp.	--	4. Add carrots, onions, and pepper. Simmer for 30 minutes.
Flour, hard wheat, sifted Water, cold	1/2 lb.	2 cups 3/4 qt.	--	5. Blend flour and water to a smooth paste. Stir into soup, and cook 10 minutes longer.

NOTE: If beans are old, soak 3 to 4 hours prior to cooking. Add salt and additional pepper if desired.

VARIATION: Old Fashioned Navy Bean Soup: Add one No. 10 can of tomatoes in Step 4.

Creamed Sliced Dried Beef

YIELD: 6 1/4 Gallons or 100 portions, each portion: 1 cup

<i>INGREDIENTS</i>	<i>WEIGHTS</i>	<i>MEASURES</i>	<i>PORTIONS</i>	<i>METHOD</i>
Butter or shortening Flour, sifted Pepper	2 lb. 2 1/2 lb.	1 qt. 2 1/2 qt. 1 tbsp.	--	1. Melt shortening add flour, and blend. Add pepper. Cook 5 minutes.
Milk, hot		4 3/4 gal.	--	2. Add hot milk slowly, stirring to prevent lumping.
Beef, dried, sliced Shortening	7 lbs. 1 lb.	1 3/4 gal. 1 pt.	--	3. Separate beef into slices. Cook in hot shortening until edges curl. 4. Add to white sauce. Blend.

NOTE: If beef is too salty, omit cooking in hot shortening (step 3), soak beef in hot water 15 minutes and drain before adding to white sauce. If desired, freshly sliced dried beef may be added to white sauce without cooking in hot fat. Serve with toast, baked potato, steamed rice, noodles, spaghetti, or cornbread.