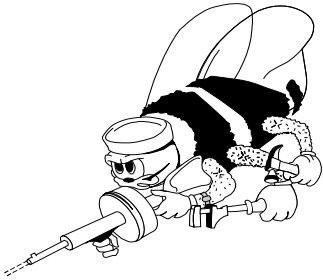


# MCB 2 Reunion Association

Volume 12, Issue 3 - Online Only

Web site: <http://mcb2seabeereunion.com/>

April 15, 2018



# SEABEES

*A Newsletter for Former US Naval*

***Mobile Construction Battalion 2 Personnel***

and host to CBD 1802, CBD 1804, CBMU 1, CBMU 101, CBMU 553 and CBMU 577

# Electronic Newsletter Only... No Print Issue. I Hope you Like It!

## **I Printed a Few Copies at OfficeMax**

I forget what it cost but it was reasonable. And it was in color, too! I mailed a couple copies to close friends that don't have a computer and I gave some copies to friends here around my home town that don't have computers. So, if you receive this and want a printed copy, you can send them the URL that I send out to connect to the Newsletter or send me the email address of the business close to you and I can send it to them. The big cost was mailing, so we are saving that. The color printed copy that I got was better than any previously mailed copy. Give it a try! You might like it! Scott

1

## **It Is Springtime!**

Wow! It is finally here! I hope you have survived all the storms and foul weather that we had in the past three months. California has had torrential rains and flooding, the northeast has had some really cold weather and snowstorm after snowstorm! Whew! But I hope you get to see The Masters golf tournament as that is what Georgia looks like right now. All the dogwood and azaleas are in bloom. The flowering trees; peach, pear, cherry, crab apple, etc.; have all bloomed and the yards and woods are beautiful. The wisteria is in full bloom and, as you drive along the highway, you can see it blooming in the forest. This is a beautiful time of year coming out

See *On-line Issue* (Continued on page 2)

# The Commander and Staff

Our leadership consists of:

**Commander  
Pete Elliott**

**Staff:**

Paul D'Angelo  
Vic Jaccino  
Don McLain  
Rich Nelson, Vice Commander  
Malcolm Pearson  
Stoney Serrett, Commander Emeritus  
Scott Williams, Sec'y/Treas./Publisher

See our web page:

<http://mcb2seabeereunion.com/>

# SEABEES

*January - March  
Dates to Remember*

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April 1	Happy Easter!
April 6, 1909	CDR Robert Perry, CEC, USN, reaches the North Pole.
April 9, 1942	Bataan falls to Japanese.
April 18, 1942	Doolittle raid on Tokyo.
April 26, 1944	NCB 28 arrives in Scotland.
May 8, 1945	VE Day; Germany surrenders.
June 14	Flag Day
June 18, 1964	First Seabee wounded in Vietnam.
June 25, 1950	Korean War begins. North Korea invades South Korea.
June 29, 1952	MCB 2 arrives Cubi Point (Subic Bay) Philippine Islands, for first time, joining with MCB 3.
July 4	Independence Day

(Continued from page 1) *On-line Issue*

of the winter bleakness. I hope your springtime is as gorgeous as it is here in the northern part of Georgia. I avoid going into Atlanta as that is where all the meanness is, drive by shootings and such. But Villa Rica is hard to beat. I am so glad we were able to escape Las Vegas! Anyway, have a great spring and summer. May your days be filled with peace, joy and happiness. I already miss planning for our reunions, so enjoy this Newsletter and send some notes to keep us all in touch with each other. Best to all... Scott

**Living in a nudist  
colony takes all  
the fun out of  
Halloween**

## *Our Fallen Comrades*

Arthur R. Bredefeld MCB 2	1/6/18
Elwin I. 'Shorty' Campbell CBMU 1/101	10/6/17
John E. Chadwick MCB2	11/30/17
William E. Knight CBMU 101	1/20/18
Walter K. Waddell MCB 2	2/7/18

*May they live on in our memories*

# A Seabee Died Today

He was getting old and paunchy  
And his hair was falling fast,  
And he sat around the Legion,  
Telling stories of the past.

Of a war that he once fought in  
And the deeds that he had done,  
In his exploits with his buddies;  
They were heroes, every one.

And 'tho sometimes to his neighbors  
His tales became a joke,  
All his buddies listened quietly  
For they knew whereof he spoke.

But we'll hear his tales no longer,  
For ol' Bill has passed away,  
And the world's a little poorer  
For a Seabee died today.

He won't be mourned by many,  
Just his children and his wife.  
For he lived an ordinary,  
Very quiet sort of life.

He held a job and raised a family,  
Going quietly on his way;  
And the world won't note his passing,  
'Tho a Seabee died today.

When politicians leave this earth,  
Their bodies lie in state,  
While thousands note their passing,  
And proclaim that they were great.

Papers tell of their life stories  
From the time that they were young  
But the passing of a Seabee  
Goes unnoticed, and unsung.

Is the greatest contribution  
To the welfare of our land,  
Some jerk who breaks his promise  
And cons his fellow man?

Or the ordinary fellow  
Who in times of war and strife,  
Goes off to serve his country  
And offers up his life?

The politician's stipend  
And the style in which he lives,  
Are often disproportionate,  
To the service that he gives.

While the ordinary Seabee,  
Who offered up his all,  
Is paid off with a medal  
And perhaps a pension, small.

It's so easy to forget them,  
For it is so many times  
That our Bills and Jims and Johnnys,  
Went to battle, but we know,

It is not the politicians  
With their compromise and ploys,  
Who won for us the freedom  
That our country now enjoys.

Should you find yourself in danger,  
With your enemies at hand,  
Would you really want some cop-out,  
With his ever-waffling stand?

Or would you want a Seabee--  
His home, his country, his kin,  
Just a common Seabee,  
Who would fight until the end.

He was just a common Seabee,  
And his ranks are growing thin,  
But his presence should remind us  
We may need his like again.

For when countries are in conflict,  
We find the Seabees part  
Is to clean up all the troubles  
That the politicians start.

If we cannot do him honor  
While he's here to hear the praise,  
Then at least let's give him homage  
At the ending of his days.

Perhaps just a simple headline  
In the paper that might say:

"OUR COUNTRY IS IN MOURNING,  
A SEABEE DIED TODAY."

# RIP Naomi Parker Fraley - Rosie the Riveter

The term “Rosie the Riveter” was first used in 1942 in a song of the same name written by Redd Evans and John Jacob Loeb. It was recorded by numerous artists, and it became a national hit. Their inspiration for the song was Rosalind P. Walter, who “came from old money and worked on the night shift building the F4U Corsair fighter.” Later, Rose Will Monroe worked as a riveter at the Willow Run Aircraft Factory in Ypsilanti, Michigan, building B-24 bombers for the U.S. Army Air Forces. Monroe was asked to star in a promotional film about the war effort at home, and Monroe happened to fit the description of the worker depicted in the song. Then the May 29, 1943, issue of the *Saturday Evening Post* depicts a muscular woman in overalls taking her lunch break; the name “Rosie” is visible on her lunchbox. In 1942, the Westinghouse Company’s War Production Coordinating Committee hired Pittsburgh artist J. Howard Miller to create a series of posters to promote Westinghouse worker morale. One of these posters, titled “We Can Do It!”, celebrated women in the war effort workforce; it was meant only to be used briefly in the company’s own factories, and only about a thousand were printed. A copy was found in the National Archives in the early 1980s (and so far, only one other original has been found). It was never called “Rosie the Riveter” when it was used, but it put a new face on that meme, in part because the Rockwell painting was copyrighted, and thus couldn’t be widely used. The Miller poster became what is now widely thought of as “the” Rosie.

But who was Miller’s model? She was widely but erroneously reported as being Michigan war worker Geraldine Hoff Doyle — no relation to Mary Doyle,

who had posed for Rockwell’s “Rosie” painting. Many women came forward to say they were the model, but James J. Kimble decided to answer the question for sure. “It turns out that almost everything we think about Rosie the Riveter is wrong,” Kimble said. “Wrong. Wrong. Wrong. Wrong. Wrong.” For him, in 2010 the identity of the poster model became “an obsession,” and he found the original news photograph the Westinghouse poster was based on — right down to the polka-dot bandanna holding back her hair. He finally found a copy of the photo in a shop selling antique photos: it noted it was taken on March 24, 1942 — in Alameda, Calif. The caption: “Pretty Naomi Parker looks like she might catch her nose in the turret lathe she is operating.” Dr. Kimbal tracked the girl down. Naomi Parker Fraley told him she and her younger sister had gone to work at the Naval Air Station in Alameda after the attack on Pearl Harbor brought the U.S. into the war. She was 20 at the time. “I would say there is no question that she is the ‘lathe woman’ in the photograph,” Kimble says. Fraley already knew: she had seen the poster at a reunion of women war workers, saw the resemblance to the news photograph, which she still had, and she chafed at the incorrect identity printed under the poster: Geraldine Doyle. “I didn’t want fame or fortune,” she said, “but I did want my own identity.” Fraley is now widely accepted as the model for the poster “Rosie” — which was never titled with that name. She worked at a waitress, had a family, and enjoyed the correction of the identity of the poster model: “Victory! Victory! Victory!” she told a reporter in June 2016. She died January 20, at 96.

## **Did you know?** From Car-Fit.org.

According to AAA, people 65 and older are more than twice as likely as younger drivers to be killed when involved in a crash. Some 90 percent of drivers older than 65 do not make simple safety adaptations to their cars to improve driving safety. Older drivers are not using simple adaptations such as steering wheel covers, seat cushions and pedal extensions that can extend their years behind the wheel.

Check out <https://www.car-fit.org/carfit/Videos> for a video that will walk you through the steps to take to enhance your safety.

I WENT TO A BOOKSTORE AND ASKED THE SALESWOMAN, "WHERE'S THE SELF- HELP SECTION?" SHE SAID IF SHE TOLD ME, IT WOULD DEFEAT THE PURPOSE.

# Blended military retirement system took effect Jan. 1

-source army.mil

One of the most wide-reaching and significant changes to military pay and benefits over the last 70 years went into effect Jan. 1 with the implementation of the Uniformed Services Blended Retirement System, known as BRS. The new system blends aspects of the traditional defined benefit retirement pension system, with a defined contribution system of automatic and matching government contributions through the Thrift Savings Plan. All new entrants into the uniformed services on or after Jan. 1 will be enrolled in this new retirement system. The uniformed services are the Army, Navy, Air Force, Marine Corps, Coast Guard, Public Health Service Commissioned Corps and the National Oceanic and Atmospheric Administration Commissioned Officer Corps. Nearly 1.6 million current service members will have the option to remain in the current legacy "high-3" retirement system or to choose the BRS during the opt-in period. Opt-in eligible service members from all seven of the uniformed services have an entire year to make their retirement system election. The open period for the majority of service members began Jan. 1 and runs through Dec. 31, 2018. Service

members will need to visit one of these designated resources to opt into BRS: - Army, Air Force, Navy: MyPay (<https://mypay.dfas.mil>). - Marine Corps: Marine Online (<https://www.mol.usmc.mil>). - Coast Guard, NOAA Commissioned Corps: Direct Access (<https://portal.direct-access.us>). - U.S. Public Health Service personnel should contact the USPHS Compensation Branch. Service members who believe they are eligible to opt in, but do not see the opt-in option available online should contact their local personnel/human resources office to verify eligibility. The decision to opt in is irrevocable even if a service member changes his or her mind before the Dec. 31, 2018, deadline. Eligible service members who take no action will remain in the legacy retirement system. Prior to opting in, officials recommend that service members take advantage of all available resources to assist in making an informed decision on the financial implications specific to their retirement situation. DoD endorses several training and informational tools to support a service member's decision, including the BRS Opt-In Course, the BRS Comparison Calculator and numerous online BRS resource materials. Service members can receive no-cost, personal support from an accredited personal financial manager or counselor available at their installation's military and family support center or by calling Military OneSource at 1-800-342-9647.

**Want incredibly clean and clear auto or truck windshield and windows?** Here's something you can do a few times each year. In general, glass is a pretty hard substance at somewhere between 6 and 7 on the Mohs scale of mineral hardness depending on the manufacturing process. So, if you really want to go the distance and get all the dirt and grime off your auto or truck windshield and windows go to your hardware store and get a package of 0000 (that's four 0's) steel wool. Use the steel wool DRY in a circular motion and, starting with the windshield, thoroughly clean and polish all the windows inside and out. The 0000 steel wool will NOT damage your glass. When you are done, clean the windows with Windex or a similar product to remove any remaining residue and rub them dry with a soft cloth. Next spray on Rain-X or a similar product and polish it dry. The results will absolutely astounded you.

## Thoughts from a demented mind....

- Ratio of an igloo's circumference to its diameter:  
Eskimo Pi
- 2000 pounds of Chinese soup:  
Won ton
- 1 millionth of a mouthwash:  
1 microscope
- Time between slipping on a peel and smacking the pavement:  
1 bananosecond.
- Weight an evangelist carries with God:  
1 billigram

# REAL ID Act of 2005: Impact On Driver License Use as Security ID

- source AARP

If you're planning to fly you may not be able to use your driver's license as a form of identification to get through security. Also, its use in accessing Federal facilities inclusive of military bases or entering nuclear power plants. That's thanks to the REAL ID Act of 2005, which everyone in the travel industry is hoping you - and the other 719 million passengers who fly domestically every year - have heard about. The law, a counterterrorism measure that followed 9/11, calls for states to issue driver's licenses with more security features - such as scannable bar codes and digital photos. They will be required for people to board any commercial flight and enter federal facilities and military bases.

Passports or other approved forms of federal identification - such as a border-crossing card, U.S. military ID, TSA Pre- Check or Global Entry card - can be used as an alternative. Other alternative ID that will be accepted by TSA is listed at <https://www.tsa.gov/travel/security-screening/identification>. You will need this alternative ID if you live in one of 24 states that have yet to add the security measures to the driver's licenses they issue. And you may need to get a new, updated license if you live in one of the states that already offers them.

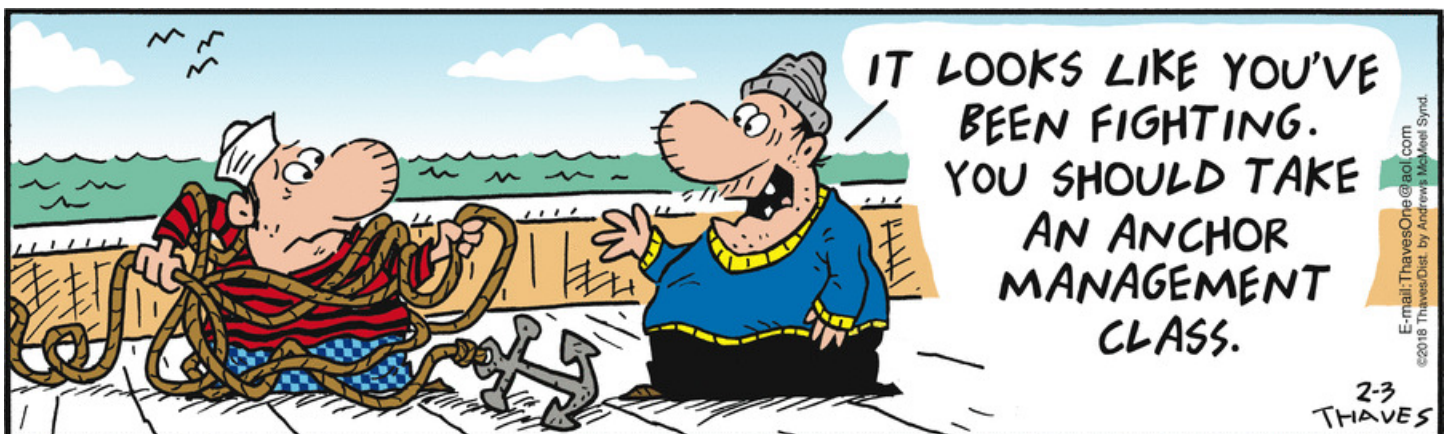
Enforcement began on January 22.

You can check your state's status on the Department of Homeland Security website's interactive map at <https://www.dhs.gov/real-id>. Some states have been granted extensions to make their licenses compliant.

"It's very complicated," admits Katy Lloyd, spokesperson for the Virginia Department of Motor Vehicles. Virginia has been granted a REAL ID extension until Oct. 10, 2018, when the state plans to have compliant licenses ready. Until then, residents can get through security using the driver's licenses they already have. Delays are caused at least in part by the controversy over the legislation. Its opponents include some legislators who have called it an "unfunded mandate" that is too expensive to implement.

Many states have repealed or are repealing those laws. While they are working on new compliant driver's licenses, they also plan to offer unenhanced licenses as an option to residents. The bottom line: You don't want to find yourself barred from flying because you didn't realize your old-school license is no longer an acceptable form of identification. If your state doesn't have the new IDs, there is still time to get a passport or apply for another ID, says Tom Spagnola, senior vice president of supplier relations at the online travel agency CheapOair. Spagnola says airlines, not to mention airport security agents, don't want to face a slew of angry and confused travelers when enforcement begins. Many in the travel industry are working overtime to inform the public, so he's hopeful the message will get through.

## Frank and Ernest





## Some simple lifestyle changes can help with high blood pressure

-source Washington Post

If you're worried about high blood pressure, there are some things you can do beyond taking appropriate medication. The American Heart Association (AHA) points to some not-so-difficult lifestyle changes to delay or lower high pressure and reduce the risk of illnesses associated with it, such as heart disease, stroke and kidney disease. Here's some of what the AHA recommends:

- Get regular exercise - at least 90 to 150 minutes of moderate-intensity activity per week. It can be a mix of aerobic and resistance exercises. If it's 30 minutes five days a week, that's fine. You can split it up, though the AHA says the exercise "should be performed in episodes of at least 10 minutes." Also recommended: muscle-strengthening activity at least twice a week.

- Avoid a diet that has a lot of salt in it by opting for other seasonings, such as curry powder, garlic (not

garlic salt), chives, cider vinegar and turmeric. And focus on heart healthy foods, such as fruit, vegetables, low-fat dairy products, whole grains, nuts and nontropical vegetable oils. The DASH diet, dash-diet.org (the acronym stands for Dietary Approaches to Stop Hypertension), limits salt and added sugars, and discourages red meat in favor of fish and chicken.

- Get stress under control. Stress hormones can make the heart beat faster and constrict blood vessels, which the AHA says raises blood pressure, even if only temporarily. The association suggests regular exercise, slowing down a bit, sitting quietly and deep breathing for 15 to 20 minutes a day and trying to "learn to accept things you can't change. You don't have to solve all of life's problems."

- Watch your weight. Losing even just five to 10 pounds if you're overweight can improve blood pressure.
- Don't drink too much, because excess alcohol can raise your blood pressure. As for the idea that red wine is good for the heart, the AHA says that is a myth.

- Quit smoking. Cigarettes are a proven risk factor for heart attack and stroke, though the AHA says the evidence of a specific connection to high blood pres-



Stoney lives in the Veteran Retirement Home in Gulfport, MS now and I took a quick trip down to visit. Here he is in his room. Very comfortable and convenient. We went down to the "mess hall" where everyone is fed. They can probably seat 200 or 300 at a time. It is a very nice home and veterans from all branches of the military service are there. If you would like to send a note or card to Stoney, his address is Stoney Serrett, 1800 Beach Dr., Unit 424, Gulfport, MS 39507.

# How to Prevent Falls

source NY Times

It's that time of year when safety-conscious organizations issue cautionary tales about preventing falls and, failing that, protecting against serious injury when suddenly descending unintentionally from the vertical. Even if you think you already know everything you need to know about falling, you'd be wise to read on. Many of us can use a periodic kick in the pants to help keep us safe. I know, because I'm one of those prone to doing something foolhardy even while thinking how dumb it is.

In much of the country, fall injuries rise during the winter months when walkways become slippery and trip hazards are obscured by snow, ice or, in some areas, by leaves. Senior citizens, being less agile and more fragile, are especially at risk. A map of fatal falls in the United States, published last April in the AARP Bulletin, provides graphic testimony: Wisconsin and Minnesota, two of our coldest states, led the nation in deaths from falls among residents 65 and older.

Let's start with how to avoid slips, trips and falls outdoors when sidewalks can often resemble hockey rinks:

- Check your footwear. Shoes and boots should have slip resistant soles (rubber or neoprene, not plastic or leather).
- Take smaller steps, bend forward slightly, go slow and walk as flat-footed as possible when it's icy or snowy.
- Check steps and sidewalk for black ice before going out in the morning, even if only to pick up the paper or mail. Do likewise when stepping out of a vehicle. Although the air temperature may be above freezing, dew or fog can freeze on a colder surface.
- Regardless of the season, scan the path six or more feet ahead of you for trip hazards.
- Avoid carrying items that block your ability to see the ground in front of you. Even when empty-handed, be sure to pick your feet up to avoid catching a shoe.

Now for the most common place for falls: Your home. Most dwellings contain a catalog of trip hazards, including piles of papers, loose carpets or floorboards, extension cords and clothing carelessly dropped on the floor, not to mention water or grease on the kitchen or bathroom floor. Remove as many of these as possible and wipe up all spills as soon as they happen. While important at any age, these pre-

cautions are critical for the elderly. Falls are the No. 1 cause of injury to seniors, one in three of whom can expect to fall each year. Too often the result is a debilitating fracture, loss of independence or death. Nearly three times as many people die after falling (some 32,000 a year) than are killed by guns in the US. Even when the injury from a fall is minor, it can create fear that prompts people to avoid certain activities lest they fall again.

When walking indoors, always wear shoes or slippers with nonskid soles - not barefoot (unless you want a broken toe), and never just socks unless they have nonslip grips on the soles. Always use a handrail when going up and down stairs. Consider installing a railing on stoops that lack them. If the item you want to carry is too big to hold in one hand or arm, ask someone to help. Bathrooms are particularly dangerous, especially for the elderly, who can benefit greatly from safety bars in the tub or shower and next to the toilet. Nonskid mats in the shower and tub and on tile floors are a must for all ages.

Among other steps to take that can reduce the risk of falling is to maintain physical strength and balance as you age. If you're uncertain of your stability or agility, consider some sessions with a physical therapist and practice the recommended exercises regularly. Higher levels of physical activity have been shown to protect against falls in a study of Canadian men and women 65 and older.

Think before you climb. Always use a safety stool - not a chair or ledge - when trying to reach a high-up item. At home, move all frequently used items to lower shelves, or purchase a cabinet that sits on the floor to store them in.

Some experts recommend learning "the right way to fall." In the Netherlands, physical and occupational therapists even teach classes on the art of falling. The advice tends to focus on minimizing the risk and extent of injury by landing on soft tissue as gently as possible. It includes trying to stay relaxed as you fall; the stiffer you are, the more likely an injury. As you land, try to roll like a football player.

When falling forward, the instinct is to stick out one's hands to break the impact, which often results in broken wrists instead. If possible, try to twist as you go down to land on a side and then roll over to your back. When falling backward, tuck your chin to your chest to avoid hitting your head, which can result in a concussion, and keep your arms in front of you.

These measures are more easily described than executed. Persons of a certain age who have fallen

(Continued on page 9)



(Continued from page 8)

maintain that there was nothing they could do to mitigate an injury in the split second between being upright and lying flat on the ground. But consider mentally reviewing scenarios in which you “practice” falling more safely by visualizing the measures described above.

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## State and federal officials accuse veterans nonprofit of misleading donors

— source [publicintegrity.org](http://publicintegrity.org)

Virginia’s attorney general Mark Herring has launched an investigation into a veteran’s charity that allegedly misled donors by spending millions of dollars on telemarketing and salaries rather than on veterans. The Falls Church, Virginia based Center for American Homeless Veterans received a “civil investigative demand” for documents in late December. The actions came just two weeks after publication of a Center for Public Integrity (CPI) investigation into the Center for American Homeless Veterans and its founder, Brian Arthur Hampton.

Separately, Rep. Walter B. Jones, R-NC, asked two U.S. House committees to launch an investigation into “bad actors” that mislead donors and enrich themselves in the name of military veterans. He cited the CPI investigation into Hampton’s veterans operation and media reports about other veteran’s charities. “Congress should not sit on the sidelines while unscrupulous individuals abuse their tax exempt status, fleece donors and take advantage of the men and women who have served our great nation and their families,” Jones wrote in a letter to the leaders of the House Committee on Ways and Means and the House Committee on Oversight and Government Reform.

Along with the Center for American Homeless Veterans, Hampton runs the nonprofit Circle of Friends for American Veterans and the Put Vets First! Political Action Committee out of the same office. All three groups use telemarketers to raise millions of dollars, but hardly any of this money is spent on programs for veterans, according to federal tax filings and Federal Election Commission disclosures.

Hampton denies wrongdoing and has said in the past that contracting with professional fundraisers frees up his time to focus on outreach. But in its “civil investigative demand,” Herring’s office alleges that Hampton’s Center for American Homeless Veterans “has engaged in misleading donors to believe funds would be used for veterans-assistance programs and organizations, when funds were not used for those purposes.”

Michael Kelly, spokesman for Herring, said, “Attorney General Herring has made it a priority to crack down on financial exploitation of veterans and fraudulent charities,

Hampton said he is cooperating with the investigation. “We have the program goods and are always enthusiastic about sharing all the documents,” Hampton wrote in an emailed statement. “We do what we say we are going to do and a great deal more.” Hampton has personally benefited from his trio of veterans organizations. During 2017, he made \$110,00 from the PAC, boosting his income from the PAC to \$20,350 in December alone, according to federal records. Hampton also earned \$340,000 in 2016 from his two veterans charities, according to the most recent tax filings available. It’s not yet known how much Hampton earned from his charities during 2017. Hampton defended his compensation, noting that he has “24 years of tenure” and is the head of three organizations.

During the 2014 and 2015 tax years, a telemarketer hired by the Center for American Homeless Veterans, Outreach Calling, kept \$3.7 million - or 90% - of the \$4.1 million it raised for the nonprofit, according to annual tax filings. Records filed by Outreach Calling in Utah indicate the telemarketer kept \$7.9 million out of \$8.7 million it raised for the charity from 2011 to 2015.

Similarly, Hampton’s other nonprofit and his PAC have spent most of the money they’ve raised on telemarketers. Since 2015, Outreach Calling has raked in \$2 million from the Put Vets First! PAC. That’s 89% of the \$2.3 million in donations the PAC has received in the same time period, according to Federal Election Commission filings. Charitable Resource Foundation, the telemarketer working for Hampton’s Circle of Friends for American Veterans, kept \$6.4 million, or 85%, of the \$7.5 million it raised from donors between the 2011 and 2015 tax years, according to IRS filings.

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# Alcohol: Do You Drink Too Much?

source <http://us.cnn.com/interactive/2018/01/health/parallels/alcohol/>

If you choose to drink alcohol, public health bodies suggest doing so in moderation, and different countries set different limits. US guidelines say one drink (14 grams [1/2 ounce] of alcohol) per day for women and two drinks for men. In the UK, limits are slightly lower at about eight drinks per week for both men and women, ideally spread over three or more days.

Alcohol contains seven calories per gram – which is more than protein and even carbs, which both have four calories. Fat has nine calories per gram. Spirits, wine and beer can have from 97 to more than 300 calories per drink, so a few drinks after work quickly add up.

Limiting alcohol, particularly near bedtime, and staying hydrated can improve the quality of sleep. Although alcohol has sedative effects, it also disrupts your sleep by raising levels of certain hormones to make you more alert, and as it's a diuretic you're more likely to wake up needing the toilet.

It is likely you smell when drinking and when hung over. While your liver processes alcohol, some of it leaves your body through your breath, urine and sweat.

Moderate amounts of alcohol have been shown to lower your risk of heart conditions by 25-40%. It can help reduce bad cholesterol levels and blood clots – depending on age and drinking habits. Excessive alcohol can cause unusual heart rhythms, high blood pressure and damage to heart muscles.

Drinking less, or no, alcohol will help your immune system function as normal, leaving you stronger, healthier and fighting fit. Lots of alcohol can damage your immune system and therefore your ability to fight infections and recover from injuries.

Binge drinking definitions vary. In the UK, it counts as drinking more than eight units in one drinking session for men and six units for women. US guidelines say five drinks for men and four drinks for women within a two-hour period. Heavy alcohol use is when you do this for five or more days in a month.

Alcohol can immediately cause slowed reaction times, memory loss, and slurred speech. Moderate amounts are unlikely to have long-lasting effects.

Drinking excessively, or bingeing, over a long period of time can cause changes in your brain and its chemistry, impairing mental abilities and memory and decreasing the size of your brain.

Heavy drinking can bring on depression and can become addictive, leading to alcoholism. Over a long time it can change your brain chemistry, causing anxiety and stress as well.

Moderate drinking may help reduce the risk of developing type 2 diabetes. Heavy drinking increases your chances of developing diabetes, as it reduces your body's sensitivity to insulin, inflames the pancreas and can cause pancreatitis.

Want to drink less? Try only drinking with dinner, alcohol-free nights out, reduced alcohol drinks, and keeping track of how much you drink.

## Crow's Nest

The raven, or crow, was an essential part of the Vikings' navigation equipment. These land-lubbing birds were carried on board to help the ship's navigator determine where the closest land lay when weather prevented sighting the shore. In cases of poor visibility, a crow was released and the navigator plotted a course corresponding to the bird's flight path because the crow invariably headed towards land.

The Norsemen carried the birds in a cage secured to the top of the mast. Later on, as ships grew and the lookout stood his watch in a tub located high on the main mast, the name "crow's nest" was given to this tub. While today's Navy still uses lookouts in addition to radars, etc., the crow's nest is a thing of the past.

## Cup of Joe

Josephus Daniels (18 May 1862-15 January 1948) was appointed Secretary of the Navy by President Woodrow Wilson in 1913. Among his reforms of the Navy were inaugurating the practice of making 100 Sailors from the Fleet eligible for entrance into the Naval Academy, the introduction of women into the service, and the abolishment of the officers' wine mess. From that time on, the strongest drink aboard Navy ships could only be coffee and over the years, a cup of coffee became known as "a cup of Joe".



## Notes from our members:



From **Tom Dowd**: Great Newsletter! [thank you] Continuing thanks for the time and effort you put in to keep the MCB 2 Newsletter alive. I spent most of December with bad flu in spite of having the flu shot. Sickest

I've been in years.[ flu has been bad this year. Hope you have gotten better.]..... from **Ralph (Mary)**

**Bokern**: Sent a check for dues [thank you]..... from **Rich 'Nellie'**

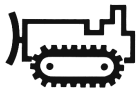


**Nelson**: Here is a copy of a check I sent you in 2016 to pay dues in advance. Put me back on the Good Guys List. [what can I say... you are on!]..... from **Stoney Serrett**:



[**Stoney** sent a check for support, Thanks, **Stoney!**]..... from **John**

**Stock**: Here's a check for dues plus a little extra [thank you!]. All is well here. Enjoying good health for an "old timer." Have a great year and my best to all my old buddies who are still around. Best regards..... from



**Yvonne Fowler Meredith**: I am sorry for being late with the dues [you aren't, really, and thanks]. I am still in hopes of finding someone who remembers CE4 **Robert Earl Fowler** who served

with MCB 2 from February 1956 to June 1956, then was sent to MCB 3 as a CN in July 1956 to July 1957 when he passed away. He was with MCB 2 at Subic Bay (Cubi Point) in October 1956 to June 1957. He was at Subic Bay building the Navy housing and was an electrician. I would love to hear from anyone who remembers him. I so enjoy the Newsletter. Thank you



for continuing to send it. This from me and his daughter, **Susan Kelliher**. [**Yvonne's** address is 5680 Burro Dr., Golden Valley, AZ 86413..... from



**Pat Carey**: [**Pat** had ordered some flags] Enclosed is my check for dues and to cover the cost of flags [thanks **Pat**]..... from **Stoney**: [**Stoney** had ordered some caps to give to his fellow vets at the Gulfport home.] Thanks for

the check, **Stoney!**..... from **Frank Castlevecchi** [**Frank** had ordered some flags and included a check for **Mike's** dues] Here is the check for **Mike's** dues and flags.



Thanks..... from **Stoney** [**Stoney** and his son **Darrell** came to my home to attend the memorial service for **Bill Knight** held at the Georgia National Memorial Park in Canton, Georgia.] [**Stoney** sent a card and note]: I hope this letter finds you both well and enjoying Easter. As for myself, I am fine and I want to thank



you again for the cookies and peanut brittle for our return trip to Mississippi. **Darrell** thanks you also. I am enclosing a check for the last box of hats that you sent. I will need to order more but I will call you as to what I need for the future. Presently, I am waiting for my grandson, **Darrell Jr.**, to pick me up and take me to Zachery for Easter. I expect to return Tuesday, April 3rd..... This is all the letters I have received.... You gotta write me or email me so everyone else will know you are still out there! Drop me a line even if you don't include a check. Checks are good but don't let that stop you. I'll get the next Newsletter out in about three months..... Lots can happen in that amount of time and summer will be in full swing. If you take a trip or vacation, be safe! Print this entire Newsletter and send to your friends that don't have a computer. Best to all, Scott

## What do you do when you see an endangered animal eating an endangered plant?

# Save trees, and your sanity – take these steps to curb junk mail

-source Washington Post

People love to hate junk mail. The Sightline Institute says each American receives an average of 41 pounds per year. NY University says 5.6 million tons end up in landfills every year. Ecocycle.org says we may spend as much as eight months of our life sorting junk mail. [TreeHugger.com](http://TreeHugger.com) says junk mail's annual carbon contribution is equal to that of seven States combined. Of course these stats all come from people who would like to see less junk mail. Junk mail advocates don't call it junk mail; they call it direct or marketing mail.

The Data Marketing Association (DMA) says American businesses sent 149 billion pieces and nearly 10 billion catalogues in 2016. DMA says more than 5% of people respond to direct mail, compared to less than 1% who respond to email pitches. Marketers know we have to sort it, which means we have to look at it. The U.S. Postal Service says ¾ of millennials find it valuable. With numbers like that, the industry's not going to stop. So, you'll have to do it yourself. There are two easy ways to opt out of much of the bulk mail you receive. If still not satisfied, there are several more steps you can take. DMAchoice ([dmachoice.thedma.org](http://dmachoice.thedma.org)) gives you the opportunity to say no to multiple categories: catalogues, credit offers, magazine offers and other junk mail, such as charity, bank and retail mailings. DMA members would rather not spend money sending direct mail to people who don't want it so they started this service decades ago. It costs \$2 and lasts for 10 years. Credit card offers are one of the biggest categories in your mailbox.

The big credit reporting agencies – Equifax, Experian, Innovis and TransUnion – created a mechanism for people to opt out of preapproved credit card and insurance offers. The Fair Credit Reporting Act gives them the right to share credit histories with businesses that may want to offer financial products. The Opt Out system ([optout.prescreen.com](http://optout.prescreen.com)) attempts to give you a say in the matter. The service is free, though you will have to provide your Social Security Number to verify your identity (don't worry, they already have it). You can opt out online for five years or print and mail a form to opt out permanently. The service can also be accessed on the DMAchoice website. Registering with DMAchoice should stop the flow of

catalogues and magazine offers, but if you want to be extra thorough, you can contact Abacus, where catalogue and publishing companies share consumer information. Send an email to its parent company at [optout@epsilon.com](mailto:optout@epsilon.com). Put "remove" in the subject line and your name and address in the body of the email. Include your name as it appears on the bulk mail you receive. If your middle initial is there, use it. If your name is misspelled, include that. If you have moved in the past six months, state your previous address as well.

Ever notice how if you donate money to one charity, you soon receive solicitations from others? That's because they sell, rent and swap your contact information with each other. There is no centralized opt-out system for charity mailings. Instead, CharityWatch recommends when you make a donation you include a note requesting that the charity not rent, sell or trade your name. (You can make the same request of businesses.) You can also ask your charities to solicit you only once a year rather than nonstop and tell them you will stop giving if they don't honor your wishes. If you get unwanted contest offers let these two biggest promoters know you're not interested and you should see significantly few pieces of mail in your box. Help elderly relatives sign up too.

- Publishers Clearing House provides an online form: [pch.custhelp.com/app/ask\\_mailing](http://pch.custhelp.com/app/ask_mailing).

- Reader's Digest asks that you email your request to [rdstoreservice@rd.com](mailto:rdstoreservice@rd.com). Hate coupons? Several big companies are responsible for sending out most of them. Here are the opt-out pages:

- Money Mailer. If you don't want them, email your name and address to [ListContactManager@moneymailer.com](mailto:ListContactManager@moneymailer.com).

- Red Plum asks you to fill out a form on its website to stop its mailings: [redplum.com/tools/direct-mail-preferences](http://redplum.com/tools/direct-mail-preferences).

- Valpak offers an online opt-out form: [Valpak.com/coupons/show/maillinglistsuppression](http://Valpak.com/coupons/show/maillinglistsuppression). Data brokers sell people's names, addresses and buying habits to companies that send direct mail. Here are two of the biggest:

- Axiom offers an online opt-out form: [is-apps.axiom.com/optout/optout.aspx](http://is-apps.axiom.com/optout/optout.aspx).

- InfoUSA asks you to email your name and address to: [contentfeedback@infogroup.com](mailto:contentfeedback@infogroup.com). Many of us do our research online, and yet, once or twice a year the biggest form of direct mail of all arrives on our doorsteps with a thud: phone books.

Here's the website to opt out of receiving



(Continued from page 12)

Yellow Pages books: [yellowpagesoptout.com](http://yellowpagesoptout.com). It's bad enough to receive your own junk mail, but it can be downright depressing to receive it for people who have died. For that reason, DMA created the Deceased Do Not Contact List which its members must honor: [ims-dm.com/cgi/ddnc.php](http://ims-dm.com/cgi/ddnc.php). If you still get reams of junk mail in the names of previous owners of your house, there is no high-tech solution for this hassle, but here are some of the low-tech ones: - The USPS says to write "not at this address" on the previous residents' envelopes and

## **Bonus Available to Pennsylvania Persian Gulf Conflict Veterans**

Pennsylvania veterans who served on active duty in the Persian Gulf Theater of Operations, including Operations Desert Shield and Desert Storm, are reminded to apply for the Persian Gulf Conflict Veterans' Bonus. The bonus pays \$75 per month for qualifying, active-duty service members, up to a \$525 maximum. For personnel whose death was related to illness or injury received in the line of duty in Operations Desert Shield or Desert Storm, there is an additional \$5,000 available to the surviving family. Service members who were declared prisoners of war may also be eligible for an additional \$5,000. To qualify, the service member must have:

- Served with the U.S. Armed Forces, a reserve component of the U.S. Armed Forces or the Pennsylvania National Guard.
- Served on active duty in the Persian Gulf Theater of Operations during the period from Aug. 2, 1990, to Aug. 31, 1991, and received the Southwest Asia Service Medal.

- Been a legal resident of Pennsylvania at the time of active duty service.
- Been discharged from active duty under honorable conditions, if not currently on active duty.

Since 2008, more than 9,000 Persian Gulf Conflict veterans have applied for and received a bonus for their war efforts. Individuals who received a bonus or similar compensation from any other state are not eligible for the Pennsylvania program. The deadline to apply for this one-time payment is August 31, 2018.

For more information contact the Persian Gulf Conflict Veterans Benefit Program, Bldg. 0-47, Fort Indiantown Gap, Annville, PA 17003-5002, Phone: 866-458-9182 (toll free).

place them in a blue mailbox or other outgoing mail receptacle. - Some people report success placing a note on their mailbox that says: "Nobody but [list of names] lives here. Please do not deliver mail for anyone else." The Postal Service doesn't endorse this method, but it can't hurt.

Finally, if you get unwanted sexual advertising mail, the Postal Service has a solution: Fill out Postal Service Form 1500 to let the post office know that you do not wish to receive this mail. It then becomes illegal for companies to send it to you, and the Postal Service works to make sure they don't.

## **VA Cemeteries Plans for 2019**

- source New York Post

Tucked into the Administration's budget is funding to construct a cemetery in Queens, NY for at least 50,000 veterans. Unlike a traditional cemetery, the site in St. Albans would be an outdoor columbarium only for the cremated remains of New York City-area service members and their spouses. The Queens construction would be among the first wave of columbaria-only veterans cemeteries in the U.S. In

2015 VA had pitched constructing a unique cemetery for funeral urns in Queens, acknowledging the travel time to the Calverton and Long Island National Cemeteries on Long Island is a burden for the families in the city. Targeted for 2019 completion, the columbarium walls would initially have a capacity of 4,000 burial niches, each with enough room for the urn of one service member and spouse. The master plan calls for 50,000 niches over a 100-year period. Rep. Gregory Meeks (D-Queens) viewed the project's inclusion as a bright spot in the budget request. "The columbaria at St. Albans VA will allow the family members and friends of deceased soldiers to pay tribute to their fallen heroes without having to travel tremendous distances," said Meeks who hosted a town hall about the project in February 2016. The proposed VA budget calls for nine new veterans cemeteries to be open in 2019 and 2020, including three columbaria-only locations in Queens, Indianapolis and Los Angeles. A traditional gravesite cemetery would also be constructed in Western New York to serve Buffalo and Rochester-area veterans. VA's goal is to provide 95% of the veteran population a burial option within 75 miles of their home.

# TED WILLIAMS



When asked to name the greatest team he was ever on, Ted said, "The US Marines". Ted Williams was John Glenn's wingman flying F-9Fs in Korea.

Ted missed out flying combat missions during WW II because his flying and gunnery skills were so good that he was kept as an instructor for much of the War. During advanced training at Pensacola, Florida Ted would accurately shoot the sleeve targets to shreds while shooting out of wing-overs, zooms, and barrel rolls. He broke the all time record for 'hits' at the school. Following Pensacola, Ted was sent to Jacksonville for advanced gunnery training. This is the payoff test for potential combat pilots. Ted set all the records for reflexes, coordination, and visual reaction time. As a result of his stunning success he was made an instructor at Bronson field to put Marine aviation cadets through their final paces. By 1945 Ted got his wish and was finally transferred to a combat wing, but weeks later the War was over. He was discharged from the military in December of 1945. Seven years later, in December of 1952, Ted was recalled to active duty as a Marine Corps fighter pilot.

The Boston Red Sox slugger who wore No. 9 as a major leaguer, would now be assigned to an F-9 Panther jet as a pilot. Ted flew a total of 39 combat missions in Korea. He was selected by his commander John Glenn to fly as Glenn's wingman.

While flying an air strike on a troop encampment near Kyomipo, Korea, Williams' F-9 was hit by hostile ground fire. Ted commented later: "The funny thing was I didn't feel anything. I knew I was hit when the stick started shaking like mad in my hands. Then everything went out, my radio, my landing gear, everything. The red warning lights were on all over the plane." The F-9 Panther had a centrifugal flow

engine and would normally catch fire when hit. The tail would literally blow off most stricken aircraft. The standard orders were to eject from any Panther with a fire in the rear of the plane. Ted's aircraft was indeed on fire, and was trailing smoke and flames. Glenn and the other pilots on the mission were yelling over their radios for Williams to get out. However, with his radio out, Williams could not hear their warnings and he could not see the condition of the rear of his aircraft. Glenn and another Panther flown by Larry Hawkins came up alongside Williams and lead him to the nearest friendly airfield. Fighting to hold the plane together, Ted brought his Panther in at more than 200-MPH for a crash landing on the Marsden-matted strip. With no landing gear, dive brakes, or functioning flaps, the flaming Panther jet skidded down the runway for more than a mile. Williams got out of the aircraft only moments before it was totally engulfed in flames.

Amazingly enough, Williams survived the accident without a scratch – his only injury was a sprained ankle, from pushing down on the brake too hard. That air strike was the largest of the year, as 369 bombs dropped, destroying 96 buildings. Many wondered why Williams didn't eject out of the cockpit, but the future Hall of Famer saw not only his life on the line, but the future of his career at stake.

Ted would be back on the job less than 24-hours later, unloading six bombs in an attack just south of Pyongyang on Feb. 17. He would fly 38 more missions after his first, one third of which over enemy lines. But after five months in Korea, three near death experiences and almost two entire baseball seasons missed, the Marines decided to send him home on an ear and nose ailment.

Ted Williams survived his tour of duty in Korea and returned to major league baseball. On July 23, Williams was officially released from duty. The war came to a close a couple of days later, on July 27, 1953. Just two days later he signed his contract for the remainder of the 1953 season, with only 37 games to go. But it didn't take very long for him to get back into the swing of things.

# The Good Guy List

## For 2018

John Bloem, Bill Body, Ralph Bokern, Dave Budworth, William Burns, Pat Carey, Ed Carlson, Bennie Carlson, Frank (in memory of his brother Mike Castelvechi) Castelvechi, Ken Catchpole, Chuck Chapman, Bob Colquhoun, Roy Cone, Ballard Credeur, Mary Dick (for all the Good Guys), Tom Dowd, Doug Emond, Al Erb, Richard Farbo, Frank Fibich, Richard Forster, Jack Foster, Yvonne Fowler (in memory of Bob Fowler) Meredith, Claude Garcenot, Robert Graf, John Grasz, Jim Green, Gordon Gwathney, Pauline (in memory of Charlie) Hagemann, Roger Hamilton, Ruth (in memory of Alex) Hamilton, Robert Hart, Ralph Heitt, Mary (in memory of Duane) Henrichson, Wayne Heple, Althea (in memory of Jerry) Herr, Juanita (in memory of Leonard [Hersh]) Hershberger, Erling Husby, Vic Jaccino, Joe (Frenchie) Jandreau, Sharon (in memory of Larry) Jessop, Sharon (in memory of Ambrose) Johnson, Carol (in memory of my loving husband of 62 years Charles) Kangas, Duane Keech, Denise King (in memory of her Dad, Don Truskey), Marilyn Knight (in memory of Bill), John Kolasz, Betty (in memory of Emil) Krygier, H.A. 'Herb' Liverman, Lloyd Madison, Ivan Majetic, Bob Markey, Don McLain, Bobby McMillan, Charles Minert, Rich 'Nellie' Nelson, Joe O'Brien, Mal Pearson, John Petronka, Earl Presson, Sam Ragusa, Gary Rawlings, Rex Roark, C. Edner Rudolph, Paul Schell, Jack Schrader, Stoney Serrett, Bill Sharp, Jack Schrader, Dick Skillicorn, Alice (in memory of Ray) Sonnen, Marian (in memory of Clyde) Stenholm, Stiles Stevens, Lucy (in memory of Lee) Stevens, John Stock, Willie Struecker, Judy (in memory of Richard) Todd, Rodney White, John Wilborn, Scott Williams, R.G. 'Pete' Williams, and Bill Wisnowski.

Everyone listed here have their dues paid at least through 2017, some much longer. If you don't find your name on this list, then maybe you have forgotten to send in your dues recently. All dues are paid through the calendar year, January 1

through December 31 (no dues card sent out). This list is as of September 25, 2017. There are currently 75 paid up members through 2017 from a mailing list of 212 and over 250 by email. If dues have not been sent for at least three years, they do not receive the Newsletter by mail. There are 674 names on the full member roster (21 pages). The Newsletter is sent primarily by email. If you or a son or daughter have an email address and you wish to receive the Newsletter

## Need a Membership Roster?

If you have a need for an up-to-date membership roster, drop me a line with a couple of bucks and I'll send you one. We currently have 713 names and addresses of former CBD 1802, CBD 1804, CBMU 1/101, CBMU 577, and MCB 2 personnel, so this is a pretty thick directory (22 pages). Glad to have all aboard! And, if you would like a directory sorted by ZIP numbers, let me know. You can see who lives close to you or use it when you travel. And keep sending those cards and letters – especially the ones with checks!

Scott Williams

## Who to contact about your dues

Scott Williams, Sec'y/Treas.  
MCB 2 Reunion Association  
725 Summer Ridge Dr.  
Villa Rica, GA 30180  
(770-456-4246)

e-mail: [williash@aol.com](mailto:williash@aol.com)

make checks payable to:  
Scott Williams/MCB 2 (or CBMU 1, etc.)

**Dues are \$25/year**  
(more, if you can)  
January - December

This is what keeps us going  
and enables us to send this Newsletter.

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Web page: <http://mcb2seabeereunion.com/>

# MCB 2 Reunion Association, Inc.

c/o Scott H. Williams  
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Villa Rica, GA 30180

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