

LST534 Newsletter

January/February/March 2007

Volume 10 , Issue 1

Resolutions

Today is January 1st, 2007 and I sit at my desk, in my office, attempting to write Issue 1 of the 10th year (that's right—10 glorious years) of LST534 newsletters. My mind is wondering as I'm reflecting over the last nine full years of our family. I'm also thinking of the next year and what changes it might bring for our LST534 family. I also think about my New Year's resolutions.

Today's newspaper printed the top 10 New Year's resolutions and I thought to myself—how do I stack up against them and what will my 2007 resolution be?

The Top 10 are:

1. Spend more time with family and friends

I love my family and my friends and despite all my work, I make a big effort to spend time with the people in my life who matter.

2. Fit in fitness

Well, this was my resolution

about three years ago and I did it. I still go to a gym several times a week. Besides, it helps me pull my luggage when traveling!

3. Tame the bulge

Over 66% of Americans are considered overweight! Most of you who know me know that I do not fall into that 66%. However, to keep eating nutritiously, I make sure I eat at least 5 fruits and vegetables a day. It really changes what you crave.

4. Quit smoking

Luckily, I never started smoking so I don't have to quit. But I am thankful smoking is banned on airplanes! And for those of you who do smoke—STOP!

5. Enjoy life more

That's a funny resolution, I think to myself, as this really depends on your personality. But my advice on enjoying life more is this—at least once a day, live in the moment. For example, a friend calls—

sit down and talk only to that person and don't try to do the dishes or put things away. Live in the moment.

6. Quit drinking

OK—maybe cut down, huh? Most of you WWII Vets still enjoy a cold beer. Let's just all agree to limit drinking. And always choose a designated driver.

7. Get out of debt

Well, many of you are beyond saving for your retirement. But there are ways to save, spend less and maybe even consolidate debt. Better yet, when someone says, "What do you want for Christmas?", say—MONEY!

8. Learn something new

I like this one because we all can learn as long as we can breathe. If you don't have a computer, can't get to the library, and you don't really want to GOOGLE, then read the newspaper front to back every day. You're sure to learn SOMETHING!

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9. Help others

This is a good one too. Every year, I ask myself if I have helped others in the past 12 months. I can usually smile at my efforts. I volunteer for the NY City Dept. of Health's Medical Reserve Corp—which is a group of doctors, nurses, pharmacists, etc. who meet regularly to be prepared in the event of any threats to NY City; I volunteer for my alma mater, the University of Evansville; and I do all I can for the LST Ship Memorial. Not to mention business volunteer efforts. Ask yourself this question: Can I help a child learn about WWII? Volunteer at schools.

10. Get organized

Hello—I could write this resolution! Organization has never eluded me. I'm happily very organized.

Face it, most resolutions don't last or don't stick. But we all make them with the best of intentions. After pondering all of this—it's time I make this year's resolution —

EAT MORE FISH!

That's a hefty goal since I hate fish! But I figure that every time I go out to eat, I will order fish. If I go home hungry, I can always eat a bowl of cereal!

HAPPY NEW YEAR TO ALL!!!

IN MEMORIAM



Evelyn Frame passed away on December 10, 2006. Evelyn was in a hospice facility in Odessa, TX. Her funeral announcement had the following:

God Saw She Was Getting Tired

God saw she was getting tired
And a cure was not to be.
So He put His arms around her
And whispered, 'Come with Me.'

With tearful eyes
We watched her suffer
And saw her fade away.
Although we loved her dearly,
We could not make her stay.

A golden heart stopped beating,
Hard working hands to rest.
God broke our hearts to prove us
He only takes the best.

Frank and Evelyn were married 52 years. Evelyn was one of the sweetest people you could ever meet. She will be missed dearly by her family and friends.

Evelyn, may you rest in peace.

GET WELL WISHES

It seems lots of us need get well wishes this time. Send cards if you can and include these folks in your prayers.

Marian Alvers—yes, my Mom is having weird joint pain. She is spending some time with my sister Cindy. Cindy, Reggie, Weston and Diego are helping her to get

well.

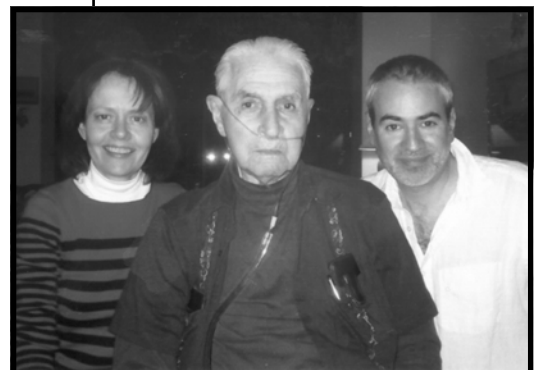
Norris Long—Norris is in a rehabilitation center with chronic obstructive pulmonary disease. The doctors and nurses are helping him feel better, but he needs lots of prayers sent his way.

Duncan Robey—Duncan has good days and not so good days. Carole is a good support for him and encourages him to use his walker and eat well. Be sure to think of Duncan in your prayerful moments.



NEWS:

Norris Long, QM1c, has traditionally spent the last 9 years visiting me in New York over the Thanksgiving weekend. He usually arrives on the Wednesday morning before Thanksgiving. That night, we have dinner and then toast bread for the dressing and make pumpkin pies. This year, Matthew dropped by for dinner. He and Norris had a good 'ole time talking about opera while I cleaned up the dishes. On Thanksgiving, Norris always helps me with the turkey and all the fixin's. In between time, we
Linda, Norris, and Matthew



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both go over to the living room window and watch the Macy's Thanksgiving Day Parade go by. Around 3pm, all of our family and guests arrive and we enjoy Thanksgiving, literally with young and old. This year, on Friday evening, we went to dinner at a Chinese restaurant near Lincoln Center that Norris always read about in Opera News. It is called Shun Lee. After dinner, Norris and I went to the opera. We saw Il Barbiere di Siviglia (The Barber of Seville). It was a fun evening and made even more special realizing this would be Norris' last trip to NY for Thanksgiving—our last opera together.

We both reminisced about the first year Norris came to NY for Thanksgiving. We went through the whole Thanksgiving Day and Friday morning, when I surprised him with opera tickets to the Metropolitan Opera. We saw La Boehm. I always think about that evening when intermission came and I asked him if he liked it. He responded, "Well, the soprano has not found the house and the conductor
Norris and his chopsticks



does not have control of his brass section!" And here I thought he was going to say "it's great!" Of course, I thought it was great. That's when I learned just how deep opera flows in Norris Long's blood!

When Norris left my apartment this past November day, it made me a little sad, thinking our little tradition was coming to an end. I know things have to change and all that— but I was still sad!

HOLIDAYS:

January

- 1 New Year's Day
- 2 National Day of Mourning
Gerald R. Ford
- 15 Martin Luther King, Jr. Day

February

- 2 Groundhog Day
- 4 Superbowl Sunday
- 12 Lincoln's Birthday
- 14 Valentine's Day
- 18 Chinese New Year
- 19 President's Day Observed
- 21 Ash Wednesday
- 22 Washington's Birthday

March

- 1 Ash Wednesday
- 11 Daylight Savings
Time Starts
- 17 St. Patrick's Day
- 21 First Day of
Spring



BIRTHDAYS:

January 4

Ed Overstake
2440 World Pkwy Blvd. E, #38
Clearwater, FL 33763

January 14

Frank Frame
PO Box 1017
Jal, NM 88252

February 3

William Dox
443 South Main Street
PO Box 756
Massena, NY 13662

February 13

Captain's son, George Olson, Jr.
786 Seely Avenue
Aromas, CA 95004

March 14

Salvatore Logano
101 High Street
PO Box 144
Portland, CT 06480-1656

March 26

Willie Gunn
105 Bull Street
Swainsboro, GA 30401

April 1

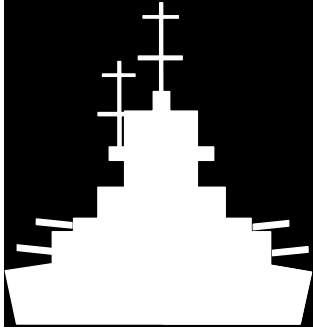
Angelo Cumella
11 Freeport Court
Toms River, NJ 08757

April 14

Alex Fielder
5950 Ambassador Drive
Fairfield, OH 45014



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Just for Fun

(Going around the internet)

Two blondes landed at the airport and caught a cab. "Where are you off to," asked the cabbie. "San Jose," one replied. The cabbie corrected her pronunciation telling her that the "J" made an "H" sound. As time went by he asked how long they would be vacationing. The one blonde replied, "For all of Hune and Huly."

The famous Olympic skier Picabo Street (pronounced Peek-A-Boo) is not just an athlete...she is now a nurse currently working at the Intensive Care Unit of a large metropolitan hospi-

tal. She is not permitted to answer the hospital telephones. It caused too much confusion when she would answer the phone and say... Picabo, ICU.

Nautical Terms

*In memory of James Richard Drew who contributed to this column until his passing.
Contributed by Willie Gunn.*

Go aboard—You don't 'get on a ship,' you 'go aboard.'

Abeam—object directly off the side of the ship.

Editor and Comments:
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