

LST534 Newsletter

Jan., Feb., March 2010

Volume 12, Issue 1

Foot & Mouth Painting Artists

There are so many things in the world that inspire us every day. All over the world, individuals and organizations are making a BIG difference. One of those organizations is the MFPA—The Mouth and Foot Painting Artists. MFPA is an international organization that was started in 1956 by Erich Stegmann. Mr. Stegmann was a polio-stricken mouth painter who had business acumen. It was his dream to band together other disabled artists and help them make a living using their artistic talent.

What I love about this organization is the independence they create amongst the member artists. The purpose of the MFPA is to make contact with artists who have lost the use of their hands through birth defect, accident or illness, and now paint with their mouth or feet.

They also help disabled artists to learn to paint and they offer moral and financial support to the disabled who are interested in becoming students of the art and will become fully developed artists members of the MFPA.

MFPA is approaching 50 years of self help. Their work is absolutely beautiful and impressive and inspiring. Their artwork is put on greeting cards, jigsaw puzzles, gift wrapping and so on.

To see the work online, visit www.mfpausa.com. If you need greeting cards or wrapping paper, why not order from the Mouth and Foot Painting Artists.

To request an order form or to just make a donation, here is the contact information:

The Mouth and Foot Painting Artists
2070 Peachtree Industrial Ct.
Atlanta, GA 30341
770-986-7764
www.mfpausa.com

There couldn't be a more deserving group of people to support.

One of my favorites is by artist Dennis Francesconi entitled "Freedom America Remembers". Dennis shows his support for the fallen and injured members of the armed

forces by painting his respect for what they do for our country. Isn't this a beautiful "Canvas of Courage".



CANVAS OF COURAGE

Soldiers returning from war, who often suffer from post traumatic stress disorder and a newfound disability, face a myriad of challenges as they re-enter the civilian world. Mouth and Foot Painting Artists member Dennis Francesconi shows his support for the fallen and injured members of the armed forces the way he knows best – by painting his respect for what they do for our country.

Thanks to all the MFPA artists.

LST534 Newsletter

NEWS

My mom celebrated her 89th birthday on December 2nd. What a joy it was for me to get to spend time with her. We went to PJ Clarke's for lunch and the entire crew sang her happy birthday.



As a consequence, all the people stopped by as they were leaving and chatted with mom. I then took her home to a surprise birthday cake in her apartment building lobby. All in all it was a wonderful day. I'm so blessed to have the chance to enjoy my mom.



Norris Long turned 99 on December 5th. I promised him I would be there to celebrate his 100th next year. I'm going to go ahead and buy my airline ticket! It will be indeed an honor to know, love, and respect a centenarian.

Anyone ready to join me?

The Importance of a Living Will

Where there's a will, there's a way. In this case, we are talking about a "living will."

In brief, a living will is a legal document that specifies your intentions concerning medical treatment in the event you are mentally or physically impaired or become terminally ill. The document can be as short as a paragraph or two or as long as several pages.

The primary purpose is to address health care concerns that might arise should you ever become incapable of making those decisions. For instance, a living will typically could state that you are not to be kept alive on life support systems if you fall into a coma that appears to medical experts to be irreversible. It enables you to make decisions about medical treatment in advance of a debilitating illness or injury.

Most significantly, a living will removes a huge emotional burden from other family members. Instead of having to agonize over what level of treatment you would have preferred, the guidelines will be spelled out for them.

In some states, a medical proxy will serve the same purpose. If you are interested, start by writing down in plain, simple language what you would like to happen if:

- ◆ You have a major heart attack
- ◆ You have a diagnosis of cancer
- ◆ You go into a coma

Things like that. Discuss the document with one or more of your children. Sign the document; have someone else sign the document; and do this in front of a witness. Be sure you get names, addresses and phone numbers of all. File this with your important papers, or give to your attorney for safe keeping.

Credit: X Mark, Financial, LLC, San Antonio, TX.

I Bet You Didn't Know :

- ◆ A group of jellyfish is called a "smack."
- ◆ Charles Dickens would touch objects three times for good luck.
- ◆ The life span of a taste bud is about 10 days.
- ◆ A large river hippo can open its mouth wide enough to fit a four-foot child.

Credit: The Mega Book of Useless Information by Noel Botham

Did you know that 0.5 Billion pencils are produced annually by the Dixon Ticonderoga Company. Time to get the lead out.

Credit: Real Simple Magazine



Luther Lyles has a new phone # 863-448-1195.



LST534 Newsletter

POEMS

Margaret Cowart, wife of a shipmate Cecil Cowart, SC3c submitted the following poem to me. It seems a good way to start the new year.
Thanks Margaret.

Your Day

What did you do with the day that you had?
Did you make someone happy, or make someone sad?
Did you give someone a smile, or just give a frown?
Did you lift someone up, or push someone down?
Did you visit someone sick, or help someone in need?
Did you forget an old grudge and do a good deed?
Did you witness to some hurting and lost soul, and tell them God loves them and can make them whole?
Just what did you do with your God given day?
Did you do something good, or just waste it away?

Tidbits

Tomato Juice

In 1917, for the first time anywhere, tomato juice was served at the French Lick Resort and Spa, a hot spot in southwestern Indiana. When world famous French Chef Louis Perrin ran out of oranges for orange juice, he squeezed tomatoes instead, preparing a concoction of fresh tomatoes, sugar and a splash of his special sauce. An instant success, tomato juice threatened to overtake orange juice as a staple at morning breakfast. Chicago businessmen and others spread the word about this new tomato juice cocktail.

Credit: Anne Hattes, Relish Magazine,

The Model T. Ford was the first car to be built on an assembly line. As the cars move along a conveyor belt, each worker added on a part.

Launched in October 1908, it was available in two models, priced at \$825 and \$850.

*Credit: KidCity TECH ZONE-
NY POST*

BIRTHDAYS



January 4

Ed Overstake
2440 World Parkway 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

March 14

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

March 26

Willie Gunn
105 Bull Street
Swainsboro, GA 30401

HOLIDAYS

January

- 1 New Year's Day
- 18 Martin Luther King's birthday observed
- 28 1915 Coast Guard formed
- 1973 Peace in VietNam announced



February

- 1 National Freedom Day
- 2 Ground Hog Day
- 4 1941 USO Incorporated
- 12 Lincoln's Birthday
- 15 President's Day
Susan B. Anthony Day
- 17 Ash Wednesday
- 22 George Washington's Birthday



March

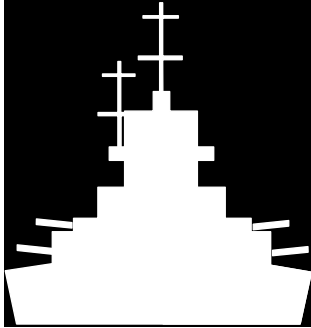
- 14 Daylight Savings Time Begins
- 17 St. Patrick's Day
- 20 First Day of Spring
- 28 Palm Sunday
- 29 Passover Begins



For all of you that dislike the winter darkness, take heed that daylight savings time starts early—March 14th. Yeah!



LST534 Newsletter
250 West 49th Street
Suite 401
New York, New York 10019



LST534

LST534 Newsletter

Just for Fun

If My Body Were A Car...

If my body were a car, this is the time I would be thinking about trading it in for a newer model. I've got bumps and dents and scratches in my finish and my paint job is getting a little dull...But that's not the worst of it. My headlights are out of focus and it's especially hard to see things up close. My traction is not as graceful as it once was. I slip and slide and skid and bump into things even in the best of weather. My whitewalls are stained with varicose veins. It takes me hours to reach my maximum speed. My fuel rate burns inefficiently. But here's the worst of it—Almost every time I sneeze, cough or laugh...either my radiator leaks or my exhaust backfires.

Credit: Going around the Internet.

Nautical Terms:

In memory of James Richard Drew who contributed to this column until his passing.

RODE - The anchor line and/or chain.

STOW - To put an item in its proper place.

UNDERWAY - Vessel in motion, i.e., when not moored, at anchor, or aground.

Editor and Comments:
Linda Alvers

250 W. 49th Street, Suite 401
New York, NY 10019
1.800.237.1224
linda@250west49.com