

EX-POW BULLETIN

the official voice of the
American Ex-Prisoners of War

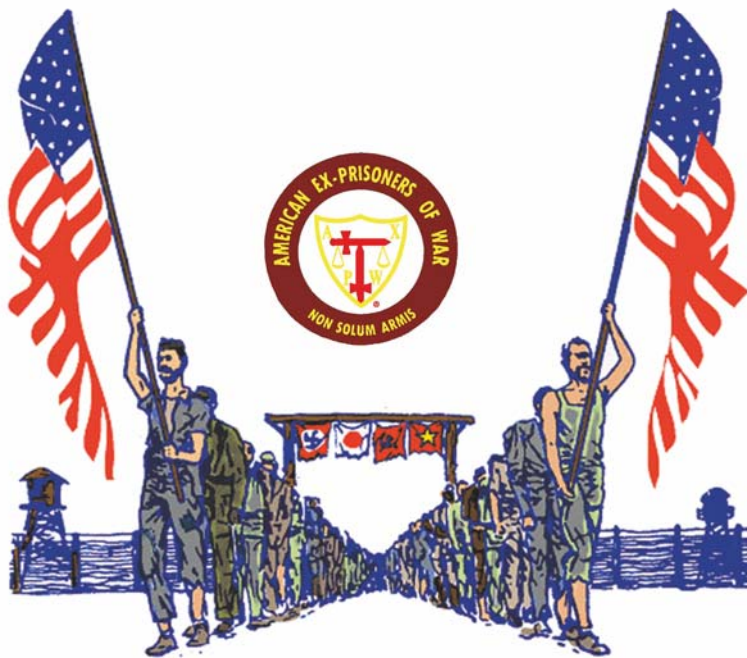
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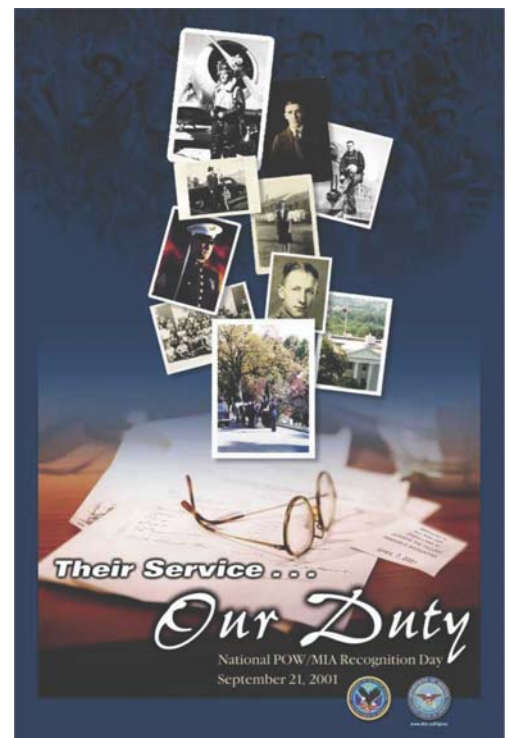
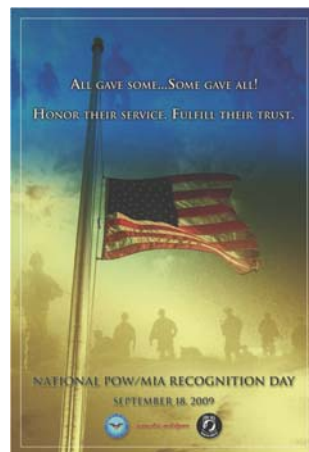
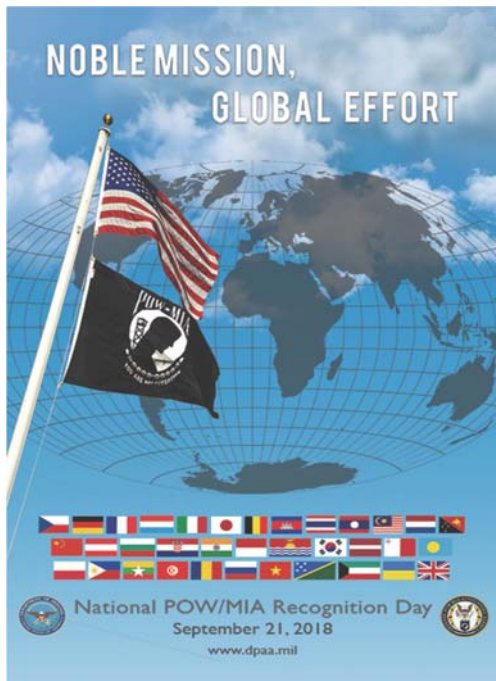
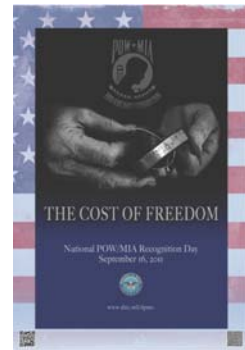
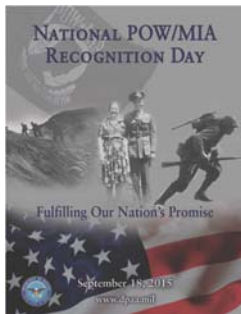
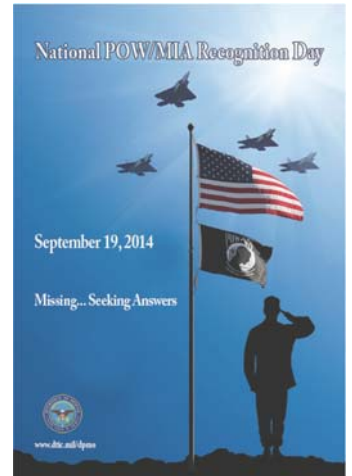
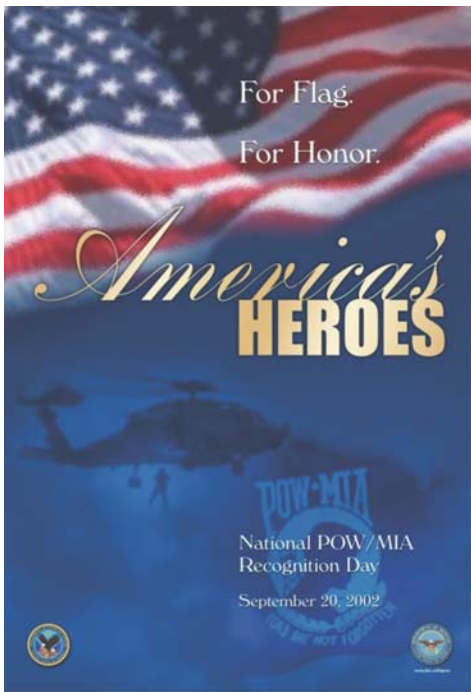
July-August-September 2020



We exist to help those who cannot help themselves



Patriotism!



NATIONAL POW/MIA RECOGNITION DAY ~ SEPTEMBER 18, 2020
 ~REMEMBER~

July-September 2020

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Deadline for the Oct-Dec 2020 issue is August 31, 2020
Please send all materials to the editor at the above address.

Where to begin?

It is June as this issue of the Bulletin goes to the printer. We have been sheltering at home in most states for nearly three months. Memorial Day – close to our hearts – was mostly virtual this year. The sight of veterans marching down the street, the fireworks, the parades and picnics all took place as memories. Family members and friends did not have the comfort of a visit when they were in need. We could not celebrate weddings and graduations...we could not mourn those we lost.

I am hopeful that by the time many of you receive this issue, we can cautiously begin our new “normal”. I am hopeful that you and yours are safe and well. I am hopeful that by our next issue, we will have the worst of this pandemic behind us.

COVER PICTURE: The Fourth of July—also known as Independence Day—has been a federal holiday in the United States since 1941, but the tradition of Independence Day celebrations goes back to the 18th century and the American Revolution. On July 2nd, 1776, the Continental Congress voted in favor of independence, and two days later delegates from the 13 colonies adopted the Declaration of Independence, a historic document drafted by Thomas Jefferson. From 1776 to the present day, July 4th has been celebrated as the birth of American independence, with festivities ranging from fireworks, parades and concerts to more casual family gatherings and barbecues.

CREDIT: National Park Service, Andersonville National Historic Site

NOTICE: AXPOW ANNUAL MEETING WILL BE HELD AFTER 'THE RIDE HOME' AT WARNER-ROBINS, GA. SEPTEMBER 20, 2020. ALL ARE WELCOME TO ATTEND.

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from the CEO

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There is a curse that starts "May you live in interesting times."

We certainly are now.

These last months have been challenging to say the least.

My last trip (outside of walking the dog, the grocery store, liquor store and pharmacy) was to Washington, DC for our annual Congressional Testimony on March 3rd. Commander Certain, his wife, Robbie, and I joined the other Veterans Service Organizations to present our needs and concerns.

I am still angry about the reception that we received. When Commander Certain testified (you read his testimony in the Apr-June issue of the EX-POW Bulletin), there was ONE member of the joint House/Senate Veterans Committee in attendance. There are 45 members of the Committees. We were given our date more than two months earlier. And we had ONE member there to hear our testimony.

The other VSOs - Paralyzed Veterans of America, Student Veterans of America, Gold Star Wives, MOAA, Fleet Reserve and Iraq/Afghanistan Veterans of America fared slightly better, but I feel we were all treated with less respect than our positions and our statements deserved.

Our messages were important to our members and the veteran population as a whole. Commander Certain spoke on the critical need to increase DIC...real concerns about the importance given by the Administration to the Advisory Committee on Former Prisoners of War - which was mandated by Congress in Public Law 97-37...the ongoing demand for a full accounting of ALL those still Missing in Action...the lack of interest placed on Civilian Prisoners of War.

Not a question was asked by the Committees.

If anyone has any ideas on how to reach our out-of-touch Congress, especially on how they think it is right, fair or even possible to live on the current DIC payments, please, please let me know.

At home here on Cape Cod, sun, sand and water helped with our "Safe at Home" orders.

On May 25th, our governor began allowing small forays out of the house and my first one was to celebrate Memorial Day with social distancing and a small group at the annual service in Yarmouth.



AMVETS Post 333, with Don Costa presiding, put on a solemn, respectful service, ending with the flag raised back to full staff and TAPS playing. Gold Star Father, Steve Xiarhos, read the short speech he had given earlier at the Bourne National Cemetery where his son, Nick, is buried.

Everyone's eyes watered.



It was a beautiful and moving service and Michael and I were proud to be part of it.

I hope you were able to in some small way to commemorate this solemn day...with music, virtual parades, or watching

ceremonies on TV.

As we transition to reopening, I ask you all: Stay Safe. Stay Healthy.

And to all of you planning to travel to Georgia for The Ride Home, I look forward to seeing you in September!

Fondly

Cheryl



SLEEP is an important part of your daily routine—you spend about one-third of your time doing it. Quality sleep – and getting enough of it at the right times -- is as essential to survival as food and water. Without sleep you can't form or maintain the pathways in your brain that let you learn and create new memories, and it's harder to concentrate and respond quickly.

Sleep is important to a number of brain functions, including how nerve cells (neurons) communicate with each other. In fact, your brain and body stay remarkably active while you sleep. Recent findings suggest that sleep plays a housekeeping role that removes toxins in your brain that build up while you are awake.

Everyone needs sleep, but its biological purpose remains a mystery. Sleep affects almost every type of tissue and system in the body – from the brain, heart, and lungs to metabolism, immune function, mood, and disease resistance. Research shows that a chronic lack of sleep, or getting poor quality sleep, increases the risk of disorders including high blood pressure, cardiovascular disease, diabetes, depression, and obesity.

Sleep is a complex and dynamic process that affects how you function in ways scientists are now



beginning to understand. This booklet describes how your need for sleep is regulated and what happens in the brain during sleep.

Anatomy of Sleep

Several structures within the brain are involved with sleep.

The hypothalamus, a peanut-sized structure deep inside the brain, contains groups of nerve cells that act as control centers affecting sleep and arousal. Within the hypothalamus is the suprachiasmatic nucleus (SCN) – clusters of thousands of cells that receive information about light exposure directly from the eyes and control your behavioral rhythm. Some people with damage to the SCN sleep erratically throughout the day because they are not able to match their circadian rhythms with the light-dark cycle. Most blind people maintain some ability to sense light and are able to modify their sleep/wake cycle.

The brain stem, at the base of the brain, communicates with the hypothalamus to control the transitions between wake and sleep. (The brain stem includes structures called the pons, medulla, and midbrain.) Sleep-promoting cells within the hypothalamus and the brain stem produce a brain chemical called *GABA*, which acts to reduce the activity of arousal centers in the hypothalamus and



the brain stem. The brain stem (especially the pons and medulla) also plays a special role in REM sleep; it sends signals to relax muscles essential for body posture and limb movements, so that we don't act out our dreams.

The thalamus acts as a relay for information from the senses to the cerebral cortex (the covering of the brain that interprets and processes information from short-to long-term memory). During most stages of sleep, the thalamus becomes quiet, letting you tune out the external world. But during REM sleep, the thalamus is active, sending the cortex images, sounds, and other sensations that fill our dreams.

The pineal gland, located within the brain's two hemispheres, receives signals from the SCN and increases production of the hormone *melatonin*, which helps put you to sleep once the lights go down. People who have lost their sight and cannot coordinate their natural wake-sleep cycle using natural light can stabilize their sleep patterns by taking small amounts of melatonin at the same time each day. Scientists believe that peaks and valleys of melatonin over time are important for matching the body's circadian rhythm to the external cycle of light and darkness.

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The basal forebrain, near the front and bottom of the brain, also promotes sleep and wakefulness, while part of the midbrain acts as an arousal system. Release of adenosine (a chemical by-product of cellular energy consumption) from cells in the basal forebrain and probably other regions supports your sleep drive. Caffeine counteracts sleepiness by blocking the actions of adenosine.

The amygdala, an almond-shaped structure involved in processing emotions, becomes increasingly active during REM sleep.

Sleep Stages

There are two basic types of sleep: rapid eye movement (REM) sleep and non-REM sleep (which has three different stages). Each is linked to specific brain waves and neuronal activity. You cycle through all stages of non-REM and REM sleep several times during a typical night, with increasingly longer, deeper REM periods occurring toward morning.

Stage 1 non-REM sleep is the changeover from wakefulness to sleep. During this short period (lasting several minutes) of relatively light sleep, your heartbeat, breathing, and eye movements slow, and your muscles relax with occasional twitches. Your brain waves begin to slow from their daytime wakefulness patterns.

Stage 2 non-REM sleep is a period of light sleep before you enter deeper sleep. Your heartbeat and breathing slow, and muscles relax even further. Your body temperature drops and eye movements stop. Brain wave activity slows but is marked by brief

bursts of electrical activity. You spend more of your repeated sleep cycles in stage 2 sleep than in other sleep stages.

Stage 3 non-REM sleep is the period of deep sleep that you need to feel refreshed in the morning. It occurs in longer periods during the first half of the night. Your heartbeat and breathing slow to their lowest levels during sleep. Your muscles are relaxed and it may be difficult to awaken you. Brain waves become even slower.

REM sleep first occurs about 90 minutes after falling asleep. Your eyes move rapidly from side to side behind closed eyelids. Mixed frequency brain wave activity becomes closer to that seen in wakefulness. Your breathing becomes faster and irregular, and your heart rate and blood pressure increase to near waking levels. Most of your dreaming occurs during REM sleep, although some can also occur in non-REM sleep. Your arm and leg muscles become temporarily paralyzed, which prevents you from acting out your dreams. As you age, you sleep less of your time in REM sleep. Memory consolidation most likely requires both non-REM and REM sleep.

Sleep mechanisms

Two internal biological mechanisms—circadian rhythm and homeostasis—work together to regulate when you are awake and sleep.

Circadian rhythms direct a wide variety of functions from daily fluctuations in wakefulness to body temperature, metabolism, and the release of hormones. They control your timing of sleep and cause you to be sleepy at night and your tendency to wake in the morning without an alarm. Your body's biological clock, which is based on a roughly 24-hour day, controls

most circadian rhythms. Circadian rhythms synchronize with environmental cues (light, temperature) about the actual time of day, but they continue even in the absence of cues.

Sleep-wake homeostasis keeps track of your need for sleep. The homeostatic sleep drive reminds the body to sleep after a certain time and regulates sleep intensity. This sleep drive gets stronger every hour you are awake and causes you to sleep longer and more deeply after a period of sleep deprivation.

Factors that influence your sleep-wake needs include medical conditions, medications, stress, sleep environment, and what you eat and drink. Perhaps the greatest influence is the exposure to light. Specialized cells in the retinas of your eyes process light and tell the brain whether it is day or night and can advance or delay our sleep-wake cycle. Exposure to light can make it difficult to fall asleep and return to sleep when awakened.

Night shift workers often have trouble falling asleep when they go to bed, and also have trouble staying awake at work because their natural circadian rhythm and sleep-wake cycle is disrupted. In the case of jet lag, circadian rhythms become out of sync with the time of day when people fly to a different time zone, creating a mismatch between their internal clock and the actual clock.

How Much Sleep Do You Need?

Your need for sleep and your sleep patterns change as you age, but this varies significantly across individuals of the same age. There is no magic "number of sleep hours" that works for everybody of the same age. Babies initially sleep as much as 16 to 18 hours per day,

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which may boost growth and development (especially of the brain). School-age children and teens on average need about 9.5 hours of sleep per night. Most adults need 7-9 hours of sleep a night, but after age 60, nighttime sleep tends to be shorter, lighter, and interrupted by multiple awakenings. Elderly people are also more likely to take medications that interfere with sleep.

In general, people are getting less sleep than they need due to longer work hours and the availability of round-the-clock entertainment and other activities.

Many people feel they can "catch up" on missed sleep during the weekend but, depending on how sleep-deprived they are, sleeping longer on the weekends may not be adequate.

Dreaming

Everyone dreams. You spend about 2 hours each night dreaming but may not remember most of your dreams. Its exact purpose isn't known, but dreaming may help you process your emotions. Events from the day often invade your thoughts during sleep, and people suffering from stress or anxiety are more likely to have frightening dreams. Dreams can be experienced in all stages of sleep but usually are most vivid in REM sleep. Some people dream in color, while others only recall dreams in black and white.

Tips for Getting a Good Night's Sleep

Getting enough sleep is good for your health. Here are a few tips to improve your sleep:

Set a schedule – go to bed and wake up at the same time each day. Exercise 20 to 30 minutes a day but no later than a few hours before going to bed.

Avoid caffeine and nicotine late in the day and alcoholic drinks before bed.

Relax before bed – try a warm bath, reading, or another relaxing routine.

Create a room for sleep – avoid bright lights and loud sounds, keep the room at a comfortable temperature, and don't watch TV or have a computer in your bedroom.

Don't lie in bed awake. If you can't get to sleep, do something else, like reading or listening to music, until you feel tired.

See a doctor if you have a problem sleeping or if you feel unusually tired during the day. Most sleep disorders can be treated effectively.

SLEEPWALKING

Sleepwalking is a disorder that occurs when people walk or do other activity while they are still asleep.

Causes

The normal sleep cycle has stages, from light drowsiness to deep sleep. During the stage called rapid eye movement (REM) sleep, the eyes move quickly and vivid dreaming is most common.

Each night, people go through several cycles of non-REM and REM sleep. Sleepwalking (somnambulism) most often occurs during deep, non-REM sleep (called N3 sleep) early in the night.

Fatigue, lack of sleep, and anxiety are all associated with sleepwalking. In adults, sleepwalking may occur due to:

- Alcohol, sedatives, or other medicines, such as some sleeping pills
- Medical conditions, such as seizures
- Mental disorders

In older adults, sleepwalking may be a symptom of a medical problem that causes decreased mental function neurocognitive disorder.

Symptoms

When people sleepwalk, they may sit up and look as though they are awake when they are actually asleep. They may get up and walk around. Or they do complex activities such as moving furniture, going to the bathroom, and dressing or undressing. Some people even drive a car while they are asleep.

The episode can be very brief (a few seconds or minutes) or it can last for 30 minutes or longer. Most episodes last for less than 10 minutes. If they are not disturbed, sleepwalkers will go back to sleep. But they may fall asleep in a different or even unusual place.

Treatment

Most people do not need specific treatment for sleepwalking.

In some cases, medicines such as short-acting tranquilizers are helpful in reducing sleepwalking episodes.

Some people mistakenly believe that a sleepwalker should not be awakened. It is not dangerous to awaken a sleepwalker, although it is common for the person to be confused or disoriented for a short time when they wake up.

Another misconception is that a person cannot be injured while

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sleepwalking. Sleepwalkers are commonly injured when they trip and lose their balance.

Safety measures may be needed to prevent injury. This may include moving objects such as electrical cords or furniture to reduce the chance of tripping and falling. Stairways may need to be blocked with a gate.

Outlook (Prognosis)

Sleepwalking usually does not indicate a serious disorder, although it can be a symptom of other disorders.

It is unusual for sleepwalkers to perform activities that are dangerous. But precautions should be taken to prevent injuries such as falling down stairs or climbing out of a window.

When to Contact a Medical Professional

You probably do not need to visit your provider. Discuss your condition with your provider if:

- You also have other symptoms
- Sleepwalking is frequent or persistent
- You do dangerous activities (such as driving) while sleepwalking

Prevention

Sleepwalking may be prevented by the following:

- Do not use alcohol or anti-depressant medicines if you sleepwalk.
- Avoid sleep deprivation, and try to prevent insomnia, because these can trigger sleepwalking.

- Avoid or minimize stress, anxiety, and conflict, which can worsen the condition.

SLEEP APNEA

Summary

Sleep apnea is a common disorder that causes your breathing to stop or get very shallow. Breathing pauses can last from a few seconds to minutes. They may occur 30 times or more an hour.

People with sleep apnea will partially awaken as they struggle to breathe, but in the morning they will not be aware of the disturbances in their sleep. The most common type of sleep apnea is obstructive sleep apnea (OSA), caused by relaxation of soft tissue in the back of the throat that blocks the passage of air. Normal breathing starts again with a snort or choking sound. People with sleep apnea often snore loudly. However, not everyone who snores has sleep apnea. Central sleep apnea (CSA) is caused by irregularities in the brain's normal signals to breathe. Most people with sleep apnea will have a combination of both types. The hallmark symptom of the disorder is excessive daytime sleepiness. People with sleep apnea are at higher risk for car crashes, work-related accidents, and other medical problems. If you have it, it is important to get treatment. Lifestyle changes, mouthpieces, surgery, and breathing devices can treat sleep apnea in many people. You are more at risk for sleep apnea if you are overweight, male, or have a family history or small airways.

Doctors diagnose sleep apnea based on medical and family histories, a physical exam, and sleep study results.

If you have it, it is important to get treatment. Lifestyle changes, mouthpieces, surgery, and breathing devices can treat sleep apnea in many people.

There are a variety of treatments for sleep apnea, depending on an individual's medical history and the severity of the disorder. Most treatment regimens begin with lifestyle changes, such as avoiding alcohol and medications that relax the central nervous system (for example, sedatives and muscle relaxants), losing weight, and quitting smoking. Some people are helped by special pillows or devices that keep them from sleeping on their backs, or oral appliances to keep the airway open during sleep. If these conservative methods are inadequate, doctors often recommend continuous positive airway pressure (CPAP), in which a face mask is attached to a tube and a machine that blows pressurized air into the mask and through the airway to keep it open. Also available are machines that offer variable positive airway pressure (VPAP) and automatic positive airway pressure (APAP). There are also surgical procedures that can be used to remove tissue and widen the airway. The U.S. Food and Drug Administration has approved a surgically implantable device placed in the upper chest that monitors a person's respiratory signals during sleep and stimulates a nerve to send signals to a muscle to stimulate and restore normal breathing. Some individuals may need a combination of therapies to successfully treat their sleep apnea.

Untreated, sleep apnea can be life threatening. Excessive daytime sleepiness can cause people to fall asleep at inappropriate times, such as while driving. Sleep apnea also appears to put individuals at risk for stroke and transient ischemic attacks (TIAs, also known as "mini-strokes"), and is associated with

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coronary heart disease, heart failure, irregular heartbeat, heart attack, and high blood pressure. Although there is no cure for sleep apnea, recent studies show that successful treatment can reduce the risk of heart and blood pressure problems.

NARCOLEPSY

Narcolepsy is a chronic neurological disorder caused by the brain's inability to regulate sleep-wake cycles. Many people with narcolepsy also experience uneven and interrupted sleep that can involve waking up frequently during the night. At various times throughout the day, people with narcolepsy experience overpowering bouts of sleep. If the urge becomes overwhelming, individuals will fall asleep for periods lasting from a few seconds to several minutes. In rare cases, some people may remain asleep for an hour or longer.

In addition to excessive daytime sleepiness (EDS), people with narcolepsy experience some or all of the typical symptoms of cataplexy (the sudden loss of voluntary muscle tone), vivid hallucinations during sleep onset or upon awakening, and brief episodes of total paralysis at the beginning or end of sleep called sleep paralysis).

Because narcolepsy is often misdiagnosed as other conditions, it may take years to get the proper diagnosis. The cause of narcolepsy remains unknown. It is likely that narcolepsy involves multiple factors interacting to cause neurological dysfunction and sleep disturbances.

There is no cure for narcolepsy. The U.S. Food and Drug Administration (FDA) approved the

drug modafinil (a central nervous system stimulant) to treat EDS. In cases where modafinil is not effective, doctors may prescribe amphetamine-like stimulants such as methylphenidate to alleviate excessive daytime sleepiness. Two classes of antidepressant drugs have proved effective in controlling cataplexy in many individuals: tricyclics (including imipramine, desipramine, clomipramine, and protriptyline) and selective serotonin reuptake inhibitors (including venlafaxine, fluoxetine, and sertraline). The FDA also has approved sodium oxybate (also known as gamma hydroxybutyrate or GHB) to treat cataplexy and EDS in individuals with narcolepsy.

Drug therapy should accompany various behavioral strategies. For example, many people with narcolepsy take short, regularly scheduled naps at times when they tend to feel sleepiest. Improving the quality of nighttime sleep can combat EDS and help relieve persistent feelings of fatigue.

Among the most important common-sense measures people with narcolepsy can take to enhance sleep quality are actions such as maintaining a regular sleep schedule, relaxing before bed, and avoiding large meals, alcohol, and caffeine-containing beverages before bedtime.

None of the currently available medications enables people with narcolepsy to consistently maintain a fully normal state of alertness. But EDS and cataplexy, the most disabling symptoms of the disorder, can be controlled in most patients with drug treatment. Often the treatment regimen is modified as symptoms change.

Whatever the age of onset, patients find that the symptoms tend to get worse over the two to three decades after the first symptoms

appear. Many older patients find that some daytime symptoms decrease in severity after age 60.

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- Chokroverty S, Avidan AY. Sleep and its disorders. In: Daroff RB, Jankovic J, Mazziotta JC, Pomeroy SL, eds. *Bradley's Neurology in Clinical Practice*. 7th ed. Philadelphia, PA: Elsevier; 2016:chap 102.

Resources

- U.S. National Library of Medicine
8600 Rockville Pike
Bethesda, MD 20894
U.S. Department of Health and Human Services National Institutes of Health
- National Heart, Lung, and Blood Institute
Building 31
31 Center Drive
Bethesda, MD 20892
- The National Sleep Foundation
www.theNSF.org
- Narcolepsy Network
46 Union Drive #A212
North Kingstown, RI 02852
401-667-2523
888-292-6522

PRESUMPTIVE SERVICE CONNECTED DISABILITIES

Public Law 97-37

by William Paul Skelton, III, MD F.A.C.P.

All ex-POWs should keep these. Whenever you open your claim, take them with you and make sure the adjudication officer sees them and have him read them! Make sure he knows all about them. Tell him your own story as it relates to your problem.....

1. ARTHRITIS, TRAUMATIC
Also known as articular trauma.
2. AVITAMINOSIS
The total lack of vitamins in the diet.
3. BERIBERI
Caused by a severe lack of vitamin B1 (thiamine) in the diet.
4. DYSENTERY, CHRONIC
A disease characterized by frequent and watery stools, usually with blood and mucus, and accompanied by rectal and abdominal pain, fever, and dehydration.
5. FROSTBITE
The actual freezing of tissue.
6. HELMINTHIASIS
Infection with any type of worms that parasitize the human.
7. MALNUTRITION
Merely means bad nutrition.
8. PELLAGRA
It is caused by a virtual lack of vitamin B3 (niacin) in the diet.
9. ANY OTHER NUTRITIONAL DEFICIENCY
The lack of protein and calories in the diet generally produces no lasting side effects.

10. PSYCHOSIS
A generic term for any of the insanities.

11. PANIC DISORDER
Characterized by discrete periods of apprehension or fear.

12. GENERALIZED ANXIETY DISORDER

13. OBSESSIVE-COMPULSIVE DISORDER
This may be either obsessions or compulsions.

14. POST TRAUMATIC STRESS DISORDER
The re-experiencing of a trauma of a past recognized stress or that can produce symptoms of distress.

15. ATYPICAL ANXIETY DISORDER
This is a category that is used for diagnosis when the affected individual appears to have an anxiety disorder that does not meet the criteria for entry into any of the other known anxiety disorders.

16. DEPRESSIVE NEUROSIS /DYSTHYMIC DISORDER
Characterized by depressive periods in which the patient feels sad and/or down and has a loss of interest in the usual activities that cause pleasure or involvement in usual pastimes.

17. PERIPHERAL NEUROPATHY
Literally Greek for the suffering of nerves outside of the brain and spinal cord.

18. IRRITABLE BOWEL SYNDROME
Irritable bowel syndrome (IBS) is a common disorder of the intestines that leads to crampy pain, gas, bloating, and changes in bowel habits.

19. PEPTIC ULCER DISEASE
A peptic ulcer is a sore or hole in the lining of the stomach or

duodenum (the first part of the small intestine).

20. CIRRHOSIS
Scar tissue replaces normal, healthy tissue, blocking the flow of blood through the organ and preventing it from working as it should.

21. STROKE & COMPLICATIONS
A stroke occurs when the blood supply to part of the brain is suddenly interrupted or when a blood vessel in the brain bursts, spilling blood into the spaces surrounding brain cells.

22. HEART & COMPLICATIONS
Heart disease includes atherosclerotic heart disease, and hypertensive vascular disease (including hypertensive heart disease, and hypertension).

23. OSTEOPOROSIS
Osteoporosis is a disease in which bones become fragile and more likely to break.

Disability compensation is a monetary benefit paid to Veterans who are determined by VA to be disabled by an injury or illness that was incurred or aggravated during active military service. These disabilities are considered to be service connected.

To be eligible for compensation, the Veteran must have been separated or discharged under conditions other than dishonorable.

Monthly disability compensation varies with the degree of disability and the number of eligible dependents. Veterans with certain severe disabilities may be eligible for additional special monthly compensation (SMC). Disability compensation benefits are not subject to federal or state income tax.

legislative



Legislative officer
Charles A Susino

With the pandemic overwhelming our country in many respects, it would be reasonable to assume that Congress has spent all of its time working towards getting people safe both physically and financially as they should. While they have certainly been busy providing for individuals and companies to stay on their feet, this legislative news has been viewed and read about at great length so no further time will be spent in this article.

I am very pleased to report that the House has introduced Caring for Survivors Act of 2020, H.R. 6933. Its purpose is to bring benefit rules in line with other federal retirement programs. The act would increase dependency and indemnity compensation (DIC) for surviving dependents and lower the threshold of eligibility to allow certain survivors to receive this benefit who currently do not meet the requirements.

Over the recent years this is the most important issue to our members. Time and again survivors will call or write to inquire about the need to increase DIC. We field many sad hardship cases where a couple live in their home, the veteran passes away, then with the loss of the veteran's monthly benefit the widow/widower cannot afford the home and must downsize and /or move in with relatives. It is these sad stories that have

encouraged us to appeal to Congress to act. The House Veteran's Affairs committee has acted and we appreciate their concern and actions. It is time we show our support. Please call or write your Representative.

The rate of compensation paid to survivors of service members who die in the line of duty or veterans who die from service-related injuries or diseases was set in 1993 and has been minimally adjusted since then. The DIC also has rules that can drastically decrease the benefits survivors receive. Other federal survivor programs do not have such stringent rules for decreasing or withholding survivor benefits. The bill would make more surviving dependents of service members eligible for DIC.

This is an area that our membership has voiced for many years and we have presented to Congress multiple times in our legislative agenda each year. While it is at the most beginning stages of the legislative process and subject to change, we are very pleased with the actions and leadership demonstrated by Representative TJ Cox (D-CA-21) along with Reps. Gil Cisneros (D-CA-39), Ted Yoho (R-FL-3), Jeff Van Drew (R-NJ-2) and Jahana Hayes (D-CT-5) and applaud their sponsorship.

Bill H.R. 4771, VA Tele-Hearing Modernization Act, authorizes appellants in cases before the Board of Veterans' Appeals to appear at a hearing by picture and voice transmission (e.g., Skype) from locations other than Department of Veterans Affairs (VA) facilities. It was signed into Law April, 2020.

With respect to COVID 19 on the impact of your VA medical care, the VA is making adjustments to ensure the best and safest medical care is provided for the veterans in

a manner that takes into account the additional risks during the COVID 19 outbreak including expanding the use of telehealth and telephone sessions to address many of veterans routine medical needs. Please question the VA how best to address your medical needs while minimizing exposure to COVID 19.

Our members as EXPOWs know too well the long road for the government to recognize the medical conditions associated with certain experiences of military combat. For our members, it took 40 years and President Reagan to enact a Bill to establish presumptive associated with being a Prisoner of War. Sadly, the medical conditions associated with the exposure to Agent Orange in Vietnam are still not fully recognized. New Legislation has been Introduced, S. 3444, the Fair Care for Vietnam Veterans Act of 2020, to expand the list of presumptive diseases from Agent Orange exposure to include: Parkinsonism, bladder cancer, hypertension, and hyperthyroidism.

Another long standing injustice, the SBP-DIC Offset, was finally corrected earlier this year. The National Defense Authorization Act for Fiscal Year 2020 modified the law that requires an offset of Survivor Benefit Plan (SBP) payments for surviving spouses who are also entitled to Dependency and Indemnity Compensation (DIC) from the Department of Veterans Affairs. Under the previous law, a surviving spouse who receives DIC is subject to a dollar-for-dollar reduction of SBP payments, which can result in SBP being either partially or fully offset. The repeal will phase-in the reduction of this offset beginning on Jan. 1, 2021, and culminating with elimination of the offset in its entirety on Jan. 1, 2023.

Veterans Affairs Committees

HOUSE VETERANS AFFAIRS COMMITTEE MEMBERS:

Mark Takano, California, *Chair*
Julia Brownley, California
Kathleen Rice, New York
Conor Lamb, Pennsylvania, *Vice Chair*
Mike Levin, California
Max Rose, New York
Chris Pappas, New Hampshire
Elaine Luria, Virginia
Susie Lee, Nevada
Joe Cunningham, South Carolina
Gil Cisneros, California
Collin Peterson, Minnesota
Gregorio Sabian, Northern Mariana Islands
Colin Allred, Texas
Lauren Underwood, Illinois
Anthony Brindisi, New York (since November 19,
2019)
Phil Roe, Tennessee, *Ranking Member*
Gus Bilirakis, Florida
Amata Coleman Radewagen, American Samoa
Mike Bost, Illinois
Neal Dunn, Florida
Jack Bergman, Michigan
Jim Banks, Indiana
Andy Barr, Kentucky
Dan Meuser, Pennsylvania
Steve Watkins, Kansas
Chip Roy, Texas
Greg Steube, Florida

SENATE VETERANS AFFAIRS COMMITTEE MEMBERS

Jerry Moran, Kansas, *Chair*
Johnny Isakson, Georgia
John Boozman, Arkansas
Bill Cassidy, Louisiana
Mike Rounds, South Dakota
Thom Tillis, North Carolina
Dan Sullivan, Alaska
Marsha Blackburn, Tennessee
Kevin Cramer, North Dakota
Kelly Loeffler, Georgia
Jon Tester, Montana, *Ranking Member*
Patty Murray, Washington
Bernie Sanders, Vermont
Sherrod Brown, Ohio
Richard Blumenthal, Connecticut

Mazie Hirono, Hawaii
Joe Manchin, West Virginia
Kyrsten Sinema, Arizona

Contact Them:

By Email

All questions and comments regarding public policy issues, legislation, or requests for personal assistance should be directed to the representative or senator from your State. Some Members of Congress have email addresses while others post comment forms on their websites. When sending email, please include your return postal mailing address. Please be aware that as a matter of professional courtesy, many Members will acknowledge, but not respond to, a message from another Member's constituent.

You can direct postal correspondence to the following addresses:

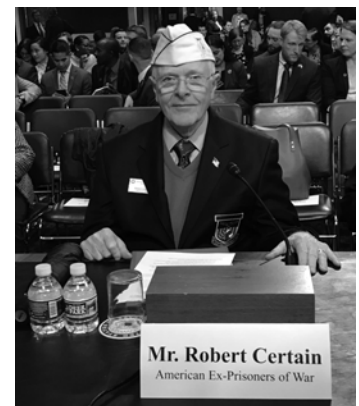
For Correspondence to U.S. Senators
Office of Senator (Name)
United States Senate
Washington, D.C. 20510
202-224-3121

Senate Veterans Affairs Committee
United States Senate
Washington, D.C. 20510
Majority Staff (202) 224-9126; Minority Staff (202)
224-2074

For Correspondence to U.S. Representatives
Office of Representative (Name)
United States House of Representatives
Washington, DC 20515
202-224-3121

House Veterans Affairs Committee
B234 Longworth House Office Building
Washington, DC 20515
202-225-9756

Commander
Certain
testifying
before the Joint
House/Senate
Veterans Affairs
Committees
March 2020



andersonville



Andersonville NHS
496 Cemetery Road
Andersonville, GA 31711
(229) 924-0343
Steve Theus
Acting Superintendent



While the National POW Museum was still closed due to concerns over COVID-19, Andersonville National Historic Site played co-host with Parks in 12 states for a coordinated, collaborative Virtual Memorial Day Tribute on Monday, May 25, 2020. Many parks that typically hold large events or ceremonies in honor of our nation's fallen military were not able to do so this year due to the ongoing pandemic. As an alternative, AHNS and the other parks joined efforts and encouraged visitors to go online to remember and honor those who died in service to our country.

The Virtual Tribute was hosted on [Vicksburg National Military Park's Facebook page](#) and the [NPS Memorial Day celebration page](#).

Programming included videos and other content about military history, national cemeteries, volunteering in memory of a fallen service member, a National Moment of Remembrance, and more. For most Americans who are still staying close to home, this was a great opportunity to virtually see a Memorial Day event.

A virtual passport stamp was available for participants and was posted on the [Memorial Day webpage](#) and on social media after programs.

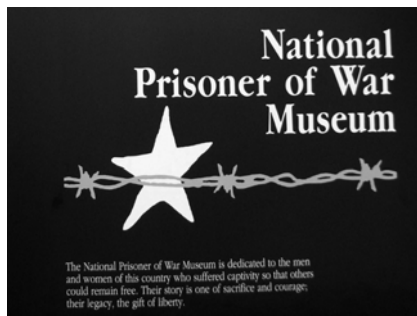
Co-Hosts:

Fredericksburg and Spotsylvania County Battlefields
National Military Park
Rock Creek Park
Martin Luther King, Jr. National Historical Park
Tuskegee Airmen National Historic Site
Gulf Islands National Seashore
Fort Raleigh National Historic Site
Ninety Six National Historic Site
Fort Pulaski National Monument
Antietam National Battlefield
Kennesaw Mountain National Battlefield Park
Abraham Lincoln Birthplace National Historical Park
Jean Lafitte National Historical Park and Preserve
Overmountain Victory National Historic Trail
Shiloh National Military Park
Biscayne National Park
Cowpens National Battlefield
Jimmy Carter National Historic Site
Reconstruction Era National Historical Park
Civil War Defenses of Washington
Moore's Creek National Battlefield
Andersonville National Historic Site
Fort Donelson National Battlefield
Stones River National Battlefield
Natchez Trace Parkway
Vicksburg National Military Park



andersonville, cont'd...

Creating the National Prisoner of War Museum



The idea of a museum to commemorate the sacrifices of all American prisoners of war took root in 1970 when the United States Congress passed legislation to establish the Andersonville National Historic Site.

This legislation mandated that the new historic site should tell the story of Andersonville and other Civil War era prisons, protect the physical features of the historic prison site and Andersonville National Cemetery, and should "interpret the role of prisoner of war camps in history and to commemorate the sacrifices of Americans who lost their lives in such camps".



For a number of years, the park maintained a small historic building as the POW museum, with exhibits developed by park staff. In the mid-1980s park staff began to work with American Ex-Prisoners of War (AXPOW) a national organization of former POWs and their families,

setting in motion the idea that a National Prisoner of War Museum should be a part of this National Park Service unit. It was not until the 1990s when Congress appropriated funding for planning and development of the Museum that the project began in earnest.

The NPS and AXPOW continued to work closely together to raise funding and corroborate on both design for the building and for the interpretive exhibits. The overwhelming goal for the project was that the Museum would be a fitting visitor center for the public and give visitors a total understanding of the story of all POWs.

As the project continued, another partnership group joined the effort. The Friends of Andersonville, a group of local and national supporters of the park, became involved in the fund raising process and also served as a petitioner to the state of Georgia for assistance with construction of a new entrance road for the park which would lead directly to the site of the new Museum. Finally in the summer of 1996, construction of the building began.



April 9, 1998 not only commemorated the 56th anniversary of the fall of Bataan during World War II, but marked a new era of interpretation at Andersonville NHS. Thousands of former prisoners of war and their families along with national and local supporters of the park gathered to dedicate the National Prisoner of War Museum.

Two films, shown on the hour and half-hour, provide an excellent introduction to the story of the Andersonville Prison and the experience of American prisoners of war.

"Voices from Andersonville"

Shown on the hour, this 28 minute film focuses on the history of the Andersonville Prison.

"Echoes of Captivity"

Shown on the half-hour, this 27 minute film is an introduction to the experience of prisoners of war throughout American history.

Exhibit Hall

The first exhibit gallery answers the question "What is a POW?" This is followed by exhibit areas exploring the themes of *capture, living conditions, news and communications, those who wait, privation, morale and relationships, and escape and freedom.*

Throughout the exhibits there are touchable items and exhibit drawers that may be opened to find out more about prisoners of war. In order to conserve the artifacts on display, the exhibit areas of the museum have reduced or dim lighting.

namPOW news



NAM-POWs, formed in 1973 for the Vietnam era POWs.

By Gregory W Lewis
COL, USAF (RET)



Rep. Sam Johnson with Greg Miller

As the Executive Director of the Red River Valley Association, aka The River Rats, I have been asked to write an article on the history of the Association and what the Viet Nam POWs mean to our organization. This could be a very short article because, suffice to say, the POWs are among the most revered members of the River Rats, period dot – they are the River Rats! The courage of our POWs while imprisoned by a brutal and tortuous enemy, for some persevering for over 8 years of hell on earth, are the values we seek to forever embody, enshrine and pass to all warriors who have since followed, the River Rats will never forget their example!

In the way of history, in November 1966, Col. Robin Olds, the commander of the 8th Tactical Fighter Wing (TFW), hosted a tactics conference at Ubon Royal Thai Air Force Base (RTAFB),

Thailand. Included were USAF, USN, and USMC aircrews flying combat missions over the “Red River Valley” of North Vietnam, then known in military terms as ROUTE PAC 6, the targets being in the vicinity of Hanoi and Haiphong and where the heaviest combat losses were occurring. At that time, full River Rat membership was restricted to those pilots who had flown missions in ROUTE PAC 6 where they had faced some of the longest survival odds in the history of aerial warfare, braving the toughest air defense environment ever encountered by fighter pilots. In May 1967, the 388th TFW at Korat, RTAFB, held the first of 5 “practice” reunions in Thailand, followed by Ubon, in August 1967, Takhli in November 1967, Udorn in March 1968 and Korat in June 1968. They were called practice reunions because obviously fellow pilots shot down and held captive by North Viet Nam were not in attendance, “all tied up at the time” as former presidential candidate and POW Senator John McCain once humorously said in a debate decades later.

In 1969, newly promoted Brig. Gen. Olds met with Col. Scrappy Johnson, former Deputy Commander for Operations of the 388th TFW, F-105 pilot, and who just recently celebrated his 100th birthday, to implement the formation of a permanent organizational structure for the Red River Valley Fighter Pilots Association, leading to official incorporation in Kansas. In 1969, Col. Larry Pickett, the former vice commander of the 355th TFW, Takhli RTAFB, and also an F-105 pilot, held the first stateside practice reunion at Wichita, KS, a resounding success. The River Rats’ focus became generating awareness of the POWs, aircrews Missing in Action/Killed in Action (MIA/KIA) and supporting their families. In 1970 at the San Antonio practice reunion, a scholarship program was

established and became a major priority for the Rats. A hat was passed among the attendees raising funds for our first ever \$1000 scholarships to three recipients.

During the early days of the Vietnam War (1964-1972), only fighter aircraft routinely flew into ROUTE PAC 6. In December 1972, President Nixon authorized Operation Linebacker II which called for B-52s to end the war. For the first time in the war, non-fighter pilots had fought in the world’s most heavily defended airspace – around Hanoi and Haiphong – with a loss of 15 B-52’s. A total of 33 crewmembers were KIA or MIA. Another 33 B-52 crewmembers – pilots, bombardiers, navigators, electronic warfare officers and enlisted gunners – became Prisoners of War.

In February 1973, the first C-141 load of the longest held POWs returned to Clark AFB, Philippines, to a well-deserved joyous welcome. Many of them had been gravely injured when they were shot down, and hadn’t received adequate medical treatment for those injuries. Despite that, they persevered and kept faith with their fellow POWs, resisted the enemy to their last moments in North Viet Nam, and adhered to a code of conduct despite years of torture, abuse and solitary confinement that should make every American incredibly proud. Thankfully the war ended with 591 POWs returned between February and April 1973. On a personal note, I was a cadet at USAFA and will never forget watching the live television coverage in our squadron ready room, many wet eyes. Col Bud Day and several senior POWs met shortly after Homecoming and formed the 501(c)(19) fraternal organization known thereafter as “NAMPOWs”.

In May 1973, Mr. Ross Perot, a Naval Academy graduate, well-known Texas businessman and an American patriot who truly appreciated and respected the sacrifices made by the NAMPOWs hosted the first of many reunions. "Dallas Salutes" included parades ending up in the Cotton Bowl to cheering crowds, and Tony

Orlando's first singing of the now famous song, *Tie A Yellow Ribbon 'Round the Old Oak Tree*. After a White House Dinner hosted by President Nixon later that month, which is still a record for the largest ever White House event, the NAMPOWs attended the first "real" River Rat reunion, since former POWs were now participating, in August 1973. Held in Las Vegas, NV and again hosted by Mr. Perot, that reunion is legendary in River Rat lore. Over the years, Mr. Perot hosted many reunions, another memorable occasion being a later Texas reunion dinner held at the Fort Worth Country Club. As the cocktail hour passed, all the attendees were seated before the keynote speaker showed up.....in a helicopter. Mr. Perot marched into the dining room in formal wear, obviously overdressed as the attire was business suits or sports coats, and ascended the podium to the head table. Without sitting down, he proudly opined, "I know you guys are wondering why I'm wearing a tux and you are not. Well, I was in the Navy, and I understand that this is primarily an Air Force group, so I thought I'd add a little class!" He was promptly bombarded with dinner rolls, none of which found their mark! Ross Perot was bestowed the first ever Honorary River Rat membership and remained an avid supporter of our Association and the NAMPOWs until his recent passing. River Rat reunions have continued yearly ever since at locations across the USA. They are great get-togethers to renew the bonds forged in combat, pass heroic legacies and

war stories to the young warriors who follow, and remember those aviators who have given the last full measure to our country. Our next reunion is scheduled for 23-27 September 2020 in San Antonio after being postponed from the normal Spring time due to the COVID19 crisis. We are determined to carry on the long tradition, the COVID situation in San Antonio is rapidly improving, and we should be good to celebrate -- please join us!

On April 30, 1975, the organization's name was amended to "Red River Valley Association, Inc" recognizing air warriors come in many flavors, and the warrior ethos and values of our fighter pilot founders are found in great varieties of military aircrews. The IRS granted 501(c)(3) status to the River Rats on July 22, 1976 which we retain to this day. In 1998, the scholarship program was expanded to include losses due to non-combat operational accidents, and other outstanding sons, daughters and grandchildren of our members. Since 1970, the River Rats have awarded more than 1,200 scholarship grants with a total value of over \$2.5 million. Our members are very proud of that!

Today River Rat membership is open to all U.S. military aviators and "associate" membership is available for non-aviators who helped and support our mission; however, our "charter membership" is reserved for those who actually flew in ROUTE PAC 6, and of course our NAMPOWs. Sadly, and hopefully no time soon, the day will come when the last two charter members raise a martini to toast their heroic brothers who flew the toughest missions in the most heavily defended skies on the planet at the time and founded the River Rats. For those of us who followed and were raised by our charter members and NAMPOWs thru our military careers, we hold

you in the highest esteem and will never forget your courage. The River Rats are dedicated to preserving that legacy and making you proud, God Bless you all.



Colonel Gregory W Lewis was born on 21 March 1953 and is a resident of York, Pennsylvania. He entered the USAF in July 1971 and graduated from the USAF Academy in June 1976. His flying career included assignments in the A-10, F-16 and AT-38 over numerous flying and staff duties including service as the Chief of Weapons and Tactics, 363 FW, Shaw AFB, SC during Operations Desert Shield and Storm. In that capacity, he served as a combat planner on the CENTAF planning staff and flew combat in the F-16 when the war commenced.

The later portion of his career included duty with USAF intelligence and service in the Middle East as the Chief, U.S. Office of Military Cooperation, Bahrain. His career concluded as the Commander, 8th Operations Group, Kunsan AB, ROK, where he commanded 2 squadrons of 54 F-16s and a support squadron. Greg retired on 1 Jan 2000 and began a second career as a pilot for Southwest Airlines, from which he retired on 20 March 2018 after reaching the federally mandated retirement age of 65.

pow/mia

Mary Schantag, Chairman
P.O.W. Network
info@pownetwork.org

News, numbers and notices

As we all watch the world re-open, we hope you and your loved ones are healthy and vibrant and setting up family time with those you may have been separated from. For those that may have lost someone, we hope faith and memories sustain you as you heal.

In March, remains linked to wreckage of a B-25G bomber with a crew of seven lost in February 1944 were repatriated in formal ceremonies at the Mandalay, Myanmar airport. "The plane's wreckage was located in 1946 and some possible remains were recovered last year in the same region, but have not yet resulted in an identification," according to foxnews.com.

The Omaha World Herald reported in late January that work continues on 4000 bones in the lab at Offutt Air Force Base. The remains are thought to belong to 80 crewman lost in the raid on "Hitler's Gas Station," on "Black Sunday" in 1943. The incident was the Army Air Corp's worst one day loss of the war.

Of the 1763 airman that took off for the raid, 310 were killed, 190 taken prisoner and 80 more were MIA. Romanians buried the dead, and eventually the 80 MIAs were turned over to American Graves Registration services.

Offutt has received 49 caskets of mixed and co-mingled remains, with more expected when repatriation can resume in 2020. So far six airmen have been identified, and three more await identification approval.

ABC6 out of Marysville Ohio reported on an excavation of WWII remains that appeared to be outside of the DPAA and USG guidelines.

"U.S. Homeland Security agents are investigating the actions of an Arizona mountaineer who traveled to India late last year in search of remains belonging to World War II airmen from Marysville...

Kuhles' expedition was focused on excavating the wreckage of a B-25 he discovered in Arunachal Pradesh in November 2011. He believed the site was a plane crash from Dec. 10, 1943 that killed five American airmen, including two from Marysville: Capt. John "Blackie" Porter and his high-school friend Sgt. Harold Niebler. Kuhles said he identified the wreckage through an ID tag he found belonging to one of the other crew members....

The Defense POW/MIA Accounting Agency is in no way partnered nor associated with Mr. Kuhles, his organization, or its efforts. DPAA performs its mission to research, recover, repatriate and identify those who have made the supreme sacrifice for our nation in the most professional manner and in full coordination with the partner nation officials and the U.S. Ambassador and Embassy staff in each country where DPAA operates," Lt. Col. Kenneth L. Hoffman said in a email..."

According to the DPAA website, "The June 24-27 Vietnam War Annual Government Briefings held in conjunction with the National League of POW/MIA Families Annual Meeting, as well as the July 30-31 Korean and Cold War Annual Government Briefings, both in Washington, D.C., have been canceled as a safety precaution related to the COVID-19 pandemic."

Travel worldwide was suspended for POW/MIA remains research and recovery. Rescheduled trips are set well into late summer or early fall.

Forensic work appears to have continued with DPAA web updates on identifications though. Since January 1, remains have been identified and announced from excavations in; Berlin, Germany (1); Burman (1); Cabanatuan, Philippines (1); Hürtgen Forest, Germany (6); North Korea (21); Papua (1); Pearl Harbor (20); Philippines (1); Saipan (2); and Tarawa (18.)

For those of us that have "events" during the year, we are working hard to maintain a bit of normalcy. We will not stop planning - we can only pray that by September, we are healthy, whole and able to travel and honor those that so deserve the recognition.

If you are the family member of a POW/MIA (missing or remains returned), a former POW, or the widow/son or daughter of a former POW, The Ride Home event set for Macon, Georgia, September 17-20, 2020 is for YOU.

To attend, click *invitation* on the website, and then *registration*. <http://www.theridehome.com/>. You can also find the invitation and registration on pages 26-27 of this issue.

In that same vein, the POW Network hosts 11 events annually in Branson, MO during Veterans Homecoming, November 5-11. We too are planning, organizing and working hard to pull off the varied tributes - saying thank you again to our nation's veterans who come "home" to Branson annually. With this being our 24th year, we hope to continue the traditions, the love and the thanks are veterans have come to expect when they visit.

Only time will tell what the future holds. But we have faith and crews ready to roll up their sleeves so all are safe, and we can spend time with you again. Stay well - we want to see you soon.

civilian

From the Commander



*Outgoing/Incoming Commanders
Angus Lorenzen & Sally Meadows*

I fully expected the 75th Anniversary of Liberation Reunion (Feb 6-9, 2020 in Sacramento) to be a momentous and emotional occasion – as indeed it was – but I had no idea of the surprise our Commander, Angus Lorenzen, had in store.

By way of background for those who don't know me, I attended the last BACEPOW Reunion in 2018 with my father, Martin Meadows (former STIC internee, who decided against making the trip to California this time). After that event, Angus invited me to join the Board as Historian. This was a tremendous honor and responsibility, and also a bit intimidating because I am not a trained historian, unlike some other esteemed members of the group. Still, I joined the Board to help further our common goal to keep alive the stories of civilian prisoners held by the Japanese.

When we arrived at Embassy Suites the evening before the Reunion, we chatted with other attendees congregating in the lobby, including Angus and his wife, Gail. Even though I was ready to moderate

the next afternoon's session, I was completely unprepared for Angus' news that night. He told me that he wanted to nominate me at the upcoming Board of Director's meeting to be the next Commander. I was utterly and completely shocked. (My father's reaction upon later hearing the news was along the lines of, "I'm stunned. Did Angus decide to retire or did you engineer a coup?!" Gee, thanks Dad!) I suggested to Angus that there must be someone more qualified than me to take on this responsibility, but over the course of the next few days it became clear that I was "it". Sometimes, whether you expect it or not and whether you're ready for it or not, you are called upon to step up. This was my turn and so I said yes.

We announced this and other Board decisions at the banquet on Sunday. We also announced that the Board decided to change the name of the organization to be more geographically inclusive, so we are in the process of becoming CPOW, Civilian ex-Prisoners of War. We have been issued an updated charter from AXPOW (American Ex-Prisoners of War), so we are now officially the CPOW Chapter of AXPOW, a Congressionally-Chartered Veterans Service Organization. Thanks also to Cliff Mills for securing our new domain (CPOW.org), the address at which our website will reside in the near future.



CPOW Charter

We also decided that the next big reunion will be in two years in

Norfolk, VA at the MacArthur Memorial; details are still being finalized but we're aiming for May 2022. Next spring we plan to have a mini-Reunion luncheon in Southern California, those arrangements will be shared when we've made them. Stay tuned for further updates as we roll them out in the coming months.

As I transition into the Commander role under Angus' expert guidance, I plan to learn more about the history of BACEPOW itself, so look for the next newsletter to include an article recognizing and honoring our past Commanders. They brought this special community together and have kept it strong all these years. I am committed to doing the same, along with each of you.

Thank you to the Board for their confidence and for everyone in the organization who has enthusiastically expressed their support and willingness to help. Let's keep our shared history alive!

Sally Meadows

**CPOW
Civilian
Ex-Prisoners of War.
www.cpow.org**

Membership is open to all former prisoners of the Japanese, their families, and friends.

There is an active descendents group.



News & Information

It took 40 years, but...

AUG 7-8, 2020. AXPOW Department of Ohio 2020 Annual Convention will be held at the Drury Inn & Suites Columbus South, 4109 Parkway Centre Drive, Grove City, OH. Opening ceremonies begin Friday at 1:00 p.m. You cannot check in the hotel until 3 p.m. To reserve a room contact Drury Inn and Suite before July 10, 2020 at 1-800-325-0720—Group No. 2388554. State Chapter will pay for room/s, meals. Each chapter is to provide a \$25.00 gift. Please bring your chapter flag if you have one. The Memorial Service will be held on Saturday at 11 a.m. Please send in your list of deceased to be included to State Commander, Doug Mundy, 10070 Larimer Rd., Logan OH 43138.

SEPT. 9-13, 2020. The 74th reunion of the 106th Infantry Division Association will be held in Kansas City, Missouri. This is a combined reunion with: 106th Infantry Division Association and 104th Infantry (National Timberwolf Pups Assn.) For information,, <http://106thinfdivassn.org/reunion2020.html> or contact Wayne Dunn at WayneDunn@comcast.net.

Sept. 17-19, 2020. The RIDE HOME, in support of the National POW/MIA Recognition Day events, will be held in WarnerRobins, Georgia. More information is on pages 26-27.

Sept. 20, 2020. AXPOW National Board Meeting will be held in Warner-Robins, GA following The Ride Home. For more information, contact Clydie Morgan Chief Operating Officer; HQ@axpow.org.

The Bataan Relief Organization (BRO), originally conceived of by two mothers from New Mexico became a reality in 1942.. On April 10th, these women spoke with the father of another 200th CA prisoner and asked him to preside over a meeting. The purpose of this meeting was to form an organization to send aid to the captured men on Bataan.

That historic meeting was held on April 14, 1942 and the Bataan Relief Organization was created with headquarters in Albuquerque, NM. The Bataan Relief Organization was made up of the mothers, fathers, wives and sweethearts of the captured men who very actively worked to get relief to their loved ones. They gathered every bit of information about the men that they could find and exchanged this information with others prisoners' families.

As word spread about what the New Mexico organization was accomplishing, chapters were quickly formed throughout the United States.

In 1945, the control of the Bataan Relief Organization was turned over to the liberated members of the New Mexico's 200th Coast Artillery Regiment at an annual meeting held in Albuquerque, New Mexico. In 1946, the name was changed to Bataan Veteran's Organization.

The first National convention of the BVO was held May 14, 1948, in Albuquerque. The second National convention was held in Hollywood, California, in April 1949. At this convention, it was voted to change the name to American Ex-Prisoners of War. The reason for the change was so veterans from the European Theater would realize that they were eligible for membership. By changing the name to American Ex-Prisoners of War, it would welcome all former POWs, Civilian Internees and their families and descendants from any war.

When we applied for a Federal Charter, Congress had a great deal of difficulty recognizing a "veterans service organization" made up of veterans as well as their families. But we were determined and eventually – 40 years later – Public Law 97-234 gave us our Federal Charter. Take a look at the names on the next page. They are your brothers-in-arms. But they are also your wives and mothers.

Together, we created a unique organization. One of which we can all be proud.

UNITED STATES CODE TITLE 36
PATRIOTIC AND NATIONAL OBSERVANCES, CEREMONIES, AND ORGANIZATIONS
SUBTITLE II - PATRIOTIC AND NATIONAL ORGANIZATIONS
PART B - ORGANIZATIONS
CHAPTER 209 - AMERICAN EX-PRISONERS OF WAR

§ 2101. Recognition as corporation and grant of Federal charter

American Ex-Prisoners of War, organized and incorporated under the Washington Nonprofit Corporation Act (Wash. Rev. Code Ann. 24.03.005) of the State of Washington by Charles Morgan, Junior, San Antonio, Texas; Edward Fisher, Fairhaven, Massachusetts; Charles Miller, La Jolla, California; C. Earl Derrington, Jackson, Mississippi; Edward Parks, Middleboro, Massachusetts; Henry Goodall, Houston, Texas; Stanley Sommers, Marshfield, Wisconsin; Edward Allen, N. Olmstead, Ohio; Irving Rittenberg, Brookline, Massachusetts; Edgar Van Valkenberg, Saint Petersburg, Florida; W. C. Musten, Winston-Salem, North Carolina; Clifford Omtvedt, Eau Claire, Wisconsin; Orlo Natvig, Charles City, Iowa; H. C. Griffin, Houston, Texas; Milton Moore, El Paso, Texas; Marie Harre, Fairway, Kansas; Alfred Galloway, Seattle, Washington; Reginald Reed, Bremerton, Washington; Ralph Moulis, Tucson, Arizona; Betty Rodriguez, Albuquerque, New Mexico; Randall Briere, San Antonio, Texas; Joseph G. Schisser, San Leon, Texas; Herman Molen, Las Vegas, Nevada; Joseph B. Upton, Saint Louis, Missouri; Harold Page, Buckley, Washington; D. C. Wimberly, Springhill, Louisiana; Albert Braun, Phoenix, Arizona; Melvin Madero, San Diego, California; Tillman Rutledge, San Antonio, Texas; Benson Guyton, Decatur, Alabama; Frank Hawkins, Oklahoma City, Oklahoma; Melvin Routt, Tracy, California; John Romine, Muskogee, Oklahoma; Christopher Morgan, Old Bridge, New Jersey; Allen Smith, Diana, Texas; and John G. Flynn, San Antonio, Texas, is hereby recognized as such and is granted a charter.

§ 2102. Powers of corporation

American Ex-Prisoners of War (hereafter in this chapter referred to as the corporation) shall have only those powers granted to it through its bylaws and articles of incorporation filed in the State or States in which it is incorporated and subject to the laws of such State or States.

§ 2103. Objects and purposes of corporation

The objects and purposes of the corporation are those provided in its articles of incorporation and shall include

- (1) encouragement of fraternity for the common good;
- (2) fostering patriotism and loyalty;
- (3) assistance to widows and orphans of deceased ex-prisoners of war;
- (4) assistance to ex-prisoners of war who have been injured or handicapped as a result of their service;
- (5) maintenance of allegiance to the United States of America;
- (6) preservation and defense of the United States from all of her enemies; and
- (7) maintenance of historical records.

§ 2104. Service of process

With respect to service of process, the corporation shall comply with the laws of the States in which it is incorporated and those States in which it carries on its activities in furtherance of its corporate purposes.

§ 2105. Membership

Eligibility for membership in the corporation and the rights and privileges of members shall be as provided in the bylaws of the corporation.

News continued...

VA Operations 3-Part Plan to Resume Full Services

As the number of active COVID-19 cases among its patients declined slightly, the Department of Veterans Affairs announced a three-part plan for resuming operations at its facilities in the coming months. The effort will largely depend on local COVID-19 conditions, including a declining number of patients with symptoms, a reduction in those testing positive and widespread availability of testing. While the VA's Central Office has drafted a tiered plan for operations, decisions will be made at the local level and may not be in line with other state or federal reopening goals, VA officials said. "A central planning solution for resuming regular operations makes no sense here because some areas of the country will take longer to recover, while other areas have seen minimal cases," VA Secretary Robert Wilkie said in a release. "That's why we're letting local conditions dictate our next steps."

The first phase, to occur in June, will largely consist of assessments by VA facilities to determine the risks and impact of increasing operations, such as non-emergency procedures like clinical visits and lab tests and admissions to spinal cord injury units. Officials will also explore the capacity for community health care providers to resume seeing veteran patients. In this phase, the Veterans Benefits

Administration will increase virtual hearings and formulate plans to resume face-to-face compensation and pension exams, while the National Cemetery Administration will prepare for resuming memorial services and burials that will be held later.

Phase 2 will include expanding non-emergency procedures and medical visits to hospitals and clinics; reopening the department's Fisher Houses; resuming memorial services and burials with military honors, with limited attendance based on local conditions; and in-person services at VBA regional offices, by appointment.

The final phase will build on the others: resuming visitor access to all VA health facilities, including nursing homes, expanding services at VHA and VBA locations, and resuming all other normal operations. VA officials said the work will be done with employee health and safety in mind, and all criteria and parameters "must be met before starting the phases and may precipitate a return to an earlier phase."

Homeless Vets - CARES

The U.S. Department of Veterans Affairs announced in May that it has expanded support services enabled by the Coronavirus Aid, Relief, and Economic Security (CARES) Act, to make available immediate relief for Veterans experiencing or at risk of homelessness during the coronavirus disease 2019 (COVID-19) pandemic. The CARES Act allocates \$17.2 billion

for the Veterans Health Administration, \$300 million of which will be used this fiscal year to address the challenges faced by homeless and at-risk Veterans. "A significant percentage of homeless Veterans or those at risk of homelessness are uniquely vulnerable to COVID-19 due to their living conditions, age and chronic health complications," said VA Secretary Robert Wilkie. "The funds from the CARES Act are vital and will allow VA to continue working diligently to prevent the spread of infection in communities and keep Veterans safe and on the pathway to permanent housing during this perilous time."

Gary Sinise Foundation donates meals

The Gary Sinise Foundation has committed to providing up to 20,000 meals to VA health care and frontline workers.

VA's Voluntary Service is working with the Gary Sinise Foundation Emergency COVID-19 Combat Service to identify the more than 80 VA medical facilities across the nation that will receive the meals over the coming weeks.

Since April 1, the Emergency COVID-19 Combat Service has been helping to meet the urgent needs of Veterans, first responders, military, health care workers and all of those on the front lines of the COVID-19 pandemic through serving meals, providing personal protective equipment and donating decontamination equipment across the country.

100 years ago in May

May 1 - Legendary slugger Babe Ruth smashes his 50th MLB career home run, his first for the NY Yankees in 6-0 win over the Boston Red Sox

May 2 - The first game of Negro National League baseball is played, in Indianapolis, Indiana.

May 3 - A Bolshevik coup fails, in the Democratic Republic of Georgia.

May 7 - Polish-Soviet War: Polish troops occupy Kiev. The government of the Ukrainian People's Republic returns to the city.

May 7 - Mexican Revolution: Venustiano Carranza leaves Mexico City in a large train.

May 7 - Treaty of Moscow (1920): Soviet Russia recognizes the independence of the Democratic Republic of Georgia, only to invade the country six months later.

May 7 - Morecambe Football Club was founded during a meeting at the West View Hotel on the town's promenade.

May 15 - Russian Revolution: Russian White soldier Maria Bochkareva is executed in Soviet Russia.

May 16 - W. Howard Chittenden, past Commander of the Fox River Chapter and the Department of Illinois was born. Howie served in the Pacific with the North China Marines in Woosung Kiangwan China. *

May 16 - Canonization of Joan of Arc: Over 30,000 people attend the ceremony.

May 16 - A referendum in Switzerland favors joining the League of Nations.

May 17 - French and Belgian troops leave the cities they have occupied in Germany.

May 17 - The first flight of Dutch air company KLM, from Amsterdam to London, takes place.

May 19 - Mexican Revolution: Álvaro Obregón's troops enter Mexico City.

May 20 - Mexican Revolution: Venustiano Carranza arrives in San Antonio Tlaxcalantongo and is killed.

May 24 - Venustiano Carranza is buried in Mexico City; all of his mourning allies are arrested. Adolfo de la Huerta is elected provisional president.

May 26 - Ganja revolt: Anti-Soviet opposition in the Azerbaijan SSR launches an abortive revolt in Ganja.

May 27 - Tomáš Garrigue Masaryk becomes president of Czechoslovakia.

May 29 - Floods at Louth, Lincolnshire in England kill 23.

May 30 - Memorial Day

- Happy Birthday, Howie!





A True 1944 Adventure

by Lawrence R. Landwehr
W256S4895 Wood Lilly Lane
Waukesha, WI 53189

At 7:46 AM, Sunday, April 29, 1944, our B17F fortress bomber, the *Chief Wahoo*, took off from our 483rd BG base at Foggia Italy, with 10 men and 12-500 lb load of demolition bombs. With the rest of our formation, we were to destroy a factory at Milan in Northern Italy.

Our pilot, Hilmer Landholt, our bombardier Floyd Bowles, myself at age 24, and eight more of us were briefed that this would be a "Milk Run". All we had to do was fly up there, drop our bombs, and come back to our base. All the Italians and Germans would be in church!

Sad to say, intelligence was wrong. During and after our run on the target, heavy flak rocked our plane. An 88 projectile went through the wing between number 3 and 4 engines, exploding above us. Immediately #3 engine caught fire. The pilot pulled the handle and extinguished the fire with the CO₂ rings around it and feathered the prop! With the loss of power in that engine, our plane had to drop out of the formation protection and start our journey back home. A few minutes later, four ME 109s of the German Luftwaffe engaged us because we were a straggler and without the

protective firepower of the squadron. In the ensuing battle, they made runs firing against our plane from the nose, and then went under us to turn and come back from the rear. The bombardier, by a sly trick, shot up one ME 109 so bad he had to eject. I was at right waist and fired only 20-30 rounds from my flexible 50 caliber out the open window. All this time we were losing altitude; the three engines could not keep us up. The pilot gave the order to bail out at approximately 5,000 feet.

After pulling the rip cord and floating down, I noticed a creek running across the road near where I would come down. Upon landing roughly, I gathered my chute around me and back into the 3-foot culvert. In eight or ten minutes, motorcycles, bicycles, and military vehicles searched for me. They knew I had come down in that vicinity.

To plan my escape, I stayed in the culvert all Sunday night and all of the next day and night. On my parachute harness I had fastened a Tropical Survival Kit that I had picked up – water purifier, hacksaw blades, money and maps. I then planned to walk to the Adriatic Sea, obtain a boat, and paddle back to Foggia. I set

out walking – walking 200 steps, then jogging 200 steps, an old Indian way to cover ground. The money was useless; people ran away when I tried to buy a bicycles, food or other items. The third night, I "borrowed" a suit coat from a clothesline to cover up my flying coveralls.

Being too engrossed and eager to get back to our base, I got too bold. I put a garden hoe over my shoulder and walked right through villages and over bridges guarded by soldiers. Finally on the fifth day, while I walked down the highway, a German soldier stopped me for a light for his cigarette. Since I couldn't speak German, I shook my head and continued on. He rode his bike in the opposite direction until another soldier joined him; both pulled out their pistols and approached me asking for identification. All I could do was shake my head, whereupon they marched me to the local jail. When they searched me and found all those escape items, they thought I was a spy or a fighter pilot. I had an English-speaking woman question me, but as you know, I could only tell them my name, rank and serial number.

They must have gotten on the phone to German Headquarters, because the next day they took me under guard to a railroad station and then through Bremmer Pass and into Germany. In Frankfurt there was a central prison and SS troops to interrogate Allied airmen and other POWs.

After 2 days and nights in a cell with only a straw bed on the floor and an open drain for a potty, I was brought to a central room by a 7-ft. tall guard and plunked down in a chair across from a German officer. He spoke good English with an accent. He had a pack of Lucky Strike and Chesterfield cigarettes in front of him. After offering me one, which I politely refused, he proceeded to light up and blow clouds of smoke in my face. He didn't realize I didn't smoke. He confirmed my name, rank and serial number and then started berating me for fighting against them. My name Landwer means (according to Webster's dictionary) the first German Land Army. Wehr macht is their infantry fighting force. Suddenly he asked me how many tons of bombs the B29 would tote to the target and what was the top speed? With no answers to another five questions, he motioned to the guard to take me to my cell.

Lunch consisted of a cup of watery soup of potato peels, cabbage or rutabagas with some broth, a slice of black bread, margarine and one 3" slice of wurst. Shortly I was taken to the same room with a different SS officer who said that since I was found with escape items and a civilian jacket, I was a sure candidate

to be shot as a spy unless I cooperated with answers to questions about our base, missions, and future targets! With no answers to their dozen questions, I was returned to my cell to "think it over" seriously before it was too late.

In four more sessions in which I told them nothing, my final SS officer berated me: "You think we Germans are stupid. Look at this." He pushed a report of my crew, each position and each man's name, rank and even civilian occupation in front of me. When I showed no surprise, he said "For you the war is over", and that I was to be sent to an Airman's POW camp to spend my days until we lost the war.

That night I was loaded on a 40-8 boxcar with other POWs and arrived two days later at Stalag Luft IV at Gross Tychoro. As POW 1036, my clothes were exchanged for other used ones and I went into Compound A as the first group to occupy a room with 15 other Kriegies. We had two tier wooden beds in our barracks three feet off the ground to prevent tunneling.. There were 11 other rooms with just one wash room and two latrines.

On February 10, 1945, we left Luft IV; traveling in the Black March of 80 days and more than 620 miles in the winter. Along the way, some of us got into 40-8 boxcars to Nurenburg. We were liberated May 5, 1945 by Patton's Third Army at 7A Moosburg. After a voyage in convoy to the US, I was discharged Sept. 15, 1945 at Fort McCoy, WI. At the rank of T/Sgt!!!



The shoulder sleeve insignia worn by all personnel of the Army Air Forces (AAF) wherever stationed was approved on 23 February 1942. The patch was designed by Mr. James T. Rawls, an artist and a member of General Arnold's staff. He made many designs, most incorporating pilot wings, but Arnold rejected them all. Rawls, dejected by his lack of success, was shown a picture of British Prime Minister Winston Churchill giving his well-known "V for Victory" sign. Rawls made a quick sketch bending the wings up, and Arnold said, "That's just what I wanted." Arnold, incidentally, is said to have designed the first Air Force pilot wings in 1917 when he was a major.

On 2 March 1943, shoulder sleeve insignia were authorized for each overseas air force, and the winged star was limited to those AAF personnel not in overseas commands.

On 25 June 1943, personnel in all air forces, including those in the United States, were authorized distinctive insignia, and only Headquarters AAF and a few other independent commands continued to wear the winged star. It is sometimes known as the Hap Arnold emblem, named for General Henry H. Arnold who commanded the AAF in World War II.

The ultramarine disk represents the medium in which the Air Forces operated, and the white star with red disk was the identifying symbol of U.S. Army and Navy airplanes since 1921. (The red disk was removed from aircraft markings in 1942 to prevent confusion with Japanese insignia.) The golden wings symbolize victorious operation.

Although the patch is no longer worn on Air Force uniforms, the design appears on U.S. Air Force uniform buttons.



The RIDE HOME



3818 Litchfield Loop Lake Wales, Florida 33859
www.theridehome.com

Dear Former Prisoners of War and Families of our Missing in Action,

We respectfully request that you join us as our guest at the *National POW/MIA Recognition Day* event, **The RIDE HOME**, to be held 17- 19 September 2019 in **Warner Robins, Georgia**. Our goal is to answer the call of every sitting President since 1978;

"I call upon the people of The United States to join me in Honoring and Remembering all former Prisoners of War and those still Missing in Action who valiantly served our great nation."

It will be our privilege to provide your room accommodations, seating for two at both the Heroes Dinner and Ground-Pounder & Fly-Boy luncheon, Military styled recognition for your service, transportation for you and a guest/spouse while you are in Warner Robins as well as fellowship and camaraderie you can only find with those who served this great nation with you.

Take a moment, please, and complete the information sheet enclosed, drop it in the envelope (add a stamp) to the address at the top of the information sheet and we'll handle the arrangements. If you have a question or concern or perhaps would like to confirm your participation this year verbally, call us and we will do our best to accommodate you.

We look forward to hearing from you and seeing you in September.

Until they all come home.....

Warm regards,

On behalf of the Board of Directors for The RIDE HOME, INC.,

Jim 'moe' Moyer

407 448 1181

www.theridehome.com

info@theridehome.com

407 448 1181

National POW/MIA Recognition Day

The RIDE HOME

3818 Litchfield Loop, Lake Wales, Florida 33859-5410

17, 18, 19 September 2020

YES, I will attend **NO, I will not attend**

Please return this form by June 30, 2020, to the RIDE HOME address above.

POW or MIA Name: _____

Have you been awarded/received a POW Medal? Yes No (Circle One)

MIA Rep Name: _____

NOK Name: _____

Guest Name: _____

Address: _____

City, State, Zip: _____

Telephone #: _____

Cell Phone #: _____

Email: _____

Branch: _____

Rank: _____

Area of Capture: _____

Date of Capture: _____

Date of Release: _____

Area at time MIA: _____

Date of MIA: _____

Remains returned: _____

Room Accommodations: We will try our best to accommodate your room preferences; however, we *cannot guarantee* your request. Room accommodations will depend on availability at the hotel/motel you are booked in at the time your information is received. Your lodging is offered Thursday, Friday, and Saturday nights courtesy of The Ride Home. Please reserve a room for the following (check all that apply):

Thursday, September 17 _____ Bed Size: Queen/King: _____ Two Doubles: _____

Friday, September 18 _____ All Rooms are Non-Smoking!

Saturday, September 19 _____

Special Requirements: (Handicap accessible, handicap shower, etc.?)

Are you interested in being a passenger on a motorcycle at either of the Escort Rides? Yes ___ No ___

Concerns or Questions – Contact Ginny; moegin@verizon.net or moe; moehog@verizon.net – 407 448 1181



new members

National Headquarters
PO Box 3445
Arlington, TX 76007-3445
(817)-649-2979
axpow76010@yahoo.com

Martin Meadows
Boca Raton FL
CIV: Santo Tomas 1/42 to 2/45

Assunta Baldassarre
Hayward CA
Daughter of James Baldassarre,
PAC

Federico Baldassarre
Hayward CA
Son of James Baldassare, PAC

Marcia L Forsblad
Fresno CA
Daughter of Leland Forsblad,
ETO

Madeline King
Santee CA
Daughter of Stephan J King,
ETO

Sally Meadows
Los Altos CA
Daughter of Martin Meadows

Ronald C Oden
Riesel TX
Son of J A Oden Jr, PAC

Welcome!

Request for membership application American Ex-Prisoners of War

Name:
Address:
City:
State/Zip:

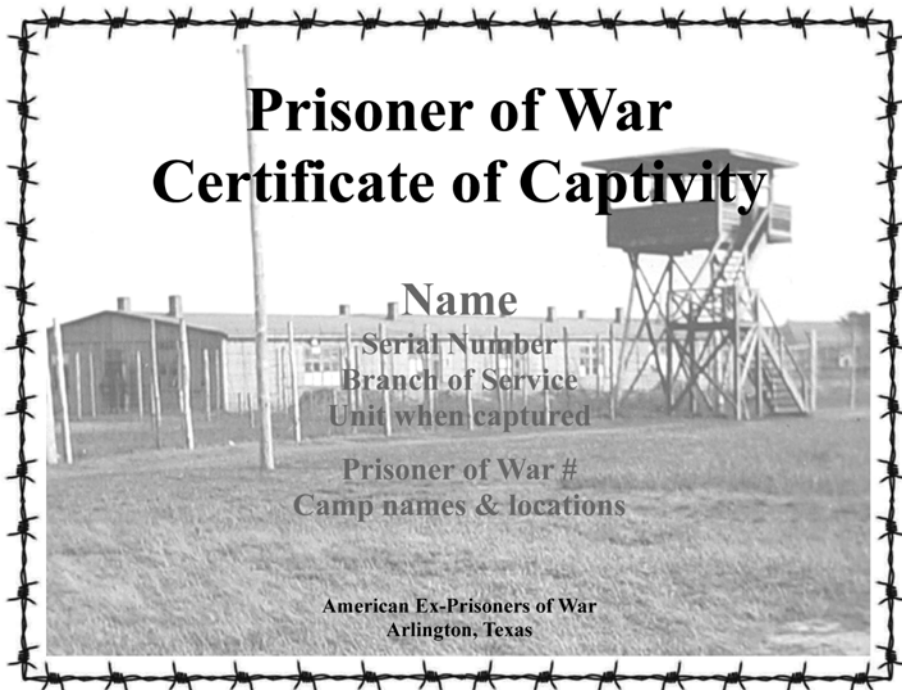
Membership is open to US Military and Civilians captured because of their US citizenship and their families/descendents.

DO NOT send dues with this request for an application.

Mail to: American Ex-Prisoners of War PO Box 3445 Arlington, TX 76007-3445 (817) 649-2979 email: HQ@axpow.org



Prisoner of War Certificate of Captivity



Certificate of Captivity \$25.00

Suitable for framing, this certificate of captivity, printed on 8½ x 11" quality paper, proudly displays your history as a prisoner of war.

Each certificate background is personalized to the theatre of operation. We will need your name, service number, branch of service, unit when captured, POW number (if known), camp names and locations. You may also include a picture with your order. To receive this certificate from AXPOW, please order from National Headquarters by calling 817-649-2979 or email: axpow76010@yahoo.com.

Contributions



please send donations to:

National Headquarters, PO Box 3445, Arlington, TX 76007-3445. Checks must be made payable to AXPOW or American Ex-Prisoners of War.

GENERAL FUND

In memory of Edwin & Eleanor Huson, by Stephen Huson
In memory of Gloria Kerchum, by Paul Kerchum
In memory of Grace Book, by George Bubash
In memory of Hamet Lee Piercy, by children Mickey, Gail & Ann
In memory of James Tyndall Langston, by Dan & Jamie Turner
In memory of Lt Col (Ret) Joseph Haines, by Cpl Paul Thompson
In memory of my husband, Irv, by Dorothy Bailey
In memory of my husband, Woodrow, by Edith Smith
In memory of my chapter members, by Edith Smith
In memory of Pierr JJ Kennedy, by Michael Portantiere
In memory of Robert E Wilson, by Kathleen Wilson
In memory of Roger & Lorraine Mullenmeister, by Kathleen Lenarz
In memory of Theodore Sheridan, by Phyllis Sprengle
In memory of Walter Kwiecinski, by Mary Ann Kwiecinski

BULLETIN

In memory of Ethel Bearisto, by Robert Bearisto

VOLUNTARY FUNDING

Irving Lautman, Norristown PA

The Meaningful Gift

A number of years ago, one of our members made the decision to establish a bequest to the American Ex-Prisoners of War. He felt strongly that he truly cared about our future and wanted to leave a legacy to us. He and his wife are now gone, but their generous gift enabled them to demonstrate in a very meaningful way their commitment to AXPOW. More recently others have done the same. Support for our programs became the beneficiary of their generosity.

You, too can take action today to help ensure that the American Ex-Prisoners of War remains through your will or living trust. This gift can be funded with cash or securities, mutual funds or other investments that are not serving your current needs. This special gift will benefit future generations as well as we continue our transition to a true legacy organization.

It's very simple to make a bequest to the American Ex-Prisoners of War. Simply share this sentence with your attorney or financial planner and they can add the following to your will or living trust:

"I give, devise and bequeath to the American Ex-Prisoners of War, PO Box 3445, Arlington, TX 76007-3445, the sum of \$_____ or _____(named investment) or ____percent of the rest, residue and remainder of my estate."

Your generous support of our programs over the years has made a tremendous difference to ex-POWs and their families. Please take a few minutes of your time to help ensure our future. And feel free to contact CFO Marsha Coke at axpow76010@yahoo.com, or CEO Cheryl Cerbone at axpowceo@comcast.net. Phone #817-649-2979.

Thank You!



taps



Please submit taps notices to:
Cheryl Cerbone, 23 Cove View Drive, South Yarmouth, MA 02664

ADKINS, BENNIE G., passed away in Opelika, AL at the age of 86. He was a Medal of Honor recipient three-tour Vietnam veteran, and a true hero. His biography states he served more than 20 years in the Army, about 13 of which were as a Green Beret in 7th, 3rd, 6th and 5th Special Forces Groups. His actions in Vietnam between March 9-12, 1966, led to him receiving the Medal of Honor in 2014. He retired from the Army in 1978 as a Command Sergeant Major. Preceded in death by his wife, Mary, he is survived by a daughter, two sons and many grandchildren and great-grandchildren.

ANGLETON, SONDR A, 69 of Sun City West, Arizona passed away March 13, 2020. Sondra was the daughter of the late Stanley Angleton (WWII Ex-POW – Army Air Corps). She is survived by a sister.

BAKER, ROBERT J., 99, of Rochester, NY died March 25, 2020. He was captured while assigned to the 381st BG as a bombardier and held for 16 months. Bob was a life member of AXPOW and served as treasurer of his local chapter. Survivors include grandson, Brian Kinsella.

BEARISTO, ETHEL M. (WALSH), of Waltham, MA passed away May 4, 2020. She was 94. In 1948, she married WWII Ex-POW (28th Inf. Div.) William E. Bearisto. They had three children – Robert, Paul and Mabel. All are members

of AXPOW. Bill served as National Commander in 1993-1994. She was past Chapter Commander of MA Chapter 1 and held many offices in the chapter. Ethel loved to travel. Many of their trips included AXPOW meetings and conventions, where she, Bill and other ex-POWs found support and understanding. In addition to her loving husband of seventy-two years, and her children, she leaves her brother Albert, 4 grandchildren, 6 great-grandchildren, and many nieces, nephews and their families.

BENOIT, CLIFFORD E. "CICA" of Arlington, MA died April 24, 2020, just one year after losing his beloved wife of 65 years, Helen. He was captured while serving in the Army in Korea and held for 33 months until his release. He remained active in AXPOW throughout the remainder of his life. He is survived by 4 sons, 4 daughters, 20 grandchildren and 18 great-grandchildren and their families.

BOWERS, ROGER S., of Roaring Spring, PA died May 2, 2020. He was 96. During WWII, he served with the 103rd Md. Bn., 28th Inf. Div., was captured in the Battle of the Bulge and held in Stalag XB, Bad Orb. Roger and his late wife of 66 years, Mitzi, were life members of AXPOW and charter members of the Southern Alleghenies Chapter. He leaves 1 son, 2 grandchildren and 5 great-grandchildren.

CARBONI, ESTER M., of St. Petersburg, FL passed away May 14, 2020. She was the widow of Ex-POW John and an active member of AXPOW. She was chapter treasurer for many years for the FL Gulf Coast Chapter. Ester and PNC Ed Dement were strong advocates and hard workers raising money and awareness for the National POW Museum at Andersonville, GA. Survivors include 3 sons, 1 daughter, 5 grandchildren, 6 great-grandchildren and their families.

CASTLE, AXIE L., 90, died in New Albany, IN Jan. 4, 2020. She and her husband, Herman, were life members of AXPOW. Axie is survived by 1 son, 1 daughter, 6 grandchildren, 18 great-grandchildren and their families.

FLEMING, ROBERT W. SR., passed away in Memphis, TN on Dec. 6, 2018. He served in the 2nd Army, Indianhead Div., BAR and he was badly wounded at capture. He was first Korean POW released in Operation Little Switch after 1-1/2 years as a POW. Robert was charter member and past commander of the Mid-South Chapter, AXPOW. He leaves his wife of 64 years, Dorothy, 1 daughter, 1 son, 1 granddaughter and their families.

GROESBECK, CARL ARTHUR, of Wheaton, IL died March 31, 2020. He was 101. He was captured while serving in the AAC, attached to the 306th BG, held in Luft 3, then marched across

taps, cont'd...

Germany. Survivors include 3 sons, 2 daughters, 9 grandchildren and their families.

GUNNARSON, JACKIE E., longtime member of the Rocky Mountain Chapter, AXPOW, passed away Apr. 6, 2020. She was the wife of Ex-POW Elmer (110th Inf., 28th Inf. Div. captured in the Battle of the Bulge and held in Stalag IXB).

HALL, BRUCE A., of Port Orange, FL died Dec. 7, 2019. During WWII, he served with the US Army, 45th Div., 157th Inf. He was captured on Anzio Beach, Italy, held for 15 months in Germany and Poland. He and his loving wife, Sami, served as National Service Officers, and were regular attendees at AXPOW Conventions. Bruce was also a Past National Director for AXPOW. On the local level, he was a driving force behind the East Central FL Chapter, and Commander of the Dept. of FL. One highlight was being recognized as Daytona Beach area Veteran of the Year. He will be missed by his many, many friends.

HARDWICK, W.T. of Memphis, TN died March 23, 2018. HARDWICK, MARY SILER, of Memphis TN died May 16, 2017. W.T. served in the United States Army during WWII. He was captured during the invasion of France in June of 1944, and was a prisoner of war in Germany until he was liberated on April 14, 1945. In 2014, he traveled back to Normandy, France, for the 70th anniversary of D-Day with four generations of his family. He is survived by 1 daughter, 2 granddaughters, 5 great-grandchildren and 1 brother.

JOHNSON, SAM, of Plano, TX passed away May 27, 2020. He was 89. He flew nearly 100 combat missions during the Korean and Vietnam wars as a fighter pilot. While flying over North Vietnam in 1966, his plane was shot down and he was wounded. He was held as a prisoner of war for nearly seven years, including a stint at the Hoa Lo Prison known as the Hanoi Hilton. He was released and flown out of Hanoi on Feb. 12, 1973. First elected to Congress in 1991, he spent more than two decades as a strong advocate for veterans in the House of Representatives. His wife, Shirley, died in 2015; he leaves 2 daughters, 10 grandchildren and their families.

KENNEDY, PIERRE JEAN JACQUES, 96, formerly of West Hartford and Rockville, CT died Oct. 15, 2019. During WWII, he served with the 15th AF, 465th BG, 781st BS, flying out of Italy. He was captured on a bombing mission over eastern Germany, held in Luft 4, and marched across Germany toward war's end. Pierre was Adjutant for the Connecticut Chapter, AXPOW and a contributor to the Ex-POW Bulletin TAPS section for his chapter. His wife, Rosemary and former wife Marilyn predeceased him. He is survived by 3 sons, 1 daughter, 2 grandsons, 2 stepchildren, nieces, nephews and their families.

KERCHUM, GLORIA M. of Benson, AZ died Dec. 21, 2019. She was the beloved wife of ex-POW Paul (PAC POW). They had been married for 74 years. She is survived by 1 daughter, 2 sisters, 1 brother, 5 grandchildren, 21 great-grandchildren, 1 great-great-granddaughter and their families.

KITZMAN, DONALD H. of Roseburg, OR passed away March 19, 2020 at the age of 97. He was captured while serving with the AAC during WWII, flying B-17s out of Bassingbourn, England. He survived two POW camps and a brutal march across Germany. Don was an active member of AXPOW. His wife, Betty, predeceased him; he leaves 1 son, 1 daughter, five grandchildren, 1 brother and their families.

KLING, RALPH F., of Ramona, CA died March 28, 2020. He was 95. Serving with the AAC, he was shot down on his 68th mission. He was captured and held at Stalag Luft III. After retiring from the AF Reserves, he served as AXPOW National Director and Commander of the San Diego Chapter One. His wife, Irene, worked with him on many San Diego activities and parades. In addition to his wife, he leaves 2 daughters, 2 grandsons and 6 great-grandchildren.

KROPP, DONALD JAMES, of Fort Worth, TX died April 19, 2020. During WWII, he was captured in the Battle of the Bulge while serving in the Army. He was the former commander of the NW Arkansas Chapter, AXPOW. Donald's wife, Corine, predeceased him; he is survived by 2 sons, 1 daughter, 5 grandchildren, 3 great-grandchildren and their families.

LIVAUDAIS, CLYDIE PAUL, age 90, of Mansura, LA, died April 19, 2020. He was a member of HQ Battery, 38th Field Artillery Battalion, 2nd Infantry Division in Korea. He was captured May 19, 1951, and repatriated August 21, 1953. He is survived by his wife Irma, a daughter, 3 sons, 7 grandchildren, and 1 great-grandchild.

MASSIER, ARNOLD, of Naperville, IL passed away Feb. 14, 2020. He

taps, cont'd...

was 97. Arnie was captured while serving with I Co., 3rd BN, 15th Reg., 3rd Inf. Div. He was held in Stalags 7A and 2B. He was a member of the Fox River Valley Chapter. He is survived by a large, extended family of friends and neighbors.

NORRID, BEN of Memphis, TN passed away October 4, 2016. He was captured while serving with the AAC during WWII. His wife, Laura, survives him.

QUALMANN, HELMUTH H., age 95, died Feb. 5, 2020. During WWII, he was captured in the Battle of the Bulge and held in Stalag IV-B. Helmuth was married to his late wife, Elena for 52 years. They had 4 children and numerous grandchildren and great-grandchildren.

SMITH, MAURICE, of Fair Oaks, CA passed away Nov. 14, 2019. He was 100 years old. While assigned to the 101st Airborne Glider Div., he was captured during D-Day and held until liberation. He was predeceased by his wife, Jean and one son. He is survived by 2 sons, 1 daughter, 5 grandchildren, 2 great-grandchildren and their families.

SOKOLOWSKI, ALICE, of Largo, FL died April 28, 2020. She was 93 and the widow of Ex-POW Felix (A Co, 43rd Tank Bn., 12th Armored Div., held in France). Alice is survived by a son, 2 daughters, 3 grandchildren and 4 great-grandchildren.

STREITBURGER, HERMAN C "Herk", of Bedford, NH passed away May 29, 2020 just a month short of his 101st birthday. Serving with the AAF, he was shot down, captured and held in Luft 4, Stalag 2B and marched

across Germany. Herk donated his Bible two years ago to a "missing man" display that honors POWs and MIAs at the Manchester VA Clinic. That action launched an ongoing 1st Amendment legal battle over its inclusion. Four children survive him; he also leaves 7 grandchildren, 4 great-grandchildren and their families. He will be missed by his family and friends, including this editor.

WELLS, WESLEY HUNT, age 97, of Hillsborough, NH passed away March 13, 2020. During WWII, he served with the 27th BG, 48th Materiel Squadron. He was captured by the Japanese on Cuyo Island, Philippines. He was held 40 months - first in the Philippines, then taken by Hell ship to Fukuoka III in Japan. He leaves his wife of 48 years Melvina (Commander NH Chapter AXPOW) and their daughter Daphne.



The National 4th (IVY) Division Association

Formed at Camp Greene, NC, on November 17, 1917 for service in World War I. The "IVY Division" has a long and distinguished heritage that continues through World War II, the Cold War in Europe, Vietnam, Operation Iraqi Freedom and Operation Enduring Freedom.

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Annual Reunions held yearly since 1947.**

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Do you like me? Do you dislike me? Do you hate me? (Does it really matter in the long run?)

I believe that all people who are emotionally "normal" want to be accepted as they are. I know this certainly is true of me. In the terms of childhood, they want to be "liked".

There are two problems with that thought. First, not everyone will like you, or for that matter me. Usually, there is nothing we can do as to other people's opinions of us, so life goes on and so must we. If, someone harbors resentment, or dislikes you, in this country that is normally "their problem". Most of us can go merrily along and not be affected by their dislike or hate. There is absolutely no reason to fear or dislike them. To do so lessens us.

The second problem, is changing so that we may be "liked" may mean giving up your character. For instance, I am reminded of a "club" of teenagers whose initiation included shop lifting. To be in their cliché, theft was required. Most of us know that Exodus 20:15 says, "Do not steal". Since true believers in God abhor stealing, theft will cause a lowering of char-

acter. In fact most of us have the opinion that a thief does not have "good moral character." Preachers call thieves "sinners."

In Daniel chapter 3 we find three Hebrew men, Sha-drach, Meshach, and A-bed-ne-go who would not worship an idol that the King had set up. To do so would have broken the First Commandment in Exodus 20, which is to have no other gods before the Lord God. They faced destruction (death) because of their faith in the Living God. The question to ask ourselves is Who (or What) have I made my God by my actions?

Unfortunately, by the laws and rulings made by our Supreme Court it appears that our Government does not want us to worship any God. With that thought came the three Hebrews' answer to the King, in Daniel 3:16 "We are not careful to answer thee." They had no fear of the King (the government and obviously no fear of anyone else). They trusted God in Heaven for their physical and Spiritual salvation. Again, I ask a question: Who do you trust?

I feel this is a "heavy handed" article but my thought is there is a possibility that someone reading this article has not trusted God. Why am I so worried about you my reader trusting God? One day we all, including you and me, will die. That is how we go to meet God. In the book of Hebrews 11: 6 read we that God is a Rewarder of those who believe that He is. Faith is necessary to please God.

Prayer: Lord, God in Heaven, Our Creator and Preserver, May all that read this article find trust in you and peace in you. Amen

Benny

Hope in a pandemic



The Coronavirus pandemic is now affecting every part of the world, disrupting people's lives and creating fear, anxiety, sorrow and hardship. Where can we find strength and hope at this troubling time? What might faith look like in a time of COVID-19? How might God be calling us to respond to the impacts of the pandemic?

In such extraordinary times, it is not only helpful but vital that we engage with God's Word.

Firstly, it enables us to root ourselves in the truth of God's utter faithfulness. We discover afresh that we are never abandoned but are held by God, who comes alongside us.

Secondly, God's Word calls us to action. In opening Scripture together, we are reminded that we are the children of God with new opportunities to serve our communities and to witness very practically His love.

And thirdly, we are filled anew with authentic hope. We can live the present and look to the future knowing the sovereignty of God and His reconciling love.

All across the country, churches are shutting their buildings as public health measures are implemented to prevent the spread of COVID-19. But even if the building is closed, the Church is still there, present in the people. Use the strength of your belief to see you through.

AMERICAN EX-PRISONERS OF WAR VOLUNTARY FUNDING PROGRAM

The AXPOW Voluntary Giving Program parallels that of other VSOs, whereby the entire membership, including life members, is given the opportunity to contribute to the operation of our organization, based on ability and willingness to contribute. All contributions are to be sent directly to National Headquarters to be used for the operation of the organization. A complete accounting of contributors will appear in the Bulletin each issue.

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