

EX-POW BULLETIN

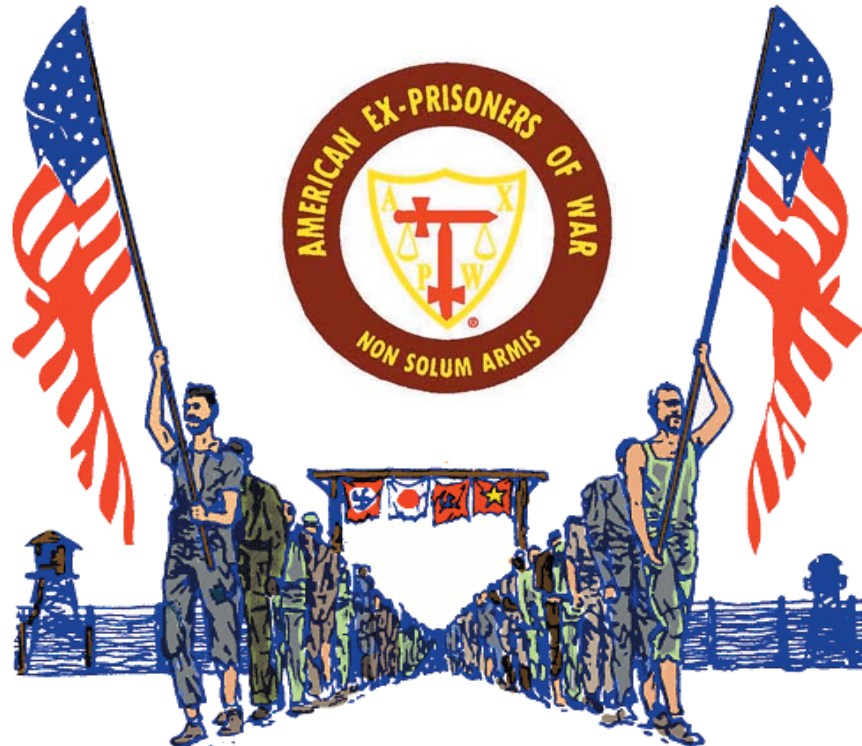
the official voice of the
American Ex-Prisoners of War

Volume 66

www.axpow.org

Number 7/8

July/August 2009



We exist to help those who cannot help themselves



*Election Issue...Convention Information and forms...
An Apology After 67 Years...legislation...
News, Events, Stories...Outreach, Success and more*



Memorial Day 2009 ~ Washington, DC. Our National Judge-Advocate, Vietnam Ex-POW Dave Drummond and his wife Jill, represented AXPOW at the ceremonies at Arlington Cemetery.



The 2nd Annual Walk for the Wounded held Sunday, June 14, at Rose Tree Park in Media, PA. The event raised more than \$100,000 for Operation First Response (OFR).



OFR is charitable organization dedicated to helping wounded soldiers and their families endure the financial hardships associated with their physical and emotional recovery of wounds sustained in combat. State Representative Bryan R. Lentz (D-161), an Iraq War veteran, and his team contributed nearly \$300 to the cause. Drexel Hill residents Cameron and Matt Tirado of Team Lentz pose on either side of fellow Drexel Hill resident Domenic Erwin (center) after participating in Walk for the Wounded on Sunday, June 14. State Rep. Bryan Lentz and his team contributed nearly \$300 to the cause. Over \$100,000 was raised at the 2nd Annual Walk for

the Wounded which benefits Operation First Response (OFR) OFR is an organization dedicated to helping wounded soldiers and their families endure the financial hardships associated with their physical and emotional recovery of wounds sustained in combat.



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The 2010 AXPOW Calendar, featuring the Angels of WWII, is ready to be mailed. Look for it in your postbox! At left, the making of the calendar - Robbie Bearisto's guest room bed is the layout table for the calendar each year. Copy and pictures come together to make a sought-after and treasured mini-history of the prisoner of war experience and AXPOW.

This is the annual convention/election issue. Please see pages 19-25 for hotel/registration information, resolutions, voting procedures and candidates for office. Delegate forms have been sent to chapters and departments. If you are planning to vote as a member-at-large, please fill out and send in the Delegate Form printed in the Bulletin. We look forward to seeing many of you in Boise!

Convention Program Ads! It's time to get your ad in for the 2009 convention! Don't miss out! The deadline is August 1, 2009.

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Deadline for the Sept. 2009 issue is July 25, 2009.

Please send all materials to the editor at the above address.



DEAR CHERYL,
 Regarding the May 2009 issue of the Ex-POW Bulletin, page 6...once again, I ask the question:
 "Where is the recognition in accounting, by the American Ex-Prisoner's of War, for the USS PUEBLO AGER-2 former POW's?"

This information is always available at: <http://www.usspueblo.org/>
 83 Total
 1 killed in the attack and subsequent capture,
 82 Captured
 82 Surviving captivity
 60 alive as of Jan. 1, 2009 (per article date)
 59 as of Mar. 20, 2009

Dale Rigby
 185 W 400 N
 Ivins, UT 84738
 Crewmember, USS PUEBLO AGER-2

EX-POW Bulletin (ISSN 0161-7451) is published nine times annually (Jan. Feb. Mar./Apr. May June July/Aug. Sept. Oct. Nov/Dec.) by the American Ex-Prisoners of War, 3201 E. Pioneer Pkwy, Arlington, TX 76010. Periodical postage paid at Arlington, TX and additional mailing offices. Postmaster: send address changes to EX-POW Bulletin, AXPOW Headquarters, 3201 E. Pioneer Pkwy. Suite 40, Arlington, TX 76010-5396. Founded April 14, 1942, in Albuquerque, NM, then known as Bataan Relief Organization, Washington State non-profit corporation, "American Ex-Prisoners of War", October 11, 1949, recorded as Document No. 133762, Roll 1, Page 386-392. NONPROFIT CORPORATION. Nationally Chartered August 10, 1982. Appearance in this publication does not constitute endorsement by the American Ex-Prisoners of War of the product or service advertised. The publisher reserves the right to decline or discontinue any such advertisement.

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with their columns



**National Commander
Jim Clark**

news from hq



We are ramping up for the convention in Boise. It should be a good one. Get your credentials in.

Please, when you move, send us a change of address. It costs us 50 cents for each Bulletin returned because of a bad address. Also, notify us when you head south in the winter and then back north in the spring. Give us 5 weeks so you don't miss a single issue.

Quartermaster Sally Morgan needs bezels and cords (both goldtone) but can't find a supplier. Please email her at axpowqm@aol.com with any info that you have. If you have any questions, call Sally.

See you in Boise!
Clydie, Marsha, Sally & Donna

**The Next-of-Kin reunion
will be held at the
National Convention
in Boise on
Friday, Sept. 11, 2009
at 7PM.
Place to be determined at a
later date.**

**We will meet and great
everyone and discuss what
and where we want to go in
the Organization. We would
like to see all NOKs there if
possible. It is going to be a
lot of fun.
Bring your parents too.**

Charter because, in part, we would not form an auxiliary. Our argument was that as POWs, we survived because of the love and support of our families. As our children grew up and married, their husbands and wives became part of our families as well. I for one would not wish to attend meetings that barred my wife from attending.

Should we ask our children to come to meetings and work to keep our legacy, but tell them their spouses are not welcome? What about step-children, who ARE eligible for membership? Should their parents not be eligible? Would you expect your sons and daughters to work for something that excluded their spouses?

Just imagine a chapter event like a picnic. You and your wife are there. Your daughter is there with your grandchildren. Your son—in-law just dropped you all off at the park gate and he'll be back later to pick you up.

Not likely to happen.

I am going to ask the Bylaws Committee to formulate a resolution to be presented at the 2010 convention in Georgia to clarify eligibility in the American Ex-Prisoners of War. Until that time, we will continue the practice we have followed for decades which allows the spouse of a child, grandchild, etc. to join. I am asking for your support of this resolution.

Next month is my last column as your National Commander. My wife, Jeri, and I have been blessed by your good wishes and camaraderie as we've traveled around the country these last months. We'll be attending many more Dept. meetings before we get to Boise in Sept. and we look forward to seeing many of you.

Yours in fellowship,

Jim

Just what are "Heirs at Law" anyway?

There has been discussion over the past 40-plus years about exactly what an "heir at law" is.

The simple definition is: A person who is entitled to inherit the estate of someone who fails to make a valid Last Will and Testament. Who is considered a deceased person's "Heir at Law" is determined by the intestacy laws of the state where the person lives at the time of death.

Because heirs are usually defined by state law to be related to you only through blood or adoption, your spouse is usually not your heir according to this definition.

So who is?

The AXPOW Bylaws list those people eligible for membership in the organization. On that list is "Heirs at Law". It has long been the practice of the organization to use that catch-all phrase to mean the spouses of others on that list.

Only recently have there been questions raised about that practice.

The American Ex-Prisoners of War is a family organization. We spent many years working for a Federal



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on capitol hill

Legislative Committee

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NC Jim Clark

Yes, NOW we have a Senate Bill for our Diabetes Presumptive at last. On May 5, 2009, Senator Patty Murray (WA) introduced S977. This was great news and we are again indeed grateful to our good friend with ALL our Bills she has continued to be there for us.

When the Legislative Committee began to discuss the idea of a list of Presumptives, several former prisoners of war and some others insisted that it would be an impossibility to accomplish. Yes, it has been one struggle after another. If we obtain this last Presumptive, we owe the Congresses a Million Thanks!

Now, you the membership must get busy and contact your senators to co-sponsor this Bill. Last month, June, Bulletin, several of our interested bills were identified, so add this one to the list. Also, I hope soon we will have a senator to introduce our DIC Bill to the Senate. Am working hard on this and will let your Board of Directors know immediately when I know this.

Yes, we have just had Memorial Day here and since the Commander Clark decided to go to Andersonville at that time, he appointed Frank Koehler, National Director and Dave Drummond, National Judge-Advocate in his place. Unfortunately, Frank got sick and had to cancel, but Dave arrived on Sunday for all the activities on Monday - Memorial Day. He placed the AX-POW wreath at the Tomb of the Unknowns at Arlington Cemetery Am-

phitheater. Everything went off as usual and he enjoyed meeting other veterans in attendance. Our Flags were carried this year by Mr. Kenny Sraon and Ms. Holly Niethammer of the office of Dept. of Veterans Health Administration located in our building. Our ex-POWs are aging and unable to carry the Flags so we are having to turn to others. We do Thank Them for this service on their holiday!

There is another Bill, HR952, introduced by Rep. John Hall (NY), chairman of the Subcommittee on Disability Assistance & Memorial Affairs, House Veterans Affairs Committee. He called Norman Bussel, National Service Officer, AXPOW who lives in his constituency to come to Washington and testify at his hearing on April 23, 2009. As an ex-POW and a NSO, he could relate to the Bill. Norman and Melanie drove to Washington, answered his Congressman's request and spoke at the hearing. The Bill is designed to conclusively define "Compensation Owed for Mental Health, Based on Activities in Theatre Post Traumatic Stress Disorder".



I attended the Gold Star Wives reception at the House Veterans Affairs Building last week as they honored several Members of Congress for sponsoring their legislation. Yes, I am a Gold Star Life Member.

Since this is a July-August Bulletin, the September Bulletin may not reach you before some of you leave for the National Convention in Boise. We will probably have some news to the National Directors and they can relay to their assigned states. As I said, we are working hard to get a senator to introduce the DIC Bill in the Senate. As soon as we do, will get word to you.

Plans are now being made for our Legislative Program at the convention. I hope some of you can make it.

For you to contact your Representatives & Senators, the following may help:

Senator Patty Murray 202-224-2621; fax 202-224-0239;
Rep Gus Bilirakis 202-225-5755;
fax 202-225-4085;
Rep Tim Holden 202-225-5546;
fax 202-226-0996;
Rep. John Hall 202-225-5441;
fax 202-225-3289.

We all have our work cut out for us, let's do it!!

God Bless All
Mary

PHOTO: Rep. Hall confers with Norm Bussel after hearing.

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VA Outreach S*O*O*N Before it's too late



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Outreach Stuff Still Reaching Out

Peripheral Community Outreach

November 6, 1944, B-17 crashlanding with only #4 engine going, on the Iwema farm in North Holland. None of the crew injured, captured at once.

April 1988, Iwema family and friends welcome Peggy and me to their home. Son Harry presents me with gyro compass out of our B-17.

April 6-8, 2009, Harry Iwema, export manager for a seed potato company stops to visit Peggy and me in San Angelo, Texas on his way home from Australia to Holland. Nice front page story in paper on Easter Sunday, April 12. That brings a note from an acquaintance serving time in state prison for murder, "Fred, I didn't know you had served time too." But also a good call from school teacher, "I read the story about your Dutch visitor in the Sunday paper. Would you come tell my 5th grade class about your POW experience? They have been studying the Netherlands." A good visit on April 21, with many questions like "You say you ate weevils; what are they?" And teacher was embarrassed when a little girl probed with "How old are you?" "86, and will be 87 in August. I hope." The point is 40 children and 11 adults, counting a man in prison, PLUS 100 attend-

ees at Fort Concho, DAR Memorial Day event where I gave key talk, know this: Some former prisoners of war are still around, older than dirt.

Next: April 30, 2009, Concho Valley Chapter of AXPOW monthly meeting at Henry's Steakhouse in San Angelo, our meeting room is the bar since nobody's drinking at 11:30AM. Two men waiting for take-out orders ask about our AXPOW flag. Tell them we men were all prisoners of war. "Oh, really!" I point to 6'1" W.F. Matthews and say he weighed 90# when liberated in 1945, part of the Lost Battalion, captured in Java, April 1942 by Japanese. "And Wally there, 32 months in solitary in Beijing jail, pilot of B-29 crew, clandestine night single-plane, no armament mission over North Korea; one interrogation had Wally standing for 7 days and nights." As we were eating, the cashier came in and give adjutant Stella a \$100 bill; "One of those men left this to help toward your bill." A good start on our 2010 JROTC Scholarship Fund.

May 2009: Charles Webb presents \$500 scholarship to outstanding JROTC grad Maria Renteria at Lakeview High assembly, 200 attending. Bill Murdock presents \$500 scholarship to outstanding JROTC grad Robert Foate at Central High awards dinner, 250 attending. San Angelo, Texas, community knows American Ex-Prisoners of War still serves Concho Valley.

Success Through Networking

When you are down in the dumps you call a friend. Former POW in Michigan, General Motors retiree, October 2008, loses company health insurance, may lose pension now, calls old POW buddy in Delaware, who says "apply for VA Compensation; call Paul Dallas who helped me get 100%." Answer, "Aw, I've never gone to the VA; I don't know." Paul calls this POW in Michigan who has very serious heart problem plus other presumptive conditions. Paul has trouble convincing him to file claim, and Paul calls Robert Fletcher, VA POW Advisory Committee member in Ann Arbor who puts VARO POW Coordinator onto situation, to receive Paul

Dallas' claim papers. Reluctant Michigan POW's wife pushes/takes husband to examinations, almost against his will. A ray of hope comes with full medical help, and \$48,000 retroactive check to begin 100% plus Aid & Attendance. Networking gets it done with teamwork of Robert Fletcher/Paul Dallas making for a Most Happy Fella. GM may foreclose, but not this Michigan POW. And in Tennessee, MW calls, has 80% disability rating, eligible for 100% due to unemployability, but not one has ever told him what to do. Refer to NSO Charles Heffron in Athens. This should more than double MW's VA compensation monthly.

This is true: ChampVA covers everything after Medicare. That includes doctors, hospitals AND prescription medicine.

Amythropic Lateral Sclerosis...Lou Gehrig's Disease. It was approved as a service-connected presumptive September 23, 2008 for any veteran, not just former POWs, who died of ALS.

Remember, as did Robby Robertson. He told Mrs. S about this new presumptive, knowing that her husband had died of ALS. May 28, 2009, Mrs. S got her DIC and a nice first check of over \$9,000.

But SUCCESS Can come too late: Tennessee, Charles Heffron helps widow of ALS victim. Her DIC comes, on the day she died.

AXPOW NSO Don Lewis calls from Dresher, PA: "I just read in the June EX-POW Bulletin that ALS, Lou Gehrig's Disease, is a new presumptive for all veterans as well as former POWs. I know of two veterans who died of ALS years ago. I will be pursuing DIC claims for their widows."

How 'bout you? Do you know a veteran who died of ALS?

THINK! Let us help. THINK!



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ns

the Reserves is eligible upon reaching age 60 and drawing retired pay; and who served a period of active duty other than training).

d. Any former member of the Armed Forces separated honorably prior to October 1, 1949 for medical reasons and who was rated at 30% or greater disabled effective on the day of discharge.

e. Any former member of the Armed Forces who has been awarded one of the following decorations:

1. Medal of Honor
2. Distinguished Service Cross (Navy Cross or Air Force Cross)
3. Distinguished Service Medal
4. Silver Star
5. Purple Heart

f. The President of the United States or any former President of the United States.

g. Any former member of the Armed Forces who served on active duty (other than training) and who held any the following positions:

- 1, An elective office of the U.S. government
2. Office of the Chief Justice of the United States or of an Associate Justice of the Supreme Court of the United States
- 3, An office listed, at the time the person held the position, in 5 USC 5312 or 5313 (Levels I and II of the Executive Schedule).
4. The chief of a mission who was at any time during his/her tenure classified in Class I under the provisions of Section 411, Act of 13 August 1946, 60 Stat, 1002, as amended (22 USC 866) or as listed in State Department memorandum dated March 21, 1988.

h. ANY FORMER PRISONER OF WAR, WHO, WHILE A PRISONER OF WAR, SERVED HONORABLY IN THE AC-

TIVE MILITARY, NAVAL OR AIR SERVICE, WHOSE LAST PERIOD OF MILITARY, NAVAL OR AIR SERVICE TERMINATED HONORABLY AND WHO DIED ON OR AFTER NOVEMBER 30, 1993.

i. The spouse, widow or widower, minor child, or permanently dependent child and certain unmarried adult children of any of the above eligible veterans.

j. The widow or widower of:

1. a member of the Armed Forces who was lost or buried at sea or officially determined to be missing in action.
2. a member of the Armed Forces who is interred in a US Military cemetery overseas that is maintained by the American Battle Monuments Commission.
3. a member of the Armed Forces who is interred in Arlington National Cemetery as part of a group burial.

k. The surviving spouse, minor child, or permanently dependent child of any person already buried in Arlington National Cemetery.

l. The parents of a minor child, or permanently dependent child whose remains, based on the eligibility of a parent, are already buried in ANC. A spouse divorced from the primary eligible, or widowed and remarried, is not eligible for internment.

m. Provided certain conditions are met, a former member of the Armed Forces may be buried in the same grave with a close relative who is already buried and is the primary eligible.

Doris

I received a call from Charlie Susino, Jr. Vice Commander of the Eastern Zone. He reported he had been told that Former Prisoners of War were no longer eligible for internment in Arlington National Cemetery.

In checking the Eligibility for Internment, I found the following:

Eligibility for Internment (Ground Burial)

The person specified below are eligible for ground burial in Arlington National Cemetery.

The last period of active duty of former members of the Armed Forces must have ended honorably, Internment may be casketed or cremated remains

- a. Any active duty member of the Armed Forces (except those members on active duty for training only).
- b. Any veteran who is retired from active military service with the Armed Forces.
- c. Any veteran who is retired from



pow medsearch

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Packet #5 (What Every POW's Wife Should Know Before She is Your Widow) has been updated again, with much time and effort on the part of Marlene Agnes, to include the most recent laws and benefits published. The packet may be purchased from National Headquarters. Cost of the updated packet is \$15.00~includes S/H.

Sleep and Aging

We all look forward to a good night's sleep. Sleep allows our body to rest and to restore its energy levels. Without enough restful sleep, not only can we become grumpy and irritable, but also inattentive and more prone to accidents. Like food and water, adequate sleep is essential to good health and quality of life.

There are two types of sleep: non-rapid eye movement — or NREM sleep — and rapid eye movement — or REM sleep. NREM sleep includes four stages, ranging from light to deep sleep. We cycle through these four stages of sleep approximately every 90 minutes. Then we go into REM sleep, the most active stage of sleep when dreaming often occurs. During REM sleep, the eyes move back and forth beneath the eyelids and muscles become immobile.

Researchers believe that two body systems — the sleep-wake process and our circadian biologic clock — regulate our sleep. They program our bodies to feel sleepy at night and awake during the day.

The sleep-wake process works by balancing the amount of sleep a person needs based on the time spent awake. Our circadian biologic clock is a 24-hour body rhythm affected by sunlight. It regulates hormones such as melatonin, which is secreted during the night and promotes sleep, and other processes like body temperature. Sleeping at a time that is in sync with this rhythm is important for healthy sleep.

Sleep needs change over a person's lifetime. Children and adolescents need more sleep than adults. Interestingly, older adults need about the

same amount of sleep as younger adults — seven to nine hours of sleep per night.

Unfortunately, many older adults often get less sleep than they need. One reason is that they often have more trouble falling asleep. A study of adults over 65 found that 13 percent of men and 36 percent of women take more than 30 minutes to fall asleep.

Also, older people often sleep less deeply and wake up more often throughout the night, which may be why they may nap more often during the daytime. Nighttime sleep schedules may change with age too. Many older adults tend to get sleepier earlier in the evening and awaken earlier in the morning.

There are many possible explanations for these changes. Older adults may produce and secrete less melatonin, the hormone that promotes sleep. They may also be more sensitive to — and may awaken because of — changes in their environment, such as noise.

Older adults may also have other medical and psychiatric problems that can affect their nighttime sleep. Researchers have noted that people without major medical or psychiatric illnesses report better sleep.

Not sleeping well can lead to a number of problems. Older adults who have poor nighttime sleep are more likely to have a depressed mood, attention and memory problems, excessive daytime sleepiness, more nighttime falls, and use more over-the-counter or prescription sleep aids. Poor sleep is also associated with a poorer quality of life.

Many people believe that poor sleep is a normal part of aging, but it is not. In fact, many healthy older

adults report few or no sleep problems. Sleep patterns change as we age, but disturbed sleep and waking up tired every day are not part of normal aging. If you are having trouble sleeping, see your doctor or a sleep specialist. There are treatments that can help.

Sleep Disorders

If you have a sleep disorder it can be hard to get a good night's sleep. Sleep disorders can make it hard to fall asleep or stay asleep during the night and can make you drowsy during the day. The most common sleep disorders among older adults are insomnia, sleep-disordered breathing, such as snoring and sleep apnea, and movement disorders like restless legs syndrome.

Sleep Disorders - Insomnia

Insomnia is the most common sleep complaint at any age. It affects almost half of adults 60 and older.

Short-term insomnia, lasting less than one month, may result from a medical or psychiatric condition. Or it may occur after a change in personal circumstances like losing a loved one, relocating, or being hospitalized. If insomnia lasts longer than a month, it is considered chronic, even if the original cause has been resolved.

Many factors can cause insomnia. However, the most common reason older adults wake up at night is to go to the bathroom. Prostate enlargement in men and continence problems in women are often the cause. Unfortunately, waking up to go to the bathroom at night also places older adults at greater risk for falling.

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medsearch continued...

Disorders that cause pain or discomfort during the night such as heartburn, arthritis, menopause, and cancer also can cause you to lose sleep. Medical conditions such as heart failure and lung disease may make it more difficult to sleep through the night, too.

Neurologic conditions such as Parkinson's disease and dementia are often a source of sleep problems, as are psychiatric conditions, such as depression. Although depression and insomnia are often related, it is currently unclear whether one causes the other.

Many older people also have habits that make it more difficult to get a good night's sleep. They may nap more frequently during the day or may not exercise as much. Spending less time outdoors can reduce their exposure to sunlight and upset their circadian biologic clock and their sleep cycle. Drinking more alcohol or caffeine can keep them from falling asleep or staying asleep.

Also, as people age, their sleeping and waking patterns tend to change. Older adults usually become sleepier earlier in the evening and wake up earlier in the morning. If they don't adjust their bedtimes to these changes, they may have difficulty falling and staying asleep.

Lastly, many older adults take a variety of different medications that may negatively affect their sleep. Many medications have side effects that can cause sleepiness or affect daytime functioning.

Sleep Disorders - Sleep-disordered Breathing

Sleep apnea and snoring are two examples of sleep-disordered breathing — conditions that make it more difficult to breathe during sleep. When

severe, these disorders may cause people to wake up often at night and be drowsy during the day.

Snoring is a very common condition affecting nearly 40 percent of adults. It is more common among older people and those who are overweight. When severe, snoring not only causes frequent awakenings at night and daytime sleepiness, it can also disrupt a bed partner's sleep.

Snoring is caused by a partial blockage of the airway passage from the nose and mouth to the lungs. The blockage causes the tissues in these passages to vibrate, leading to the noise produced when someone snores.

There are two kinds of sleep apnea: obstructive sleep apnea and central sleep apnea. Obstructive sleep apnea occurs when air entering from the nose or mouth is either partially or completely blocked, usually because of obesity or extra tissue in the back of the throat and mouth. If these episodes occur frequently or are severe, they may cause a person to awaken frequently throughout the night. This may disrupt their sleep and make them sleepy during the day.

Central sleep apnea is less common. It occurs when the brain doesn't send the right signals to start the breathing process. Often, both types of sleep apnea occur in the same person.

Obstructive sleep apnea is more common among older adults and among people who are significantly overweight. Obstructive sleep apnea can increase a person's risk for high blood pressure, strokes, heart disease, and cognitive problems. However, more research is needed to understand the long-term consequences of obstructive sleep apnea in older adults.

Sleep Disorders - Movement Disorders

Two movement disorders that can make it harder to sleep include restless legs syndrome, or RLS, and periodic limb movement disorder, or

PLMD. Both of these conditions cause people to move their limbs when they sleep, leading to poor sleep and daytime drowsiness. Often, both conditions occur in the same person.

Restless legs syndrome is a common condition in older adults and affects more than 15 percent of people 80 years and older. People with RLS experience uncomfortable feelings in their legs such as tingling, crawling, or pins and needles. This often makes it hard for them to fall asleep or stay asleep, and causes them to be sleepy during the day.

Although scientists do not fully understand what causes restless legs syndrome, it has been linked to a variety of conditions. Some of these conditions include iron deficiency, kidney failure and dialysis, pregnancy, and nerve abnormalities. Periodic limb movement disorder, or PLMD, is a condition that causes people to jerk and kick their legs every 20 to 40 seconds during sleep. As with RLS, PLMD often disrupts sleep — not only for the patient but the bed partner as well. One study found that roughly 40 percent of older adults have at least a mild form of PLMD.

Another condition that may make it harder to get a good night's sleep is rapid eye movement sleep behavior disorder, also known as REM sleep behavior disorder. It is somewhat more common in men over the age of 50.

REM sleep, or rapid eye movement sleep, is the most active stage of sleep where dreaming often occurs. During normal REM sleep, the eyes move back and forth beneath the eyelids, and muscles cannot move. In more severe forms of REM sleep behavior disorder, the muscles become quite mobile and sufferers often act out their dreams.

Diagnosis and Treatment

If you are often tired during the day and don't feel that you sleep well, you should discuss this with your doctor or healthcare provider. Many primary care providers can diagnose sleep disorders and offer suggestions and



medsearch cont'd...

treatments that can improve your sleep.

Before you visit the doctor, it may be very helpful for you to ask for and keep a sleep diary for a week or more. A sleep diary will give you and your doctor a picture of your sleep habits and schedules and help determine whether they may be affecting your sleep.

During your appointment your doctor will ask you about your symptoms and may have you fill out questionnaires that measure the severity of your sleep problem. It is also helpful to have your bed partner come with you to your appointment since he or she may be able to report symptoms unknown to you like loud snoring, breathing pauses, or movements during sleep.

Since older people are more likely to take medications and to have medical problems that may affect sleep, it is important for your doctor to be aware of any health condition or medication you are taking. Don't forget to mention over-the-counter medications, coffee or caffeine use, and alcohol since these also may have an impact on your sleep.

The doctor will then perform a physical examination. During the exam the doctor will look for signs of other diseases that may affect sleep, such as Parkinson's disease, stroke, heart disease, or obesity. If your doctor feels more information is needed, he or she may refer you to a sleep center for more testing.

Sleep centers employ physicians and others who are experts in problems that affect sleep. If the sleep specialist needs more information, he or she may ask you to undergo an overnight sleep study, also called a polysomnogram, and/or a daytime sleepiness, or a nap test. A polysomnogram is a test that measures brain waves, heart rate, breathing patterns and body movements.

A common sleepiness test is the multiple sleep latency test. During this test, the person has an opportunity to nap every two hours during the daytime. If the person falls asleep too quickly it may mean that he or she has too much daytime sleepiness.

Based on your sleep evaluation, your doctor or sleep specialist may recommend individual treatment options. It is important to remember that there are effective treatments for most sleep disorders.

If you are diagnosed with a sleep disorder, your doctor may suggest specific treatments. You should ask for information to find out more about your condition and ways to improve your sleep.

There are a number of therapies available to help you fall asleep and stay asleep. You may want to try limiting excessive noise and/or light in your sleep environment. Or, you could limit the time spent in bed while not sleeping, and use bright lights to help with circadian rhythm problems. Circadian rhythm is our 24-hour internal body clock that is affected by sunlight.

Relaxation techniques also may be helpful in reducing physical and emotional tensions that can interfere with sleep. There are also cognitive therapies aimed at changing attitudes and concerns people may have about insomnia and not being able to sleep well.

Some specialists believe medications also can be useful early in your treatment, and if necessary, you can use them from time to time if you have trouble falling asleep.

People who are diagnosed with sleep apnea should try to lose weight if possible, but often they may need other treatments as well. Adjusting your body position during the night may benefit you if you experience sleep apnea more often when you lie on your back.

The most effective and popular treatment for sleep apnea is nasal con-

tinuous positive airway pressure, or CPAP. This device keeps your air passages open by supplying a steady stream of air pressure through your nose while you sleep.

To use the CPAP, the patient puts on a small mask that fits around the nose. Air pressure is delivered to the mask from a small, quiet air pump that sits at the bedside. The patient not only wears the mask at night but also during naps, since obstructions can occur during these times as well. If you have a mild case of sleep apnea, sometimes a dental device or appliance can be helpful. If your condition is more severe and you don't tolerate other treatments, your doctor may suggest surgery to increase the airway size in the mouth and throat. One common surgical method removes excess tissue from the back of the throat.

Very often, people who suffer from movement disorders during sleep such as restless legs syndrome or periodic limb movement disorder are successfully treated with the same medications used for Parkinson's disease. People with restless legs syndrome often have low levels of iron in their blood. In such cases doctors often prescribe supplements.

Medications can also treat people with REM behavior disorder. If there are reports of dangerous activities such as hitting or running during these episodes, it may be necessary to make changes to the person's sleeping area to protect sufferers and their bed partners from injury.

A good night's sleep can make a big difference in how you feel.

Information supplied:
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National Institute on Aging
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andersonville



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Andersonville Remembers Memorial Day

Keeping with the tradition of remembering those who gave their lives in service to the nation, Andersonville volunteers and staff held a series of events throughout the weekend to mark the holiday.

It could be said that Memorial Day activities at Andersonville began a week before. On May 16th in cooperation with the Town of Andersonville, the park held its annual Echo Taps event. Organized by accomplished bugler, Park Ranger John Gray, the tribute began at the conclusion of a ceremony to mark the 100th anniversary of the Wirz Monument. Thirteen buglers played in sequence from the Town into the Camp Sumter Prison Site through the park into the National Cemetery.

On Saturday,
May 23rd,

over 500 Girl Scouts, Boy Scouts and Junior ROTC cadets came despite the rain to place 18,657 flags in the National Cemetery. Placed one foot in front of each headstone, each volunteer youth paused at each grave to salute and read the name of the veteran buried at that location. It was an inspiring sight to see young people performing this service and learning in the process. After all the flags were placed, park staff and volunteers treated the kids to a hot dog lunch.

On Sunday morning, May 24th the day began with a small ceremony to pay tribute to the 56 Union Soldiers of Norwegian descent that died at Camp Sumter prisoner of war camp. The ceremony was held in the prison site adjacent to the Wisconsin Monument since many of those soldiers served in Wisconsin Regiments. The story of the Norway Andersonville connection came from a book about Norwegians who were held in Civil War prison camps by Torbjorn Greipsland. He was assisted by long time park volunteer Kevin Frye who arranged for the recognition. Both Mr. Greipsland and Colonel Ole Martin Hojem, Military Attaché from the Royal Norwegian Embassy in Washington, spoke at the event that was attended by a number of descendants of those Norwegian POWs that had been held at Camp Sumter.



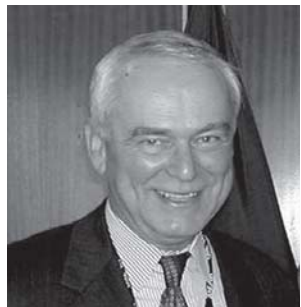
At 2:00 PM that same day, the park's traditional Memorial Day ceremony was held in the National Cemetery. The National Commander of the American Ex-Prisoners of War, Jim Clark, recognized veterans and former POWs in the audience. Melanie Grace, President of the Friends of Andersonville, presented a check for \$24,000 to the park for Phase II - Design of the Traveling Exhibit project. The program's principal speaker was Lieutenant Colonel Robert J. Sweet, Deputy Commander of the 23rd Fighter Group at Moody Air Force Base. Lt Col Sweet had been a POW in the first Gulf War after his A-10 Wart Hog was shot down over Iraq. He told the audience of 600+ people about his experience and how the loss of his wing man at the time of his shoot down will always be with him. Also as a part of the program, Norwegian Military Attaché Colonel Martin Hojem spoke about those Norwegians who were held at Andersonville. The program ended with the traditional placing of wreaths by patriotic and veteran's service organizations. Perhaps the greatest highlight of the event was that the threatening skies did not yield any rain until well after the last patriotic song was sung.

On Monday, May 25th a Catholic Mass was held at the National Cemetery. The weekend's observance ended with the National Day of Remembrance at 3:00 PM.

PHOTO: A ceremony was held to honor those Union Soldiers who were recent emigrants from Norway who were held at Andersonville prison during the Civil War. Pictured here are those who were descendants of those Norwegians held at Camp Sumter along with Colonel Hojem, Military Attache of the Royal Norwegian Embassy.

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namPOW news



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Vietnam POWs and the Medal of Honor~Part I

Summary: Eight Vietnam POWs were awarded the Medal of Honor. They were VADM Jim Stockdale, USN; Col. Bud Day, USAF; Col. Don Cook, USMC (Posthumously); Capt. Lance Sijan, USAF (Posthumously); Capt. Rocky Versace (Posthumously) for action above and beyond the call of duty as POWs and Col. Leo Thorsness, USAF, SGM Jon Cavaiani, USA and SGT William Port, USA, for action prior to their being captured. Here are their citations:

SGM Jon Cavaiani, USA: S/Sgt. Cavaiani distinguished himself by conspicuous gallantry and intrepidity at the risk of life above and beyond the call of duty in action in The Republic of Vietnam on 4 and 5 June 1971 while serving as a platoon leader to a security platoon providing security for an isolated radio relay site located within enemy-held territory. On the morning of 4 June 1971 the entire camp came under an intense barrage of enemy small arms, automatic weapons, rocket-propelled grenade and mortar fire from a superior size enemy force. S/Sgt. Cavaiani acted with complete disregard for his personal safety as he repeatedly

exposed himself to heavy enemy fire in order to move about the camp's perimeter directing the platoon's fire and rallying the platoon in a desperate fight for survival. S/Sgt. Cavaiani also returned heavy suppressive fire upon the assaulting enemy force during this period with a variety of weapons. When the entire platoon was to be evacuated, S/Sgt. Cavaiani unhesitatingly volunteered to remain on the ground and direct the helicopters into the landing Zone. S/Sgt. Cavaiani was able to direct the first 3 helicopters in evacuating a major portion of the platoon. Due to an intense increase in enemy fire, S/Sgt. Cavaiani was forced to remain at the camp overnight where he calmly directed the remaining platoon members in strengthening their defenses. On the morning of 5 June, a heavy ground fog restricted visibility. The superior size enemy launched a major ground attack in an attempt to completely annihilate the remaining small force. The enemy force advanced in 2 ranks launching a heavy volume of small arms, automatic weapons and rocket propelled grenade fire while the second rank continuously threw a steady barrage of hand grenades at the beleaguered force. S/Sgt. Cavaiani returned a heavy barrage of small arms and hand grenade fire on the assaulting enemy forces but was unable to slow them down. He ordered the remaining platoon members to attempt to escape while he provided them with cover fire. With one last courageous exertion, S/Sgt. Cavaiani recovered a machine gun, stood up, completely exposing himself to the heavy enemy fire directed at him, and began firing the machine gun in a sweeping motion along the 2 ranks of advancing enemy soldiers. Through S/Sgt. Cavaiani's valiant efforts, with complete disregard for his safety, the majority of the remaining platoon members were able to escape. While inflicting severe losses on the advancing enemy force, S/Sgt. Cavaiani was wounded

numerous times. S/Sgt. Cavaiani's conspicuous Gallantry, extraordinary heroism at the risk of his life, above and beyond the call of duty, were in keeping with the highest traditions of the military service and reflect great credit upon himself and the U.S. Army.

Col. Bud Day, USAF: On 26 August 1967, Col. Day was forced to eject from his aircraft over North Vietnam when it was hit by ground fire. His right arm was broken in 3 places, and his left knee was badly sprained. He was immediately captured by hostile forces and taken to a prison camp where he was interrogated and severely tortured. After causing the guards to relax their vigilance, Col. Day escaped into the jungle and began the trek toward South Vietnam. Despite injuries inflicted by fragments of a bomb or rocket, he continued southward surviving only on a few berries and uncooked frogs. He successfully evaded enemy patrols and reached the Ben Hai River, where he encountered U.S. artillery barrages. With the aid of a bamboo log float, Col. Day swam across the river and entered the demilitarized zone. Due to delirium, he lost his sense of direction and wandered aimlessly for several days. After several unsuccessful attempts to signal U.S. aircraft, he was ambushed and recaptured by the Viet Cong, sustaining gunshot wounds to his left hand and thigh. He was returned to the prison from which he had escaped and later was moved to Hanoi after giving his captors false information to questions put before him. Physically, Col. Day was totally debilitated and unable to perform even the simplest task for himself. Despite his many injuries, he continued to offer maximum resistance. His personal bravery in the face of deadly enemy pressure was significant in saving the lives of fellow aviators who were still flying against the enemy. Col. Day's conspicuous gallantry and intrepidity at the risk of his life above and beyond the call of duty are in keeping with the high-

namPOW continued...

est traditions of the U.S. Air Force and reflect great credit upon himself and the U.S. Armed Forces.

VADM Jim Stockdale, USN: For conspicuous gallantry and intrepidity at the risk of his life above and beyond the call of duty while senior naval officer in the Prisoner of War camps of North Vietnam. Recognized by his captors as the leader in the Prisoners' of War resistance to interrogation and in their refusal to participate in propaganda exploitation, Rear Adm. Stockdale was singled out for interrogation and attendant torture after he was detected in a covert communications attempt. Sensing the start of another purge, and aware that his earlier efforts at self disfiguration to dissuade his captors from exploiting him for propaganda purposes had resulted in cruel and agonizing punishment, Rear Adm. Stockdale resolved to make himself a symbol of resistance regardless of personal sacrifice. He deliberately inflicted a near-mortal wound to his person in order to convince his captors of his willingness to give up his life rather than capitulate. He was subsequently discovered and revived by the North Vietnamese who, convinced of his indomitable spirit, abated in their employment of excessive harassment and torture toward all of the Prisoners of War. By his heroic action, at great peril to himself, he earned the everlasting gratitude of his fellow prisoners and of his country. Rear Adm. Stockdale's valiant leadership and extraordinary courage in a hostile environment sustain and enhance the finest traditions of the U.S. Naval Service.

Col. Leo Thorsness, USAF: For conspicuous gallantry and intrepidity in action at the risk of his life above and beyond the call of duty. As pilot of an F-105 aircraft, Lt. Col. Thorsness was on a surface-to-air missile suppression mission over North Vietnam. Lt. Col. Thorsness and his wingman attacked and si-

lenced a surface-to-air missile site with air-to-ground missiles, and then destroyed a second surface-to-air missile site with bombs. In the attack on the second missile site, Lt. Col. Thorsness' wingman was shot down by intensive antiaircraft fire, and the 2 crewmembers abandoned their aircraft. Lt. Col. Thorsness circled the descending parachutes to keep the crewmembers in sight and relay their position to the Search and Rescue Center. During this maneuver, a MIG-17 was sighted in the area. Lt. Col. Thorsness immediately initiated an attack and destroyed the MIG. Because his aircraft was low on fuel, he was forced to depart the area in search of a tanker. Upon being advised that 2 helicopters were orbiting over the downed crew's position and that there were hostile MIGs in the area posing a serious threat to the helicopters, Lt. Col. Thorsness, despite his low fuel condition, decided to return alone through a hostile environment of surface-to-air missile and antiaircraft defenses to the downed crew's position. As he approached the area, he spotted 4 MIG-17 aircraft and immediately initiated an attack on the MIGs, damaging 1 and driving the others away from the rescue scene. When it became apparent that an aircraft in the area was critically low on fuel and the crew would have to abandon the aircraft unless they could reach a tanker, Lt. Col. Thorsness, although critically short on fuel himself, helped to avert further possible loss of life and a friendly aircraft by recovering at a forward operating base, thus allowing the aircraft in emergency fuel condition to refuel safely. Lt. Col. Thorsness' extraordinary heroism, self-sacrifice, and personal bravery involving conspicuous risk of life were in the highest traditions of the military service, and have reflected great credit upon himself and the U.S. Air Force.

(Part II Posthumous - Sept. 2009)

pow-mia



PNC John Edwards Chairman

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AMERICANS ACCOUNTED FOR:

There are now 1,740 US personnel listed by the Defense POW/MIA Office (DPMO) as missing and unaccounted for from the Vietnam War. The remains of Major Harmon Polster, USAF, listed as MIA in Laos on July 15, 1969, were jointly recovered April 21, 2007 and identified March 30, 2009. The remains of Major Wilbur R. Brown, USAF, previously missing in South Vietnam, were recovered May 19, 2003 and part of a recent group identification. The number of US personnel accounted for since the end of the Vietnam War in 1975 is now 842. 90% of the 1,740 still missing were lost in Vietnam or areas of Laos and Cambodia under Vietnam's wartime control.



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civilians



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The Siege of Santo Tomas part 3

At length noon came and we asked to be excused to get our lunch. He said no, for though he trusted us, still if we were untrustworthy, it would be most unfortunate. So we stayed on in his room a bit and then suggested that as he was tired and doubtless needed rest we might go to another room and wait. This we did.

There we had some talk with members of the Japanese staff who were friendly to us throughout. Ohashi had been a candy firm man for fifteen years and spoke English well. Kinoshita had been a vice-principal of a middle school in Kyoto and head of the English department. Hirose was sick but had been very good to us in many ways. He had been in foreign office work either in the consular service or embassy in some South American country and talked English fairly well, but Spanish very freely. Those three and one other, Honda, an interpreter who spoke Tagalog, having spent most of his life in the Philippines, had always been helpful to us.

It was suggested that if they could stay on in the interim between Japanese and American control, they could go out of camp for us, for they

would have no difficulty with the Japanese Military Police. We chatted away waiting and waiting. At length the commandant woke out of his stupor and I put to him the request of the committee. He turned it down flat. I promised that we would guard the four men with our lives. He said that no Japanese could surrender and if they stayed on surrender was implied. His assumption that these men would not wish to surrender was contrary to fact, for three of them indicated that the plan suited them.

At length at four o'clock the commandant swore us to secrecy. We were not to let the internees know what had been talked over in the conference, and we were allowed to go back. Of course folks were very anxious to know what had gone on, and it was very difficult to keep it secret. The Japanese expected our task force (which layoff the mouth of Manila Bay) to receive aid from the air and with the guns at Corregidor commanded from the air our fleet could sail right past the forts and land forces on the water front of Manila. It was two days later that the landings came, but in another spot, Lingayan Gulf.

February 3 was the day, or rather the evening, the troops came in. Most of the Japanese soldiers had been withdrawn, and the soldiers were Formosans in the main. They had received considerable training, but were not a very martial lot.

For office staff we had:
Commandant Lt. Col. Hayashi.
Department Heads:
Onozaki (civilian granted courtesy rank of major).
Ohashi (civilian granted courtesy rank of?).
First Lieutenant Shiraji, of the Commissariat.
2nd Lt. Yamamoto of the Commissariat.
First Lt. Abiko, of the Infantry.
(Dr. Yoshimura, 1st Lt. in Army Medical, and his whole department had been withdrawn a few days before.)
Takeda (who had been a private in the China campaign, but with us a civilian attached to the military with courtesy captain? rank).

Department personnel included seven to ten civilian clerks.
Cooks, *kozukai*, [janitor, watchman] etc., perhaps a half dozen.

Soldiers enough with a few folks from headquarters to make up a total of nearly seventy, say fifty soldiers. These had rifles, one machine gun, and some hand grenades.

The Education Building (school of pedagogy on a university campus) was a three-storied affair. The first floor was entirely in the hands of the Japanese except for East end staircases; the central staircases were in Japanese hands. The second floor was divided two thirds to the Japanese, one-third to the internees. I messed up the staircase situation. The East end staircase was in internee hands. The other three were in Japanese. The third (top) floor was entirely internee. When trouble started the Japanese took over all the staircases and the internees all went to the top floor.

Orders were for curfew to come at the close of roll call on Feb. 3. For several nights we had heard what sounded like artillery. Probably it was an opening up of the guns in response to some sniping by guerrillas, for the active combat lines were still twenty-five miles and more away.

On that night I was only a few days out of the hospital. I had been discharged Monday with orders to keep off my feet. This was Saturday.) The sun was about going down and Mr. Lloyd, the Britisher on the Internee Committee had come over to see how I was. As we were talking we heard tanks and trucks rolling along our back wall. Bob Crytzer had let me go to live in his shack near the back wall, to save my having to climb up to the third floor of the lofty Main Building. A few shots were fired and some machine gun bursts. We heard Filipino voices, "They're here!" "They've come!" Whether it could be Americans we couldn't tell. It might be J. tanks out to quell a guerrilla uprising.

(Part IV in September issue)





August 13-16, 2009 The Department of Ohio Annual State Convention will be held at the Drury Inn and Suites, Columbus, OH (614-875-7000. For additional information, call "Doc" Unger (216) 521-1889 Anyone and everyone is invited.

Aug. 18-23, 2009. The 8th Air Force Historical Society will hold its 35th Annual Reunion at the Millennium Hotel, Cincinnati, OH. They will be hosting an "Air Corps POW Roundtable as part of the reunion. For more information, contact Gregory Hatton, 350-65th St., Apt. 22C, Brooklyn, NY 11220; 718-836-5951; gregoryhatton@earthlink.net.

August 25-30, 2009. The Third Marine Division Association will hold its annual family reunion in San Antonio, TX at the El Tropicano Riverwalk Hotel. Anyone who served in, was attached to or served in support of the Third Marine Div. at any time is eligible and cordially invited to attend. Contact: Jeffrey Dement, 23830 W Ottawa St., Plainfield, IL 60544; 815-436-3783; jeffdement@aol.com; www.caltrap.com.

August 26-29, 2009. The 80th Infantry Blue Ridge Division Veterans Association will hold its 90th Annual Reunion at the Pittsburgh, PA Airport Marriott Hotel. Call for reservations: 412-788-8800. For more information, contact: Donald Stewart, 412-442-6758; Donald.Stewart@us.army.mil

September 8-13, 2009. The AX-POW National Convention will be held in Boise, ID. Please see convention pages in the Bulletin for more information.

Sept. 23-28, 2009. The 4th Annual Korean War Veterans Association reunion will be held at the Eden Resort, Lancaster, PA. All Korean War Veterans welcome! Great side trips to the Korean Memorial, Valley Forge and Lancaster County. Contact: Charles & Judy Egresitz, 717-652-4088, 717-497-6971; apecbble@aol.com.

Sept. 23-27, 2009. The 35th Infantry Division Association will hold its Annual Reunion at the Ramada Hotel & Convention Center, Topeka, KS. Delegations from cities in Europe the 35th Division liberated in WWII will attend. For details, call Col. Robert Dalton, 785-267-3295; or www.35thInfDivAssoc.com.

looking
for



My name is Jackie Hooper and I am from Portland, Oregon. I have created a project that I am hoping you could help me with. It is called "The Things You Would Have Said" and I am collecting letters from people of all ages, asking them to write a letter to someone saying something they have always wanted to say but never took the opportunity to do so. It can be to someone alive or deceased, and the letters can either be lighthearted or deeply emotional. I have received letters from elementary schools, high schools, retirement homes, the Lane County jail, and other various people around the area. It would be amazing to hear the stories of ex-prisoner war survivors and have them contribute letters to this collection. My goal is to collect enough letters to publish the collection as a book. I have release forms for writers to sign if their submission gets chosen for the collection. Is there a way I can contact them about this? Thank you for your time. I sincerely appreciate it! Jackie Hooper, 14109 NW Bronson Creek Drive, Portland, Oregon 97229.

News Briefs

Apology 67 years later...

Japan's Ambassador to the United States, Ichiro Fujisaki, flew from Washington to San Antonio, Texas to deliver that country's apology to the POWs of Japan. His last-minute appearance was on May 30, 2008 and given to the 64th and final convention of the American Defenders of Bataan and Corregidor.

"Ladies and gentlemen, I thank you very much. I am very grateful, for the very kind invitation I have received. It is a great honor to participate in your final convention.

Today, I would like to convey to you the position of the government of Japan on this issue. As former Prime Ministers of Japan have repeatedly stated, the Japanese people should bear in mind that we must look into the past and to learn from the lessons of history. We extend a heartfelt apology for our country having caused tremendous damage and suffering to many people, including prisoners of wars, those who have undergone tragic experiences in the Bataan Peninsula, Corregidor Island, in the Philippines, and other places.

Ladies and gentlemen, taking this opportunity, I would like to express my deepest condolences to all those who have lost their lives in the war, and after the war, and their family members. As for the Peace Program, as such Dr. Tenney referred, I have told him that I cannot make a definite statement at this junction, if we can expand this program. However, I can convey to you that relevant bureau in the government of Japan

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is working seriously and sincerely on this matter.

Today, Japan and United States are the closest friends, best allies. But, we should always keep in our mind that this good relations is based on our past experiences and efforts. Ladies and gentlemen, we are committed to carry on the torch of our future gen-to our future generations of this excellent and irreplaceable friendship and relations. I thank you very much for this occasion."

Notch Fairness

Act of 2009

HR 1067 Introduced 2/13/2009 - Sponsor Rep. John Hall (NY); 69 cosponsors Companion Senate Bill - S81.

Notch Fairness Act of 2009 -

Amends title II (Old Age, Survivors and Disability Insurance) (OASDI) of the Social Security Act to revise the formula for the computation of minimum Old Age Insurance benefits for individuals who reached age 65 in or after 1979, and to whom applies the 15-year transition period for the changes in benefit computation rules enacted in the Social Security Amendments of 1977.

Sets forth a schedule of additional benefit increases for such beneficiaries (and related beneficiaries), with percentages declining from 55% to 5% and keyed to the year an individual became eligible for such benefits between 1979 and 1988.

Allows such beneficiaries, in the alternative, to receive lump sum pay-

ments over four years totaling \$5,000.

Surviving Spouses' Benefit Improvement Act of 2009

H.R.2243

To amend title 38, United States Code, to provide for an increase in the amount of monthly dependency and indemnity compensation payable to surviving spouses by the Secretary of Veterans Affairs.

Introduced by Rep. Steve Buyer (IN); 52 cosponsors. Companion Senate Bill S1118.

Increases the monthly rates of veterans' dependency and indemnity compensation payable to surviving spouses through the Department of Veterans Affairs (VA).



AMERICAN EX-PRISONERS OF WAR VOLUNTEER FUNDING PROGRAM



The AXPOW Volunteer 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 the National Treasurer to be used for the operation of the organization. A complete accounting of contributors will appear in the Bulletin each month.

I am enclosing my contribution to support the operation of the American Ex-Prisoners of War.

\$20.00 \$30.00 \$40.00 \$50.00 \$100.00 Other

Please circle one category:

Individual

Chapter

State Department

(If chapter or department, please give name)

Name

Address

City/State/Zip

Phone #

Please make checks payable to American Ex-Prisoners of War - Voluntary Funding

Mail contributions to: Sonnie Bill Mottern

National Treasurer, American Ex-Prisoners of War

279 Huckleberry Road, Bluff City, TN 37618; 423-341-4213

Donations are not tax-deductible at this time

Ex-POW Bulletin
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Sept 8-13, 2009
 ~~ **Boise Idaho** ~~

To be held at the Doubletree Hotel in downtown Boise. Room rates are \$92 per night, plus tax. Parking at the hotel and airport transportation are free. Registration will be \$77 per person and include the following:

- ~ Welcoming Package with name button, itinerary, list of attendees, & local information
 - ~ Hospitality Room stocked with snacks & beverages all 5 days
 - ~ All associated taxes and gratuities
- (Ladies Luncheon will be \$17.00 per person.)

***Call the Doubletree at 208-343-1871 no later than August 7, 2009
 to make your hotel reservations.***

Doubletree Riverside Hotel
 2903 Chinden Boulevard
 Boise, Idaho 83717

REGISTRATION FORM

YES SIGN ME UP FOR AMERICAN EX POW'S ANNUAL CONVENTION!!!

NAME _____

POW CAMP _____ BRANCH OF SERVICE _____

ADDRESS _____

PHONE _____ EMAIL _____

NAME OF YOUR GUESTS _____

BANQUET MEAL SELECTION: BEEF _____ CHICKEN _____ VEGETARIAN _____

PLEASE LIST ANY SPECIAL NEEDS: _____

IN CASE OF EMERGENCY NOTIFY _____

IS THIS YOUR FIRST CONVENTION? YES: _____ NO: _____

REGISTRATION FEES

NUMBER OF PERSONS ATTENDING _____	x	\$77	=	_____
LADIES LUNCHEON NUMBER ATTENDING _____	x	\$17	=	_____
CITY/WARHAWK TOUR NUMBER ATTENDING _____	x	\$33	=	_____
SHAKESPEARE THEATER NUMBER ATTENDING _____	x	\$43	=	_____
TOTAL ENCLOSED			=	_____

PAYMENT IS DUE NO LATER THAN AUGUST 8, 2009

PLEASE SEND PAYMENTS TO THE FOLLOWING ADDRESS AND MADE PAYABLE TO:

THE REUNION BRAT
 50721 State Hwy 410 E Greenwater, WA 98022; (360)663-2521

Confirmation of Registration and Itinerary will be sent out by August 15, 2009. A \$20 per person cancellation fee will apply to all cancellations received within 30 days of the event. Cancellations received within 10 days of the event will be non-refundable. Call the DoubleTree Hotel at 208-343-1871 no later than August 7, 2009 to make your hotel reservations. Be sure to mention you are with the American EX-POW Convention to receive your group rate of \$92 a night, plus tax. These prices are available 3 days prior to and after your event should you choose to extend your stay.

**Ex-POW Bulletin
 July/Aug 2009**

We'll see you soon in beautiful Boise Idaho!!



American Ex-Prisoners of War Candidate for National Office 2009



Candidate for office of:

Name:

Address:

Telephone:

Member Chapter:

Military Service Organization (Army, Air Force, Navy, Marines or civilian):

Date and Place of Capture:

Places of Internment:

Date and Place of Liberation:

Biography (Please attach, including picture):

To be eligible to run for a national office, a candidate must have been a member for the 3 previous years. Submit to: Grover Swearingen, Chairman, 408 Fair Park Avenue, West Union, OH 45693 ~ (937) 544-2459; db6194@dragonbbs.com

National Convention Tentative Agenda Sept. 8-13, 2008

Tuesday Sept. 8:
National Service Officer Training
Registration Desk Open in PM

Wednesday Sept. 9:
National Board of Directors Meeting
Registration Desk Open
Hospitality Room Open
Hospitality Room
Evening Entertainment

Thursday Sept. 10:
Opening Ceremonies
Registration Desk Open
Hospitality Room Open
Credentials Room Open
Ladies Luncheon
Legislative & MedSearch Seminars
Commanders Reception with Entertainment

Friday Sept. 11:
Past National Commanders Breakfast
General Business Session
Camp Reunions

Hospitality Room
Evening Entertainment

Saturday Sept. 12:
General Business Session & Balloting
Banquet and Installation of Officers

Sunday Sept. 13:
Devotional
National Board of Directors Meeting

Note: If you are staying for the banquet, you will be checking out on Sunday, Sept. 13. If you are planning to attend the new Board of Directors meeting, please make plans to depart later in the day on Sunday.

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AD Order Form

Page size is 8 1/2 x 11

Ad Pricing

Black & White	Color
Full Page\$250	\$500
Half Page... .\$175	\$300
Quarter Page...\$125	
BusinessCard..\$50	

Name: _____

Organization: _____

Address: _____

City: _____

State & Zip: _____

Telephone: _____

Ad Size: _____

Amount Enclosed \$ _____

**Checks Payable to:
2009 Convention Fund
Mail Form with Ad materials and
check to: Marsha Coke, National
Headquarters, 3101 E. Pioneer Pkway,
Suite 40, Arlington, TX 76010**

AMERICAN EX-PRISONERS OF WAR

2009 NATIONAL CONVENTION

DELEGATE VALIDATION FORM

SEPTEMBER 8-13, 2009

BOISE, IDAHO

Please validate the following members as delegates to the 2009 National Convention in Boise, ID

Chapter/Department Name (Please print)

Head Delegate: (Please print name and address.)

Other Delegates and Alternates: (Please print names and addresses.)

Validated lists will be returned to the Head Delegates.

If you are a chapter voting with your state department, **do not** return this form.

MAIL THIS FORM TO: AMERICAN EX-PRISONERS OF WAR, CREDENTIALS

3201 EAST PIONEER PARKWAY #40 ARLINGTON, TEXAS 76010-5396

Guidelines for Credentials & Voting

Credentials Room will open Thursday, Sept. 10, 2009 from 1PM-5PM for head delegates to start checking in with their validated credential letter.

1. There is no proxy voting in this organization.

2. There are three ways to cast votes: State Department, Chapter or Member-at-Large.

3. The State Department or Chapter Adjutants must submit the Credentials letter to the National Adjutant with the list of delegate(s) attending the convention. Per the Bylaws, this will be sent to National Headquarters no later than 30 days

prior to the first business meeting of convention.

4. The National Adjutant will validate the membership list from each State Department, Chapter or Member-at-Large. Once validated, a copy will be mailed to the Head Delegate and the original will be given to the chair of the Credentials Committee. Bring your copy to convention.

5. Per Bylaws, the State Department may represent a member of that state who is not represented by a chapter.

6. Voting chapters, per Bylaws, shall list by name, alphabetically, each member they are representing at the convention. This way, our National Adjutant knows how many people to subtract from the State Department count.

7. Each validated credential letter must be presented to the Credentials Committee no later than three (3) hours prior to the first call to order General Membership meeting of the national convention.

8. No show, no vote. Please make sure if your head delegate cannot attend the convention after receiving their copy of the validated credential letter in the mail that they give it to an alternate on the delegate list.

Debby Lindhurst, Chair
Credentials Committee
3620 W. Ruth Ave
Phoenix, AZ 85051

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RESOLUTION 2009-01
To amend the National Bylaws,
Article IX - Officers, Paragraph I -
Governance, sub-paragraph 3.

WHEREAS: The National Bylaws can be misinterpreted as written: "Actions of the Board of Directors may be repealed, amended or modified by a simple majority vote of the delegates, present and voting, at the national convention."; and

WHEREAS: The word "delegates" in the above quote is often misinterpreted to mean only members present who are credentialed to cast paper ballots during the annual election of members of the Board of Directors; therefore be it

RESOLVED: That the Article IX, Paragraph 1, sub-paragraph 3 be changed to read:

3. Actions of the Board of Directors may be repealed, amended or modified by a simple majority vote of the members, present and voting, at the national convention.

Submitted by James Lollar, Texas

RESOLUTION 2009-2
To amend the National Bylaws, Ar-
ticle XIII, Paragraph E

WHEREAS: The past practice in reference to the AXPOW By-Laws, Article XIII. National Convention, paragraph E, sub-paragraph 4 has allowed chapter votes to be added back to the State Department totals when the chapter's designated Head or Alternate Delegate did not present their letters of validation to the Credentials Committee; and WHEREAS: This practice violates the "intent" of the above referenced sub-paragraph 4 because the votes

associated with the Head or Alternate Delegate's failure to present their letters of validation to the Credentials Committee continue to be and are still represented by a delegate who did not follow the guidelines set forth in the AXPOW By-Laws; therefore, be it

RESOLVED: That a second sentence should be added to the existing AXPOW By-Laws, Article XIII. National Convention, paragraph E, sub-paragraph 4 as follows: "The votes associated with any delegation will not be counted if the Head or Alternate Delegate does not properly present their previously validated letters to the Credentials Committee."

Submitted by James Lollar, Texas

RESOLUTION 2009-3
To amend the National Bylaws,
Article IX, Paragraph F

WHEREAS: The organization is evolving each year, and

WHEREAS: Knowledge of the current actions of the organization is paramount to serving the members, therefore, be it

RESOLVED: That Article IX, Paragraph F, sub-paragraph 2 be changed to read:

2. To be eligible for election to office of National Junior Vice Commander a member shall have served the previous term as National Jr. Vice Commander or National Director.

Submitted by the Bylaws and Resolutions Committee

RESOLUTION 2009-4
To amend the Bylaws Article IX -
Officers, Paragraph I -
Governance, sub-paragraph 3.

WHEREAS: The National Bylaws provide that "Actions of the Board of Directors may be repealed,

amended or modified by a simple majority vote of the delegates, present and voting, at the national convention."; and

WHEREAS: The word "delegates" in the above quote is evidently intended to mean only members present who are properly credentialed to cast paper ballots during the annual election of members of the Board of Directors; and in voting on properly processed resolutions; and

WHEREAS: At an open meeting during an annual convention, it is virtually impossible to verify the eligibility of each delegate present and the number of votes each delegate is authorized to cast, without an extensive and unacceptable delay in the proceedings; and

WHEREAS: The inclusion of such a provision empowers those members who so choose, to vote to veto the actions of the elected officers and board members, who should be expected to be more knowledgeable about the issues and more concerned with the welfare and future viability of the organization than members who normally are not required to take an oath of office to properly discharge their responsibilities; and

WHEREAS: In a report on her review in 2000 of the organization's governance documents, Dr. Lakey, a professional authority on the subject, commented that such a provision was inappropriate for any non-profit. Also, in my 26-year career as a CPA and a Management Auditor, such a provision in the bylaws of any corporation is unknown; therefore be it

RESOLVED: That Article IX, Paragraph I, sub-paragraph 3 be repealed and deleted from the bylaws, for the good of the order.

Submitted by Sid Hecker, Mississippi



KENNY HANSON
National Commander

Serving with the Army, 14th Inf. Reg., 25th Inf. Div. Co. "I", Kenny was captured on the east slope of Heartbreak Ridge, Korea on March 1, 1952. He spent the next year and a half at Camp #2 Annex before liberation at Panmunjom on Aug. 25, 1953.



Kenny has been a life member of AXPOW since 1988. He served as Dept. JVC, SVC and State Commander; and has served as State Treasurer for 8 years. He is an AXPOW VAVS Representative at the Minneapolis, MN VAMC and has been an active National Director, North Central Region for eight years; JVC for one year.

He also serves as National Convention Chairman and has been a member of the Budget & Finance Committee in his role as Jr. Vice Commander.

Kenny and Jan live in Bloomington, Minnesota.

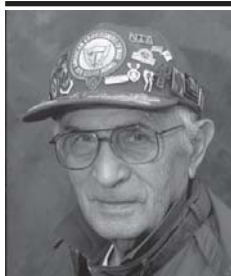
MORRIS BARKER
Sr. Vice Commander

While serving with the 15th. Air Force, 451 BG, 726 Sqdn, Morris was shot down near Budapest Hungary and was held in Stalag Luft IV. He was also on the 86 day march through Germany.



After discharge from the military, he graduated from Texas A&M University, and later earned a MA from the University of Texas. He has been an active member of AXPOW, serving as Chapter Commander, Texas State Department Commander, National Director as well as Jr. Vice Commander. Morris developed an AXPOW Voluntary Funding Program that has proven very successful in providing operating funds for the American Ex-Prisoners of War organization during the past year. With Morris' help, we are financially solvent and should remain so as he continues to come up with ways to maximize our potential.

Morris and his wife, Mary live in Waco, Texas.



CHARLES SUSINO
Jr. Vice
Commander -
East

Current National Jr. Vice
Commander 2008-2009.
National Director

Budget and Finance Committee
Grievance & Investigation Committee
Commander, Dept. of New Jersey (12+ years).
NSO-10 years.

AAC Veteran, flew B-24 European theatre - hit the silk over Nord, France, March 5, 1944 after being hit by flak and fighters. Pilot gave the order "bail out" and he was captured by two squads of German soldiers. After being shipped to Dulag Luft on the Rhine for 7 days of interrogation, he was sent by boxcar to East Prussia, Luft 6. In Jan. 1945, he was forced marched to Memel, then sent to Luft 4. After being forced onto the 2 1/2 month-long "Black Hunger March", he escaped with five other prisoners and located a field hospital in the American Zone.

Charlie and his wife, Lillian live in Metuchen, New Jersey

CARROLL BOGARD
Jr. Vice Commander - Central

Carroll enlisted in the Air Force in 1942, serving with the 8th AF, 466th BG, 785th BS. He was captured in August, 1944, then held in Stalag Luft VI and Luft IV. He participated in the 87 day march across northern Europe before being liberated by the British 7th Army at Lauenburg, Germany on the Elbe River.

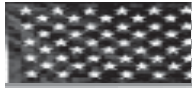


He joined AXPOW in 1986 and quickly became an active member. He has been NE Iowa Chapter Adjutant, Vice Commander and Commander; at the Dept. level, he worked the chairs, culminating with a three-year stint as Commander when the Dept. hosted the 1995 National Convention in Des Moines.

He has been a National Director, serving the North Central Region, for the past five years.

Carroll and his wife, Barbara, live in Mason City, IA.

Decision 2009 Candidates



LAURA McINTYRE National Director, NorthEast

Laura is a life member of AX-POW and current National Director — since 1999. She served two terms as Chapter Commander of the Western MA Chapter, and is past State Dept. Commander for Massachusetts, past Adjutant and Treasurer.



Laura is also a life member of DAVA and VFW Auxiliary. She has spent 28 years VAVS Northampton VAMC. On the AXPOW National level, she served as Chairman, Awards and member, Bylaws committees.

Laura and her adorable husband Philip live in Hardwick, MA.

SID HECKER National Director, SouthEast



Sid joined AXPOW in 1990; served as SVC in Magnolia (MS) Chapter from 1991 to present; National Director, SouthEast

since March 2008.

He was instrumental in obtaining the services of Dr. Berit Lakey, who did the Strategic Planning Report for the organization back in 2000. He

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currently serves as Chair of the Strategic Planning Committee.

Served with I Co, 110th Inf, 28th ID. At age 19, he was one of the survivors of an outpost unit which was over-run the first day of the Bulge, and captured the next day. He was in Stalag IX-B, liberated on 2 April 1945. After discharge he returned to college and got his BS degree in May 1947. He became a CPA in 1955, and spent 27 years as an auditor/investigator.

Sid lives in Diamonhead, MS with his wife, Belle.

JOHN CLARK National Director, NorthCentral



John was born and grew up in Columbia, Missouri. He went through Air Force ROTC at the University of Missouri and in 1962, his

senior year, he was Cadet Wing Commander. He graduated a Distinguished Military Graduate and received a regular commission in the US Air Force.

John was shot down over North Vietnam and captured on March 12, 1967. He was held in Hoa Lo (Hanoi Hilton), Power Plant, Son Tay, and Camp Faith. He was liberated in Hanoi on February 18, 1973. He had spent six years as a POW.

John is a member of the Central Missouri Chapter. He is currently serving as Commander for the Dept. of Missouri, AXPOW. He and his team were responsible for the terrific Kansas City Convention in 2008.

John and his wife, Anne, live in Columbia, MO.

DEANIE SCHMIDT National Director, MidCentral

Deanie has been actively involved in ex-POW concerns for many years. As she traveled with her husband, Bill, when he was serving



as Director, Jr. Vice and National Commander, she became an advocate for "Those who can't help themselves". She has served in her own chapter as Adjutant and Editor of their newsletter for over ten years and planned seminars for wives and widows. Deanie has been a National Director since March, 2008. She is chairman of the Awards Committee. She realizes that the organization needs dramatic changes to plan for the future and would like to see our next-of-kin become involved. Just as the DAR is still with us, she would like to see the American Ex-Prisoners of War live on.

Deanie and Bill live in Columbus, Ohio.

JAMES L. LOLLAR National Director, SouthCentral



Jim, a B-52 Tail-Gunner, became a member of the 4th Allied POW Wing at the infamous Hoa Lo Prison (the Hanoi Hilton) after

his aircraft was shot down over North Vietnam during Operation Linebacker II.

Decision 2009 Candidates



Jim has served 3 terms as AXPOW's National Sergeant at Arms & was a member of the AXPOW By-Laws & Resolutions Committee for 1 year. He is currently serving his 2nd year as Commander of the AXPOW-Dallas Metroplex Chapter, is currently serving as Adjutant & Treasurer for the AXPOW-Department of Texas, & is now completing his 2nd year as National Director for the AXPOW-South Central Region.

He is currently serving the National AXPOW Organization as Chair of both the Grievance & Investigation Committee & the Ways & Means Committee.

Life Memberships: American Ex-Prisoners of War (AXPOW), 4th Allied POW Wing, Red River Valley Fighter Pilots Association (River Rats), B-52 Strata-Fortress Association, Son Tay Raiders Association, USAF Gunners Association, NCO Association, VFW-Post #2559, AMVETS-Post #36, NRA, Viet-NOW, DFC Society, MOPH Association, & Weber Boosters Club

Jim is now retired & lives with his 2 pups on the shore-line of beautiful Lake Tawakoni a few miles North of Wills Point, TX, where the fishing is always outstanding.

BONNIE SHARP
National Director,
NorthWest



I am seeking re-election for the position of National Director of the Western Zone. I am a life member of the AXPOW organization and an active member of the Tacoma, Washington chapter. I have served as Chapter Commander for 3 years

and for the past five years I have been the Chapter Adjutant.

I have held the position of Northwest National Director for seven years and was appointed as the Western Division National Jr. Vice Commander for one year. I have served on the Outreach, Membership and Ways and Means Committees.

I look forward in continuing to assist our Ex-POW's and their widows however I can. If I am elected, I will, to the very best of my ability, respect and honor the office of Northwest National Director, and will continue to support and serve our organization well.

I appreciate your confidence in me in the past and with your support at the Idaho National Convention, I feel confident you will not be disappointed in re-electing me to the positions of NW National Director, 2009-2011. Your vote would be very much appreciated.

I live in University Place, WA. with my husband PNC Maurice Sharp, near our four children and their spouses, eleven grandchildren and 3 great grandchildren.

LEW SLEEPER
National Director,
SouthWest

Lew is a WWII veteran of the Army Air Corps. He flew missions out of England with the 8th AF, then out of Italy with the 15th AF. On his 8th mission, he was shot down over the Ploesti Oil Fields and was a POW for 4 months.



After retirement, Lew has spent his time volunteering. His adventures have led him to the United States Peace Corps, International Executive Service Corps, the Red Cross, Habitat for Humanity and the American Ex-Prisoners of War.

He was elected to the AXPOW Board of Directors at the Kansas City convention. He currently serves as the voice of the Strategic Planning Committee and the plans for the future of AXPOW.

Lew and his wife, Janice, live in Tucson, AZ.



To be eligible to run for a national office, a candidate must have been a member for the 3 previous years.

Grover Swearingen, Chairman,
408 Fair Park Avenue, West
Union, OH 45693 ~ (937) 544-
2459; db6194@dragonbbs.com



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contributions



Please send donations to:
National Headquarters, 3201 East
Pioneer Parkway, Suite 40,
Arlington, TX 76010. You can also
make a donation with a credit card
(MasterCard or Visa). Just call 817-
6492979. Thank you!

Contributions are not
tax deductible at this time

GENERAL FUND

Alexander Kreizer, Fairfield CT
Javier Serda, Pharr TX
M Arthur Weinstein, Mashpee MA
Ray Servatius, Clarkston WA
In memory of Betty Wells, by PNC
Maurice & Bonnie Sharp
In memory of Bill Fornes, by
Gerald Smith
In memory of Ivan Hunter, by
Adeline Robinson
In memory of Ivan Hunter, by the
Mid-Iowa Chapter
In memory of James Logsdon, by
Gerald Smith
In memory of Jesse Daniel, by
Wm Eastman
In memory of Jesse Gerald Daniel,
by Billy & Mary Clark
In memory of Jessie Gerald
Daniel, by Alice Grogan
In memory of Jessie Gerald
Daniel, by Richard Senf
In memory of John Kinsler, by
Wendy Gannon
Frank & Lora Rago
Salvatore Lavante & Susan
Palumbo
In memory of Joseph Venti Sr, by
Ann & Jimm Aragona
In memory of Joseph Venti Sr, by
Beatrice Cox
In memory of Joseph Venti Sr, by
Cliffside Park Education Associa-
tion

In memory of Joseph Venti Sr, by
Columbia Bank, Fair Lawn
In memory of Joseph Venti Sr, by
Columbia Bank, Wayne Hills
In memory of Joseph Venti Sr, by
David & Cindy Ludwig
In memory of Joseph Venti Sr, by
Donna Montesano
In memory of Joseph Venti Sr, by
Francis Spampinato Jr
In memory of Joseph Venti Sr, by
James Lake
In memory of Joseph Venti Sr, by
Janet Sonnema
In memory of Joseph Venti Sr, by
Jeanne Warnock & Family Inter-
vention Services
In memory of Joseph Venti Sr, by
Joseph Makowski
In memory of Joseph Venti Sr, by
Joseph Ventimiglia
In memory of Joseph Venti Sr, by
Kathleen Hoover
In memory of Joseph Venti Sr, by
Linda Luvera
In memory of Joseph Venti Sr, by
Lorraine & Sandy Morano
In memory of Joseph Venti Sr, by
Marie Jungerman
In memory of Joseph Venti Sr, by
Martha & William Mariniello
In memory of Joseph Venti Sr, by
Norman Polansky
In memory of Joseph Venti Sr, by
Thomas Brennan
In memory of Lee Nestle, by Dick
Nestle
In memory of Maxine Parks, by
Melvin Parks, husband
In memory of Naomi Lindsay, by
David & Mildred Roth
In memory of Philip Pankaskie, by
Shelby Chubb
In memory of Philip Pankaskie, by
Lynn & Marlene Funk

LEGISLATIVE FUND

In memory of David Earle Baker,
by the Department of Maryland
In memory of John S Templin, by
the Department of Maryland

MEDSEARCH FUND

In memory of Helen Mae Templin,
by the Department of Maryland
In memory of Roberta Bollard, by
the Department of Maryland

NSO

In memory of Guy Carter, by the
Department of Georgia
In memory of Harold Campbell,
by the Department of Georgia

VOLUNTARY FUNDING

Suncoast Chapter, Florida
James Mikusi
Ann Krupinski
Rugy Giannoni in appreciation of
Cheryl Cerbone
LL Teller
Mr/Mrs Arthur Hewitt
Harry Crane
RT & MS Kaufman
John Gatens
Kachadour Avedisian
Alice Ryan
Donald Straight
Gerold Tucker
Muriel & EE Grams
Daniel & Rita Atwell
Peter Kaloustiai
Charlie Susino Commander NJ
Chapter
Donald & Sallie Durant
Victor & Avis Breite
Horace Hosbach
Ruth & Arthur Rubenstein
Henry Skubik
Salvatore & Camille Crivelli
Dean & Dorothy Christensen
Frederic & Patricia Miller
Ruth H Wann
Lewis A Sleeper Jr
Felice & Doris Gabrieli
Gerald Hanus
Benjamin & Lila Nienart
Edward Wallner
J Donald Griffin
Ruth Dorman in M/O Donald
Dorman
Robert William Buntin
Eugene & Irene Ostrowski
Sarah Cooper in M/O CL Cooper
John Crumme
Gordon Hoffman
William & Dharlys Fleharty Trust
Robert & Doris Brigham
James McGahee
Dept. of Missouri, AXPOW
Clinton
Rubert Bruton Jr
Aldo & Ann M Freda
John & Martha Shimshock
Kenneth Hanson
Vernon Meyer Revocable Trust
Benjamin Dunn



taps



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

ALBURY, Charles Donald, co-pilot of the plane that dropped the atomic bomb on Nagasaki, Japan, died May 23, 2009 in Orlando, FL. Albury helped fly the B-29 Superfortress, nicknamed "Bockscar," that dropped the weapon on Aug. 9, 1945. He also witnessed the first atomic blast over Hiroshima, as a pilot on a support plane that measured the magnitude of the blast and levels of radioactivity. The Hiroshima mission was led by Col. Paul Tibbets Jr. aboard the better-known "Enola Gay."

AVERY, Harriet "Hat", 86, of Lansdale, PA passed away March 18, 2009. She was predeceased by her husband of 61 years, Baldwin C Avery (Ex-POW). Hat was a consummate sportswoman - golf, sailing, volleyball and racquetball. She is survived by two daughters and three granddaughters.

BALDWIN, Robert W., 85, of Richland, WA passed away March 24, 2009. He served during WWII with the AAF, 737th BS. Shot down over Germany, he was a POW in Stalag Luft III. He leaves his beloved wife of 52 years, Catherine, 2 sons, 1 daughter and 7 grandchildren.

BARNES, Elsie M., 85, of Hialeah, FL died April 18, 2005. She was the widow of Ex-POW Karl F Barnes, who died in 1995. Both were life member of the Gold Coast Chapter, AXPOW. Elsie is survived by her daughter, Karla.

BECKINGTON, Arthur R. from Fallbrook, CA died May 5, 2009. He was 86. He flew the P-51 Mustang, as a 2nd Lt. in the South Pacific's 7th Fighter Command, 21st BG, 531st BS. On a mission to Tokyo he was shot down by "friendly fire" on April 19th, 1945 and sent to the Kempei Tai POW Prison. He later spent time in the Omori Prison Camp in Tokyo. He was a member of the Vista group of the San Diego POW Chapter. He is survived by wife Hazel, 2 sons and 1 daughter.

BIGLEY, Roland P. of Victoria, TX died Feb. 15, 2009. During WWII, he served with the 15th AF. He and his crew were shot down; they were POWs of the Germans for 15 months. He was a life member of AXPOW. Survivors include his wife, Georgia, 2 grandchildren and 4 great-grandchildren.

BROWN, Pauline of Tampa, FL, longtime adjutant/treasurer of AXPOW, passed away May 13, 2009. She was predeceased by her husband, Ex-POW Edwin Leon Brown. During the 1970s and 1980s, Pauline was very active at the national level; she played an important role in the organization's successes over the years. She leaves 3 daughters, 1 son, 7 grandchildren, 3 great-grandchildren, numerous nieces and nephews, 1 brother and many, many friends.

BRYAN, Kenneth, member and past commander of the Okaw Chapter, passed away recently. During WWII, he was captured in the Battle of the Bulge and survived the cold winter march through Germany. Survivors include his wife, Margery.

BUTLER, John E, Sr., of Mansfield, Ohio, died June 9, 2009. He entered the U.S. Army Air Force, joining the 398th BG, 603rd BS. He was small enough to fit into a B-17 ball-turret as the gunner. On his 16th mission over Germany, Butler's plane was set afire, and the crew bailed near Leipzig, Germany. Taken as a prisoner of war, he was shuttled from the POW camp at Stettin on the Baltic Sea to Nuremberg to Munich. A member of the North Central Ohio Chapter, He is survived by his wife, Pauline.

BUTLER, Ralph Eugene, of Wood River, IL passed away May 9, 2009. He was 81. Ralph was captured while serving with the 24th Inf. Div. in Korea. He was released more than two years later. Survivors include his loving wife, Lorene, 2 daughters, 2 sons, 5 grandchildren and 1 sister.

CARPER, Lena, of Winchester VA, died December 25, 2006. She was the wife of Loring Carper, Commander of Bob Frakes Shenandoah Valley Chapter, and was a life member AXPOW. She is survived by her husband, Loring, one son and one daughter.

CHAGNON, Jack R., 78, of Colchester, CT passed away April 12, 2009. He was captured in Korea while serving with the 2nd Inf., 15th FA Bn and held for 32 months near the south bank of the Yalu River in Camps 5, 4, Bean Camp. Jack was a life member of the Connecticut Chapter, AXPOW. Survivors include his wife, Lorraine, 2 daughters, 2 sons, 3 grandchildren and 1 sister.

CLARK, Arthur B "Buddy", 87, died March 24, 2009 in Abilene, TX. He was serving with the 2nd Battalion, 131st Field Artillery on Java when he was captured by the Japanese on March 9, 1942. He spent the next 3 ½ years as a POW working on the Burma railroad. Buddy was a member of the Lost Battalion and the USS Houston Associations; life member of AXPOW. He leaves a loving wife of 62 years and 4 children, 5 grandchildren, 7 great-grandchildren and lots of friends.

CLARKE, Leonard O., of Eureka, CA passed away May 16, 2009 at the age of 90. During WWII, he flew with the 449th BG, 718th BS. He also flew with the 93rd BG, 8th AF. Leonard was shot down over Germany and held in Luft 1, Barth. Survivors include 1 sister, 1 brother and 17 nieces and nephews.

CURTIS, Jack C., of Battle Creek, Michigan, died May 25, 2009. Jack served with the 15th AF, 376th BG, 514th BS, and was held in Marburg, Austria and Bad Oestien.

taps continued...

D'AMORE, Adanto, of Fort Walton Beach, Florida, died April 28, 2009, just 20 days shy of his 96th birthday. He was stationed at Clark Field in the Philippines as the surgeon to the 19th BG where on Dec. 8, 1942, he was bombed and strafed by Japanese warplanes. He served more than 39 months as a POW in camps in both the Philippines and mainland Japan. Dr. D (as he is known to friends and family) is survived by Helen, his wife of 62 years.

DAY, Jr., Irving M., 86, of Deep Creek Lake, MD, died April 7, 2009 following a period of failing health. He served as bombardier and front turret gunner on B-24s with the 8th AF, 446th BG, 705th BS and was shot down over Germany on April 11, 1944. He was subsequently imprisoned at Stalag Luft 1 for 13 months until liberation. He was a life member of AXPOW, serving in the MD and FL chapters and enthusiastically supported the renovation and nationwide tours of the Collings Foundation's B-24. Survivors include his wife of 65 years, 2 sons, 1 daughter, 5 grandchildren and 2 great-grandchildren.

DELLER, Chester G., 90, of Ft. Lauderdale, FL passed away April 21, 2009. During WWII, Chester was with the Army Engineer's 803rd Company. He was a survivor of the Bataan Death March and nearly 3 ½ years of imprisonment. Chester was a member of the Oakland Park Chapter, AXPOW and has served as Commander, Jr. and Sr. Commander and on the Board of Directors. He was predeceased by his beloved wife, Francis. He leaves several nieces, his best friend and fellow ex-POW Lou Barwick and many other loving friends.

DICKERMAN, Clark, 87, passed away November 13, 2008. A pilot with the 100th BG, 8th AF, he was shot down on his 33rd mission, captured and sent to Stalag Luft III. He was in the marches from Sagan to Nurnburg to

Moosburg. Clark is survived by his wife of 63 years, Lillian, 4 sons and 8 grandchildren.

DUGMORE, Donald H. of Braintree, MA died March 29, 2009. He was captured while serving with the 8th AF, 458th BG. He spent 15 months in Stalag Luft 1. Donald was a life member of AXPOW and member of MA Chapter #1. Survivors include his wife of 58 years, Audrey, 1 daughter, 1 son and 4 grandsons.

EPPERSON, Robert B., of Cottonwood, California, died January 23, 2009. He was a member of the Shasta Chapter. Bob's ship, the USS Penguin, was sunk by the Japanese off the coast of Guam. He spent three years, nine months in POW camps, mostly in Hirohata. He leaves his loving wife of 61 years, Dorothy.

ESCHEDOR, Lucile, of Weston, OH passed away May 22, 2009. She was 84. Lucile was the widow of Carl H Eschedor, who served with the 168th Inf. Reg. captured in Africa and held for 27 months. The Eschedor's were members of the Maumee Valley Chapter, AXPOW. She is survived by 3 daughters and grandchildren.

FOISY, Aime J., of Auburn, ME died April 12, 2009. During WWII, he served with the 24th Armored Engineers Bn., 4th Armored Div. He was captured in Germany and held in Stalags XIII A, VII A and IV B. Aime was past commander of the Edgar L Poss Chapter and life member of AXPOW. He leaves his wife of 65 years, Aurore, 1 daughter and 2 grandchildren.

GLICK, Janice, beloved wife of Irving, died May 23, 2009. She was 86 years old. Both Janice and Irving were members of the Milwaukee Barb Wire Chapter, AXPOW. She is survived by her husband of 63 years, 2 sons, 1 daughter, several grandchildren and 1 great-grandchild. She also leaves many dear friends and extended family.

GUTHRIE, Bernard "Bernie" passed away Feb. 7, 2009. He was captured while serving with the 106th Inf. Div., 423rd Reg., Co. I and sent to Stalag

3B. He was a member of the Vista Branch of the San Diego Chapter, AXPOW. Bernie, age 89, leaves his wife Luella, 2 sons, 1 daughter, 9 grandchildren and 9 great-grandchildren.

HICKS, James Grant, 85, of W. Palm Beach, FL passed away June 3, 2009. His wife of 62 years, **Dorothy Mae Hicks**, preceded him in death on May 31, 2009. She as the love of his life. During WWII, he served with the 8th AF, flying out of England. He was shot down over Germany and held in Stalag 17B and the long march across Germany. He and his wife will be greatly missed by their son, daughter, grandsons and great-grandchildren.

HOROWITZ, Florence Betty "Betsy", of Southlake, Texas, died May 4, 2009. A member of the Fort Worth Chapter, she was the wife of Leon Horowitz, a POW in Germany. Betsy was born in Brooklyn, moved to Tulsa after her marriage and became a civic activist and passionate supporter of Tulsa's historic neighborhoods while raising her family there. She and Leon moved to Texas to be closer to their children. In addition to her husband of 57 years, she leaves three daughters, two sons and seven grandchildren.

HUNTER, Ivan F., of Gowrie, IA passed away April 26, 2009. He was captured while serving with the AAF; he was held 5 months in Germany. Ivan was a life member of AXPOW and had been Dept. Commander and Chapter Commander of the Mid-Iowa Chapter. He was predeceased by his wife, Deloris; he is survived by 1 sister and nieces and nephews.

KERR, Leslie T., of Canton, Ohio, died June 9, 2009. He was a POW in Germany. A member of the North Central Ohio Chapter, he is survived by his wife, Theresa, of 60 years.

LAMBDIN, Troy, age 83, of Knoxville, TN passed away Nov. 3, 2008. He was a member of the Smoky Mt. Chapter, AXPOW. Survivors include his wife of 58 years, Gladys, 1 daughter, sisters and many friends.

taps continued...

LAVOIE, Ralph E., of Hampton, NH died May 9, 2009. He was 88 years old. During WWII, he served with the 8th AF, flying out of England. He was shot down over Germany and taken to Stalag 17B. Ralph was seriously wounded in an escape attempt in 1943 and repatriated back to the US for treatment. His campmates assumed he had died in the attempt; they were surprised and very glad to see him at AXPOW conventions. Ralph was a member of the New Hampshire Chapter. He leaves 4 sons, 10 grandchildren, 7 great-grandchildren, many extended family members and a host of good friends.

LODATO, Philip J., 87, of Stamford, CT passed away Feb. 6, 2009. He was captured in Biche, France while serving with the 100th Div., Co. F., Machine Gun Div. and held in New Brandenburg. He leaves four daughters and five grandchildren.

McALESTER, Shelby Lee of Pittsburg passed away Feb. 2, 1995. He was posted on Corregidor with the 60th Anti-Air Regiment under General Douglas MacArthur. After capture, he was held in a number of camps including Camp O'Donnell, Bilibid, and Cabanatuan camps 1 and 2 then taken to Honshu where he worked as slave labor. He is survived by his wife, Lois and two sons.

McELROY, Jess R., of San Diego, CA died March 9, 2009. He was 84. He was captured while serving with the Navy in Korea. His plane was shot down on Dec. 13, 1951 and he was held 21 months - surviving the 364-mile march, interrogations and slave labor. Jess is survived by his wife and friend, Carol, 1 daughter, 1 son, 1 sister and two beloved grandchildren.

MERCER, Raymond Earl, 84, passed away April 23, 2009. He was working on Wake Island at the age of 16. When Wake surrendered, Earl was captured and he spent the next 44 months as a POW in camps in China and Japan. He leaves his wife, Connie, 1 son, 1 daughter, 6 grandchildren and 14 great-grandchildren.

MOULTON, Guy Curtis, of Sunset Beach, NC, died in May, 2009. He served in the AAC during WWII as a radio operator on a B-17, and was shot down over Poland on February 4, 1944. A POW in Germany, he was liberated April 11, 1945. He is survived by his wife of 63 years, Heni.

MYERS, Clyde, member of Ohio Chapter #1, died June 10, 2009. He served in the 8th Division and was in a number of German POW camps. He is survived by 2 sons, a granddaughter and 3 great-grandchildren.

NESTERBY, Melvin Henry died May 16, 2009 in Tacoma, WA, at the age of 88. During WWII, he was assigned to the 31st Inf. Reg. stationed at Manila and captured when Bataan fell. He is survived by his devoted wife of 34 years, Katherine, 2 daughters, 1 son, 1 step-son, 6 grandchildren and 15 great-grandchildren. Melvin was a long time much appreciated member of the Tacoma Chapter, AXPOW.

OSWEILER, Anna Mae, member of the 49ers Chapter, AXPOW, passed away Feb. 9, 2009. She was 92 years old and the wife of ex-POW Mark Osweiler. During WWII, Anna Mae was a riveter on B-17s, including the Memphis Belle. In addition to her husband of 62 years, she leaves 2 daughters and 2 sons.

PAYNE, Herman Eugene of Advance, MO died April 20, 2009 at the age of 86. He was captured on Wake Island in Dec. 1941 and held POW for 45 months and 24 days. He is survived by his loving wife of 63 years, Versa, 1 daughter, 5 grandchildren and 11 great-grandchildren.

PELLEGRINO, Domenic "Nick", of Longmeadow, MA passed away April 23, 2009. After graduation, he joined the Civilian Conservation Corps in NH. He and others then joined the AAC and were sent to Manila, Nichols Field. He was on Bataan when it surrendered to Japan. He survived the Bataan Death March and 3 ½ years imprisonment. Nick was an active member of AXPOW, serving as SVC of the Western MA Chapter. He is survived by his beloved wife of 60 years,

Rosemarie, many extended family members and many, many friends.

PETERS, Elnora H., 88, of Temecula, CA died April 14, 2009. She was a life member of Centex Chapter, AX-POW for many years. She and her husband, ex-POW Garvin, had lived in Temecula since 1997. In addition to her husband, survivors include 1 son, 4 grandchildren and 7 great-grandchildren.

PIZZELLO, R. John, died April 26, 2009. He served in the AAC on a B-24 and was shot down over Austria while filling in with another crew when their tail-gunner became ill. He spent 15 months as a POW in Germany. John leaves his dear wife of 63 years, Ann, 1 daughter, 2 sons, 1 brother, 3 sisters, 4 grandchildren and 3 great-grandchildren. He will be missed by all who loved him.

RIDER, Neil O., 88, of Decatur, GA passed away Feb. 4, 2009. He served in the Marine Corps during WWII and was captured in the Philippines and held for more than 3 ½ years. He is survived by 2 sons, 3 grandchildren, 2 great-grandchildren, 2 sisters and 3 brothers.

SATTERLY, Everett F., of Zephyr Hills, FL died May 8, 2009. During WWII, he served in the Army Air Corps. He was captured and held until liberation. His wife Irilla survives him; he also leaves loving family and friends.

SAWYER, Edward C. Jr., of Tampa, FL died May 9, 2009. He enlisted in the AAC in 1943, trained on B-24s, was shot down in June, 1944 and held as a POW until liberation. Ed is survived by his loving wife of 61 years, Betty, 1 daughter, 4 grandchildren and many other loving, caring family and friends.

SHELL, Wilma, 89, of Seymour, TN passed away March 27, 2009. She is survived by her husband of 65 years, John C. Shell veteran of WWII, MOS

taps continued...

761 scout & sniper, who was imprisoned in Germany for 7 months during WWII. John & Wilma were life members of AXPOW.

SKIDMORE, Charley James, of Shallowater, Texas died May 18, 2009. A member of the Hub of the Plains Chapter, Charley served in the 2nd Inf. Div. and was a POW in Germany. He was predeceased by his wife, Nettie.

SKIFFINGTON, Sidney "Skiff" passed away in Olympia, WA on May 7, 2009. He was 86. Skiff was in the 83rd Div. and was a POW in Germany, traveling by boxcar to Stalag IIC. He leaves his wife of 64 years, Patt (living in Florida), 2 sons, grandchildren and one great-grandchild.

SLOVAK, Louis A. of Ennis, TX died March 31, 2009 at the age of 91. He was captured in the Battle of the Bulge while serving with the 32nd Cavalry Troop A Reconnaissance Squadron. After capture he was sent to Stalag 8, then marched across Ger-

many ahead of advancing troops. Louis is survived by his loving wife of 65 years, Lillian, 6 children, 1 step-child, 13 grandchildren and 8 great-grandchildren who miss him very much.

SWANSON, Harold A., of Michigan City, IN passed away May 5, 2009. He was 90. A member of the 168th Inf. Reg., 34th Div., he was captured near Faid Pass in Tunisia, held for 5 months in Capua, Italy, then transferred to Stalag 2B Zweck Farm, Germany. Harold was a member of the Indiana Dunes Chapter, AXPOW. He leaves his wife of 58 years, Gladys, 2 daughters, 1 son and their families.

TRUEBLOOD, Faye, 104 years old, died May 21, 2009 in Columbus, SC. She was the mother of an ex-POW, the late John A Northrup. She is survived by her daughter-in-law Mariean, 7 grandchildren, 12 great-grandchildren and 2 great-great-grandchildren.

VENTI, Joseph, of Manchester NJ, died May 3, 2009. He served in the Army Air Corps during World War II as a flight engineer aboard a B-17

Bomber. He was shot down in 1944, remaining a POW until his escape in 1945. He is survived by his wife of 63 years, Margaret.

VILLAGRACIA, Lauro (Larry)Sr. passed away May 9, 2009 at the age of 90. He was born in Lubang, Mindoro Philippines and later served as a soldier with the Philippine Scouts, and was a prisoner of war at Camp O'Donnell. He was an active member of the Tacoma Chapter and was chapter photographer for many years. Larry is also a member of the National AXPOW organization. He is survived by his beloved wife of 68 years, Luz, 6 children, 15 grandchildren and 5 great-grandchildren.

ZOLTOWSKI, Eugene, of Mukwonago, WI died April 20, 2009. He was 85. He was on patrol while serving with the Army during WWII when his patrol was ambushed. He was wounded and captured in Belgium, then held in a POW camp in Germany. He leaves 2 sons, 3 grandchildren, 2 great-grandchildren, 3 brothers and 2 sisters.

national chaplain



James H. Beaver
22644 Montego Bay Road
Abingdon, VA 24211
(276) 623-0875

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Living by Faith

(Habakkuk 2: 1-4)

1) I will stand upon my watch, and set me upon the tower, and will watch to see what he will say unto me, and what I shall answer when I am reproved.

2) And the Lord answered me, and said, Write the vision, and make it plain upon tables, that he may run that readeth it.

3) For the vision is yet for an appointed time, but at the end it shall speak, and not lie; though it tarry, wait for it; because it will surely come, it will not tarry.

4) Behold, his soul which is lifted up is not upright in him; but the just shall live by faith.

Habakkuk was a spiritual watchman for Judah in the midst of a national crisis. He was confused that God was not judging the wickedness of Judah. But then, God revealed that the Babylonians would punish Judah. This too, troubled Habakkuk. But he chose to trust God in spite of what he did not understand. He was living by faith.

We too are living in perplexing times, but we must trust in God to handle these days and times of trouble. So let us have faith in God, and live by faith.

Please read Hebrews, the 11th Chapter.


REV. JAMES H. BEAVER

On Monday morning, 8 December 1941, we Brent School kids wildly cheered to a formation of air planes flying directly to Tokyo,, "Go to there and bomb it to smithereens!"

Several hours later we heard big BOOM-BOOM and saw thick black smoke rising from Camp John Hay... the American Army base in Baguio, Philippines. The sun played a trick on us so we couldn't see the big, round red "rotten fried egg" under the wings. Suddenly it dawned on us that those planes were Japanese. Twenty days later we were captured, ordered to meet at Brent School for a 3 hour or 3 day meeting that actually lasted for over three years of starvation, deprivation, humiliation. Lacking utensils in the Prison Camp, and for the few birthday parties, we had to tell our guests to bring CUP, PLATE AND SPOON.

BRING CUP, PLATE AND SPOON available from author: Betsy Herold Heimke
13820 Metcalf Ave. Apt 11320
Overland Park, KS 66223
k.heimke@sbcglobal.com
Price \$20.00 plus \$4.00 S/H



50/50 drawing

March 6, 2009
Arlington, Texas

1st Place	Alice Gilligan New York, NY	\$676.40
2nd Place	Robert Boebel Fox Lake, WI	\$507.30
3rd Place	Victor Breite St. Louis, MO	\$338.20
4th Place	John DeVere South Charleston, WV	\$169.10

These drawings help raise money needed for our operating expenses. They allow our members to participate in a very worthwhile project, while giving them a chance to win. 50% of the donations will be given to the General Fund and the other 50% are awarded as prizes. The amounts are determined after all donations are received. You do not have to be present to win. Please make copies of the tickets on the other side and offer them to your Chapter members, family and friends. We are asking \$5.00 for 6 tickets. These donations are not tax deductible. Fill out the tickets and send them and your donations to:
National Headquarters ~ 50/50 Drawing
3201 E. Pioneer Pkway, #40
Arlington, TX 76010-5396

They Experienced Living Hell as POWs.

SILENT TEARS Lest We Forget



by
STANLEY TOKARZ

Stan Tokarz's brother John survived Japanese prison labor camps after enduring the horrors of the infamous Bataan Death March. It was after the fall of the Philippines to the Japanese invaders. Those horrors and torture were never discussed by John, who died in 1991. He just refused to talk about World War II when it came up, indicating that he and the other POWs. had suffered a great deal.

Stan Tokarz researched the ordeals of capture, torture, starvation, murder, brutality and confinement of the many prisoners of Bataan because he feels our younger generations must have a record of the hell on earth at the hands of the Japanese that our survivors of Bataan and life in the PO camps endured in WWII.

send check or money order:

\$25.00

Stanley R. Tokarz
70 Briarwood Circle
Worcester, MA 01606



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If you are a former 106th Infantry Division vet, were attached to the 106th, a relative of a 106th veteran, you are eligible for membership in the Association.
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Valico, FL 33594-7288
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lbeeth@hotmail.com

Ex-POW Bulletin
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**American Ex-Prisoners of War
50/50 Drawing**

PLEASE PRINT
Name: _____ Telephone: () _____
Address: _____
City/State/Zip: _____

Here is my donation of \$5.00 for 6 chances to win the drawing.
Prize amounts are determined by the total amount donated.

Mail your donation and entry to: **American Ex-Prisoners of War
50/50 Drawing
3201 E. Pioneer Parkway, Suite 40
Arlington, TX 76010-5396**

You do not have to be present to win. Your donation is not tax deductible. VOID WHERE PROHIBITED. Donation not required to enter.
Thank you for your support. (09/09)

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Thank you for your support. (09/09)

new members

National Headquarters
 3201 East Pioneer Parkway, Suite 40
 Arlington, TX 76010; (817) 649-2979
 Marsha.Coke@axpow.org



Annual Members	Ryan Honan	Son of William Eastman,	8AF 492BG
Welcome Home	Tinley Park, IL	ETO	Germany
	Grandson of John J		6/20/44-12/1/44
	Honan, ETO	Patricia M Shreve	
James Estill Wall		Del City, OK	Karla Barnes *39598
Charlotte NC		Daughter of William	Hialeah FL
14AF 530FTR 311GRP	Jeana Eastman	Eastman, ETO	Daughter of Karl Barnes,
Pekin Kempetai Jail, Pekin	Wildwood, MO		ETO
POW Camp	Daughter of William		
12/44-liberation	Eastman, ETO	Rose Marie Friend 39603	
		La Vale, MD	Charles F Bass *39599
Mervyn Levin	Pamela Batia Geiser	Widow of Chauncey M	Abilene TX
Delray Beach, FL	Biloxi, MS	Friend	5 th Great-Grandson of
8 AF 467BG(H) 790BS	Daughter of William	Luft 4	Samuel Bass, Rev War POW
Dulag Luft, Nurnburg	Batia, ETO		
2/16/45-4/28/45		Life Members	John T Pettee III *39600
	Julia T Eastman	Welcome Home	Burlington MA
Catherine E Welch	Oklahoma City, OK	*new member to AXPOW	Son of John T Pettee Jr,
N Redington Beach, FL	Daughter of William		ETO
Daughter of William	Eastman, ETO	Manuel Leal 39590	Guy A Proie
Eastman, ETO		Brownsville TX	Dolores *39601 39602
	Mary H Eastman	28 Inf Div, 112 Inf Reg, Co	Pittsburgh PA
William G Eastman Jr	Oklahoma City, OK	G	15AF 454BG 738BS Italy
Du Quoin, IL	Daughter of William	Stalags 7A, 9B	Frankfurt, Eunbert,
Son of William Eastman,	Eastman, ETO		Mooseburg
ETO		Bernard A Kahn *39597	
	Joseph W Eastman	Brandon MS	
	Stillwater, OK		

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.

Life Membership Rates	
Under 35	\$360
36-50	\$300
51-60	\$180
61 & over	\$120
Spouse of life member	\$ 40
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Husband & wife	\$ 50

Do NOT send dues with this request for an application

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 3201 East Pioneer Parkway, #40
 Arlington, TX 76010-5936
 (817) 649-2979 voice
 (817)649-0109 fax
 e-mail:HQ@axpow.org

Ex-POW Bulletin
 July/Aug 2009

Name Badge Order Form

(for members only)

Actual size of badge is size of a credit card



PLEASE PRINT:

Name _____
 Line 1 _____
 Line 2 _____

Name Badge with name & chapter and city: **\$6.00**

(includes shipping and handling)

Ship to:

Street _____

City/State/Zip _____

Mail orders to:

AXPOW NATIONAL HEADQUARTERS
3201 East Pioneer Parkway, Suite 40
Arlington, Texas 76010-5396

AXPOW Vest Order Form

(For members only)

Name _____

Address _____

City, State, Zip _____

Size (Men/coat, Women/chest measurement) _____

Long, Regular or Short _____

Name on front of vest _____

Chapter Name (back of vest) _____

Price: \$55.00, includes shipping/handling

Please allow 8-10 weeks for delivery.

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Official AXPOW Cap (specify size)	40.00	Jeweled Flag Pin	30.00	12x18 AXPOW Graveside Flag	10.00
Vinyl Cap Bag	3.00	USA Jeweled Pin	15.00	3x5 ft. AXPOW Flag w/3-color logo	
Maroon AXPOW Sport Cap	8.00	Logo Necklace	5.00	with fringe, indoor use	60.00
Black Eagle Sport Cap	9.00	Logo Earrings (pierced or clip)	5.00	with grommets, outdoor use	60.00
Canvas Sport Cap (offwhite or tan)	10.00	2" Medallion (for plaque)	5.00	3x5ft. blackPOW/MIA flag, outdoor use	25.00
Necktie w/logo woven in fabric	25.00	Vest Chainguard w/eagles	8.00	AXPOW Metal License Plate Frame	7.00
(specify regular or pre-tied)		3" Blazer Patch	4.00	Aluminum License Plate	5.00
AXPOW Logo Bolo Tie	15.00	4" Blazer Patch	4.00	3" Vinyl Decal	1.00
U.S. Flag Bolo Tie	19.00	8" Blazer Patch	10.00	3" Inside Decal	1.00
Mini POW Medal Bolo Tie	20.00	CLOTH STRIPES (specify which title)	3.00	8" Vinyl Decal	6.00
Goldtone Bolo Bezel with cord	9.00	Life Member · Chapter Commander		12" Vinyl Decal	10.00
Barbed Wire pin	3.00	Past Chapter Commander · Chapter Adj/Treas		Bumper Sticker "Freedom – Ask us"	2.00
Life Member pin	5.00	Adjutant · Chapter Treasurer		AXPOW Wall Clock (includes battery)	20.00
Crossed Flags Lapel pin	5.00	State Department Commander		AXPOW Notecards (pkg of 25)	6.00
Brooch pin	5.00	Past State Dept. Commander · Department Adjutant		Special Prayer Cards (pkg of 25)	6.00
EX-POW pin (goldtone)	5.00	Department Treasurer · Sr. Vice Commander		AXPOW Prayer Book	2.00
Logo pin	5.00	Jr. Vice Commander · Chaplain · Historian		Ladies Prayer Book	1.00
POW Stamp pin	3.00	Service Officer · Legislative Officer		AXPOW By-Laws	5.00
Past Chapter Commander pin	5.00	Past Chapter Officer · Past Department Officer		POW Videotape – ETO or Pacific	11.00
Past Department Commander pin	5.00			"Speak Out" Education Packet	6.00
Eagle pin w/Barbed Wire	8.00			Canvas Totebag w/4" logo	15.00
(specify gold, silver or antique gold)					

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Bronze Grave Medallion with AXPOW LOGO

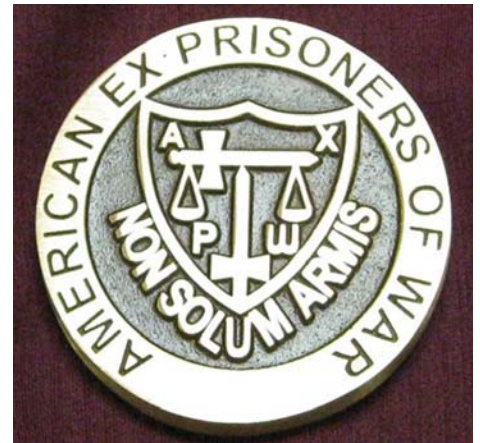
The Medallion is 4", Bronze/Brown with Lacquer, weighs approximate 1lb 4oz, containing 84% copper, balance in other metals. The hardware for mounting is included in each packet.

check with your local cemetery before ordering to see if medallions are permitted.

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