

EX-POW BULLETIN

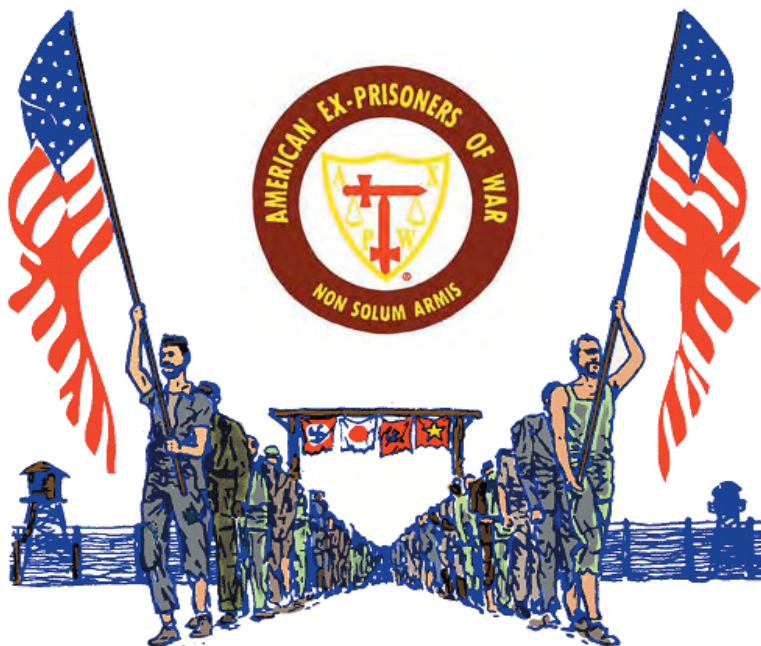
the official voice of the
American Ex-Prisoners of War

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September/October 2013



We exist to help those who cannot help themselves



National Commander James L Lollar & his wife Debby



September/October 2013

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National POW/MIA Recognition Day

Observances of National POW/MIA Recognition Day are held across the country on military installations, ships at sea, state capitols, schools and veterans' facilities. It is traditionally observed on the third Friday in September each year. This observance is one of six days throughout the year that Congress has mandated the flying of the National League of Families' POW/MIA flag. The others are Armed Forces Day, Memorial Day, Flag Day, Independence Day and Veterans Day.

The flag is to be flown at major military installations, national cemeteries, all post offices, VA medical facilities, the World War II Memorial, Korean War Veterans Memorial, the Vietnam Veterans Memorial, the official offices of the secretaries of state, defense and veterans affairs, the director of the selective service system and the White House.

A Pentagon ceremony for National POW/MIA Recognition Day will be held Friday, Sept.20, 2013. This ceremony will feature troops from each of the military services.

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*Deadline for the Nov/Dec
2013 issue is Oct 1, 2013.*

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

The Military Advantage

In the last edition of the EX-POW Bulletin, there was an article on available books to help veterans work within the VA system. The contact information for The Military Advantage is as follows:

Phone numbers:

General Information: 410-268-6110

Orders: 1-800-233-8764

Fax: 410-571-1703

UMB Credit Card

Every time a member – or member's family or friends – signs up for the new UMB credit card (which features our marching men on the face), AXPOW receives \$50.00. That's like making a \$50 donation to the organization when you sign up. We also get a percentage of every dollar spent if you use the card each month. You also get benefits from using the card...there is no annual fee and at the end of the year, you'll receive a statement of your annual charges, broken down by category. Makes filing your taxes easier!

So benefits for us and benefits for you. Won't you take a few minutes and apply for this card today?

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with their columns



**National Commander
James L Lollar**

Thank you, each and every one of you, for your support and trust for electing me as your National Commander for 2013-2014. As I've stated before, I will strive to keep the AXPOW Organization great and hope to make it even greater with your continued help and support.

Over the years of our existence, AXPOW has worked hard and diligently for you, your family, and the VA entitlements, which you are now receiving. Let's all remember and reflect on our motto: "We Exist To Help Those Who Cannot Help Themselves". That task is never-ending, and your continued effort will be greatly appreciated. While most of us are not trained, or certified, to be NSOs, those who are work long and hard to prepare, present, and provide follow-up support on your claims for VA benefits. When you have the opportunity, let them know you are grateful for their efforts.

Start planning now to bring your grandkids to the AX-POW National Convention ~ last week in June, 2014.

Over the past several years, AXPOW has been moving toward a more active participation of our "next-of-kin (NOK)" for the future years when there might not be any remaining POWs on our membership roster. We have made great strides thus far by having NOKs filling 13 of the 19 positions on our current Board of Directors. I want to thank these NOKs for their willingness to serve, but we need many, many more to step-up by actively participating in the day-to-day operations of the Organization. My challenge to you, especially the POW's: Once again, encourage all of your descendants to join AXPOW to help prepare the Organization for the future.

On a somewhat similar thought, I ask each of the POWs to prepare "NOW" for the time when you won't be here. Your surviving spouse will need your paperwork readily available after your passing to file for the VA's DIC entitlement. Get all your documents together, and make sure your spouse knows exactly where to find them. Your NSO or ND Benny Rayborn, Chair of Surviving Spouse Committee, can tell you which documents your spouse needs.

Once again, thanks for your trust in me as your National Commander. I look forward to working with you over the next year to make this Organization much better than it was when taking office.

news from hq



It's been a hot summer here in Texas. We are looking forward to cooler temperatures headed our way! Hope you had a great summer.

We are rolling out new programs for you. The 2014 calendar is out. It is dedicated to the prisoner of war experience during the Civil War, which is in the middle of their 150th anniversary celebrations. Andersonville National Historic Site is prominently featured. We have extra copies for you to get for your grandchildren. It's a great history lesson.

We have contracted with Harris Publisher once again to publish a new roster book. Harris will be contacting you soon to help you order one. We hope it is a successful as the one we did several years ago.

It's time to get your early annual dues in. That way we won't bug you with a renewal notice. Dues are \$40/single and \$50/husband & wife. This includes your subscription to the Bulletin. Don't miss a copy and renew now.

National Midyear Board of Directors Meeting will be Saturday, November 23 at the Hilton Arlington. Contact National Headquarters for more information.

Clydie, Marsha & Donna



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VA Provided Hearing and Visual Aids

The Department of Veterans Affairs will ensure access to audiology and eye care services including preventive health (care) services and routine vision testing for all enrolled veterans and those veterans exempt from enrollment.

Eyeglasses and Hearing Aids

The VA will provide eyeglasses and hearing aids to veterans who meet the following criteria:

- Veterans with any compensable service-connected disability.
- Former Prisoners of War.
- Purple Heart recipients.
- Veterans getting benefits under Title 38 United States Code.
- Veterans who are qualified for an increased pension based on being permanently housebound and in need of regular aid and attendance.
- Veterans with vision or hearing impairment resulting

from diseases or the existence of another medical condition for which the veteran is receiving care or services from VHA, or which resulted from treatment of that medical condition, e.g., stroke, polytrauma, traumatic brain injury, diabetes, multiple sclerosis, vascular disease, geriatric chronic illnesses, toxicity from drugs, ocular photosensitivity from drugs, cataract surgery, and/or other surgeries performed on the eye, ear, or brain resulting in vision or hearing impairment.

- Veterans with significant functional or cognitive impairment evidenced by deficiencies in the ability to perform activities of daily living.

- Those who have vision and/or hearing impairment severe enough that it interferes with their ability to participate actively in their own medical treatment and to reduce the impact of dual sensory impairment (combined hearing and vision loss).

NOTE: The term "severe" refers to a vision and/or hearing loss that interferes with or restricts access to, involvement in, or active participation in health care services (e.g., communication or reading medication labels). The term is not to be interpreted to mean that a severe hearing or vision loss must exist to be eligible for hearing aids or eyeglasses.

- Those veterans who have service-connected vision disabilities rated zero percent or service-connected hearing disabilities rated zero percent if there is organic conductive, mixed, or sensory hearing impairment, and loss of pure tone hearing sensitivity in the low, mid, or high-frequency range or a combination of frequency ranges which contribute to a loss of communication ability;

however, hearing aids are to be provided only as needed for the service-connected hearing disability.

Veterans meeting the eligibility requirements to receive health care are eligible for diagnostic audiology services and eye & vision care services. Veterans cannot be denied access to audiology services and/or eye & vision care services covered by the Medical Benefits Package even if they do not meet the eligibility criteria for hearing aids and/or eye glasses. For additional information, veterans can contact the prosthetic representative at the nearest VA health care facility.

Electronic Records Update

On July 15, 2013, Sen. Bill Nelson (D-FL) introduced a bill, S.1296, that sets specific goals for DoD and VA to accomplish while completing the electronic health record both departments are working on. The bill guidelines include:

Within six months of enactment, DoD and VA physicians must use standardized forms for capturing health data.

Within one year, the two departments must be able to exchange real-time data with a joint and common graphic interface.

By June 30, 2015, service members must have the option of receiving an electronic copy of their health records.

The latest version of the Federal Benefits for Veterans Dependents and Survivors is available from National Headquarters. If you would like a copy, please call: 817-649-2979 or email axpow76010@yahoo.com.

Fibromyalgia

What Is Fibromyalgia?

Fibromyalgia syndrome is a common and chronic disorder characterized by widespread pain, diffuse tenderness, and a number of other symptoms. The word "fibromyalgia" comes from the Latin term for fibrous tissue (*fibro*) and the Greek ones for muscle (*myo*) and pain (*algia*).

Although fibromyalgia is often considered an arthritis-related condition, it is not truly a form of arthritis (a disease of the joints) because it does not cause inflammation or damage to the joints, muscles, or other tissues. Like arthritis, however, fibromyalgia can cause significant pain and fatigue, and it can interfere with a person's ability to carry on daily activities. Also like arthritis, fibromyalgia is considered a rheumatic condition, a medical condition that impairs the joints and/or soft tissues and causes chronic pain.

In addition to pain and fatigue, people who have fibromyalgia may experience a variety of other symptoms including:

- cognitive and memory problems (sometimes referred to as "fibro fog")
- sleep disturbances
- morning stiffness
- headaches
- irritable bowel syndrome
- painful menstrual periods
- numbness or tingling of the extremities
- restless legs syndrome
- temperature sensitivity
- sensitivity to loud noises or bright lights.

A person may have two or more coexisting chronic pain conditions.

Who Gets Fibromyalgia?

Scientists estimate that fibromyalgia affects 5 million Americans age 18 or older. Most people are diagnosed during middle age, although the symptoms often become present earlier in life.

People with certain rheumatic diseases, such as rheumatoid arthritis, systemic lupus erythematosus (commonly called lupus), or ankylosing spondylitis (spinal arthritis) may be more likely to have fibromyalgia, too.

Several studies indicate that people who have a family member with fibromyalgia are more likely to have fibromyalgia themselves, but the exact reason for this—whether it is heredity, shared environmental factors, or both—is unknown. Researchers are trying to determine whether variations in certain genes cause some people to be more sensitive to stimuli, which lead to pain syndromes.

What Causes Fibromyalgia?

The causes of fibromyalgia are unknown, but there are probably a number of factors involved. Many people associate the development of fibromyalgia with a physically or emotionally stressful or traumatic event, such as an automobile accident. Some connect it to repetitive injuries. Others link it to an illness. For others, fibromyalgia seems to occur spontaneously.

Many researchers are examining other causes, including problems with how the central nervous sys-

tem (the brain and spinal cord) processes pain.

Some scientists speculate that a person's genes may regulate the way his or her body processes painful stimuli. According to this theory, people with fibromyalgia may have a gene or genes that cause them to react strongly to stimuli that most people would not perceive as painful. There have already been several genes identified that occur more commonly in fibromyalgia patients, and NIAMS-supported researchers are currently looking at other possibilities.

How Is Fibromyalgia Diagnosed?

Research shows that people with fibromyalgia typically see many doctors before receiving the diagnosis. One reason for this may be that pain and fatigue, the main symptoms of fibromyalgia, overlap with those of many other conditions. Therefore, doctors often have to rule out other potential causes of these symptoms before making a diagnosis of fibromyalgia. Another reason is that there are currently no diagnostic laboratory tests for fibromyalgia; standard laboratory tests fail to reveal a physiologic reason for pain. Because there is no generally accepted, objective test for fibromyalgia, some doctors unfortunately may conclude a patient's pain is not real, or they may tell the patient there is little they can do.

A doctor familiar with fibromyalgia, however, can make a diagnosis based on criteria established by the American Col-

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lege of Rheumatology (ACR): a history of widespread pain lasting more than 3 months, and other general physical symptoms including fatigue, waking unrefreshed, and cognitive (memory or thought) problems.

Pain is considered widespread when it affects all four quadrants of the body, meaning it must be felt on both the left and right sides of the body as well as above and below the waist. ACR also has designated 18 sites on the body as possible tender points.

How Is Fibromyalgia Treated?

Fibromyalgia can be difficult to treat. Not all doctors are familiar with fibromyalgia and its treatment, so it is important to find a doctor who is. Many family physicians, general internists, or rheumatologists (doctors who specialize in arthritis and other conditions that affect the joints

your doctor, a physical therapist, possibly other health professionals, and most importantly, yourself, all playing an active role. It can be hard to assemble this team, and you may struggle to find the right professionals to treat you. When you do, however, the combined expertise of these various professionals can help you improve your quality of life. You may find several members of the treatment team you need at a clinic. There are pain clinics that specialize in pain and rheumatology clinics that specialize in arthritis and other rheumatic diseases, including fibromyalgia.

Only three medications, duloxetine, milnacipran, and pregabalin are approved by the U.S. Food and Drug Administration (FDA) for the treatment of fibromyalgia. Duloxetine was originally developed for and is still used to treat depression. Milnacipran is similar to a drug used to treat depression, but is

FDA approved only for fibromyalgia. Pregabalin is a medication developed to treat neuropathic pain (chronic pain caused by damage to the nervous system).

Analgesics.

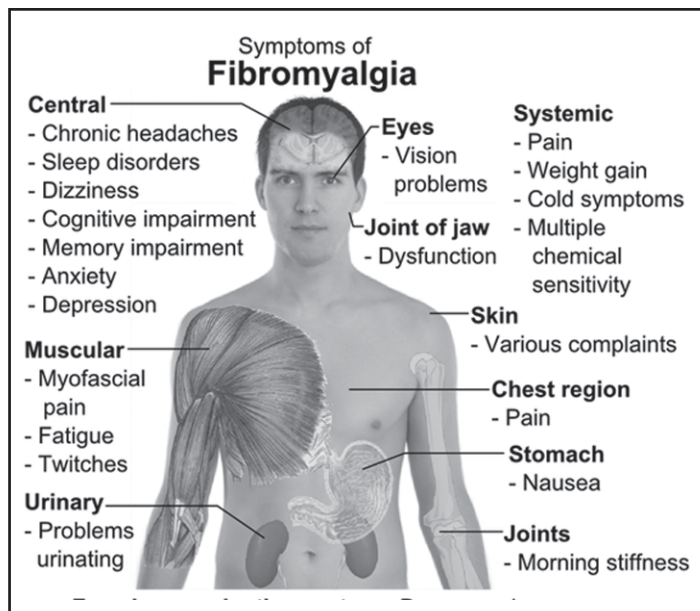
Analgesics are painkillers. They range from over-the-counter prod-

ucts to prescription medicines. For a subset of people with fibromyalgia, narcotic medications are prescribed for severe muscle pain. However, there is no solid evidence showing that for most people narcotics actually work to treat the chronic pain of fibromyalgia, and most doc-

tors hesitate to prescribe them for long-term use because of the potential that the person taking them will become physically or psychologically dependent on them.

Nonsteroidal Anti-Inflammatory Drugs (NSAIDs). As their name implies, nonsteroidal anti-inflammatory drugs, including aspirin, ibuprofen, and naproxen sodium, are used to treat inflammation. Although inflammation is not a symptom of fibromyalgia, NSAIDs also relieve pain. The drugs work by inhibiting substances in the body called prostaglandins, which play a role in pain and inflammation. These medications, some of which are available without a prescription, may help ease the muscle aches of fibromyalgia. They may also relieve menstrual cramps and the headaches often associated with fibromyalgia.

Warning: NSAIDs can cause stomach irritation or, less often, they can affect kidney function. The longer a person uses NSAIDs, the more likely he or she is to have side effects, ranging from mild to serious. Many other drugs cannot be taken when a patient is being treated with NSAIDs because NSAIDs alter the way the body uses or eliminates these other drugs. Check with your health care provider or pharmacist before you take NSAIDs. Also, NSAIDs sometimes are associated with serious gastrointestinal problems, including ulcers, bleeding, and perforation of the stomach or intestine. People age 65 and older, as well as those with any history of ulcers or gastrointestinal bleeding, should use NSAIDs with caution.



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movement therapies (such as Pilates and the Feldenkrais method), chiropractic treatments, acupuncture, and various herbs and dietary supplements for different fibromyalgia symptoms. (For more information on complementary and alternative therapies, contact the National Center for Complementary and Alternative Medicine.

Although some of these supplements are being studied for fibromyalgia, there is little, if any, scientific proof yet that they help. FDA does not regulate the sale of dietary supplements, so information about side effects, proper dosage, and the amount of a preparation's active ingredient may not be well known. If you are using or would like to try a complementary or alternative therapy, you should first speak with your doctor, who may know more about the therapy's effectiveness, as well as whether it is safe to try in combination with your medications.

Tips for Good Sleep

Keep regular sleep habits. Try to get to bed at the same time and get up at the same time every day.

Avoid caffeine and alcohol in the late afternoon and evening.

Time your exercise. Avoid exercising within 3 hours of bedtime.

Avoid daytime naps.

Reserve your bed for sleeping.

Keep your bedroom dark, quiet, and cool.

Avoid liquids and spicy meals before bed. Heartburn and latenight trips to the bathroom are not conducive to good sleep.

Wind down before bed. Avoid working right up to bedtime.

Will Fibromyalgia Get Better With Time?

Fibromyalgia is a chronic condition, meaning it lasts a long time—possibly a lifetime. However, it may be comforting to know that fibromyalgia is not a progressive disease. It is never fatal, and it will not cause damage to the joints, muscles, or internal organs. In many people, the condition does improve over time.

What Can I Do to Try to Feel Better?

Besides taking medicine prescribed by your doctor, there are many things you can do to minimize the impact of fibromyalgia on your life. These include:

- **Getting enough sleep.**

Getting enough sleep and the right kind of sleep can help ease the pain and fatigue of fibromyalgia. Even so, many people with fibromyalgia have problems such as pain, restless legs syndrome, or brainwave irregularities that interfere with restful sleep. It is important to discuss any sleep problems with your doctor, who can prescribe or recommend treatment for them.

- **Exercising.** Although pain and fatigue may make exercise and daily activities difficult, it is crucial to be as physically active as possible. Research has repeatedly shown that regular exercise is one of the most effective treatments for fibromyalgia. People who have too much pain or fatigue to do vigorous exercise should begin with walking or other gentle exercise and build their endurance and intensity slowly.

- **Making changes at work.** Most people with fibromyalgia continue to work, but they may have to make big changes to do so. For example, some people cut down the number of hours they work, switch to a less demanding job, or adapt a current job. If you face obstacles at work, such as an uncomfortable desk chair that leaves your

back aching or difficulty lifting heavy boxes or files, your employer may make adaptations that will enable you to keep your job. An occupational therapist can help you design a more comfortable workstation or find more efficient and less painful ways to lift.

- **Eating well.** Although some people with fibromyalgia report feeling better when they eat or avoid certain foods, no specific diet has been proven to influence fibromyalgia. Of course, it is important to have a healthy, balanced diet. Not only will proper nutrition give you more energy and make you generally feel better, it will also help you avoid other health problems.

Improving Symptoms. A better understanding of fibromyalgia and the mechanisms involved in chronic pain are enabling researchers to find effective treatments for it. Some of the most promising lines of research in this area include the following:

- **Increasing exercise.**
- **Improving sleep.**

Other groups of researchers are examining the link between sleep disturbance and chronic pain in fibromyalgia and are studying whether behavioral therapy for insomnia might improve fibromyalgia symptoms.

National Institute of Arthritis and Musculoskeletal and Skin Diseases (NIAMS)

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National Institutes of Health
1 AMS Circle

Bethesda, MD 20892-3675

Phone: 301-495-4484

Toll Free: 877-22-NIAMS (877-226-4267)

www.niams.nih.gov

POW MEDSEARCH PACKETS

Packet 1~VA Claim Information	\$8.00
Packet 2~Stresses of Incarceration & After Effects Extreme Stress- Covers the after effects on the nerves and body organs	\$8.00
Packet 3~After Effects of Imprisonment- Covers arthritis, alcoholism, visual, ulcers, varicose veins, impotency, brain damage, etc	\$8.00
Packet 4~After Effects of Imprisonment Part 1 - covers the heart, arteries and veins; Part 2 covers cancer	\$8.00
Packet 5~What Every Wife Should Know Before She Is Your Widow - Social Security, insurance, burial procedures, allowances, etc. including what pathologist should look for in an autopsy (includes shipping and handling charge)	\$15.00
Packet 6~Micro-Film Index: Asiatic Theater - Japanese Possible help in locating POW records	\$3.00
Packet 7~Micro-Film Index: European Theater - Germany	\$3.00
Packet 8~The European Story, History of POWs in Germany, and after-effects	\$8.00
Packet 9~The Korea Story, History of POWs in Korea, and after-effects	\$8.00
Packet 10~The Japanese Story History of POWs in Japan, and after-effects	\$10.00
Packet 11~NSO Director Answers Your Questions	\$11.00
Presentation Set~(Packets 1, 2, 3, 4, 5, 8, 9, 10)	\$60.00
The Modern Day Tragedy~medical & claims evidence in support of PL 97-37	\$4.00
POW: The American Experience~overview on POW experience; reviews vitamin deficiencies, infectious diseases and service-connected statistics	\$6.00
Map of German POW Camps~shows location of 76 camps	\$3.00
Map of Japanese POW Camps~21" x 32" with camps featured in red	\$4.00

**Check packets you wish to order and send, with payment, to: AXPOW
3201 East Pioneer Parkway #40, Arlington, TX 76010**

Name _____ Phone () _____
Address _____
City, State, Zip _____

Amount enclosed \$ _____ (includes shipping/handling*) **MasterCard and Visa accepted (circle one)** (\$5.00 minimum charge)

Card Number: _____

Expiration Date: _____

***Shipping / Handling fees: In U.S.A.;** 1-3 packets, add \$6.00; 4 - 6 packets, add \$9.00; 7 or more packets, add \$12.00. **In Canada;** 1-3 packets, add \$9.00; 4 -6 packets, add \$14.00, 7 or more packets, add \$20.00. **Overseas;** 1-3 packets, add \$16.00; 4 - 6 packets, add \$22.00, 7 or more packets, add \$30.00

andersonville



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Articles contributed by Cultural Resource Division, Andersonville NHS

Andersonville Oral History Project Continues to Grow

Thanks to the generous support of the Friends of Andersonville, park staff recently attended two POW conventions and conducted oral history interviews. Museum Curator Bridget Beers attended the American Defenders of Bataan and Corregidor Memorial Society convention in Norfolk, Virginia. Chief of Resource Management, Alan Marsh, attended the American Ex-Prisoners of War convention in June. In addition to conducting interviews, Alan also addressed AXPW members and guests on the convention's opening day. The recent interviews, now recorded in high definition format, bring the park's total to 671.

"Return With Honor" Commemorates 40th Anniversary of Operation Homecoming
Earlier this year, Andersonville National Historic Site opened its latest temporary exhibit, "Return With Honor." The exhibit commemorates the 40th Anniversary

of the release of American POWs held during the Vietnam War. The repatriation process was known as Operation Homecoming and the exhibit chronicles the POWs return to freedom. The exhibit also celebrates the ingenuity and endurance of these extraordinary American heroes. During their captivity, the POWs forged a powerful brotherhood and their love of country helped to sustain them. Their ultimate goal was to "Return With Honor."



Ohio residents (L to R) Jean McConnell, Nancy Lawless, Linda Smith and Linette Benson check out Return With Honor temporary exhibit.

Items featured in "Return With Honor" were donated by Milton Frye, Richard Stratton, John Stavast, David Gray, William Robinson, William Arcuri, Giles Norrington, Scott Simmonds, and John McNalis. The next exhibit will be in place by mid-September and will focus on prisoners of war held during the Korean War.

Original POW/MIA Banner Receives Conservation Treatment

In the March/April issue of the AXPW Bulletin we informed readers that Ms. Helen Hoff had donated the POW/MIA banner that was the forerunner of the flag we are so familiar with today.

A recent Andersonville Trust award by the Friends of

Andersonville has enabled the historic site to send the banner to the National Park Service's Harpers Ferry Center for preservation and conservation treatment.

Museum Donations

Recent donations to Andersonville were made by the families of former POWs Carl Hedin, Roy Chris Henning and Carl Edward Creamer. Carl Hedin enlisted in Company L of the Vermont National Guard in Newport, Vermont. Hedin was shot down during his 22nd bombing mission and was held in Stalag Luft 1.

Roy Henning worked for the Pacific Cable Company in San Francisco and was transferred to Guam in January 1940. He was captured in December 1941 and was soon shipped to Kobe, Japan where he spent four years as a POW. Carl Creamer, another prisoner of war held by the Japanese, was held at several camps including Ofuna. A duffel bag painted with scenes of food drops into the camp highlighted the donation.



Ganette Creamer (front center/dark jacket) and family donated a diary, address book and duffel bag artwork illustrated with scenes of food drops made to POW camp).

**Ex-POW Bulletin
Sept/Oct 2013**

namPOW news



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Col. George E. "Bud" Day, Medal of Honor, the most courageous man I've ever known was buried yesterday at the Barrancas National Cemetery at NAS Pensacola Florida. This followed a service in the Emerald Coast Convention Center at Fort Walton Beach attended by well over 1,000 people including many of Bud's fellow cellmates in the prisons of North Vietnam. Senator John McCain remembered Col. Day as the man who saved his life. Day had crippling injuries during his ejection in August 1967 but managed to crawl through the jungle for nearly two weeks. Existing on frogs and insects, Day came



President Nixon with Col. Bud Day at La Casa Pacifica in 1977.

within a few hundred feet of a Marine outpost when he was spotted by a North Vietnamese patrol and recaptured.

Despite his wounds a grossly deteriorated condition, Bud was savagely beaten and tortured by the Communists several times. He arrived in Hanoi in bad shape but McCain arrived in worse shape several months later. Bud and Norris Overly kept McCain alive. McCain remembered that Bud Day ordered him not to die. McCain emotionally remembered Bud as being larger than life and could picture him in a huge field in heaven waiting for the pheasants to show their heads. McCain's remarks were followed by much throat clearing and sniffing from the audience.



Fellow POWs, Orson Swindle who was quite close to Day and fellow Medal of Honor recipient Leo Thorsness eloquently testified to how much Bud Day meant to them. Ross Perot, friend of the Vietnam POWs and a former presidential candidate was present to show his support for Bud Day and his family.

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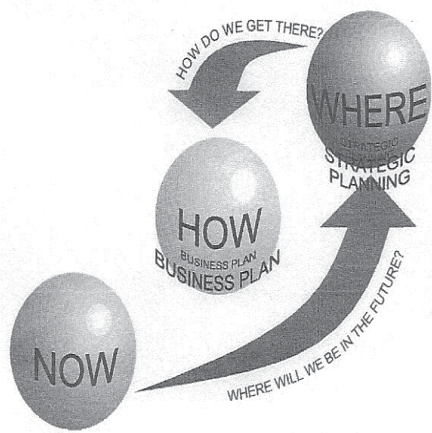
The 40 mile trip to Pensacola in a funeral convoy of more than 400

vehicles tied up traffic on the Emerald Coast for hours. But the crowd that lined the entire length of the trip didn't seem to mind. Thousands of flag-waving men and women that included hundreds of uniformed personnel from nearby Eglin AFB and Pensacola NAS somberly, almost reverently, showed their respect and support.

The Emerald Coast is jokingly referred to as "The Redneck Riviera." I suspect beer consumption and a weird thought flashed through my mind during the nearly two hour motorcade. All of these people are claiming part of our friend, Bud Day. In an almost personal way, I could almost hear them say, "This Bud's for US"!

High Flight

Oh! I have slipped the surly
bonds of Earth
And danced the skies on laugh-
ter-silvered wings;
Sunward I've climbed, and
joined the tumbling mirth
Of sun-split clouds, — and
done a hundred things
You have not dreamed of —
wheeled and soared and swung
High in the sunlit silence.
Hov'ring there,
I've chased the shouting wind
along, and flung
My eager craft through footless
halls of air. . . .
Up, up the long, delirious
burning blue
I've topped the wind-swept
heights with easy grace
Where never lark, or ever eagle
flew —
And, while with silent, lifting
mind I've trod
The high untrespassed sanctity
of space,
Put out my hand, and touched
the face of God.
— John Gillespie Magee, Jr



Looking Back

By John Clark
Vice Chairman
Strategic Planning Committee

In strategic planning looking back is an important thing to do. It gives one the opportunity to reflect on the effectiveness of past plans and on the progress of existing ones. It gives one the opportunity to adjust plans to incorporate unanticipated events that have occurred. So it seems that such a review might be currently in order for us.

A few things we know are:

(1) that there is still a misconception as to what the Strategic Planning Committee is supposed to do. We were criticized at the last convention for only philosophizing and not doing anything, but I repeat, that is what we are supposed to do, we think about who we are what we will want or need in the next 5 or 10 years and suggest a plan of goals to attain those wants and needs. That we have done. We are not the doing committee.

(2) that 2 years or 40% of the original 5-year plan of goals has passed and no action has been

taken by the leadership to implement them. The goals should be reviewed accepted, rejected, or partially so, and sent to certain committees to be executed, or committees set up to do it if they don't exist and their progress toward those goals reviewed regularly. Not done. This, however, might be the message; we don't want to do anything.

(3) that in order to "jump start" the process the committee took it upon themselves to propose some legislative changes that would hopefully "streamline" the process of making future changes, bring the next of kin more into the decision process, shift the conduct of business to the Board of Directors and permit the membership to enjoy reunions rather than several days of tiring board and business meetings. The message sent by the board at the mid-year meeting as to what those changes should be were not well received by the membership at the convention, although a very involved delegate voting process was replaced with a mail in system. The process of discussing these items at the convention was long, tiring, and on occasion somewhat contentious. This is not what we intended. We seem to be counterproductive if one of our goals is to promote a relaxed, fun, reunion atmosphere at the conventions. Maybe this is what happens when planners try to be doers.

(4) that we may be presenting ourselves with a "catch 22" as explained by ND David Claypool. Dave said that he sees the need to make changes if the organization is to continue into the future as desired by what seems to be

the majority of the current body of AXPOW but, if he represents that same body in his region (and as expressed by his father) things are fine and they don't want any changes. What is a conscientious National Director to do?

Remember what I said 2 years ago. There is only one absolute in strategic planning and that is — you will be wrong. So where do we proceed from here? There was a rather fun and productive joint meeting of the Strategic Planning and NOK committees right after the business meeting on Saturday, which did some fine "blue sky" work but that is what we like to do. We don't say much about our thoughts for fear they will be misunderstood and cause confusion we don't intend. Permit us that please.

I for one, and I cannot speak for anyone else, believe we should not pursue any further changes and let the board and leadership provide guidance to us in the form of an evaluation of the proposed 5 year goals and stay out of the business of trying to implement changes that are not already directed by the board. Besides, coming up with goofy ideas is more fun, who knows maybe some will be worthy in the future.

One thing for sure I do not want to be a contributor to high blood pressure, long and tiring business meetings, and ill will. That is not what we should be doing. I'm for Lew's approach to conventions. Looking back at the old times and letting the good times roll!!

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va outreach



**Bill Jeffers
Chairman**

VA OUTREACH #9

This article picks up where we left off in the last issue of the Bulletin on the subject of Disability Compensation.

Former POWs imprisoned for any period of time are presumed to have a service-connected disability if they are rated at least 10% disabled at any time after military service with any of the following: psychosis, any of the anxiety states, dysthymic disorder, organic residuals of frostbite, post-traumatic osteoarthritis, atherosclerotic heart disease or hypertensive vascular disease and their complications, stroke and its complications, residuals of stroke, atherosclerotic heart disease, and (effective October 10, 2008) osteoporosis if the veteran has PTSD.

Former POWs who were imprisoned for at least 30 days, the following are also presumed to be service-connected: avitaminosis, beriberi, chronic dysentery, helminthiasis, malnutrition (including optic atrophy associated with malnutrition), pellagra and/or other nutritional deficiencies, irritable bowel syndrome, peptic ulcer disease, peripheral neuropathy (except where related to infectious causes), cirrhosis of the liver, osteoporosis (effective September 28, 2009).

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Veterans who served in the Republic of Vietnam between January 9, 1962 and May 7, 1975 are presumed to have been exposed to Agent Orange and other herbicides used in support of military operations. Fourteen illnesses are presumed by the VA to be service-connected for such veterans: AL amyloidosis, chloracne or other acneform diseases similar to chloracne, porphyria cutanea tarda, soft-tissue sarcoma (other than osteosarcoma, chondrosarcoma, Kaposi's sarcoma or mesothelioma), Hodgkin's disease, multiple myeloma, respiratory cancers (lung, bronchus, larynx, trachea), non-Hodgkin's lymphoma, prostate cancer, acute and sub-acute peripheral neuropathy, diabetes mellitus (Type 2), all chronic B-cell leukemia (including, but not limited to hairy-cell leukemia and chronic lymphocytic leukemia), Parkinson's disease, and ischemic heart disease.

For veterans who participated in "radiation risk activities" as defined in VA regulations while on active duty, active or inactive training, the following conditions are presumed to be service-connected: all forms of leukemia (except chronic lymphocytic leukemia), cancer of the thyroid, breast, pharynx, esophagus, stomach, small intestine, pancreas, bile ducts, gall bladder, salivary gland, urinary tract (renal pelvis, ureter, urinary bladder and urethra), brain, bone lung, colon, and ovary. Bronchiolo-alveolar carcinoma, multiple myeloma, lymphomas (other than Hodgkin's disease) and primary liver cancer (except if cirrho-

sis or hepatitis B is indicated). Service-connection for other conditions or exposures may be determined by the VA after considering such factors as the extent or duration of exposure, elapsed time between exposure and onset of the disease, gender and family history, relative sensitivity of exposed tissue, etc.

Gulf War veterans with chronic disabilities may receive compensation for such disabilities which result from undiagnosed illnesses and/or medically unexplained multi-symptom illnesses defined by a cluster of signs and symptoms. A disability is considered chronic if it has existed for at least six months. The undiagnosed illnesses must have appeared either during active service in the Southwest Asia theater of operations during the Gulf War period between August 2, 1990 to July 31, 1991, or to some degree of at least 10% at any time since then through December 31, 2016. Examples of undiagnosed or medically unexplained chronic multi-symptom illnesses are defined by a cluster of signs and symptoms such as: fatigue, skin disorders, muscle and joint pain, sleep disturbances, etc.

Certain infectious diseases may be granted presumptive service-connection if found compensable for veterans having active military duty in the Southwest Asia theater of operations during the Gulf War period from August 2, 1990 until such war is ended by Congressional action or Presidential proclamation, or active service in Afghanistan after Sept. 19, 2001.

**The 2014 AXPOW
Calendar was mailed
in August...featuring
Civil War prisoner-
of-war experiences.
You can order extra
copies from
National
Headquarters.**

American Ex-Prisoners of War

**2014
Engagement Calendar**



We exist to help those who cannot help themselves

civilians



**Alice Gollin
Chairman**

This is the latest update for the Norfolk reunion on April, 24 - 27th or 28th - 2014.

We are booked and contracted at Marriott Courtyard in Norfolk. Our hotel is a block and a half from MacArthur Memorial property. It is also across the street from the MacArthur Mall and Plaza. Many restaurants and shops are in the Mall which is easy access for us. Norfolk is an easy city to get around.

Marriott is giving us these rates:
King Bed Rooms- \$109.00
Queen Bed Rooms - \$119.00
(taxes not included)
Angus will give the info on contact numbers to book.

IMPORTANT * Please Pass On to everyone! It is imperative that those who plan to attend the Reunion in Norfolk, know that they need to book the hotel rooms as soon as they get the information. Mention that no money is taken out of the credit card till you check into the hotel. By waiting to hear from friends or kids to see if they are going, puts one in jeopardy for getting a room for the special price in our group. (I have had to dance as fast as I can to try to dig up rooms at the last minute because members were waiting for one reason or another. And...it ain't easy dancing in a scooter)

Many people are signing up from the East Coast region, so it is best to keep this in mind when you speak to others of the plans.

We have been warned of the following happening in Norfolk on the same weekend. The highly acclaimed TATTOO will be performing in town as well. Please Google - VIRGINIA TATTOO - Norfolk, VA-2014. I am blocking seats for our group(optional) for the Friday night performance in the event anyone wants to attend. Again, it is a huge international event.

Our get-together celebratory dinner will be on Saturday night at Kinkaid's Restaurant recommended by Jim Zobel. This is confirmed. The rest of the info will follow - menu choices-price-program etc.

Jim and I are putting together a program for the weekend in between the aforementioned plans. It will include a tour of MacArthur Memorial - a few short documentary films shown by Pete Parsons and Lou Gopal - guest speakers and book sellers to be held in the Memorial auditorium. We are also planning to invite the members of the 1st Cav - yes, there a few left. Other things are also in the planning stage as we speak.

All in all-we feel that we will be having an excellent program at an amazing venue. Please plan to come...and have a good time.

Contact me for anything you want to contribute. Thanks, guys.

Aloha - Sascha
Sascha Jansen
Mabuhayma@aol.com
(707) 448-2909

BACEPOW

Bay Area Civilian Ex-Prisoners of War.
Membership is open to all former prisoners of the Japanese, their families, and friends.
There is an active descendents group.
www.bacepow.net
Commander, Angus Lorenzen



The MacArthur Memorial Museum

198 Bank St,
Norfolk, VA 23510
(757) 441-2965

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pow-mia



PNC John Edwards Chairman

889 Randall Road
Niskayuna, NY 12309-4815
(518) 393-3907 phone & fax

OFFUTT REDUX: MIA Search Incrementally Expanded

by Alice A. Booher



Earlier *Bulletin* articles addressed aspects of the Joint POW/MIA Accounting Command (JPAC), with primary headquarters in Hawaii from which teams have gone out across the world to search out, retrieve and identify remains of missing American service personnel. The locale is both idyllic and practical, as it is nearer many of the search

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sites in the Pacific theaters of WWII, Korea and Vietnam, where retrieval is rendered more difficult as the soil is acidic and remains deteriorate quickly, often leaving only teeth. There are 83,000 service members remaining missing from those conflicts. To that end, JPAC HQ and its 500 member staff will remain in Hawaii, where a new 136,000 square foot structure is being built.

JPAC is also charged with helping MIA's families, and Facebook, Twitter and other social media has facilitated the closeness for families to the searches for loved ones. But Joint Base Pearl Harbor-Hickam (in the U.S. Pacific Command) is remote from mainstream CONUS families and workers. And collateral to the MIA issue, after September 11, 2001, it was clear that a mainland CONUS forensics laboratory was necessary to react quickly in time of tragedy or terrorist strikes. These exigencies served as immediate impetus for expanding JPAC capabilities.

After a long search and two years in construction, JPAC's impressive new \$5 million satellite forensics laboratory opened June 17, 2013 at Offutt Air Force Base, Nebraska. Sophisticated equipment and myriad long wheeled

tables reside in the stark white-tiled 27,000 square foot forensics lab located in a former bomber plant. For novelist Patricia Cornwell aficionados, the facility is a huge fascinating magnification of the fictional Dr. Kay Scarpetta's forensic crime lab.



Using historical, anatomical and dental analysis, DNA sampling and electronic imaging decides, JPAC currently identifies the remains of about 80 MIA's annually with an eye to the Congressional mandated goal of identifying 200 unaccounted for remains per year by 2015. Additional manpower is going to the field and the labs will partner with university researchers.

With 14 people now at work at Offutt, a work force that will increase to 50 by 2016, a glance at the internet sites advertising for myriad specialists (e.g., anthropologists, archaeologists, forensic odontologists and support personnel) reflects a window on the range of needs and capabilities for the satellite center. And MIA families are welcomed. The young boy examining skulls on one of the long tables at the opening event at Offutt laboratory annex is Bryan Stuckenschmidt, age 9 of Omaha, whose great uncle Spc. Don Grella and his 3 crewmates went down with their helicopter in Vietnam on December 28, 1965.



Captured/Missing:

US Service member captured while supporting combat operations:

Army Spc. Bowe R. Bergdahi, 27,
June 30, 2009, Afghanistan



Sept. 21, 2013. Second Annual National POW-MIA Recognition Day, sponsored by Rolling Thunder Alabama Chapter #1 will be held at the State Capitol in Montgomery, AL, 11AM. For more information, contact: Don Westwood, Chapter President, 11963 Balsam Ct., Spanish Fort, AL 36527; danson50@gmail.com.

Oct. 1-6, 2013. The 30th Annual Mukden Survivors and Descendents reunion will be held in Hamburg, PA. Anyone interested in more information please contact the hosts, Terry and Dawne Clay (Wayne Miller's daughter). Dawne's Email address is dkclay1@comcast.net. Home address is: Dawne and Terry Clay, 751 Garfield Rd, Mohrsville, PA 19541. Home telephone # 610-926-0667.

Oct. 3-6, 2013. The 6th Bomb Group (BG), Tinian Island, 1944-45. 25th Reunion will be held in Milwaukee, WI. Contacts: Rob Ritter (414) 380-7888, drrob@tds.net or Loris Forsman, loriforsman@aol.com.

Oct. 10-14, 2013. The WWII 95th Bomb Group (H) Memorials Association reunin will be held at the Sheraton Lake Buena Vista Resort. For information, contact Vanna Walker, chair: reunions@95thbg.org.

March 13-15, 2014. USS Houston CA-30 Survivors Association & Next Generations Reunion will be held at: Hyatt Regency Houston Downtown. Contact: John Keith Schwarz Executive Director- USS Houston CA-30 Survivors Association & Next Generations; 202-268-2261/703-867-0142. contact@usshouston.org.

committee notes

bylaws

All requested changes to the National Bylaws are to be submitted as follows:

Resolutions have two major parts: a preamble and a resolution. The preamble gives the reason for the resolution. The resolution gives the intent. Each can contain one or more paragraphs and the whole is read in its entirety, beginning with the preamble. Each preamble paragraph begins with "Whereas" and ends with "and" to connect it to the next paragraph. The final paragraph is joined to the resolution with a semicolon and followed by the phrase "Therefore, be it"

Whereas, (ETC); and
Whereas (ETC); therefore, be it
Resolved, that _____

One signature is required on resolutions and amendments. Members are reminded that resolutions must be submitted to the committee before Oct. 1, 2013. Those requesting changes should include a telephone number where they can be reached if more information is needed. Send requested changes to:

David Drummond, Chairman
1 Crane Court
Manalapan, NJ 07726
(732) 446-4198
ddrummon@optonline.net

next of kin

The Next of Kin Chorus is already gearing up for next year! Put on your dancing shoes...crank up your singing voice and come join us! As you can see by the pictures, we had a lot of "kids" singing this year in Arlington -- and who knows -- maybe we'll have even more in

2014! If you have ideas for the entertainment we provide at the Commander's Reception, contact Marsha Coke: 817-649-2979; axpow76010@yahoo.com. See you next year!

strategic planning

At the National Convention in Arlington, Texas, the membership made a number of changes to help AXPOW move forward, but we're still encouraging all members to send in deas for the national organization. They may be ideas to help the organization's finances, long-term planning or operations. Please send your thoughts to ND Lew Sleeper, 6636 E Villa Dorado, Tucson, AZ 85715; 520-751-9628; sleepjl@aol.com.

awards

Do you know a member who has done an outstanding job for AX-POW? Or a non-member who always gives that extra bit to help ex-POWs? Submit their names and give a short explanation of why you think they should receive an award. Send in your requests to Bill Jeffers, 3522 Milbrook Way Cr., Green Acres, FL 33463. 561-969-6036.

Below: A rousing performance by the next of kin chorus!



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2013-2014 Committee Assignments

ANDERSONVILLE NHS

COORDINATOR

DeMent, Ed
Jeffers, Bill

BUDGET & FINANCE

Moore, SVC Skip
DeMent, JVC Ed
Eslinger, JVC Pam
Gollin, JVC Alice
Morgan, Executive Director
Clydie
Susino, PNC Charles
Lollar, NC Jim
Klumpp, Marty

CHAPLAIN

Rayborn, Benny

CIVILIAN EX-POW

Gollin, Alice
Cerbone, Cheryl
Morgan, Sally

BYLAWS & RESOLUTIONS

Drummond, David
Morgan, Clydie
Eslinger, Pam
Claypool, David

EDUCATION

DeMent, Ed
Rayborn, Benny

ELECTION JUDGES

Warner, PNC Jack
Sharp, PNC Maurice
Schmidt, PNC Bill
Barker, PNC Morris
Bogard, PNC Carroll

JOB DESCRIPTIONS

Eslinger, Pam
Drummond, David
Claypool, David
Fisher, Becky

JUDGE ADVOCATE

Drummond, David
Claypool, David

LEGISLATIVE

Susino, PNC Charles

MEDICAL RESEARCH

Coke, Marsha

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Powell, Ruth
Susino, Charles Anthony

MEMBERSHIP

Coke, Marsha
Becky Fisher
Garrido, Ben
Galanti, Paul

GRIEVANCE & INVESTIGATION

Garrido, Ben
Claypool, David
Sharp, Bonnie
Jeffers, Bill

NATIONAL CONVENTION

Clark, John
Morgan, Clydie
Sleeper, Lew
Eslinger, Pam
Gollin, Alice

SUBCOMMITTEES

AWARDS

Jeffers, Bill

NOMINATIONS & ELECTIONS

Claypool, David
Garrido, Ben

NEXT OF KIN

Eslinger, Pam
Rayborn, Benny
Garrido, Ben
Fisher, Becky
Claypool, David

NSO PROGRAM

Powell, Ruth – Director
Harlan, Betty – Co-Director
Gollin, Alice

PERSONNEL

Schmidt, Deanie
Jeffers, Bill
Gollin, Alice
Eslinger, Pam

POW-MIA COORDINATOR

Edwards, PNC John

PROTOCOL

Roberts, PNC Zack
Clark, John
Coke, Marsha
Lee, Judy

PROTOCOL FOR NEW OFFICERS

Morgan, Sally

PUBLIC RELATIONS

Cerbone, Cheryl
Gollin, Alice

SUBCOMMITTEES

PUBLICATIONS

GUIDELINES

Sharp, PNC Maurice - Publ.
Cerbone, Cheryl

EDITOR

Cerbone, Cheryl

SERGEANT AT ARMS

Claypool, David
Johnson, Jim

STRATEGIC PLANNING

Sleeper, Lew
Clark, John – Vice Chair
Eslinger, Pam
Drummond, David
Rayborn, Benny
Claypool, David

SURVIVING SPOUSE

Benny Rayborn
Mitzi Rayborn
Cheryl Cerbone

VA OUTREACH PROGRAM

Jeffers, Bill
Powell, Ruth
Susino, Charles Anthony

VA VOLUNTARY SERVICE

Barker, PNC Morris

WAYS & MEANS

Cerbone, Cheryl
Ruetsch, Ray
Sharp, Bonnie
Eslinger, Pam

SUB-COMMITTEE

DIRECT-MAIL PROGRAMS

Cerbone, Cheryl

WASHINGTON DC SPECIAL EVENTS

Susino, PNC Charles
National Headquarters

WASHINGTON DC POW MEMORIAL

Susino, PNC Charles
DeMent, Ed
Jeffers, Bill
Susino, Charles Anthony

2013-2014 Committee Addresses

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<p>Bogard PNC Carroll Barbara 275 M Taft #116 Mason City IA 50401 (641) 424-4870 (641) 512-4543</p>	<p>Harlan Betty 2570 Fm 3397 Sudan TX 79371 (806) 933-4428 Bettyh@Fivearea.Com</p>	<p>Roberts PNC Zack 374 Rolling Rock Mountainside NJ 07092 (908) 232-2990 (908) 232-4764 zackroberts7@gmail.com</p>
<p>Cerbone Cheryl A Michael 23 Cove View Dr S Yarmouth Ma 02664 (508) 394-5250 (508) 760-2008 axpoweditor@comcast.net</p>	<p>Jeffers William 3522 Millbrook Way Cr Green Acres Fl 33463-3057 (561) 969-6036 robil1@Aol.Com</p>	<p>Ruetsch Ray 4365 N Cindy Ln Columbia Mo 65202 (573) 817-9332 Ruetschray@Aol.Com</p>
<p>Clark John W Anne 1201 S Johnmeyer Ln Columbia Mo 65203 (573) 445-3621 Clarkjna@Aol.Com</p>	<p>Johnson Jim 108 Sadie Ln Sayre Ok 73662 (580) 243-8184 Jjohnson@Cimarex.Com</p>	<p>Schmidt Deanie Bill 1001 Parkview Blvd #316 Columbus Oh 43219-2205 (614) 372-0789 Schmidt1925@Gmail.Com</p>
<p>Claypool David Po Box 38 Hamp-ton MN 55031 (612) 245-2247 Claypool@Bevcomm.Net</p>	<p>Klumpp Marty Charles 221 Hallowes Dr S St Marys GA 31558 (702) 480-4961 Martyklumpp@Tds.Net</p>	<p>Schmidt PNC Bill Deanie 1001 Parkview Blvd #316 Columbus Oh 43219-2205 (614) 372-0789 Schmidt1925@Gmail.Com</p>
<p>Coke Marsha 3201 E Pioneer Pkwy #40 Arlington TX 76010-5396 (817) 649-2979 (817) 649-0109 Axpow76010@Yahoo.Com</p>	<p>Lee Judy Po Box 56 Madisonville TN 37354 (423) 442-3223 (423) 442-7921 Judithblee@Ymail.Com</p>	<p>Sharp Bonnie Maurice 9716 54th St Ct W University Place WA 98467-1118 (253) 565-0444 Sharp1955@Juno.Com</p>
<p>De Ment Edward L 8735 Doral Oaks Dr #1617 Temple Terrace Fl 33617-6244 (813) 985-3783 Deme8805@Aol.Com</p>	<p>Lollar Jim Debby 292 VZ Cr 3727 Wills Point TX 75169 (903) 560-1734 B52gunner0169@Att.Net</p>	<p>Sharp PNC Maurice Bonnie 9716 54th St Ct W University Place WA 98467-1118 (253) 565-0444 Sharp1955@Juno.Com</p>
<p>Drummond David Jill 1 Crane Ct Manalapan NJ 07726-3626 (732) 446-4198 Ddrummon@Optonline.Net</p>	<p>Moore Skip Margie 2965 Sierra Bermeja Sierra Vista AZ 85650 (520) 459-7295 Skip.M.Moore@Us.Army.Mil</p>	<p>Sleeper Lewis Janice 6636 E Villa Dorado Tucson AZ 85715 (520) 751-9628 Sleepjl@Aol.Com</p>
<p>Edwards PNC John Helga 889 Randall Rd Niskayuna NY 12309-4815 (518) 393-3907</p>	<p>Morgan Clydie J 3201 E Pioneer Pkwy #40 Arlington TX 76010-5396 (817) 649-2979 (817) 649-0109 Hq@Axpow.Org</p>	<p>Susino Charles A 951 Gates Dr Piscataway NJ 08854 (732) 463-8355 (732) 221-0073 Charles.Susino@Gmail.Com</p>
<p>Eslinger Pam Warner Willie Po Box 117 Hammon Ok 73650 (580) 473-2783 Elib@Hammon.K12.Ok.Us</p>	<p>Morgan Sally 3201 E Pioneer Pkwy #40 Arlington TX 76010-5396 (972) 641-0801 (817) 649-0109 Axpowqm@Aol.Com</p>	<p>Susino Jr PNC Charles Lillian 136 Jefferson St Metuchen NJ 08840-2847 (732) 549-5775</p>
<p>Fisher Becky 6319 Whims Rd Canal Winchester Oh 43110 (614) 834-7214 Beckyfisher927@Hotmail.Com</p>	<p>Powell Ruth Jack 191 Florence Rd Waltham Ma 02453 (781) 899-0726 Ruth.Powell2@Va.Gov</p>	<p>Warner PNC Jack Box 117 Hammon OK 73650</p>
<p>Garrido Ben 6813 W 60th St Tulsa Ok 74107 (951) 313-9839 Bgarrido24@Aol.Com</p>		

News Briefs

Frank Kravetz ~ Recipient of Jefferson Award in Pittsburgh

The award was presented on Monday, April 29, 2013 (anniversary of the date he was liberated from prison camp) at the Carnegie Museum of Art & Natural History in Pittsburgh, PA.

The award is given in recognition of outstanding volunteerism and began in 1972 by Jacqueline Kennedy Onassis, Senator Robert Taft Jr., and Sam Beard who founded the American Institute for Public Service Service to establish a "Nobel Prize" for public and community service.

The mission of the Jefferson Awards is to honor Americans who perform outstanding public service and inspire others to follow their example.



Frank and his bride, Annie



Frank Kravetz's story is helping fellow veterans and former POWs

On November 2, 1944, Frank Kravetz was severely wounded while serving as a tail gunner on a B-17 bombing mission to Merseburg, Germany in World War II. He subsequently battled for his life as a wounded prisoner of war before being liberated from a German prison camp.

Frank's war experiences gave him a desire to embrace life and help fellow veterans. Since 1985, Frank has served with the American Ex-Prisoners of War, an organization that advocates for former POWs and their families. In his past role as a national service officer and director, Frank helped former POWs to receive their service-related disability benefits through the Department of Veterans Affairs.

Now 88, Frank helps veterans with anything from filling out complicated benefits forms to coordinating assisted living or long-term care. He also serves on the VA Pittsburgh Healthcare System's committee to honor POWs during the annual National Former POW Recognition Day. In addition, Frank conducts funeral prayers and burial services for former POWs and even donated the proceeds from a book he wrote to the National Prisoner of War Museum.

For more information about the American Ex-Prisoners of War, visit axpow.org.



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BNY MELLON

**THE PITTSBURGH
FOUNDATION**

THE HEINZ ENDOWMENTS

news, cont'd...

Vietnam Veterans Memorial Education Center

Established in 1979, the Vietnam Veterans Memorial Fund (VVMF) is dedicated to preserving the legacy of the Vietnam Veterans Memorial in Washington, D.C., promoting healing and educating about the impact of the Vietnam War. It will be used to build The Education Center at The Wall which will be a place on our National Mall where our military heroes' stories and sacrifice will never be forgotten. With plans to begin construction in 2015, the Center is a technologically-innovative learning facility to be built on the grounds of the Vietnam Veterans and Lincoln Memorials. Visitors will better understand the profound impact that the Vietnam War and other wars had on their friends and family members, their hometowns and the nation.



The Center will feature the faces and stories of the more than 58,000 men and women on The Wall, honoring those who fell in Vietnam, those who fought and returned, as well as the friends and families of all who served. The Center will also celebrate the legacy of service that links the heroes of America's past to those still serving today. It will provide an opportunity for visitors from around the world to more fully understand and appreciate the extraordinary sacrifice of those who have given their lives in the nation's defense. Visitors will not

simply read their names. They will see these patriots and get to know them in ways not envisioned in any other facility on the National Mall. The Education Center will truly be a place of learning and reflection about the values exemplified by the lives of those who have served and died for our country.

The 108th Congress authorized the Education Center in 2003. The original legislation mandated that the Education Center be privately funded, but included a restriction on donor recognition. This prohibition severely inhibited fundraising efforts among some of the potentially most generous donors. On 10 JUL the U.S. Senate passed H.R.588, the Vietnam Veterans Donor Acknowledgement Act of 2013. The bipartisan bill was authored by Congressman Don Young (R-AK) and co-sponsored by Congressman Raul Grijalva (D-AZ) and 38 other members of Congress. When signed by President Obama, the law will correct a problem with the original legislation that authorized the construction of the Education Center at The Wall, and will make it possible for the Vietnam Veterans Memorial Fund (VVMF) to acknowledge donor contributions by displaying, inside the facility, appropriate statements or credits acknowledging major contributions. Learn more about the Education Center at The Wall by visiting <http://www.vvmf.org> or by calling 866-990-WALL.

Federal Surplus Property

By a vote of 387-1, the House of Representatives passed a bill that would allow veterans service organizations (VSOs) to obtain, at no cost, federal surplus property such as computers, vehicles and appliances. The Formerly Owned Resources for Veterans to Express Thanks for Service (FOR VETS)

Act of 2013 (H.R.1171) was introduced last March by Rep. Dan Benishek (R-MI.) The legislation would amend Title 40 of the U.S. Code "to improve veterans service organizations access to Federal surplus personal property." American Legion National Commander James E. Koutz sent a letter 9JUL to Sen. Thomas Carper (D-DE) asking him to move the Senate version of the FOR VETS bill (S.573) forward so that it can be voted on before Congress recesses in August. Carper, an original co-sponsor of the Senate bill chairs the Senate Homeland Security & Governmental Affairs Committee, where the measure is being considered. In his letter, Koutz wrote that the bill would enable VSOs "to gain increased opportunities to Federal surplus property to educate, train, and improve the quality of life for veterans, their families, and communities in which they live." Rep. Mark Sanford (R-SC) was the sole member of the House to oppose the FOR VETS Act of 2013. A former governor of South Carolina, Sanford is an Air Force Reserve captain serving with the 315th Airlift Wing at Charleston Air Force Base.

Korean War Commemorative Coin

The Royal Canadian Mint has issued a special edition, 99.99% pure silver dollar commemorating the 60th anniversary of the Korean Armistice. This new collector coin was unveiled at the Canadian War Museum in Ottawa by the Honorable Steven Blaney, Minister of Veterans Affairs and Minister for la Francophonie, and Mr. Ian E. Bennett, President and CEO of the Royal Canadian Mint. Part of the proceeds from the sale of the coins will be donated to

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Canadian Korean War Veteran organizations.



This silver collector coin can now be ordered directly from the Mint at 1-800-267-1871 in Canada, 1-800-268-6468 in the US, or on the Internet at <http://www.mint.ca>. The coin will also be available as of July 9, 2013, at the Royal Canadian Mint's boutiques in Ottawa, Winnipeg and Vancouver, as well as through the Mint's global network of dealers and distributors, including participating Canada Post outlets. 2013 is the Year of the Korean War Veteran—Canada proudly remembers the heroes of the Korean War and their brave fight to uphold freedom, democracy and the rule of law. For more information on Canada's involvement in the Korean War Korean War refer to veterans.gc.ca.

MIA Numbers

"Keeping the Promise", "Fulfill their Trust" and "No one left behind" are several of many mottos that refer to the efforts of the Department of Defense to recover those who became

missing while serving our nation. The number of Americans who remain missing from conflicts in this century are: World War II (73,000+), Korean War (7,900+), Cold War (126), Vietnam War (1,655), 1991 Gulf War (0), and OEF/OIF (6). Over 600 Defense Department men and women — both military and civilian — work in organizations around the world as part of DoD's personnel recovery and personnel accounting communities. They are all dedicated to the single mission of finding and bringing our missing personnel home. For a listing of all personnel accounted for since 2007 refer to http://www.dtic.mil/dpmo/accounted_for. For additional information on the Defense Department's mission to account for missing Americans, visit the Department of Defense POW/Missing Personnel Office (DPMO) web site at <http://www.dtic.mil/dpmo> or call (703) 699-1420.

WWII Veterans Longevity

During a 40-year stretch beginning in 1952, every U.S. president served in World War II. That string ended with Bill Clinton's election in 1992.

No other group of American veterans has persisted for so long in politics. And days after we commemorated the 69th anniversary of the D-Day invasion of Nazi-occupied France, it's also worth noting how quickly that generation is passing from our midst.

Approximately 1.4 million of the more than 16 million men and women who served in World War II are still alive, according to the U.S. Department of Veterans Affairs. But the median age is 92. And almost 700 die each day. By 2036, the VA estimates none will be left.

Replacing Military

Medals

Medals awarded while in active service are issued by the individual military services if requested by veterans or their next of kin. Requests for replacement decorations, medals, and awards should be directed to the branch of the military in which the veteran served.

However, for Air Force (including Army Air Corps) and Army veterans, the National Personnel Records Center (NPRC) verifies awards and forwards requests and verification to appropriate services.

Requests for replacement medals should be submitted on Standard Form 180, "Request Pertaining To Military Records," which may be obtained at VA offices or the Internet at www.va.gov/vaforms/.

Forms, addresses, and other information on requesting medals can be found on the Military Personnel Records section of NPRC's Web site at www.archives.gov/st-louis/military-personnel/index.html. For questions, call Military Personnel Records at (314) 801-0800 or e-mail questions to: MPR.center@nara.gov.

When requesting medals, type or clearly print the veteran's full name, include the veteran's branch of service, service number or Social Security number and provide the veteran's exact or approximate dates of military service.

The request must contain the signature of the veteran or next of kin if the veteran is deceased. If available, include a copy of the discharge or separation document, WDAGO Form 53-55 or DD Form 214.



Defense POW/Missing Personnel Office
2000 Defense Pentagon
Washington, DC 20301-2000

DEPARTMENT OF DEFENSE

2013 National POW/MIA Recognition Day Poster

The 2013 National POW/MIA Recognition Day poster honors those still missing from our Nation's past wars and conflicts and those who made the ultimate sacrifice and whose remains have not yet been recovered and returned home. The Poster depicts the Missing Man Table and there is special significance to each item that is displayed.

Set for four, the missing personnel from the Army, Marine Corps, Navy, and Air Force are represented at the table. The round table shows everlasting concern. The table cloth is white symbolizing the purity of the servicemen's motives when answering the call to duty. A single red rose is displayed in a vase as a reminder of the life of each of the missing and their loved ones and friends who keep the faith while seeking answers. The vase is tied with a red ribbon symbolizing the continued determination to account for them. A slice of lemon is a reminder of the bitter fate of those captured and missing in a foreign land. The salt symbolizes the tears shed by those missing and their families who long for answers to end years of uncertainty. The lighted candle reflects hope for their return to their families and our Nation. The inverted glass symbolizes the servicemen's inability to share an evening toast. The chairs are empty; they are missing.

National POW/MIA Recognition Day is held each year on the third Friday in September. On September 20, 2013, ceremonies will be held across the country to commemorate the sacrifices of the missing servicemen and their families. For additional information about National POW/MIA Recognition Day, visit the Defense POW/Missing Personnel website at: <http://www.dtic.mil/dpmo>.



news,
cont'd...

A followup to:

Saint, Hero, POW:

Emil Joseph Kapaun

by Alice A. Booher

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Former POWs Recall Chaplain at Medal of Honor Events

By Terri Moon Cronk
American Forces Press Service

An Army chaplain who posthumously received the nation's highest military honor earlier this year was inspirational, courageous in battle, and someone who talked the talk and walked the walk, a group of former Korean War prisoners of war said in a recent interview with Army Television.

Army Chaplain (Capt.) Emil Kapaun, a Roman Catholic priest and a Korean War POW, was awarded the Medal of Honor in an April 12 White House ceremony and was inducted into the Hall of Heroes at the Pentagon the next day, 62 years after his death.

Several of the chaplain's fellow POWs attended the Medal of Honor events.

"In prison camp, he was an inspiration to everyone," recalled Robert Wood, a former Army infantry first lieutenant. "He never



failed to inspire me with his courage and his own devotion — bathing the sick and wounded and scavenging for us. He was a good thief. He would steal rations for us from the Chinese."

It was the winter of 1950-51 when Kapaun, Wood and hundreds of other U.S. troops were captured by the North Koreans and handed over to Chinese camps as POWs. Wood vividly remembers his first meeting with battalion chaplain Kapaun.

"When got to Korea the first time, we came in contact with the enemy [when] we were on one hill and another battalion was on another hill, running out of ammunition," Wood said. "I volunteered to carry some ammo over to them. I headed out and all of a sudden, there's Father Kapaun standing next to me, carrying ammo with a pipe clenched in his teeth. I said, 'Where are you going, Father?' and he said, 'I'm going with you, son.' We took off up the side of a hill with no cover — just a ditch alongside the trail. We came under machine gun fire, and we both [dived] into the ditch.

"I looked over my shoulder at Father Kapaun, and all he had was the stem of the pipe still in his mouth. They'd shot the pipe

right out of his mouth," he continued. "I said 'Father, do you really want to go?' and he said, 'Go on son, just go on.' He only increased my admiration, because in combat he was extremely courageous."

Joe Ramirez, then an Army corporal, experienced a different introduction to Kapaun.

"We landed in South Korea July 18, 1950," he said. "There were skirmishes. Father Kapaun came around to ask if anyone wanted to be baptized. I was the only one to raise my hand. We went to the river and he baptized me there."

Ramirez said he has "everything ever written" about Kapaun in an album, which he refers to every week and shares with his children and grandchildren.

"[Father Kapaun] had a lot of influence, especially on the younger guys, of which I was one," he noted. "He would say, 'Don't believe what [the Chinese] tell you. You're all Christians,' because they were trying to convert us to communism. He was against it, and that's why the Chinese hated him."

Ramirez credits Kapaun with giving the prisoners a reason to live amid the harsh conditions of the prison camp. "He gave us a lot of encouragement, talked to us and said prayers. In the winter it was 50 below zero," he said. "A lot of us didn't have winter clothing; we had summer clothing. He said, 'Keep the faith — we're going to get out of here one of these days.'"

"He was more than a religious leader," said Ray "Mike" Dowe Jr., an Army first lieutenant and platoon commander. "He taught people to have faith in their own beliefs, to maintain their integ-

news, cont'd...

city, to maintain faith in their country and their god, and by so doing, it gave people a will to live."

After nightly "ration runs," as he called them, Kapaun taught the other prisoners not to hoard food, but to share it, Dowe recalled. "He would volunteer to carry the dead on stretchers every time," he said. "He'd take the clothes off the dead, wash them and distribute them to the wounded, and take care of the sick. He'd have to escape from the officers' compound to do it."

Kapaun had the gift of emboldening the prisoners. "He was an inspiration to hundreds and hundreds of people who survived, and wouldn't have survived that ordeal without him ...

[Survival] only comes from instilling the will to live, which comes from your beliefs, your

country and resisting the enemy," Dowe said.

Despite the conditions that go with captivity during a war, the chaplain tried to keep the prisoners' spirits up and help them think positively, Wood recalled. "The first months were horrible. During the first winter there was bitter cold, starvation, and we were all sick, but he would go around and lead us in prayer. Jews, Protestants and Catholics were saying the rosary," he said. Kapaun became stricken with a blood clot in spring 1951, but POW doctors were able to treat it. The chaplain then developed pneumonia, Dowe said. As he began to recover, the Chinese became restless over his survival.

"When he started to get well, they couldn't tolerate it," Dowe said. "They came down with bayonets and troops, and we tried to resist them. The doctors told [the Chinese] not to take [Kapaun], but they took him to what they called a hospital. We were in tears. He turned to me and said, 'Mike, don't cry. I'm going to where I always wanted to go and

when I get there, I'll say a prayer for all of you.'"

Rather than putting him in the hospital, Dowe said, the Chinese put Kapaun in a building with other prisoners who were beyond medical help. "It was just filled with every kind of bug, and feces," he said. "[The Chinese] didn't feed them. They [placed him] in a 7-by-7-foot [room] after his death, they threw his remains into a pile."

Dowe said he later spoke with people on teams that were on a recovery mission in North Korea. They told Dowe they found that area and recovered some of Kapaun's remains.

"We lost something when we lost him — [he was] a constant reminder, a ray of hope that we were going to get out of this thing eventually, and he was someone who retained his civility and devotion," Wood said.

Wood was one of the prisoners who had to carry the chaplain to "the death house," he said.

"We all knew taking him up there was a death sentence, yet he was calming everyone around him, saying he was going to a better place and that he'd pray for us, and not to be upset. What really stunned me was he was blessing the Chinese who were killing him," Wood said, becoming emotional. "I had tears in my eyes when he was doing it. I could never do that."



National Director Ben Garrido presented Kevin Pratt, Assistant Director for Military Records, National Personnel Records Center, with the 2012 Outstanding Member Award on July 19, 2012.

Save the Dates!
It's not too early to start thinking about the 2014 convention in Arlington!

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Your Stories

Fred Mayer: Really and Truly an Inglorious Bastard

by Alice A. Booher



*Mayer, Wynberg & Weber,
May 1945*

There are fantastic movies of historic focus, some of which have abundant embedded truth. Through one of those relatively recent documentaries, *The Real Inglorious Bastards* (seen on The History Channel), many have already met Fred Mayer. Or for a reader of Gerald Schwab's *OSS Agents in Hitler's Heartland: Destination Innsbruck*; or award winning Patrick O'Donnell's *They Dared Return: The True Story of Jewish Spies, Behind the Lines in Nazi Germany (Dared)*, this will be merely a reintroduction to Fred Mayer and some of his extraordinary friends. These and other news media were resources for

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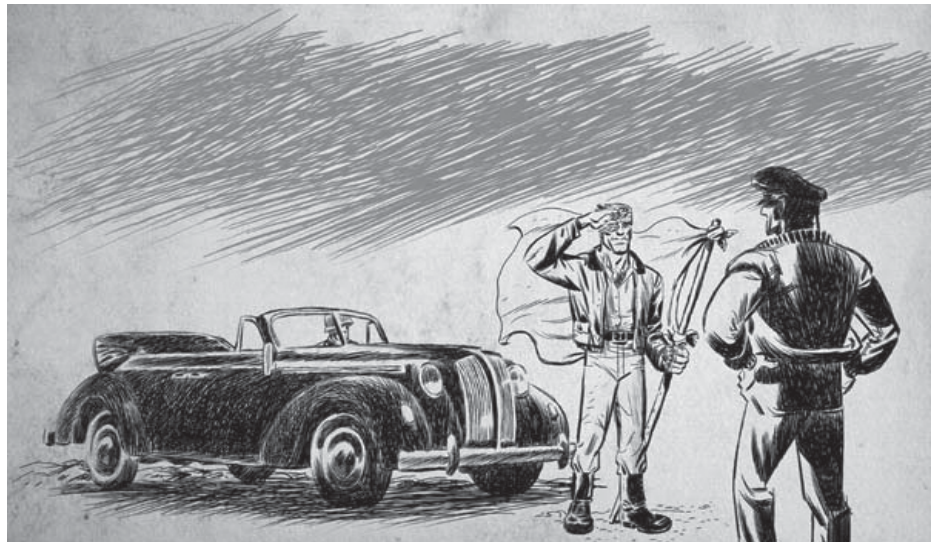
this article, and it may be stipulated that Mayer's life story is much better than fiction!

Frederick (Fred) Mayer, born in 1921 in Freiburg, Breisgau, Baden-Württemberg, Germany, was a gifted teen athlete, a youngster of firm beliefs, a risk-taker, innovative thinker, and a skilled tinkerer. Able to fix all sorts of things, Fred worked after high school as an apprentice diesel mechanic for Ford Motor Co. His father, Heinrich, had been awarded the Iron Cross Second Class as a LT in the Imperial German Army in WWI, for gallantry during the Battle of Verdun, and dared hope this might help protect his Jewish family. However, anti-Semitic Nazi winds began to blow more fiercely, and in 1938, at the insistence of Heinrich's wife, and after a two-year fight to get visas, the Mayers fled Hitler's Germany with the clothes on their backs to NY. The entire family worked at myriad jobs in Brooklyn. Feeling a patriotic debt owed to his new country, on December 8, 1941, Fred applied but was rejected by the draft board as an "enemy alien". Reflecting

lifelong persistence, Fred pled to take the place of his brother in college, was accepted at age 20 in the U.S. Army, and shipped off for boot camp at Ft. Rucker, AL and beyond. From the outset, Mayer demonstrated what they sometimes call in the intelligence trade "an instinctual adaptability".

In July 1943, in the blazing training heat of Arizona with the Eighty-First Infantry Division, Mayer drew special attention as he led field exercises for the Wildcat Rangers, an elite reconnaissance unit. In sum, having worked exquisitely and freely behind the pretend "enemy" lines, Mayer opted to take not only a few soldiers as "prisoners" (as was the exercise's goal), but to capture the entire HQ including the Brigadier General heading the outfit. The General was duly chastened but sufficiently impressed that within a few weeks, a letter arrived for Mayer to report to the HQ in Washington of the Office of Strategic Services (OSS).

At the primary OSS training site, the 400 acre Bethesda, MD Con-



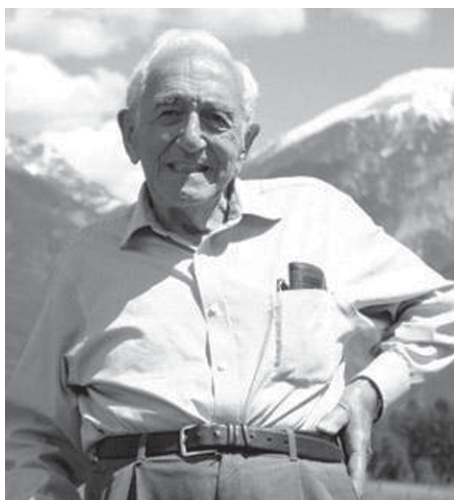
*Publicity drawing for Real Inglorious Bastards...
the surrender of Innsbruck with Fred Mayer and the white flag.*

Inglorious, cont'd...

gressional Country Club, new recruits were given physical and psychological aptitude-testing and then, via a lot of attention-getting live ammo, booby-trap tampering, stiletto sticking, grenade spinning and sniper training, swiftly crafted into spies, saboteurs and similar sundry operators.

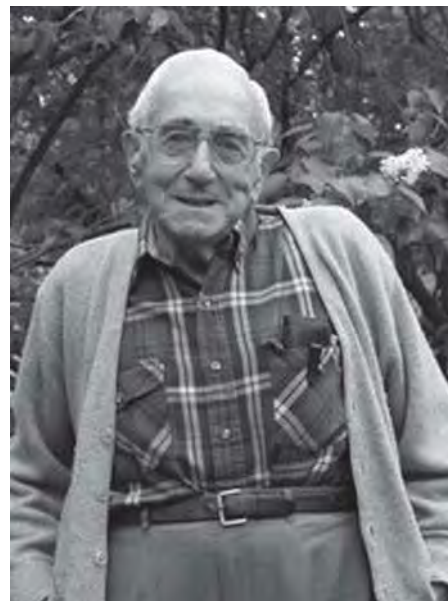
Mayer met his own particular comrades, a mixed-bag group of what was tagged the German Occupational Group (GOG) ranging from former Luftwaffe pilots to Jewish death camp escapees, Polish deserters, a world-class athlete and a former convict. Mayer loved the group and their purpose: to penetrate enemy lines and strike at the heart of Nazi Germany via what became the genesis of American special ops.

Mayer's all German-speaking group of 30 thrived at learning many things (e.g., sniping, knifing, demolition, infiltration). Five of the men were truly a special affinity group (Mayer, Wynberg, Steinitz, Gerbner and Rosenthal): all European Jew



refugees and multilinguists, with deep common bonds and beliefs. Mayer was described in an OSS assessment report as "aggressive, husky, resourceful and a natural leader who has a remarkable ability to improvise in special situations". They went to Ft. Belvoir to learn "driving" skills; then to Ft. Benning for paratrooper qualification; then to Catalina Island, CA for survival/amphibious warfare. The five new friends and comrades were soon ready for "real action".

In early summer 1944, the OGS embarked on a troop ship for Europe which dropped them off in the wrong location, starting several months wandering in North Africa with considerable on-the-job learning along the way. Eventually contacting the OSS office in Italy, they were ordered to Bari where recruitment of infiltrating agents was not going well. Several Fall 1944 efforts to use German POWs had been jinxed by legalities/practicalities. Mayer and his group were charged to sort through the POWs and see with whom they could pair up to infiltrate behind lines. In January 1945, to test Mayer's credibility, dressed as a German officer, entered Allied POW Camp 209 near Naples. The story of those days in the POW camp is legendary: not only did Mayer "pass" as a German POW, but also he found an extraordinary skilled, brilliant real German POW (former Austrian Wehrmacht officer and lawyer Franz Weber) to infiltrate with him. Operation Greenup, charged with obtaining wide-ranging pivotal Intel from Innsbruck, and virtually suicidal in nature, commenced.



Multi-faceted Operation Greenup in February 1945 asked Mayer, Wynberg and Weber, to scout the heavily fortified Austrian Alpine Redoubt area. Parachuting onto a frozen glacier lake but losing their ski package, they made their way on foot to Weber's family home. Mayer posed as an elite 106th Alpine German Army officer, staying at and radioing back data from the Innsbruck officer's barracks. His Intel gathering was extraordinary, ranging from the exact location of Hitler's Berlin bunker to details permitting destruction by the US Air Force of 25 of Nazi trains. Mayer developed local agents and had Weber's sister, a nurse, bandage his head to support his disguise in a particularly audacious event to put him into an Intel-rich rest area for convalescing soldiers. The result: engineering details, train schedules and staggering insights.

Three months later Mayer posing in beret and civvies as a

Inglorious, cont'd...

French electrician fleeing the advancing Soviet forces, worked in a German aircraft plant until one of his black market contacts turned him in to the Gestapo as a spy. During his torture-filled captivity, he initially spoke only German but eventually said he was American working alone while protecting his extraordinary harvest of detailed, quality data of industrial and strategic nature.

Another German-American OSS agent, fellow POW Matull, was also separately tortured by the Gestapo, and when shown a photo of Mayer, said he recognized him but described him as a "big shot", a ploy that worked well on several levels (e.g., Mayer was reputed to be so "high up" that he should be interrogated by someone of equally high stature. Taken to Franz Hofer, a local official who had seen the handwriting on the wall and wanted to surrender to Americans rather than Soviets, introduced him to his wife and the German ambassador to Mussolini's government, Rahn. It was Rahn who personally took Mayer's report that he was "captured but OK" to Allen Dulles, the OSS man in Bern.



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In the mid-1990s, Gottleber, his crew mates and the three spies they dropped in 1945 - Mayer, Wynberg & Weber - had another reunion. Photo courtesy of Richard Gottleber.

When, on May 3, 1945, Major Bland West, an intelligence officer with the American 103rd Infantry Division of the Seventh Army entered Innsbruck, he was met by a car with a white sheet flying – and a beaten, bruised Mayer, an American Jewish German immigrant, took him to accept the German surrender of the city. Former Director of the Central Intelligence Agency (CIA), William J. Casey, called Operation Greenup "by far the most successful of OSS operations mounted from Bari".

Mayer was awarded the Purple Heart and Legion of Merit; then and now, many thought he deserved the Medal of Honor. After discharge from the OSS in 1945, Mayer worked at General Motors and as a power plant supervisor for Voice of America during which he traveled the world. Mayer stayed in touch with many of his OSS friends, particularly the special five. In 1990, the Austrian government awarded him the Tyrolean Order of the Eagle in Gold.

In mid-April 2013, Senator Jay Rockefeller (D/WV) introduced information into the [Congressional Record](#) relating to Mayer, and wrote to President Obama further recognizing Mayer's ser-

vice to the country. Mayer, 92, a long way from his original Black Forest home, still exhibits the strong handshake of a man who continues to mow the lawn and chop wood on a regular basis in his relatively quiet WV (Jefferson County) setting, a split-level home he built himself for his family in 1970's, and volunteers every Monday for Meals on Wheels. His best friend is still Hans Wynberg.

Mayer attended the May 2013 [The Real Inglorious Bastards](#) invitation only screening at the 7th Annual GI Film Festival in Arlington, VA with a Congressional Reception at the U.S. Capitol Building. Senator Rockefeller also presented him with the 10 medals he had not received during wartime because of the secrecy of his service ranging from the POW medal to his Parachutist Badge.



Senator Jay Rockefeller presented Mr. Mayer with the Prisoner of War Medal, awarded for honorable service while being held in enemy hands, along with the Legion of Merit; Good Conduct Medal; American Campaign Medal; European-African-Middle Eastern Campaign Medal with three Bronze Star devices; World War II Victory Medal; World War II Honorable Service Lapel Button; and Parachutist Badge.

"Simply put, Frederick Mayer is an American hero," Rockefeller said.

Locked Up Abroad

by Alice A. Booher

The National Geographic has always had a reputation for producing a first class product, in photos or texts, whether it be in a publication such as their magazine, one of their magnificent books, or in one of their movies or film documentary productions whether seen via a purchased DVD or as broadcast on the multiple National Geographic Channels. Such is the case of the *Locked Up Abroad* series, now



entering its 9th season, which features an astonishing group of stories in one-hour increments. Described by media critics as having virtually a “cult” following, the tales have come from all over the globe: Chechnya, Uganda, Korea, Bangladesh, Kuwait, Peru, and on and on. The basic premise is relating to travelers or other relatively ordinary people who finds themselves in difficult situations and end up behind bars in one of many overseas venues. In general, the series’ myriad wide-spectrum and often a bit bizarre subjects may land in prison for dealing drugs or snakes, kidnapped or pregnant, and everything in between. Another in the current series will

be the declassified “true story of Argo” told by Tony Mendez himself. So, some of these folks are entirely innocent, others are not so innocent, but their stories are no less compelling.

The 9th season commenced on April 17th with what may be one of the best segments of all: U.S. Naval aviator Lt Cdr John S. McCain and civilian Ernie Brace who found themselves in adjoining cells in Hoa Lo, the Hanoi Hilton. It is a story of friendship and stamina, survival and cunning, resilience and reliance. Ernie Brace, captured in 1965,

had already spent 3.5 years being transported through Southeast Asian jungles, chained in a bamboo cage, trying to escape, and being beaten and buried alive up to his neck, before he landed at the Hanoi Hilton. McCain had been shot down over Hanoi and had already spent

nearly a year in solitary confinement. McCain and Brace would thereafter communicate with one another for years through the POW tapping code through the walls. They had a few quiet words between them, but did not actually meet face-to-face until President Nixon’s welcome home gathering at the White House on May 24, 1973. McCain now describes their special bond in prison as “a couple of old geezers sitting around waiting for the cavalry charge”.

This series 9 premier episode, *Vietnam POWS: McCain and Brace*, includes ongoing narration by both men, as well as actual documentary footage taken dur-

ing and at the end of captivity, and remarkably authentic contemporary reenactments with actors filming in Thailand, lending geographic authenticity. Pro-



duced by Srik Narayanan, it follows guidelines adapted from interviews and books by both men, and alternates narrations between them. They explain that their in-prison communicating commenced with the tapping of the all-American phrase, “Shave and a Haircut”, and the response “2 Bits”. McCain had Brace put his ear and a metal cup to the wall between their cells and Brace thus heard an American voice for the first time since he left his wife in CONUS. Once they were together without a wall but could not speak or see one another on a truck ride to Camp Vegas; Brace knew it was McCain by his tapping on his leg. Brace, the longest held civilian POW in Vietnam, says the exchanges “brought him out of himself”; McCain says Brace’s 8 years of captivity made his “look like a day at the beach”. They agreed that the tapping communication was a way to show their captors that they could not control their lives. The men have since kept up with one another for 40 plus years, with Brace supporting McCain’s political career. The

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Locked up, cont'd...

National Geographic documentary is their first in-depth joint interview.

They also met and sat down together again at a Washington, D.C. Premier "wine and cheese" reception at National Geographic Headquarters on April 18, their extraordinary exchanges moderated by Owen Ullmann, Managing Editor, Print News, USA TODAY. Attendees included guests from The Hill, VSOs, Department of Defense (DOD) and Veterans Affairs (DVA).

The following day, one attendee, himself a young veteran and now a DVA employee, described it: "Last night was a powerful experience, and really hit home. It was incredible to hear the (Brace and McCain) account of how "they kept the code: and held fast to their faith." He said that someone in the audience asked how they could stay so strong, and McCain replied, "Faith in God, faith in Country, and faith in their fellow comrades'.

The young veteran described his own goose bumps at that, and concluded: "Their heroism changed the tide for society to start treating returning Veterans better".



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National Geographic photos courtesy Evelyn Hockstein

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Brooklyn 'Key' Chapter, NY

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It's very simple to make a be-
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of \$_____ or _____percent
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der of my estate."

Please take a few minutes of your
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Ex-POW Bulletin
Sept/Oct 2013

new members

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New Members "Welcome Home"

James R 'Jim' Petty
Tier
Roswell NM
Son of James Petty
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Certificate of Captivity

Prisoner of War Certificate of Captivity

Name
Serial Number
Branch of Service
Unit when captured
Prisoner of War #
Camp names & locations

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American Ex-Prisoners of War
Arlington, Texas

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taps



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

ABERNATHY, Milton, of Port Charlotte FL, died May 29, 2013. He joined the US Army and served as navigator on B-17 based in Molesworth, England. He was shot down in February 1944 and spent the remainder of the war as a POW in Stalag Luft 1, Barth. He is survived by his wife of 64 years, Lillian, 1 daughter, 1 son, 3 grandsons, 4 great-grandchildren, 2 sisters and a large and loving extended family.

ANZEK, John of Kansas City, MO, age 97, passed away July 8, 2013. He was a US Army Veteran of WWII and was captured in the Belgian Bulge in Germany and became a Prisoner of War. He is survived by his beloved wife of almost 74 years.

BARTSCHER, William, of Oyster Bay, NY died Aug. 28, 2012. He was 90. During WWII, he was captured while serving with the 100th Inf., 925th FA, Battery A. He was held in Stalag 13C. He leaves his wife Joan, 2 children and their families.

BORCHERDING, DUTHIEL "DUTCH" HARRY, age 93, passed away June 22, 2013 in Washington, Missouri. Dutch was a B-24 tail gunner with the 93rd BG, and a POW in Stalag 7A, Luft 4, and Stalag 6. On April 29, 1945, along with tens of thousands of other prisoners, he was liberated by American troops. He is survived by his wife, Delores and many other family members.

COSKEY, Kenneth L., a retired Navy captain and aircraft pilot who served five years as a prisoner of war in North Vietnam,

died June 29, 2013 in McLean, Virginia. He was 83. Coskey was flying a night reconnaissance mission off the aircraft carrier America on Sept. 6, 1968, when his A-6A Intruder was shot down over North Vietnam and crashed on an island in the Song Ca River, southeast of the city of Vinh. He ejected from the aircraft and then was captured by the North Vietnamese. He was released with 590 other Americans in Operation Homecoming in the spring of 1973. Survivors include his wife of 27 years, Rosemary, 1 son and 1 granddaughter.

DAY, George Everette "Bud", of Shalimar, FL passed away July 27, 2013 at the age of 88. He was among America's most highly decorated servicemen, having received nearly 70 medals and awards, more than 50 for combat exploits. In addition to the Medal of Honor, the nation's highest award for valor, he was awarded the Air Force Cross, the highest combat award specifically for airmen. On Aug. 26, 1967, he was on a mission to knock out a surface-to-air missile site 20 miles inside North Vietnam when his F-100 was hit by antiaircraft fire. He suffered eye and back injuries and a broken arm when he ejected, and he was quickly captured. He escaped after five days in enemy hands and crossed into South Vietnam. He evaded capture for two weeks before being shot and recaptured. He was released on March 14, 1973. In addition to his wife, Doris, Bud is survived by two sons, two daughters, and 14 grandchildren.

DILLON, Frances V. passed away July 8, 2013. She was the beloved wife of the late ex-POW Richmond P. Red Dillon, mother of two sons; she also leaves grandchildren, great-grandchildren, and other family members. Son Paul is past Missouri Department Commander, AXPOW. A gentle southern lady, Frances was a line dance instructor at the YMCA in Maryland Heights and the Bridgeton Community Center.

EINES, Jacob Jack, member of the Brooklyn Key Chapter, AXPOW, died May 5, 2013. His wife of 64 years, Elaine, daughters and granddaughter survive him.

FRIDLEY, J Edwin, 89, of Anna, OH passed away March 2, 2013. He served in the 70th Div., 275th Reg. during WWII; he was held in Stalags 5A and 4B until liberation. He was a faithful member of the Northwest Central Ohio Chapter, AXPOW for 25 years. He is survived by his wife of 65 years, Betty, 2 children and grandchildren.

GILLESPIE, Charles, founding member of the Florida Gulf Chapter, AXPOW, died June 7, 2013. He served in the ETO, 8th AF, 305th BG. He was shot down, captured, then sent to Stalag Luft 4, then shipped by train in a boxcar to Stalag Luft 1, Barth. **GILLESPIE, Alice**, widow of Charles, died on July 2. They leave two sons, three grandchildren, and four great-grandchildren.

Ex-POW Bulletin
Sept/Oct 2013

taps cont'd...

GLENN, Charles Harrison "Pete", 88, of Spartanburg, SC died April 12, 2013. During WWII, he served in the 7th Inf., 3rd Div; he was captured at Anzio, Italy. During captivity, he was held at Stalags 7A, 2B and Yanikow. Pete was commander of the Piedmont Chapter, AXPOW. Survivors include his wife of 60 years, Julia, 3 children and 3 grandchildren.

GOLLNER, Howard E. "Howie", of Milwaukee, WI passed away June 16, 2013. He was 89. Howie proudly served with the AAC during WWII. He was shot down, captured and held in Luft IV. He was past Dept. Commander and commander of the Barbed Wire Chapter, AXPOW. He leaves his loving partner Rosie, 10 children, 16 grandchildren and 8 great-grandchildren.

GROVER, John "Craig", 93, of Harlingen, TX passed away June 18, 2013. He was captured on Corregidor May 6, 1942 while serving with the Army Signal Corps. He was held in Cabanatuan, Camps 3 & 1, and then shipped to Japan to work in the copper mines. Craig was a life member of AXPOW and member of the Rio Grande Chapter. He leaves his wife Frances, 2 daughters, 6 grandchildren, 4 great-grandchildren and many nieces and nephews.

HAMPTON, Raymond C., 93, passed away June 8, 2013. He was a member of the Greater Greensboro Chapter, AXPOW. During WWII, he served with the 26th Inf, 1st Div. USA. He was held in Dulag Luft, 4C. Survivors in-

clude 1 daughter, 1 son and 5 grandchildren.

HARRIS, Billy Joe, of Galena, MO died May 13, 2013 at the age of 82. Bill proudly served his country in the U.S. Army during the Korean War and was a prisoner of war for two and one half years. Bill married the love of his life, Peggy Baker, December 16, 1954. He is survived by Peggy, 1 daughter, 2 brothers, 3 grandchildren, 9 great grandchildren and many friends and extended family.

HINTON, Tommie M., member of the Greater Greensboro Chapter, AXPOW, died June 8, 2013. He served in the Army during WWII, with the 95th Inf. Div., 379th Reg. He was captured near Metz, France and held in Stalag IVB. He is survived by his wife Billie, 1 daughter and 3 grandchildren.

HOFFMAN, Bernita, of Centerville, OH passed away June 26, 2013. She was 88. Both she and her loving husband, Marion (91st BG, 323rd BS/marched, Stalag VIIA) were life members of AXPOW and members of the Dayton Area Chapter. Bernita was a teacher, pianist, and painter. In addition to her husband, she leaves one daughter and her family. She was loved by all and will be missed.

JONES, Winfred, 87, of Reidsville, NC died May 27, 2013. During WWII, he served in the USA, 103rd Div., 410th Reg., Co. A. He was captured in France and held in Nuremberg, Hammelberg, and Moosberg. He was a member of the Greater Greensboro Chapter, AXPOW. Survivors include 2 daughters and 5 grandchildren.

KACZOROWSKI, Harry F., 94, of Ann Arbor, MI passed away Apr. 18, 2013. He proudly served his country in the Army; he was captured at Faid Pass and held in Tunis, Capua, 7A and 5B. Harry was past Dept. commander and past Chapter commander, AX-POW. **KACZOROWSKI, Agnes**, widow of Harry, passed away June 11, 2013. They are survived by 2 children, 2 grandsons and 2 sisters.

KAMPSTRA, Renard "Renny", of Montgomery, TX died May 19, 2013. He was 90. He was captured when he was shot down over Hungary; he survived several weeks in the Budapest jail, sent to Luft IV, then marched across Germany. He leaves his wife of 67 years, Lucy, 4 children and 6 grandchildren. He will be missed by them and his many friends.

KNOX, John W "Jack", of Pompano Beach, FL, died July 22, 2013. He served with the 8th AF, 445th BG; after capture, he was held in Stalag 9C. He is survived by his wife, Cecilia "Dede".

LICHTENFELD, Natalie of Mobile, Alabama passed away May 29, 2013. Natalie was the loving wife of Seymour (Sy); both were very active as members of the Gold Coast Chapter of Miami, Florida prior to their move to Mobile. In addition to her husband, she leaves one son, two daughters, and two grandchildren. She will be missed very much.

LORENZO, Albert, member of the Brooklyn Key Chapter, AX-POW, died May 2013. He was 87. Al was captured while serving with the 106th Inf. Div., 590th AB, HQ Battery. He was held in 12A, 3B, 3A, 4B. Survivors include his wife, Josephine.

taps cont'd...

MOSER, Beatrice "Jean" Douglas, 87, of Ferndale, WA passed away July 10, 2013. She was a life member of AXPOW and the Fourth Corner Chapter, Bellingham, WA. Jean was the wife of Joseph, former WWII fighter pilot and POW in Buchenwald and Luft III. In addition to her husband, she leaves 5 children, 7 grandchildren and 7 great-grandchildren.

POLIS, Samuel, of Wilton, CT died June 6, 2013. In WWII, he served with the 42nd Inf. "Rainbow Div" and was captured in France. He was held in 11B and 5A until liberation. Sam is survived by his wife of 62 years, Betty, 1 daughter, 6 grandchildren and 1 brother.

PURCELL, Benjamin H., of Clarksville, GA passed away April 2, 2013. He was 85 years old. Ben was shot down and captured while serving with the 80th General Support Group in Da Nang Sub-Area Command, Vietnam.

He was released March 27, 1973 – sixty-two months after his capture. He was a member of the Mountaineer Chapter, AXPOW. He leaves his wife of 62 years, Anne, 3 daughters, 2 sons, 5 grandchildren and 2 great-grandchildren.

ROGERS, Lawrence, of Homer, AK died May 25, 2013. He was 88. He was shot down while serving with the Army Air Corps, bailing out over Yugoslavia and captured. He was held in several camps and then taken to 7A before being liberated. Lawrence is survived by his wife of 60 years, LaRene, 3 daughters and 7 grandchildren.

RYAN, Julia M., of Medina, NY died June 18, 2013 at the age of 91. In 1941, she married the late Robert E. Ryan (ex-POW/held in 2B, 3B, 4B). She was a member of the Buffalo Chapter, AXPOW. Survivors include 2 daughters, 6 grandchildren, 10 great-grandchildren, 6 great-great-grandchildren, 3 sisters, several nieces, nephews, and 2 cats, Smokey and Lucky.

STANDAHL, Dean E., 89, of Lincoln, NE passed away June 16, 2013. He served in the 106th Inf. Div, was captured in the Battle of the Bulge and held in Stalag 9 near Bad Orb. Dean was a member of the Lincoln, NE Chapter, AXPOW and served as commander several times. He is survived by his wife of 64 years, Della, 3 children and their families, 8 grandchildren and 3 great-grandchildren.

TEMPLES, Charles William, of Mart, TX died June 26, 2013. He served in the Korean War and was a POW. He leaves his wife, Ruth, 2 stepsons, 1 stepdaughter, 8 grandchildren, 7 great-grandchildren and 3 brothers.

VILLA, Ramon Sr., 93, of Victoria, TX passed away June 5, 2013. During WWII, he was captured in the Philippines while serving with the 200th AA. He was held in O'Donnell, Cabanatuan and Bilibid. Survivors include 3 sons, 7 grandchildren, 7 great-grandchildren, 5 sisters, 3 brothers and their families.



We're publishing a new membership directory with Harris Direct (the company that has done the last two directories. Look in your mailbox for a postcard to fill out updated information. There will be more coming in future Bulletins.

Ex-POW Bulletin
Sept/Oct 2013

chaplain



ND Benny Rayborn

The Future

I enjoy eating fortune cookies. I also enjoy reading the little strips of paper in the fortune cookie. Some are quire humorous and a few thought provoking. I do not trust the cookie to announce the future! Nor do I trust a bakery to print an accurate prediction of the future. The fortune cookies are "just for fun" and not to be taken seriously.

I do not know the future. In fact none of us knows what the future holds for us. I think I am doing excellently if I can know what I will be doing in the next five minutes assuming of course, I live for five more minutes.

Unfortunately many consider their futures to be bleak. They are locked in dead end jobs, marriages that are stressful or family situations that include sickness or out-and-out law/heart breaking events. Many worry, "What if I have a stroke and cannot take care of myself or my family? The medical bills! "The list of concerns goes on and on.

One group that suffered severe uncertainty about their future is our Former Prisoners –of-War. They spent untold days wondering, "Will I get a letter from home today?" "Will I eat today?" or, "Will I get over this sickness?" Or, "Will I die today?" The list of "stressors" as modern counselors like to call them goes on and on. The list of uncertainties never seemed to end.

Those of us who were never prisoners of war are so blessed. Yes, I know we have stressors" and yes, we are very uncertain as to our future but we live in a time of peace, not of war, nor of imprisonment for the just cause of freedom.

I have seen people go through situations that are horrendous

and I have realized that there are two types of people. First, those who "go it alone". This group experiences fear, panic and unending worry over their future. The second group turns their problems and worries over to a "higher authority" as the members of AA like to say. That higher authority for me is God.

In looking at life I see that we all have stressful events to endure. Those who trust in God have no less problems than anyone else. But to believers in God, He is there to go through all problems with them. And by trusting in God we find strength as is quoted in popular songs and literature "to go on".

I leave you with two scriptures, Psalm 18:32 "It is God that girdeth me with strength, and maketh my way perfect." And Philippians 4:13 "I can do all things through Christ which strengthened me."

Benny



Central Texas Veterans Healthcare System volunteers are thanked for all of their hard work throughout the year during a luncheon at the Frank W. Mayborn Civic & Convention Center in Temple, TX, on Thursday, April 11, 2013. VA Photo by Brian Gavin. AXPOW's own volunteer Susanne Judd is shown at right.





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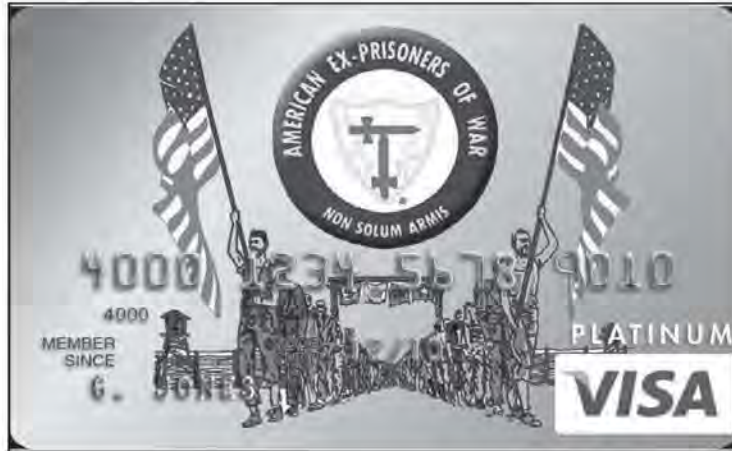
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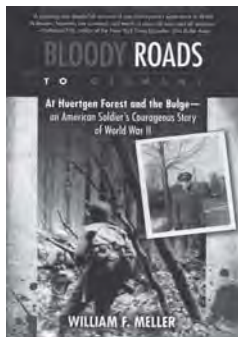
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50/50 drawing

June, 2013
 Arlington, TX

- | | | |
|------------------|------------------------|-----------------|
| 1st Place | Marvin Roslansky, AZ | \$160.40 |
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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
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Ex-POW Bulletin
Sept/Oct 2013

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AMERICAN EX-PRISONERS OF WAR VOLUNTARY FUNDING PROGRAM

The AXPOW Voluntary Giving Program parallels that of other VSOs, whereby the entire membership, including life members, is given the opportunity to contribute to the operation of our organization, based on ability and willingness to contribute.

All contributions are to be sent directly to National Headquarters to be used for the operation of the organization. A complete accounting of contributors will appear in the Bulletin each issue.

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:

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Please make checks payable to
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Mail contributions to:
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Arlington, TX 76010

Ex-POW Bulletin
Sept/Oct 2013

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 _____

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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.

Mail orders to:

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

Official AXPOW Cap (specify size)	40.00	Eagle pin w/Barbed Wire	8.00	12x18 AXPOW Graveside Flag	10.00
Vinyl Cap Bag	3.00	(specify gold, silver or antique gold)		3x5 ft. AXPOW Flag w/3-color logo	
Maroon AXPOW Sport Cap	8.00	Jeweled Flag Pin	20.00	with fringe, indoor use	60.00
Black Eagle Sport Cap	9.00	USA Jeweled Pin	15.00	with grommets, outdoor use	60.00
Canvas Sport Cap (off white or tan)	10.00	Logo Necklace	5.00	3x5ft. blackPOW/MIA flag, outdoor use	25.00
AXPOW Pocket Knife	13.00	Logo Earrings (pierced or clip)	5.00	AXPOW Metal License Plate Frame	10.00
Necktie w/logo	30.00	2" Medallion (for plaque)	6.00	Aluminum License Plate	5.00
(regular only)		Vest Chainguard w/eagles	8.00	3" Vinyl Decal	1.00
AXPOW Logo Bolo Tie	25.00	3" Blazer Patch	4.00	3" Inside Decal	1.00
U.S. Flag Bolo Tie	20.00	4" Blazer Patch	4.00	8" Vinyl Decal	6.00
Mini POW Medal Bolo Tie	30.00	8" Blazer Patch	10.00	12" Vinyl Decal	10.00
Barbed Wire pin	3.00	CLOTH STRIPES (specify which title)	3.00	Bumper Sticker "Freedom - Ask us"	2.00
Life Member pin	5.00	Life Member · Chapter Commander		AXPOW Wall Clock (includes battery)	20.00
Crossed Flags Lapel pin	5.00	Past Chapter Commander · Chapter Adj/Treas Chapter		AXPOW Notecards (pkg of 25)	6.00
Brooch pin	5.00	Adjutant · Chapter Treasurer		Special Prayer Cards (pkg of 25)	6.00
EX-POW pin (goldtone)	5.00	State Department Commander		AXPOW Prayer Book	2.00
Logo pin	5.00	Past State Dept. Commander · Department Adjutant		Ladies Prayer Book	1.00
POW Stamp pin	3.00	Department Treasurer · Sr. Vice Commander		AXPOW By-Laws	5.00
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Challenge Coins	10.00			AXPOW Flashlight	12.00

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Shipping/Handling/Insurance:

Total: \$ _____

For credit card orders: Card # _____ Expiration: _____

(Check one) Master Card _____ Visa _____

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Please allow 4 weeks to make address corrections.

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