

Reunions

The reunion and locator columns continue to be extremely popular. All notices are published on a first-come, first-served basis, so it is requested you submit requests at least six to nine months in advance. (Late summer reunions are the most popular).

Requests must include the following: date of reunion, name of ship/station, location of reunion, name, address, zip code and phone number of person to contact. Notices with dates will be given a higher precedence, and all requests should be typewritten. Receipt of notices cannot be acknowledged due to volume of submissions received.

117TH NCB;

Oct 3-6; Williamsburg, VA.
Contact Harry Schadlich,
[REDACTED]
[REDACTED]

AMERICAN DEFENDERS OF BATAAN & CORREGIDOR;

May 11-17; Albuquerque, NM.
Contact Charles Pruitt,
[REDACTED]
[REDACTED]

ASR/ARS REUNION;

Sept 12-14; Clackamas, OR.
Contact John Stout,
[REDACTED]
[REDACTED]

C.A.S.U. 31, NAS HILO, HAWAII;

Oct 28-31; Las Vegas, NV.
Contact Anthony Terzich,
[REDACTED]
[REDACTED]

DESTROYER MINE FORCE WWII;

Sept 10-14; Appleton, WI.
Contact Ed Kramer;
[REDACTED]
[REDACTED]

HAL-3 SEAWOLVES (Vietnam);

July 3-6; Washington, DC.
Contact Dan Calvert,
[REDACTED]
[REDACTED]
[REDACTED]

LST-903;

Sept 30-Oct 4; Las Vegas, NV.
[REDACTED]
[REDACTED]

[REDACTED]
[REDACTED]
MNCB 40 (Vietnam);
April 12-14; Vienna, VA.
Contact Ed Holston,
[REDACTED]
[REDACTED]

NASWF Albuquerque (1953-60);
Aug 8-10; Albuquerque, NM.
Contact E.A. Garrett,
[REDACTED]
[REDACTED]

NAVY NURSE CORPS ASS'N;
May 27-31; Washington, DC.
Contact Phyllis Elsass,
[REDACTED]
[REDACTED]

PATROL CRAFT SAILORS ASS'N;
May 29-June 2; Danvers, MA.
Contact Walter Antoine,
[REDACTED]
[REDACTED]

PORT LYAUTEY ASS'N;
April 30-May 3; Las Vegas, NV.
Contact J.C. "Doc" Calloway,
[REDACTED]
[REDACTED]

PT BOATS, Tenders & Bases;
Aug 29-Sept 2; Portland, OR.
Contact Duane Renville,
[REDACTED]
[REDACTED]

RBS NAPLES & SIGONELLA;
June 29; Worthington, MN.
Contact John Lillie,
[REDACTED]
[REDACTED]

RETIRED MEDICAL SERVICE CORPS OFFICERS,
May 17-18; Orlando, FL.
Contact William Davis,
[REDACTED]
[REDACTED]

SILVER EAGLE ASS'N (Former Enlisted Pilots);
Sept 26-29; San Jose, CA.
Contact Joe Pissillo,
[REDACTED]

ASK ABOUT
CHIEF SHERRILL
CHIEF BOB YOUNG
CHIEF ?

[REDACTED]
[REDACTED]
USS AMERICA (CV-66) ;
April 23-28; Virginia Beach, VA.
Contact Elliott Pearson,
[REDACTED]
[REDACTED]
[REDACTED]
[REDACTED]

USS ANTIETAM (CV/CVA/CVS-36 & CG-54) ;
Sept 18-22; Springfield, MO.
Contact Bill Hiebert,
[REDACTED]
[REDACTED]
[REDACTED]

USS ASTORIA (CA-34/CL-90)
Aug 8-10; Astoria, OR.
[REDACTED]
[REDACTED]
[REDACTED]

USS BARRY (DD-933) ;
Oct 3-6; Washington, DC.
Contact Larry Loss;
[REDACTED]
[REDACTED]
[REDACTED]

USS BASILONE (DDE-824) ;
Sept 27-29; Raritan, NJ.
Contact Charles Davis,
[REDACTED]
[REDACTED]
[REDACTED]

USS BLACKFIN (SS-322) USS S-13 (SS-118) ;
Aug 28; Milwaukee, WI.
Contact Gunner Signore,
[REDACTED]
[REDACTED]
[REDACTED]

USS BRAZOS (AO-4) ;
Sept 27-29; San Francisco, CA.
Contact H.W. "Wally" Cooper,
[REDACTED]
[REDACTED]
[REDACTED]

USS CALVERT (APA-32) ;
Oct 3-5; Oklahoma City, OK.
Contact John L. Cole,
[REDACTED]
[REDACTED]
[REDACTED]

USS CARP (SS-338) ;
July 26-8; Norfolk, VA.
Contact Mike Hemming,
[REDACTED]
[REDACTED]
[REDACTED]

Abstract—The purpose of this study was to determine the effect of a 10-week training program on the heart rate (HR) and energy expenditure (EE) of sedentary, middle-aged women. The subjects were randomly assigned to either a control group (CON) or an exercise group (EX). The EX group performed a 10-week training program consisting of three sessions per week of aerobic exercise. The CON group did not exercise. The EX group showed a significant decrease in HR and a significant increase in EE compared to the CON group. The EX group also showed a significant increase in the number of steps taken per day. The EX group showed a significant increase in the number of steps taken per day. The EX group showed a significant increase in the number of steps taken per day.

1. **Introduction**
 2. **Background**
 3. **Methodology**
 4. **Results**
 5. **Conclusion**
 6. **References**

1. **Identify the main topic of the passage.**
 2. **Summarize the main idea in your own words.**
 3. **Identify the author's purpose.**
 4. **Identify the author's tone.**
 5. **Identify the author's bias.**
 6. **Identify the author's point of view.**
 7. **Identify the author's audience.**
 8. **Identify the author's style.**
 9. **Identify the author's language.**
 10. **Identify the author's structure.**



[REDACTED]

[REDACTED]

[REDACTED]

10/7/97 9:39 PM

Contact John Fredricks,
[REDACTED]
[REDACTED]

USS DAMATO (DDE-871);
July 11-15; Homewood, IL.
Contact Lee Hollis,
[REDACTED]
[REDACTED]

USS DeHAVEN (DD-469/727);
Sept 10-15; San Diego, CA.
Contact Dan Wisner,
[REDACTED]
[REDACTED]

USS EDSON (DD-946);
July 26-28; New York, NY.
Contact John Passarella,
[REDACTED]
[REDACTED]

USS ELDORADO (AGC-11);
Sept 26-29; San Diego, CA.
Contact Dick Scarry
[REDACTED]

USS ELECTRA (AKA-4);
Sept 12-14; Milwaukee, WI.
Contact W.E. Marders,
[REDACTED]
[REDACTED]

USS FLINT (CL-97);
Sept 24-26; Knoxville, TN.
Contact Ted Brevik,
[REDACTED]
[REDACTED]

USS FLUSSER (DD-368);
Aug 21; Cody, WY.
Contact E.B. Dennis,
[REDACTED]
[REDACTED]

USS FORREST B. ROYAL (DD-872);
June 20-23, New Orleans, LA.
Contact Ron Larsen,
[REDACTED]
[REDACTED]

USS FRED T. BERRY (DD/DDE-858);
Oct 23-27; Newport, RI.
[REDACTED]

319 E. Main St #L-7;
[REDACTED]

USS FULTON (AS-11);
Sept 26-28; San Diego, CA.
Contact Emil Geffert,
[REDACTED]

USS GALVESTON (CLG-3);
Oct 2-6; King of Prussia, PA.
Contact Thomas Campbell Jr,
[REDACTED]

USS GEARING (DD-710);
June 27-30; Portland, ME.
Contact Robert Witkowski,
[REDACTED]

USS GREENLING (SS-213);
Aug 31-Sept 4; Milwaukee, WI.
Contact George Hinda,
[REDACTED]

USS GRIFFIN (AS-13);
Sept 19-22; Hampton, VA.
Contact Harry G. Forrest,
[REDACTED]

USS HAILEY (DD-556);
Sept 7-11; Buffalo, NY.
Contact Bill Haid,
[REDACTED]

USS HAYNSWORTH (DD-700);
Oct 13-16; Las Vegas, NV.
Contact Kenneth Jenkins,
[REDACTED] 5.

USS HILARY P. JONES (DD-427);
Sept 12-14; Buffalo, NY.
Contact Ray Goeller,
[REDACTED]

USS HOLDER (DD/DDE-819/DE-401);
Oct 12-16; Virginia Beach, VA.
Contact M. Bruce Rambo,
[REDACTED]

[REDACTED]
[REDACTED]
USS LEXINGTON (CV-2);
May 6-9; Palm Springs, CA.
Contact Walt Kastner,
[REDACTED]
[REDACTED].

USS LOUISVILLE (CA-28);
Sept 3-7; Portland, OR.
Contact Glenn Garnhart,
[REDACTED]
[REDACTED].

USS LOWRY (DD-770);
Aug 29-31; Minneapolis, MN.
Contact Boyd Leyburn,
[REDACTED]
[REDACTED].

USS LSM 110;
May 9-11; Charleston, SC.
Contact Carlton Price,
[REDACTED]
[REDACTED].

USS LYMAN K. SWENSON (DD-729);
Sept 5-8; San Diego, CA.
Contact John Sorrells,
[REDACTED]
[REDACTED].

USS LYNDE MCCORMICK (DDG-8);
Aug 29; San Diego, CA.
Contact Dennett Srur,
[REDACTED]
[REDACTED].

USS NORRIS (DD/DDE-859);
Oct 3-5; Cincinnati, OH.
Contact Edward Mehl,
[REDACTED]
[REDACTED].

USS OBERON (AKA-14);
Sept 19-22; San Diego, CA.
Contact Richard Dix,
[REDACTED]
[REDACTED].

USS OGDEN (LPD-5);
Sept 6-9; Ironwood, MI.
Contact George Tobin,
[REDACTED],
[REDACTED].

USS OGLETHORPE (AKA-100) ;
Oct 3-6; St. Louis, MO.
Contact Ron Williamson,
[REDACTED]

USS OKLAHOMA CITY (CL-91/CLG-5/CG-5/SSN-723) ;
Sept 26-29; Buffalo, NY.
Contact John Baker,
[REDACTED]

USS PERKINS (DD/DDR 877/DD-377/DD-26) ;
July 11-14; Bellingham, WA.
Contact Ray Pattenaude,
[REDACTED]

USS PIERCE (APA-50) (WWII) ;
Sept 19-22; Kansas City, MO.
[REDACTED]

USS PRES. MONROE (AP-104) ;
June 6-9; Myrtle Beach, SC.
Contact Orville Weaver,
[REDACTED]

USS RANGER (CVA/CV-61) ;
May 30-June 2; Corpus Christi, TX.
Contact Teddy Pathroff,
[REDACTED]

USS REPUBLIC (AP-33) ;
Oct 31-Nov 2; San Antonio, TX.
Contact Art Brock,
[REDACTED]

USS ROBERT L. WILSON (DD/DDE-847) ;
Sept 19-22; Norfolk, VA.
Contact Jack Scully,
[REDACTED]

USS ROWAN (DD-782) ;
Oct 16-19; San Diego, CA.
Contact George Doktor,
[REDACTED]

[REDACTED]
[REDACTED]
USS ROWAN (DD-405);
Sept 7-12; Mobile, AL.
Contact E.C. Harvey,
[REDACTED]
[REDACTED]

USS SAINT PAUL (CA-73/SSN-708);
Sept 10-14; Seattle, WA.
Contact George Takis,
[REDACTED]
[REDACTED]

USS SAMUEL S. MILES (DE-183);
Sept 25-27; Annapolis, MD.
Contact Arnold "Mac" McLain,
[REDACTED]
[REDACTED]

USS SAN CLEMENTE (AG-79);
Sept 11-14; Pensacola Beach, FL.
Contact Norman McNamera,
[REDACTED]
[REDACTED]

USS SARATOGA (CV-3/CVA-60/CV-60);
Oct 10-12; Minneapolis, MN.
Contact John Brandman,
[REDACTED]
[REDACTED]

USS SEA CAT (SS-399);
Sept 15-19; Branson, MO.
Contact Zeke Goodwin,
[REDACTED]
[REDACTED]

USS SIBLEY (APA-206) (WWII);
Sept 12-14.
Contact Bert Frenk,
[REDACTED]
[REDACTED]

USS SMALLEY (DD-565) (WWII and Korea);
May 15-19; Charleston, SC.
Contact George Bauersfeld
[REDACTED]
[REDACTED]

USS SPRINGFIELD (CL-66/CLG-7/SSN-671);
May 1-8; Villefranche-sur-Mer.
Contact Tony Lysiak,
PO Box 527,
[REDACTED]
[REDACTED]

USS STEINAKER (DD-863);
May 2-5; Virginia Beach, VA.
Contact Bill Combs,
[REDACTED]
[REDACTED]

USS STONEWALL JACKSON (SSBN-634);
Aug 21-25; Portland OR.
Contact John Smith,
[REDACTED]
[REDACTED]

USS SUMMIT COUNTY (LST-1146);
June 16-18; Las Vegas, NV.
Contact Jim Harrelson,
[REDACTED]
[REDACTED]

USS THOMAS F. NICKEL (DE-587);
Oct 2-3; Reno, NV.
Contact John Ward,
[REDACTED]
[REDACTED]

USS THOMAS JEFFERSON (SSBN/SSN-618);
Oct 10-13; Hampton, VA.
Contact Donald Terrill,
[REDACTED]
[REDACTED]

USS TOPEKA (CLG-8);
Aug 14-18; Topeka, KS.
Contact D.E. Cass,
[REDACTED]
[REDACTED]

USS TRIPOLI (CVE-64);
Sept 22-25; Cape Cod, MA.
Contact Luther Royds,
[REDACTED]
[REDACTED]

USS TRITON (SSAN/SSN-586);
Sept 4-6; Groton, CT.
Contact Ralph Kennedy,
[REDACTED]
[REDACTED]

USS TURNER JOY (DD-951);
Aug 15-18; Bremerton, WA.
Contact Richard Asche,
[REDACTED]
[REDACTED]

USS VALLEY FORGE (CV/A/S-45 & LPH-8);
Sept 25-29; Monterey, CA.
Contact John Trahan,
[REDACTED]

USS WALDRON (DD-699);
Sept 26-29; Orlando, FL.
Contact Mike Warman,
[REDACTED]

USS WESTCHESTER COUNTY (LST-1167);
Oct 6-8; Arlington, VA.
Contact P.J. Nosek,
[REDACTED]

USS WRIGHT (AV-1/CVL-49/CC-2);
Sept 11-14; Pensacola Beach, FL.
Contact Norman McNamera,
[REDACTED]

USS WYANDOT (AKA-92) ('44-'62);
Sept 20-25; Myrtle Beach, SC.
Contact Joe Ulrich,
[REDACTED]

VA-728/VA-155 (1950-55);
Sept 5-8; Seattle, WA.
Contact Jim Roumonada,
[REDACTED]

VB/VPB-115 (WWII PB4Y-2 PRIVATEERS) VP-HL-12 and VP-29;
Oct 10-13; Hampton-Newport News-Williamsburg, VA.
Contact Warren Rolfes,
[REDACTED]

VB/VPB-142 (1943-5);
July 24-28; Everett, WA.
Contact David Walkinshaw,
[REDACTED]

VB-8;
Oct 7-9; San Antonio, TX.
Contact Lyman Mereness,
[REDACTED]

([REDACTED])

VC-35/VAAW-35;

Oct 2-6; Pensacola Beach, FL.

Contact Ruben Escajeda,

[REDACTED]

VF-53;

Oct 24-27; San Diego, CA.

Contact Charles Darrow,

[REDACTED]

VF-54;

Oct 25-27; San Diego, CA.

Contact Glenn Ward,

[REDACTED]

VJ-1/VU-7a/VU-1 Utility Squadron ONE;

Sept 23-29; Colorado Springs, CO.

Contact Don McLean,

[REDACTED]

VP-2/VPB-130;

Aug 21-23; Oak Harbor, WA.

Contact Russ Horn,

[REDACTED]

VP-45 (VP-205/VPB-205/VP-MS-5);

Oct; Norfolk, VA.

Contact C.B. Caldwell,

[REDACTED]

VP-74/VPB-74;

Oct 13-16; Myrtle Beach, SC.

Contact Leonard Edelstein,

[REDACTED]

VR-21;

June 20-22; Las Vegas, NV.

Contact R.J. Demick,

[REDACTED]

VR-24;

Aug 8-11; Ventura, CA.

Contact Pete Owen,

[REDACTED]

(818) 222-6936.

VS-51/VS-1-D14 Navy Scouting Squadron;
Oct 4-7; Pensacola, FL.
Contact Robert Floch,





SEAWOLF ASSOCIATION

APPLICATION FOR EDUCATIONAL ASSISTANCE GRANT

Please submit this form to the Educational Assistance Board along with the required essay on this year's topic. The completed package must be postmarked by April 15th of each year to be eligible for participation in the competition for that school year.

APPLICANTS MUST COMPLETE ALL ITEMS THAT APPLY

1. Name: _____ SSN: _____
Address: _____
City: _____ State: _____ ZIP: _____
Phone-Home: _____ Work: _____
Date of Birth: _____ Marital Status: _____
2. Have you applied for other scholarships or financial aid? _____
3. Are you currently receiving any tuition aid? _____. If "YES", indicate the source, amount, and term. _____

4. What is your current, declared or planned major/course of study or degree?
_____ Undergraduate _____ Extended Education
_____ ParaProfessional _____ Graduate Program
_____ Other (Specify) _____
5. Date you enrolled (or expect to enroll) in college: _____
6. Expected graduation or course completion date: _____
7. Are you or will you receive from any source (other than family) benefits other than tuition aid (i.e., VA benefits, Social Security benefits, etc.) _____. If yes, please indicate the source and amount. _____

8. Have you attended any other college, university or trade school beyond high school? (Yes/No) _____. If "Yes", please list names, dates and courses of study and indicate any financial aid received.

8. (Cont) _____

9. Are you currently gainfully employed? _____

Full-time or part-time? _____

10. If the answer to no. 9 is "Yes", give name, address and telephone number of the employer. _____

HA(L)-3 CONNECTION

I hereby certify that my _____, _____,
(Relationship) (Name & Social Security Number)

Served with HA(L)-3, _____, RVN from _____ to _____.
(Det/Area)

OR

I hereby certify that my _____, _____,
(Relationship) (Name & Social Security Number)

Supported HA(L)-3, _____, RVN from _____ to _____.
(Det/Area)

I hereby certify that, to the best of my knowledge and belief, all of the information provided herein is complete and accurate. I further understand that the Educational Assistance Board requires, among other things, that I demonstrate satisfactory academic progress to be eligible to continue receiving funds from the SEAWOLF ASSOCIATION. I further certify that I do not owe a refund on any grant or scholarship, previously awarded to me, for any reason, and that I am not currently in default on any loan and have not borrowed in excess of the loan limits, under the Title IV programs, at any institution.

I certify that any moneys received from the SEAWOLF ASSOCIATION shall be used only for expenses related to my schooling and ancillary costs directly related thereto.

(Signature of Student)

(Date)

(Signature of Parent or Guardian)

(Date)