



COMMANDER GENERAL'S REPORT TO THE ORDER

Fellow Companions:

I hope your New Year is starting as well as that of our Naval Order. I just received the first quarter's Investment Report, showing a marked improvement in Income over the same period in 2004: \$2,329 vs. \$1,315. Though not a huge sum, it hopefully reflects an upswing in the economy and better returns on investments. Many thanks go to our past Commander General and current Funds Manager, RADM Bill Merlin, for his continued outstanding professional handling of our investment portfolio.

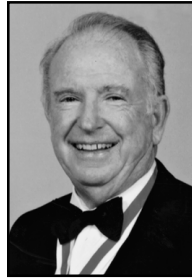
In October, I visited the Southwest Commandery for their annual change of command and golf tournament. The highlight of that trip was the guest speaker at their formal banquet, RADM Steve Turcotte, Commander Navy Region Mid-Atlantic States.

I am sorry to announce the closing of our Key West Commandery. Membership fell below 10 Companions, with their Commander, LCDR Roy Anderson, unable to continue at the helm for health reasons. The Key West Commandery was founded

in 1988 by the late "Commodore" Tommy Lupo and at its peak enjoyed more than 100 Companions. However, after Tommy relocated his permanent residence to New Orleans, membership declined. We sincerely hope to someday restore the Key West Commandery.

Furthermore, LT Phil Ciaffa has tendered his resignation as Commander of the New Mexico Commandery, without replacement. Phil spent over two years trying to build a Commandery, but with only 10 Companions statewide, it too did not work out. Statewide Commanderies have an extremely difficult time in consolidating enough Companions for social functions and activities.

I do have good news to report regarding national membership in the Naval Order. We brought aboard nearly 70 new Companions in the last two quarters. Eureka!



In closing, I ask the members in each Commandery to encourage at least two Companions to attend the 2005 Congress in New Orleans. One of those attending should be the Commander or an Officer of the Commandery. If you've already visited the Mardi Gras Capitol, enough said. If not, this is your opportunity to sample some of the treats of New Orleans as planned by CAPT Gary Bair, Commandery Commander and Congress Chair. Gary was also Chair for the very successful NOUS 1997 Congress, when we had our largest attendance ever. His experience at throwing a great party should mean even better numbers at this year's Congress!

As a postscript to the Congress, Pat and I plan to relax on a four-day Mississippi River Cruise and hope lots of fellow Companions will embark along with us. You'll find all the details of the 2005 Congress as well as the Cruise in this newsletter. Make plans now to attend!

Fred Hawkins
CAPT, SC, USNR (Ret)

Congress Committee Unveils "Big Plans"

The New Orleans Commandery is making big plans for our 2005 NOUS Congress 29 SEP – 1 OCT. "We'll take full advantage of our ideal location in the heart of the historic French Quarter to enjoy the best of Southern hospitality, cuisine, music, and ambiance," says Host Chairman, CAPT Gary Bair.

"We'll lunch at historic Arnaud's and at famed Chef Paul Prudhomme's K-Paul's Louisiana Kitchen, two of the world's finest restaurants. We'll tour the National D-Day Museum, designated by Congress as the nation's World War II Museum. We'll hear heroic tales directly from WWII sea service veterans. We'll be underway for a dinner jazz cruise aboard a Mississippi River paddle-wheeler."

"From the Commander General's welcoming reception, through the DSSA banquet, we are making special plans, and all for the same \$195 registration," says Bair.

Optional activities include famed Breakfast at Brennan's and a mule-drawn guided buggy tour of the French Quarter enroute a tour of a historic Quarter home.

Our headquarters, the French Quarter's finest Hotel Monteleone, has just completed a \$65 million renovation. Our special NOUS hotel room rate of \$129 may be extended before or after the Congress. So much is scheduled during the Congress, companions are encouraged to come early and stay late to thoroughly enjoy all New Orleans has to offer. Call 1-800-535-9595 for NOUS hotel reservations.

There's More — Congress Cruise!

A special cruise will follow our 2005 NOUS Congress in New Orleans. Companions are invited to join Commander General Fred and First Lady Pat Hawkins for a four-night Mississippi River cruise aboard the fabulous *American Queen*.

Experience a Mississippi voyage on "the greatest steamboat the world has ever seen," furnished throughout with antiques and authentic replicas designed to re-create the rich 19th century look and feel of a paddle-wheeler. Most cabins open through French doors to the verandah.



The *American Queen* departs New Orleans at 4 pm on Monday, 3 OCT, with stays in Natchez and Baton Rouge, and returns 7 OCT. Free, secure parking is available.

Our special group rates from \$580 include port charges and taxes. Call Gary Bair at 504-391-0667 for information and reservations. And be sure to book early for the best cabin choices!



“Commodore” Thomas J. Lupo

by CAPT John C. Rice, Jr., USNR (Ret)
Historian Emeritus

With deep regret, I must pass to our Companions the news of “Commodore” Tommy Lupo’s death from cancer on 26 DEC 2004. He was a NOUS Life Companion and the founder of our Key West Commandery.



Photo courtesy of The National D-Day Museum, New Orleans

Thomas J. Lupo graduated from Tulane University with a degree in architecture and joined the Navy after the Japanese assault on Pearl Harbor. As a young naval aviator in the Pacific, his colleagues called him “Lucky Loop.” He served with distinction aboard USS FANSHAW BAY (CVE 70), and was awarded the Distinguished Flying Cross for his actions in the Battle of Leyte Gulf.

Throughout his long life, the Commodore was unstintingly generous with his talents towards the nation’s maritime Services. Because of his outstanding volunteer support of the U.S. military and assistance to the Congress and the House Armed Services Committee, then-Chairman F. Edward Hebert introduced a Congressional resolution that designated Lupo an Honorary Commodore for life.

“Commodore” Lupo supported a long list of philanthropic activities. Among them, he was a trustee of the Naval War College Foundation, the Association of Naval Aviation, and the USS FANSHAW BAY Foundation. He established the Commodore Thomas Lupo Foundation, which presents cash awards to outstanding military personnel at naval air stations in Louisiana, Florida, and Washington, D.C. He also established endowments and grants to organizations such as the Blue Angels, the Naval War College, the Navy League, the Naval Reserve Association, the Naval Aviation Museum Foundation, the Naval Order, and the Marine Corps Heritage Foundation. He was on the Board of Directors for the U.S. Coast Guard Academy Foundation and the U.S. Coast Guard Foundation.

The Commodore received governmental honors from several nations—in fact, the Italian Navy’s LUPO-class frigate was named for him. He earned the Distinguished Public Service Award from each of the Sea Services as their highest civilian citations.

In 1987, RADM Winston H. Weese and I, as co-founders of the New Orleans Commandery, invited “Commodore” Lupo to join the Naval Order. Like too many of our Service brethren, the Commodore had no knowledge of the Order. He read our Mission Statement, with its focus on collecting, preserving and disseminating the accomplishments of our comrades, and of our predecessors.

What held particular significance for “Commodore” Lupo was that criteria for Naval Order membership included *all* the maritime Services. When he joined the Order, Tommy had one request, “Tell me how I can help.” And help he did. Over a two-year period, he personally recruited over 230 new Companions, and founded the Key West Commandery. He further assisted the Order to locate and acquire records from the custody of several scattered depositories. He then made available archivally-safe storage space in his New Orleans office building. He detailed members of his staff to provide invaluable help in revising the NOUS Operations Manual, and he himself underwrote the printing and publication costs.

The Commodore was a true patriot with an abiding love of country and the sea. When his life was spared in defending the nation and he was released from active service, he continued to serve through the sharing of his talents and assets. He saw great value in recognizing superior performance, not only to reward an individual’s achievement, but also to provide incentive for others. We of the Naval Order can only say, “We thank God for creating “Commodore” Thomas J. Lupo and for sharing him with us.”

—*Editor’s note: Companions wishing to honor the Commodore’s memory can make a donation to the NOUS Archive project, c/o our Treasurer General, CAPT Michele H. Lockwood, USNR (Ret), 2222 Alameda de las Pulgas, San Mateo, CA 94403-1216. “Commodore” Lupo supported this ambitious plan to establish a single permanent repository for all Naval Order historical records and memorabilia at Texas A&M University. There, the materials will be properly cataloged and available for research.*

Naval Order to Weigh Monument Sponsorship

NOUS is currently evaluating the possible sponsorship of a U.S. Navy monument on Utah Beach in Normandy, France. Mr. Ray Pfeiffer, a Naval Order Companion whose company conducts historical tours in the region, noted that the Navy is the only U.S. military service not recognized with a monument at Normandy. Through informal channels with French authorities, he has established that there is both strong French support for this initiative and land available at Utah Beach for the monument’s site.

NOUS Historian General, Mr. Dean Mosher, and distinguished sculptor, Mr. Steve Spears are working on concept development for the monument. Once the preliminary designs are agreed, NOUS will begin the official notification process to appropriate Navy offices and the American Battle Monuments Commission. Tentative plans include a formal announcement of the Naval Order’s monument sponsorship at the National D-Day Museum in New Orleans, during the 2005 National Congress. The announcement will also kick off a funding drive to finance the sponsorship effort.



NAVAL ORDER REGALIA ON THE WEB

Companions may have noticed a slight price increase on some items available through the Ship’s Store button on our Website, www.navalorder.org. The Rosette price is now \$11, reflecting a very minimal markup over our cost from the manufacturer. Support the Naval Order and display your pride—check out the newest items in the NOUS Ship’s Store.

Naval History Subscribers

Annual Dues Payers: Please send change of address notices directly to United States Naval Institute (USNI) publishing offices at 2062 Generals Highway, Annapolis, MD 21401; call 800-233-8764; or FAX 410-224-2406.

Life Members: Notify USNI, as above, on any change of address. Also, inform the NOUS Registrar General to permit dedicated tracking of your subscription and ensure uninterrupted magazine delivery. Send mail to CAPT Jan Armstrong, 4404 Anderson Ave., Oakland, CA 94619; call 510-531-6796; FAX 510-482-3946; or e-mail janjva@juno.com.

OTHER NOTEWORTHY EVENTS!

Naval History Symposium

7-8 APR 2005

Annapolis, MD – The Naval Order through the National Capitol Commandery will repeat last year's very successful alliance with the U.S. Naval Institute (and other sponsoring activities) in a second Annual Annapolis Naval History Symposium. The 2005 Symposium will be held at the Naval Academy on 7-8 APR, with the theme of "Expeditionary Warfare: America's Way of War?" It will feature four panel discussions by prominent naval officers, authors, and historians on our nation's experience with Expeditionary Warfare from the 19th century to the present. There will also be six scholarly panels on related subjects, led by the Naval Academy History Department. Invited luncheon and dinner guest speakers include former Marine Corps Commandant Al Gray and former Secretary of the Navy Richard Danzig. All Companions will receive a formal invitation containing a registration application. Mark 7-8 APR on your calendars NOW and plan to attend, and encourage others to join you at this exciting Naval Order event!

—Submitted by

CAPT David G. Kaiser, USN (Ret)



A hole new way to promote the Naval Order! CAPT Roman E. "Pete" Piotrowski, USNR (Ret) takes his role as Vice CG (At Large) for Communications seriously enough to sponsor this "hole sign" at last summer's annual golf outing for the Chicago Society, an organization of Polish-American businessmen. "My buddy placed it on the 10th hole, where everyone stopped for a brat and beer," says Pete.



NOUS News is your newsletter. Your articles, information and photos are welcome, especially the electronic variety! To be included in the next edition of NOUS News, please submit material NLT 31 MAY 2005 to: CAPT Kate Gray, USNR (Ret)
1312 Sussex Place
Norfolk, VA 23508-1133
or email to: grayusnr@aol.com

Trafalgar Bicentennial Conference

4-9 SEP 2005

Oxford, UK – British and American naval warfare historians and enthusiasts—particularly those specializing in the study of surface warfare—will find a wide range of celebrations and programs this year commemorating the 200th anniversary of Horatio Lord Nelson's monumental defeat of the combined French and Spanish fleet at the Battle of Trafalgar.

One of the most varied and complete programs will feature "War at Sea in the Age of Nelson," to be held 4-9 SEP at Christ Church College, Oxford. A combination learning and leisure experience, this commemorative study program is the fourth in the *Christ Church Series on Conflict*, and features:

- Presentations by Royal Navy flag officers, prominent authors, and naval historians, including the chairman of the U.S. Naval War College's Maritime History Department.
- A day's coach trip to Portsmouth's historic Dockyard, with tours of Nelson's flagship *HMS VICTORY*, the *MARY ROSE*, and the Royal Naval Museum.
- Lodging in Christ Church College and meals in its magnificent Tudor Hall, where a portrait of Henry VIII, the College's founder, gazes down on diners. (The College is the filming site for all the *Harry Potter* motion pictures to date.) Before and after dinner social events are planned for the Buttery Bar, adjacent to the Great Hall but blocked from Henry's stare.
- Ample opportunities to explore areas of the College celebrated in literature by Lewis Carroll's *Alice in Wonderland* (1865), and to walk about historic Oxford at the end of an English summer.



Recruiting New Web Manager

Past Commander General CAPT Jim Brooke established and has managed the Naval Order's national Website since the late 1990s. Now CAPT Brooke feels it's time to pass the baton. The Naval Order is conducting a national search among our Companions for someone with the time and talent to bring this topnotch Website to the next level. If you have skills as a Web designer and the desire to work with the Electronic Communications Committee and our volunteer Webmaster, please contact CAPT Brooke at JBrooke3@cox.net or by phone at 703-323-1673. He's available to discuss the position and provide more information.

Many U.S. Navy and Marine Corps veterans and other students of naval leadership recall Nelson's signal flying from *VICTORY*'s flaghoists before his 27 ships of the line engaged the combined French and Spanish fleet of 33 ships on 21 October 1805: "ENGLAND EXPECTS EVERY MAN WILL DO HIS DUTY."

American students of naval history know the British victory at Trafalgar meant Napoleon's Army would never again threaten England by invasion. Possibly less well known are how events leading to the Battle at Trafalgar influenced—or were influenced by—the fledgling United States.

Naval history scholars and enthusiasts interested in this period and Nelson's impact, legacy and mystique can contact Conference Administrator Alexandra Webb at the Steward's Office, Christ Church, Oxford, OX1 1DP, United Kingdom or via email, waratsea@chch.ox.ac.uk. The conference Website is www.chch.ox.ac.uk.

—Submitted by

CDR Daniel G. Felger, USN (Ret)



New Companions

2NOV04 - 4FEB05

FLORIDA FIRST COAST (JAX)

PFC Corey S. Halaychik, USMC
LT William G. Holyfield, Jr., USNR (Ret)
CAPT William T. Wirth, USN (Ret)

LONG BEACH

CAPT Robert E. Thomas, Jr., USN (Ret)

MONTEREY

CDR Donald M. Layton, USN (Ret)
CDR Allen M. Smith, USN (Ret)

NATIONAL CAPITOL

LT David R. Banner, USNR
LT Claude G. Berube, USNR
RADM Pierce J. Johnson, USN (Ret)
PO3 Kelly Stewart, USNR
CPO Edward A. Terrill, USNR

SAN FRANCISCO

Mr. Robert W. Baldwin
Capt. William L. Buchanan, USMC
LT Alfred J. Jacobs, USNR
RADM Gerald W. Mackay, USN (Ret)
RM2 Jack A. Michel, USNR
CAPT Kerry C. O'Brien, USMM
CAPT Thomas L. Snyder, USNR (Ret)

TEXAS

CDR Edwin L. Carter, Jr., USN (Ret)
CDR Robert B. Clock, USNR
LT Anthony V. Leness, USNR
CAPT John C. Ricketson, USMM

Catching Up with the Commanderies

Florida First Coast

47 Companions and their guests enjoyed a grand evening at our Pearl Harbor, 7th Anniversary Dinner. Guest speaker Dean Mosher delivered a fascinating presentation on the Battle of Lake Erie. Steve Spears, a renowned sculptor and friend of Dean's, also attended and displayed some of his work. Mr. Spears is working on conceptual designs for the potential Navy Normandy Monument. Also, Winston Churchill and Mike Kalleres gave moving Pearl Harbor Remembrances.



Ann and Greg Streeter, Sharon and Tony Ross, Pat Manko, RADM John and Georgia Gavan



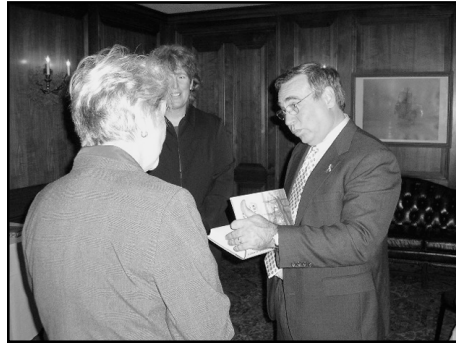
RADM Bill Lynch, Mike McGrath (Navy League Executive Vice President), and VADM Mike Kalleres



Mike McGrath and wife Gloria, Frances Wynkoop, Marie Lynch and Bill Lynch

Rounding out the event, the food was outstanding, all the company were in magnificent voice singing the National anthem (a capella), and the birdhouse door prizes—designed and built by Greg Streeter—closed the evening and will help provide cozy nests for some fortunate Florida birds.

Hampton Roads



CAPT David Poyer, USNR (Ret), signs one of his books at the Hampton Roads Commandery's Pearl Harbor Day Remembrance. CAPT Poyer, an accomplished sailor, diver and best-selling author of 25 novels—most about ships and the sea—spoke at the 7 DEC dinner.

Illinois

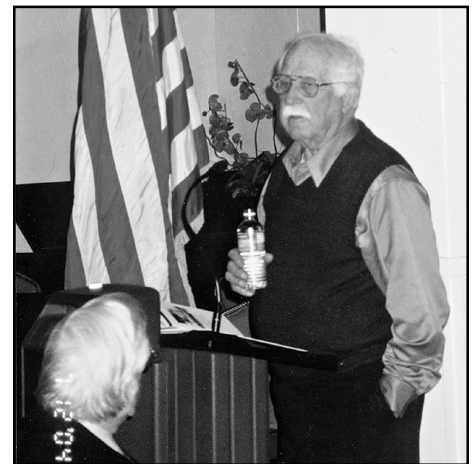
The Commandery held its annual meeting and election of officers on 7 DEC, with 72 Companions and guests attending. Two distinguished guests received special recognition. CWO4 Guy H. Bodor, USNR (Ret), a longtime active Companion, was a Pearl Harbor survivor and crewmember aboard USS SAN FRANCISCO during the attack. CWO4 Bodor served in the Pacific Theatre during World War II and later continued in the Naval Reserve to complete 40 years Navy service. The Commandery also recognized Richard Foltyniewicz, a World War II Marine who personally lobbied Congress to have 7 December 1941 designated National Pearl Harbor Remembrance Day. Through the efforts of Mr. Foltyniewicz, Congress adopted a joint resolution that the U.S. flag should fly at half-staff each year on 7 DEC in honor of those who died at Pearl Harbor.

With much regret, we report CWO4 Bodor passed away a few weeks after this event. We also note the passing of Companion Maj.Gen. Mitchell J. Waters, USMCR (Ret). Maj.Gen. Waters, a man of personality and charisma, spent much of his military career breaking down the barriers separating Marine reservists from their active duty counterparts.

NOUS Commander General CAPT Fred Hawkins was on hand 19 FEB to install the 2005 Illinois Officers and Companions Council, and to welcome our newest members. The Commandery continues steaming FULL SPEED AHEAD!

Monterey Bay

Members of the Monterey Peninsula Council of the Navy League joined the Commandery for our annual Pearl Harbor Remembrance Dinner at Naval Postgraduate School. "The Del Monte Brass," composed of NPS faculty and students, performed stirring military music at the 7 DEC dinner. Guest speaker CDR Allen Smith, USN (Ret) shared his experiences as a young second class signalman aboard USS RALPH TALBOT (DD 390) in Pearl Harbor on the morning of the attack. CDR Smith enlisted 1937 and served as a signalman in the Destroyers Battle Force.



Pearl Harbor survivor CDR Allen Smith, USN (Ret) addressed the Monterey Bay Commandery. He is the Naval Order's latest Life Member.

After four years, he attended Flight School at NAS Pensacola under the NAP program and went on to a further 28 years as a Naval Aviator. CDR Smith joined the Naval Order as a Life Member following warm toasts of appreciation for his service to our country.



"The Del Monte Brass," under the direction of CAPT CJ Herron, NPS Dean of Students (middle), entertained Monterey Bay Companions and guests.

On 4 JAN, the Commandery took part in the quarterly NPS Student Orientation Information Fair. This provides a great opportunity for campus organizations to communicate directly with new NPS students,

(continued on page 5)

(Monterey Bay continued)

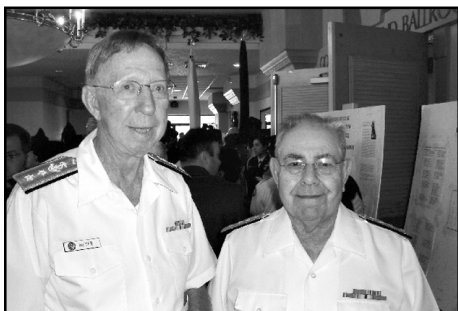
including members of the Navy, Marine Corps, Coast Guard, and international naval services.



CAPT Jeff Kline talked with **LT Johnson** and his family at the NPS Orientation Fair, showing you're never too young to learn about the Naval Order! Jeff is on the NPS faculty and serves as Vice Commander of the Monterey Bay Commandery.

Southeast Florida

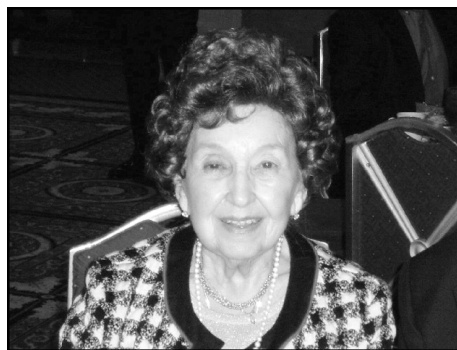
The Commandery teamed up with the West Palm Beach Council of the NLUS and other supporters at a luncheon on 4 DEC. Over 300 people attended the event, commemorating Pear Harbor Day and 11 SEP 2001. The Luncheon featured military youth groups in Southeast Florida, and paid special tribute to **RADM William C. Hushing, USN (Ret)**, Pearl Harbor survivor and SEF Companion. As guest speaker, **MG Wayne P. Jackson, USA (Ret)**, focused on the lessons learned from both these tragedies.



RADM Nelson Heyer, USNR (Ret) and **RADM Julian Benjamin, JAGC, USNR (Ret)**, the Vice Commander and Commander for Southeast Florida Commandery



The NJROTC drill team ceremoniously folds the U.S. Flag



Companion Mary Irene Short



CWO2 Anthony Atwood, USNR (Tony was a Master Chief before his recent commissioning)

Texas

Naval Order Companions were proud guests of the Battleship Texas Foundation as the Commandery held it's 19th annual Memorial aboard Battleship Texas BB35 on 4 DEC. This time-honored ceremony recognizes veterans of the attack on Pearl Harbor with special appreciation for their devoted service to our country. **CAPT Martine Myers** presented a wreath to **Lewis LaGesse**, Texas State Chairman of the Pearl Harbor Survivors Association, also a Naval Order Companion. Many other Pearl Harbor survivors attended, including another Companion, **Howard Snell**. The memorial included a fly-over by the Commemorative Air Force, and a traditional 21-gun salute by a Marine Corps rifle squad from the First Battalion, 23rd Marines. The Houston Brass Band performed patriotic music. **CAPT Carter Conlin**, NOUS Commander General Elect, gave the keynote address. His talk, "Pearl Harbor Battleships Live to Fight Another Day," described what happened to the major combatants following the attack.

29 JAN marked the 19th Annual Banquet and presentation of the Texas Commandery's Fleet Admiral **Chester W.**

Nimitz Leadership Award. This year's honoree was **RADM Lewis A. Hopkins, USN (Ret)**, a participant in the Battle of Midway. Though unable to attend himself, he expressed his gratitude for the award through **CAPT George Holyfield**. **CAPT Conlin** spoke for a few moments about **RADM Hopkins'** accomplishments, and recapped the talk **RADM Hopkins** gave at last June's Midway luncheon. Incoming Commandery officers and plans for 2005 were also announced at the Banquet.



Members of the Nimitz Committee holding the plaque presented in absentia to **RADM Hopkins**: **CAPT George Holyfield**, Past CDRY CDR, **CAPT Martine R. Myers**, CDRY CDR, **CAPT Carter Conlin**, CDR GEN-Elect, **CAPT Dean Hill**, CDRY Vice CDR, **CAPT Karen Meehan**, CDRY Surgeon, **CAPT Dave Burr**, Past CDRY Vice CDR



Parading the colors, **CPO Luke Trahin** in foreground



CAPTs Martine Myers and **Carter Conlin**, **Lewis LaGesse**, **George Hemingway**, **Luke Trahin**, **Joe McKinley**, with a guest from the Scouts

NAVAL ORDER NATIONAL CONGRESS

NEW ORLEANS

29 SEP-1 OCT 2005

The New Orleans Commandery cordially invites Companions and guests to enjoy three, or more, days of incomparable Southern charm and hospitality, with special doses of spice and zest! You'll be enthralled with the recently completed \$65 million renovation to our four-star Monteleone Hotel in the heart of the historic French Quarter. **Registration includes two savory lunches of the best New Orleans cuisine: Creole classics at famed Arnaud's Restaurant and Chef Paul Prudhomme's Cajun specialties at K-Paul's Louisiana Kitchen. It also includes a tour of the National D-Day Museum (America's official World War II Museum), continental breakfasts and refreshments with the Congress sessions, the Commander General's Welcome Reception and streetcar party tour of lovely St. Charles Avenue, as well as the DSSA Awards Reception and Banquet.**

Everyone will wish to join us for the **optional** dinner at Commander's Palace (recently rated the nation's top restaurant by *Zagat*) Thursday, and a dinner jazz cruise on a Mississippi River paddle-wheeler Friday. Daytime options include a mule-drawn carriage guided tour of the Quarter, followed by a tour of an historic home and a tour of a museum of Mardi Gras Ball gowns Friday, and a Breakfast at Brennan's on Saturday. Be sure to relax and mix it up in our exquisite Hospitality Suite. For those who can stay longer, enjoy tours of the city, plantations, cemeteries, swamps, or air boats—or just sightsee and shop the French Quarter.

Scheduled Events

Thurs 9/29	Committee Meetings PM CG's Reception Streetcar Party Tour Optional Dinner at Commander's Palace
Fri 9/30	Committee Meetings 10AM Opening Ceremony & General Session Dewey Award Luncheon at Arnaud's, Tour of National D-Day Museum Optional Dinner Jazz Cruise
Sat: 10/1	General Session Luncheon/ Speaker at K-Paul's PM DSSA Reception Gala Award Banquet
Sun: 10/2	Optional Tours/Sightseeing
Mon: 10/3	Optional PM Departure Mississippi River Cruise

Our four-star Monteleone Hotel, in the heart of the historic French Quarter, offers easy walking to the best of New Orleans food, sightseeing, and shopping. The low room rate of \$129/night for NOUS attendees may be extended either before or after the Congress dates, but **you must make hotel reservations by 30 AUG to take advantage of this special rate. Please use the registration form on the adjacent page to register for the Congress.**

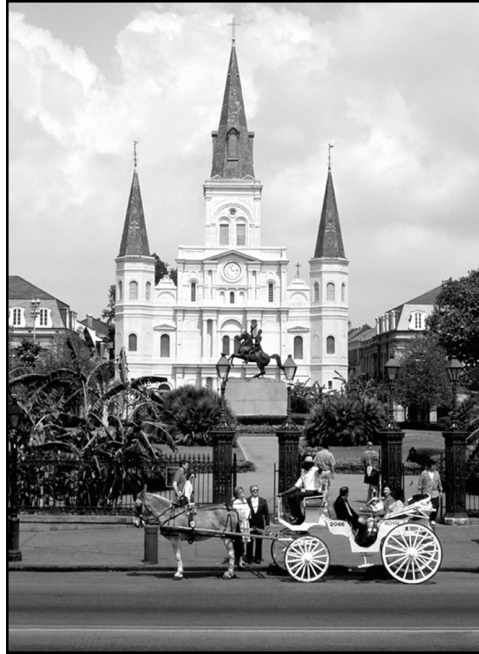


photo by Carl Purcell, courtesy of the New Orleans Metropolitan Convention and Visitors Bureau

HOTEL RESERVATIONS

Monteleone Hotel
 214 Rue Royale
 New Orleans, LA 70130
 reservations 504-523-3341 or
call toll free 800-535-9595

NOUS Special Room Rate \$129

MISSISSIPPI RIVER CRUISE

aboard AMERICAN QUEEN
3-7 OCT 2005
 more info and reservations
504-391-0667



Registration Form NOUS Congress 29 SEP–1 OCT 2005

Grade/Rank or Rate	Name	(H) Phone	(B) Phone
Street Address		City and State	Zip
Attending Spouse/Guest Name		E-Mail Address	
Arrival Date and Time	Departure Date and Time	Commandery	

___ Congress Fee:	Before 15 AUG	___ x \$195 =	___
	After 15 AUG	___ x \$225 =	___
___ Thurs Dinner at Commander's		___ x \$50 =	___
___ Fri Dinner Jazz Cruise		___ x \$40 =	___
___ Spouse Fri Buggy ride/tours		___ x \$20 =	___
	Total		___

Make check payable to:
NOUS Congress 2005

Mail form and check to:
CAPT Gary Bair
3641 Red Oak Court
New Orleans, LA 70131

**From the NOUS Surgeon General:
Start taking care of your heart!**

—CAPT Martine R. Myers, NC, USNR (Ret)

Heart disease is the No. 1 cause of death in the United States for both men and women. Stroke is the No. 3 killer. More than 64 million Americans have cardiovascular disease, in the form of high blood pressure, stroke, heart disease, or congestive heart failure. One in five has high blood pressure—and 30% don't even know it! Do you know what your cholesterol levels are or what they should be? Are you physically active each day? Do you smoke? These tips for a healthy heart may help *you*.

You are what you eat. Better food habits can help reduce your risk for heart attack. A healthful eating plan means choosing the right foods and preparing them in a healthy way. Choose to eat unsaturated fats like those found in nuts, seeds, avocados, and oils (olive, canola, etc.) Five ounces of nuts per week can actually be good for your heart! Tub margarines have fewer trans fatty acids than stick margarines. Look for no more than two grams of saturated fat per serving; the first ingredient should be a liquid oil, and the word "hydrogenated" should not appear as the first or second ingredient. Look for the leanest cuts of meat, varieties that end in "round" or "loin." Try and consume fish 2-3 times per week for the healthy omega-3 fatty acids. These may decrease serum cholesterol and triglycerides by reducing the fat deposits in your arteries, thus making your blood less "sticky."

Go for Whole Grains. Choose breads, cereals, etc. with at least 3-4 grams of fiber

per serving, and that word "whole" should be listed as the first ingredient. Aim for a daily consumption of at least 25 grams of fiber per day. Eat a variety of fruits and vegetables—at least five servings per day—and make them colorful. They're great sources of vitamins, minerals, and fiber.

Lighten Up! Losing excess weight is important to your well being! Here's why:

- People who are more than 20 pounds over their ideal body weight (obese) are more likely to develop heart disease, even if they have no other risk factors.
- Excess weight puts more strain on your heart. It can raise blood pressure and blood cholesterol and make diabetes more likely to develop. Losing excess weight is one of the best ways to reduce your risk of heart problems and other diseases.
- You can reduce your risk of heart disease by reaching and staying at a healthy weight. That means cutting back on fats and eating more fruits, vegetables and grains. It also means being physically active.

Participate in Regular Exercise. Even modest levels of physical activity are beneficial. Exercise is a great way to increase your healthy HDL cholesterol levels. Aim for a goal of at least 3 hours per week of aerobic exercise. Don't forget the stretches and some strength training. If you are not currently actively exercising, be sure to check with your physician prior to starting any new exercise program.

Don't Smoke! Smoking can actually lower HDL (healthy) cholesterol levels and raise blood pressure. Now is a great time to make a positive change. It's worth the effort, and your heart will thank you!

Material for this article comes from the American Heart Association. See their Website for more useful information and links at www.americanheart.org.

CHANGES OF ADDRESS

Please advise the NOUS Registrar General of all changes of address to assure delivery of *Naval History Magazine*, *NOUS News*, and other important mail from the General Commandery. Send address changes to:

CAPT Jan V. Armstrong, USNR (Ret)
4404 Anderson Ave.
Oakland, CA 94619-1619
or janjva@juno.com

NOUS NEWS is published quarterly by the General Commandery
Naval Order of the United States
PO Box 2714
Merrifield, VA 22116-2714.

CAPT Fred C. Hawkins, SC, USNR (Ret)
Commander General and Publisher

CAPT Kathryn T. Gray, USNR (Ret)
Editor, *NOUS News*
1312 Sussex Place
Norfolk, VA 23508-1133
Email: grayusnr@aol.com

Email the General Commandery

You can save on postage and help the Order to do likewise by using email!
navalorder@aol.com

www.navalorder.org



NAVY ORDER OF THE UNITED STATES
FOUNDED ON INDEPENDENCE DAY, 1890
1312 SUSSEX PLACE
NORFOLK, VA 23508-1133

NEWS

ADDRESS SERVICE REQUESTED

Non-Profit
Organization
U. S. Postage
PAID
Norfolk, Virginia
Permit No. 175