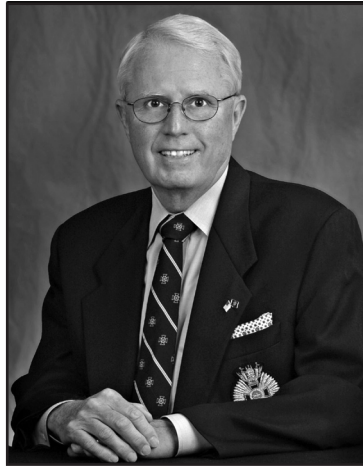




Commander General's Report to the Order

My Fellow Companions,

We will soon be gathering in Jacksonville to kick-off Congress 2009, to celebrate the 119th anniversary of the founding of the Naval Order of the United States. Our host Commandery, the Florida First Coast Commandery, has prepared an interesting program of events for you to enjoy during your time in historical Jacksonville, the First Coast—First City—Under Five Flags. You can look forward to an exciting four days of discussions and historical presentations, beginning Wednesday, October 14th, with the optional St. Augustine Inner Harbor Sail on the schooner Freedom, where we will meet Billy Ray Morris III, the noted underwater marine archaeologist. Guest speakers include Captain David Poyer, USN (Ret.), maritime adventure author; Ms. Kathy Fleming, Executive Director of the St. Augustine Light House and Museum; and Ms. Emily Liska, Executive Director, Jacksonville Historical Society. Discussions include "The U.S. Navy in Jacksonville in WWI and WWII" and "What Do Maritime Historical Organizations Have To Offer in the Twenty-First Century?" The Admiral George Dewey Award and the 2009 Lee Douglas Award will be presented during luncheons on Friday and Saturday. Congress 2009 will wrap Saturday evening when the Distinguished Sea Service Award is presented to Admiral William J. Fallon, USN (Ret.).



I want to call your attention to the article on page 3 regarding the funding of Phase Two of the Navy D-Day Normandy Monument. Our sculptor, Stephen Spears, has started construction of the five granite pedestals designed to illuminate the monument, but we need your help in completing the project! I hope that you will join with me in making a donation to complete this final phase.

On a somber note, I must report the death of our Past Commander General (23rd CG) Lieutenant Commander Raymond E. Cross, USN (Ret.), who passed away in June 2009, after a long illness. Commander Cross served as the Commander General from 1981 to 1983 and will be honored during the "tolling of the bells" at the upcoming Congress.



Normandy Monument Phase II Is Underway and Needs Your Help

Last fall on the hallowed ground of Utah Beach we dedicated the United States Navy Monument at Normandy commemorating the 1068 Sailors that died on D-Day, June 6, 1944 as well as the many thousands of Navy veterans that made our victory in Europe possible. The Naval Order raised \$500,000 during the first phase, and now we've set our sights squarely on Phase II. We need a further \$50,000 to make the final enhancements to the monument honoring the sacrifices of specific maritime communities. For more details, including exciting coverage of this past D-Day commemoration, see page 3.

Finally, it is with a great deal of sadness and joy, that both Judy and I contemplate the past two years that I've had the privilege to serve as the 36th Commander General of the Naval Order. I remain both humbled and honored to have followed in the footsteps of those great leaders who have taken the helm and led our Order through 119 years of service since its founding in 1890. At this Congress, I will pass our historic gavel from the frame of a gun port of USS Hartford, Rear Admiral David G. Farragut's flagship during the battle of Mobile Bay, to the Commander General-Elect, Captain Gregory F. Streeter, who will continue to carry out the mission of the Naval Order. I personally offer my best wishes and support to Captain Streeter, the General Council, and the Committees who will provide leadership and support in the forthcoming years. I am certain that the Naval Order will continue to grow and prosper as it has for more than one hundred years supporting our noble and worthwhile mission to preserve, promote, celebrate, and enjoy our Nation's Sea Service history and heritage. I personally wish to thank all of you for your advice, assistance, and support during my term as the 36th Commander General. You can all stand proud of your many personal contributions to the Naval Order these past years!

Warm regards,

Ken Johnson, CAPT, USN (Ret.)



Photo courtesy of Mr. Dan Felger

Preview



Welcome to Jacksonville, Florida Wednesday, 14 October 2009

0830-1645 Congress Registration
0900-1630 Meetings

Optional Event

1100-1530 Bus trip to St. Augustine with two hour schooner ride (\$50)

1650-2000 Reception at *Fleet Landing*



Opening Ceremonies Thursday, 15 October 2009

0800-0930 Congress Registration
0930-1015 Opening Ceremonies
1030-1130 General Session
1200-1345 Luncheon with author Captain David Poyer, USN (Ret.)
1400-1510 General Session
1520-1630 *The State of the American Sea Novel Today* with Captain David Poyer
1800-1945 Commander General's Welcome Reception



Naval History Friday, 16 October 2009

0830-0940 *Civil War Naval History* with Captain David Poyer and Billy Ray Morris, III, underwater archeologist
0950-1020 *St. Augustine Light House* with Ms. Kathy Fleming
1030-1120 *Top Ten Moments in Jacksonville* with Ms. Emily Liska, Jacksonville Historical Society
1120-1130 *USS Charles F. Adams (DDG 2) Historic Naval Ship Museum Project.* with Mr. Bert Watson
1200-1345 Admiral George Dewey Award Luncheon

1400-1440 RADM Jay DeLoach, USNR (Ret.), Director, Naval History and Heritage Command

1445-1520 *The U.S. Navy in Jacksonville in WWII* with Dr. Bill Dudley, Naval Order Historian General

Optional Events

1300-1800 *USCGC Maria Bray (WLM 562)* will be open to Congress attendees for tours
1545-1700 *Maria Bray* underway for river tour

Maria Bray will be moored across the river from the Crowne Plaza. Visitors can either take a water taxi, the Jax Skyway, or walk across the Main Street Bridge.

1730-2230 Jacksonville Symphony Orchestra Concert and Dinner Cruise aboard *Princess II* (\$85)

Board *Princess II* on the southbank adjacent to the Crowne Plaza, and enjoy dinner aboard this elegantly appointed motor yacht while cruising along the beautiful St. John's river. Disembark at the Times Union Center for the Performing Arts where you will see Maestro Fabio Mechetti conduct the Jacksonville Symphony Orchestra through an evening of Rachmaninoff, Shostakovich, and Tchaikovsky, with your return to the hotel via water taxi. For tickets, contact Bill Cosnotti at the Jacksonville Symphony 904.356.0426.



Distinguished Sea Service Award Saturday, 17 October 2009

0830-0940 National Elections
1000-1110 *What Do Maritime Historical Organizations Have to Offer in the Twenty-First Century?* moderated by RADM George Huchting, USN (Ret.) with RADM Jay DeLoach, USNR (Ret.); Mr. Michael McGrath, National President Navy League of the United States; Mr. Bert Watson, Jacksonville Historic Naval

Ship Association; Mr. Paul Ghiotto, Curator, Jacksonville Maritime Museum

1145-1330 LCDR Lee Douglas Memorial Luncheon with G.W. "Bill" Reynolds, III, PhD *Jetty Man - Mayport in the 50s*

Optional Event

1345-1615 Tour of Ft. Caroline National Monument

1800-1900 Distinguished Sea Service Award Reception

1900-2200 DSSA Formal Banquet with Admiral William Fallon, USN (Ret.) (2009 DSSA Honoree) and *USS Constitution* Color Guard



Congress and Hotel Reservation Information

Congress Registration:
Bill Wirth, wirthw@bellsouth.net
See www.navalorder.org for details
Mail form and check to 756 Queens Harbor Blvd, Jacksonville, FL 32225

Congress Schedule:
John O'Neil, 904.221.7348
windharb@aol.com

Hotel Reservations:
Crowne Plaza Hotel, Jacksonville
www.cpjacksonville.com
904.398.8800
Use group code: Naval Order 2009
Area information:
www.visitjacksonville.com

NOUS News is published quarterly by the General Commandery of the Naval Order of the United States
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Merrifield, VA 22116-2714

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Companion Awarded French Legion of Honor



American D-Day veterans Clyde Combs (left) and Ben Franklin (seated) point to Omaha beach as they talk with Prince Charles, The Prince of Wales, U.S. President Barack Obama, Canadian Prime Minister Stephen Harper, French President Nicolas Sarkozy and British Prime Minister Gordon Brown at the Normandy American Cemetery on June 6, 2009. (88269581/Peter Macdiamid/photo courtesy of Getty Images)

QM2 Clyde Combs, Naval Order Companion from the Texas Commandery, was awarded the French Legion of Honor on June 5th, for his service aboard PT 515, protecting the western flank of the invading forces as they established the beachhead during the Normandy Invasion. On June 6th, he had the honor of showing visiting world leaders the sectors along the Omaha Beach landing area. Clyde told the Houston Chronicle, "the invading armada was one of the largest armadas in the world's history, and to have been a small, tiny part of it in any way is such a privilege."

Clyde looks forward to sharing his experiences at the October Congress in Jacksonville. Come out and learn from Clyde what it's like to serve as guide to Presidents, Prime Ministers and the Prince of Wales!

Normandy Monument Phase II

The Navy D-Day Monument has already become a main attraction in Normandy. Work on the final phase of the monument has begun, and will consist of five pedestals, each of which will illuminate the monument in the center, and recognize the following communities: Cruiser and Destroyer Sailors, Gator Sailors, Coast Guardsman, Navy Beach Battallions, and Sea Bees, to emphasize their vital contributions on D-Day.

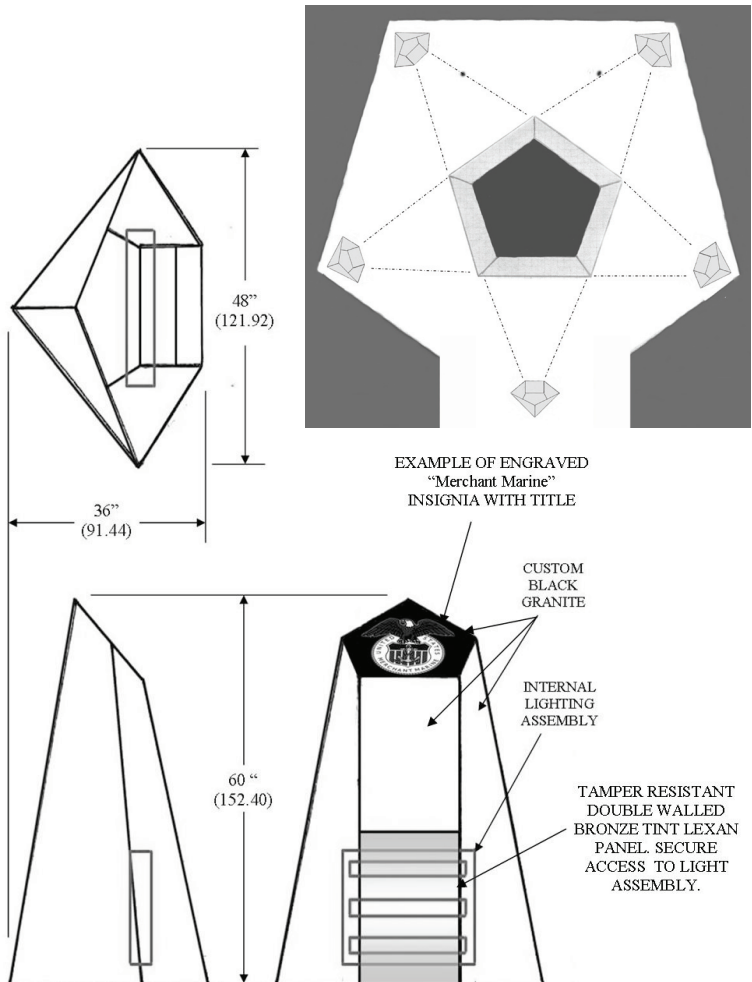
The total cost is \$125,000 and we still need \$50,000 to make Phase II a reality. We are appealing to you once more to help us meet this final goal. Please send your donation via check made out to "The Naval Order Foundation" to:

Commander Robert Averill, USN (Ret.)
3339 Lighthouse Point Lane
Jacksonville, FL 32250

For more info visit: www.normandymonument.org



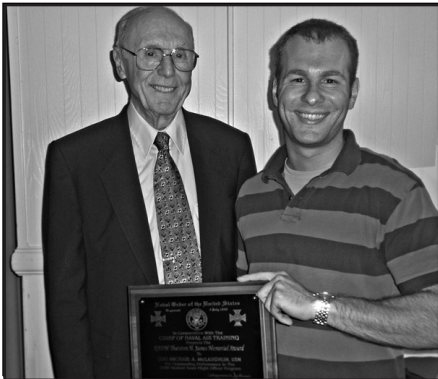
Photo courtesy of Mr. Tim Gray



Catching Up with the Commanderies

Florida First Coast

The First Coast Commander is busy making final arrangements for the upcoming Congress. They are working closely with the Crown Plaza Jacksonville Riverfront Hotel to ensure fantastic support for all Companions coming into the River City from across the country. Keep an eye out for the teaser e-mails from the First Coast Commandery for hints about the upcoming Congress and all the wonderful activities planned for the attendees. When you arrive at the Jacksonville airport, a van shuttle service to the airport is available across from the baggage claim doors on the ground floor level, up to three people is \$30.



Captain Al Hennessy presents the RADM Thurston H. James Memorial Award to Lieutenant Junior Grade Michael A. McLaughlin.

Hampton Roads

The Hampton Roads Commandery helped to facilitate this year's *RADM Thurston H. James Memorial Award*.

This year's winner, Lieutenant Junior Grade Michael A. McLaughlin, reported to the RAG squadron, VFA 106, at Oceana this past spring. He expects to be patched in October or November and then will move on to his next assignment. Captain Al Hennessy, Captain Kate Gray, and Lieutenant Colonel Jeff Christman participated in the presentation on 20 August, at the pre-Strike Fighter Ball

cocktail party held at the Oceana Officer's Club in Virginia Beach.

The award is named for RADM Thurston H. James, who served as Commander General of the Naval Order from 1958 to 1961. Following his death, the Naval Order, jointly with the Chief of Naval Air Training, established an annual award in his honor for the outstanding Naval Flight Officer graduate. The awardee is recognized with a personalized plaque, and the recipient's name is added to the permanent display at the National Museum of Naval Aviation in Pensacola.



Monterey Bay

Joining with other military and service organizations on the Monterey Peninsula Coast, Master Chief Abel Quinones, USN (Ret.), joined the Commander General in the annual Memorial Day observance on the *USCGC Hawksbill (WBP 87312)*. Service wreaths were cast into the bay while taps was rendered.



Master Chief Abel Quinones plays taps following the Battle of Midway Dining Out.

The Monterey Bay Commandery joined with the Naval Postgraduate School's President's Student Council on June 6th for a superb Battle of Midway Dining-Out. This all-service event offered many a turn at the "grog bowl!" The evening's speaker was Commander Bob Anderson, USN (Ret.), Director of the Navy Office of Information, West, who spoke on how the Hollywood industry has featured the Navy over the years and, in

particular, the Battle of Midway. Following the dinner, the President of the Mess, Captain Janice Wynn, USN, Naval Postgraduate School's Dean of Students, became a LIFE member of the Naval Order.

Lieutenant Bill Howey relieved Lieutenant Sam Bell as Commander of the Monterey Bay Commandery during the Battle of Midway Dining Out. Sam's inspirational leadership during his tenure as Commander was instrumental in the successful conclusion of last fall's Navy Birthday Ball, December's Remembrance Dinner, and the June Dining Out. Following graduation from the Naval Postgraduate School in June, Sam has moved onto his next assignment in the "war zone" and after his return, he will head back to submarine duty.



Lieutenant Bill Howey relieved Lieutenant Sam Bell as Commander of the Monterey Bay Commandery, with Admiral "Hank" Mauz looking on.



Newport

Newport Companion John Hattendorf, esteemed member of the Naval War College faculty and Chairman of the Naval History Department will soon receive two awards for his historical writings. He will receive the Alfred Thayer Mahan Award from the Navy League in a luncheon and ceremony at the Navy League's Sea Service Awards scheduled for October 30th in Corpus Christi, Texas. This is the Navy League's Lifetime Achievement Award for his scholarship and writing on topics of military, and particularly, naval history. John is also receiving

Catching Up (continued)

the *USS Constitution's* Samuel Eliot Morison Award in Boston on October 22nd. This award is being given to John for embodying the spirit of Admiral Morison in his writings.

The Newport Commandery is coordinating a guided tour of *USS Constitution* in September. Companions will caravan to Boston for the tour to be given by *Constitution's* most recent Commanding Officer, Commander Bill Bullard. Following the tour, the group will lunch in the historic Warren Tavern, adjacent to the Bunker (Breeds) Hill monument, where Commander Bullard will recount the epic battle between *USS Constitution* and *HMS Java*.

Three Newport Commandery and one Annapolis Commandery Companions will provide a panel on *One Hundred Years of U.S. Navy Air Power* at the Naval History Symposium sponsored by the United States Naval Academy, September 10-12. Tom Cutler, Director of Professional Publication and Senior Acquisition Editor for the Naval Institute Press, an Annapolis Companion, will chair the panel. Commander Kevin "K.J." Delamer, Vice Commander of the Newport Commandery, will give a paper on the "History of Navy Helicopter Aviation" and Commander of the Newport Commandery, Doug Smith, will give a paper on "Admiral Joseph Mason "Bull" Reeves, The Father of Navy Carrier Aviation." Newport Companion Stan Carpenter will serve as moderator for the panel, and is also co-authoring a paper for it on "The Two-Ocean Navy Act of 1940: The Impact of American Preparedness for World War II." In combination with other contributors, these papers will be part of a book commemorating the centennial of Navy aviation in 2011 titled *One Hundred Years of U.S. Navy Air Power*.



Texas

The Texas Commandery held its annual Midway Victory celebration on June 4th, in Houston. The featured speaker was Companion Alan Lloyd who lives in Hawaii. He spoke about the events leading up to and including the Battle of Midway and stories of the unsung heroes of the battle and the bravery of those who participated in the U.S. victory that many consider the turning point of the war in the



From left to right, Captain Carter Conlin, Commander James Sterling, Captain Charles Anderson, Commander Brian Klock, Captain Dave Burr, Alan Lloyd, Marc Lockard, Captain Kerry Magee, Lieutenant Ed Seiling.

Pacific. Alan grew up in Hawaii, and as a child, witnessed the bombing of Pearl Harbor on December 7th, 1941. He has done extensive research on the battle as well as other World War II campaigns in the Pacific and has been a featured speaker at numerous schools, civic organizations, and historical societies. He is the National Director Emeritus of the Navy League and a historian for the *USS Missouri* Memorial Association. All those who attended had the opportunity to hear and see a superb presentation of the strategies, tactics, and resources used by U.S. forces and the Imperial Japanese Navy which led to the U.S. victory at Midway 67 years ago. Alan was presented a Naval Order plaque in appreciation.



New Orleans

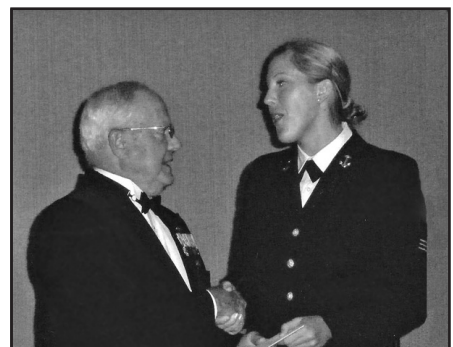
Captain Gary Bair, USN (Ret.), Commander of the New Orleans Commandery, presented Tulane NROTC graduate Monica Hemker with a \$200 savings bond at a recent awards banquet.

★ Western New York

The Western New York Commandery has a busy schedule of upcoming events. Companions will be attending the NOUS Congress next month in Jacksonville. The Commandery will observe the Navy Sabbath, which is held annually on the weekend preceding Veteran's Day. Five Companions are on the executive committee planning the Lorenzo

Burrows Post #78 Veterans Day Luncheon at the Saturn Club of Buffalo. Working with the United States Coast Guard, Western New York Companions are helping to plan the 50th Western New York Armed Forces Week Celebration, scheduled for May 5-10, 2010. Also, next May, the Commandery will hold a Memorial Day luncheon and service at the Forest Lawn Cemetery in Buffalo.

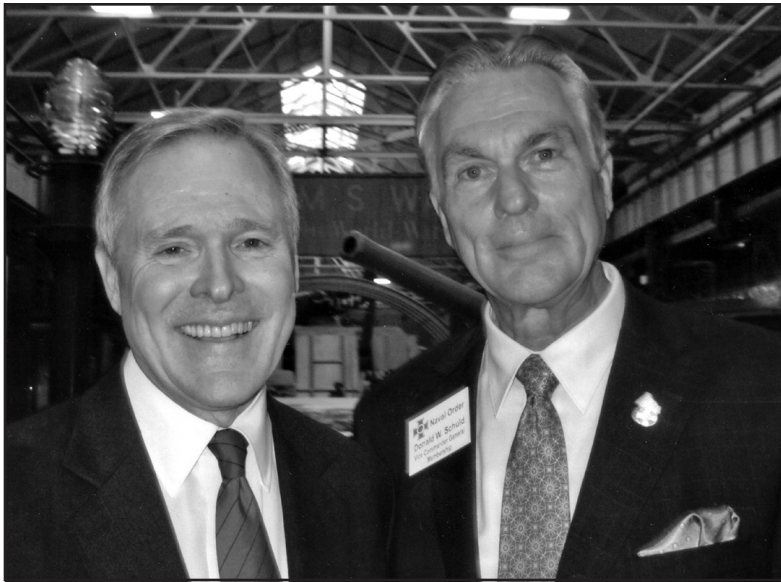
On July 18th, the newly sworn in, 75th Secretary of the Navy, the Honorable Raymond Edwin "Ray"



Captain Gary Bair presents a \$200 savings bond to Tulane NROTC graduate Monica Hemker.

Catching Up (continued)

Mabus visited Buffalo to attend the 18th annual reunion of the *USS Little Rock* Association, where he joined 240 former crew members and their families for a tour of the ship located at the Buffalo Naval Park. As a young man, Secretary Mabus served as a Surface Warfare Officer aboard *Little Rock (CLG 4)*. He was joined by NOUS Vice Commander General Don Schul, founder and former president of the Little Rock Association. The Naval Order has long had a close connection with the Buffalo Naval Park, with WNY Companions Pat Lucci, John Putnam, Jr. (deceased), and Fred Dentinger among the founders of the park. Companion Putnam served as the organization's president, and Companion Steve McGanka its secretary. The Naval Order has maintained continuous representation on the naval park's Board of Directors since its creation.



The Honorable Ray Mabus, 75th Secretary of the Navy, and Don Schul, NOUS Vice CG for Membership at the SecNav's swearing in ceremony in Washington, DC, June 18th.



Long Beach

On August 1st, the Long Beach Commandery of the Naval Order was removed from the rolls of the Naval Order. All current members' affiliations were transferred to the San Diego Commandery. The Acting Commandery Commander, Commander Kirk

Ferguson, USN (Ret.) approved the donation of \$1068 from the Commandery's treasury in support of the Phase II of the Normandy Monument. Remaining funds will be transferred to the San Diego Commandery.

Long Beach Companion, Captain Karolla Brice, USN (Ret.) was presented with the Commander General's Medal for her long and distinguished service to

20th Annual Coast Guard Academy Award



LCDR Maurice Murphy is presented the Naval Order Award at the U.S. Coast Guard Academy's Convocation, August 20th, 2009. From left, RADM J. Scott Burhoe, RADM Bill Merlin, USCG (Ret.), LCDR Maurice Murphy, and Cadet Regimental Commander, First Class Jacqueline Fitch.

LCDR Maurice D. Murphy was honored as the Naval Order Award winner at the United States Coast Guard Academy Convocation, August 20th. The award is conferred on the junior officer faculty member whose personal conduct and commitment to learning best exemplify the highest traditions of the American military services and the United States Coast Guard. In addition to the handsome plaque awarded by the Naval Order, the officer's name is inscribed on a permanent plaque outside the Dean's office and the recipient receives a life membership to the Naval Order. The winner is selected by the Corps of Cadets. A surprised and emotional LCDR Murphy accepted the award with a speech that clearly reflected his commitment to the Corps and his dedication to teaching. Rear Admiral William Merlin, USCG (Ret.), a member of the Class of 1956, made the presentation.



the Naval Order including the Long Beach Commandery's Vice Commander for Membership, Treasurer, Commandery Commander, and National Surgeon General. Captain Brice joined as a Life Companion in 1981, and the San Diego Commandery looks forward to her continued contributions.

Notes from Sick Bay

Historical Half Minute — Aerospace Medicine

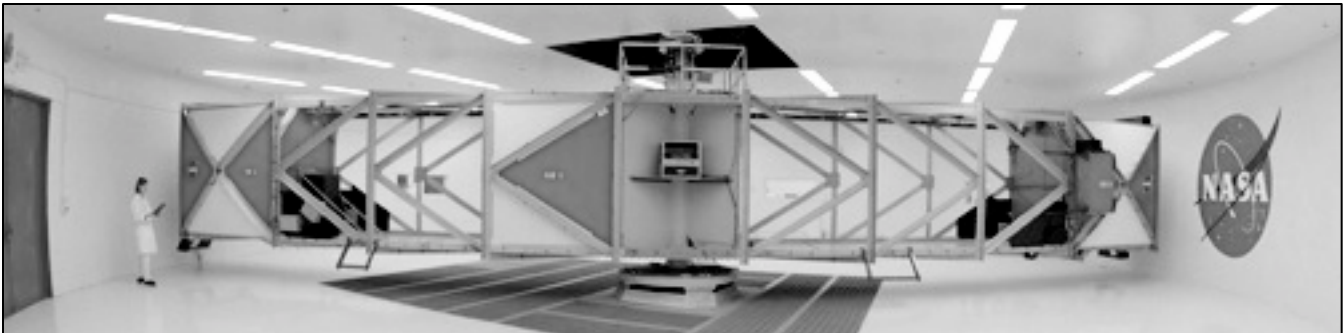
Interest in the medical effects of flight date from the 1780s, when men took to flying in balloons. The bad effects of “thin air” at high altitudes led to the development of an oxygen mask by Austrian physiologist Herman von Schrötter for the pilot of a balloon who set an altitude record of 30,000 feet in 1894. The advent of aircraft introduced a whole new set of effects, including problems with disorientation associated with “blind flight” (or, how pilots reckon “up”, “down” and “upside down” when flying in fog, clouds or in the dark), balance and the matter of damage to ears caused by quick changes in altitude, especially if a pilot were suffering a cold or allergies. As aircraft became capable of longer flights, the effects of rapid time zone shifts (we call it “jet lag” today) became apparent.

Standards for military pilots were first set in 1912. American physician Theodore Lyster was responsible for the first U S aviation research laboratory, built in Mineola NY in 1918, and in 1934, new facilities at Wright Air Base in Dayton, Ohio, set out to study the effects of high-performance flight on humans. Among the results of this work were pressure suits and pressurized cabins to overcome the effects of high altitude, and antigravity suits to counteract the “g” effects of high-performance aircraft acceleration and maneuvering.

NASA became the lead agency in researching the effects of space travel. Studies on animals in suborbital and orbital flight undertaken both in the U S and the USSR in the late 1950s suggested that few bad effects might be expected from space travel. Zero gravity experiments done in the “Vomit Comet”—a C 131 flown in slow elliptical flight paths— showed a 60% incidence of motion sickness; and this was confirmed in the early human flights of the 1960s. But the problem was easily treated, and turned out to go away on its own after a couple of days of weightlessness.

Later, longer space flights, including the marathon stays (some of more than 250 days) by Soviet cosmonauts in space laboratory *Mir* revealed serious health effects like the loss of bone density, atrophy of muscles (including the heart), anemia, and radiation damage to eyes and other organs. Research has led to effective countermeasures like daily two hour exercise machine workouts for astronauts, and radiation shielding of astronaut-occupied spaces.

Current aerospace research seeks to exploit the similarity of the effects of zero gravity with those of aging to provide answers to health problems of both. The knowledge we gain will definitely be of use in very long trips to Mars and beyond—and back.



Centrifuge, located at the NASA-Ames Research Center, used for high-G research and training.

Modern Half Minute — Suicide Prevention

Suicide is the third leading cause of death in the Navy today, and the number eleven cause of civilian death in the United States. In 2004, 32,440 Americans took their own life, and between 8 and 25 people will attempt suicide for every one who is successful.

More than 90% of people who die by suicide suffered from depression or other mental disorders, or a substance-abuse disorder. Stressful life events, in combination with these risk factors, can lead to suicide or suicidal behavior. In the Navy, relationship problems and career stressors including legal and financial problems are leading factors associated with suicides, and the risk of suicides for Sailors increases during the six month period following a deployment.

Suicide is preventable. A form of psychotherapy called cognitive therapy can reduce the suicide rate by 50%, and medications have been shown to help, too. The Navy is training leaders at all levels to recognize the signs of depression,

so that affected individuals can be referred for intervention and therapy. The Navy program calls for Sailors to:

ACT—Ask, Care, Treat.

Ask—Don’t be afraid to ask. Ask the person what is bothering them and persist to overcome any reluctance.

Care—Listen, offer hope, and don’t judge. Let them know they are not alone.

Treat—Take action, get assistance, and follow up. Take them to a person specializing in crisis intervention and suicide prevention. Do not leave them alone until help is available.

We can use the same plan for ACTion in our civilian lives, and if we ourselves are depressed or are harboring suicidal thoughts, we need to seek attention right away. Most health plans have crisis intervention/suicide programs. Really effective help is just a phone call, a visit to your primary care health professional, or an emergency room visit away.

Tom Snyder, MD, CAPT, USN (Ret.)

Surgeon General, Naval Order of the United States

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First Coast Companion Elected American Legion National Commander

Captain Clarence Hill, USN (Ret.), was elected National Commander of the American Legion on August 27th. In his eloquent acceptance speech he laid out his priorities for continuing the important work of the nation's largest veterans organization. The American Legion was established in 1919 on the basis of four pillars: taking care of our nation's veterans, taking care of children, promoting Americanism, and advocating for a strong national defense. Captain Hill noted that these pillars still guide the work of the Legion today from lobbying for veterans benefits, assisting veterans with claims, volunteering at Veterans Administration hospitals, providing support to the Child Welfare Foundation, Children's Miracle Network, the American Legion Endowment Fund, the Legacy Scholarship Program, Boys State and Boys Nation, the High School Oratorical Contest, and the Boy Scouts, and lobbying Congress for funding for weapons systems and quality of life issues.

Captain Hill emphasized that as a grass-roots organization, the American Legion



needed to focus on growing membership through their local posts around the country. He stressed the importance of including women and minorities in recruiting efforts, and reaching out to younger veterans. To help

bridge the generation gap he encouraged Legion Posts to be creative in what they offer to support the latest generation who have answered the call to duty, suggesting that day care, after-school programs, internet cafes, wiring posts with wi-fi, and hosting adventure activities were ways to encourage membership and participation. Captain Hill announced that the American Legion will soon be starting two blogs, one for younger veterans called *The Burn-Pit*, and another for Vietnam veterans, and invited members to look him up on Facebook, Twitter, and LinkedIn, three social networking sites he routinely uses.

Captain Hill served in the United States Navy from 1972 until 1996, including 19 years of sea duty, beginning with service in PT boats until he commanded the U.S. Navy's Sixth Fleet flagship in Gaeta, Italy. He has been a Companion of the First Coast Commandery of the Naval Order since September 1st, 2001.

Congratulations, Captain!