

EX-POW BULLETIN

the official voice of the

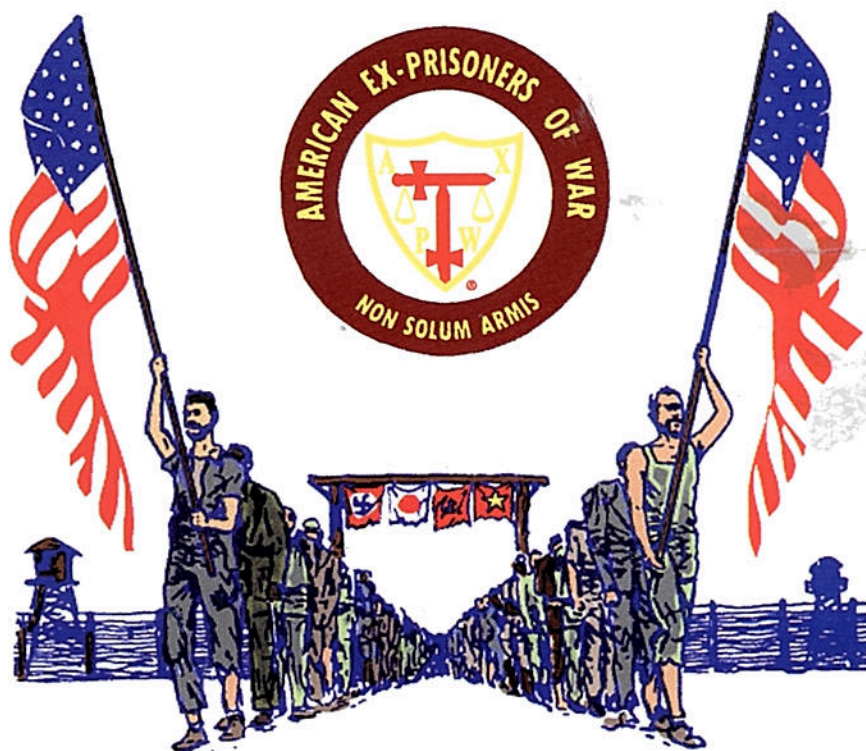
American Ex-Prisoners of War

Volume 62

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Number 2

February 2005



We exist to help those who cannot help themselves

60 years
ago, the
44th Tank
Battalion
liberated
Santo
Tomas...stories
inside



New VA
Secretary...
Concurrent
Receipt
Update...News,
events,
information...
outreach
...and more

BASTOGNE, Belgium, Dec. 18, 2004 - A carnival-like atmosphere here celebrated the U.S. Army's victory over Nazi oppressors 60 years ago. It contrasted sharply with a solemn ceremony at the Mardasson Memorial overlooking the city honoring the more than 76,000 U.S. soldiers killed, wounded or missing in action during the Battle of the Bulge. Downtown Bastogne was a buzz with excitement and activity honoring the 60th anniversary of the battle. Residents rolled out the red carpet for returning Battle of the Bulge veterans — and anyone who appeared to be American. Photos by US Navy Petty Officer 1st Class Ted Banks.



national commander



James Cooper

I received the letter below from Andersonville National Historic Site.

*Mr. James Cooper,
National Commander
American Ex-Prisoners of War
PO Box 65
Douglas, AZ 85608*

Dear Commander Cooper:

I understand from Alan Marsh that you were unable to attend the National Convention at Arlington, TX due to health reasons. I certainly hope you are feeling much better. As you know, I returned from active duty in the Middle East just days before the convention. It is good to be back home!

Alan says that his time at the Convention was fruitful and he appreciates the cooperation and assistance from the AXPOW organization. I am excited that together we launched the oral history initiative that will provide every former prisoner of war the opportunity to record their story and have it placed in the library of the National Prisoner of War Museum. I am also pleased that we renewed the Memorandum of Agreement between our two organizations and will continue to work together on issues so important to both of us.

One issue that has surfaced recently concerns the historical and organizational records of AXPOW and whether any or all of these records

should be sent to Andersonville NHS. As you are aware, Alan had the opportunity to examine records housed at AXPOW headquarters while he was in Arlington. He also examined one box of material that Helen Smith brought to the convention. The records consist of a variety of subjects including organizational material, MedSearch information, photocopies from the National Archives regarding prisoners of war/POW camps and more. Presently the records are kept at two locations and are poorly organized.

My thought is that Andersonville would be a proper home for some of the material, but not all of it. We would have to examine each individual item to make that determination.

Since additional material will continue to be collected by AXPOW, I feel it is best to wait and examine all material at some point in the future. Due to limited library and storage space, perhaps the best option is for us to examine the records at a future date and scan them into a digital format.

Also, through the AXPOW Service Foundation or other sources we could work together on a project to digitize the information. I know this issue is of concern to many people and I will be glad to discuss the matter with you in more detail.

I look forward to working with you and I wish you all the best as you lead the American Ex-Prisoners of War organization into the future.

*Sincerely,
Fred Boyles
Superintendent
Andersonville National Historic Site*

At this time I am requesting suggestions as to a location for the permanent storage of our historical records. Also, where we can digitize all or part of the history files.

Jim

National Salute to Hospitalized Veterans Week Feb. 13-20, 2005

What to send hospitalized veterans.

Below is a list of the most popular items. Please send the items in care of the Volunteer Services Officer at any VA medical facility.

Stationery
Postage Stamps
Ball Point Pen
Paperback Books
Magazines
Slippers
Shower Shoes
Lightweight Robe
Tissues
Comb
Hair Brush
Pre-Paid Calling cards
Playing Cards
Electronic Games
Nail Clippers
Fly Swatter
Sun Glasses
Deodorant
Shampoo
Tooth Brush
Tooth Paste
Denture Cream
Denture Powder
Cleaning Tablets
Plastic Denture Bath
Denture Brush
Hand Lotion
Lip Balm
Bath Powder
Q-Tips



axpow officers & directors 2004-2005

National Headquarters - Clydie J. Morgan, Adjutant

3201 E. Pioneer Pkwy. #40, Arlington, TX 76010

(817) 649-2979 (817) 649-0109 fax HQ@axpow.org

Officers

National Commander

James Cooper

PO Box 65
Douglas, AZ 85608
(520) 364-8582; (520) 805-9401 fax
jcoopdogaz@yahoo.com

National Senior Vice Commander

Gerald Harvey

1504 West 5th St.
Sedalia, MO 65301
(660) 827-2178
gereun@iland.net

National Treasurer

Sonnie Bill Mottern

706 1/2 North Lynn Avenue
Elizabethton, TN 37643
(423) 542-4142; (423) 543-6221 fax
battery@preferred.com

National Judge Advocate

PNC Richard M. Throckmorton

6530 Saulsbury Court
Arvada, CO 80003
(303) 422-2941; (303) 432-7497 fax
jeanneandrichard@aol.com

National Chaplain

John Romine

1609 S. 23rd Street
Rogers, AR 72756
(479) 636-2287

Jr. Vice Commanders

Richard Manners - Eastern Zone

190-10 Gibson Blvd.
Clark, NJ 07066-1452
(732) 382-5847

Robert W. Fletcher - Central Zone

1331 S. Zeeb
Ann Arbor, Michigan 48103
734-663-8649; 734-663-4960 (fax)
cefletch@umich.edu

Isaac Ornelas - Western Zone

1324 Falcon Ave.
Bakersfield, CA 93304
(661) 836-1630; (661) 836-1630 fax
ivornelas@aol.com

Committee addresses appear
with their columns

North East Region

Charles Susino

136 Jefferson Street
Metuchen, NJ 08840
(732) 549-5775

Laura McIntyre

PO Box 475
Hardwick, MA 01037
(413) 477-8260 (413) 477-0172 fax
expow62a@fastdial.net

East Central Region

William J. Richardson

5125 Lake Valley Drive
Fayetteville, NC 28303
(910) 864-7318; (910) 487-5100 fax
(910) 867-0359 office
wrichardsonjr@nc.rr.com

Warren G. King, Sr.

1015 Mitchell Rd.
Nashville, TN 37206-1113
(615) 226-7811

Southeast Region

Charles M. "Charlie" Hill

729 Olive Street
Columbia, SC 29205
(803) 799-0202
mercha@bellsouth.net

Edward L. DeMent

8735 Doral Oaks Dr., #1617
Temple Terrace, FL 33617
(813) 985-3783; (813) 989-8871 fax
deme8805@aol.com

North Central Region

Carroll Bogard

726 N. Carolina Place
Mason City, IA 50401
(641) 424-4870

Kenny H. Hanson

9401 Lyndale Ave. S #228
Bloomington, MN 55420
(952) 888-2703
khanson95@mn.rr.com.

Senior Director, F. Paul Dallas

916 Bingham Dr.
Fayetteville, NC 28304
(910) 867-2775; (910) 867-0339 fax
threatt273@aol.com

Directors

Mid-Central Region

Leonard E. Rose

8103 E. 50th Street
Lawrence, IN 46226
(317) 546-1860; (317) 546-3806 fax
lerose@comcast.net

Grover L. Swearingen

408 Fair Park Avenue
West Union, OH 45693
(937) 544-2459 phone & fax
db6194@dragonbbs.com

South Central Region

William E. Roberts

408 Fenwick Dr.
Winderest, TX 78239
(210) 655-2293
rx8707@juno.com

Jim Clark

214 Oakdale
Bastrop, LA 71220-2330
(318) 281-5505 phone & fax
jaclark@bayou.com

Northwest Region

Herbert C. Kirchhoff

2910 Fernan Ct.
Coeur d'Alene, ID 83814-5804
(208) 667-6716
herbertkirchhoff@hotmail.com

Bonnie Sharp

9716 54th Street CT West
University Place, WA 98467-1118
(253) 565-0444
SHARP1955@juno.com

Southwest Region

William Manda

6649 E. Cooper
Tucson, AZ 85710
(520) 747-1576
sgtmanda@aol.com

Lucien George Bergez

4033 Huron Avenue
Culver City, CA 90232
(310) 839-7278, (310) 839-0540 fax
lgb@aol.com



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Publisher

PNC Maurice Sharp
9716 54th Street CT West
University Place, WA 98467-1118
(253) 565-0444
SHARP1955@juno.com

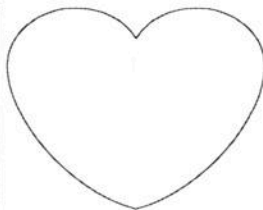
Editor

Cheryl Cerbone
7 Turner Lane
S. Yarmouth, MA 02664
(508) 394-5250
(508) 760-2008 fax
editor@axpow.org

*Deadline for the April, 2005 issue
is February 25, 2005*

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

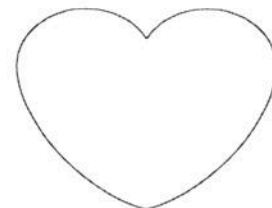
February 2005



The Bravest

A total of 64 American nurses were captured when Bataan and Corrigidor fell to the Japanese on May 7, 1942. None took part in the Bataan Death March but were sent to the big civilian internment camp at Santo Tomas University on Rizal Avenue and the Los Banos internment camp in Manila. In the camps, 3,768 American and Allied male and female civilians, including survivors of US merchant ships, were interned during the war. About 390 of these prisoners died from starvation and disease.

They were liberated on February 3, 1945, by elements of the US 44th Tank Battalion whose lead tank crashed through the locked gates of the compound and accepted the surrender of the camp from the Commandant, Colonel Hayashi. The Los Banos Internment Camp, containing 2,147 prisoners, was liberated on February 23, 1945, by troops of the US 11th Airborne Division supported by Filipino guerrillas. All the nurses survived the war. Altogether eighty-three US Army and Navy nurses became prisoners of war while serving in the Pacific area. Throughout World War II over 59,000 American nurses, including 479 black nurses, served in all theatres. A total of 201 nurses died, sixteen died as a direct result of enemy fire.



2005 National Salute to Hospitalized Veterans

Each year the week of February 14 is an opportunity to say thank you to a special group of men and women, more than 98,000 veterans of the U.S. armed services who are cared for every day in Department of Veterans Affairs (VA) medical centers, outpatient clinics, domiciliaries, and nursing homes. During the National Salute, VA invites individuals, veterans groups, military personnel, civic organizations, businesses, schools, local media, celebrities and sports stars to participate in a variety of activities at the VA medical centers. The activities and events include special ward visits and valentine distributions; photo opportunities; school essay contests; special recreation activities and veteran recognition programs.

The week also provides an opportunity for the community to become acquainted with the volunteer opportunities within the medical center.

Contact your nearest VA Medical Center and ask for Voluntary Service to discover the wonderful things you, your group or organization can do to salute America's Heroes.

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Ex-POW Bulletin
February 2005

sr. vice commander



Gerald Harvey

You have been hearing and reading about the two new presumptives that Secretary Principi announced at our National Convention—heart disease and stroke. Heart disease includes many kinds of heart problems. This is great and can help many, many ex-pow's. The question is: **Have you done anything about it?**

A few weeks ago I was in an ex-pow meeting with a large attendance. Only two of us had applied for the heart disease. It was granted and is now on our records. Even if you are rated as 100% disabled, and if you have had any kind of heart problem, you need to get this on your record. Heart attack and stroke are common causes of death. They are very frequently contributing causes when something else appears to be the primary

cause. Having this on your record may make it easy for your spouse to receive death benefits. Having heart disease or stroke on the list of disabilities for which the Veterans Administration has granted compensation is proof that your condition is service related.

There is more than one way to accomplish this. You can go to your service officer and make a new claim. Or, you can do it yourself by writing to the VA Regional Office where your records are. Tell them that you are an ex-pow. Give them your claim number. Ask that your file be reviewed concerning heart disease (and/or stroke). Let them know that if an examination is needed, you are ready to do whatever is needed.

Whenever a new claim is granted, take the letter that you receive from the VA to the records department of your VA hospital. They will copy it for their record and you will keep the original.

When you read this we will be five months into this year's budget. Before the financial year started, our Commander worked very hard to set up a budget that would serve

our needs on the money that we could expect to receive. All of us who have expenses that are reimbursed by our treasurer, need to be careful to stay within our budgets.

We ALL need to remember that the amount that we can spend is dependent on the amount that comes in. We can only approximate that in advance. We appreciate very much what the Service Foundation is doing to help support the NSO and the Education programs.

We must never forget that every member has a part in raising the needed revenue. You help when you respond by sending in a contribution when you receive in the mail a calendar, a pin, some postcards, flower seeds, or address labels. These things are reminders that our organization needs our help. You also help when you get and use your AXPOW credit card; when you buy tickets for the 50/50 drawings; when you or your chapter honor or remember someone with a donation; or when you just make a donation because you want to help American Ex-Prisoners of War do what we exist to do—help those who cannot help themselves.

national adjutant



Clydie J. Morgan HQ@axpow.org

It's February...cold and gloomy. And while it's not as bad in Texas as in many parts of the country,

we're as anxiously awaiting spring as the rest of you.

Our Mid-Year Board of Directors meeting is scheduled for April 10-14, 2005. It will be held at the Sheraton Pentagon South Hotel, 4641 Kenmore Avenue, Alexandria, VA 22304; phone (703) 751-4510. If you would like to be on the agenda, please contact our office.

The Quartermaster requests you place your daisy orders as soon as possible to make sure you have them for the spring fundraising.

This year is the 60th Anniversary of the end of WWII. The Ways & Means Committee reports that a new pin has been designed and will be sent out the beginning of March.

Look for it in your mailbox and please donate generously.

Happy Valentine's Day!
Your National Headquarters
Clydie, Sally, Marsha & Donna

From the ByLaws Committee:

All requested changes to the National Bylaws are to be submitted by March 15, 2005.

One signature is required on resolutions and amendments. Those requesting changes should include a telephone number where they can be reached if more information is needed.

Send requested changes to: Clydie Morgan, Chairman, 3201 E. Pioneer Parkway, Suite 40, Arlington, TX 76010.

Ex-POW Bulletin
February 2005

civilian committee

Ted Cadwallader - Chairman

9501 Nut Tree Ct.

Elk Grove, CA 95624

(916) 685-5369

dcadwall@aol.com

HEROES UNSEEN

Maria Martinez was a good friend of my family. Our friendship flourished before the war in the Philippines. She was a young, dynamic Filipino/Spanish business woman who had her fingers in a lot of enterprises in and around Manila. Her greatest pre-war acclaim was not because she was an astute member of the business community, but because she had achieved the title of the first woman stock broker in the Philippines. She was on the rise and reached for the stars - but destiny had other plans for Maria.

When the war started she came to our home, her dark eyes flashing - her mind going a mile a minute. "I do not know my plans." She said in great anticipation." But you will hear from me from time to time. Take care of yourselves God Bless You!"

From time to time we heard from her in the beginning of the war. I received, by messenger, a birthday present for my 9th birthday from Maria before we were put into prison camp. It was a religious icon of the Virgin Mary in a shadowbox which I cherished. The card was simply signed - Maria. After that, all communications stopped.

Three years later, our liberation came on Feb 3rd in 1945. We had to stay put for many weeks in Santo Tomas, while the battle raged on for over a month in Manila. Among other things that went on in camp, a medical unit was set up for the military by the US army to care of the wounded.

One day a young medic came to our shack looking for us.

"I have a message from Maria Martinez," he said. "she would like to see you." He took us to the medical unit well staffed with personnel and led us to a cot. A mere wisp of a skeleton looked up at us. The body we viewed was not the vibrant woman we had known. Maria's body was broken in many places...too numerous to count. We touched what little healthy flesh we could find to let her know we were there. We spoke to her, reassuring her that we would visit each day. And we did. Her story unfolded as the medic began telling her story.

She was found in Fort Santiago by our troops. She had been there for months, gone over by the Kempetai in their inimitable barbaric fashion until her spirits and body were broken.

Repeated beatings and interrogations did not deter this woman who refused to break and spill the beans. Maria's underground activities along with some of her other countrymen finally caught up with her as she was hauled into Fort Santiago. She had spent most of the war arranging medicines and whatever supplies and food she could send to military and civilian camps. Ammunition and transportation of guerillas and receiving and sending of messages to key leaders in the hills and the outer islands was accomplished under great adversity and secrecy.....messages to the US G2 and Australian military hierarchy....It took its toll and many of her compadres were killed or tortured as they were caught. Whole Spanish families all working for the good of both countries were massacred in their homes.....most of the members of the Manila German Club, who were suppose to be allies of the Japanese but worked for the underground, were all massacred.....special mission submarines and leaky bancas were pressed into service delivering precious information and resupplying Filipino and American guerilla forces by the underground. They manned special, red hot observa-

tions stations and reported location, movements, speed and direction of enemy shipping.

We will be forever in their debt. These people such as Maria Martinez, Claire Phillips, Miss Utinsky, Chick Parsons, Luis de Alcuaz, the Escodas, Mencarini's, Bob Allen, Rubios, Enrique Peraveno, Mrs. Intengen and many more unknown heroes and those hundreds too numerous to mention. They all lived their lives to the fullest for their compadres and their countries.

Maria's mind and body healed eventually. President Roxas and the Philippine Government presented these heroes with top awards - those who were still alive, and posthumously. President Truman, on behalf of the US Government, was moved to tears as he read out the names of these underground movers and shakers when he presented their stories to the world. Medals and awards given for bravery above and beyond the call of duty were given with pride. Maria moved to the States shortly after the war - and we continued to be good friends till her death at age 93.

I only tell you about Maria's story because many of us were the recipients of her many daring deeds, however grand or seemingly insignificant at the time. She and all of them like her will be hailed for their bravery and fortitude to do the right thing when the occasion arose. We can thank them in silence. I do - when I touch the Virgin Mary icon as I climb into bed each night.

On behalf of us civilian prisoners and Military POWS in this organization - on this night - We thank you - Maria.....and those who lay beside you.

Sascha Jean Jansen

Mabuhayma@aol.com

Ex-POW Bulletin
February 2005

on capitol hill



Les Jackson, Executive Director
National Capitol Office
1722 Eye Street, NW
Washington, D.C. 20421
PO Box 30324, Bethesda, MD 20824
(202) 530-9220(301) 951-0048 home
e-mail: lesjax@earthlink.net

Charles Stenger, Ph.D, Legislative Co-Chairman
7425 Democracy Blvd, #211, Bethesda, MD 20817
(301) 365-5452

Mary Rolen, Legislative Co-Chairman
7450 Spring Village Dr. CC510
Springfield, VA 22150
(703) 923-9444

Everything old is new again. Same legislative committees, in both House and Senate; same hearing rooms; essentially the same organization as before. But what is new are the many new faces on the committees, and new staff members who came along with them. We have a new Secretary of Veterans Affairs, Jim Nicholson. We look forward to working very closely with him.

The committee appointments for the House and Senate have not yet been announced, but we are anxious to meet the new members of the Veterans Affairs Committee of both houses. In the meantime, we can plan what we will be doing in the new congressional session. We will be calling on you to contact your Representative and your two Senators. The best way is the "old fashioned way". Put pen to paper. That's how it was done a hundred years ago and it is still the most effective today...sounds corny, doesn't it? Well, it isn't. It is "Grass Roots". Your Representative wants to hear from you so he knows how to represent you, his constituent. A letter written in longhand is from the heart. (But it must be legible.) Those letters get read.

Where you send it is important. Address it to your congressperson at his district office. Do not send it through the US Postal Service to his Washington address. Much mail sent to Federal Buildings and specific zip codes in Washington is "sanitized". That means they carry

it off to a processing facility out of town to perform a sanitizing procedure that destroys the integrity of the paper. The letter does not unfold; it breaks open. The real problem is, the mail is delayed anywhere from two weeks to sometimes much longer.

What works for us is FAX. We write the letter as though it will be mailed, then add near the inside address "By Fax" with the fax number of the recipient. A FAX receives the same attention as a letter. A postage stamp is much more convenient than going to the neighborhood drug store or library to use a fax machine, but that is how we make the breakthrough. Most congressional offices have an e-mail address. If you are "computerized", you may prefer this method of communication. If you do send your message by e-mail, be sure to identify yourself by address and zip code. They want to give their constituents the best possible service and it is important they are communicating with someone from their district. Mail from outside their district gets a much slower response.

The newest innovation in communicating with Congress, quite popular with this new Congress, is a web form, a page on the Member's Web site that can be filled out and submitted electronically. A Web form enables the member to receive your name, address and subject of your message in a database. You will note they ask for your Zip code. If your Zip code is not in his district, you may not receive a reply or the Web page may not receive your message. Your Representative really does want to hear from you.

Just remember, if you send it First Class Mail, send it to his office in your/his district. Do not send regular mail to him in Washington.

Of course, all the usual "rules" for good letter writing should be observed. Above all, be courteous and state relevant facts. Be brief and to the point. If all else fails, there is the telephone...

Les

We are exceedingly thankful to former Secretary Anthony Principi for the two new presumptives - heart and stroke - that were issued by Executive Order through his office. We understand that claims are already being adjudicated under the new guidelines. This is great news! Now we must get busy with the final two presumptives, requested under the previous Congress - diabetes and osteoporosis. Let's work with the new members of the Veterans Affairs Committees for their support!

Our Mid-Year Board of Directors meeting is scheduled for April 10-14, 2005. It will be held at the Sheraton Pentagon South Hotel, 4641 Kenmore Avenue, Alexandria, VA 22304; phone (703) 751-4510. By the time you read this, our Board of Directors, PNCs and committee chairmen will have already received a package from us with all the details. If you do not receive a packet and want to attend, please call our office and we will send you the information. We hope that many of you can attend...this is a beautiful time in Washington, DC!

Mary

nso



**Doris Jenks, National
Service Director-
Training**

1120 Daleside Lane
New Port Richey, FL 34655
(727) 372-7238 - Home
(727) 319-5914 - Office
dorisjenks@juno.com

**NEW V.A. COMPENSATION RATE
TABLE EFFECTIVE 12/1/04**

THESE AMOUNTS ARE PAID
STARTING WITH THE JANUARY
2005 CHECK:

10% - \$108
20% - \$210
30% - Veteran Alone - \$324, With
Spouse - \$363
40% - Veteran Alone - \$466, With
Spouse - \$518
50% - Veteran Alone - \$663, With
Spouse - \$728
60% - Veteran Alone - \$839, With
Spouse - \$917
70% - Veteran Alone - \$1,056, With
Spouse - \$1,147
80% - Veteran Alone - \$1,227, With
Spouse - \$1,331
90% - Veteran Alone - \$1,380, With
Spouse - \$1,497
100% - Veteran Alone - \$2,299,
With Spouse - \$2,429

Veterans rated 100% for one dis-
ability and have another 60%
combined - New Rated \$2,703
with a Spouse

DIC rate - \$993

Add \$213 if at the time of the
veteran's death, the veteran was
in receipt of or entitled to receive

compensation for a service con-
nected disability rated totally (in-
cluding a rating based on indi-
vidual unemployability) for a
continuous period of at least 8
years immediately preceding
death AND the surviving spouse
was married to the veteran for
those same 8 years.

**For National Service
Officers**

INDIVIDUAL UNEMPLOYABILITY

What is it?

A V.A. decision as to whether a
Veteran is capable of getting a
job that will pay more than the
U.S. poverty level. What does it
mean? It can mean 100% disabili-
ty compensation for the Veteran.
Long-term health care for the vet-
eran. It can mean ChampVA
health insurance for the veteran's
wife. It can mean DIC for the
veteran's wife if she can keep him
alive for 1 year after the veteran
is awarded his 100%.

Who is eligible?

Former Prisoners of War - ALL DIS-
ABILITIES COUNT AS ONE AND
a combined rating of 60% makes
you eligible for the 100%.

How do you get it?

First get your V.A. compensation
to at least 60%.
Fill out application - V.A. form
21-8940

For help completing the form 21-
8940, contact me or find the
closest National Service Officer
in your state.

Thanks

Doris Jenks

**NATIONAL SERVICE OFFICER
COMMITTEE**

Beth Brooks
Assistant to the Director of
Training
2541 Beverley Blvd SW
Roanoke VA 24015
540-774-5711
nsobrooks@webtv.net

Leon Horowitz, MD
Medical Advisor
600 Regency Crossing
Southlake TX 76092
817-424-1670
817-421-4799 - FAX
leonmi@aol.com

Eugene Inman
405 Valor Drive
Covington OH 45318
937-473-5785
einman@who.rr.com

Fred Campbell
3312 Chatterton
San Angelo TX 76904
325-944-4002
fredrev@webtv.net

Patricia Benker
PO Box 1027
Pinecrest CA 95364
209-965-3830

Bill Stratis
115 South Jacqueline Street
New Windsor NY 12553
914-534-8230

Walter Peterson
805 Glenview Drive
Madison WI 53716
263-862-7968
walter@chorus.net

Packet #5 (What Every POW's Wife Should Know Before She is Your Widow) has been updated again, with much time and effort on the part of Marlene Agnes, to include the most recent laws and benefits published. The packet (approximately 110 pages) may be purchased from National Headquarters. Cost of the updated packet is \$15.00~includes S/H.

In last month's article from the Robert E. Mitchell Center, it was reported that osteoporosis is being studied as a long-term effect of the prisoner of war experience. Here, more on this disease.

Osteoporosis Overview

Osteoporosis, or porous bone, is a disease characterized by low bone mass and structural deterioration of bone tissue, leading to bone fragility and an increased susceptibility to fractures of the hip, spine, and wrist. Men as well as women suffer from osteoporosis, a disease that can be prevented and treated.

Facts and Figures

Osteoporosis is a major public health threat for 44 million Americans.

In the U.S. today, 10 million individuals already have osteoporosis and 34 million more have low bone mass, placing them at increased risk for this disease.

One out of every two women and one in four men over 50 will have an osteoporosis-related fracture in their lifetime.

More than 2 million American men suffer from osteoporosis, and millions more are at risk. Each year, 80,000 men suffer a hip fracture and one-third of these men die within a year.

Osteoporosis can strike any age.

Osteoporosis is responsible for more than 1.5 million fractures annually, including 300,000 hip fractures, and approximately 700,000 vertebral fractures, 250,000 wrist fractures, and more than 300,000 fractures at other sites.

Estimated national direct expenditures (hospitals and nursing homes) for osteoporosis and related fractures is \$14 billion each year.

What is Bone?

Bone is living, growing tissue. It is made mostly of collagen, a protein that provides a soft framework, and calcium phosphate, a mineral that adds strength and hardens the framework. This combination of collagen and calcium makes bone strong yet flexible to withstand stress. More than 99% of the body's calcium is contained in the bones and teeth. The remaining 1% is found in the blood.

Throughout your lifetime, old bone is removed (resorption) and new bone is added to the skeleton (formation). During childhood and teenage years, new bone is added faster than old bone is removed. As a result, bones become larger, heavier, and denser.

Bone formation continues at a pace faster than resorption until peak bone mass (maximum bone density and strength) is reached around age 30. After age 30, bone

resorption slowly begins to exceed bone formation. Bone loss is most rapid in the first few years after menopause but persists into the postmenopausal years. Osteoporosis develops when bone resorption occurs too quickly or if replacement occurs too slowly. Osteoporosis is more likely to develop if you did not reach optimal bone mass during your bone building years.

Risk Factors

Certain factors are linked to the development of osteoporosis or contribute to an individual's likelihood of developing the disease. These are called "risk factors." Many people with osteoporosis have several of these risk factors, but others who develop osteoporosis have no identified risk factors. There are some risk factors that you cannot change, and others that you can.

Risk factors you cannot change:

Gender - Your chances of developing osteoporosis are greater if you are a woman. Women have less bone tissue and lose bone more rapidly than men because of the changes involved in menopause.

Age - the older you are, the greater your risk of osteoporosis. Your bones become less dense and weaker as you age.

Body size - Small, thin-boned women are at greater risk.

Ethnicity - Caucasian and Asian women are at highest risk. African-American and Latino women have a lower but significant risk.

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Family history- Susceptibility to fracture may be, in part, hereditary. People whose parents have a history of fractures also seem to have reduced bone mass and may be at risk for fractures.

Risk factors you can change:

Sex hormones: abnormal absence of menstrual periods (amenorrhea), low estrogen level (menopause), and low testosterone level in men.

Anorexia.

A lifetime diet low in calcium and vitamin D.

Use of certain medications, such as glucocorticoids or some anticonvulsants.

An inactive lifestyle or extended bed rest.

Cigarette smoking.

Excessive use of alcohol.

Prevention

To reach optimal peak bone mass and continue building new bone tissue as you get older, there are several factors you should consider:

Calcium. An inadequate supply of calcium over the lifetime is thought to play a significant role in contributing to the development of osteoporosis. Many published studies show that low calcium intakes appear to be associated with low bone mass, rapid bone loss, and high fracture rates. National nutrition surveys have shown that many people consume less than half the amount of calcium recommended to build and maintain healthy bones. Depending upon how much calcium you get each day from food, you may need to take a calcium supplement.

Calcium needs change during one's lifetime. The body's demand for calcium is greater during childhood and adolescence,

when the skeleton is growing rapidly, and during pregnancy and breastfeeding. Postmenopausal women and older men also need to consume more calcium. This may be caused by inadequate amounts of vitamin D, which is necessary for intestinal absorption of calcium. Also, as you age, your body becomes less efficient at absorbing calcium and other nutrients. Older adults also are more likely to have chronic medical problems and to use medications that may impair calcium absorption. At age 70 or older, the recommended daily dosage of calcium is 1200 mg.

Vitamin D. Vitamin D plays an important role in calcium absorption and in bone health. It is synthesized in the skin through exposure to sunlight. While many people are able to obtain enough vitamin D naturally, studies show that vitamin D production decreases in the elderly, in people who are housebound, and during the winter. These individuals may require vitamin D supplementation to ensure a daily intake of between 400 to 800 IU of vitamin D. Massive doses are not recommended.

Exercise. Like muscle, bone is living tissue that responds to exercise by becoming stronger. The best exercise for your bones is weight-bearing exercise, that forces you to work against gravity. These exercises include walking, hiking, jogging, stair-climbing, weight training, tennis, and dancing.

Smoking. Smoking is bad for your bones as well as for your heart and lungs. Women who smoke have lower levels of estrogen compared to nonsmokers and frequently go through menopause earlier. Postmenopausal women who smoke may require higher doses of hormone replace-

ment therapy and may have more side effects. Smokers also may absorb less calcium from their diets.

Alcohol. Regular consumption of 2 to 3 ounces a day of alcohol may be damaging to the skeleton, even in young women and men. Those who drink heavily are more prone to bone loss and fractures, both because of poor nutrition as well as increased risk of falling.

Medications that cause bone loss. The long-term use of glucocorticoids (medications prescribed for a wide range of diseases, including arthritis, asthma, Crohn's disease, lupus, and other diseases of the lungs, kidneys, and liver) can lead to a loss of bone density and fractures. Other forms of drug therapy that can cause bone loss include long-term treatment with certain antiseizure drugs, such as phenytoin (Dilantin®) and barbiturates; gonadotropin releasing hormone (GnRH) analogs used to treat endometriosis; excessive use of aluminum-containing antacids; certain cancer treatments; and excessive thyroid hormone. It is important to discuss the use of these drugs with your physician, and not to stop or alter your medication dose on your own.

Prevention Medications. Various medications are available for the prevention, as well as treatment, of osteoporosis. See section entitled "Therapeutic Medications."

Symptoms

Osteoporosis is often called the "silent disease" because bone loss occurs without symptoms.

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People may not know that they have osteoporosis until their bones become so weak that a sudden strain, bump, or fall causes a hip fracture or a vertebra to collapse. Collapsed vertebra may initially be felt or seen in the form of severe back pain, loss of height, or spinal deformities such as kyphosis, or severely stooped posture.

Detection

Following a comprehensive medical assessment, your doctor may recommend that you have your bone mass measured. Bone mineral density (BMD) tests measure bone density in the spine, wrist, and/or hip (the most common sites of fractures due to osteoporosis), while others measure bone in the heel or hand. These tests are painless, noninvasive, and safe. Bone density tests can: Detect low bone density before a fracture occurs.

Confirm a diagnosis of osteoporosis if you have already fractured.

Predict your chances of fracturing in the future.

Determine your rate of bone loss and/or monitor the effects of treatment if the test is conducted at intervals of a year or more.

Treatment

A comprehensive osteoporosis treatment program includes a focus on proper nutrition, exercise, and safety issues to prevent falls that may result in fractures. In addition, your physician may prescribe a medication to slow or stop bone loss, increase bone density, and reduce fracture risk.

Nutrition. The foods we eat contain a variety of vitamins, minerals, and other important nutrients that help keep our bodies healthy. All of these nutrients are needed in a balanced proportion. In particular, calcium and vitamin D are needed for strong bones as well as for your heart, muscles, and nerves to function properly. (See Prevention section for recommended amounts of calcium.)

Exercise. Exercise is an important component of an osteoporosis prevention and treatment program. Exercise not only improves your bone health, but it increases muscle strength, coordination, and balance and leads to better overall health. While exercise is good for someone with osteoporosis, it should not put any sudden or excessive strain on your bones. As extra insurance against fractures, your doctor can recommend specific exercises to strengthen and support your back.

Therapeutic Medications. Currently, alendronate, raloxifene and risedronate are approved by the U. S. Food and Drug Administration (FDA) for the prevention and treatment of postmenopausal osteoporosis. Teriparatide is approved for the treatment of the disease in postmenopausal women and men who are at high risk for fracture. Estrogen/hormone therapy (ET/HT) is approved for the prevention of postmenopausal osteoporosis, and calcitonin is approved for treatment. In addition, alendronate is approved for the treatment of osteoporosis in men, and both alendronate and risedronate are approved for use by men and women with glucocorticoid-induced osteoporosis.

Alendronate. Alendronate (brand name Fosamax®) is a medication from the class of

drugs called bisphosphonates. Like estrogen and raloxifene, alendronate is approved for both the prevention and treatment of osteoporosis. Alendronate is also used to treat the bone loss from glucocorticoid medications like prednisone or cortisone and is approved for the treatment of osteoporosis in men. In postmenopausal women with osteoporosis, the bisphosphonate alendronate reduces bone loss, increases bone density in both the spine and hip, and reduces the risk of both spine fractures and hip fractures. Side effects from alendronate are uncommon, but may include abdominal or musculoskeletal pain, nausea, heartburn, or irritation of the esophagus. The medication should be taken on an empty stomach and with a full glass of water first thing in the morning. After taking alendronate, it is important to wait in an upright position for at least one-half hour, or preferably one hour, before the first food, beverage, or medication of the day.

Risedronate. Risedronate sodium (brand name Actonel®) is approved for the prevention and treatment of osteoporosis in postmenopausal women and for the prevention and treatment of glucocorticoid-induced osteoporosis in both men and women. Risedronate, a bisphosphonate, has been shown to slow or stop bone loss, increase bone mineral density and reduce the risk of spine and non-spine fractures. In clinical trials, side effects of risedronate were minimal to moderate and those that were reported occurred equally among people taking the medication and those taking a placebo. Risedronate should be taken with a glass of water at least 30 minutes before the first food or beverage of the day other than water. After taking

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risedronate, it is important to remain in an upright position and refrain from eating for at least 30 minutes.

Raloxifene. Raloxifene (brand name Evista®) is a drug that is approved for the prevention and treatment of postmenopausal osteoporosis. It is from a new class of drugs called Selective Estrogen Receptor Modulators (SERMs) that appear to prevent bone loss at the spine, hip, and total body. Raloxifene has been shown to have beneficial effects on bone mass and bone turnover and can reduce the incidence of vertebral fractures. While side effects are not common with raloxifene, those reported include hot flashes and deep vein thrombosis, the latter of which is also associated with estrogen therapy. Additional research studies on raloxifene will be ongoing for several more years.

Calcitonin. Calcitonin is a naturally occurring non-sex hormone involved in calcium regulation and bone metabolism. In women who are at least 5 years beyond menopause, calcitonin slows bone loss, increases spinal bone density, and according to anecdotal reports, relieves the pain associated with bone fractures. Calcitonin reduces the risk of spinal fractures and may reduce hip fracture risk as well. Studies on fracture reduction are ongoing. Calcitonin is currently available as an injection or nasal spray. While it does not affect other organs or systems in the body, injectable calcitonin may cause an allergic reaction and unpleasant side effects including flushing of the face and hands, urinary frequency, nausea, and skin rash. The only side effect

reported with nasal calcitonin is a runny nose.

Teriparatide. Teriparatide (brand name Forteo®) is an injectable form of human parathyroid hormone that is approved for postmenopausal women and men with osteoporosis who are at high risk for having a fracture. Teriparatide stimulates new bone formation in both the spine and hip and reduces the risk of vertebral and non-vertebral fractures in postmenopausal women. In men, teriparatide reduces the risk of vertebral fractures but the study was not large enough to examine the effect on nonvertebral fractures. Side effects include nausea, dizziness and leg cramps. Teriparatide is approved for use for up to 24 months.

Fall Prevention

Fall Prevention is a special concern for men and women with osteoporosis. Falls can increase the likelihood of fracturing a bone in the hip, wrist, spine or other part of the skeleton. In addition to the environmental factors listed below, falls can also be caused by impaired vision and/or balance, chronic diseases that impair mental or physical functioning, and certain medications, such as sedatives and antidepressants.

It is important that individuals with osteoporosis be aware of any physical changes they may be experiencing that affect their balance or gait, and that they discuss these changes with their health care provider.

Some tips to help eliminate the environmental factors that lead to falls include:

Outdoors. Use a cane or walker for added stability; wear rubber-soled shoes for traction;

walk on grass when sidewalks are slippery; in winter, carry salt or kitty litter to sprinkle on slippery sidewalks; be careful on highly polished floors that become slick and dangerous when wet. Use plastic or carpet runners when possible.

Indoors. Keep rooms free of clutter, especially on floors; keep floor surfaces smooth but not slippery; wear supportive, low-heeled shoes even at home; avoid walking in socks, stockings, or slippers; be sure carpets and area rugs have skid-proof backing or are tacked to the floor; be sure stairwells are well lit and that stairs have handrails on both sides; install grab bars on bathroom walls near tub, shower, and toilet; use a rubber bath mat in shower or tub; keep a flashlight with fresh batteries beside your bed; if using a step stool for hard to reach areas, use a sturdy one with a handrail and wide steps; add ceiling fixtures to rooms lit by lamps. Consider purchasing a cordless phone so that you don't have to rush to answer the phone when it rings or you can call for help if you do fall.

The NIH Osteoporosis and Related Bone Diseases ~ National Resource Center is supported by the National Institute of Arthritis and Musculoskeletal and Skin Diseases with contributions from the National Institute of Child Health and Human Development, National Institute of Dental and Craniofacial Research, National Institute of Diabetes and Digestive and Kidney Diseases, NIH Office of Research on Women's Health, DHHS Office on Women's Health, and National Institute on Aging.

2 AMS Circle, Bethesda, MD 20892
(800) 624-BONE or (202) 223-0344
OsteoInfo@osteo.org

POW MEDSEARCH CAMP DESCRIPTIONS

Camp descriptions available from AXPOW.

All are from the National Archives. If your camp is not listed, it is because the National Archives does not have it.

JAPANESE CAMPS DONATIONS

Akenobe #6	\$.70
Batavia, Java	.90
Beppa	.50
Bilibid Prison	1.30
Bridge House Jail, China	.50
Burma	.40
Cabanatuan #1	.50
Cabanatuan #3	2.10
Camp O'Donnell	.60
Changi, Singapore	.70
D 12, Hitachi	.90
Davao Penal Colony	.70
Fengtai, China	.50
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Fukuoka #2	.90
Fukuoka #3	.90
Fukuoka #10	.70
Fukuoka #11	.50
Fukuoka #17	.70
Fukuoka #22	.70
Hakodate Branch Camp #2	.70
Hoten, Juken, Manchuria	.70
Initial Phase - Philippines	1.10
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Kiangwan, China	.70
Manila, Port Area	.40
Mitushima, Tokyo Camp #2-D	.70
Makaishima, Honshu	.70
Mukden, Manchuria (temporary)	.50
Nakhon Pathom, Thailand	.50
Naval POW Camp, Shanghai	.40
Notogawa #9-B	.50
October Ship (Hellship)	.90
Omine	.50
Osaka #3, Oeyama	.70
Osaka #5-B	.70
Osaka #12-B	.70
Osaka Group, Sakurajima, Osaka	.70
Palawan Barracks	.90
Rangoon Prison, Burma	.90
Roku Poshi	.70
Saigon POW Camp,	.50
French Indo-China	.70
Sendai Camp #6, Hanawa	.50
Sendai Camp #11	.50

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DONATIONS

Southeast Asia-Saigon, Port Area	.50
SS Oryuku Maru (Hellship)	.90
Sumatra	.90
Thailand (Siam)	.50
Tientsin, China	.40
Umeda Bonshu	.70
Utashinai, Hokkaido	.50
War Road Jail, China	.50
Woosung	.50
Zentsuji Headquarters	1.10
Taiwan Formosa, includes Camps 31,	
Taihoku: Camp V, Taihoku: Camp VI,	
Taihoku, Kinkaseki: Camp II, Taichu:	
Camp III, Heito: Camp IV, Kagi & Tako	2.10

GERMAN CAMPS

Camp Conditions (general)	.70
Dulag Luft	.40
Hohemark Hospital & Luckenwalde	.90
Marlag und Milag Nord	.90
Oflag 13-B	1.50
Oflag 64	
Reserve-Lazaret Obermassfeld	.70
(the orthopedic hospital)	
Rumania	.50
Stalag 2-B	1.50
Stalag 3-B	1.70
Stalag 7-A	1.50
Stalag 9-B	1.10
Stalag 17-B	1.50
Stalag Luft 1	1.50
Stalag Luft 3	1.50
Stalag Luft 4	.40
Stalag Luft 6	.40
Transit Camp - Section of Dulag Luft	1.10
German Orders Governing Prisoners	
of War in Europe	2.30

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Service Foundation



President Norman Bussel
1739 Horton Road
Mohegan Lake, NY 10547
(914) 528-7147

AXPOWFoundation@prodigy.net
www.powfoundation.org

I recently saw a television interview of American military amputees from the war in Iraq, who were being treated at Walter Reed Hospital. If you saw this show, I'm sure you felt the same tug at your heartstrings that I did. These brave young men and women sounded upbeat and said they were looking forward to their future. In the company of buddies who were also severely wounded in Iraq, they were working hard toward their physical rehabilitation and making great progress.

I hope that they will be able to maintain their positive attitude after they leave the cocoon of camaraderie that comforts them at Walter Reed. Remember how high our spirits were after we were liberated, as we waited with our fellow POWs for transportation home? We had all endured the same experience and there simply were no strangers. Anyone you spoke with was a "brother."

Then, after we returned home to our families, we no longer had the support system that other POWs provided. Suddenly, we were alone with those we dreamed so long about being reunited with, but nobody could understand what we were feeling. The first time "Uncle Joe" came over, saw that we were depressed and said, "The war is over, you have to forget all that now," we didn't know whether to curse or to cry.

Some experts are predicting that the war in Afghanistan and Iraq will leave more than 100,000 American

troops needing mental health care. It would be wonderful if a Foundation grant could help these amputees adjust to civilian life, without the anguish of feeling alone, in the midst of those they love most. But money is not a solution to this problem. POWs know the difficulty of living with psychological trauma; we've been doing it for years. Now, there's a great opportunity for us to help young counterparts affected by the onset of PTSD. Volunteer to speak at counseling sessions when these combat vets become patients at your local VAMC. You have the credibility that will get their attention. They will respect your advice and it will help them to cope with their situation.

Suppose help we could trust had been available to us when we first got home. We might have been spared a lot of grief in our lifetimes. I plan to offer my help to the VA.

Won't you join me?

Norm

VA Outreach

S*O*O*N

Before it's too late

NSO Fred Campbell, Chairman
3312 Chatterton Dr.
San Angelo, TX 76904
325-944-4002; fredrev@webtv.net

Committee members:

NSO Frank Kravetz (412) 824-2674;
ND Bill Richardson (910) 864-7318;
ND Bonnie Sharp (253) 565-0444.

There can be happy surprises for POWs and Widows!

There are new possibilities for many former POWs, and their widows, who have not been eligible before, and may have been denied disability or widows' benefits. We have two important new presumptives -

STROKE and its complications; and HEART conditions not covered before (limited to ischemic before).

AND for some presumptives, you don't have to have been a POW for 30 days, as previously required.

So, many POWs and widows need a visit with a knowledgeable caring Service Officer. More OUTREACH needed!

OUTREACH that is working

Using our AXPOW Directory, calling those listed in Texas Golden Triangle area:

W.C. reopened case to upgrade claim; M.D. sent ChampVA information; J.F. had 0%, but now will get 100% making spouse eligible; D.O. has had 60% for 20 years - now will get 100%; K.M. is getting help with DIC and ChampVA; J.E. died of cardiac disease in 1989. His widow never applied, but now has DIC!

Our lesson: Not all AXPOW members have their due benefits. So we've got work to do...at home!

And another OUTREACH method
Please send us your military unit's newsletter/editor's address. You served in an infantry outfit, bomb group, fighter group, etc.

We have gotten POW Benefit Alerts in many such newsletters and the response has been good. You can help. For example, the POW Benefit Alert ran in the 401st BG "Poop from Group". A POW reader in Kingsport, TN with 0% rating called. Neighbor NSO Sonny Mottern will get him his benefits.

"We exist to help those who cannot help themselves"

Ex-POW Bulletin
February 2005

news, events and information



Jan. 30-Feb. 11, 2005. BACK TO THE PHILIPPINES - 60th Anniversary Manila Liberation Contact: Sasha Jean Jansen, 8100 Pleasant Valley Road, Vacaville, California 95688; Phone: (530) 795-0411 - E-Mail: Mabuhayma@aol.com.

Sometime in the Spring, we are planning a reunion of Ex-POWs who were interned in Stalag Luft IV, Germany. The reunion will probably be held at Ft. Dix, NJ. If you are interested, contact Joseph P. O'Donnell, 20 ORourke Dr., Robbinsville, NJ 08691; (609) 585-1346 or Herbert S. Gold, 406 Highland St., Cresskill, NJ 07626; (201) 569-3079.

April 27-May 1, 2005. Stalag Luft III 60th Anniversary Celebration of our Liberation will be held at the Radisson Hotel City Center in Tucson, AZ. Contact: Tom Thomas (630) 668-0215, or Bob Weinberg (830) 257-4643 if you are not on our mailing list for the program mailed out in January.

May 1-4, 2005. Stalag 17B Reunion will be held at the Radisson Opreyland, Nashville, TN. Contact Pat Moulis, 37376 N. US 19, # 101, Palm Harbor, FL (727) 934-7499.

April 29-May 7, 2005. 60th Anniversary of the liberation of Italy will be hosted by the American Legion Post 50. Contact: Kenneth G. Kraetzer, Jr. (914) 381-5353; kgk914@aol.com.

June 15, 2005. The 5th Army Association tour of Italy. They will be visiting Rome, Venice, Florence, Pisa, Sorrento and a special stop at the American Military Cemetery near Anzio. Please contact Sy Canton at

5277B Lakefront Blvd, Delray Beach, FL 33484; (561) 865-8495.

July 13-16, 2005. Second Battalion (2/4) Fourth Marines Association Reunion will be held in San Diego, CA. All or any attached personnel are also invited. Contact: Becky Valdez, 8221 E. Birch Tree LA., Anaheim Hills, CA., 92808; (714) 281-2846; fxala@hotmail.com.

August 24-27, 2005. The 86th Annual Convention of the Eightieth Division Veterans Association will be held at the Marriott North, 6500 Doubletree Ave., Columbus, OH 43229; (614) 885-1885. Chairman: Walter W. Spangler, 8275 Hagerty Road, Ashville, OH 43103; (740) 474-5734.

Aug. 27-31, 2005. The 42nd and final Annual Reunion for Survivors of Bataan, Corregidor and Former Prisoners of War of the Far East will again be held at the Fontana Village. Reservations: 800-849-2258. For information, please contact Wayne Carringer, PO Box 46, Robbinsville, NC 28771; (828) 479-6205.

Sept. 21-25, 2005. USS Abanki AFT 96 Reunion will be held in Bowie, Maryland. Contact: Adolph Channell, R.R. 1, Box 246A, Marlinton, WV 24954; (304) 799-6442; achannell@marlintonwv.com.

Sept. 29-Oct. 5, 2005. The 45th Infantry Division Association (Thunderbirds) Reunion will be held in Oklahoma City, OK. Please contact: Raul Trevino, 2145 NE Street, Oklahoma City, OK 73111; (210) 681-9134.

looking for



I am looking for any information on **Kenneth R. Stone**, 760th Tank BN, Co. C. He was one of my tank crew and was captured with me in June

1944. He was on fire, but all five men got out safe. I had an address from our history; that is all I know. I saw him last at Camp Lucky Strike in France. I hope someone can help me find him or let me know what happened to him. Thank you. SFC Robert H. Richard, 2838 Lakeview Road, Shreveport, LA 71107; 318-424-1371.

We have friends whose father was a POW in **Stalag IXB at Bad Orb**. Is there a survivors' group and/or a reunion of these men anywhere? Thank you for any help you can give. My dad was on an LST in the Pacific and his ship has had yearly reunions for the past 12 years and I have seen how therapeutic this has been for them and so I would like to help this gentleman maybe go to a reunion before it is too late. Robert Leonhard, 2858 Thorndale Avenue, Columbus, OH 43207; 614-491-7532;

My brother, **S/Sgt. Robert K. Binnix** of the 82nd Airborne jumped into Sicily July 9-10, 1943. He was captured by the Italian Army and sent to Campo PG 66 in Capua, Italy. His wife received a letter dated July 19, 1943 and our mother received one dated Aug. 20, 1943. Sometime after Aug. 20th, he and several men escaped. He and a friend made their way back to the Allied lines. I'm looking for any information on his time in Campo 66 and how he escaped. He returned to duty Oct. 30, 1943 at Fort Bragg. I believe he was a jump instructor. I also believe there was a story in the camp newspaper at Fort Bragg about his escape. I hope you can help. He is deceased now. Contact: John W. Binnix, 3872 Maryland Manor Dr. Monrovia, MD 21770.

I am researching **George B. Spransy**, 422nd Infantry, 106th Division. He was captured at the Battle of the Bulge, Dec. 16, 1944. He escaped sometime in April 1945. Margaret Spransy; mspransy@aol.com.

looking for continued...

I am looking for persons who knew my father, **Roy Lee Sandman**, who was captured in North Africa in May, 1943. He spent the next two years in Stalag 3B near Furstenberg. He was from Iowa and was an Army Sgt. He trained at Camp Claiborne in Louisiana in early 1942. Any help would be appreciated. Peter Roy Sandman, Box 472, Frankfort, MI 49635; lockhartfield@hotmail.com.

I am looking for survivors of **Tokyo 1B Kawasaki Shipyards** POW Camp, World War II. I am doing research about my grandfather, Estil "Chick" Cohorn, 60th CAC. Derek Gould, 6505 Green Valley Circle #203, Culver City CA 90230. shempgould@yahoo.com Thanks!

My stepfather, PFC **Harry F. Jahn**, (listed as Dental Corps/Medical Dept.) was a POW in Stalag 9 Berga. I would like any information on him. He was an American of German descent. His most notable feature that might be remembered was a scar from the left side of his chest to his knee, obviously treated with amateur stitching. Please contact Jon Gardner, 304 E. Penn La., Farge, WI 54639; jsg1093@justice.com.

My husband, **Francis Hutchison Wright**, died on November 18, 2004. He was a POW in Korea. He was captured in 1949 and released in 1953. What I would like is for anyone who remembers Francis to look at his web page and to click on to say a few words about when they were in camp together. Francis was in Camps 3 and 5. To access, log on to www.mem.com. Thanks, Helen Wright; pakalana@hawaii.rr.com.

information

Stroke & Heart Attack LIFESAVER Actions

submitted by Philip McIntyre

This might be a lifesaver if we can remember the three questions!

Is it a Stroke?

Sometimes symptoms of a stroke are difficult to identify. Unfortunately, the lack of awareness spells disaster. The stroke victim may suffer brain damage when people nearby fail to recognize the symptoms of a stroke. Now doctors say a bystander can recognize a stroke by asking three simple questions:

- *Ask the individual to smile.
- *Ask him or her to raise both arms.
- *Ask the person to speak a simple sentence.

If he or she has trouble with any of these tasks, call 9-1-1 immediately and describe the symptoms to the dispatcher.

After discovering that a group of non-medical volunteers could identify facial weakness, arm weakness and speech problems, researchers urged the general public to learn the three questions. They presented their conclusions at the American Stroke Association's annual meeting last February. Widespread use of this test could result in prompt diagnosis and treatment of the stroke and prevent brain damage.

Heart Attack Self Help

Let's say it's 6:15 PM and you're driving home (alone, of course) after an unusually hard day on the job. You're really tired, upset and frustrated. Suddenly you start experiencing severe pain in your chest that starts to radiate out into your arm and up into your jaw. You are only about five miles from the hospital nearest your home.

Unfortunately, you don't know if you'll be able to make it that far. You have been trained in CPR, but the guy that taught the course did not tell you how to perform it on yourself.

How to survive a heart attack when alone.

Since many people are alone when they suffer a heart attack, without help, the person whose heart is beating improperly and who begins to feel faint, has only about 10 seconds

left before losing consciousness. However, these victims can help themselves by coughing repeatedly and very vigorously. A deep breath should be taken before each cough, and the cough must be deep and prolonged, as when producing sputum from deep inside the chest. A breath and a cough must be repeated about every two seconds without letup until help arrives, or until the heart is felt to be beating normally again. Deep breaths get oxygen into the lungs and coughing movements squeeze the heart and keep the blood circulating. The squeezing pressure on the heart also helps it regain normal rhythm. In this way, heart attack victims can get to a hospital.

2005 Wings of Freedom Florida Tour Locations Announced

B-17 Flying Fortress and B-25 Mitchell to Tour Florida as First Part of Nationwide Tour

The Collings Foundation is proud to announce the beginning of the 16th season of the Wings of Freedom Tour—America's premier WWII heavy bomber barnstorming tour program. The 2005 season will be starting with an outstanding 21-city tour of Florida featuring two of the most famous bomber aircraft of World War II, the Boeing B-17G Flying Fortress and North American B-25J Mitchell.

Each visit allows visitors the opportunity to explore the aircraft up close and personal and to see what each was like inside and out.

All donations go directly to the upkeep and maintenance of the B-17, B-24, and B-25. Further information can be found online at www.collingsfoundation.org.

pow-mia committee



PNC John Edwards, Chairman

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

POW/MIA car-window decals are available at a cost of \$20 per 100 by sending a check to the League office at 1005 North Glebe Road, Suite 170, Arlington, VA 22201. POW/MIA lapel pins are also available at \$3 each or 2/\$5. For added information please contact the League's web site at www.pow-miafamilies.org or call the national office at 703-465-7432. If no one is available to take your call, please leave a message.

VIETNAM WAR REMAINS RETURNED: On December 17th, a repatriation ceremony was held at Hickam AFB, Honolulu, to honor remains that may be those of US personnel previously unaccounted for from the Vietnam War and WWII. Teams from the Joint POW/MIA Accounting Command, headquartered at Hickam AFB, recovered the remains during operations in Burma, Laos and Papua New Guinea.

LEAGUE MEETS WITH PACOM COMMANDER & ADDRESSES JPAC CONFERENCE:

On December 6th, League Executive Director Ann Mills Griffiths met with Admiral Thomas Fargo, Commander of US Pacific Command, at Camp H.M. Smith, Honolulu, Hawaii. At the invitation of MG Que Winfield, USA, Commander of Joint POW/MIA Accounting Command (JPAC), Griffiths addressed the Winter Commanders'

Conference to provide historical context for current POW/MIA accounting efforts and expectations of the families as the mission continues. In addition to reinforcing the need for a unified effort to push for unilateral actions outlined by the President in '02 and by the Secretary of State, Griffiths discussed ongoing initiatives to increase accounting results and provided input on various concerns that continue to surface on the issue. Griffiths had similar, positive discussions with Deputy PACOM Commander VADM Gary Roughead.

WORLDWIDE JOINT FIELD OPERATIONS:

JPAC/CIL's worldwide operations are fast-paced and varied. Within the last year, teams have operated in Laos, Cambodia, Vietnam, North Korea, Tibet, Burma, France, Russia, Papua New Guinea (PNG), the People's Republic of China (PRC) and Washington State, in the US. JPAC sends teams to Laos five times each year; to Vietnam four times/year, though with much larger teams; to North Korea five times/year, within a shorter time period; to Cambodia one/two times each year, as needed; and other countries around the world as resources allow, but with increasing emphasis on WWII. The most recent country to be added to the list is India, again focused on WWII recoveries.

US - NORTH KOREA REACH AGREEMENT ON RECOVERY OF US MIA:

The Department of Defense announced that U.S. and North Korean officials reached agreement in Bangkok on a framework to recover remains of American servicemen who are missing from the Korean War. The agreement is for calendar year 2005.

Deputy Assistant Secretary of Defense for POW/Missing Personnel Affairs, Jerry D. Jennings, led the two-day talks. His negotiating team included representatives from the Department of State, the Office of the Chairman of the Joint Chiefs of Staff, the U.S. Pacific Command and

the United Nations Command.

Next year's operations in North Korea will mark the 10th consecutive year that U.S. specialists have carried out remains recovery missions in that country. Specialists from the Joint POW/MIA Accounting Command have recovered remains believed to be those of more than 200 soldiers since 1996.

The arrangement called for U.S. teams to work in two areas in North Korea where more than 2,000 soldiers and Marines are believed to be missing. Their missions will take place April-October in Unsan County, about 60 miles north of Pyongyang, and near the Chosin Reservoir in the northeast part of the DPRK.

Additionally, the American teams will conduct investigations in July apart from the remains recovery excavations in the two areas. The arrangement included details on matters relating to safety of the teams, to include rehearsals of medical airlift should an emergency arise.

Of 88,000 Americans missing from all conflicts, more than 8,100 are from the Korean War.

US - INDIA HOLD TALKS ON WWII MISSING:

The Department of Defense announced that the senior American official responsible for U.S. policies to account for its missing servicemen has concluded a two-day visit to New Delhi for discussions with the Ministries of External Affairs and Defense, and other officials.

Deputy Assistant Secretary of Defense for POW/Missing Personnel Affairs Jerry D. Jennings outlined the commitment of the United States to its worldwide effort in returning missing U.S. servicemen to their families. He discussed with Indian government officials joining Department of Defense operations in searching for and recovering remains of Americans who are missing from World War II.

Andersonville



Andersonville NHS
496 Cemetery Road
Andersonville, GA 31711
(229) 924-0343
Alan_Marsh@nps.gov
Kandace_Muller@nps.gov

Andersonville and the Trail of Tears

by Alan Marsh

As the sun slipped lower into the horizon, shadows of horses and riders appeared on the stockade wall of Andersonville Prison. Soldiers on horseback gazed across the stockade grounds, keeping a watchful eye on the Native Americans within. Indians?

Yes.

The year, 2004.

But first....



In 1838, the United States government forcibly removed more than 16,000 Cherokee Indians from their homelands in the southeastern portion of the United States and sent them to Indian Territory, later known as Oklahoma. The Cherokee were confined in stockades until they were forced westward.

For many the journey began during a bitter winter. As the men, women and children traveled with meager supplies, shelter and clothing, the outcome was inevitable. Hundreds died along the way.

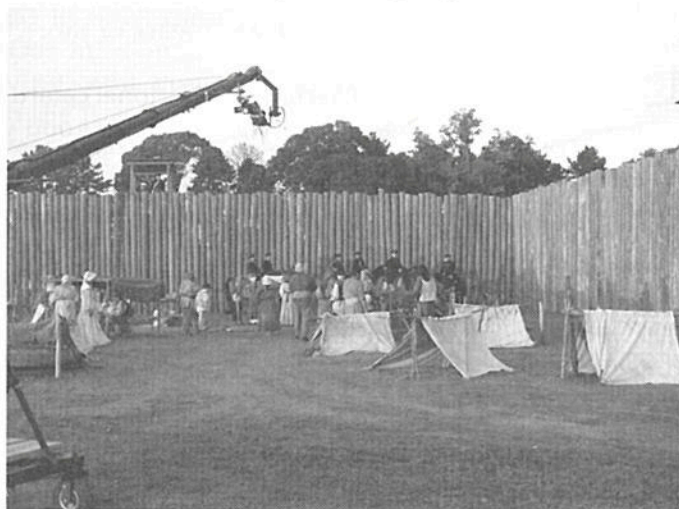
This tragic chapter in American and Cherokee history became known as the Trail of Tears.

Today the Trail of Tears National Historic Trail commemorates the removal of the Cherokee and the paths that 17 Cherokee detachments followed westward. The trail encompasses over 2,200 miles of land and water routes and passes through portions of nine states. Now, back to Andersonville...

Working with the Cherokee Nation and the National Park Service, Rich Heape Films of Dallas, Texas began filming a movie to be shown at sites along the Trail of Tears National Historic Trail. Their need for a wooden stockade led

them to Andersonville and the site was selected for the filming.

Living Historians portrayed military personnel and some civilians while Native Americans portrayed the people who endured



the tragedy during the first half of the 19th century.

Cherokees from North Carolina arrived by bus for the filming.

It is interesting that Andersonville was chosen as the location for the filming because what happened to the Southeastern Indians echoes the prisoner of war and civilian internee experience. Although some native people were captured during times of declared war by the U.S. government, many were ordered from their homes to make the homes and land available for settlers.

In the case of the Cherokee, a tribe with a written language and whose governmental system was based on the U.S. system, it was the discovery of gold that led to their forced removal. Perhaps it is only fitting that both stories now have ties to Andersonville.

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Concurrent Receipt

Concurrent Receipt is now officially named 'Concurrent Retirement and Disability Pay' (CRDP).

November Benefits Update

The recently signed National Defense Authorization Act of 2005 eliminated the 9 year phase for full concurrent receipt payments to eligible retirees rated at 100% disabled by the VA, as of January 1, 2005. However the 9-year phase-in schedule is still in effect for retirees with disabilities rated at 50% to 90% and Retirees that are deemed "Unemployable" by the VA.

The Basics

Concurrent Receipt means that qualified military retirees now get paid both their full military retirement pay and their VA disability compensation. This recently passed law phases out (over 9 years) the VA disability offset, which means that military retirees with 20 or more years of service and a 50% (or higher) VA rated disability will no longer have their military retirement pay reduced by the amount of their VA disability compensation.

Unlike the Combat Related Special Compensation (CRSC), full concurrent receipt will be phased-in over the next years (except as noted above). This means that if you qualify you will see your retirement pay increase by approximately ten percent each year until the phase-in is complete in 2014.

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Eligibility:

To qualify for concurrent receipt you must:

Be a Military Retiree with 20 or more years of service, including:

Chapter 61 Medical Retirees with 20 years or more.

National Guard and Reserve with 20 or more good years.

Have a Service Related VA disability rating of 50% or higher.

The Value of the CRDP Benefit:

In January of 2004 "qualified retirees" started receiving the monthly retirement increase. The following table is a sampling of how much extra you may get each month based on your VA disability rating.

VA Rating

100%	\$2,193
90%	\$582
80%	\$432
70%	\$326
60%	\$193
50%	\$153

Note: The amount you receive cannot exceed the amount of your military retirement.

The Application Process:

Fortunately Concurrent Receipt is automatic. If you qualify you will automatically see an increase in your monthly retirement check.

A Thundering Memorial to POW/MIAs is Shared

Photo and article by Alice A. Booher

Military scholars tell us that motorcycles played a key role in our nation's defense - including when Cpl. Roy Holtz from Chippewa Falls, WI rode his Harley-Davidson into Germany

became known as the first American to enter enemy territory when Germany surrendered at the end of WWI. He had previously carried dispatches on his Harley for American troops as they advanced through France and Belgium. According to an article in the *Military Officer*, in May, 2003, Harley produced some 90,000 bikes during WWII, and many were used for reconnaissance, convoy duties and emergency supply deliveries. Such was their value to the military that Lt. John Harley, son of co-founder William Harley, was stationed at Armored Force School and given the job of finding competent riders.

In more recent years, groups such as Rolling Thunder with a large group of bikes and devoted riders, many of them veterans themselves, have placed focus on the POW/MIA issues. Thousands ride annually from all over the country in a "Rolling Thunder" tribute to the Vietnam Wall in Washington where it has become a tradition to leave mementoes to the fallen.

In the tradition of Wisconsin's own Cpl. Holtz, on Memorial Day, 1995, a group of Wisconsin Vietnam veterans left an extraordinary tribute to POW/MIAs at the Vietnam Memorial Wall in Washington, DC. Lovingly hand-built by many hands of authentic Vietnam Era parts, the huge bike, which came to be known as the Wisconsin Rolling Memorial, was left at the wall along with the dog tags of the 37 Wisconsin soldiers lost. The license plate reads "Hero", and the plate was summarily retired by the Governor of WI. The bike body is



news briefs cont...

painstakingly painted with Vietnam scenes. It will not be ridden until they are all home.

The "Chopper" thereafter went into the custody (as do many other items left at the Wall, to be cataloged in detail and preserved) of the National Park Service Museum Resource Center Vietnam Memorial Collection. Some are also in the Smithsonian in a special collection. Since the NPS collection is not routinely open to the public, these items are now rarely seen except by a few.

The bike was specially loaned by NPS to VA Secretary Anthony Principi for use in a tribute on POW/MIA Day 2004 and was placed in a site of honor in the white marble lobby of VA Central Office in Washington for the 30 days thereafter. It was accompanied by a special display created by Bill Hester of the VA Exhibits Presentation Section of the Office of Administration Service, and featured the 37 Wisconsin POW/MIA dog tags, a mannequin in full Vietnam-era garb in a glass enclosure on which are inscribed their names, and granite blocks on which artisans practiced etching names for the Vietnam Memorial Wall. The bike has now been requested for a 6-9 month loan by the VARO in NYC. But wherever it resides, this is a remarkable and moving tribute.

Secretary Tony Principi Resigns

A MESSAGE TO ALL VA
EMPLOYEES FROM SECRETARY
PRINCIPI
December 8, 2004

For me, time committed to the service of others, working shoulder-to-shoulder with capable and committed coworkers, is the most important attribute of a life well lived. For the past 46 months I have been privileged to share with you our stew-

ardship of VA's mission of service to veterans. I am humbled to have worked side-by-side with you, the men and women who bring VA to life, as you demonstrated every day an all encompassing commitment to our mission and documented your skills in the changed lives of the veterans we serve. Our mission is profoundly satisfying, and you earned your place in the first rank of competence and compassion.

You rose to, and surmounted, the repeated challenges of our critical mission; overcoming changing circumstances and unexpected difficulties. I stand in awe of the long hours, diligent attention to the highest standards, and commitment to constant improvement that defined our Department over the past four years. Your record, in both our operating Administrations and our staff offices, is written in the text of increased access to ever higher quality healthcare, improved delivery of benefits and services, and the national shrines defining our cemetery system. Your work illuminates the finest in public service and I know that whatever praise I hear of our Department was earned through your effort.

I depart VA to take on new responsibilities and challenges moved by the service of the veterans we have been privileged to serve; and inspired by you, the men and women who serve them. Thanks to you, the past 46 months define a chapter in my career and life, as well as for our Department, that must be marked down as "well-lived". I thank you for what you achieved and I am confident that you will continue to build on your record of success and service. Thanks to you, I will be proud to answer to the title of "former VA employee".

For the future, I wish you fair winds and following seas and I wish you well.

Thank you,
/s/ Anthony J. Principi

President Bush names Jim Nicholson as the New Veterans Affairs Secretary.

Nicholson, who will replace outgoing Cabinet secretary Anthony Principi, must be confirmed by the Senate. Principi announced in December that he is resigning.

Nicholson is the current U.S. ambassador to the Vatican and served as the chairman of the Republican National Committee from 1997-2000. "I'm grateful to Jim Nicholson for his superb work as our ambassador and I've now asked him to serve a new assignment to serve his country," Bush said in announcing his pick, adding that during the past three years as ambassador, Nicholson has helped advance "many vital foreign policy goals," including fighting hunger, AIDS and human trafficking.

Nicholson said he's eager to begin his new job and thanked the president for having confidence in him.

"When I think of growing up dirt poor in a tenant house without plumbing and sometimes without food, I marvel at America, that the boy from Struble, Iowa, may serve in the president's Cabinet. How could this be?" Nicholson said during the announcement in the Roosevelt Room of the White House.

VA Funds New Limb-Loss Research

Creating "biohybrid" limbs that use human tissue and space-age technology to assist amputees is the major goal of a \$7.2 million grant by

news briefs cont...

the Department of Veterans Affairs (VA) to establish a special research center in Rhode Island.

"Helping our combat-disabled veterans recover from their wounds is among VA's highest responsibilities," said Secretary of Veterans Affairs Anthony J. Principi. "This grant allows us to bring cutting-edge science to help these wounded heroes."

The five-year grant will fund the new Center for Restorative and Regenerative Medicine, to be operated jointly by the Providence VA Medical Center, Brown University and the Massachusetts Institute of Technology (MIT).

Scientists hope to create "biohybrid" limbs that will use regenerated tissue, lengthened bone, titanium prosthetics and implantable sensors that allow amputees to use nerves and brain signals to move arms or legs. The aim is to give amputees — particularly war veterans — better mobility and control of their limbs and to reduce the discomfort and infections common with current prosthetics.

According to a recent Senate report, body armor and improvements in casualty care have contributed to the lowest "died-of-wounds" rate in military history. However, the report says more surviving soldiers from the Iraq war have lost arms or legs.

Historically, 3 percent of soldiers wounded in action required some amputation, but the number in Iraq is 6 percent, according to the report.

"VA has been a leader in prosthetics and limb-loss research throughout its history," said Dr. Jonathan B. Perlin, VA's acting under secretary for health. "This new center con-

tinues that tradition. It will help veterans and all Americans who have lost limbs to have greater mobility, greater function and greater independence than previously possible."

The new research center will be located at the Providence VA Medical Center.

Research and clinical care will take place at the medical center, Brown, MIT and Rhode Island Hospital. Dr. Roy Aaron, director of the center at VA Providence, said biohybrid limbs will maximize amputees' existing tissue and bone. Surgery that lengthens bone will be coupled with tissue engineering techniques to speed healing. The goal is to make bones longer to improve the fit of prosthetics and make bones stronger to reduce fractures.

Researchers will use tissue engineering to further restore limbs. Research also will focus on joining biological tissue with high-tech prosthetics. Researchers will try to improve a process known as "osseointegration," in which a titanium bolt is attached to an amputee's existing limb, allowing the attachment of prosthetics. These researchers will try to grow skin that will fuse with the titanium, forming a natural seal around the bolts to reduce the rate of infection.

"While many of the techniques we're using are being tested across the country, this project marks the first time they will be pulled together to improve care for amputees, particularly veterans," Aaron said.

Anyone who has lost a limb — due to injuries or diseases such as diabetes and bone cancer — will be eligible to enroll in clinical trials.

While the project's ultimate aim is to build biohybrid limbs, experiments may yield advances that could be used for many clinical applications.

For example, cartilage regeneration could prevent the need for total

knee and hip replacement surgeries. A skin seal could improve the safety of catheters, stents and other medical devices prone to infection. And robotic knees and ankles could help people immobilized by stroke, cerebral palsy and multiple sclerosis.

VA Ends Laser Eye Surgery by Optometrists

The Department of Veterans Affairs (VA) has ended a five-month-old policy that permitted optometrists to perform laser eye surgery at its health care facilities under the supervision of ophthalmologists.

"The decision I made to rescind optometrists' privileges is a reluctant one," said Secretary of Veterans Affairs Anthony J. Principi. "Since experts could not come up with an implementation plan agreeable to both specialties, I chose this path to protect the interest of veterans."

Traditionally, ophthalmologists perform eye surgery, while optometrists conduct visual examinations.

In VA, health professionals can only perform services identified by professional licenses issued by each state. Oklahoma is the only state in the nation that licenses properly trained optometrists in their state to perform laser eye surgery.

In August, VA began permitting optometrists with licenses authorizing laser eye surgery to perform those procedures under the supervision of an ophthalmologist.

However, a VA panel with representatives from both professions has been unable to reach an agreement on how this supervision would actually take place.

VA currently operates 157 hospitals, 134 nursing homes, 42 residential rehabilitation treatment programs, and 862 outpatient clinics. The new policy will take effect immediately at all facilities providing laser eye surgery.

Members'

forum



We received a large number of letters protesting the media coverage of the Marine shooting a prisoner in Fallujah.

Here's a sampling:

Editor:

In support of our troops in Iraq and elsewhere, I think it is appalling how some of our news media run stories that discredit our soldiers by never reporting the good things our boys do, only the bad things that happen.

For one thing, the recent condemning of a Marine doing his duty, trying to protect himself and his men.

I think the news media have too much to say even though the public wants to know what's going on.

There should be certain restrictions on what they print. Stop bashing the USA, or keep them out of the action altogether.

This Marine did what he thought was right. As a soldier, what would you do if you were confronted with the same situation? I would have done the same thing he did. These are our enemy and they want to kill us.

Respectfully, S/G Harold B. White 4th
Inf. Division Ret.
Chapter #1 NJ AXPOW and Combat
Infantryman

Dear Cheryl,

A copy of this letter was sent to the Editor of the Star-Ledger.

As a veteran combat infantryman in the hills of Italy and the Anzio Beachhead in World War II, I am very concerned about the angry reaction among Sunni Muslims to the fatal shooting of a wounded and apparently unarmed man in a Fallujah mosque by a US Marine.

It appears this single isolated incident could have major political repercussions on the government of Prime Minister Ayah Allawi, while Iraqi authorities are seeking to contain the backlash among Sunnis to the invasion of the former insurgent stronghold of Fallujah. This, in spite of their own "insurgents" using suicide car bombers, mortars, wrecking their own cities and blowing up oil lines, causing more destruction, and killing more Iraqis, than Americans who are trying to defend themselves as well as the Iraqis.

Every veteran combat infantryman with whom I have spoken believes this Marine acted in self-defense instinctively, without time to evaluate options. "Dead" bodies can be booby-trapped, triggered by any movement, blowing apart the soldier; wounded fanatics may have hand grenades hidden ready for the kill. Such scenarios were common in the European and Pacific theaters during WWII.

After WWI (the war to end all wars), the Geneva Conventions included agreement on the humanitarian treatment of prisoners in future wars. It did not work. The Japanese completely ignored the agreements.

After the "Great Escape" at Stalag III in Germany when 78 men escaped, Hitler ordered all POWs executed. He

did not want potential saboteurs at large in Germany. Three escapees made it back to England; 25 were captured and returned to the prison camp. The Gestapo captured, executed and cremated 50 prisoners. That was the last large escape attempt in Germany.

The Commandant at Stalag VIIIB in Memingen called a formation of all the prisoners. They were told that for every prisoner who escaped or tried to escape, 10 men would be executed. This mandate effectively stopped any planned escapes.

Perhaps we should give an ultimatum that for every prisoner beheaded we would behead 10 or 12 insurgents, or execute them with a pistol shot in the back of the head, as they do to Iraqi policemen.

Fight fire with fire; an eye for an eye. We are in a war, not in a ball game. Different rules.

Support our troops.

Zack Roberts, PNC AXPOW

To the American Public:

Here's my answer to the reporter who video taped a soldier who shot a wounded terrorist. Wake up America!

This isn't a war like any other in the past. We knew the enemy in WWII, Korea and Vietnam. Here in Iraq our soldier can't tell who is friendly and who is the enemy. Already we have lost over a thousand troops to an enemy that has no heart.

They live to kill! They want to kill every American. To that reporter I repeat: Wake Up! You are aiding the enemy. You, and people like you, want this soldier punished, and I say, for what? I would have done the same thing.

members forum continued...

Ex-POWs in Korea were shot in the head with their hands tied behind their backs. Not one, but hundreds!

We owe that soldier a medal. Mr. Reporter, I see blood on your hands. Now our soldiers will hesitate before they shoot, and that hesitation will cost them their lives.

Whose side are you on?

Sincerely,
Richard W. Godlewski
Ex-POW (Korea)

We also received a number of letters in support of Dr. Leslie Caplan, Luft 4

Dear Cheryl:

I'm writing to protest the letter on page 26 of the Nov/Dec. Ex-POW Bulletin which was totally against awarding the Congressional Medal of Honor to Capt. Leslie Caplan, Flight Surgeon at Stalag Luft 4, Compound C, and on the 86-day March across Germany. A man who was responsible for the well-being of some 2,000 captured airmen, all combat people, and who saved a number of lives.

Many survivors, including myself, have written testimonials and articles about Dr. Caplan who was a GIANT among men.

Pierre Kennedy,
Adjutant - CONN. Chapter AXPOW

Dear Cheryl:

The letter from Robert Bearden in the Nov/Dec 2004 issue of the EX-POW Bulletin offended me - and probably dozens of the POWs who were in the winter 1944-5 evacua-

tion march - in his denigration of Dr. Leslie Caplan.

Dr. Caplan, as many of us recall, was a beacon of hope for literally thousands of POWs who were cold, hungry and often sick as our captors marched us - often in circles - but generally westward as the Russians approached. One little Captain urged us to keep up our sagging spirits in the face of great hardships. He couldn't offer us food or medicine, but just one thing - hope. His spirit was unflagging as he himself must have been devastated to see fellow Americans suffering unnecessarily at the hands of our captors. But he kept up the message of hope.

I am not aware that Dr. Caplan's daughter spearheaded the idea of awarding the Congressional Medal of Honor. But if she did, she is to be commended, for he certainly deserved such a distinguished award, one surpassing the Legion of Merit which he apparently was awarded.

Congressional Medal of Honor?
Definitely YES!

Respectfully,
Ben Goldman
Hampton, VA

Dear Cheryl,

I was utterly horrified to read a copy of the letter which you received from Robert L. Bearden in the Nov/Dec issue of the EX-POW Bulletin.

I am the wife of a former Ex-prisoner of War in Germany during WWII, now deceased. I am sure I am not the only widow whose husband gave his life for his country. Also, I am sure there are yet many living veterans who were war prisoners in that country who could relate countless facts of how their lives were touched by the life of Captain Leslie Caplan. How he gave his all for the American prisoners on that 88 day march in the bitter cold

winter of 1944-5 in Northern Germany, near the Baltic Sea.

My husband was very ill with diphtheria and Dr. Caplan spoke with the German guards, telling them, "This man is very ill and can no longer walk. You must put him on the wagon."

I feel Dr. Caplan could very easily have been shot for such a demand; however, the guards put him on the wagon and he was sent to Neurbrandenburg, which was designated as a German Hospital. It lacked medical equipment and had very limited medications. There were Russian, Polish and Latvian prisoners in that building. Fortunately, there was an American POW there, just recovering from diphtheria, Stephen Kalinowski, who cared for Donald and brought him back to health.

Donald had always praised Dr. Caplan for his dedication and caring for the prisoners, some of whom had amputations later because of frozen feet. Yet Dr. Caplan continued his assistance regardless of his own hardships.

I am sorry that Mr. Bearden "didn't hear the rest of the story."

I do hope that urge those of you who knew Dr. Leslie Caplan to support Dr. Laura Caplan's efforts in awarding him with the Congressional Medal of Honor for his contribution of service to our country as a true leader during WWII in Germany.

Dorothy Wagner
Holly, Colorado

Dear Cheryl,
This letter was also sent to NC Cooper.

Dear Commander Jim,

As a PNC I have sought to remain silent on the Foundation. The last issue deserve some reaction in our Bulletin. A few brief comments.

members forum continued...

The aim against the Morgan family was evident. They did not like the QM efforts because it did not bring in enough money. QM serves our people. Where would the daisies and doodads come from if not from the QM, which pays its way for space, etc. The profit margins are low to let us poor POWs buy the items. We are the market.

The comments on the Civ. POWs is not understandable except as an attack on Sally and her daughters.

If the move to Washington for an office is such a good idea, I would want Les and Dr. Stenger and Mary to strongly endorse it as a practical solution. The VA moved us once at their whim and could do it again any time. What is the size of the office space that is offered?

No matter where an office is, the officers we have a contract with work at their homes or businesses. Cheryl does well where she lives, Sonny Bill hosts the Budget meeting in his town and Clydie's office is near her home. We have contracts with each of these people. Can any serious thought be to move that staff to Washington?

My folks in Ohio are asking me what is going on. We need some clear voices from National on that, otherwise each of our Departments will come up with different answers and a confused membership will be meeting next year in Denver.

My personal well wishes that your health will be restored and I wish you and yours a most Blessed New Year. Sincerely, Bill Schmidt

Cheryl:

After reading the article written by the President of the American Ex-Prisoners of War Service Foundation, entitled CIVILIAN INTERNEES, I decided an article of rebuttal was

forthcoming. If that article wasn't so humorous, I'd be crying.

Having said that, allow me to introduce to you the Civilian Prisoners of the Japanese during WWII in the Philippines. Be ready for an amazing ride!

Fact # 1 - The Americans and Allies who were caught at the onset of WWII in the PI were civilian businessmen and their families, who, for the most part, were employed by American companies operating on American soil in our adopted country, the Philippines. Companies such as International Harvester, IBM, Bank of New York, Pan American Airways, Government Agencies, American President Lines etc. were the mainstays of big American business serving the Orient and the Far East.

Fact # 2 - At the onset of Japanese aggression in the Far East on December 8, 1941, several important situations came into play.

ONE - Civilian men, with or without families, signed up to join a branch of the U.S. Military to fight for the cause. These men were eventually led into the Bataan Death March, Camps of O'Donnell and Cabanatuan and then on the infamous Hell Ships. Many did not make it, perishing along with many other military POWs. There were many of my civilian friends in camp who waited for their fathers and sons to return, but to no avail. They had given their all. I need to reiterate - these were civilians who signed on with the military.

TWO - Before the Japanese arrived into the city of Manila, the U.S. Army asked for recruits of "civilian" men to drive Army trucks to Bataan for the purpose of hauling ammunition, food, medicines, supplies and newly arrived troops. Simply stated - the Army knew the civilians knew the terrain and they needed their help. On the way to Bataan, strategic points of importance were noted. On the return to Manila, these men derailed locomotives, railroad

ties were rendered useless, they felled communication towers and blew up bridges - all on the orders of the U.S. Military. All this was accomplished in the four days prior to the arrival of the Japs. For the record, I know who these heroic men were. One was my father.

THREE - Many civilian men and some women immediately went underground, blended into the woodwork and fought with the guerrilla movements throughout the war. These civilians became life lines to Camp O'Donnell, Cabanatuan and other military POW camps for medicines, food, monies and information. I repeat again - these were civilians.

Fact # 3 - Upon internment in Santo Tomas, young men sought to join these life lines to help the infamous POW prisoners. Their daring escapades "going over the wall" accomplished their missions of mercy until it became "too hot" to attempt to continue. A few of them continued these operations for over a year. Oh, yes - these were all civilians.

Because the Japs refused to feed us for the first year and a half, the Commandant allowed some of the business men who were prisoners to go out on special passes to procure food for 4,000 civilians. No easy task. This was accomplished with great skills by borrowing monies and arranging deliveries of foods still available in bodegas.

All of these hand picked men took advantage of this short term freedom to continue the life lines of mercy to the POWs in military camps. They felt the need to accomplish both of these missions as long as they could. The word on the streets about the POWs was devastating, hence their continued missions under great danger. A lot of these ci-

members forum continued...

vilian men became suspect and were thrown in Fort Santiago, the home of the Kempetai, where the ravages of torture were meted out. Their contacts on the "outside" bear mentioning. Whole civilian families of Spanish, Filipino, Swiss and German were massacred by the Japs for helping the civilian and military prisoners. I repeat - these were all civilians.

Fact # 4 - We used the same bed bug ridden army cots, we were subject to the same dysentery, the same dengue fever, suffered the same beri beri and malnutrition and stood in the same, long lines to the chowline and toilets.

We also had to share the same "non food" given to us by our captors. We shared the same physical abuses and had to comply to the same bowing in roll call lines, yet they are called prisoners and we are censured for even thinking in those terms. Does one not see the insane humor in this?

Fact # 5 - I find this next fact fascinating. Did you know that 98% of the young civilian boys who were under 18 years of age during "prison camp days" all signed up for military duty as soon as they became of age to do so? They felt the need to stand by their flag and to continue serving their country in their hero's wake - those of the liberators who freed us. A few retired as Generals, many as full Colonels. Many served in all capacities of all branches of the service with pride and polish.

Today, we are writers, retired military, scientists, pipe fitters, physicians, business men and women, insurance adjusters, policemen, farmers, crop dusters, home makers and educators. We take great

pride lecturing on all levels within the halls of academia today, making sure that the true lines of historical reverence holds fast. We have passion for our country, the United States of America, and for our adopted country, the Philippines. We are invited by Military POW groups to speak at their reunions and conventions.

Surprised? Oh, yes, and we do cry when "Our Flag" goes by. This is who we are! It would do those well to rethink the criticism of civilian internees and be proud that you have such accomplished people with great history in this organization. Those who have the passion, energy, patriotism and know how to lend their expertise to AXPOW should be able to do so with pride.

The next time The President of the Service Foundation chooses to slam the efforts of the "civilian prisoners of the Japanese," it would be prudent to.....Remember - THIS ORGANIZATION WAS FOUNDED BY 2 WOMEN in 1942 - mothers of two young POWS from WWII captured on Bataan. Interestingly, in 1960 a civilian National Commander was elected by the name of George Coates. The operative word here is elected.

Lastly, one needs to know that at the U.S. Military Cemetery in Manila, where thousands of our Military men rest today, there is a very special grave. It looks like any other grave on this plot of land. It holds the remains of a U.S. civilian woman, a mother of twin boys who were left homeless upon her death when Santo Tomas was shelled by the Japs on Feb 7, 1945. No one questions her place among her sleeping military buddies. No one questions the fact that she is the only civilian in a military cemetery. These boys are happy to have this precious woman with them.

WWII was over 60 years ago. No one wants WWII started over the CIVIL-

IANS by disgruntled leaders of the Service Foundation. Snap Out Of It! Get Over It!

Sascha Jean Jansen - Civilian Ex-Prisoner of the Japanese - Santo Tomas - Manila Philippines
. Mabuhayma@aol.com

Note to Cheryl:

Down Memory Lane

It has been more than 20 years since my late husband, Mel and I started working endlessly to help garner more recognition, respect and benefits for American Ex-POWs.

Many of our cohorts have passed on now - some are still hard at work.

I read the Bulletin each month and it's sad that many of the same battles are still around. For instance: never enough trained service officers; assured funding for Veterans healthcare; new presumptives; how to reach the uninformed; and widows in need because time ran out before their husbands were able to obtain benefits.

On a happier note: we did get our POW museum built; our POW medals were issued; a POW/MIA stamp was issued; POW Recognition Day is recognized in most states; POW license plates; new presumptives; and more.

I feel a lot more people have been better educated as to what it really means to have been a POW and we FINALLY got a Members' Forum" in the Bulletin.

Do you think for one moment that any of this would have happened without a good organization with tireless workers representing us all these years?

So smile. And be thankful.

Bea Smith
708 Stonecreek Circle
Friendswood, TX 77546

Sixty Years

Ago...



This tank was the 4th tank in the 3rd Platoon of B Company. It was one of six that led the way into Santo Tomas on the night of Feb. 3, 1945.

Camp Administration Office
Santo Tomas Camp
Manila, Philippines

March 12, 1945

Commanding Officer
44th Tank Battalion

Sir:

On behalf of the 3, 768 American and Allied civilians interned at Santo Tomas, we express to you, your officers and men, our sincerest appreciation for the gallant and heroic entry into the City of Manila and the dramatic liberation of our Camp on the glorious night of Feb. 3, 1945.

Mere words cannot adequately express our deepest feelings, but we assure you that the night of our liberation shall be an undying memory for all of us.

Sincerely yours,
Earl Carroll, Chairman
S. L. Lloyd, Vice-Chairman

Editor's Note: Earl Carroll was the Camp Administrator for Santo Thomas Prison Camp in the Philippines during WWII.

Kay's story

Catherine Cotterman Hoskins
317 39th Street
Sacramento, California 95816-3427
(916)451-1519

Kay was born in Manila, the youngest of three children. Her story begins on arrival at Rizal Stadium for processing...

We were picked up at Grandpa's and taken to the Rizal Stadium where we stood with thousands most of the day in the sun, being processed. Once more we climbed onto old school buses and trucks commandeered by the Japanese from all over town. Mother, Dad and I found ourselves on a bus for the Immaculate Conception Convent. In about 25 minutes we were driven through the gates of the University of Santo Tomas - an historic University founded by the Dominican Order of the Roman Catholic Church in 1619, which makes it older than our Harvard University, the oldest in this country. Although the University remained under the Spanish Dominican Priests, it flourished under the American Regime. The campus is about 50 acres in size and its location an excellent one. But the buildings quite obviously were never meant to house 4000 men, women and children. Besides Americans, there were British, Canadian, Australian, Free French, Dutch, and other allied civilians such as White Russians.

That first night was filled with chaos and despair. Hot and hungry and tired, everyone tried to find a space to sleep and food to eat. We had been told to bring 3 days supply of belongings and food. Little did we know that those three days would stretch into 3 years - without basic needs or comforts and constantly being degraded and humiliated.

We had 3 things in our favor: The Japanese allowed families to stay together in the same Prison Camps -

not sleep together, but kept together as a family unit. In the English and Dutch Colonies - Singapore, Java, Sumatra, Jakarta, Borneo - it was a different and sad story. The men were taken off to slave labor, the women and children had to do the best they could in different camps - and they suffered great hardships. Often times the women and children had to walk from one camp to another - under guard, and weak from hunger. In the Philippines they took a different track. We were ordered to set up our own Central Committee made up of prominent business men - known to the Japanese. This edict truly saved us - every one pulled together and followed the rules set down by the Committee at the request of our captors. Also in our favor was the climate. It was in the tropics - we never had to worry about severe cold weather or snow. Once in awhile a typhoon would pass through and cause loss of power and floods and days of incessant rain - but we could deal with that. Then we had the loyalty and support of the Filipinos - much to the chagrin of the Japanese who tried to no avail to convince the Filipino people they had been saved from enslavement by the United States. As long as they could, the Filipinos brought needed supplies to the Internees. Eventually the Gate was closed permanently - we were denied communication with the outside.

From the beginning we were warned not to try escape. Unfortunately, 3 Australian men went over the wall and made an attempt to escape. Within one day they were caught. They were brought back to Camp under armed guard and forced to stand many hours in the sun so that we could see them. In spite of many attempts to defend them, they were taken away and executed. Then the proclamation was made - any future escapes would be punishable by death including 10 Civilians picked at random. Now we knew where we

Ex-POW Bulletin
February 2005

liberation, continued...

stood as far as discipline was concerned. Communication with the outside, in any manner was punishable by death. Many times, usually in the middle of the night, we were awakened by bugle call over the loud speaker. We would be ordered to get up and stand by our cots with our bags open on the cot. It took a very long time for the midnight inspection to be completed. The officers in charge of the inspection would stomp into the room issuing instructions as they examined each open box and ran their hands along the walls examining them for wires and in belongings searching for radios or even parts of radios. These inspections were as bad as the bed bugs.

Standing Roll Call twice a day was mandatory - 6 am and 6 pm. You had to be in front of your room, prepared to bow as the inspection took place. Each room and shanty area had a monitor who was responsible for assuring the guard that all were present and accounted for - unless anyone was in hospital or signed out of that room to another location temporarily. No ifs ands or buts were acceptable.

I mention shanty areas. As the population of the Camp expanded, it was obvious that the Japanese should approve the making of shanties to house some of the overflow. A shanty was put together with bamboo, nipa and sawali. It was a fire hazard, so strict rules were enforced to avoid the possibility. As the shanties went into place, men were allowed to live in them, thus relieving some of the congestion in the buildings. Eventually it was decided wives and children could join the men in the shanties - a great solution to the crowded dormitory conditions. Letting families be together was a big help toward morale boosting. Each shanty area had a name: Glamorville, Picadilly, Barrio Foggy Bottom, Jungletown,

Shanty Town. Weeds and grass had to be cut down; fires could not be started with any kind of fire enhancer. Everyone between 18 and 55 had to hold some kind of job in order to receive a meal ticket - except for those with a disability or heart condition. The men in their 20s and 30s took over the heaviest tasks - garbage detail, cooking, lifting and cleaning the large cooking pots, mopping kitchen and bathrooms, unloading supply trucks. The sanitation department had a tremendous task. Older women did rice cleaning detail. Younger women without children cleaned vegetables, monitored bathrooms, worked in the vegetable garden and assisted the Army and Navy nurses (later referred to as the "Angels of Bataan". The Navy Nurses were transferred to Los Banos in 1943). I worked first in the Children's hospital ward and then as a nurse's aide in the tubercular ward of the Isolation Hospital. I did vegetable cleaning, too. I dropped peelings into my lap and carried them to my brother's shanty where his wife put them into the family Sunday pot. The time came when the order came down to just wash, not peel, the potatoes which put an end to enhancing Sunday supper.

The Camp was well organized - we had to be to survive. At the top of the organization chart is the office of the Japanese Commandant. Under his command is the Advisory Committee, The Executive Committee and the Philippine Red Cross members in charge of the kitchens, the food and the supplies. Under these follow Social Services which include welfare, education, recreation, religion, entertainment, library, lost and found; Administration which handled discipline, census, work assignments, information and more; Essential Services: Sanitation and health, Hospitals, Electrical and Fire prevention. Everyone pitched in to the best of their abilities. Women with young children were expected to keep them in hand and to keep their quarters clean. Grade school and High School aged kids were fortunate to have teachers available to carry on education under pitiful conditions. Classes were

held in the open air. Grim was the word for our situation as time went by. Children and the elderly and the tubercular patients were given the best nutrition available: Carabao milk, eggs, meat.

When one of our early commandants had to leave us, he gave a speech to the entire camp. I think Hayashi had liked Americans at one time - when he was 19 years old and visited Canada and America. His tour of duty was short because he was a little more lenient than he should have been. In his farewell address he said, and I quote: "As long as we are victorious we can afford to be magnanimous." That was the clue he knew we would pick up on. And we did. We knew that as bad as it was now - we would know when the tide had turned in our favor when the screws tightened and tighten they did. Rules changed often and then every day. In 1943 a new camp had to be established for our overflow. The young men were sent first to put up dormitories on the campus of the University of the Philippines in a town 75 miles south of Manila called Los Banos. It was the Agricultural campus located in rolling hills. Soon the men were followed by volunteer families, wives and girl friends.

Daily rations were being reduced constantly - in both camps. Medical supplies could not be kept up. Malnutrition, infection and starvation were the causes for deaths. Fortunately, early on, the Japanese who are very wary of epidemics in their own country, decided to bring in a medical force to give all internees inoculations against cholera, typhoid, diphtheria. We were lined up to take these shots wondering if those needles were filled with poison. Because of their fear of rampant epidemics - our camp was saved from them. We did have a small breakout of typhus - and, unfortunately, polio hit us - only four cases, one of which was fatal - a little girl.

We faced starvation without hope of rescue. Then, one night in October of 1944 - the man in charge of giving us orders for the next day over the

liberation, continued...

public address, called our attention. Everyone knew that a rice shipment promised us was 2 weeks late. Don Bell, the announcer, said for all to hear: Men on rice detail must be at the back gate at 7 am to unload the rice truck - he paused, and then added "Better Leyte than never." Everyone gasped but we could not show emotion. We knew our forces had landed on the Island of Leyte - but we could not show the Japanese in any way that we knew. It would only be a matter of time - American planes were in the sky over us. Our rations were diminishing to less than ½ cup of rice per day. Four months later on the 3rd of February 1945 at the 6 pm roll call, leaflets came from the sky saying, "Roll Out The Barrel" and another one saying, "Christmas Is Here" - later the 44th Tank Battalion of the first Cavalry Division, roared up to the gates - it was 9 pm - and the lead tank called out are you Americans in there? And the screaming answer back was: Hell, yes - come on in. And in they came - 7 gorgeous Sherman Tanks, with the first one bearing the name "Battlin' Basic".

What a thrill it was to realize we had been liberated. We were ecstatic. It is difficult to explain our emotions that night. But we were not out of the woods. A big gun hidden in the ruins of the old Walled City - known as Intramuros - started shelling the camp a few days later and civilians were killed and badly injured in those attacks which went on for a week before American Observation planes could locate and destroy the Cannon. Because we were the first place to be rescued - we were a military target until our guns and ammunition were removed from camp.

The battle for Manila had begun and it was horrendous. Fires and demolition destroyed the beautiful City once called the Pearl Of The Orient. The destruction was second only to Warsaw, Poland.

Eventually, when it was safe, the young families and single folks were flown to Tacloban on the Island of

Leyte. Because my mom and dad were not ambulatory, we had to wait until Manila Bay was cleared of mines and a ship convoy could be brought in to take us away. We lived in the camp until 10 April, 1945, when we were transported to the Bay and taken out to the ships on landing craft carriers. There were 12 ships in the convoy escorted by 3 destroyer escorts. My parents and I were put on a Norwegian Freighter which had been converted into a troop transport/hospital ship. It was called the Torrens - and I shall never forget that ship and its gallant crew. Our first stop was Tacloban. When we left that port, our ship was separated from the convoy and with one destroyer escort we sailed off in a different direction - down under. Because we were the lightest ship, our mission was to pick up military personnel from Islands such as Manis, the Admiralties, and New Hebrides. We were 5 weeks at sea - and faced one submarine scare. We could feel the impact of exploding depth charges. The general alarm brought the ambulatory on deck to emergency stations - wearing Mae Wests. Fortunately, we did not have to abandon ship. On the 15th of May, 1945, we arrived in San Francisco Bay. At midnight when we went under the Golden Gate Bridge there were tears and screaming as the Captain blew the horn.

When we landed in San Francisco we were met by a tumultuous crowd and a wonderful band playing patriotic tunes - and welcoming songs. We had lost everything - our home, our business, our possessions - but we had our lives. We had to pull ourselves up by the boot straps and start over, which we did. We learned to never take our freedom for granted.

When you lose freedom it is the most devastating experience you can endure. Freedom is not free - Please do not take it for granted. That is my message. What happened to American Civilians living and working abroad should never happen again.

All the Japanese camps held a total of 13,993 Civilians — 11% of these died before liberation.

Sixty Years Later...

submitted by Ted Cadwallader
Civilian Internee, Santo Tomas Internment Camp, Manila 1942-45
Pictures taken at the Annual Reunion of the 44th Battalion in Farmington, MN.

Men of Company B, with elements of the 1st US Cavalry Division, liberated 3700 starving civilian internees from the Santo Tomas Internment Camp on February 3, 1945.

The picture below is of members of the 44th Tank and civilian internees in front of a WWII half-track, which the host of the reunion, Tom Dugan, had recently renovated to excellent operating condition. Tom was a member of the unit and earned a Purple Heart in action against the Japanese.



Below l/r: Ted Cadwallader, Internee; Don Vandertook, Co. B; John Hencke, Co. B; Ben Gentile, Co. B; Len Baker, Internee; Curtis Brooks, Internee; seated: Internees Liz Irvine, Jane Fredrickson, Dorothy Brooks.



NamPOW news



Paul E. Galanti
pgalanti@comcast.net

The Golden Guinea Advertising & Plumbing Corporation

The weeks in Hanoi, North Vietnam following the November 21, 1970 Son Tay Raid were filled with activities not seen by most of the Vietnam POWs in years. In a panic following the raid on the empty POW camp 20 miles west of Hanoi, the North Vietnamese communists hauled most of the American POWs from the outlying camps all over the countryside to the central Hoa Lo Prison known to the Americans as the Hanoi Hilton. To put this in proper chronological perspective, Everett Alvarez had been a POW for more than six years and most in my 48-man cell had been in captivity more than four years. For the first time for nearly all of us since we'd been captured, social relationships evolved in our 40-58 man cells. A society was born from the rubble of spirits smashed in solitary confinement or four souls stuffed into a 7' by 7' individual cell.

We got organized immediately - the Senior Ranking Officer in each room was identified and immediately appointed a chain of command. The room was organized like an Air Force squadron. Individuals were tasked to use their particular talents to help the group. Those with the good eyes and ears became our communicators with other rooms. Those who had teach-

able talents taught their cellmates their subjects. Within a very short period of time we had a full-blown school going three or four hours a day with courses ranging from languages (I taught French and learned Spanish, German and enough Russian to insult a Russkie!)

Since there were no books or writing materials, all subject matter had to be memorized which came easily to most of us after so much time in solitary confinement.

But my favorite course was the music class taught by Bill Butler, an Air Force F-105 pilot and amateur musician. He taught by using roofing tile to scratch musical staffs on the floor of our cell and would point to different notes while the class would sing them. It worked well until it became time to teach chord theory. How could that be done without musical instruments?

Four of the gents in the room had sung in school or church choirs and they provided the impetus for Bill Butler's human piano keys. Gene Smith, the bass stood on "C," Jim Ray, the baritone, stood on "E," Ray Alcorn stood on "G" as the first tenor and Ron Mastin stood on the the higher "C" key to complete the C-major chord! Since North Vietnam was a communist country it seemed appropriate to call it the "Peoples' Organ."

Bill Butler would sing a song, signal his "organ" to change pitch by using our communication "signing" language and the choir would change pitch to the new note as they jumped to the appropriate key. It was a little crude but it worked and it was fun for both the Peoples' Organ and us students. And during these hi-jinks, I discovered that I had a hidden, latent talent.

At night, somebody would "tell a movie." I had always had trouble remembering anything about a movie other than the way it was filmed and how the graphics were done but I could never remember plots. Or characters' names. Or even the actors' names. But some of this mostly en-

gineering group were sufficiently right-brained to make up for the rest of the number-crunching group's mentality. The longest "flick" I remember was "War and Peace" which took six weeks for Russ Temperly to tell!

My hidden talent? I could think of a product and an advertising jingle would pop into my mind. Just like that. Soooooooo, since this was a Communist country, we decided a little commercialism would be a welcome relief. And for the next two years Bill Butler's singers and I worked up an advertising skit with a different singing commercial almost every single night!

The movie-teller would take a break and the commercial would come on. They were clever, they were funny, and they were multi-lingual. It was a tremendous mental exercise to write funny singing commercials in a foreign language keeping the meter intact and having it rhyme. Many of them can't be displayed in a "family magazine" such as the Bulletin but here's one that can!

Picture the Cisco Kid and Pancho. Galloping away from the sheriff. "Hey, Cisco!"; "Hey, Pancho!"; "Hey, Cisco, We got to get outta her, Mon. Dese horses, dey ain't fast enough!"

"Hey Pancho! Look up there. It's an hombre with a Ferrari."

Then, in Four Part Harmony, Cisco, Pancho, the Sheriff and guy with the Ferrari would sing (to the tune of *Mañana*)

The engine is a V-12 the car she go so fast

When you drive Ferrari, I think you don't get passed.

So buy a new Ferrari, Twelve Grand is all you pay... (editor: That was 1965 prices!)

Drive a new Ferrari and drive your cares away!

<Chorus>

Ferrari, Ferrari, Ferrari is good enough for me.

Ferrari, Ferrari, faster than an A-4C..... Si!

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chaplain's corner



National Chaplain

John Romine
1609 S. 23rd Street
Rogers, AR 72758
(479) 636-2287

Here it is February. We have lived
through another group of special
days with the excitement, frustra-
tion and enjoyment that come with
the holidays. By this time here in
Mid-America, we will have seen a
glimpse of spring as a promise of
better things to look forward to. As
I sit down and try to concentrate
on what to do next, my mind
nearly always turns to our com-
rades, loved ones and friends. I
am a very firm believer that we

cannot do much in life without
some very special and loving kind
of support. Perhaps this is why
tears came to my eyes as I read a
little poem entitled:

"Make Me Worthy"

It has been my job in life to find
At every turning of the road,
The loving arms of friends so
kind,
To help me onward with my
load.

And since I have no gold to give,
'Tis love's coin alone I spend.
Be this my prayer while I yet live.
God, make me worthy of my
friends.

Isn't this what our unique organi-
zation is all about? Isn't this what
so many very special and dedi-
cated people have been doing for
all these many years? Isn't this
what the true and living God ex-
pects of His people?

Let us pray: Almighty and loving
Heavenly Father, may we in our
own way show Your love to those
we meet in ways that will help

them and please You. Lord, we
have so many that need your kind
of love and caring. Please Lord,
bless us as we share Your bless-
ings with others. Bless our great
nation and its leaders, and those
standing in harm's way, trying to
promote freedom through the
world. In Your Holy and blessed
name we ask that those still listed
as POW/MIAs be remembered.
AMEN.

Thought for the month:
Valentine's Day is coming soon.
Please reach out and give 'em all
a great big "God Loving" kind of
hug for us.



Ex-POW Bulletin
February 2005



taps



Please submit taps notices to: Cheryl Cerbone, 7 Turner Lane, South Yarmouth, MA 02664

AVIGNONE, Astorre, 79, of Middle Island, NY died Nov. 30, 2004. He served with the US Army's 106th Infantry Division and was captured on Christmas Day, 1944. He is survived by Vida, his dear wife of 56 years, 1 brother, 4 sons, 1 daughter and 15 grandchildren.

BRAUD, Maurice A., Jr., a member of South Louisiana Chapter and life member of AXPOW, died Nov. 18, 2004. He was 80 years old. Maurice served with the 1st Army, 3rd Armored Div., 33rd Armored Reg. He was assigned as a gunner to H Company and was in the Battle of the Bulge. Maurice is survived by his wife, Geraldine, 2 daughters, 2 sisters, 3 grandchildren and 1 great-grandchild.

BRIDE, Mickey (Donald), of Utica, NY passed away Dec. 7, 2004. He was a member of the 82nd Airborne, 401st Glider Infantry and was captured during the invasion of Holland. He was a POW at Stalag 7A for 9 months. He leaves his loving wife of 51 years, Genny, 1 daughter and 1 granddaughter.

BROBERG, Eldon V., of Lincoln, KS passed away March 3, 2004 at the age of 78. He served in Company K, 432nd Inf., 106th Division and was taken prisoner in the Battle of the Bulge. He was at the prison at Bad Orb until liberation. Survivors are three sisters and two nieces.

BEYRLER, Joseph "Jumpin' Joe", the only World War II soldier to fight for both the Americans and the Soviets, died on Dec. 12, 2004. He was 81. Beyrle was a member of the 101st Airborne's "Screamin' Eagles". After parachuting into Normandy on D-Day in June 1944, he was captured by the Germans. Battered and starved, Beyrle escaped from a Nazi prison camp and found Soviet

troops advancing toward Berlin. He joined their ranks and fought for weeks, then was injured and taken to Moscow. From there he made his way home to Muskegon, Mich. Survivors include his son, John.

CASSANELLI, Albert, age 81, of Southwick, MA (formerly of Vernon, CT) died Dec. 15, 2004. He flew as a flight engineer on B-24s with the 459th BG, 758th BS, 15th AF. He was shot down over Ploesti and was a POW in Bucharest, Romania. He was a life member of the CT Chapter, AXPOW. He leaves his wife, Shirley, 1 son, 1 daughter, 2 brothers, 1 sister and 3 grandchildren.

CLEMENTS, W.T. of Borger, TX passed away Oct. 26, 2004. He was captured in the Philippines, endured the Bataan Death March and 3 ½ years of captivity. Survivors include his wife, Effie Mae, two sons, four grandchildren and four great-grandchildren.

DeSOTO, Philip, of Livermore Falls, ME passed away Nov. 15, 2004. He was 79. Phil served with the 106th Div., 422 BN, Medical Corp. as a litter bearer. He was taken prisoner during the Battle of the Bulge and held at Stalag 4B. He is survived by his wife, Marilyn, 2 daughters, 1 son and 7 grandchildren.

DILLER, George P., of Carlisle, PA died Sept. 12, 2004. During WWII, he served with the 84th Inf. Div. He was held in 3A and 3B. George was a member of the Capital City Chapter, AXPOW. He is survived by his wife, Maurita.

EVANS, Robert, age 87, of Lyford, Indiana passed away December 24, 2003. He was an army veteran of World War II and a member of the West Central Indiana Chapter of AXPOW. He was a retired coal miner. Mr. Evans is survived by 2 sons, 3 daughters, 7 grandchildren, 15 great-grandchildren and 2 sisters.

FARRINGTON, Donald, of Chanute, Kansas, died November 20, 2004. He was a B-17 waist-gunner with the 8th AF. He spent a year and a half in Stalag 17B as a POW of the Germans. He is survived by his wife of 59 years, Frankie.

FITZPATRICK, Bernard T., of St. Paul, MN passed away Nov. 8, 2004. While serving with the 194th Tank Battalion in WWII, he was captured on Bataan. He spent 3 ½ years in Japanese POW camps. He leaves his wife, Corinne, 8 children, 12 grandchildren, 1 brother and many nieces and nephews.

FORD, Thomas E. of Sun City West, AZ died December 28, 2004 at the age of 81. During WWII he served as a B24 aerial gunner assigned to the 15th Air Force, 359th Bomb Group. He was shot down on his 7th mission August 22, 1944. He was interned in Stalag Luft 4. He was a member of the Agua Fria Chapter of the American Ex Prisoners of War in Sun City West, AZ and a National member of the American Ex Prisoners of War. He is survived by his loving wife Ann and children Barbara & Ann.

GILLIKIN, Margaret Jeannette (Jan), 85, of Canton, MI passed away Oct. 31, 2004. She was the loving wife of Ross for 36 years. Jan and Ross were very active in AXPOW - both locally in Florida and nationally. Ross was National Director from 1989-1994. They were happily married for 36 years and have 2 sons, 3 daughters, 42 grandchildren, great-grandchildren and 2 great-great-grandchildren. Ross writes "She will also be remembered as the love of my life and the controller of my living being."

GRIFFIN, John B. Jr., of Pascagoula, MS died Sept. 1, 2004. During WWII, he served in the Army with the 1340th Combat Engineers and he participated in the D-Day invasion on Omaha Beach. He was captured

taps continued

in the Battle of Huertgen Forest and was a POW until the end of the war. John is survived by his wife of 51 years, Martha, and four children. He was a life member of Gulf Coast Chapter, AXPOW.

GUERRA, Cruz C., of McAllen, TX died Aug. 12, 2004. He was 81. He served in the 377th Inf. Reg., 3rd Army, 95th Div. and was captured in Nov. 1944. He was liberated by the Russian Army in the spring of 1945. He was a member of the Rio Grande Chapter, AXPOW. Survivors include his wife of 56 years, Dora, 1 son and 1 daughter.

HANNEMANN, William R., 78, of Stevensville, MI died Aug. 21, 2004. Bill was a veteran of WWII and the Korean War. He flew B-29s and spent 29 months as a Korean POW. He is survived by his wife of 56 years, Gloria, 3 children, 7 grandchildren and 1 great-grandchild.

HARBAUGH, George, 80, of Ogden Dunes, IN passed away July 12, 2004. George served in the Army Air Corps, 15th AF, 98th BS, 415th BG. His B-24 was shot down on his 26th mission and George was a POW in Lufts 4 and 1. George was a life member of AXPOW. He is survived by his loving wife, Dorothy, 4 children and 6 grandchildren.

HAWKINS, Patrick H., Wellford, SC died Nov. 26, 2004. He was stationed in Italy with the 451st BG as a gunner on a B-24. He was shot down, captured and held POW until the end of the war. He leaves his loving wife of 59 years, Martha, 1 son, 1 daughter, 3 granddaughters and a great-grandson. He was a life member of AXPOW, Past State Commander (SC), and Past Commander of the Piedmont Chapter #1.

HENDRICK, Harry B., of Antigo, WI passed away Oct. 11, 2004. He was 85. During WWII, Harry served in the Army. He was captured in Germany. Survivors include his wife, Lorraine, and four children. Both Harry and Lorraine were life members of AXPOW.

JACKSON, Evlon M. of Brewton, Alabama passed away July 30, 2004 at the age of 86. Evlon served with the 452nd BG (H), 728th BS. He was shot down over Germany, captured and spent the last 15 months of WWII as a POW. He is survived by his loving wife of 58 years, Vivian, 3 children, 3 grandchildren and 5 great-grandchildren.

JEHLEN, WILLIAM, 81 of Singer Island, Florida died on December 8, 2004. He served with the Air Corps in World War II as a radio Operator/Gunner in the 8th Air Force, 95th Bomb Group. He was shot down on his 7th mission and was held in Stalag 7A and Stalag 17B for 20 Months. He was a life member of the American Ex-Prisoners of War and the Suncoast Chapter. In addition to May, his beloved wife of 58 years, he leaves two daughters, two granddaughters, and a sister.

JOHNSON, Oliver P., 83, of Portsmouth, OH passed away Sept. 13, 2004. He served with the 30th Div., 117th Infantry and was among the invading forces in France. He was captured in the Battle of Mortain on Aug. 7, 1944 and held at Stalag 7A. He leaves his wife of 62 years, Helen, 2 granddaughters, 5 great-grandchildren and 2 brothers.

KARLE, Donald D. Sr. 86, of Montgomery, AL, passed away December 17, 2004. He was a Ball Turret gunner on a B-17 assigned to the 338th BG, 560th BS, 8th AF. He was shot down March 1945 on the Berlin Raid, was captured and interned in Stalag 13D, Nuremberg and Stammlager VIIA, Moosburg, Germany. Don was Past Commander, Montgomery Chapter AXPOW. He was predeceased by his wife Rachel; survived by his son, Col. Don Karle Jr. two grandsons and two great granddaughters.

KERCH, Joseph F., of Old Lyme, CT died Aug. 23, 2004. During WWII, he served with the AAF. He was shot down over Germany and held in Moosberg for 5 months. He was then marched to Nuremberg where he was held until liberation. He was a life member of AXPOW. He leaves

family in Thailand, Samhao, Nipawan and Nutraphon Pholphairojn.

KERN, Marcella E. SCHEVE-, 86, of Topeka, KS passed away Nov. 15, 2004. She was a tireless worker for her family and her church. Marcella was a life member of AXPOW. She was the beloved wife of Ex-POW Richard. Other survivors include 1 son, 2 sisters, 3 grandchildren and 7 great-grandchildren.

KRECKLOW, Orville L., of Red Oak, IA died Oct. 22, 2004. He was 87. While serving with Co. I, 168th Inf., 34th Div., Orville was captured at Faid Pass, North Africa. He was a POW for 27 months in Germany. Survivors include his wife, Viola, 1 son, 4 grandchildren, 6 great-grandchildren and 3 brothers. He was a member of AXPOW.

KRITZER, Henry R., 79, of Sioux City, IA died Oct. 16, 2004. Henry was a waist gunner on a P-17 that crash-landed in France. He was a life member of AXPOW, Commander of Tri-State Chapter and was serving as National Director at the time of his death. He is survived by his wife, Agnes, 3 daughters, 3 sons, 15 grandchildren and 20 great-grandchildren.

MARSHALL, Tom Friday, 82, died at the VAMC in Muscogee, OK on Oct. 29, 2004. He served with the US Army 1942-45 with the 630th Tank Destroyer Battalion. He was a member of the Tulsa Chapter, AXPOW.

MATTHEWS, John Daniel, of Birmingham, AL, passed away on Wednesday, December 08, 2004. He served in World War II as a tail gunner in a B-24 with the Air Force 450th Bomb Group, 723rd Squadron. He was shot down over Germany in 1945 and held as a POW at Bucharest, Romania. He is survived by his wife, Sarah Perry Matthews, 2 daughters, 2 sisters, and 4 grandchildren. He was a member of the Alabama Ex-Prisoners of War.

taps continued

MORROW, Thomas H., 83, of Lancaster, Ohio, passed away Tuesday, November 22, 2004. He was a member of the Fairfield Barbwire Association, Chapter 4, AXPOW. Tom was a past state commander, past chapter commander, past chapter treasurer. Tom was assigned to Company D of the 6th Infantry Training Battalion, Camp Wheeler, Georgia. He served with the 45th Infantry, 48th Division and the 45th Infantry, 44th Division. He was in Rome-Arno Campaign, Southern France Campaign, and Central Europe. Tom was captured in southern France and held for ten months as a prisoner of Germany. He is survived by loving wife of 25 years, Eleanora, 2 children, and two grandchildren.

QUAGLIANO, Anthony, Commander of the Greater NY Chapter, AXPOW, died Aug. 13, 2004 at age 80. He served with the 707th Tank BN. He was captured in the Battle of the Bulge and held for six months. Survivors include his wife, Rose, 1 son, 1 daughter, 3 grandchildren and 2 great-grandchildren.

QUEENER, Robert, member of the Wisconsin Indianhead Chapter, AXPOW, died Feb. 16, 2004. During WWII, he served with the 390th BG (H). He was held in 17B. He is survived by his wife, Marie, and family of Shell Lake.

ROCK, Frederick W., age 84, of Oakville, CT died Nov. 28, 2004. He was an Army Medic with the 17th Field Artillery. He was captured at the Battle of Faid Pass and held at Stalags 17B, 3B and 7A. He is survived by his wife, Regina, 1 son, 2 daughters, 1 brother, 1 sister, 4 grandchildren and 1 great-grandson.

RUSSELL, Lyle Kent "Russ", died Nov. 16, 2004. He served with the 106th Inf. Div., 422nd Reg. He was sent to the front lines during the

Battle of the Bulge and captured. Russ was a life member of AXPOW and the Tulsa Chapter. He leaves his wife, Pauline, and one son.

SOLTWEDEL, Edward B., 86, of Pacific Palisades, CA died Sept. 14, 2004. During WWII, he was a navigator on a B-17, flying out of England. He was shot down over Berlin and held for 14 months at Stalag Luft 3. He is survived by his wife, Nancy, 3 children and 3 grandchildren.

SURRATT, W.B., of Linden, TX died Nov. 4, 2004. He was 85. He served in WWII as a Radio Operator on a B-17 with the 8th AF, 96th BG, 338th BS. He was shot down over France, captured by the Germans and held 20 months in Stalag 17B. He was a member of the Four States Chapter, AXPOW. He leaves his wife, Lillian, 2 sons, 2 daughters, 1 brother, 1 sister, 12 grandchildren and 8 great-grandchildren.

SUTULA, Frank P., age 82, of W. Suffield, CT passed away Dec. 3, 2004. He served as a Tail Gunner on B-17s with the 8th AF, 385th BG, 551st BS. He was a POW at Stalag Luft 4. Survivors include 3 daughters, 1 sister and 3 grandchildren.

TURNER, Samuel O., of Union, SC died Nov. 18, 2004. He was a life member of AXPOW and Past Commander and current Chaplain of the Piedmont Chapter #1. He was also State Commander, Dept. of SC. During WWII, he served in the Army and was taken prisoner in Dec. 1944. He is survived by his wife, Hattie, 1 daughter and 2 sons.

WALTS, Charles, of Georgetown, IN died Oct. 19, 2004 at the age of 87. He was a member of the 100th BG, 350th BS and was the pilot on the "Invadin' Maiden". He was shot down over Munster and held in Luft 1, Barth. Both Charlie and Thelma were life members of AXPOW and the Kentuckiana Chapter. He leaves his wife, 2 sons, 1 daughter, 4 grandchildren, 4 great-grandchildren, 2 brothers and 5 sisters. Charlie loved the B-17 and his military service. He will be missed by his family and friends.

VAN ALLEN, Richard, age 86, died in Parke County, Indiana June 22, 2004. Mr. Van Allen was an Army veteran of World War II and a member of the West Central Indiana AXPOW. He is survived by his wife of 54 years, Jane, 4 daughters and their families.

ZITO, Prosper, 83, of Wadsworth, OH died Sept. 22, 2004. Prosper served in the Army during WWII with the 80th Inf. He was a POW in Stalag 11B. Survivors include his beloved wife of 58 years, Caroline, 3 sons, 5 grandchildren, 1 great-grandchild, 1 brother and 4 sisters.

Twenty-third Psalm

The Lord is my Shepherd;
I shall not want.
He maketh me to lie
down in green pastures:
He leadeth me beside
the still waters.
He restoreth my soul:
He leadeth me in the
paths of righteousness
for His name' sake.

Yea, though I walk
through the valley of the
shadow of death,
I will fear no evil:
For thou art with me;
Thy rod and thy staff,
they comfort me.
Thou preparest a table
before me in the pres-
ence
of mine enemies;
Thou annointest my head
with oil;
My cup runneth over.

Surely goodness and
mercy shall follow me all
the days of my life,
and I will dwell in the
House of the Lord for-
ever.

AMEN

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Doris P.
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AB Medical Co
12A, 9B

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Betty M. 38826 38827
Bon Aqua, TN
36 Inf. Div.
Colmar, Strassburg,
Limburg, Hammerstein,
Gross Gluchen Farm in
Poland
9/30/44-4/12/45

John D. Collins
Evon A. 12202 38828
Webster, TX
8AF 467BG
Luft 4
8/5/44-6/1/45

Lawrence T. Carastro
Jeanne 20237 38829
Miami, FL
15AF 49BS 2BG
11B, Luft 6&4

Charles F. Sturgeon
Theresa Marie 30329 38830
Amarillo, TX
8AF 91BG 322BS
Dulag Luft, Luft 4&1

Ralph E. Hoag
Helga D. 33935 38831
Quantico, MD
18 Inf Co A 1 Div
Camp 59, 4B, 2B, 3B, 3A

Robert D. Teran
Marva B. 37485 38832
Sandy, UT
8AF 379BG 527BS
Luft 3, 7A
8/24/44-4/29/45

Doris M. Kinser 38833
Hampton, VA
Widow of
Clarence Kinser
O'Connell, Cabanatuan,
Niigata

Faye Deeb 38834
Danvers, MA
Widow of Joseph J. Deeb
Kempi Omori #1

Beverly Hammond 38835
Yuma, AZ
Widow of
Elbert Hammond
Luft 3

Marie Stoeppler 38836
St. Louis, MO
Widow of William
Stoeppler
Luft 3

Margaret Carroll 38837
Sacramento, CA
Widow of Oliver J.
Carroll
Luft 3, 7A

Bernard Rader 38838
Freeport, NY
Co K 301 Reg 94 Inf Div
Hospital in France
10/2/44-11/16/44

Eugene Gallagher 38839
Hillsborough, NJ
USAAC 8BG
Luft 1 2/8/44-6/15/45

Doretta E. Seese *38840
Mansfield, OH
Widow of Roy Seese
7A, Bavaria
9/9/44-5/3/45

Ronald S. Barnick *38841
Highland, CA
Son of Stephen Barnick,
ETO

Juanita C. Martin *38842
Hitchcock, TX
Widow of Joseph Martin
Luft 1

John Edward Lee *38843
Falls Church, VA
301BG
Bucharest, Romania
7/22/44-9/6/44

Robert L. Shimer
Sylvia *38844 38845
St. Joseph, MO
7 Inf Reg Div
50 miles from China
Border
6/2/53-8/24/53

Joseph J. Merlino
Mary B. 38846 38847
Yonkers, NY
Army
13, 7A 9/44-5/45

Harry C. Schaumloeffel
Mary E. 38848 38849
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9B 12/10/44-4/1/45

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Past National Commanders

Virgil McCollum	1948-1949
Kenneth Day	1949-1950
John Walker	1950-1951
Ray O'Day	1951-1952
Robert Geis	1952-1953
William A. Berry	1953-1954
James S. Browning	1954-1955
Roger Bamford	1955-1956
Walter Yosko	1956-1958
Leo J. "Moose" Maselli	1958-1959
Paul Richter	1959-1960
George Coates	1960-1961
Jack Warner	1961-1962
Alex Salinas	1962-1963
Pat Wheat	1963-1964
Ralph Rodriguez	1964-1965
Rufus W. Smith	1965-1966
Calvin Graef	1966-1967
DC "Bull" Massey	1967-1968
Chuck Towne	1968-1969
John Lay	1969-1970
Grady Inzer	1970-1971
Juan Baldanado	1971-1972
Harold Page	1972-1973
Walter Pawlesh	1973-1974
DC Wimberly	1974-1975
Joseph Perry	1975-1976

Melvin Madero	1976-1977
Joe Schisser	1977-1978
Joe Upton	1978-1979
Herman Molen	1979-1980
Stanley Sommers	1980-1981
Charles Morgan	1981-1982
Charles Miller	1982-1983
C. Earl Derrington, Jr.	1983-1984
Alfred P. Galloway	1984-1985
Orlo Natvig	1985-1986
Wm. Curtis Musten	1986-1987
Albert Bland	1987-1988
Milton Moore, Sr.	1988-1989
John Edwards	1989-1990
Francis W. Agnes	1990-1991
John Krejci	1991-1992
Charles Minietta	1992-1993
William E. Bearisto	1993-1994
Charles Prigmore	1994-1995
Lawrence S. Moses	1995-1996
Wm. E. Mottern	1996-1997
Wayne Hitchcock	1997-1998
Richard Throckmorton	1998-1999
Zack Roberts	1999-2000
Bill Schmidt	2000-2001
John Klumpp	2001-2002
Maurice Sharp	2002-2003
F. Paul Dallas	2003-2004

The American Ex-Prisoners of War... A not-for-profit, Congressionally chartered, veterans service organization representing approximately 35,000 former prisoners of war and their families.

Founded April 14, 1942

Incorporated October 11, 1949

Congressionally Chartered August 10, 1982

Emblem History

The American Ex-Prisoners of War emblem was designed as a lapel pin by National Director Byran I. Doughty of Denver, Colorado. The emblem of the American Ex-Prisoners of War shall be a shield with the curves at the top portraying the United States armed forces in all the armed conflicts throughout the world. The motto, "Non Solum Armis" is "Not by Arms Alone". The slogan is "We exist to help those who cannot help themselves".

Who we are:

AXPOW stands for American Ex-Prisoners of War, the national organization for American citizens who were captured by the enemy. Membership is open to all former prisoners of war from any theater in any war, all former civilian internees, and to the families of such persons. There is no such thing as an "associate" member and we have no aux-

iliaries. Each and every member is entitled to all privileges of membership. As it was in our beginning, mothers, fathers, brothers, sisters, wives and children stand arm in arm with their loved ones, working for the betterment of all former POWs.

How we started:

In 1942, information was leaking out about the atrocities and subhuman treatment that American prisoners of war were receiving in Japanese prison camps in the Pacific. When wives and mothers heard about their sons and husbands who had been taken prisoner, they started calling and writing their congressmen in an effort to find help or get assistance for their loved ones. Finally, two mothers, whose sons were members of the 200th Coast Artillery and had been captured by the Japanese, came up with an idea.

It was **Mrs. Charles W. Bickford** and **Mrs. Fred E. Landon** who, on April 10, 1942, persuaded other parents and relatives to hold a mass meeting. They formed an organization to get relief to the captured boys on Bataan. On April 14th, the *Bataan Relief Organization* began with Dr. V. H. Spensley, as Chairman. Their motto was "We will not let them down."

This group was very active in its efforts to get relief to the POWs and exchanging information as it came through. From this group in Albuquerque, other chapters sprang up all over the United States. The "BRO" was incorporated September 8th, 1943. In 1945, the control of the Bataan Relief Organization was turned over to the liberated members of the New Mexico's 200th Coast Artillery Regiment at an annual meeting held in Albuquerque, New Mexico. In 1946, the name was changed to the *Bataan Veterans Organization*.

The first national convention was held May 14, 1948, in Albuquerque. The second national convention was held in Hollywood, California, April, 1949. At this convention, it was voted to change the name to *American Ex-Prisoners of War* and the name of the publication to *XPOW Bulletin*. By changing the name to American Ex-Prisoners of War, it would welcome former POWs -- civilian and military -- and families from any war.



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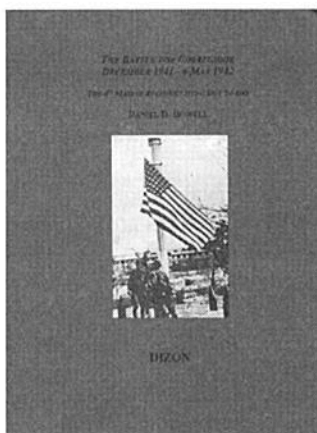
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Thank you for your support.

**American Ex-Prisoners of War
50/50 Drawing -- April 2005**

PLEASE PRINT

Name: _____ Telephone: () _____

Address: _____

City/State/Zip: _____

Here is my donation of \$5.00 for 6 chances to win the drawing.

Prize amounts are determined by the total amount donated.

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

You do not have to be present to win. Your donation is not tax deductible.
VOID WHERE PROHIBITED. Donation not required to enter.

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Ex-POW Bulletin
February 2005
40

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American Ex-Prisoners of War Website Biography

www.axpow.org

If you are not a current member of AXPOW,
you must submit documentation of your POW status.



Name

Nickname

Address

City/State/Zip

Telephone

Email

Conflict and Theater of Operation

Branch of Service

Unit

Where were you captured?

Date captured

POW camps you were held in

How long were you a POW?

Date liberated

Medals received

Job in the military

After the war

Submit 1 or 2 photographs (color or black and white).

SEND TO: American Ex-Prisoners of War
3201 East Pioneer Parkway #40
Arlington, Texas 76010-5396

Please include your check for \$65.

If you have any questions, please contact Clydie Morgan, National Adjutant, at 817-649-2979;
HQ@axpow.org
Biography:(please type or print)

Name Badge Order Form

Choice of attachment

(check one or we choose)

- ☐ Pin-on
☐ Clip-on



JOHN DOE

Chapter/City

Actual size of badge - 2" x 3"

Print information below

First name _____

Last name _____

City or Chapter _____

Name Badge with name & chapter or city..... \$ 8.00*

Cost of additional lines (\$1.00 each)

*includes shipping/handling

Total cost of name badge \$ _____

Ship to:

Street _____

City/State/Zip _____

AXPOW Vest Order Form

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: \$50.00, 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)	25.00	Vest Chainguard w/eagles	7.00	AXPOW Metal License Plate Frame	6.00
Maroon AXPOW Sport Cap	8.00	3" Blazer Patch	3.50	Aluminum License Plate	3.00
Eagle Sport Cap	9.00	4" Blazer Patch	3.50	3" Vinyl Decal	1.00
Vinyl Cap Bag	3.00	8" Blazer Patch	10.00	3" Inside Decal	1.00
Barbed Wire pin	2.50	CLOTH STRIPES (specify which title)	2.00	8" Vinyl Decal	5.00
Life Member pin	4.00	Life Member • Chapter Commander		12" Vinyl Decal	10.00
Crossed Flags Lapel pin	4.00	Past Chapter Commander • Chapter Adj/Treas		Bumper Sticker "Freedom Is Happiness"	1.50
Brooch pin	4.00	Adjutant • Chapter Treasurer		Bumper Sticker "Freedom - Ask us"	1.50
EX-POW pin (goldtone)	4.00	State Department Commander		Memorial Seals	
Logo pin	4.00	Past State Dept. Commander • Department Adjutant		3 sheets, \$1.00; 10 sheets, \$3.00; 20 sheets, 5.00	
POW Stamp pin	2.50	Department Treasurer • Sr. Vice Commander		AXPOW Daisies	1.50 dozen
Past Chapter Commander pin	4.00	Jr. Vice Commander • Chaplain • Historian		In lots of 12 doz, (ie, 24, 36, 48, etc.)	1.25 dozen
Past Department Commander pin	4.00	Service Officer • Legislative Officer		Wall Clock (battery included)	20.00
Eagle pin w/Barbed Wire	7.00	Past Chapter Officer • Past Department Officer		AXPOW Notecards (pkg of 25)	5.00
(specify gold, silver or antique gold)				Special Prayer Cards (pkg of 25)	5.00
Necktie w/logo woven in fabric	20.00	12x18 inch American Flag	5.00	AXPOW Prayer Book	2.00
(specify regular or pre-tied)		12x18 AX-POW Graveside Flag	10.00	Ladies Prayer Book	1.00
AXPOW Logo Bolo Tie	15.00	3x5 ft. AX-POW Flag w/3-color logo		POW Medal Poster Print	5.00
U.S. Flag Bolo Tie	18.50	with fringe, indoor use	60.00	AX-POW Constitution & By-Laws	5.00
Mini POW Medal Bolo Tie	20.00	with grommets, outdoor use	60.00	POW Videotape - ETO or Pacific	11.00
Goldtone Bolo Bezel w/cord	9.00	Canvas Totebag w/4" logo	15.00		
Logo Necklace & Pierced Earrings	10.00	"Speak Out" Education Packet	6.00		
2" Medallion (for plaque)	4.00				

Now accepting Master Card/Visa

QUANTITY	ITEM	SIZE / COLOR	PRICE

For orders up to 7.99, add \$2.00; For orders 8.00 to 24.99, add \$6.00
 For orders 25.00 to 49.99, add \$8.00; For orders 50.00 to 99.99, add \$10.00
 For orders over 100.00, add \$15.00 Checks/Money Order/Credit Card Accepted.

Shipping/Handling/Insurance:

Total: \$ _____

For credit card orders: Card # _____ Expiration: _____

(Check one) Master Card _____ Visa _____

Name _____

Address _____

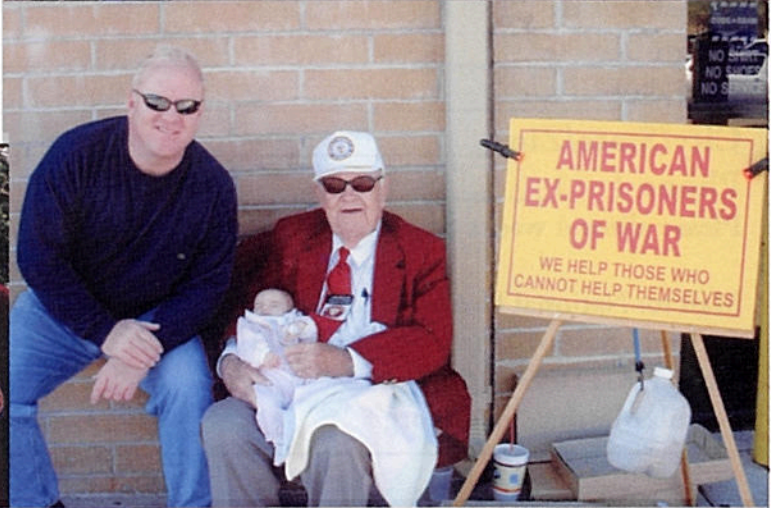
City, State, Zip _____

Phone _____

MAIL TO:
AMERICAN EX-PRISONERS OF WAR
3201 East Pioneer Parkway, Suite 40
Arlington, Texas 76010-5396
817-649-2979
axpowqm@aol.com



Clockwise from top left: SVC Gerald & Eunice Harvey meet with President George W. Bush; Fresno Chapter members show their spirit at the Veterans Day Parade; The San Francisco VAMC hosted a POW/MIA Recognition Day ceremony for area members; Daisy Sales around the country -top: Heart of America Chapter Member Jack Rheuark is one of three generations selling daisies. Also shown is his son Davis and new granddaughter Erin; bottom: PSC Bill Wells and Chapter Sgt.-at- Arms Leonard Dowling from Florida; PNC Bill Schmidt was sworn into the Ohio Veterans Hall of Fame. Here Bill is shown at right of Gov. Robert Taft; Albert J. Bland MD North Chapter members Smdr. Milton O. Price, Sr. and JVC Bud Huson visit the WWII Memorial and met up with Frank Stack from Sun City, AZ;



AXPOW Vests!

The uniform of the American Ex-POWs consists of the military cap and the vest. These vests are custom-made with your name on the front, and your chapter and logo shield on the back. Orders take approximately six weeks to complete.

\$50.00 each, includes shipping/handling

For pins, vest guards and other items to "dress up" your vest, order from the merchandise page inside.



Thank you for supporting the American Ex-POWS with your purchases of National Merchandise.

change of address form

Include your mailing label for address change or inquiry. If you are receiving duplicate copies, please send both labels. If moving, please give us your new address in the space provided.

Please print:

Name _____

Address _____

City/State/Zip _____

Phone () _____

Please allow 4 weeks to make address corrections.

Mail to: National Headquarters, AXPOW, 3201 E. Pioneer Parkway, Suite 40, Arlington, TX 76010-5396

Or fax: (817) 649-0109

e-mail: Marsha@axpow.org

Subscription Rates -- non members
\$20.00 per year

Foreign subscriptions
\$30.00 per year

Now accepting MasterCard/Visa

All orders for products sold by
AXPOW National Organization,
including dues/subscriptions
should be mailed to:

American Ex-Prisoners of War
National Headquarters
3201 E. Pioneer Parkway, Suite 40
Arlington, TX 76010-5396
(817) 649-2979/ (817) 649-0109 fax
e-mail: HQ@axpow.org
No collect calls, please

