

USS ROCHESTER (CA-124)



Association



Vol. II, No. 07

News Letter

August 2006

BRANSON REUNION

USS Rochester Trivia Contest

We have had a very good response to our request for Trivia. The Trivia questions will be included in your "Welcome Aboard" Packets, which you will receive at Registration. The questionnaires must be turned in to the Ship's Store by 1 PM on Tuesday. We will announce the winners and award the prizes at the Banquet Tuesday night. For those of you who will not be able to attend the Reunion, you may see the Trivia Questions online at the USS Rochester website. They will be posted there AFTER the Reunion.

Cribbage Tourney

Remember to bring your board and a deck of cards!!!! We will have a sign-up sheet in the Ship's Store for all of you who want to play - singles and / or partners. We will provide a space for you to indicate your preferred time. And don't even think that you've forgot how to play. It's like riding a bike: It will come back to you. Besides, what better way to bring back some ship-board memories of some of the other "games of chance" some folks played. And laugh a lot.

We will do our best to provide flexible scheduling for the games - in the Hospitality Suite - so they don't interfere with other important activities. Winners will be announced at the Banquet.

Reunion Pictures

There has been a slight change in the "group photo" which was to be provided. Since our group will be quite sizeable and a group photo could likely mean that we were all so small in the picture we'd be beyond recognition, it has been decided that we are going to dispense with the whole-group photo. However, our photographer, Glenn Fleek, is looking forward to taking the pictures our members want. So, if any of you want to put together your own small group, there will be a place, either in the Ship's Store or in the Hospitality Suite, for you to sign up for your group's photo. The time, place, and a possible nominal fee for your group photo will be taken care of by Glenn at the Reunion.

Our photographer will be set up to take pictures on Tuesday night before the Banquet begins for those of you who'd like to have your portraits taken when you're "all dressed up." We are looking into the possibility that you may be able to choose whether you want your portrait taken in a "formal" pose (the night of the Banquet) or an "informal" pose (at a time convenient to you during the day).

There will be information in your "Welcome Aboard" packets regarding the photography. And, we'll be asking you to fill out your ID form (also in the packet) before you arrive to have your portrait taken (either formal or informal).

Branson Reunion Books

We will be working with the same company that produced the San Diego Reunion Books. The cost of the books will be \$25. There will be an order form for a Reunion Book in your Welcome Aboard packet. You may drop off your Order Form with your payment attached in the Ship's Store during its regular hours of operation.

It is important to note: The Ship's Store will be ONLY handling the ordering of the Reunion Books.

Should you want to purchase copies of your portraits or your small group photo, that must be done through the Photographer at the proper time.

Of Planks and Pens

Planks:

Just a reminder: There will be a Redemption Certificate in the Welcome Aboard packets for obtaining your "Piece of the Roc." Since there are only a certain number available, the priority of availability is that the Plank Owners get their Planks first. We will set aside the proper number of planks for those folks. Then, Reunion Attendees are next in line. Finally, in the Newsletter AFTER the Reunion we will announce how many we have left and what shipping charge will apply. There is no cost to our members for the planks. However, shipping charges will apply. We're sure you can understand our "rule" of one plank per person.

USS Rochester Pen Sets:

As of this very moment we do not know exactly how many pen sets (USS Rochester Plank "left-overs" with the beautiful laser-engraved wooden box) we will have available. Nor do we know the amount of work involved in producing these heirloom pieces. Again, there will be a separate Order Form for a pen set in the Welcome Aboard packet. And, as with the planks, our Plank Owners will have first opportunity to purchase a set, followed by the Reunion attendees, and then they will be included in the price list in the Newsletter AFTER the Reunion. Since these are so very unique and well made, these, too, will be on a one-to-a-person basis.

THE CREW NEWS

ROCHESTER CA-124
Division U.S. NAVAL Sea Cadet Corp.
C.O. LCDR George Allen, NSCC

The Sea Cadets will be busy as usual. The June drill will be held in conjunction with the Henrietta NY Fire Department and followed by a picnic with the fireman. The July drill will be with the U.S. Coast Guard Station in Rochester. Activities to include, but not limited to, line throwing, line handling, operations of the fire pump, knot tying, team building exercises, general seamanship, etc. On July 9th the color guard and cadets will take part in the promotion ceremonies for Commander Joann Critelli USNR who will be promoted to Captain. The August drill will plan to have a Monroe County Deputy Sheriff and his canine partner to display the capabilities of how the two partners work together.

Shipmates Input

It would be nice, if in the News Letter there would be a column of important dates that could be added to highlight some of the significant events that has occurred in the lives of our shipmates. Birthdays, month only OK, anniversary's, enlistment date, separation date, or any other significant date you would like to share with your shipmates. Send me your inputs. Gordon Cargill – scotsmann31@sbcglobal.net

Association Officers

Garry L. Phillips, President	Richard Becker, Executive VP
Gordon W. Cargill, 1 st VP	Bart Bartholomew, 2 nd VP
Joseph S. Hill, Sec./Treasurer	Frank West, Chaplain
James Young, MAA	Larry Stone, Storekeeper

This newsletter is published quarterly by the USS ROCHESTER Association. The Association's officers encourage questions and comments. You may contact the Editor by writing Gordon Cargill
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From Secondary Con

Garry Phillips

One of our shipmates has suggested that we should honor the ROCHESTER by having a plaque dedicated to the ship installed on the Navy Memorial's Commemorative Wall. The plaques are approximately 4" X 7" and may include a picture of the ship and other information. I think this is a great idea.

The Navy Memorial is located in Washington, DC, at Pennsylvania Avenue and Seventh Street, NW. If you haven't been, it is well worth a pilgrimage there. It is the home of the original "Lone Sailor" statue, and it is the location of many dedication services, wreath layings, concerts, and similar events. As a matter of fact, I am going to a concert by the Navy Band at the Memorial on August 22.

A commemorative wall plaque will require some fundraising, but that will be addressed if we decide to pursue the idea. If you want to check out the Commemorative Wall on the internet, go to www.lonesailor.org. You'll like what you see.

... and ...

This summer, I volunteered to work in Vacation Bible School at Columbia Baptist Church, in Falls Church, Virginia. Although I didn't ask for a particular age group, I was hoping they would assign me to a group compatible with my intellectual level. They did! I was assigned to the two-year-olds as an assistant! It was a week of thrills, spills, and education. Man, did I learn a lot!

As we were on our way to the playground one morning, a bright, sandaled, wisp announced with sparkling eyes that she could count to ten.. "Oh, wow!" I said. "Let me hear you!"

So she began, "One, Two Fwee, Four, Five, Six, B, C, Eleven, Ten!"

"Wow! That's great!" The kid holding my other hand seemed impressed as well. We marveled at her brilliance all the way to the playground.

Now, I ask you: How many kids do you know, who know that the value of "B" is seven, and the value of "C" is eight? If only I'd known that back in high school!

We had ten toddlers in the class, and now I have ten new friends. We "teachers" should have to pay to have so much fun.
See you in Branson, Garry

Membership & Mailing Information

Cookeville, TN - The association runs on its active membership. We realize that reminders about dues may seem trivial at times, but if dues are sent in soon after the first of each year, expense of reminders will be avoidable. In any case, WE cannot thank each of you enough for renewing your memberships. If you are unsure of your status, check the address mailing label of your newsletter. An example: Joe Brown 05. Joe Hill will be glad to further verify your membership status. He will be glad to talk with you. Joe can be reached at 4011 Ditty Road, Cookeville, TN 38506-7663.
Phone: (931) 432-4848; FAX (931) 432-2534
E-Mail is: NiteCrawl@twlakes.net. Joe will also provide members' addresses and phone numbers upon request.

CHANGES OF ADDRESSES, PHONE NUMBERS - E-MAIL ADDRESSES

After each mailing of this News Letter, there are always several that are returned from the Post Office as "FORWARD TIME EXPIRED RETURN TO SENDER". It is apparent that as shipmates move they notify the Post Office, and most likely their bank, credit card provider, utilities, and their local newspaper delivery to name a few. When News Letters are returned, the shipmates name is then removed from the mailing list for future mailings. It is a shame to loose shipmates for the lack of attention when there is a change of address.

Please let Joe Hill know your new mailing addresses, phone numbers and e-Mail addresses. Notification of changes will keep the mail flowing on a steady course.

Identifying a Stroke...

You may be able to spot someone having a stroke by giving the person a simple, and easy, test to see if they can smile, raise both arms and keep them up, and speak a simple sentence. The test takes less than a minute, and Time is exceptionally important.

The symptoms of a stroke are often difficult to identify. A stroke victim may suffer permanent brain damage when people fail to recognize what is happening. However, YOU can recognize a stroke by asking the suspected victim three easy questions:

No. 1: Ask the individual to smile.

No. 2: Ask the person to raise both arms and hold them up.

No. 3: Ask the person to speak a simple sentence as clearly as he can.

If he or she has trouble with any of these tasks, call 911 immediately, and describe the symptoms to the dispatcher. Researchers are urging the general public to learn to ask these three questions quickly of someone they suspect of having a stroke. This test could result in prompt diagnosis and treatment of a stroke, and prevent permanent brain damage.

One of our shipmates told of a friend whose father was having a stroke and no one recognized what was going on. He drove his car from Sacramento to Seattle in that condition before a family member recognized his unusual behavior and called 911. While his life was saved, he suffered serious brain damage from the stroke. Remember, saving a stroke victim from permanent damage may be as easy as ONE, TWO, THREE!

WANTED

CRUISE BOOKS 1954 & 1955
Charles Lupton recently lost his cruise books due to a flood. He is interested in purchasing books from anyone who wants to sell them or knows who might have them to sell.
Charles Lupton, 31112 Country Club Road,
Franklin, VA. 23851. Tel. 757-562-6040.

Help Our Overseas Service Personnel

Pray for them.

New Members

We wish to welcome aboard (again) the new USS Rochester Association members:

Gary Harmon, RM3, OR Division
Las Vegas, NV, DOB 58-60
William G. Kinnick, EM2, E Division
Afton, OK, DOB 56-58
William R. Lipps, B Division
Winlock WA., DOB 54-56
George E. Mc Fall, EM3, E Division
Florence, AL, DOB 50-53
Lester W. Megers, FN, A Division
Mantachia, MS, DOB 52-56
Michael A. Rojo, SR, MM3, A Division
La Puente, CA, DOB 55-59.

TAPS

The following shipmates were reported to have

Name	ST	Yr	Div	OnBd
Joe C. Allen	TN	2006	5 th , 7 th	55-59
Bernard J. Clifford	VA	2006	M	47-52
James F. Curry	PA	2006		
John C. Foley	VA	2006	CS	48-48
Paul W. Foster	GA	2006	K	51-54
Marvin T. George	KS	2000	Fox	
Robert L. Jones	UT	2005	B	59-61
Luis I. Macias	TX	1998	6 th	54-57
Karl T. Swanson	CA	2005	Ch Eng	58-60

Giving Honor To Parents

Frank West, Chaplain

The command to honor parents is number 5 of the 10 commandments in the book of Exodus. This teaching found a place in every moral code. An Egyptian before Abraham, Confucius in China and the moral system in Rome all taught this truth. This is a basic concept that needs to be continually emphasized in our culture.

The implementation of this teaching has some challenges. It involves what happens to the parents when they need help from their children. My concern is that we, as shipmates, are in an age bracket where we may need help from our children. This is illustrated by the following story.

On April 6, 2006, Deborah Roberts from Good Morning America shared her story of how her parents, Ben and Ruth Roberts had guided their nine children through tough and difficult times. Now, Ben, 83, suffers from colon cancer and Ruth, has arthritis and dementia. The bulk of caring for the parents fell on the shoulders on one daughter, Tina Clarington, who was more than happy to help with her parents, but like many of the estimated 44.4 million Americans serving as caregivers, sometimes felt overwhelmed. She states, "Somebody help me now!"

Terry Hargrave, a family therapist and professor of counseling at West Texas A&M University states, "So if you take all the strains of regular life and double it, you are going to end up with some of the problems that you have with chronic stress. You have a greater susceptibility to high blood pressure, more heart problems and more chronic illness that goes on with the caregiver than it does with the non-care-giving population".

Dr. Tedd Mitchell, a medical director of the Wellness Program at Dallas' Cooper Clinic states, "Caregivers feel stressed and even angry when trapped in a situation that demands their complete attention. And yet, on those occasions when they do get away, they feel guilty. Then, their loved one's death can bring further emotional turmoil - grief from the loss-but relief from the burden".

During the past few years I have been the recipient of honor by receiving help from caregivers in time of personal need. I have also been the caregiver for one who was deeply loved and know the extent of the involvement needed. I still remember the advice of the social worker who stated, "Take care of yourself or you will burn out".

Out of all this, I suggest the following. Shipmates, make plans so it will be as easy as possible for others to care for us. Prepare a Living Trust, have your future desires in writing so others can care for you, have one person designated to make decision for you and then go ahead and enjoy life. In the Roberts story, Tina sent an E-mail to her siblings and said, "HELP". A family meeting was held and plans made to ease the load she was caring and more assistance was provided for the parents. May parents get the honor they deserve and children not get overwhelmed.

Branson Reunion Update

Listen up, listen up. Do you remember those words?

The reunion in Branson is coming about very soon now. For those who have not made their reservation yet, time is running out. Reservations made after September 1, 2006 will be charged an additional \$25.00 late fee per attendee. For those who have made their reservations the balance is due in full to Branson Hospitality by September 1, 2006.

All reservation monies are to be paid to Branson Hospitality. Full refunds will be accepted up to ten (10) days prior to October 1, 2006. After that date refunds will be paid, minus any deposits that are not refundable.

The weather in October can be unpredictable. One day it can be in the 60-70 degrees and the next in the 30-40 degrees. Evenings will most likely be cool. Bring clothing that will be suitable for a change in climate.

Ship's Store Hours At Reunion

We don't know how the weather is at your house, but here in SE Central Illinois on Turkey Creek it's really been more-than-just-warm. Being in the Ozarks early in October is sounding really good. We hope you all are planning to be there! We're looking forward to the Reunion, some great weather, and seeing all you good folks again. ☺

Following is the schedule for the Ship's Store to be open, based on the Schedule of Events. We are asking for some volunteers to help out. We will also have the hours of operation posted at the Reunion; but if we could hear from our most-valuable "assistants" prior to arriving in Branson, that would be sincerely appreciated. If you see some hours on **our** schedule that will fit **your** schedule, please drop us an email or give us a call.

The Hours:

Sunday:	1 PM to 5 PM	
Monday:	8 AM to 9 AM	1 PM to 2:30 PM
Tuesday	8 AM to 9 AM	1 PM to 4 PM*

**The last hours of operation.*

We hope you see a portion of any of these times that will accommodate **your** schedule.

AND: When you're in the Ship's Store, remember to check out the "Reunion Sale Specials" area.

******Please Note:** Any mail orders we receive after Sept 10th will not be shipped until after the Reunion. Or, if you intend to be at the Reunion, make a note on the order form and we will have your order ready for you to pick up at the Reunion.



THE PARADOX OF TIME

The paradox of time is that we:
Have taller buildings, but shorter tempers
Wider freeways, but narrower viewpoints
We spend more, but have less
We buy more, but enjoy less.

We have bigger houses and smaller families
Bigger churches and smaller congregations
A multitude of prayers, but very little faith
A blessed life, but lack of gratitude
A loving God for our blemished hearts

We have more convenience, but less time
We have more degrees, but less sense
More knowledge, but less judgment
More experts, but more problems

We have multiplied our possessions,
But reduced our values
We talk too much, love too seldom
And hate too often
We've learned how to make a living but not a life
We've added years to life, not life to years

We've been all the way to the moon and back
But we have trouble crossing the street to meet
A new neighbor
We've conquered outer space, but not inner space
We've cleaned up the air, but polluted the soul
We've split the atom, but not our prejudice

We have higher incomes, but lower morals
We've become long on quantity, but short on quality

These are the times of tall men, and short character
Steep Profits, and shallow relationships
More leisure, but less fun
More kinds of food but less nutrition
These are the days of two incomes, but more divorce
Of fancier houses, but broken homes

It is a time when there is much in the show window
And nothing in the stock room
A time when technology can bring this letter to you
And a time when you can choose to make a difference
Or just hit delete

Submitted by Louis DiRusso
