



MOPH September 2010 Department of Pennsylvania News Bulletin

Vietnam Memorial Wall



If you know someone who is on THE WALL, you'll want this. Not only can you find each name, but all of the info on that name is there, like dates, rank, how killed, etc.

Go to <http://www.virtualwall.org/iStates.htm>, First click on a state. When it opens, scroll down to the city and the names will appear. Then click on their names. It should show you a picture of the person, or at least their bio and medals.

This really is an amazing web site. Someone spent a lot of time and effort to create it. I hope that everyone who receives this appreciates what those who served in Vietnam sacrificed for our country.

The link below is a virtual wall of all those lost during the Vietnam War with the names, bio's and other information on our lost heroes. Those who remember that time frame, or perhaps lost friends or family can look them up on this site. Pass the link on to others, as many knew wonderful people whose names are listed.

Three Navy Carrier Groups

FASCINATING PHOTOS OF OUR MILITARY AND BE SURE TO READ THE QUOTE AT THE END. IT SHOULD BECOME OUR NATION'S NEW MOTTO. NOTICE WHO IS FLYING THE NEW AIRCRAFT AND ALSO THE NEW SHIP MADE FROM THE TWIN TOWERS IS PICTURED.

The plane in these pictures is still officially the 'Air Vehicle Number 1', a prototype, on board the USS George Washington. CVN-73 for catapult fit checks. Not exactly still Top Secret but certainly not yet made public.

It will be known as the F/A-37. Although specs are classified, it is believed to be Mach 3.5 (top speed in the Mach 4 range), super-cruise stealth fighter/bomber/interceptor with approximately a 4,000nm range.

Awesome!



Check out the Navy test pilot in the cockpit of the F/A-37...LT. Kara Wade.



For the first time in over 20 some odd years, three carrier strike groups got together in formation for a great photo op.

From top to bottom are the aircraft carriers, ABRAHAM LINCOLN, KITTY HAWK, and RONALD REAGAN.

We even had Air Force planes fly-over, see the B-2 Stealth Bomber in the fifth & seventh picture down. The only warships not seen in the photos are the 4 nuclear powered submarines standing guard.









GREAT NEW PHOTOS! Here SHE is! As you scroll down, notice the two twin towers on top.





Here SHE is, the USS New York, made from the World Trade Center!

The USS New York was built with 24 tons of scrap steel from the World Trade Center.



It is the fifth in a new class of warship designed for missions that include special operations against terrorists. It will carry a crew of 360 sailors and 700 Combat-Ready Marines to be delivered ashore by helicopters and assault craft.

Steel from the World Trade Center was melted down in a foundry in Amite, LA. To cast the ship's bow section. It was poured into the molds on September 9, 2003. "Those big rough steelworkers treated it with total reverence," recalled Navy Capt. Kevin Wensing, who was there.

"It was a spiritual moment for everybody there." Junior Chavers, foundry operations manager, said when the trade center steel first arrived, he touched it with his hand and said the "The hair on my neck stood up." "It had a big meaning to it for all of us," he said. "They knocked us down. They can't keep us down. We're going to be back."

The Ship's Motto is, "**Never Forget**"

Please keep this going so everyone can see what we are made of in this country!

NOTICE: All Purple Heart Members are encouraged to check our News Page under the Title Announcements from National at the top of the page. We'll post all correspondence as soon as possible.

B&B's offering free stay for Veterans Day

By Vicki Smith - The Associated Press

Posted: Tuesday Sep 28, 2010 12:25:49 EDT

MORGANTOWN, W.Va. - A West Virginia innkeeper who started letting military families stay free for Veterans Day in 2008 has recruited 400 inns across the U.S. and Canada as part of an initiative to offer free rooms this fall.

B&B's for Vets is a way to thank active and retired military members for their service and to raise awareness of the bed-and-breakfast industry, said Kathleen Panek, who runs the Gillum House in Shinnston.

"People don't understand that a bed and breakfast is about the warm and fuzzy feeling the innkeeper gets and a good experience for the guests," she said. "Because we sure aren't in it for the money."

As of Tuesday morning, nearly 400 independently owned inns, including five in Canada, had signed on to offer free rooms Nov. 10, the night before Veterans Day. Most of the establishments are small: The average size of a bed-and-breakfast in the U.S. is five or six rooms, according to an industry group. Some participants can spare just a single room, while The Colonial Inn in Smithville, N.J., is offering 20 of its 24.

A valid military or Veterans Administration ID is required for each reservation. "I only ask for one room because let's face it: It's an expense, a loss of revenue, and we're not looking to bankrupt anybody," said Panek, a 64-year-old Brooke County native who opened the Gillum House in 1996 after leaving a data processing job in Illinois.

Panek's first Veterans Day guest was a young Navy officer visiting in-laws in Fairmont. Last year, she hosted a National Guardsman and his wife, and the West Virginia B&B Association embraced her idea. Ten Inns made a total of 23 rooms available.

This past January, Panek went to a conference of the Professional Association of Innkeepers International. A speaker asked the crowd why more people don't visit B&Bs.

"Never thought of it.' That was the answer," Panek said. "I thought, 'I don't want to ever have that be said again.'"

Panek, whose grandson in the Navy is serving in Afghanistan, decided her personal expression of gratitude could also be good for business.

"But the main object is to say thank you to the veterans," she said.

Jay Karen, president and chief executive of the New Jersey-based association for independent, mostly small inns, said a 2009 survey with TripAdvisor.com showed more than 50 percent of travelers said it had never crossed their minds to stay at a B&B, and the industry is now trying a variety of approaches to raise its profile.

But Panek's idea, which predates the survey, came from "the goodness of her heart," he said.

"The germination of this didn't come as a way to get more exposure for the industry. That may be a wonderful byproduct but it wasn't the reason," he said.

It's easy for a chain hotel - where properties often have more than 100 rooms - to offer free accommodations for veterans, Karen said, but for a tiny inn, "when you're giving up a room, it's a huge commitment."

Many innkeepers are ex-military, including 20-year Army veteran Jess Beaty, who is making two rooms available at the 5 Continents Bed and Breakfast in New Orleans, La.

"I commanded a unit three times, and I just feel very strongly we should take care of the troops," said Beaty, who offers discounts to veterans year-round.

But Martin Ramirez - who owns the Historic Mankin Mansion in Richmond, Va., with wife Paula, and relies mainly on weddings to fill three suites and two cottages - has no direct link to the military.

"We're not veterans ourselves, but we appreciate all the things they've done for us and all the privileges we have here," he said. "It seems a small thing to do for all they've done for us."

Walt and Jean Hylander, who own Rosswood Plantation in Lorman, Miss., have taken Panek's idea a step further, providing free accommodations in their four-room inn to active service members year-round.

Walt Hylander is a West Point graduate who spent 29 years in the Army and earned a Silver Star for his service during the 1968 Tet Offensive in Vietnam. "I know about the military life. I appreciate the soldiers, and I also appreciate the military wives and children. They make sacrifices, too," Jean Hylander said.

"I love the Army, and when you're in the military, they really are like family," she said.

Online:

- B&Bs for Vets <http://www.bnbsforvets.org/participants.html>

- Innkeepers Association <http://www.innkeeping.org/>

<http://www.bnbsforvets.org/innkeeper.html>

<http://www.navytimes.com/news/2010/09/ap-bed-and-breakfast-free-stay-for-vets-092810/>



SUBJECT: New Aspirin serious stuff. Just a reminder... Keep a box bedside, in your car, in your wallet etc...

Bayer is making crystal aspirin to dissolve under the tongue. They work much faster than the tablets.

Why keep aspirin by your bedside?

There are other symptoms of a heart attack besides *the pain on the left arm*.

One must also be aware of *an intense pain on the chin*, as well as *nausea* and lots of *sweating*, however these symptoms may also occur less frequently.

Note: There may be NO pain in the chest during a heart attack. The majority of people (about 60%) who had a heart attack during their sleep, did not wake up. However, if it occurs, the chest pain may wake you up from your deep sleep.

If that happens, *immediately dissolve two aspirins in your mouth* and swallow them with a bit of water.

Afterwards: **CALL 911** - say "heart attack!" - say that you have taken 2 aspirins - phone a neighbor or a family member who lives very close by and take a seat on a chair or sofa near the front door, and wait for their arrival and...

DO NOT lie down.