White Oak Laboratory Alumni Association, Inc.

The Leaf

VOLUME VII ISSUE 1V **PROUD MEMORIES** **Fall 2005**

- **Events** *
  ***NOL Lunch 2nd Mon @Golden Bull Rest.**
  ***WOLAA Holiday Lunch, Fri. 9 Dec 2005 @ Argyle CC**
  ***Stratmore Night: TBD**
  ***WOLAA FL Reunion, March 2006, At Ft. Meyers Area.**

- **The LEAF is published quarterly by the WOLAA, Inc. for its members.**

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11 September 2001…..GOD BLESS AMERICA!

HOLIDAY LUNCHEON

Friday, 9 December 2005 @ Argyle Country Club. 1100-1500

!!!Mark Your Calendars NOW!!

WOLAA is completing plans for another great holiday luncheon. You will be getting your flyer and reservation form in late October. Watch for it and plan to attend.

We will again offer your choice of two delicious entrée: salmon and steak; these will be accompanied by salad, vegetable, rolls, beverage, and dessert. Cash Bar Will Be Available. Plus, Santa's helpers are preparing to bake WOLAA holiday cookies, and Santa Dee is cooking up a special WOL oriented gift for all. We believe the price will remain at $23 a person; but check your flyer for the exact cost.

A holiday welcome but no speeches; just friendship and memories to begin your holiday season.

Plan to attend with your unit from WOL and reserve a table. Several groups from Supply and R Department have done this and enjoy the renewed WOL friendship over lunch.

If you see someone from WOL, pass this information to them and encourage them to attend. See you there.

News from WOLAA. Mjt

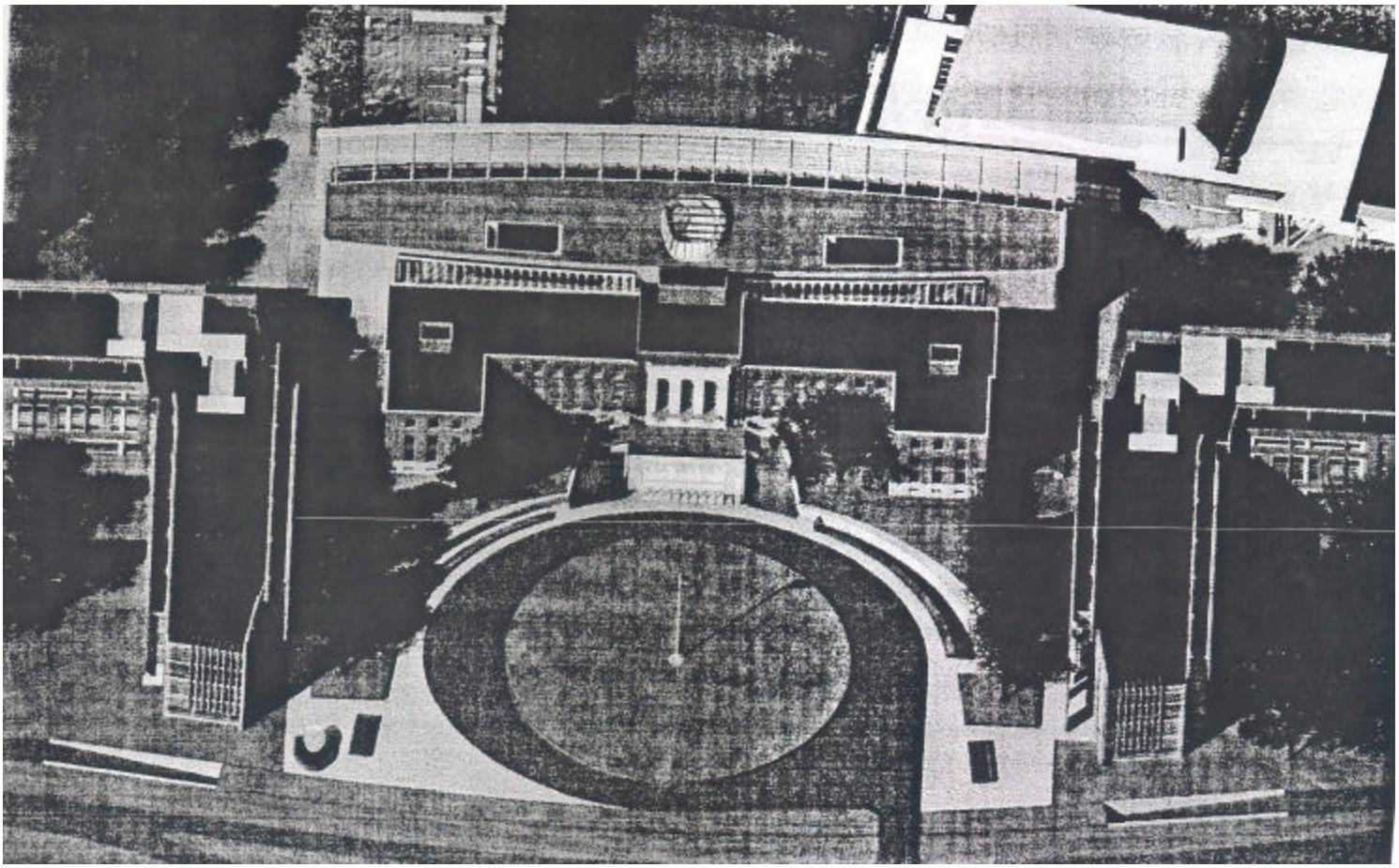
***Membership Drive.** We are doing very well with our membership. Out projection was that over the last several years our membership would start to drop. To our surprise, we have stayed right around our goal of 600. In 2005, we had 594 members. Out lifetime membership has also grown and we appreciate their confidence in WOLAA.

In late November 2006, WOLAA will begin our 2006 membership renewal. You will receive a membership renewal form and self addressed envelope. Please plan to renew and return the form asap. Also, please continue to recruit new members by telling WOL folks you meet in your daily or vacation travels about WOLAA.

We hope WOLAA is meeting your expectations. We welcome new ideas and changes you desire. Email to mrspat218@aol.com; phone at (301) 439-3140; or write to our P.O. Box 1002, Olney, MD. 20830.

***NOL Flagpole.** FDA/GSA plan to move the NOL flagpole closer to the Main Building to fit in a new court yard and circle complex. See picture below. Recently, someone wanted to paint the flagpole where it stands to spruce it up for the 1500 FDA employees who will be working in the buildings shown to the left of the main building. The history of the pole came up. After much digging by Jim Proctor and Dee Zook, here is the history. It is not from the USS Maine as rumored; but "The flagpole was purchased in 1945 for $75.00 on contract Nord (f) 1384. The contractor was Raymond H. Burrows, 7649 Georgetown Road, Bethesda, MD. Its height is 43.9 ft and width 0.3 ft." "Gina" did not have the contract but she did have the property card. Gina is an archivist at the CEC/Seabees Archives in Port Hueneme, CA. Amazing.

NOTE: The building behind the WOL Main Bldg is the Central Shared Use which is in construction (Includes cafeteria, library, credit union, and IT stuff. The building to far rear right is new auditorium.



News from WOLAA (Continued)

*Historical Preservation.

-NOL Brick Project. This project has been declared successfully completed. Wayne Hopkins remained the sole dedicated brick cleaner and the hot Summer determined it was time to stack the bricks on pallets and move them to a secure location. This was done and now they await the design of walkways for their use. Our thanks to all who cleaned bricks. I have retired my MK 1 Mod 0 brick cleaning system; I hope never to have to bring it out of retirement. I'm sure Wayne and others agree with me.

-Golf Course. GSA has several bids to remodel/restore the WOL golf course to an 18 hole course with club house. The club house will be on County property in park back of and to the right of the Hillandale fire house. These proposals are ending evaluation and a company will be announced soon. This relates to the Proud Memory Garden. We learned that the area by Miller Hall where the garden was to be located would not be developed to 2008 or later and that it would be behind the FDA security footprint, as was noted in the last LEAF. The plan was to put the garden near the clubhouse and this could possibly be achieved by 2007. However, the Proud Memories Design Team headed by Dee Zook recently met and the discussion noted the club house while open to the public would not be on NOL property. It just didn't seem right to put the garden outside NOL property. Thus, the Team is exploring the idea of making it part of the landscaping of one of the tees near Bldg 1. This way the garden would be open to public and on NOL property. Clearly, it is difficult to match our needs and interest to the schedule and changes of the FDA/GSA project. We will keep trying.

-New Back Gate. This has been the intent for years but GSA is just now completing all the studies to achieve it. Currently, a road is under construction which begins just South of the North Gate on New Hampshire Avenue and circles the entire FDA campus. It goes along fence on North side of WOL property, comes along in front of NOL firehouse, goes in front of Bldg 90, circles around by road to CO/VCO houses and comes out to the south by the sand volley ball court. The road to back gate will pick up by Bldg 90, go east pass 130, wind tunnels, new bridge across Paint Branch, up the hill and then a left out of WOL property to a new road through Percontee's gravel pit and out to Cherry Hill Road. By the way, the Percontee's property is planned to be developed into a community like Reston, VA. Townhouses, office bldg, mini-Rock Creek Park (Small stream bed goes through the property), and upscale stores.

WOL Oral History

The following is a very interesting oral history of Ceramics at WOL. In the Winter LEAF, we will feature an oral history of NITINOL.

*Untold Stories of the WOL Ceramics Laboratory—Prologue—How It Got Started and Moved Forward by Frank J. Koubek.

That fine book: "The Legacy of the White Oak Laboratory" describes in brief (page 271) the origins of the Ceramics Laboratory at WOL. Being a charter member, I'd like to share with you some of the little known and unusual events that took place in the early days of the Ceramics Laboratory, and how it grew to maturity.

I had been at NOL less than a year when, in the Spring of 1957, upper management did a laboratory wide reorganization—shuffling various groups into new divisions and departments. Out of this came the Non-Metallic Materials Division with Irv Silver as Division Chief and Dr. Albert Lightbody as Chief of the Chemistry and Explosives Department. Part of the Non-Metallic Materials Division makeup included a newly formed High Temperature Materials Branch with Leo Gowen as our Branch Chief. The Branch was initially funded by the Special Projects Office and BuOrd to support the development of heat resistant

materials of the Polaris missile re-entry body and its propulsion system (nozzles and rocket motor liner insulation). In connection with this project, we were told that we would be involved in ceramics and ablative plastics R&D, and also the construction of a whole host of devices for testing these materials at ultra high temperatures.

Not surprisingly, this NOL reorganization completely changed my career overnight. I went from working on the development of propellant-ignition cartridge actuated devices to being a ceramics engineer!! When told that I would be working in ceramics, I had mixed feelings: (a) Thrilled to be getting into the dazzling field of space age heat resistant materials and (b) Troubled by my lack of experience and training in ceramics—much less "Super Ceramics"—the cutting edge of ceramics technology. To get up to speed, Ed Abrams (The designated head of the Ceramics Laboratory—but equally green.) and I embarked on learning everything we could about ceramics—their properties, uses, fabrication techniques, etc. We also hired a consultant—Professor James Tinklepaugh of Alfred University to guide us. James was an established expert in high temperature resistant refractory ceramics for military and other applications. In addition, Dr. Lightbody arranged with the Ceramics Department at the Bureau of Standards (Then on Connecticut Avenue) to take us under their wings for a crash course in ceramics. Ed and I spent about two months there in the Fall of 1957, working under the tutelage of various engineers and technicians to learn the fine points of working with various kinds of ceramics and glasses. We did a lot of listening, observing, and doing hands on fabrication of ceramics. We also joined the American Ceramic society, and attended their symposia and annual meetings. We also visited numerous DOD and NASA laboratories and contractors sites where ceramics R&D was ongoing; and we read everything we could get our hands on. In 1959, Ed Abrams left NOL, and I became Head of the Ceramics Laboratory; and then in 1961, I became the Head of the High Temperature Materials Branch, when Al Timmins (then Head of the Branch) went to NASA Goddard. In 1962, we hired Roger Wilson, a ceramics engineer (Alfred University). Roger's background and fifteen years experience proved to be a valuable addition to the Ceramics Laboratory. Another factor that contributed to the success of the Laboratory was the encouragement and support from my boss, Bob Barnet, who became our Division Chief in 1959 when Irv Silver went to BuOrd. (Irv also was a guiding light during his short tenure.)

The Ceramics Laboratory, initially, was located in two bays in Building 4 on the first floor, but we soon moved to more spacious quarters (four bays) in the basement of Building 2. We acquired four kilns (three electric and one gas fired) for sintering—firing operations. We also built an induction heated hot press for fabricating super-refractory materials (carbides, borides, nitrides, etc.). We also acquired three flame (melt) spray systems for applying ceramic oxide coatings to metallic substrates and apparatus for drawing glass fibers from the molten state. These equipments, together with the usual assortment of ball mills, sieves, scales, mixers, drying ovens, etc., provided us with the capability to fabricate a broad spectrum of ceramic—refractory materials.

Over the next thirteen years, the R&D work we did impacted mainly on Polaris and Poseidon missile rocket nozzles, combustion chamber thermal insulation, and re-entry body materials; and later beginning in 1970, we became the nucleus for the WOL REVMAT program—a large WOL and contractor project aimed at the development of high temperature resistant materials for the TRIDENT missile. This program introduced us to still another new technology area—graphite and carbon-carbon composite materials.

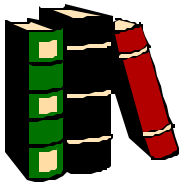
Besides the Fleet Ballistic Missile programs, we also developed a patented process for making ceramic coated reinforced plastics that saw service on the Shrike tactical missile. We dabbled a bit into exploring the feasibility of using hard ceramic tiles for body armor for Marine ground forces in Viet Nam. We also worked with Hal Perry on his massive glass deep submergence vehicle program by studying the stress corrosion characteristics of surface compressed glass in sea water. We did numerous service projects for various WOL development programs needing heat resistant ceramic materials.

All in all, it was an exciting time to be participating in the development of high-tech heat resistant space age materials. Moreover, it went beyond my wildest dreams that I would be involved in this

technology area for more than twenty eight years—given that my formal schooling was in Chemical Engineering!!!!

Editor Note: Frank has several more oral histories in the works, including "Ina Talmy Story" and "The Cuban Missile Crisis." This second history will make you think where you were in October 1962; do you remember the guards were stopping our cars for inspection at the main gate house on New Hampshire Avenue? I also remember thinking that we may get to use the bomb shelters and barrels of drinking water and rations stored in the tunnel between Buildings 3 and 30. My thanks to Frank for these great oral histories. We hope it inspires other alum to prepare their WOL oral history.

Book Review Johnny Grams. Mjt



Two reviews about our history this time. The first prepared by George Stathopoulos about the first year of the Revolutionary War and the second about the recent Iraq War by the man who lead it—General Franks. 4 WO Leafs are tops.

***1776 by David McCullough (2005).** In my opinion, David McCullough is one of the most popular historians and best storytellers of our generation; therefore, it was with great anticipation that I looked forward to his latest book, *1776*. Suffice to say that I thoroughly enjoyed it. Among other honors, McCullough has won Pulitzer Prizes for biographies on Truman (1993) and John Adams (2002). The latter remained on the N. Y. Times bestseller list for over one year, and in some respects is a companion book to *1776*.

Although it was McCullough's stated intention to chronicle the first year of the American Revolution, events steered the narrative from just being a war story to an incisive biography of George Washington during this critical period. When the war broke out, he volunteered his services, and was nominated by John Adams to command the revolutionary force that consisted of an unruly mob of untrained and ill-equipped New Englanders. The initial battleground was in and around Boston where the British had turned the city into an "impenetrable" fortress. The inexperienced Washington wanted to storm the fortress; however, his officers convinced him that he did not have the resources to do so. What carried the day was an imaginative and remarkable engineering feat performed by Henry Knox, a bookseller by profession. He led a team in transporting 58 French mortars and canons, which had been abandoned in Fort Ticonderoga, to the Boston site, in the dead of winter over muck, water, blizzards, and ice, without losing a single piece. Once these pieces were mounted on Dorchester Heights overlooking Boston Harbor, the British knew that their position was untenable and evacuated by sea. Thus Boston was won not by direct assault, but by a remarkable engineering feat, and the Revolutionary Force was spared from what could been a critical defeat had Washington been allowed to storm Boston.

The British with their mercenaries took positions in New York where their naval superiority could be used to greater advantage and where many colonists loyal to the crown resided. It was here that Washington's inexperience and indecisiveness resulted in serious defeats of the Revolutionary Army and almost ended the war. Complete disaster was avoided by the successful evacuation of the American forces across the East River, a feat that was executed during favorable wind and fog conditions that combined to negate the British naval superiority. During the ensuing months, however, the Army suffered the loss of thousands of troops killed or captured in battles, and in addition, faced loses through the expiration of many enlistments and desertions. (Many of the prisoners suffered horrible deaths aboard the British prison ships.) A number of his staff members lost confidence in Washington's ability to lead the Army, and Washington, himself, had self doubts. Thomas Paine hit the nail on the head when he wrote that these were the times that tried men's souls. McCullough is at his best in describing this phase of the war and in discussing Washington's perseverance that was an important factor in keeping the revolutionary army together.

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Just when it looked like it was all over for the rebels, Washington pulled the proverbial rabbit out of the hat by doing the unexpected. In the dead of winter, he led what remained of his Army on a daring raid across the icy Delaware River defeating the Hessians at Trenton on Christmas and the General Cornwallis's forces at Princeton, catching both enemy

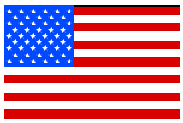
*American Soldier by General Tommy Franks with Malcolm McConnel (2004) and Battle Ready by Tom Clancy with General Tony Zinni (Ret.) And Tony Kolz (2004).

These two books are a must read who want to learn about our history from Viet Nam War to the last Gulf War; understand the outstanding leadership quality of our military; and understand the role technology and maneuver warfare played over the last 20 years.

Tommy Franks is a Texan who dropped out of Texas U after partying for two years, enlisted in the army, was selected for OCS, became a 4-star general, and was CINC of CENTCOM from the bombing of the USS COLE thru the last Gulf War. Tony Zinni grew up in an Italian neighborhood in Philadelphia; graduated from Villanova, became 2nd LT in Marines from "ROTC", became 4-star General in Marines, and was CINC of CENTCOM from Somalia to just before the bombing of USS Cole. You will learn of the time both men spent as diplomats in the CENTCOM region to build relationships and coalitions relative to the military mission. Both also spent huge chunks of time planning and briefing their plans for DC approval. Here are some interesting points revealed in these books that I didn't get from media coverage:

-**Somalia.** Somalia relief effort under the First Bush was a success and the country was starting to have order and the people were receiving relief effort. Zinni lead this effort. Then the UN took over the mission and it became a disaster. The leaders of the UN force were out to get the warlords, especially, Aideed. He controlled the capital city and was a difficult opponent. This vendetta resulted in Blackhawk Down. After the Clinton Administration and the UN decided to get out of Somalia, Zinni was leader of a MEF unit sent in to evacuate Americans and UN troops. This was done successfully but not without much time spent negotiating with the warlords to stand down while the UN left. Aideed and Zinni were in a trusting relationship. Zinni asked him what caused Blackhawk Down. Aideed said he knew downing a helo was the way to trap the special forces coming after him. He said a trap with guns on the roof and "technical" located at key intersections. ("Technicals" were the weapon of choice----old pick-up trucks with mounted machine guns manned by "crazies.") He knew we would come to rescue the stationary and downed helo and set his trap accordingly. We did exactly what he knew we would and this disaster lead to the decision to withdraw from Somalia. The planning, diplomacy, and leadership by Zinni when first sent in on the relief effort and then on the withdrawal are amazing.

-Before 9/11. Zinni believes Saddam resisted to the WMD inspectors for a key reason. He was not trying to save his stockpile; he was determined to protect his R&D effort, including his ability to restart production. Air Strikes during the Clinton Administration were used to punish Saddam for not cooperating with inspections and for shooting at our aircrafts in the non-fly zone. They were not effective as Saddam detected the build up we did before major strikes and moved his key stuff out of known facilities. After the raid he moved them back. Finally, Zinni and CENTCOM came up with the idea to do a trickle build-up or no build-up so the raid came as a surprise. Desert Fox was an operation which did this; these strikes during the Clinton Administration really impacted the WMD capability, especially R&D, and also their C&C and air defenses. This was a planning factor in the last Gulf War. Saddam's war against the Kurds was ugly. Thousands of Kurds sought refugee in Turkey or on the Iraq-Turkey border. They were starving and dying. Zinni lead the relief effort. It was tricky to understand the Kurds and get the supplies to the people. The negotiations with Iraq and the Kurds to get them back to their homes was also tricky. The good relations with the Turks and Kurds from this effort were important during the last Gulf War. (The chout of Turkey and the Kurds were our friends. Saddam was not able to pull divisions out of fear a second front would occur.)



change in government prevented the second front; but we were still able to fly attack and rescue missions out of Turkey and the Kurds were our friends. Saddam was not able to pull divisions out of the North for fear a second front would occur.)

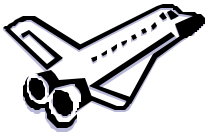
-After 9/11. General Franks has been criticized for not waiting for a large build-up, not having a large air campaign before the land attack, and having no plan for post war. I believe these are not accurate criticism. Franks is a very innovative man; he understood that his war was unique for many reasons: Saddam force was smaller and weaker in 2003 re first war; Ops like Desert Fox had seriously destroyed C&C and air defenses; our technology in a decade since the first war was night and day. We had used first gen precision weapons in the first war; now we had super weapons now integrated with C&C and maneuver warfare. He planned this way and was right! Franks had a 4-phase war plan; phase 4 was the post war. They had the leader of the post-war in country, and he was establishing his team and setting in place contracts and supplies. It would have been a success except the Iraq army just disappeared into the night making the rebuilding of the police and Army a lot more difficult than had been anticipated. I also don't believe they realized the extent of terrorism. However, Abu Zaqawi was known to have come into Iraq before the war from Afghan where he had been fighting as a terrorist. He was know to be a problem but was not dealt with at that time. Also, during the war, terrorists from Syria were detected to be entering the country from the West. Franks sent forces to stop them; but it was a difficult task as remains til this day. Terrorism is a separate and unique war!

One other surprise during the war was the use of "technicals" by Saddam. He had picked up on the "technicals" success in Somalia. We knew he had a 40,000 force of these "crazies." We believed he would hold them all back to make taking Baghdad a hell of door to door fighting like in Blackhawk Down. Instead, Saddam distributed the crazies across all the cities to the south of Baghdad. So, as a column of Abrams and Bradleys were going thru a city out would come the "technicals." We slaughtered them but took most of our casualties from them. The "technicals" are who ambushed the Jessica Lynch supply convoy. They were not nice people. Finally, many Americans and others in the world believe the administration lied about WMD and a lot is made of our intel on the subject. Franks noted that before the war two heads of state in the mid-east told him to beware of the Saddams WMD. The head of Yemen and Saddam were buddies and he said Saddam had days before the war implied he would use WMD. Franks and our troops fought the war in MOPP gear. So, was it mis-information by these leaders and Saddam? An unanswered question in my mind about the war.

4.0 WO Leafs.

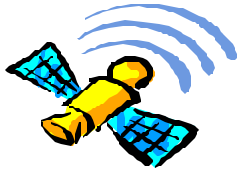
Ramblings of a Senior *Mjt*

***New Air and Space Museum.** The new Air and Space Museum near the Dulles Airport is Great! I have been there three times taking neighbors and grand kids. It is right off the Dulles Toll Road (Rt. 267). You take the Route 28 exit toward the airport. There are lots of signs and on the right hand side. Museum is free but you have to pay $12 to park. I wanted to mention two exhibits which really excited me. First, the Osprey, tilt rotor aircraft. In 1980, I was working in the ASN (RDA) office when Bell brought forward the invention and test unit of a tilt rotor aircraft. In my mind this was a real need as the troop carrying helo's were built during the Viet Nam war and were now old, too small, and too slow. The tilt rotor seemed to be the right need for maneuver warfare, which was the new thing in 1980. (Now with the war on terrorism, I believe the need is even greater.) Bell brought their invention to DC. All the marine aviator, SECNAV (Lehman), ASN (Paisley and Cann) and all Col and above Marine aviators took rides in it and just loved it. Many even flew it. An obvious winner. Well 25 years later, the Osprey is about to go to production. Good Grief! (In fairness, there were difficult technical issues and crashes—as well as bad Congressional funding profiles.) Well the Bell model can now be seen at the museum.



More importantly, there is a model of SUBROC. It wasn't there my first two visits but is there now. It made my day and visit. I quickly read the write-up. I just knew NOL would not be mentioned. The write-up was wrong. They noted a 25-50 nm range; 35 max was more like it. They got the ASW use right and that it carried a nuclear payload. Then, they really blew it by saying it could be use against surface and air targets. Oh well! BUT, the last writing said the model was provided by NOL. I would have hoped that text would have said, "This system was developed by NOL and this excellent model was provided by NOL." Hey, at least NOL was on the plaque.

***Spy Museum.** I finally took the time to get tickets and visit the spy museum. What a great experience. We spent about 3 hours in museum and could easily have spent another 3 hours. You enter on the first floor and then are taken by elevator to the second floor. You begin by taking on an ID of a spy. My spy was named Silva and I had to memorize all the important info on him, and then when we moved into the first exhibit (after a neat video on spies) you were quizzed by the police on your ID. Pat, Jon, and I all remembered all the info. We were then given an assignment and were quizzed on assignment at end of tour. (Forget it; I couldn't remember anything by then.) My grand kids loved crawling thru duct work to spy on people down below (How many spy and robbery movies do you see folks crawling through the duct work?) I was one of the kids that day; and probably the oldest. A neat exhibit was a "bug" planted in museum and you could hear people's conversation. The bug technology has progressed from WW II where bug was size of baseball to now where bug is size of the end of a pencil. The most interesting was the solving of the German enigma code machine in WW II. It is very clever and I am puzzled as to how the Brits and Poles solved this super random code without our digital computer. Much history of all spies from Revolutionary times til today. The story of the Walker's giving away the Navy submarine secrets still upsets me.



Logistics. I went on line to get info: It would only allow me to order tickets on line for the next day. We were taking grand kids and wanted to make sure we had tickets so I went to Hechts and got tickets. Costs were: Srs. $13; 12-64 $14; 5-11 $11 and under 5 free. They have a combination ticket which allows you to see a special exhibit; it is now called "The Enemy Within." It increase cost by a few dollars but you save on the combination ticket. It takes and hour to visit and they didn't recommend for small kids. We skipped and were glad we did because Pat and grand kids were tired by the time we toured museum. We decided to drive. It was easy from our house. Right down N. Capital to got to E Street, where I made a right turn til got to 8th Street. A parking lot was there (Just behind museum which is located on 9th and F Streets.); it was $15 but was super convenient. Had quick lunch at Spy City Café which is next to museum on corner of 9th and F Streets (Dogs and burgs which are named after spies.). You enter at the time on your ticket. Many museum staff to guide you. I am ready to go back and heartily recommend it.

***Living in the Country.** We don't consider that we live in the city; but we now realize we didn't prepare our daughter to live in the country. Her husband and she recently bought a house in Winchester, VA, and in the country. We get weekly stories. Like, she was coming home late in the evening from work and came around the bend in the road to find cows standing in the middle of the road. Her quick solution, after she stopped, was to roll down the window and ask the cows to move. They did. A week or so later, I was clearing brush from her apple orchard, when she called to me to look out as there were two cows staring at me, and they had horns. On a recent Sunday, Johnna looked out the kitchen window and observed the herd of cattle in the pasture across the street stampeding (Her word!). They were, as coming down in the cows' pasture was a hot air balloon which had gotten into trouble. The final straw came last week. I had recently noted that when I attended FEI in Charlottesville, VA. for seven weeks that I came home every weekend; and I always observed several dead skunks along or on the road on each trip. My conclusion was this part of VA must have a lot of skunks. Right, now for the skunk stories. Johnna left the garage door open and went to bed. Her husband went outside through the garage to cover their grille. He heard a noise at the other end of the garage. Yep, there was this black with white stripe critter coming at him. He quickly opened the second garage door and escaped into the house. The next night as they were preparing dinner,

they began to smell an odor. Was it the propane tank leaking? Was it garbage? When had they begun to smell the odor? "Oh, when we let the dogs back into the house." Dakota, the beast of the German shepherd was fine; but as you have guessed, Summer, the second dog, had been sprayed. Living in the country is different from being raised near the WOL.

***Ready for the Nursing Home.** Mary Jackson has the best ever grand child story, and it relates to the emergency phone number—911. Ask her about it. Now I have the second best story. Emily, our seven year old grand daughter was visiting our house. She found a music box that played her favorite tune. She was dancing and humming to the tune. Pat could tell she really loved the music box, and told her she could have it and take it back to New Jersey with her. Emily thought a moment and then said, "Well, I suppose I could start taking things from this house, as pretty soon, you will be going into the nursing home."

***Baggies.** Among my several pet peeves is not being able to get things, like batteries, out of their plastic and sealed packages. But my special peeve is baggies. The deli clerk easily seals the lunch meat and cheese plastic baggie; I struggle to open it and then get totally frustrated to seal it. The baggie industry really helped when they added zippers to the baggie. But, wait, which side is open and which is closed. I try both sides and the dumb bag still won't open. Well finally, someone in the baggie industry gets my innovation of the lifetime award. The zippered baggie now comes with the words open and closed printed on the left and right top corners of the baggie. Now, even this Senior can open and close the bag without stress and frustration!

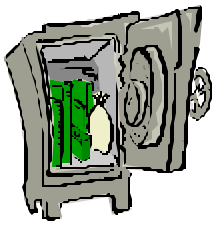
Features. Mjt

*Retirement News.

-Chocolate and Coffee. More positive studies on the use of chocolate and coffee. Recent research (Source: "Senior Beacon," Vol.17, No. 10; October 2005) determined that a cup of coffee contained more antioxidants than any other beverage or food. Antioxidants are believed to be very helpful in preventing cancer. Coffee (average consumption is 1.64 cups a day) produced 1,299 milligrams of antioxidants while the next competitor was tea at 294 mg and a banana at 76 mg. So, my morning coffee is right on track. For chocolate lovers, the news continues to be good. Cocoa beans have an antioxidant called flavanols. Vascular disease is linked to the artery's ability to make a simple but fundamental chemical called nitric oxide. Pharmaceutical companies have spent millions on finding a chemical to reverse the process so nitric oxide is produced. However, flavanols cause the cocoa to be bitter sweet, so most manufactures take them out of the chocolate. Now, companies are finding ways to leave the flavanol in chocolates. Mars Inc. is producing a granola bar with special cocoa powder which is rich in flananol (Now only sold on internet); they are also making chocolate covered almonds (Yum! Almonds are great for preventing cancer.). Also, there Dove dark chocolates include the desired chemical; gee, couple of squares of this candy would not be that hard to take. Finally, a mixture of coffee in the a.m. and cocoa in the p.m. may help all around.

-TSP Lifecycle Funds. For many, selecting a proper strategy and timing for shifting savings funds from more risk taking accounts to more secure accounts is not obvious. The Thrift Savings Plan accounts are now preparing to offer Lifecycle Funds. These will be set up to change the distribution of accounts from the high risk ones when you first join TSP to more conservative ones as you grow older. The funds will be set up as decades of use; L Fund 2010.....L Fund 2040. The 2010 account would have fixed income funds like the G Fund government securities, while the 2040 fund would focus on the riskier stocks,like the C and S accounts. For more info go to their web site: www.tsp.gov; or call 1 877 968 3778.

-Where to Store Important Papers. How many have safety deposit boxes at banks? How many of you have home safes or strong boxes? OK, we have them; but my big issue has always been what to store in them. I have been told it was important to file a will with the county and to have copies in the



safety deposit box and at home. But, is this correct? What about the rest of our "important" papers. Recently, the Washington Post published a table which I am including which seemed to make good common sense. Might want to check where you store your good stuff and might want to take to your financial advisor/planner/lawyer to see if they agree.

Here is one list of what documents you should have and where you should have them in case disaster strikes.

DOCUMENT	SAFE-DEPOSIT BOX	AT HOME	WITH ATTORNEY, RELATIVE OR FRIEND
Will, power of attorney, health care power of attorney, living will, burial instructions	✓	✓	✓
Copy of trust documents	✓	✓	✓
Deed to home, titles to cars, receipts and photos of property, other legal documents	✓	✓	
Lists of: insurance policies (with policy numbers), investment accounts (list account numbers), property, trusts, personal property, prescription drugs, names of doctors, employee benefits, bank accounts, debts, credit cards and related information	✓	✓	✓
Actual insurance policies		✓	
Canceled checks		✓	
Tax returns and supporting documents (keep at least seven years after filing date)		✓	
Current bills, charge slips: Keep one year for general purposes and indefinitely if used to provide legal evidence as proof of purchase. Store with tax return if needed to substantiate a tax-deductible item		✓	
Credit and installment records (until debt is paid)		✓	
Investment records		✓	
Instructions on how to get into your safe-deposit box and inventory of contents		✓	✓
Warranties		✓	
Education degrees, marriage certificate, divorce decree, legal settlements	✓		
Property ownership documents: Keep until property is sold, then keep a copy of purchase and sale agreements indefinitely	✓	✓	

SOURCE: Arthur Stein, First Financial Group

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*Technical Update.

-BRAC 2005. The BRAC Commission has finished it review of OSD's proposed BRAC for 2005. I was pleased that they reversed the closing of the sub base at Grotton, CT and the shipyard at Portmouth, ME. Perhaps, from an economic view closure was correct; but from my sentimental and historical side, this decision seems correct. NSWC/DL got really good news. The OSD study sent the CBW folks to Aberdeen and lots of G Department to the Army and China Lake. The "CO" of NSWC/DL sent a brief email to employees stating the BRAC commission turned around all those decisions except for "Weapons and Armaments" still going to China Lake. The exact definition of this was not given and email noted meeting with China Lake would be held to determine which programs/positions would go West. Dahlgren will continue to gain work from SPAWAR and C4ISR area by BRAC decisions. It appears that for those Dahlgren employees not desiring to move to China Lake that the Lab will work to find positions in other areas at Dahlgren.

-New CNO. In July, Adm. Michael G. Mullen replaced Adm Clark as Chief of Naval Operations. Mullen graduated from the Naval Academy in 1968. Clark was praised by SECDEF Rumsfeld for his leadership in preparing the Navy to fight the war on terrorism. He sited the Navy's response to the

Mid-east after 9/11 and their excellent support in the tsunami disaster.

-New NAVSEA. Vice Admiral Paul E. Sullivan will become the new NAVSEA replacing Vice Admiral Philip Balisle who retired in June. Sullivan is a graduate of the Naval Academy, surface qualified, holds two masters from MIT, is an Engineering Duty Officer, and was PM for both the Seawolf and then Virginia attack submarine developments.

*Alumni Updates. Mjt

-Sam Humphrey. WOLAA received a note from Sam in July. He has a new address: Sam Humphrey, Sunrise Kenwood, 9090 Montgomery Road, Cincinnati, Ohio, 45242. This is a nursing home with assisted living. I know Sam would be pleased to get a note from you. He noted he will turn 79 this Fall. Sam has been at this address since 22 June. His wife, Peggy, will join him by mid-August after recovering from her second broken hip.

-Length of Service Awards. Indian Head announced the following awards:

–15 Years. Lawrence Fan; Scott McKee; Tho V. Tran.
–30 Years. Ralph Balestrieri
–35 Years. Robert A. Kavetsky
–40 Years. Gary N. Burak

Our congratulations to each of you for your excellence in ordnance design.

-Gary Burak. Gary retired this summer from NSWC/IH after 40 years of service at NOL/NSWC. He is a ME and worked in underwater ordnance, including Swimmer Weapon Systems. A WOLAA congratulations to Gary for an excellent career and service to the Navy.

-Bill and Betty Gay. Bill celebrated his 80th birthday in September with friends and family. Bill and Betty moved to North Carolina from Richmond, VA in September.

-John McNelia. John had a heart attack and then bypass surgery in September. He was visited by NOL friends as he was doing rehab at the Washington Adventist Hospital Rehab Center.

-Jack Sherman. While visiting John, the NOLers also visited Jack who was with John in the Rehab Center. Jack is now home recovering from his operation and is up to making calls for the Knights of Columbus Tootsie Roll Campaign.

Feedback from the Alum. Mjt

*Nitrogen in Tires and Poison Ivy.

-Jim Russell told me his son has been in the Navy and now the AF since 1980's. The military has been using Nitrogen to fill their tires since then.

-Dr. Art Delagrange sent the following email. "With regard to your 'Older than Dirt,' I remember most of that stuff, unfortunately. I remember washing off poison ivy with a strong brown laundry soap, but I don't think it was Fels-Naptha, although it may have been the same stuff. The object was to get rid of the oil which is the culprit. If you know you are going to get into poison ivy they now make smear-on stuff called "Ivy Block" which actually works!

As for filling tires with nitrogen, racers and truckers have been using it for some time, claiming the advantages you listed. I can't figure any reason for running cooler, especially since air is mostly nitrogen anyway. Removing the oxygen might make the tires last 20 years instead of 10, but racers and truckers wouldn't care about that. Removing the moisture is a good idea, and may account for most of the improvement. Random crud contains many things that are nastier wet than dry. Also, in winter you may be starting out with ice crystals chewing up the inside of your tire. As for tire pressure lasting longer, the effect is probably less than the difference between brands, and I don't know the reason for the latter."

-George Hamlin sent the following email. "NITROGEN IN TIRES. It's not new, the major gear heads have been using nitrogen to fill tires for decades, and for just the reasons you cited. We're

talking about racers and museums, and the occasional serious hobbyist. I've used it but the problem is exactly the one you mentioned: where do you go when you need to add inflation after winter temperatures set in? Keep a nitrogen bottle around? Do you know what one of those things weighs?

OLDER THAN DIRT QUIZ. It might interest you to know that there are folks who are marketing, today, 45-rpm record players and clothes wringers because there is still a market for these devices. I came across a juke box in a diner recently, table heads and all - and the thing played CDs!.....And what's so tricky about remembering Packard and Studebaker? (Editor Note: George is collector of these cars.)

ED RZEPKA. Ed probably never realized the public service he provided to us , up on the third floor, in the way of innocent merriment. It was customary, when we would get a newbie in Publications, to break him/her in sometime during the first few weeks with his assignment: quick, I've got to run into the Branch Office to get some information, and we need Ed Rzepka's phone number BUT FAST. The poor tenderfoot would agonize over the phone book for minutes and minutes, not wanting to fail this assignment. Of course he/she was never going to find it listed under Z, the way it was pronounced."

-George Hamlin sent me an email noting the spelling of my poison ivy curing medicine was spelled "Fels Naphtha." This is a spelling showing up in the internet; but the spelling used by the soap company is "Fels-Naptha" soap. George enclosed the interesting history of the soap. "Samuel Fels joined the company business after completing two years at Central High School in Philadelphia. He ultimately became president of the company and held the post throughout the remainder of his working life. Under his direction, the company grew and prospered. In 1893, the company acquired a process for adding naphtha, or benzene solvent, to laundry soap. The new product, "Fels-Naptha Soap," possessed enhanced grease-cutting and cleansing properties. In addition, it served as a shampoo, a treatment for poison ivy, and a cure for dogwood tree borers. It soon made its way into nearly every household in America and rapidly became one of the most widely known products in the world."

Editor Note: One final chapter on Fels-Naptha. Pat and I were shopping in Kohls and were at the check-out counter. A mother and her teenager were ahead of us. Pat noticed the teenager itching arms and legs. Yep, she had just broken out with poison-ivy. Pat told the Mother about the "cure." A five dollar bill was handed to the teenager by the Mother; and the teenager dashed to the Super Fresh looking for Fels-Naptha. I wonder if she found a bar and if it cured her poison ivy.

*NITINOL

-Joseph F. Nachman sent the following letter, which was dated 6 July 2005. It is in response to the NITINOL Tribute in the Summer LEAF.

"RE: Nitinol. As a former employee of NOL I too feel a great sense of pride for the Nitinol invention, but was very disappointed that the creator of this remarkable alloy, Bill Buehler (William J.), was not even mentioned in your tribute.

I had the distinct privilege of working with Bill in the Magnetics division from about 1951 to the middle of 1956.

Bill and I were co-inventors of the Alfnol and Thermenol series of alloys and worked together on many of the other magnetic alloys.

When I left NOL at the end of 1956 to accept a position as Manager of Alloy Development at the Denver Research Institute, University of Denver, Bill took my place as head of the Metallurgy Branch of the Magnetics Division, Engineering Department. It was at this time that Bill began work on this very interesting and unusual equiatomic alloy of Nickel and Titanium. The alloy as you all know has many uses outside of the medical field.

I feel a great sense of pride in having worked with Bill and in knowing the person who invented this alloy of many uses, and I do not hesitate to tell everyone that I was privileged to know and work with him.

Sincerely yours,

Joseph F. Nachman"

Editor Note: I agree that I should have stated the name of the inventor of Nitinol. All of us who have benefitted from Nitinol appreciated Bill Buehler's outstanding contribution to science, Navy, and mankind. I would be honored to publish an oral history of Bill's work in the LEAF. I hope someone will be able to produce such a history and send it to the LEAF. I will also make sure that it is displayed as part of the Proud Memory at the FDA site. PS. Bill Buehler has provided us an oral history of NITINOL and it will be available at the holiday luncheon and will appear in the Winter LEAF