

# The Leaf

VOLUME VIII ISSUE 1

PROUD MEMORIES

Winter 2006

• Events \*

- \*NOL Lunch 2nd Mon @Golden Bull Rest.
- \*WOLAA FL Reunion Luncheon, Fri, 24 March 06 @ Rest. TBD in Ft Myers, FL @ 1100
- \*WOLAA Annual Luncheon, Fri, 19 May 06 @ Argyle CC @1100
- \*WOLAA Strathmore Event, Summer 2006. Date TBD
- \*WOLAA Holiday Lunch, Dec 2006. Details TBP

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## *11 September 2001.....GOD BLESS AMERICA!*

WOLAA Web Site: [www.wolaa.org](http://www.wolaa.org)

### *\*Dr. Lemmuel L. Hill by Dr. Ira Blatstein.*

Lem Hill died on November 25, 2005 after a long and courageous battle with multiple myeloma. Lem characterized his battle just before his death as “living 8 years with a disease with a 3 year life expectancy”. Lem attacked the disease much as he did everything else in his life: using his intellect, developing his own treatment approach, and supported every step of the way by his family.

Lem was born in Ithaca, N.Y. in 1933. He actually started his relationship with the Navy as an enlisted sailor at the age of 17. After 4 years in the Navy and a GED, he went on to earn a B.S. in Physics from Rensselaer Polytechnic Institute and a PhD in Physics with a specialty in theoretical nuclear physics from the Catholic University of America. Lem developed into a gifted leader of research organizations, understanding both the technical details of the research and the human factors that motivated people to do good work. His executive leadership assignments were diverse, from Head, Radiation Physics Division to Deputy Head, Underwater Systems Department at what was then NOL. From there he went downtown to lead the Navy’s technology development program as Head, Office of Naval Technology. Lem returned to what had become NSWC, White Oak and Dahlgren, in the mid eighties to be Technical Director. He held this position for 6 years. He worked tirelessly and with humor to create one organization and to nurture the technical culture that he treasured. He was unfailingly polite and calm under the most stressful conditions. He always was concerned about the impact of decisions on the people in the organization, and he wanted to ensure that NSWC was supporting the fleet in all that it did. After retiring from the Navy as a member of the Senior Executive Service, Lem became the director of the Research Division of the Institute for Defense Analysis, a DoD think tank. He held this position for 8 years before finally retiring in the mid nineties. Among his awards for distinguished service to the country are the Distinguished Civilian Service Award, the Presidential Meritorious Executive Rank Award, and the Meritorious Civilian Service Award.

While Lem may have had a number of interests or hobbies, I am aware of 2 primary ones, golf and the stock market. Lem held firm to his schedule of golf dates and scheduled other things around them. He looked forward to getting together with his golfing partners/friends eagerly. For a number of years,

also seriously studied the stock market and financial planning. It was clearly a mechanism for protecting his family's future, but he gave it the same intense scrutiny that he previously had reserved for physics. He was proud of some of the innovative investment opportunities that he took advantage of.

No discussion with Lem finished without some mention of his family...Sue, his children, and eventually his grandchildren. Lem was a private person who rarely revealed his feelings. But one could sense that his family was never far from his thoughts and that his actions were primarily motivated by taking care of them. He was first and foremost a husband and father. But, he will be missed by many. *Contributions in his memory can be sent to the International Myeloma Foundation, 12650 Riverside Drive, Suite 206, North Hollywood, CA 91607-3421*

## News from WOLAA.

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**\*WOLAA Web Site.** WOLAA now has its own web site. Check it out at [www.wolaa.org](http://www.wolaa.org). It has a brief history of the WOL and our goals for historical preservation. It will keep current our calendar and news of our alumni. Please give us feedback, and let us know what you want added/changed. We will include information from the LEAF. Will update at least monthly. It has a feature so you can send email to WOLAA, and your email will be forwarded to the correct WOLAA board member.

**\*Holiday Luncheon.** Our Holiday Luncheon was held on Friday, 9 December 2005. It is not supposed to snow or have bad road conditions on the day of WOLAA events. On Monday, I happened to see a weather report that said a storm was to hit on Thursday late, and Friday rush hour would not be pleasant. I began to worry; but was optimistic to believe the weather folks would be wrong. As we got closer to Friday, they stuck to their guns, and indeed snow began to fall Thursday. After a sleepless night, I awoke to a beautiful snow, but the roads seemed OK at my house. But, alumni were coming from all over as this was one of our biggest Holiday luncheon with over 130 signed up. Most made it, and the snow and beautiful decorations made it a great kick off for our Christmas and holiday season. Food was great as usual and WOLAA Christmas cookies made the meal complete. Santa Dee provided all who attended a very nice NOL pen. The WOLAA store is about empty but still has many Legacy books after some sales at the luncheon. No speeches but plenty of great visits. Several alumni came to their first WOLAA event and that helped make the day special. Hope you will be able to make our 2006 events.

### **\*2006 Events.**

**-Florida Reunion.** We have scheduled it for Friday, 24 March 2006 at a restaurant in Ft. Myers. Still working on a specific restaurant. Would plan to order from the menu, and have an area just for WOLAA. The Tino's will not be able to make this one, as we will be baby sitting the month of March. So, need an alumni to lead and host this event. Please email or call WOLAA if you are able to be the leader/host. We will be sending out a flyer in early February with all the details. Mark your calendars now!!

**-Annual WOLAA Luncheon.** Dee and Jim Martin have booked the Argyle Country Club again for our annual luncheon. The date will be **Friday, 19 May 2006**. Mark your calendars for this date also. We will make sure this is the best annual luncheon to date. We promise a good but short general mtg.

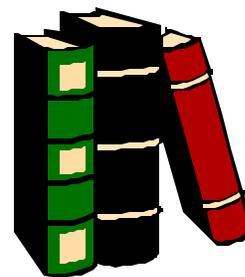
**-WOLAA Day/Night at Strathmore.** Our survey at the Holiday Luncheon showed 12 alum interested in such an event. We will work on planning this for later in the year.

**\*Monthly Luncheon at Golden Bull in Adelphi.** These continue to be held monthly at 1130 on the second Monday of the month. The one in January 2006 will be on 9 January. I have not been able to attend many recently; but I mark the Golden Bull Luncheons on my new calendar for each month as a reminder. Hope you will do the same. They are a lot of fun and are never rushed. NO SPEECHES allowed; well maybe a few announcements. Now the reason for this news item. Bill Abdi told me that the attendance is down to ~15. We want to increase this number to assure we can keep the private room at the Golden Bull restaurant. So, make it a New Years resolution to try these neat luncheons. Just drop in on one to check it out. I am sure you will return. You order from the menu and lunches run between \$8-10. there.

## WOL Oral History.

We have three oral histories in this LEAF. The first is an epilogue of the Ceramics Lab; the second a description of “travel” at NOL; and the final an introduction to an oral history of NITINOL. The oral history of NITINOL appears as a LEAF Supplement at the end of this LEAF.

The following is an epilogue of the Ceramic Lab Oral History, which appeared in the Fall 2005 LEAF, entitled, The Inna Talmy Story. It was written by Frank Koubek. Frank is working on two more oral histories. The first concerns the Cuban Missile Crisis. The second will be about Building 90. As most know, Building 90 was the marine barracks during the 1950's when the marines provided NOL security. Frank notes: “The barracks had galley, food storage areas—including several meat market type walk in refrigerators, and a dumb waiter! The marines also had their sleeping quarters there, a Navy style brig (jail), and a recreation area that featured a bowling alley. From 1959 to 1961, my office was located on the 2<sup>nd</sup> floor in what was once the head and bath, complete with red tile floor.” Frank is very qualified to write this oral history, as “over the years 1958-1997, the Non-metallic Materials Branch had some unique laboratory facilities located there----the Hi-Intensity Electric Arc Facility and the Scanning Electron Microscope were both unique for their time. In addition, they also had a carbon-carbon composites fabrication lab there along with a plasma arc ceramic coating facility, and some of Dr. Talmy’s ceramic lab facilities were also there.” I might note that the basement of Building 90 was a Mine Museum for a while and was the home of the NAVSEA’s mine organization for a short time. In 1965, the second floor and the right side of the first floor became the home of the MASWSPO’s Systems Analysis Office, headed by Dr. Anson Solem. The left side of the second floor was home of the Navy Tactical Support Office, headed by Al Letow. After the System Analysis Office moved down town in mid-1970's, the Underwater Explosions Branch moved into Building 90.



### **Untold Stories of the WOL Ceramics Laboratory Epilogue—How It Got Revitalized in 1983 by Frank Koubek.**

The book “Legacy of the WOL” on page 276 briefly alludes to the reinvigoration of the WOL Ceramics laboratory in 1983 and goes on to tell of the many accomplishments of the “new group” under the guidance and leadership of Dr. Inna Talmy. (See also The LEAF, Vol. VII, Issue 2, Spring 2005, p. 10)

What is not told is how we came to revitalize ceramics R&D at WOL. By the 1980's the WOL REVMAT (TRIDENT Missile Materials) Program had evolved into an omnibus missile materials R&D program to include tactical missiles as well as strategic ones creating a need for the development of advanced super refractory ceramics for nose tips, radomes and side-looking antenna windows. Thus, we needed a top-notch expert in this area for our in-house efforts. Unfortunately, we were hard pressed to find anyone with this kind of expertise and knowledge due to the scarcity of such people and competition with private sector their services.

This all changed in 1983, when I received a resume from a Dr. Inna Talmy. Inna was interested in the possibility of working in ceramics at WOL. I was impressed and invited her to come to White Oak for an interview. At the time, Inna, a former Russian ceramics scientist, was working in Columbus, OH doing Chemical Abstract translations for the American Chemical Society, after emigrating to the U.S. a few years earlier. Inna’s interview with us was dazzling!! She was full of innovative ideas and her career-long accomplishments and experience in hi-tech ceramics spurred us on to see if we could bring her onboard to help revitalize the ceramics laboratory. Finding someone with her credentials and willingness to work at WOL turned out to be a God-send. But, more about that later.

There remained the obstacle of getting her onboard. Hiring someone who had worked behind the Iron Curtain proved to be a formidable task and was further complicated by an impending hiring freeze imposed by the White House. After a lot of promotion and salesmanship, we were able to get upper management’s approval. (I got a lot of support and encouragement from Dr. Jack Dixon, my boss and head of the Materials Division). However, we

management's approval. (I got a lot of support and encouragement from Dr. Jack Dixon, my boss and head of the Materials Division). However, we met a major road block at the Office of Personnel Management (OPM). To hire Inna, we needed the approval of an individual at OPM who insisted that we provide strong documented evidence that Inna's education was equal to or better than that in the U.S. (Inna has a PhD in ceramics from the University of Moscow.) I thought that this requirement by OPM was a bit absurd to bring her onboard at the GS-12 level. But, in view of the impending hiring freeze, we would have to move fast to satisfy the OPM person.

To help, Inna volunteered to drive to New Jersey (at her own expense) to a reputable private agency that certified foreign country education. When we presented this certification to the OPM contact, he said it was not good enough!! But, he said he would accept a certification from a highly reputable U.S. Ceramics university attesting that the University of Moscow's ceramics program was as good as those in the U.S. (Ohio State, Rutgers Alfred, Georgia Tech, etc). At this point, we had less than a week to beat the deadline for the hiring freeze, and it was also near the Christmas holidays when WOL closed for a week. I quickly got on the phone and called an acquaintance of mine on the ceramics faculty at the University of Washington in Seattle. Then, bad luck again; an ice storm in Seattle had shut down the university, and my friend was not there! But, lucky for me, the head of the Ceramics Department managed to get into work that morning, and he answered my phone call! I told him my problem; and he replied, "no problem, the University of Moscow's Ceramics program is as good as any in the U.S." I asked him if he would put it in writing. He said, "yes." I mailed him the forms to fill out by over night mail (\$10.00; my expense as the WOL mail room could not pay for overnight mail.) So, I hand carried it to the Post Office myself. The next day, he received it; signed off on it; and returned it to us by overnight mail. Thus, in 3 days and 2 nights, we had the paperwork to get Inna hired; but the deadline was on top of us! To expedite things, we decided to have someone hand carry the package to OPM. Mary Truesdell, one of our super-duper technicians drove to OPM to deliver it. Later that same day, Mary came into my office and said, "The job's done, boss." I asked, "Did you take the envelope to OPM's mail room?" She replied, "Heck no. I took it right to the OPM staffer who is holding up the works. When I dropped it onto his desk, he nearly fell out of his chair."

And that's how we hired Dr. Talmy---lots of red tape and hurdles were defeated! Before I retired from WOL two years later, we also hired several young and well qualified professionals to assist her. In addition, with Dr. Dixon's aggressive support, we were able to procure the necessary high tech sintering kilns and other equipment needed to investigate the many great R&D ideas formulated by Dr. Talmy. Instant success by Inna on researching Celsian oxide ceramics, using ultra high purity starting materials, brought more support for additional programs.

Inna's fame and fortunes grew quickly; and, as they say---the rest is history. I believe she is now at the super grade level, and she has received numerous awards and citations for her accomplishments. While my association with her was in the twilight of my career at WOL, I consider my efforts to get her and her group started to be one of the highlights of my career.

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### **Trip to Goodyear Aircraft Corp., Akron by George Stathopoulos**

Early in the development of the SUBROC Missile, we got a call from the Prime Contract, GAC, that they had assembled a prototype version of the missile in their Akron plant and that we should look it over as a possible laboratory test vehicle. Ed Rzepka and I made the trip to Akron for this purpose in the dead of winter; the trip turned out to be more than just routine.

We decided that we could make better use of our time if we drove to Akron rather than flying to Cleveland and taking a rental car to Akron. Ed assured me that he had good driving directions, that his station wagon would have no problems if we should encounter snow because he recently installed "new" rcapped snow tires, and that we could easily



recapped snow tires, and that we could easily meet GAC's schedule by leaving for Akron at four o'clock in the morning. He also said that we could break up the trip by having breakfast at Breezewood and that he would bring a thermos of coffee to tide us over until we reached Breezewood.

We left on time, and things went well until we reached just west of Frederick. At that point we ran into a very thick fog making the drive over the two-lane mountain road to Hagerstown very treacherous. To compound the problem, the darkness of the early hour made visibility even worse. As we crawled over the two-lane road, a bakery truck breezed past us. Ed raced the station wagon to catch up to the truck. I thought that Ed was angry with the truck driver for passing so close to us and had some sort of retaliation in mind. Ed explained simply that the truck driver probably makes the trip six times a week to deliver bread and consequently knows every curve and turn in the road. He said that if we followed him closely we couldn't have a better guide into Hagerstown. He was so right. At this point the fog lifted.

After this ordeal, I thought it was time to break out the thermos of coffee. I was wrong. Ed simply explained that he couldn't let me have coffee because I would want to stop at every toilet on the way. Apparently, he knew my bladder better than I did. Coffee-less we made it to Breezewood and had breakfast. Shortly out of Breezewood, we heard a thumping noise in the back of the station wagon, and before we could stop to investigate, we heard a big bang. What had happened was that the snowcap had lost its bond to the tire and flew off the tire in big chunks. We mounted the spare tire and continued on our trip along the Pennsylvania Turnpike.

The weather was rather pleasant; however, after we exited the second tunnel, we encountered snow. At first it was rather light, but as we approached Akron, it became quite heavy. The streets in Akron were covered but were passable. The problem was that the street signs were snow covered. Being that this was our first trip to Akron by car we had to make use of the street signs to find the GAC plant. Ed, ever resourceful, had a broom in the back of the station wagon, and I was elected to sweep the snow off the signs at certain intersections. We finally made it to the plant and were able to accomplish our work that afternoon and the next morning. During the course of inspecting the missile we had their photographer take a number of pictures. For one of the pictures, it was necessary to move the dolly on which the missile rested. It wasn't two minutes later that a labor grievance had been filed, never mind that we moved the dolly less than three inches. We were informed that moving the dolly was work that only highly skilled laborers were allowed to do. Outside of impressing us, I don't think that anything came of the grievance.

The GAC engineers working with us were sympathetic to our ordeal with the tire and offered to take us to their tire outlet and use their employee discount to buy two new snow tires. We took them up on their offer and had the tires mounted.

We finished our work around noon of the next day and set off for home. It had stopped snowing, but there was snow piled up high along the highway. About an hour out of Akron, the station wagon came to a stop. How embarrassing, we ran out of gas. The highway patrol came to our aid within a couple of minutes and dispatched an emergency vehicle that provided enough gas to get us to the next filling station.

After that, the trip was uneventful except for a couple of minor incidences. When we drove into the first tunnel, Ed panicked. He yelled that he couldn't see. I yelled back, "Take off your damn sun glasses." That cured his blindness. At another time, I noticed that Ed was steering with a certain rhythmic cadence. It dawned on me that he was keeping time with the movement of the windshield wipers. I do believe that he was in a hypnotic trance of some sort.

When we finally made it home late that night, we were both ready for a sound sleep. About a week later, I had occasion to discuss some detail of our inspection with Ed. By way of conversation, I asked him how he liked his two new tires. He said that they were fine, but that he got ripped off. It turned out that the tires sold for less in the Washington area than they cost in Akron, even with the employee discount.

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## NITINOL.

The following letter was received from William J. Buehler. He has prepared an oral history of NITINOL. The oral history appears as a supplement to this edition of The LEAF. This was done so it could be separated and distributed as a stand alone oral history. It will be provided this way on our web site: [www.wolaa.org](http://www.wolaa.org).

“Dear Mr. Tino: In recent issues of the LEAF, I have read with pleasure the great comments made by NOL/NSWC alumni regarding their medical uses of NITINOL. It has been particularly gratifying to me to learn of these possibly life saving applications.

As a result, I have been moved to try to clarify two key points about NITINOL. First, the often misleading idea that NITINOL was an ACCIDENTAL DISCOVERY rather than an innovative and systematic DISCOVERY. Secondly, that recognition given NITINOL, at various levels of government and industry (summer issue The LEAF, 2005), has not been clearly described.

I have attempted, in the attached write-up, to address these two key areas. My comments are based upon those years from NITINOL’s inception in 1958 until my retirement from NOL in 1974. These attached summary comments unfortunately are lengthy. My every effort to condense this written summary seemed to be counter to the massive detail that I accumulated over those exciting sixteen years.

Please understand that you and your Editorial Staff may do what ever you wish with the attached summary material. My only real desire is to inform you and your Editorial Staff about two area of NITINOL that I felt needed some clarification. You and your Editorial Staff may use all, part or none of the information provided. However, if you do choose to edit and reproduce my thoughts, please allow me to review the rewrite.

Thanks to you and your staff for your splendid publication, we look forward to each issue. Sincerely, William J. Buehler”



**Editor Note:** The NITINOL Oral History as presented in the supplement of this LEAF, was retyped but was not edited.

## Book Review Johnny Grams



I have combined the first two books as they tell amazing stories about our troops serving in Iraq and Afghan. 4 WO Leafs are tops.

**\*The Gifts of Valor by Michael M. Phillips (2005) and Roberts Ridge by Malcolm MacPherson (2005).** “Gifts of Valor” is the story of US Marine Corporal Jason Dunham. Jason was the typical American boy, who joined the marines and was sent to Iraq. He was a well trained and dedicated Marine, who became leader of a team of marine infantry. The action in Iraq is centered at Husaybah, Iraq, which is on the Syrian border and is a key border crossing. The marines move in to control the crossing and the town of Husaybah. The critical action centers around a convoy, which is headed for a new police station to inspect it as it readies for the Iraq police to move in and begin protection of the town. The terrorist ambush the convoy. Several of the humvees escape and head back to the base. Jason and his team rush through the streets to the site of the ambush. As they near the site, a marine is hit. Jason and several of the squad come to aid of the marine and Jason is jumped by a terrorist fighter, from a country in former USSR—where many are from. The terrorist pulls a live grenade; the marines shoots the terrorist but the grenade rolls free. Jason quickly crashes his helmet over the grenade and throws himself on the helmet/grenade. He is critically wounded, including a severe head wound. None of the medical staff, as he is evacuated, expects him to live. He is operated on in Iraq; evacuated to Germany; and then sent to the United States, where he eventually dies of his wounds. For his action, he was nominated for the Congressional Medal of Honor. The book gives a vivid portrayal of our dedicated forces in Iraq, and the type of engagements they are involved.

forces in Iraq and the type of engagement they are involved. Robert Ridge is based on an engagement in

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“Roberts Ridge” is based on an engagement in Afghan, called Operation Anaconda. The 10<sup>th</sup> Mountain Division has chased the Taliban and terrorist fighters—many are again from the former USSR--- to the borders of Pakistan. They need a high observation post and decide to establish it on a mountain called Takur Ghan. A helo is dispatched with a team of Seals and an Air Force specialist to communicate with the fighters/bombers aircraft. The attack helo’s declare the mountain to be void of the enemy. Wrong, the fighters are well dug in with a very good C&C center. When the Seals attempt to land, the helo is attacked, and Seal Roberts falls from the Helo. The helo gets back to base, but the Seals decide to return to find Roberts. They are again attacked and the helo crashes. A special ranger detachment is sent to recover the Seals. The helo is warned not to land at the top of the mountain; but does and crashes. Several Rangers are killed, the helo pilots are both wounded, and the rest of the Rangers are pinned down. The second helo with the rest of the Ranger detachment finally lands out of range of the fighters but have a long climb up the slope of the mountain to make their attack. During this period, the attack helos and fighters try to give very close support to the Ranger—like strafing and bombing only feet away. Finally, all are rescued and all the attackers are killed. Afghan is clearly not an easy area to fight. The courage and desire to rescue fellow soldiers is just amazing. Both books describe what these terrorist wars are like and will continue to be until all the fighters are destroyed. A big 4 WO Leafs for both books.

**\*Character is Destiny by John McCain with Mark Salter (2005).** The front of the book states, “Inspiring Stories Every Young Person Should Know and Every Adult Should Remember.” This book is about what produces good character. McCain declares, “It is your character and your character alone, that will make your life happy or unhappy. That is all that really passes for destiny. And your choose it. No one else can give it to you or deny it to you. No rival can steal it from you. And no friend can give it to you. Others can encourage you to make the right choices or discourage you. But you choose.” He defines seven attributes (his chapters): honor; purpose, strength, understanding, judgment, creativity, and love. For love, he tells only one story---Mother Teresa. I plan to share this wonderful book, and its lessons with my children and grandchildren. I believe if you read this book that you will want to do the same. 4+ WO Leafs.

## Ramblings of a Senior

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**\*A Slice of Local History.** I have taken pieces from an article by Tim Maloney, who is a Beltsville, MD native; lawyer; and former member of the Maryland legislature. His slice is Ledo’s pizza. Who worked at NOL that didn’t have payday lunch, going away party, or dinner with your family/friends at the Adelphi restaurant. Ledo’s began in October 3, 1955, when Bob Beall, a tobacco farmer, and a young sheriff’s department employee, Tommy Marcos, opened the popular restaurant. This was before University Blvd was widened, and during this construction, the restaurant almost went under. They often had to get the nickels out of the pinball machines just to stay open. The trade mark unique square pizza remains the same today. Now, they advertise square pizza, “cause we don’t cut corners.” Then, it was because they couldn’t afford the round pizza pans; the first trays were cookie trays and then, as now, cafeteria trays. The great dough was not done by a dough maker but by a chef with arms like Hulk Hogan. But, their great pizza was born by accident. One night the regular chef was off, and a chef from Jimmy Combers (Remember that “night club” just up the road) came up with the successful sauce and cheeses (smoked provolone). The flaky, pie-like crust is kneaded by hand, and the sauce is made fresh each day. Ledos became a hang out for U of MD athletes/coaches—like Lefty, PG politicians, and stars like Frank Sinatra. In 1989, Bob Beall left to run Firesides (NOL retirees met monthly there til they closed.); but Tommy, sons, and grandson still run Ledo’s. The grandson began to franchise Ledo’s in 1989, and now there are 71 from PA to FL. **However, none make pizza like the one in Adelphi!** Tommy Marcos is now 81, and still works six days a week. Maryland without Ledo’s is UNTHINKABLE! Our congratulations to Ledo’s on their 50<sup>th</sup> anniversary!



**\*Local Source.** Our daughter, Johnna, is executive chef at Clyde's in Reston. Recently, one of her sous chefs came to her with a new menu item of duck smoked in fig wood. But, where to get fig wood. Johnna had the answer. I have a fig bush (Suppose to be a tree; but it became a fifteen foot diameter bush.); and depending on the winter temperature, the old growth freezes. The next Spring I will have lots of dead fig wood. It so happened that was the case in 2005. I filled a huge black plastic bag with fig wood, and carried it to the restaurant. The dish was a huge hit; and the corporate management declared it the Clyde's menu dish of the month. Johnna and her sous chef were called to the monthly meeting to explain how duck smoked in fig wood was prepared and to let corporate taste it. On the way, they both realized an obvious question was where did they purchase the fig wood. Ah, the answer: "A local source." I have now turned my entire back yard into a fig forest to harvest fig wood for Clyde's (Just kidding.)

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## Features

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### \*Retirement News.

**-Managing the ABCs of Diabetes.** This is from an article of this title by Dr. Marilyn S. Radtke which appeared in NARFE's magazine. The A stands for A1C test for average blood glucose; B stands for Blood Pressure; and C stands for Cholesterol. She recommends the A1C test at least twice a year to make sure blood glucose is under control. For most people, the target is below a 7 from the test. High blood pressure is to be controlled; and she notes that more than half the adults with diabetes have high blood pressure. Her goal here is below 130/80. Dr. Radtke notes that nearly all adults with diabetes have issues with high triglycerides, low HDL, or high LDL. Her goal here is LDL below 100 (wow!); HDL above 40 for men and 50 for women; and Triglycerides under 150. Beyond this, she advocates losing weight, physical exercise, no smoking, and good food choices. Food choices are predictable: less fats; more fish and less fatty meats; high fiber; less salt; and **smaller food portions**. She recommends beginning with 5 min a day of exercise and building up to 30 min a day. Her tips includes gardening, cutting grass, stairs vs elevator, park at far end of mall lot, and walking around while chatting on the phone. As most doctors, she advocates a mix of aerobic, stretching, and strength training.

**-Peanut Butter.** You have learned by now that I rate highly those medical studies that support my eating vices. The latest is from researchers at Brigham and Women's Hospital who found that people who consumed food that were high in monounsaturated fats, including peanut butter, were more likely to lose weight and keep it off than those who followed a regimented lower-fat diet. They suggested a peanut butter and banana shake for breakfast (1 cup skim milk, banana, and 4 tbsp of peanut butter liquefied in a blender); of course, a peanut butter and jelly sandwich for lunch---even good on whole wheat bread; and a snack of peanut butter on a rice cake. BUT, did you know that Hershey's have produced a new hershey kiss---yes, you guessed it, it is filled with peanut butter. So, I have added to my diet 4 hershey kisses filled with peanut butter, AT LEAST, once a day. I get the added benefit of chocolate which is good for the heart and extra vitamin E, which is again in the news indicating lower build up of arterial plaque (Italian researchers reported findings in the American Journal of Clinical Nutrition.).

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### \*Technical/Laboratory News.

**-Naval Support Activity South Potomac.** What is this? This is the new name of the Dahlgren, VA and Indian Head, MD bases. If you are referring to both bases, you use the above name. If only the Dahlgren facility for example, it would be referred to as: Naval Support Facility, Dahlgren. The Activity was stood up on Thursday, the 3<sup>rd</sup> of November 2005. Captain Judy L. Smith was installed as CO of the Activity at that time. Somewhere with these new names, Navy Labs exist; I hope.

**-EEO Leadership Award.** On 16 November 2005 at the U.S. Navy Memorial, the CNO and the ASN(Manpower & Reserve Affairs) presented the 2005 Nathaniel Stinson EEO Leadership Award to NSWC Dahlgren Division Commander Captain Joseph McGettiagan. Very impressive EEO achievements were listed for Captain McGettiagan. His email to the Division on June 2005 summarize his values, "As an organization comprised of S&E's, we value the by-products of diversity; the application of varied life experiences to the complex challenge of finding innovative solutions to the nations technical war fighting needs." The Nathaniel Stinson award, the highest EEO award in DON was established in 1989 by the CNO to honor dedication, commitment, and achievement in advancing EEO. Nate Stinson was the first EEO officer and established the program when the concept of affirmative action employment was being introduced. In 1993, SECNAV inaugurated the award to honor outstanding executive leaders, commands and activities that distinguish themselves in EEO matters. Nate died in the early 1990's. He began his career at NOL as an ME working for Donal Sullivan in a branch in the U/W Evaluation Division. I recall Adm Boorda, CNO, coming to the WOL in 1990's to establish this award. Nate's family was there for the presentation in the auditorium. A plaque was presented to the WOL and was placed in the foyer of the auditorium.

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### **\*Alumni Updates.**

**-Bill Jones.** After 40 years of service, Bill Jones announced his retirement as of 3 January 2006 from NSWC, Panama City. Bill moved to PC when the WOL closed in 1997. He had worked in torpedo programs at WOL and mines at WOL and PC. Email traffic brought these very nice and deserved tributes for Bill to the LEAF staff: From Dave Everhart, "THANKS for all that you have done for the Navy's mining program (projects and people). Your expertise will be sincerely missed, but you have successfully passed on the corporate knowledge (and lessons learned) to the mining RDT&E team to enable them to efficiently accomplish their many tasks. Thanks for all of your mentoring on team leadership and program development. I've always admired your professionalism and attention to details, and I will strive to continue those qualities with the naval mining program." From Dr. Ray Widmayer, "I want to echo Dave's thoughts and wish you a wonderful retirement. Note, I am finding there is, indeed, life after retirement...so enjoy! Few in the community....Bill Hinckley and Craig Roberts excepted....can say they knew you even BEFORE you were a ME at WOL. But I did. Through four years at U of MD. and just a few more since starting at NOL in 1965, you and I have worked together....in different areas at first.... but ultimately in the same area... mine warfare.... for many years. And, it was particularly enjoyable these last few months working with you...for you...in trying to again get the good word out in the offensive mining area. Folks are gonna say someday 'we shoulda listened to those boys from the class of '65.'"

**-Mary Wilson.** Carl Gustafson sent The LEAF a note to indicate that Mary had a serious fall and is confined into the Hill Haven Nursing Home. Mary is the wife of Bob Wilson, U Department and then NASA.

**-Paul Rand.** The LEAF received a note indicating that Paul had a stroke and is in the Riderwood Skilled Nursing Facility.

**-Dr. John Scarzello.** John is retiring from NSWC/Carderock. His retirement party is being held on 11 January 2006 at the Golden Bull in Gaithersburg. John has done extensive work in magnetic sensors and magnetic silencing. He has conducted many field tests including exciting testing in the Arctic.

**-Robert E. Fishchell.** Bernie DeSavage notes that he worked in the 1960's at NOL in Bldg 24. He went to JHU/APL and was the APL rep on the magnetic silencing program— Linear Chair. Dick Cunningham was the White Oak lead. So why note this in The LEAF. He just gave the U. of Maryland \$30 million! A bit of the story appearing in the Washington Post on 19 December follows.

"Robert E. Fischell, a Howard County inventor whose solutions to medical problems have made him a fortune, will give the University of Maryland \$30 million to launch a bioengineering department. The gift -- which will include an additional \$1 million or so from his three sons -- is scheduled to be

announced today in College Park. It is a testament to Fischell's ingenuity, a huge boost for U-Md.'s engineering program, and another sign of the growing importance of private money as state schools push to enhance their quality and reputation.

Fischell grew up in the Bronx and was raised by immigrant parents who came to New York with no money or training and could not speak English. His father never finished eighth grade. But they always told him that he would go to college. Fischell attended Duke University and U-Md., where he received a master's degree in physics. Fischell started inventing before he knew he was inventing -- he just saw ways to make things better, he said. In the 1950s, when his father-in-law could no longer hear the television, Fischell tinkered to make a gizmo that would amplify the sound for him but not disturb others. Once, after he tripped over a sprinkler, Fischell imagined one that would lower itself into the ground when not in use. While at Johns Hopkins University designing spacecraft, Fischell saw an ad boasting about a battery so good that it would keep a pacemaker running for two years. He asked doctors what they did when the battery died. When the doctors said they had to operate again, Fischell told them that he and his staff would create a rechargeable battery in a week. That's just what they did.

Then Fischell was hooked. It's one thing to design better toasters, he said, but quite another to design something that can save millions of lives. So he helped invent the heart defibrillator, Fischell said. And a device to help control seizures. An implant that can sense an imminent heart attack and alert the person that it's time to go to the emergency room. A magnetic pulsing device to erase migraines. An artificial pancreas. A better stent. Insulin pumps. Fischell works with his sons and, at age 76, continues to invent at a brisk pace."

### **\*Misplaced Bomb**

**-Dr. Bob Price** called me to expand on the Ray Blair story of rescuing a misplaced piece of ordnance. Bob was at Woods Hole at the time, and Ray was at NOL. The two labs were doing a joint field test. The tests were being held in the Vineyard Sound, which is off Martha Vineyard. The test was to drop a piece of ordnance into the Sound and assess the effectiveness of the warhead, including the fuzing. Bob was studying surface effects from the detonation and could determine the depth of detonation by analyzing the photos of the water plume. Ray and Bob were involved in taking the pictures. Others had underwater sensors to assess the shock, etc of the underwater detonation. (Bob didn't say; but the ordnance may have been ASW depth bombs.) Bob said he was aware of the aircraft not getting the ordnance in the test area. This would track with Ray and others taking a boat to recover a round that landed on the land/island.

### **Deceased Alumni**

Please inform Houston Cole of any information you have about deceased alumni: phone (410) 489-2977 or email at hmcole2@verizon.net. Please check the WOLAA web site at [www.wolaa.org](http://www.wolaa.org) for more timely information than can be provided by a quarterly newsletter.

**-H. Lee Shimberg.** Lee died on 23 February 2005. He formerly lived in Washington D.C. and was living in Palm Beach, FL. He is survived by his wife, Esther; a stepson; and two grandchildren. Lee was the excellent head of the Publications Division at NOL until his retirement in 1972. He was a president and fellow of the Society of Technical Communication. He was a graduate of Williams and Mary and had a degree from GWU. George Hamlin noted the following: Lee practically invented the modern technical manual capability; developed the one at White Oak into something that became a model for all the others; elevated the profession of technical writing from its previously unknown status; and set into place the writer's draft-review-draft-preliminary copy-formal copy progression of manual development that became standard procedure. He developed the process to follow the progress of the hardware through its development cycle. His writers were always part of the development team; and the writers would notice aspects of the design that, ah, "refined" the design to avoid problems in the Fleet. Some at NSWC didn't appreciate

**-Eleanor Steele Nordvedt.** Eleanor died on 7 September 2005 at age 80. She married her husband,

what he had built. However, other activities did; can't remember how many times some writer from another activity would look at me open-mouthed and say something like, "You write your OWN manuals at White Oak? All we do is contract them out!"

**-John Darling.** John's niece sent us a note indicating he died on 3 April 2005. She is preparing a tribute which will be posted on the web site and in the Spring LEAF.

**-Eleanor Steele Nordvedt.** Eleanor died on 7 September 2005 at age 80. She married her husband, George, in 1944; he is deceased. Her three children are Virginia, Blair, and Bethanne. Eleanor worked at WOL for many years as a secretary in U. Department. Her sister was Doris Steele Lequin who also worked at WOL and headed the Plastic Laboratory. Eleanor was very involved in the community aspects of WOL, especially at Christmas. She became an avid doll collector, eventually collecting over 600 dolls. She shared her collection by giving lectures to church groups, senior citizens, nursing homes, and to local and national doll clubs.

**-Trist McConnell.** Trist McConnell died in September 2005. He was TD at NMEF in Yorktown, VA. Trist was a very competent leader of NMEF and worked with U Department as both supported in-service tasks for mine warfare.

**-Elizabeth Lavina Beahm.** Libby died on 27 October 2005 at age 87, while receiving hospice care in SC, where her daughter, Windy Keull, lives. Libby worked at NOL for many years in the Budget Office.

**-Robert "Bob" B. Lewis.** Bob died at age 82 on 10 November 2005 from complications of heart surgery. He worked at NOL as an EE and worked on technical projects such as missile FCS for submarines and submarines defense systems in the Air/Surface Directorate. He retired in 1975. He was born in Wilkinsburg, PA. Bob became an aircraft mechanic and worked in Georgia until activated in the AF reserves during WW II. After the war, he attended the U. of Maryland receiving a BSEE. Survivors include his wife of 61 years, Willie; four children: Steve, Tom, Bill and Bobbie; and 8 Grandchildren.

**-Dr John William Odle.** John died at age 91 on 12 November 2005 at his home in Gaithersburg, MD. He had dysphagia, a swallowing disorder. He is survived by his wife of 67 years, Lois Blom Odle; son John of Canfield, OH; four grand children and two great-grandchildren. His daughter, Barbara, and son, David, are deceased. John was a superb Operations Research Analyst and worked at WOL from 1972-79 in Advanced Planning and in U Department. In U Department, he had the difficult task of validating mine field theory developed by the contractor, Tim Horrigan. After retiring, he consulted in ORA and math until 1991. Dr. Odle was born in Tipton, Indiana and grew up in Detroit. He graduated from the U. of Michigan with a PhD in math in 1940 and was a Phi Beta Kappa. From 1940 to 1945, he was an assistant professor of math at the U. of Wisconsin and Penn State. During WW II, he was an ORA for the 8th Air Force in England. From 1946-55, he was head of math for NOTS in China Lake; for two years, he was chief ORA for the 3rd Air Force in England; and from 1960-71, he was senior consultant with Arthur D. Little in Cambridge, MA. He was a long time resident of Bethesda and moved to the Gaithersburg retirement community in 2001.

**-Dr. Lambros Hatzilambrou.** Hatz died at age 74 on 15 November 2005 in Scottsdale, Arizona. He was born in Cyprus in 1931. He served with the Marines in the Korean War. He worked at NOL and retired in 1988 from a career as a Logistics Analyst at the Pentagon. He was a long time member of the St. George Greek Orthodox Church in Bethesda, MD. He is survived by his daughter, Niki Flanders of D.C; son, Mark of LA; and three grand children.

**-Dr. Herman Haiss.** Herman was fatally beaten in an apparent robbery at his home in Forest Height, MD on 17 November 2005. He was 73. Herman had worked for many years as a chemist at IH and WOL in explosive R&D.

**-James Norton Ayres.** Jim died on 23 November 2005 at age 86 of kidney disease at a hospital in Hanover, NH. He moved from the Washington area in the 1970's and has lived since in Granville, NY and Windsor, VT. He was born in Granville, NY and graduated from Green Mountain College in VT and Rensselaer Poly in NY in 1941. Coming to Washington DC during WW II, he spent more than 30 year at NOL as an explosive engineer, working on projects for weapons and the space program. He retired in 1975. Jim was well known for his music accomplishments, choir director, and director of the NOL band. He was very involved with Bill's Bunch at NOL. In 1975, he received a masters in liturgical music from Catholic U. Music activities of note are: played viola in a chamber orchestra that performed for Roosevelt and Churchill; sang tenor in Paul Hill Chorale; wrote and arranged music sung by his six children; directed choir at Northwood Presbyterian Church; was an organist at churches; adjunct professor of music at Adirondack Community College in NY; and worked backstage in lighting booth for Washington Civic Opera and Adventure Theater in Glen Echo. Ed Whitman noted, "Jim was a wonderful musician and a great character. And what warm memories we all have of him and those old Bill's Bunch days." His wife of 59 years, Elizabeth, died in 2002. He is survived by; six children— Susannah Ayres-Thomas of WI, Janet Aloisio of VT, Megan of MD, Sarah Bloxham of CA, Mary Trimble of PA, and Jonathan of NM; 11 grand children; and 8 great grand children.

**-Dr. James H Probus.** Jim died at age 78 on 22 December 2005 of renal failure in his home in McLean, VA. He graduated from Purdue University in 1949, then joined the staff of the Ordnance Research Laboratory at Pennsylvania State University. He studied math and physics at Penn State and earned a doctorate from the former Union Graduate School in Cincinnati in 1977. Dr. Probus, in 1955, was appointed to the staff of the National Academy of Sciences and in 1962 became assistant director in the office of the director of defense research and engineering. Three years later, he moved to the office of the assistant secretary of the Navy, research and development. He was named Director of Navy Laboratories and Assistant

Deputy Chief of Navy Material, serving until 1980, then returned to the Office of the Assistant Secretary of the Navy as Special Assistant for Programming, Budgeting and Congressional Support. At the time of his retirement in 1987, he was Director for Plans, Programs, Resources and Operations. He received the Navy's Distinguished Civilian Service Award and the National Capital Area Line Managers' Award. He wrote some 30 technical papers and reports and held three patents. In retirement, he graduated from the Education for Parish Service program at Trinity College. He volunteered for Meals on Wheels, instructed classes of computer novices, volunteered as a reading grandparent and served St. John's Catholic Church in McLean for more than 40 years. He enjoyed long walks, lapidary work with semiprecious stones and mentoring children. Survivors include his wife of 57 years, Edith Kreiser of McLean; eight children, Bernadette Probus of San Diego, Sylvia Settle of Jeffersonton, Va., Michael Probus of Manassas, Virginia Brown of Amissville, Va., Kathleen Sewall of Falls Church, Caroline Walsh of Fairfax, Matthew Probus of Annandale and Nancy Dronfield of Herndon; two brothers; two sisters; 32 grandchildren; and eight great-grandchildren. Barry Pifer noted: "I did see the notice about Jim and was deeply saddened. Jim was DNL during most of my tenure as NSAP Director and so I knew him well. I also was in the same office suite with Jim during my one-and-a-half year tenure in the ASN (R&D) Office. Jim was the best of the DNL's in my opinion. He led the Labs to function as a corporate body and speak with a single voice. Given the breadth of cultures and interests within the Lab community, this was a challenging goal. Jim did it in a quiet knowledgeable, and diplomatic way that promoted a win-win out-come. The zenith of the Cold War navy Lab System was reached under his direction in my opinion."