



'72: Tony and Allison Martin and Mike and Kathy Szoka



Dad and Daughter Karen

Great stuff—thanks, Donk!

From the left coast to the right...

Chris Panos sent me this one and entitled it, "Confessions of your Dumbest Classmate". Well...you be the judge.

✉ "Classmates, First and foremost, I am alive and well and able to write this to you thanks to God's work through a wonderful surgeon's hands. As a typical USNA alpha personality grad, I maintained a lot of the discipline instilled in us a nickel at a time during our four years by the Severn. I ran fifteen to twenty miles a week for thirty years, shifted to an elliptical for the next twelve years and now walk fifty miles per week. I partied like the typical junior officer and evolved into someone who enjoyed going to bed at nine thirty more than a second beer. After my retiring from the Navy, I did not exactly enter a low stress second career. My Bride of forty-four years had me eating a lot healthier than I would have given my love of lamb and all things Greek.

"That is the good news. Now that's the exciting part. Unbeknownst to me, but discovered during my biannual stress test, I had high blood pressure for two years and developed LVH (left ventricular hypertrophy) which leads to congestive HEART FAILURE in five to ten years. Through the skill and guidance of my cardiologist of fifteen years, Dr. Bajaj, the LVH was corrected with medication, diet and exercise. Note, I had my first stress test thirty years ago prior to running my first Marine Corps Marathon. It was also my last Marine Corps Marathon because it reminded me too much of plebe year! Little did I know my heart adventures were just getting started!

"After recently playing eighteen holes of golf I had pain down both of my arms. It subsided after a few minutes and I dismissed it (DUMB!). The next night I woke up with a pain in my left jaw and dismissed it having been told I grind my teeth at night (DUMBER!!). The only smart thing I did was tell My Bride and she sent me immediately to Dr. Bajaj. He performed a chemical stress test, then a nuclear stress test than scheduled me for a FFR (Fractional Flow Reserve Angioplasty), which discovered one hundred percent blockage of my Ramus artery (one of the three branches off the "widow maker"). Fortunately through the skill of Dr. Patil a stent was able to be placed in the artery and a bypass operation was not required.

"There are a number of blessings here. Comparing the blockage in my other arteries to blockage I had

twelve years ago, the blockage has actually gone DOWN because of medications, exercise and diet. The biannual stress tests and the skill of Dr. Bajaj and Dr. Patil have been key to me being here for the forty-fifth reunion of the Class of 1972 (Last Class With A Plebe Year Sir!).

"For all of my Shipmates, please make a stress test part of your normal physicals. Mine started in my thirties. If you have not had one please get one. The most telling statistic shared with me is seventy percent of deaths over seventy are because of heart disease. Much of the disease can be prevented and/or corrected!!

"SEE YOU AT HOMECOMING!!!
GO NAVY!!!! BEAT EVERYBODY!!!!"

So, I don't know about you, but it seems to me that there are probably a lot of us that are just like Chris. Good advice! Thanks, Chris.

News from the senior circuit.

Andy Wehrle passes along the following:

✉ "Mike Lundblad and I got together with my brother Dan, Class of '75, and played golf for a couple of days near Hilton Head, SC. We played The Legends Course at the Recruit Depot, Parris Island. My dad, a mustang Marine with 33 years active duty and 5 combat tours, graduated from PI in 1942. In his latter years he was an avid golfer so playing that course was especially meaningful for my brother and me.

Mike played like a champ! Me a chump!"



The Champ and The Chump

Speaking of senior circuit, **Perry Dempsey** passes along the accompanying Facebook pic of

Ellis Merschoff, Pete Brown and himself out jocking it up. That medal looks interesting...it reads, Swim 7 Miles Around Lido Key." (How many of us struggled with just a mile swim in the old natatorium?) Bet there's a story here...



Tried and True!

Well, the old mailbag's empty, so I'll be off. Enjoy the summer and don't forget to register for the reunion.

More to come. D. O.

Tried and True With '72

'73

Life Membership: 63%

Donor Participation: 6.86%

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Hello everyone, I hope you are enjoying summer. I do not have a lot of news to pass on but a couple of pieces are important so I wanted to get something into Shipmate. First, the Distinguished Graduate recognition ceremony for **Eric Olson** was the end of March. I am told it was well attended so hopefully (hint) I will get some pictures to share with the rest of the class. Again, hearty congratulations to Eric as our first Distinguished Graduate!

I have a couple of quick bits of news; We will hold our 45th Reunion the last weekend in August so start making plans! We have raised over \$300K in fundraising campaign for our 50th anniversary gift to the Academy. **Dirk Mosis** is our fundraising chairman and is available to discuss giving. Contact Dirk at: dmosis3@aol.com.

Finally, I have some sad news. Our classmate and my fellow 9th Company mate **Terry Wilson** passed away on 24 March from long term complications of MS. Terry went Navy Air after graduation and later became a doctor serving both in the Navy and private practice. Look for more information in an upcoming "Last Call".

That's all the news. It's a little light this month but I wanted to get this news out. Please consider supporting UCLA's Operation Mend which help our wounded service members. As always Go Navy and Semper Fi! General

'74

Life Membership: 56%
Donor Participation: 5.97%

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I'm fully invested in the last minute rush before hitting the road. I have received a number of e-mails in the last 3 or 4 weeks from classmates responding to my announcements regarding the "Idiot and the Odyssey" nationwide tour, which starts tomorrow at zero dark thirty! I'm looking forward to seeing many of you over the next 10 weeks. But before I shove off, I do have a little bit of info to pass on.

First, in what the advertising industry refers to a disclaimer, I am unable to publish photos this month. I am temporarily using a computer that does not have Photo-shop on it, and I am getting photos that are embedded in the text of the e-mails, as opposed to being attached thereto. Bottom line, I can't extract the photos to insert them here. My apologies to those of you who took the time to send your photos.

I got an e-mail from Jeb Stewart relating a very unusual occurrence. Seems He and Sue were on a road trip through Georgia and they decided to spend the night in Americus. They were looking for a place to eat dinner, just strolling down the sidewalk, when they just happened to run into Herschel and Pam Smith.

Jeb and Herschel served together in VT-86 once upon a time. Jeb sent a great photo of he and Herschel. Which I could print it here. Herschel is now retired from airline service, and he and Pam are building a house just outside Americus (Herschel's home town) on a lake there. Jeb retired from the Corps in 1996, moved to Blacksburg, VA to work for Va. Tech, before retiring for good in 2015. Jeb advises that you break from plebe year tradition of keeping your eyes in the boat, 'cause you never know who you are going to run into.

I also received a note from Mark Sawyer. His son Stephen is, USNA '16, is in P-cola learning to be a nasal radiator. Mark credits Wally Elger for getting Stephen through Thermodynamics, and Ken and Kathy Houston were his sponsors at school. Another son, Brandon is in NROTC at Penn State, hoping to go to flight school in 2019. His daughter Carissa is finishing up Med School, also at Penn State, his youngest, Melissa is in USAF ROTC at Clemson (congrats on their football national championship). Wife Cindy is still flying for Delta, and Mark is doing some pilot training for endeavor Air, and claims that real retirement is in the near future. Mark recently spent some time with his old roommate, Dave Bennett. Dave took a bad spill on the golf course and ended up needing extensive surgery on one knee. But they expect him back on the course in a few months.

I guess this is the month for coincidences. Neil Rondorf (doing more of his globetrotting in search of cleaner water, or something along those lines) recently attended the Sea, Air and Space Symposium in DC (I'm not even going to pretend I know what that's all about), apparently he was looking for sympathy for spending so much time walking around on hard cement floors. I guess they need to schedule these huge conventions in venues with soft cement floors. Anyway, he attended the Congressional Breakfast, and out of sheer coincidence, Rusty Kollmorgen sat down next to him. Rusty is VP of strategy and Business Development at General

Dynamics. I guess if you want to have a USNA reunion between 5 year runions, you should attend this symposium. Neil also ran into Tim Schnoor, who is working at ONR on a few ship programs before he retires in the near future. [Neil likes to write in code. I figured out what Rusty was doing (VP at GD in BD), but I have no idea what ONR is.] He also saw Ben Wachendorf. Ben has gone "independent" whatever that means, and has a Centerville address on his business card. I guess that makes him a beltway bandit of some flavor. Neil, you have to remember I'm living out here in California, totally removed from the mainstream of life centered around the I-495 Beltway. I appreciate all the info, but you need to write it in English for me. Anyway, Neil also saw Paul Normand, who is evidently working for General Dynamics selling ships, planes and used cars.

Maybe we should plan our 45th reunion around the Sea, Air and Space Symposium. It seems like we might have a better turnout.

Continuing his theme, Neil sent another note recently, also written in some higher level cryptic code that mentions Jim Deppe, some guy named Snake, the Lynnhaven River Project. I'm still trying to figure that one out. Viz seems to be one of Neil's spies, 'cause most of that info was relayed by Viz in the same basic code. I'll try to get this sorted out: Snake, AKA Brent James, has been written up on the newspaper about something he is doing with the local oyster population (I swear, I'm not making this up) at the Brock Center (???) where Jim's wife Ellen volunteers (I'm not sure if she's is working with oysters or not, as neither Viz nor Neil commented on that in either English or in code). But Neil ran into Jim at the Great Neck Rec Center (I'm sure THAT must be some coded reference to a super-secret assassin's training facility) where Neil was throwing around very heavy weights (still trying to decipher that part), where Jim took Neil into his confidence re. the political side of things on the Lynnhaven R project, where Jim is working "policy". According to Neil, a very brave thing for him to do.

I swear, this is all factual stuff that Viz and Neil have reported. I'm really feeling out of it. Guess that's the problem with spending too many years in California.

Well, Neil told me that he was trying to help provide column inches for Shipmate. Thanx Neil, but maybe you could get a translator to go over your copy on the next submission.

I also got a note from Bart Whitman. He has sold his consulting company back in March, and can now be contacted in Fairfax (in retirement, I presume), He asked me to publish his contact info, but I'm hesitant to print phone numbers and addresses here, so if you want to get in touch with Bart, you can reach him at the following e-mail address: bwhitman2@gmail.com.

On June 5 (does that date have any meaning for you? If not, you are probably reading the wrong class column in your recent Shipmate) your class officers will be meeting to discuss the 45th Reunion. We are not at the half way point between reunions, and 2019 is looming large on the horizon. I'm already getting motivated: Go Navy, Beat Air Force in 2019.

That's all I have this month. Looking forward to seeing many of you in the coming couple of months.

Go Navy,
Roger

'75

Life Membership: 57%
Donor Participation: 5.74%

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Dear 'mates,

"Are you out there SEVUNTEE-FIFE??" Forty-six years ago we were out there every morning for a PEP wake up session. Turns out that '75 is still out there — still out there and doing some amazing things. Many are retiring, but not slowing down. Many are still working, and