



Robert M. Rickover *W4OKA* Born in 1940 to Adm Hyman G. Rickover and Ruth Masters Rickover. He holds degrees in physics and economics from Yale University Technology, graduated from the School of Alexander Studies in London, England in 1981 where he also served on the faculty.

He studied for over 15 years with master Alexander teacher Marjorie Barstow and frequently assisted her in teaching her Alexander Technique workshops in Lincoln, Nebraska. Robert has a private teaching practice in Toronto, Canada in 1981 and maintains a dual practice since moving to Lincoln, Nebraska in 1990.

Robert is the author of *Fitness Without Stress- A guide to the Alexander Technique* and is the creator of *The Complete Guide to the Alexander Technique*.

In about 2002 your author read with interest the bio of Admiral Rickover since his life and submarines were of interest. The Admiral led a very private life but respected and revered by those who knew him. In the book *Admiral Rickover* mentioned his son Robert and the ham station that was set up at the home location, probably in Arlington, VA. It would afford Robert hours of pleasure and gain electronic knowledge.

All of this brought me to thinking of my earlier life in the DC area and living at Oxon Hill, MD - one of the many suburbs. It was a tough existence right after WW II and education was not a high priority on my young mind, yet somehow I managed to get into ham radio and that was the start of something good, as the song says!

Can you believe a group of us rag-a-muffins went down to the Patomic one weekend in 1946 or 1947 where some WW2 Diesel submarines were tied up and asked if we could come aboard for a tour, permission was granted and myself as a 7 year old stood in amazement the cramped quarters and the steep ladders. I can still see in my minds view the narrow corridor and red lamps in the passage ways.

We will keep looking for a *W4OKA* QSL card!