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By BARBARA GRINDER

When Trevor Hamon of Glenwood spoke about "Heroes" at the Glenwood School graduation exercises June 7th, he had a fair bit of personal knowledge to back up his talk.

A gunner and co-pilot in the air force in his native New Zealand during World War II, Hamon now has one son, Dan K. Hamon, serving in the U.S. Navy and a stepson, Jerry Stocking, in the U.S. National Guard. Both young men were recently involved in the U.S. initiative in Iraq, Operation Desert Storm.

Petty Officer 2nd Class Dan Hamon was a ship's serviceman on the USS Durham, an amphibious cargo ship which earned the distinction of being the longest deployed Navy and Marine unit in the war with Iraq. The ship was part of a massive deception tactic on the Kuwaiti coast that kept 80,000 Iraqi troops occupied while the allied forces were busy elsewhere.

Sergeant Jerry Stocking, Marlene's Hamon's son from her first marriage, is an X-Ray Technician and a member of the 144th Evacuation Hospital Unit that also served overseas during the recent war with Iraq.

But as Trevor Hamon pointed out in his talk to the grade nine class, heroes aren't only people who perform deeds of physical courage or noble acts. Some heroic deeds are just quiet decisions to do what you know is right.

For Trevor and Marlene Hamon serving as missionaries for the LDS church, bringing up their families and working for the betterment of the community is doing what's right.

Trevor Hamon first came to Canada in the forties, as a member of the New Zealand Air Force, on assignment as an instructor to the RCAF. Here he met and married his first wife Mildred and the couple settled down in Alberta. Over the next few decades, Hamon worked as a customs broker at Coutts, ran several of his own businesses in Calgary and raised a family. Eventually they moved to Glenwood, where Hamon ran a greenhouse and then became caretaker at the Glenwood School.

While in Calgary, the Hamons had met Marlene Stocking, a single mother with a large family, and the Hamons and Stockings all became very close. As Marlene recalls, "Millie didn't drive, so I'd often take her shopping or wherever she had to go and in return, she'd invite us on picnics and outings with her family. Our children really grew up together and we were very good friends."

When Mildred died after a three year battle with Lou Gehrig's disease (amyotrophic lateral sclerosis,) Trevor and Marlene maintained their friendship and eventually married. They continued to call Glenwood home, though for the last two years the couple have been in the Cook Islands, on a mission for their church.

The Hamons will be going on another mission soon, but not before getting together with their combined families - they have 16 children and 40 grandchildren between them - at a reunion this summer in Blackfoot, Idaho.