

VOL. 2023 #1

JANUARY 2023

USS HENRY L. STIMSON ASSOCIATION SSBN655 NEWSLETTER

Association Officers & Board of Directors 2021 - 2023

PRESIDENT Tom [Marie] Krauser VICE PRESIDENT Jerry [CJ] Blevins SECRETARY Nick [Linda] Nichols TREASURER Ken [Diane] Meigs

Other Positions 2021 - 2023

HISTORIAN / CUSTODIAN Larry [Linda] Knutson WEBMASTER / NEWSLETTER Nick [Linda] Nichols CHAPLAIN Bruce [Vicki] Stefanik

REUNION CONTROL CENTER 2023 Stimson Reunion October 11-15, 2023 Charleston SC Hilton Garden Inn (Summerville SC) [information and directions to the hotel venue are on the Reunion #12 Webpage]

28 registrations have been received as of 21 December 2022. Check here to see who has signed up to attend: <u>Registered Attendees Sailing List</u>

To see where these attenders are located go to Location Map of Registered Attendees



From the Association Reunion 2023 Reunion Chairman, Harry Nettles, QMCM(SS) G COB 91-92, USSVI Charleston Base, Holland Club:

Good Day Shipmates, your reunion chairman here. We are now 10 months out from sea stories and Bubblehead B.S. I don't know about you but I am really excited about this year's reunion. Therefore, if you have not sent in your payment and made your reservations let's get to it.



From the Association President -<u>Tom Krauser</u>, MM1(SS) B 72-74, 655 Assoc Life Member, USSVI Albany-Saratoga Base

HAPPY NEW YEAR!!!! Marie and I hope everyone had a great holiday season and got together

with their families. We had a small New Year's Eve with a few relatives and friends.

We also had Christmas Eve at our house, our annual tradition, and had Marie's family there.

STILL trying to plan a trip to see our granddaughter Caitlin in Virginia. Originally planned to go to Baton Rouge and then my family in south Texas but plans got changed because of a death in Marie's family.

Marie and I are looking forward to the next reunion in Charleston THIS October. Look for details about the reunion progress in the newsletter. If you have any questions or concerns for the board, please feel free to contact us so we can address them.



From the Association Vice President -Jerry Blevins, LT(SS) B 76-79, 655 Assoc Life Member, USSVI Groton Base:





Custodian - <u>Larry Knutson</u>, MMCS(SS) B 79-81 USSVI Charleston Base, Holland Club: We still have the box of Gold Crew check-in cards that were from

the time of Bob Weeks CO tour.

Several Gold Crew members have contacted us for their card. If you were on the Gold Crew during any time when Bob Weeks was the CO you completed a check-in card for him. The box of cards is now held by our base secretary. If you would like a copy of your card sent to you please contact our Secretary at 655webmaster@ssbn655.org.

Chaplain's Corner -Bruce Stefanik, MS1(SS) B 73-77, USSVI USS Asheville Base, 655 Assoc Life Member:

"Answer me when I call to you, my righteous God. Give me relief

from my distress; have mercy on me and hear my prayer." Psalm 4:1

May this be your prayer for the New Year. Let all your distress be given to God.

Happy New Year to you and your families.

May you have the very best that the year has to offer.

Be blessed, Bruce



From The Editor & Secretary -<u>Nick Nichols</u>, TM1 G/SY1/B 70-75; FTCS B COB 85-89, 655 Assoc Life Member, USSVI Charleston Base, Holland Club

REUNION 2023: We now have 28 registrations for the reunion. The New Year is here so what better time to give yourself a great start to 2023 that by registering for our reunion. The sooner you are registered and your hotel reservations made the easier it is for the committee as they try to make plans. The earlier the attendance is known the better to setup the events.

If you register now and for some reason need to cancel before the reunion, our cancellation policy IAW with our Bylaws: **Cancellation of reunion registration and the refund of monies paid will be based on the timing of the cancellation. Registration cancelled prior to the reunion registration cutoff date will result**

Submarines Lost During the Month of January

USS SCORPION (SS-278) USS ARGONAUT (SS-166) USS SWORDFISH (SS-193) USS S-36 (SS-141) USS S-26 (SS-131)

Jan. 5, 1944 – 4th War Patrol Jan. 10, 1943 – 3rd War Patrol Jan. 12, 1945 – 13th War Patrol Jan. 20, 1942 – 2nd War Patrol Jan. 24, 1942 – 2nd War Patrol Lost with all hands – 77 souls Lost with all hands – 102 souls Lost with all hands – 89 souls No loss of life Lost with 46 souls, 3 men rescued

Five Boats and 314 Men Lost

in refund of monies paid minus the registration/office fee. For cancellation after the registration cutoff date, there will be no refund of monies paid.

Below are a few shipmates from our sailing list we are still trying to contact. Some of you have sent me info and it's appreciated. If you know any of these shipmates please have them send me an email at <u>655webmaster@ssbn655.org</u>

NAME	RANK	CREW	SERVICE
Sales, Stephen	ETC		93 Decom
Schmith, Larry	CSC	В	70-74
Schoppy, Joesph G. 'Joe'	LT	G	87-89
Schott, Les			
Scoles, Kevin	ET2		93 Decom
Scoville, Scott	NAVET		82-84
Shannon, Michael			
Shepherd, Chuck			
Sherlock, Martin H.	ТМС	G	69-70
Shields, Vaden	LTJG	G	73-75
Siedel, Dave	MT1		
Sikorski, Tom	IC2	В	73-73 ???
Siler, Dennis CWO5	QM1	G	86-88
Silliphant, David L			
Smith, ?	YNCS	G	77
Smith, Dwayne T.	MM1	B/G	83-87
Smith, Lynn	LT		93 Decom
Smith, Michael	MM2		93 Decom
Snyder, Kirk	ET1	В	76-80
Sollars, Jeffrey	EM3		93 Decom
Sordelet, Michael			
Spinner, Mark A.	EM1	В	83-87
St. Clair, James 'Jim'	MM1/ELT	В	75-78
Staton, Michael	SN		93 Decom
Stewart, James			
Stine, Gene "Al"	RM1	G	85-89
Stokely, Dennis	MMC	G	77-81
Stokes, Jack L.	MM2	G Comm	65-67 Plank
Stortroen, Keith L.	YN3	В	68-70
Strout, Eugene	LT	B MC	66-68
Sweeten, Robert	QMC	G 69	
Swigart, James			93 Decom
Szeszko, David M.	MTC	B/G	82-86

Sharing Pictures with Shipmates:

If anyone has pictures you would like to share with your shipmates please either email them to me or contact me and I will send you directions to upload to our Stimson Dropbox file.

655webmaster@ssbn655.org

Submarine Qualification Card & Certificate

I hope you have checked out the <u>SS Qual Card</u> <u>& Certificate</u> webpage. Most of us still have them and know exactly where they are. Some may have to go digging. Start looking for those certificates. When you find it either scan it or take a good picture and send it to me at <u>655webmaster@ssbn655.org</u>. You name will be added to the new page with a link to your certificate. This is for all Stimson shipmates, not just the ones who qualified on the 655. No matter what boat you qualified on if you were on the Stimson send me a scan or picture and it will be added to the website.

This can be any item related to your SS qualification: Qual Certificate; Qual card, picture receiving your dolphins; etc.

Qualification Cards of Stimson Sailors



The following Stimson Shipmates have departed on Eternal Patrol.

MMCS(SS) William A. Cross B 68-70 COB Eternal Patrol July 4, 2009 [reported by son, Thomas]

MM3(SS) John Rae 'Jay' Milton B 87-90 Eternal Patrol December 18, 2021 [reported by brother-in-law, MM2(SS) Michael Taylor B 87-91]

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The direct link to the Association Eternal Patrol page is: <u>http://ssbn655.org/eternal-patrol/eternal-</u> patrol.html



WELCOME ABOARD: Found & Updated Shipmates

(Shipmate has contacted us to be added or have info updated on our Sailing List. Please check the online Sailing List for shipmates contact info.)

NOTE: DON ORT, MM1(SS) G/OVHL1/G 69-74, CONTINUES TO LOCATE OUR STIMSON SHIPMATES WHO ARE ON OUR SAILING LIST BUT WITH NO EMAIL ADDRESS.

FTBC(SS) Donald 'Don' Lotspeich B 83-88 FTCS(SS) B COB 92-93

Decomm COB – last Bureau assigned COB FTCM(SS) Retired [new Association member per request]

MM2(SS) Michael Taylor B 87-91

[new Association member per request]

BINNACLE LIST UPDATES: If you know of a shipmate who should be on the binnacle list please let me know. I will contact the shipmate for permission to add them to this list. I only add those who have given permission.

Sandy Hasty, CAPT B 80 (Oct-Dec) CO-1 patrol Cards to: 75 Lambeth Dr., Asheville NC 28803-3425

12.29.22: Email from Sandy: Donna came through her second back surgery on December 28, 2022, in flying colors. Dr. Osborn stated the operation went well and, as he predicted, was completed in one third the time of the first operation with a single 1.5-inch incision. The first operation entailed three, seven-inch incisions and six hours on the table. He said Donna will have continuing operation and nerve pain for about two to three weeks and then the pain should slowly decrease to nothing, if that disk was all that was causing the pain. Only time will tell. The operation replaced the disk between L2 and L3 and stabilized those vertebrae with a plate and two, three-inch screws.

We are pleased with the outcome so far and pray for complete healing.

We thank you for your prayers for Dr. Osborn and his staff as they conducted the operation and for Donna to have a speedy recovery. The prayers are greatly appreciated.

With all the activities of Christmas, we neglected to provide a status of my right eye, lower lid cancer removal. After removal of the cancer and a sewn shut eye for a month, the eye was opened on December 20th and the doctor and I are pleased with how it is healing. It will feel scratchy for several weeks then it should be smooth sailing. I am pleased to have two eyes back with no reduction in sight!

To all, may you have a very happy new year and a great 2023!

Warmly, Sandy

Lloyd Hyatt, MT2(SS) B 73-76

Cards to: 134 Coral Way, Jacksonville Beach FL 32250

NO NEW UPDATES

7.26.22: Email from Lloyd: I have been diagnosed with Leukemia {AML). Treatment (17 doses of chemotherapy) hasn't helped. AML can be a result of exposure to radiation, which all of us were. Especially the MT's that had to go inside of the missile. Has anybody else been diagnosed with this disease? If you would like to contact me, please email me at <u>wwwlloyd@aol.com</u> or <u>jaxbeachlloyd@gmail.com</u> or call me at 904-631 -0029.

John Cole, LT [CDR Ret] B AWEPS 78-80 [E1-E9 & O1E-CDR Ret.)

Cards to: 2523 E 2830 S, St George UT 84790-4744

NO NEW UPDATES

4.30.2022: Email from John; COPD, Aspiration Pneumonia, Cardiac Arrest & Parkinson's Disease! Agent Orange And Other Carcinogens Finally Caught Up With Me It Seems!

Ron Hyson, STS1(SS) B 70-75, Assoc. Life Member, USSVI Hampton Roads Base, Holland Club, STSCM(SS) Retired

Cards to: 3425 MacDonald Rd., Virginia Beach VA 23464

NO NEW UPDATES

3.14.2022: Email from Ron: I wanted to let you know that I was diagnosed last month with Alzheimer's. Do you know of anyone else on the boats that also has this disease? I was thinking this might be connected with Amine that was used on the boats. My short term memory is shot and their is no cure for Alzheimer's. I have another doctor's appointment Thursday, will let you more of my diagnosis. Our world has been turned upside down. Take Care, RG

GREAT LINKS TO SPEND TIME WITH

655 Association Website www.ssbn655.org

Voted America's Most Realistic Submarine Documentary Movie

By David Hoffman, Filmmaker

This one-hour primetime television special was made in 1986. At the time, it was a big deal for the American Navy to let me on one of their submarines. I loved the experience and the submariners.

This documentary won the Blue Ribbon at the American Film Festival. In my opinion what makes this so realistic is the everyday life submariners experienced and how when they trusted me and the crew, they let me record how things were when no one was watching. I was impressed with how professional they were and how, though underwater for months at a time, they treated each other decently and with respect. It takes a certain kind of person to be a submariner and I have deep respect for their professionalism and their patriotism.

I know from so many who have commented on this video that to some extent, life on board a submarine has changed. For example, there is no smoking cigarettes for sure. But in other ways, the life on board a Boomer or and attack sub isn't all that different from what is shown here. **WATCH VIDEO**

The War Beneath the Waves: The Story of USS Croaker

Buffalo and Erie County Naval & Military Park Premiered Sep 1, 2022

Learn about the crew, the mission, and the story of USS Croaker, a Gato-class submarine that first served in World War II. As one of only six remaining submarines of its class, USS Croaker continues to serve with the current mission to honor, educate, inspire, and preserve the legacy of the boat, its crew, and their many sacrifices and heroic efforts.

WATCH HERE

Naval Legends: USS Torsk | Head Over Keels Is Back Cinemarathon | World of Warships World of Warships Official Channel

Our latest Naval Legend is Tench-class submarine USS Torsk. Join us as we take a deep dive into the story of one of the few late-WWII subs that remained in service in the U.S. Navy well into the Cold War.

WATCH HERE

SEA STORIES, COMMENTS and JUST GOOD THINGS From Our Shipmates

Things to ponder as you age . ..

The inventor of the treadmill died at the age of 54 The originator of gymnastics died at the age of 57 The past world bodybuilding champion died at the age of 41

The best soccer player in history, Maradona, died at the age of 60

And then . . .KFC inventor died at 94 🐵

Inventor of Nutella brand died at the age of 88 3

Cigarette maker Winston died at the age of 102 (*) The inventor of opium died at the age of 116 in an earthquake (*)

Hennessy cognac, Irish inventor died at 98 🕹

How did doctors come to the conclusion that exercise prolongs life? The rabbit is always jumping, but it lives for only 2 years. The turtle that doesn't exercise at all, lives 400 years.

So . . .Have a drink, Take a nap, And if you wake up, have bacon and eggs.

Submitted my Vinnie Ryan, ET1(SS) B 69-74, Assoc. Life Member

A few years ago, I had an opportunity to bid on building a website for a local Methodist church. While searching church content to use in my sample website I came across a video of a church member singing a song that I had never heard before. Although I eventually lost the bid, the song remains in my mind and in my heart.

Although I'm sure I have a backup file of the Methodist church video in my archives, I haven't been able to find it yet. The song name is "A Christmas Hallelujah" and it was written by "Leonard Cohen". The original song "Hallelujah" has variations including "Christmas Hallelujah" and "Easter Hallelujah" (Maybe more).

Besides songs written and sung by Leonard Cohen himself, there are many other singers and groups singing Leonard's songs. You may search the many fine variations online or just check out a few videos I selected below:

Christmas Hallelujah" | Leonard Cohen / Cloverton | Cover with LYRICS

Christmas Hallelujah" - Caleb and Kelsey

Easter Hallelujah" Mother Daughter

Leonard Cohen - "Hallelujah" (Live In London)

The Canadian Tenors - "Hallelujah" (Live)

Choir! Choir! Choir! / Rufus Wainwright + 1500 singers sing "HALLELUJAH"

Here are the lyrics to the original unmodified song "Hallelujah":

Now I've heard there was a secret chord That David played, and it pleased the Lord But you don't really care for music, do you? It goes like this, the fourth, the fifth The minor falls, the major lifts The baffled king composing Hallelujah Hallelujah, Hallelujah Hallelujah, Hallelujah

Your faith was strong but you needed proof You saw her bathing on the roof Her beauty and the moonlight overthrew her She tied you to a kitchen chair She broke your throne, and she cut your hair And from your lips she drew the Hallelujah Hallelujah, Hallelujah Hallelujah, Hallelujah

Well, maybe there's a God above As for me all I've ever learned from love Is how to shoot somebody who outdrew you But it's not a crime that you're hear tonight It's not some pilgrim who claims to have seen the Light

No, it's a cold and it's a very broken Hallelujah Hallelujah, Hallelujah Hallelujah, Hallelujah

Instrumental

Hallelujah, Hallelujah Hallelujah, Hallelujah

Well people I've been here before I know this room and I've walked this floor You see I used to live alone before I knew ya And I've seen your flag on the marble arch But listen love, love is not some kind of victory march, no It's a cold and it's a broken Hallelujah Hallelujah, Hallelujah Hallelujah, Hallelujah

There was a time you let me know What's really going on below But now you never show it to me, do you? And I remember when I moved in you And the holy dove she was moving too And every single breath we drew was Hallelujah Hallelujah, Hallelujah Hallelujah, Hallelujah

Now I've done my best, I know it wasn't much I couldn't feel, so I tried to touch I've told the truth, I didn't come here to London just to fool you And even though it all went wrong I'll stand right here before the Lord of song With nothing, nothing on my tongue but Hallelujah Hallelujah, Hallelujah Hallelujah, Hallelujah Hallelujah, Hallelujah

"Hallelujah" Written by: Leonard Cohen Album: Various Positions Released: 1984



Get Your Free Military Service Plaque

In time for the Holidays, Together We Served is offering all Veterans a FREE, high quality 11" x 6" plaque of their military service which can be printed out and framed.

CLAIM YOURS

What are Your VA Benefits at 10% Disability Rating?

Learn about the benefits available to Veterans receiving 10% service-connected disability compensation. **WATCH VIDEO**

Important cancer screenings for 2023

One of the best ways to be proactive with your health is to receive preventive care. It won't take much effort to schedule a screening with your doctor but may decrease your risk of some wellknown cancers. Learn about the recommendations for breast, cervical and colorectal cancer screenings.<u>Find out when to</u> <u>schedule your screening</u>

Antibiotics aren't always the answer

It's important to only take antibiotics when prescribed to treat bacterial infections. Though they are powerful medications, antibiotics do not cure viral infections and can be harmful when taken incorrectly. Take time to understand when antibiotics are needed and the risks associated with improper usage. <u>Understand antibiotic</u> <u>benefits</u>

The 9 Worst Habits for Your Brain

Bad choices and everyday missteps could harm your cognition. Here's how to combat several of them.

By Nicole Pajer, AARP

Updated December 06, 2022

You already know that a bad diet and a permanent indentation on the couch aren't good for your brain. But there are some lesser-known daily routines that could be undermining your cognition. Altering just one of these habits could change how your brain works — and help you age healthier and better. And it's never too late to start. Even people with memory issues can benefit from altering harmful behaviors.

1. You accentuate the negative

Ruminating on grudges, resentments and negative thoughts won't just keep you in a pessimistic mood; it has also been linked to a decline in cognition and memory in people 55 and older.

2. You skip your vaccines

It's estimated that more than half of Americans blew off the flu shot during the 2021 flu season, and we know that today many people are hesitant about keeping up with COVID-19 boosters. But opting out of vaccinations may be a missed opportunity in the fight against dementia.

3. You drink sugary beverages

If your usual breakfast includes a tall glass of orange juice, take note. "Even though fruit juice

retains some beneficial phytonutrients, it's primarily a sugary drink without the benefit of fiber.

4. You have unhealthy sleep habits

Consistency is one important marker of good quality sleep: Go to bed and wake up at the same time every day.

5. You crank up your headphones

If it's bad for your ears, it could very well be bad for your brain. As a rule, if someone else can hear sound from your earbuds, they're too loud.

6. You regularly take this type of medicine

A wide array of drugs — including tricyclic antidepressants, some overactive bladder medications and some over-the-counter antihistamines — can block the actions of acetylcholine, a brain chemical important for learning and memory.

7. You don't have a sense of purpose

Bosses, kids, spouses — when we're younger, it seems like everyone is relying on us. But when we get older, freedom from those responsibilities can have a darker side.

8. You're not a fan of flossing

Do you roll your eyes when your dentist tells you to floss? You may want to give it a whirl.

9. You have a few drinks per week

Even light to moderate drinking can cause reduced brain volume.

READ MORE HERE

Biggest Social Security Changes for 2023 Big COLA fuels benefit boost while Medicare premium deductions go down

By Andy Markowitz, AARP December 05, 2022 Social Security benefits will get their biggest boost in decades in 2023, thanks to 2022's surging consumer prices. Inflation and rising wages mean a host of other changes for the tens of millions of retirees, disabled workers and members of their families who rely on the program. Here's what's in store for the year to come.

Bigger benefits

Rampant inflation produced an 8.7 percent

cost-of-living adjustment (COLA) for Social Security beneficiaries in 2023, the biggest percentage jump since 1981. That translates into a \$146 boost in the average monthly retirement benefit, from \$1,681 to \$1,827.

The maximum benefit for a worker who claims Social Security at full retirement age (FRA) in 2023 will be \$3,627 a month, up from \$3,345 in 2022. FRA is 66 years and 4 months for people born in 1956 and 66 and 6 months for those born in 1957; people born from Sept. 2, 1956, through July 1, 1957, will reach it in 2023.

The COLA is applied to all types of Social Security payments and to Supplemental Security Income (SSI), a safety-net benefit for older, blind and disabled people with low incomes and limited assets that is administered by the Social Security Administration (SSA).

Estimated Average Monthly Social Security Benefits Payable in Jan 2023		
	Befor e 8.7% COLA	After 8.7% COLA
Retired worker	\$1,681	\$1,827
Married couple, both receiving benefits	\$2,734	\$2,972
Survivor benefit, older spouse	\$1,567	\$1,704
Survivor benefits, widowed parent and two qualifying children	\$3,238	\$3,520
Disabled worker	\$1,364	\$1,483
SSI maximum federal benefit, individual*	\$841	\$914
SSI maximum federal benefit, married couple*	\$1,261	\$1,371

* SSI beneficiaries should receive their first COLA -boosted payment Dec. 30, 2022. SSI benefits are typically paid on the first of the month, but Jan. 1 is a federal holiday.

Source: Social Security Administration No Medicare premium offset

In 2022, a 5.9 percent COLA raised the average retirement benefit by \$92 a month. But a record-high hike in Medicare Part B premiums undercut that increase for the majority of Medicare enrollees whose Part B premiums are deducted directly from Social Security payments.

That won't be the case in 2023, as the standard Part B premium declines from \$170.10 a month to \$164.90, leaving many beneficiaries with a few extra dollars in their monthly Social Security deposits.

Social Security taxes

Social Security benefits are largely funded from a 12.4 percent tax on work earnings, typically split between employee and employer. (If you work for yourself, you pay both shares.) The tax rate hasn't changed in years, but the amount of income subject to it increases in line with the COLA.

In 2022, you paid Social Security taxes on work income up to \$147,000. In 2023, the threshold rises to \$160,200. You won't pay into Social Security on earnings above that level, nor will your employer.

Stock up on 'forever' stamps before the price rises by John Waggoner, **AARP**, Updated December 8, 2022

The U.S. Postal Service will raise the price of a first-class "forever" stamp from 60 cents to 63 cents on Jan. 22, a 5 percent increase. A first-class stamp covers the cost to mail a 1-ounce letter. An additional ounce will remain 24 cents.

In addition to raising the price of forever stamps, the U.S. Postal Service will implement other postage increases as well, effective Jan. 22.

Metered letters will rise to 60 cents from 57 cents. Domestic postcards will rise to 48 cents from 44 cents. Outbound international letters will rise to \$1.45 from \$1.40. The temporary increase in package delivery rates that started on Oct. 2 will end Jan. 22.

How much do forever stamps cost?

Until Jan. 22, forever stamps cost 60 cents apiece. But the "forever" in their name means that even after the price rise in January, a single forever stamp you paid 60 cents for before Jan. 22 will still send a 1-ounce letter to any U.S. address. You won't have to add additional postage to make up for the price increase. You can still use an original forever stamp purchased 15 years ago for 41 cents to mail a first-class letter today without additional postage.

Forever stamps, introduced in 2007, are always equivalent to the current price of a firstclass stamp. Since 2011, virtually all first-class stamps sold are forever stamps.

You can even use forever stamps for outbound international letters. You'll have to add additional stamps to get to the correct amount of postage for international mail, however. For international letters, a forever stamp has the monetary value of the price of a first-class stamp on the day it is used.

Timeline: What did a first-class postage

stamp cost? Year Price Jan 7, 2001 \$0.34 Jun 30, 2002 \$0.37 Jan 8, 2006 \$0.39 May 14, 2007 \$0.41 May 12, 2008 \$0.42 May 11, 2009 \$0.44 Jan 22, 2012 \$0.45 Jan 27, 2013 \$0.46 Jan 26, 2014 \$0.49 Apr 10, 2016 \$0.47 Jan 22, 2017 \$0.49 Jan 21, 2018 \$0.50 Jan 27, 2019 \$0.55 Aug 10, 2021 \$0.58 July 10, 2022 \$0.60

Source: Historian, U.S. Postal Service

\$0.63

Jan 22, 2023

The Postal Service says that the overall rise in postal rates is 6.5 percent, compared to 8.6 percent for overall inflation for the 12 months that ended in May. A 1-ounce letter cost 6 cents in 1863, according to the USPS historian, and 8 cents 50 years ago.

READ MORE HERE

You already know it's important to get your flu vaccine every year, ideally by the end of October. And when you go in for the shot, it's a great time to make sure you're up to date on all the other immunizations you should be receiving as an adult.

After all, it's not just babies and youngsters who need a poke to protect against serious, and potentially lethal, diseases. Adults need them too, especially as our immune systems weaken with age.

So, what shots should you get at 50 and beyond?

Below you'll find the vaccinations every adult needs, followed by two — for hepatitis A and B that you need only if you have certain risk factors. What you won't see on the list? Measles and chicken pox vaccines. Anyone born before 1957 wouldn't need a measles vaccine because the disease was so prevalent when they grew up that immunity as an adult is assumed.

Chicken pox is similar in that most adults already have immunity from childhood exposure to the disease, Katz says. "Almost all adults over 40 have been exposed to chicken pox," she adds, noting that it would be "an extremely rare case" for an adult not to have been. That said, if you think you could be in that tiny minority, ask your doctor about getting the chicken pox vaccine as an adult.

For the rest of the list, you can get your necessary shots at doctors' offices, pharmacies, workplaces, community health clinics and other locations. And most health insurance plans will pick up the tab. So, stop in and let 'em stick it to you.

Influenza vaccine Pneumococcal vaccine Tdap vaccine (tetanus, diphtheria, pertussis) and/or the Td booster (tetanus, diphtheria) Shingles (herpes zoster) vaccine Hepatitis A vaccine Hepatitis B vaccine

READ MORE HERE

9 Things Medicare Doesn't Cover by Dena Bunis, AARP, Updated November 30, 2022

You'll need to plan ahead to pay for some common medical expenses

Medicare covers the majority of older Americans' health care needs, from hospital care and doctor visits to lab tests and prescription drugs. Here are some needs that aren't part of the program — and how you might pay for them.

1. Opticians and eye exams

Solution: For some people, it makes sense to buy a vision insurance policy for a few hundred dollars a year to defray the cost of glasses or contact lenses.

2. Hearing aids

Medicare covers ear-related medical conditions, but original Medicare and Medigap plans don't pay for routine hearing tests or hearing aids.

Solution: If you are in a Medicare Advantage plan, check your policy to see if it covers hearingrelated needs. If it doesn't, or if you have original Medicare, consider buying insurance or a membership in a discount plan that helps cover the cost of such hearing devices.

3. Dental work

Original Medicare and Medigap policies do not cover dental care such as routine checkups or big -ticket items, including dentures and root canals.

Solution: Some Medicare Advantage plans offer dental coverage. If yours does not, or if you opt for original Medicare, consider buying an individual dental insurance plan or a dental

discount plan.

4. Overseas care

Original Medicare and most Medicare Advantage plans offer virtually no coverage for medical costs incurred outside the U.S.

Solution: Some Medigap policies cover certain overseas medical costs. If you travel frequently, you might want such an option. 5. Podiatry

Routine medical care for feet, such as callus removal, is not covered. Medicare Part B does cover foot exams or treatment if it is related to nerve damage because of diabetes, or care for foot injuries or ailments, such as hammertoe, bunion deformities and heel spurs.

Solution: If you face these costs, you may want to set up a separate savings program for them.

6. Cosmetic surgery

Medicare doesn't generally cover elective cosmetic surgery, such as face-lifts or tummy tucks. It will cover plastic surgery in the event of an accidental injury.

Solution: If you face these costs, you also may want to set up a separate savings program for them.

Limited acupuncture coverage: Medicare has added coverage for acupuncture for enrollees with chronic low-back pain. Beneficiaries who have had lower-back pain for 12 weeks or longer will be able to get up to 20 acupuncture treatments each year.

7. Chiropractic care

Original Medicare does not cover most chiropractic services or the tests that a chiropractor orders, including X-rays. Medicare Part B does pay for one manual manipulation of the spine by a chiropractor or other qualified provider to correct a vertebral subluxation, which is basically a partial dislocation of a spinal vertebra from its normal position.

Solution: Some Medicare Advantage plans will cover chiropractic services, so check with your plan.

8. Massage therapy

Original Medicare doesn't cover massage

therapy, often used to help reduce chronic pain, although research suggests it may provide shortterm, but not long-term, relief. When it comes to pain management, Medicare does cover chiropractic care in certain limited circumstances (see above) as well as physical and occupational therapy when prescribed by a doctor. Some Medicare Advantage plans might cover some massage therapy. It's best to call your plan to find out if it does.

Solution: See whether your health care provider can recommend a pain management strategy that Medicare does cover.

9. Nursing home care

Medicare pays for limited stays in rehab facilities — for example, if you have a hip replacement and need inpatient physical therapy for several weeks. But if you become so frail or sick that you must move to an assisted living facility or nursing home, Medicare won't cover your custodial costs.

Solution: Planning for nursing home care is a big issue, with lots of choices and decisions. But for those with limited income and Savings, Medicaid might help fill in the gaps.

Choose what to share with your Blue Button Report

My HealtheVet has tools to help you access and share your medical records. With VA Blue Button, it's easy to print or download custom reports.

LEARN MORE

Winter Exercise: Stay Warm and Safe

Don't let cold weather keep you from exercising. We have tips to keep you safe and active this winter. **LEARN MORE**

Second Se

If you have a medical emergency, don't hesitate to get care immediately. VA may still offer coverage if you go to a non-VA emergency department. Here's what you should know. <u>LEARN MORE</u>

Fight Indigestion from Home

Indigestion can mean heartburn, bloating, nausea, and more. The good news is simple changes to your diet and lifestyle can help. <u>LEARN MORE</u>

Medicines can help us live our healthiest lives. But taken incorrectly, they can be harmful. We have questions to ask your doctor, ways to stay on schedule, and other tips to keep you safe. **LEARN MORE**

These smartphone extras will help you in nearly every facet of your life

Smartphones are "smart" for all the remarkable things they can help you accomplish.

Learn a language, catch up on the weather, find a hiking trail, gaze at the starry sky, play a game or plan your next meal or vacation. You often gain these insights not from the built-in features of the phone but rather from the numerous apps you decide to add on, many of which are free. More than 90 percent of the roughly 4.5 million smartphone apps in the Apple and Google stores are free to download.

Try a few, or a slew, of the following apps to explore your phone's unlimited potential.

EDUCATION

<u>Duolingo</u>

This language learning app provides selfpaced, bite-size lessons and mini games for about three dozen languages, including Chinese, French, German, Italian and Spanish.

Khan Academy

If it's been years since you attended school, you might want to tap into the 2,000 courses offered on the Kahn Academy app. <u>Libby</u>

Libby is the gateway to checking out free audiobooks and ebooks from your public library. **OpenTable**

Reserve tables at more than 52,000

restaurants worldwide, filtering your search by cuisine, neighborhood, price, rating, the time you want to eat and the number of people in your party.

Vivino: Buy the Right Wine

Both oenophiles and folks seeking a cheap but decent bottle of wine can rely on this digital sommelier app — "Netflix for wine," as *Fortune* characterized it.

Yummly Recipes & Cooking Tools

Yummly stands out among similar apps for its more than 2 million recipes, many culled from other recipe sites and food blogs, including Allrecipes, Epicurious, Food52 and Smitten Kitchen.

GAMES

Chess Play & Learn

If you're new to the game, a more advanced player or in between, Chess.com's Chess Play & Learn lets you compete against a computer or players from around the world at your level.

Jeopardy Trivia Quiz Game

Answer: "It is the iOS and Android version of a popular TV quiz show." Question: "What is the app version of *Jeopardy*?"

Psych! Outwit Your Friends

The brainchild of actress and comedian Ellen DeGeneres, Psych! is a party game in which you try to bluff other players into choosing wrong answers to trivia or other questions while trying to guess the right answers yourself.

Words With Friends

This Scrabble-like word game lets you challenge friends on their mobile devices or PCs.

HEALTH AND FITNESS

<u>AllTrails</u>

Browse the app to find trails for many activities, including backpacking, bird-watching, camping, horseback riding, mountain biking, rock climbing and snowshoeing.

Charity Miles

Turn your calisthenics into currency for charity. This app tracks the miles you bike, dance, run or walk and makes a donation to one of more than 50 charities.

<u>Daily Haloha</u>

"I wish that people would [fill in the blank]." Or, "Give yourself a compliment: I am [fill in the blank]." Daily Haloha delivers a similar thoughtprovoking prompt, or Haloha, each day.

Insight Timer – Meditation App

The app offers more than 163,000 free guided meditations with music and ambient sounds to help you deal with anxiety, reduce stress and sleep better.

Medisafe Pill & Med Reminder

This app alerts you to take your medication with clever messaging such as a shaking pillbox or Austin Powers, Darth Vader or a "nagging mom" reminding you in their own special ways to take your pills.

<u>MyFitnessPal</u>

If you want to lose weight, stay in shape or get in better shape, MyFitnessPal can help you count calories with its searchable database of millions of foods.

HOME AND ORGANIZATION Adobe Lightroom: Photo Editor

To help you create more polished photographs, Adobe, the company behind Photoshop, provides a suite of tools in Lightroom. **Bitwarden Password Manager**

If you use the same passwords across numerous devices or choose passwords that are easy to guess — both no-nos — getting a password manager to create and store secure passwords makes sense.

<u>Craigslist</u>

Founded in 1995, Craigslist is the online classified pioneer. But the company didn't add an app until more than two decades later.

Houzz – Home Design & Remodel

Get inspiration from architects, contractors and interior designers for your own remodeling dreams, from your kitchen and bathroom to your living room and outdoor deck.

PhotoScan

PhotoScan by Google Photos lets you scan and capture printed photographs or artwork that you would like to add to your digital collection. <u>What's it worth on eBay</u> This app shows you the average prices of items sold on eBay during prior weeks, including buy-it-now and auction prices.

Zillow Real Estate & Rentals

Buying or selling a home? Zillow lists millions of houses and apartments that buyers can easily pore through room by room and check out facts about the neighborhood.

MUSIC AND ENTERTAINMENT Audacy: Live Radio & Podcasts

The former Radio.com lets you tune into more than 900 live and local music, news, sports, talk and comedy AM and FM stations and podcasts. **IMDb**

Ever watched a movie or TV show and wondered about an intriguing actor's other films? Amazon-owned IMDb — short for Internet Movie Database — is an online repository

RadioGarden

From Brussels to Bangkok, Amsterdam-based Radio Garden lets you access live radio stations from all over the world that broadcast 24 hours a day.

<u>Shazam</u>

Shazam can tell you the title or performer of a song in seconds

<u>Spotify</u>

If you have the urge to hear your favorite artist or song, Spotify can start playing it in an instant.

<u>Tunity</u>

Having trouble hearing the TV or want to listen without disturbing others? Tunity lets you hear what's on a TV with muted sound through your phone.

NATURE, SCIENCE AND WEATHER AccuWeather

Choosing a favorite weather app often boils down to how you like your information presented. **Merlin Bird ID**

The team at the Cornell University Lab of Ornithology has created an app that can identify more than 8,000 bird species from around the world.

<u>NASA</u>

The official app of the National Aeronautics and Space Administration includes news and

stunning images of the sky — from Pluto in enhanced color to Perseus and the Lost Meteors. **Seek by iNaturalist**

You can't differentiate a petunia from a Peruvian lily but wish you could.

Star Walk 2 Ads+

Don't know a constellation from a comet? Star Walk 2 Ads+ can help you discover more about meteor showers, nebulae and star clusters.

<u>Tides Near Me</u>

If you boat, fish, search for shells, surf or merely want to lounge on the sand, knowing the tide times, currents and weather forecast can help you plan your day.

SOCIAL MEDIA

<u>Clubhouse</u>

Clubhouse lets you listen and talk in real time with people from all over the world, turning voice into a new kind of social media outlet. **Meetup**

Meetup lets you mingle with people who share your interests and can match you with more than 330,000 local and online groups and 330,000 weekly events.

<u>Nextdoor</u>

Nextdoor: Neighborhood Network is all about your own community, whether you need a dog walker or landscaper, want the skinny on block parties and garage sales, or need to find a lost pet. If you're new to an area, Nextdoor can make it easy to introduce yourself to your neighbors. **Slowly**

Slowly - Make Global Friends provides a modern take on letters from pen pals, matching you with friends around the world who have similar interests.

<u>Timehop</u>

Timehop is all about digital reminiscing. You connect your Facebook, Instagram and Twitter accounts to explore your history on social media. **TRAVEL AND TRANSPORTATION**

Airbnb

Travelers longing to live like a local can stay in neighborhoods off the beaten path, and those with wanderlust might get some inspiration through exploring listings on Airbnb.

Flush – Toilet Finder & Map

Flush can help you take care of business if you are out and about when nature calls.

GasBuddy: Find & Pay for Cheap Gas and Fuel

Who doesn't want to save money when fueling up? GasBuddy allows you to comparison shop for gas without driving around the neighborhood.

Google Translate

Google Translate makes toting a foreign language dictionary while traveling passé in numerous ways.

ParkMobile – Find Parking

Finding coins for a parking meter can be a hassle. ParkMobile lets you pay for parking from your phone at more than 3,000 locations in more than 500 cities.

Recreation.gov

From Acadia to Zion, Recreation.gov can help you plan trips to national parks, monuments, forests and other federal lands.

<u>SpotHero</u>

SpotHero lets you find and reserve parking spots at select garages in major U.S. cities, often at a lower rate than if you didn't book in advance. <u>Transit</u>

Public transportation is often the best way to navigate many big cities. The Transit app helps you find routes on buses, trains and other modes of transportation, including bikes, ride-hailing services, even walking.

Waze Navigation & Live Traffic

The Google-owned, crowdsourced navigation app can help you plan trips and avoid traffic, assisted via all the other "Wazers" on the road. You, or people in your vehicle, can report crashes, hazards and heavy congestion along your route **FROM AARP**

AARP Now

Want to discover AARP member discounts near you? Browse a list of benefits customized to your area, bookmark your favorites and, often, get a map to point the way.

READ MORE HERE



The Computer Corner By: <u>Tom Krauser</u>, MM1(SS) B 72-74, 655 Assoc Life Member, USSVI Albany-Saratoga Base

Turning the Touchpad Off/On With External Mouse

I am one of those people who hate using a Touchpad on a laptop. I use an external wireless mouse but I find with my hand resting on the touchpad that the cursor moves as my hand moves. I have also been typing a document and find that the cursor jumped somewhere else in the document as I was typing and suddenly text was going where I did not intend for it to go.

There is a setting in Windows where you can disable the Touchpad when an external mouse is plugged in and will re-enable if the external mouse is unplugged.

In Windows 11 the system seems to automatically disable the Touchpad when an external mouse is plugged in and re-enables the Touchpad when the external mouse is unplugged.

Try plugging in an external mouse and verify that the cursor moves with the mouse but not with the Touchpad.

If the cursor moves with the Touchpad then do the following:

- Next to the Start menu in the Search Window start typing "touchpad".
- You should see an option to "Turn the touchpad on or off" so select this option.
- This brings up a screen where the Touchpad can be toggled On/Off.

In Windows 10 How to Disable the Touchpad When a Mouse Is Connected via the Settings App

- Press Start icon + I to launch the Settings app or click on the Settings gear icon
- Select Devices.
- Select Touchpad from the left pane.
- Uncheck the "Leave touchpad on when a mouse is connected" option.
- Verify the cursor does not move with the Touchpad when external mouse plugged in

and works with the mouse and Touchpad works when the mouse is unplugged.

The Lean Submariner

Here's the latest posts on the blog. Still going strong. The link to his blog is

https://theleansubmariner.com/

December 6, 1942 – The Navy Reveals the True Damage of Pearl Hatrbor - Mister Mac

Within hours of the attack on Pearl Harbor, news started filtering back to anxious families on the mainland that something horrible had happened to the country. The banner headlines from the eighth of December would forever be changed with news of the encroachment of the Empire of Japan across the vast reaches of the Pacific [...]

Read more of this post

The Horrors of War – Navy Medicine at Pearl Harbor (1942 Reflection) - Mister Mac

One of my earliest memories of Pearl Harbor was reading books about the attack. I grew up in a firefighter's family so was aware of the dangers of fire in the civilian world. But reading the many books included in Samuel Eliott Morrison's collection "The Rising Sun in the Pacific, 1931 -April 1942 [...]

Read more of this post

December 7 1942 – The first of many remembrances and concern for accountability -Mister Mac

On the anniversary of Pearl Harbor, many reflections take place in towns across the United States. I was reading yesterday that one of the few remaining Pearl Harbor survivors turns 101 years old this year. It will also be the first year he is not able to travel to Honolulu since his doctor advised him [...]

<u>Read more of this post</u>

USS San Francisco SSN-711 Plank Owner Belt and Buckle... Lost and Found the Backstory Mister Mac Dec 22 Merry Christmas to all of my readers. This has been a very busy time of year with so much going on at work. A lot at home too which unfortunately keeps me from writing very much. My apologies for that. Mrs. Mac and I are doing pretty well but like many folks have had to [...]

Read more of this post

Editor: This is really a good submarine read. Enjoy it! Submarine Minelaying – More than one way to skin a cat

Mister Mac – Dec 27

There is more than one way to skin a cat. That is one of those odd sayings form a long lost generation that typically means there is more than one way to successfully complete a task. My cats Moses and Oscar would be offended by the original usage which was about actually skinning cats. From [...]

Read more of this post

American, British Ballistic Missile Submarines Join For Highly Unusual Show Of Force

Vanguard class and Ohio class submarines seen together in the latest peculiar announcement highlighting America's seagoing nuclear deterrent. (THE DRIVE 13 DEC 22) ... Joseph Trevithick

The U.S. Navy has released an exceptionally rare picture showing the Ohio class ballistic missile submarine USS Tennessee, sailing on the surface alongside an unnamed British Vanguard class ballistic missile submarine somewhere in the Atlantic Ocean. Both types are part of their countries' respective nuclear deterrent arsenals.



This is just the latest example this year of a highly unusual disclosure related to the Navy's 14

Ohio class ballistic missile submarines, or SSBNs, as well as the four other Ohios that have been converted into guided missile submarines, or SSGNs. Just since October, the Navy has publicly announced USS West Virginia's presence in the Arabian Sea and subsequent arrival at the British island territory of Diego Garcia in the Indian Ocean, which hosts a significant American military presence, as well as a port visit by USS Rhode Island to the British naval base in Gibraltar.

Typically, the U.S. Navy offers few, if any details about what its SSBNs, also referred to as boomers, are doing at sea or their whereabouts. When on patrol, these boats are intended to effectively disappear as part of their mission to provide a credible second-strike deterrent capability.

For the same general reasons, the British government is even tighter-lipped about its Vanguard class submarines, of which the Royal Navy has four.

The newly released picture of USS Tennessee and the unknown Vanguard class submarines sailing together also shows an E-6B Mercury aircraft from Fleet Air Reconnaissance Squadron Four (VQ-4) and an MH-60R Seahawk helicopter from Helicopter Maritime Strike Squadron 72 (HSM-72) flying overhead. The E-6B is a socalled "doomsday plane" that is specifically designed to securely communicate with Ohio SSBNs, including when they are submerged, as well as with other elements of America's nuclear triad, and, if called upon, to issue orders to launch a strike.

It's unclear where the picture of the submarines and aircraft was taken beyond that it was shot somewhere in the Atlantic Ocean on November 22. However, it is worth noting that the Navy's Submarine Force Atlantic, which is headquartered at Naval Support Activity Hampton Roads in Virginia and primarily oversees Navy submarine operations in the northwestern Atlantic, released the photo. In addition, Helicopter Maritime Strike Squadron 72 is based at Naval Air Station Jacksonville in Florida, though the MH-60R could have been assigned to a Navy warship at sea. British Vanguard submarines do regularly travel to the U.S. Navy's ranges in the Atlantic off Florida for training and other purposes, including to conduct routine test launches of Trident D5 missiles.

The newly revealed "bi-lateral at sea training" involving USS Tennessee and the Vanguard class boat was "designed to validate tactics, techniques, and procedures which strengthens the relationship between uniquely close Allies in support of deterrence and collective security," according to a caption accompanying the picture. "The United States and the United Kingdom have a long-standing agreement of cooperation in the development and deployment of strategic weapons and supporting system[s]."

Both U.S. Navy Ohio SSBNs and Royal Navy Vanguards are armed with U.S.-designed Trident D5 submarine-launched ballistic missiles, also known as Trident IIs. An Ohio SSBN can carry up to 20 of these missiles, while the Vanguard can be loaded with up to 16 of them. It is understood that American boomers typically carry a reduced load of D5s due to arms control treaties between the United States and Russia.

The Trident D5 has a so-called multiple independently targetable reentry vehicle (MIRV) configuration, as well, meaning that each missile carries multiple nuclear warheads. In the case of U.S. Navy missiles, they can be loaded with differing numbers of W76-1 or W88 warheads. British missiles are reportedly fitted with domestically-designed warheads, but which are widely believed to be very close to the U.S. W76series design.

The U.S. Navy now also deploys Ohio SSBNs with Trident D5 missiles loaded with just one or two lower-yield W76-2 warheads, which are intended to help provide a more flexible deterrent, as you can read more about here. In 2020, USS Tennessee reportedly became the first of these submarines to head out on patrol with missiles fitted with W76-2s.

Tennessee was also the first Ohio to fire a Trident D5 missile in 1989 and this new picture of the boat alongside one of its British counterparts was released today, which happens to be the anniversary of its commissioning in 1986. This particular submarine is also one of the Ohios known to have received an advanced flank sonar array, improving its ability to spot and track potential threats, which was installed as part of a refit that was completed last year, as you can read more about here.

It's also worth noting that both the U.S. Navy and the Royal Navy are expecting to receive entirely new classes of SSBNs – the Columbia and Dreadnaught classes, respectively – in the early 2030s. The two types of boomers have been designed with significant degrees of commonality both in aspects of their construction and certain mission systems, and will continue to be armed with Trident D5s.

Despite the caption for the picture of the two boomers sailing together in the Atlantic describing their activities simply as training, it is difficult not to view it as a show of force aimed at potential adversaries and as a demonstration of both countries' commitments to each other, as well as their respective allies and partners. It's also a very pointed display of the powerful second-strike nuclear deterrents the two nations possess.

Though the actual event occurred in November, the disclosure comes just days after Russian President Vladimir Putin alluded to the possibility of formally dropping his country's 'no first use' policy regarding the employment of nuclear weapons. This is just the latest nuclear saber-rattling from Putin and others in his country since the Russian military launched an all-out invasion of Ukraine in February, though experts continue to see the actual risks of nuclear escalation as relatively low, something you can read more about here.

The governments in the United States and the United Kingdom have also identified China as a top national security challenge. American and British authorities have both expressed concerns about the increasingly worrying prospect of a conflict over Taiwan or various territorial disputes, such as in the hotly contested South China Sea, among other things. U.S. military officials have been expressing fears that China's expanding nuclear arsenal, as well as its development of novel strategic capabilities, such as a fractional orbital bombardment-like system that utilizes a hypersonic glide vehicle, could undermine America's nuclear deterrent.

The closeness in ties between the United States and the United Kingdom means that the two countries could well find each other operating side by side militarily in other potential flashpoints around the world, too.

No matter what, the picture of the USS Tennessee and the Vanguard class submarine sailing together is a highly unusual public showing of the two countries' nuclear deterrent capabilities and their ability to work together should they ever be called upon.

https://www.thedrive.com/the-war-zone/ american-british-ballistic-missile-submarinesjoin-for-highly-unusual-show-of-force

U.S. Navy Sends A Message To Adversaries With A Rare Submarine Port Visit In Indian Ocean

(CNN 02 DEC 22) ... Barbara Starr

The US military wants its adversaries, as well as allies, to know that, for the first time, a US Navy nuclear-powered ballistic missile submarine docked at the remote island of Diego Garcia in the Indian Ocean as part of an extended months-long deployment.

This week, the Navy revealed the docking of the USS West Virginia and its port visit that actually took place from October 25 to 31. The specific movements of Navy submarines are highly classified while they are sea, so the delayed announcement would have given the submarine the time to transit to other locations in the Indian Ocean.

The significance of publicizing the port call of the USS West Virginia is to send a message to potential adversaries as well as allies, according to a military official familiar with the unusual port stop.

"They should take from this that a ballistic missile submarine which is undetectable can

operate in any ocean for an extended period," the official said.

Diego Garcia is a highly militarized island south of the equator that is used by both US and British forces. The remote location gave the nuclearmissile-equipped submarine the ability to switch out the 150-person crew unobserved by outsiders, therefore preserving the secrecy of the submarine's operations and allowing the sub to remain in the region for a longer period of time.

Although the official declined to specify as to whether the message was aimed at China, Russia or North Korea, the underwater stealth of US submarines is critical to gathering highly classified signals intelligence about adversaries as well as providing the sea-based leg of the nuclear deterrent by carrying nuclear-tipped intercontinental ballistic missiles.

"Every operational plan rests on the assumption that nuclear deterrence is holding, and (ballistic missile submarines) like West Virginia are vital to a credible nuclear deterrence for the United States and our allies," Adm. Charles Richard, commander of US Strategic Command, said in a statement.

A typical submarine patrol lasted 10 to 12 weeks, according to the official, and by switching out crew, a patrol can be extended by several weeks. The USS West Virginia is one of 14 Ohioclass submarines that carry a maximum of 20 ICBMs. They are specifically designed for extended patrolling, according to the Navy, with three large-diameter hatches that allow for rapid transfer of supplies and equipment.

Prior to the Diego Garcia port call, the West Virginia surfaced in the Arabian Sea so that Gen. Michael Kurilla, the commander of US Central Command, could come aboard and participate in a communications exercise "to validate emerging and innovative tactics in the Indian Ocean," according to the Navy.

https://www.cnn.com/2022/12/02/politics/usnavy-submarine-port-visit-indian-ocean/ index.html

A Rare Look Inside A Ballistic Missile Submarine At Naval Base Kitsap (SEATTLE REFINED 19 DEC 22) ... Brandon Burnstead

The United States Navy and western Washington have a rich shared history. One that dates all the way back to the 1890s.

"There was an article posted from 1892 that talked about building a new shipyard in Bremerton. So, in the history of the Navy and the history of Washington, we go way back," said Capt. Richard Massie, the Commanding Officer of Naval Base Kitsap.

Established in 2004 by combining five separate naval bases, Naval Base Kitsap is the third largest installation in the entire Navy, spanning more than 11,000 acres.

"Naval Base Kitsap supports the fleet, fighter and family. That's plain and simple," explained Capt. Massie. "It's an incredible, vast array of missions we support."

Capt. Massie describes his role, base commander, as being similar to the mayor of a town. He oversees a complex infrastructure that supports the base's 90 tenant commands and some 45,000 people who work throughout the base.

"Strategically, we have the strategic deterrent mission. Over 65% of the Navy's strategic deterrence force is up at Bangor. We've got the biggest naval shipyard in the Pacific that supports dry docking a Nimitz class (aircraft) carrier. The only dry docks that can dry dock an Ohio class submarine," said Capt. Massie.

While many naval vessels, including aircraft carriers like the USS Nimitz dock at Puget Sound Naval Shipyard in Bremerton, the home of Submarine Group 9 is about 15 minutes up the road at Bangor Trident Base.

"We have all three classes of submarines in our submarine force at Naval Base Kitsap," explained Capt. Massie. "We have fast attack submarines...we have guided missile subs....we also have a significant ballistic missile submarine presence."

During my visit to NBK, I got the opportunity to tour an Ohio-class ballistic missile sub, the USS

Alabama.

"The (USS Alabama) has been around for a while. It has accomplished a lot. The keel was laid in 1980, commissioned in 1985. Since then, it has won multiple awards for strategic missions, such as the Omaha Trophy. Recently, a big milestone we met was the first ever exchange command at sea here on the west coast," said Lt. j.g. Samuel Faith, as we chatted inside the Alabama's ward room, where officers eat most of their meals.

"We wait for the captain to eat. He is our father figure. Once he eats, we eat and then we go on watch after that," explained Lt. j.g. Faith. As you might imagine, for security reasons, we were only allowed to film our TV segment (check out the video above) in certain parts of the submarine. We did, however, get a taste of what life is like on board and the incredible camaraderie of the Alabama's crew.

"It's a lot different than what you might see in a movie or TV show," explained Chief Petty Officer Chad Waller, of what daily life is like on-board the Alabama. "A lot of times it's just a normal day. You do your job, you go down, people play video games, board games. A lot of people play (the card 16 game) cribbage. But, then it can all stop in an instant. When we hear an alarm go off or something happens on the ship, everyone stops what they're doing. They have that reactionary snap to go fight whatever is going on with the ship."

"You get to learn everybody on a very deep level that most people in normal friendships don't actually get. It's a brotherhood down here," added Petty Officer 2nd Class Jaylin Matthews.

One aspect of submarine life that may surprise the general public is that enlisted crew sleep in nine-person bunk rooms.

"We're set up for nine-man berthing," said Petty Officer 2nd Class Joshua Mummy, as he showed me around his bunk room. "We each have our own lockers and then we have a common locker and a shoe tree, so we can put our boots in there while we're underway."

"(Our beds) are about six-feet-long by threefeet-wide. It's actually a little smaller than a twin mattress, but once you shut your curtain and you're in there, it's a little space, but you get used to it."

For the crew members we met, the USS Alabama is home for months at a time. They do their jobs while floating silently under the water, often hundreds or thousands of miles from home. After spending a short time on-board, one can't help but have a profound respect and appreciation for the bravery of the crew and the work they do to protect and defend our country.

"We carry out our mission and then we build that family and that brotherhood," said Petty Officer 2nd Class Matthews. "When you talk about the submarine force, (a lot of people) just think about the submarine, but it's the crew itself that actually makes us do what we have to do." <u>https://seattlerefined.com/lifestyle/naval-basekitsap-ballistic-missile-submarine-ussalabama-puget-sound-us-navy</u>

They've Urged Us To 'Remember Pearl Harbor.' But What Happens When The

Survivors Are Gone? As final survivors die, memorials, grave sites, Navy ships and shared stories will be reminders of attack that pushed U.S. into World War II. Especially in San Diego. (SAN DIEGO UNION-TRIBUNE 07 DEC 22) ... John Wilkens

Almost all of them are gone now, the U.S. service members who were at Pearl Harbor when the world changed, 81 years ago today.

After surviving the surprise aerial attack by Japan and World War II that followed, they became persistent voices of courage and conscience.

"Remember Pearl Harbor," they said in word and deed. "Keep America alert."

Now that cry has been muffled by the passage of time. Some 50,000 U.S. service members were in and around Pearl Harbor when it was attacked, and no one knows for sure how many — all nearing or past 100 years old now — are left.

Today, for the second year in a row, no survivors are expected at the annual Pearl Harbor Remembrance Day ceremony on board the USS Midway Museum. There used to be dozens. But San Diego County is uniquely positioned to carry on. Other than the hallowed ground in Hawaii where ships were sunk and airplanes destroyed, few places in America have embraced the memory and meaning of Pearl Harbor the way this one has.

This is where the Pearl Harbor Survivors Association had what was believed to be its largest chapter, almost 600 members. The veterans went to local schools, service clubs, libraries and churches almost 134,00 times over the years to talk about the attack and its aftermath.

When it closed in 2019, outlasting the national organization by eight years, it was believed to be the only chapter still operating.

This, too, is where memorials for the attack and those killed in it can be found in three different cities: San Diego, Escondido and Oceanside. More than a dozen of the victims are at their final rest in local cemeteries.

And this is where two Navy ships with ties to that fateful day are home-ported. One is the guided-missile destroyer John Finn, named after a longtime Pine Valley resident whose valor at Kaneohe Bay — shooting at Japanese planes with a machine gun for more than two hours despite being wounded 20 times — brought him the Medal of Honor.

The other is the dock landing ship Pearl Harbor. For a long time, military leaders resisted the idea of naming a vessel after the attack. They don't like highlighting battles they lost. But for 15 years, local survivors kept up the pressure.

One of them, Gordon Jones, who had also been at Kaneohe Bay, wrote more than 60 letters himself. Jones, who died in 2018 at age 96, stressed that the core message of Pearl Harbor isn't that the United States got knocked down it's that the country got up, united a citizenry battered by the Great Depression, and transformed itself through four years of war in Europe and the Pacific into a global superpower.

The ship was launched in 1996 and commissioned two years later. Its shield includes

a drawing of the USS Arizona Memorial at Pearl Harbor. The crest features a bird emerging from bright orange flames.

It's a phoenix, from ancient mythology, rising from the ashes.

Sharing their stories

The survivors in San Diego never got tired of telling their stories. They realized a long time ago that stories were what people wanted to hear.

So, Stu Hedley (died 2021, age 99) would talk about his harrowing escape from the battleship West Virginia after an explosion tore through the gun turret where he was stationed, killing a dozen of his shipmates. He swam to shore under and around flaming oil, then dodged shattering glass and flying shrapnel during a second wave of Japanese strafing.

Ray Chavez (d. 2018, age 106) would talk about how his ship, the minesweeper Condor, was on patrol near the entrance to the harbor and saw what looked like an enemy periscope. The call went out: "We got company here." The periscope disappeared, and four hours later the attack started.

Clayton Schenkelberg (d. 2021, age 103) would talk about how he was at a submarine base when the Japanese planes arrived and everybody realized how dangerous it was to be standing near a train loaded with torpedoes. Somebody needed to move the train. Schenkelberg volunteered.

They weren't bragging. They cringed if you called them heroes. In their minds, the heroes were the 2,400 Americans killed in the attack.

It took a while for them to start talking, though. For the 2016 book, "Pearl Harbor: From Infamy to Greatness," New York writer Craig Nelson and his research team pored through archives of oral histories about the attack. They found almost 20 nothing with any specific detail from when the veterans were interviewed in the 1950s, '60s and '70s.

"They were traumatized, but PTSD was something you just got over," Nelson told the Union-Tribune in an interview after the book was published. "You got on with your life." Gradually the survivors opened up as they gathered for reunions and formed local associations. They came to know each other not just by name, but by where they were that morning. It wasn't Sam Jones; it was Sam Jones, battleship Oklahoma. They arranged themselves on the stage of a drama they knew all too well.

That made it easier for them to talk about how the Japanese bullets clanged off metal and sizzled through water. What the mixture of burning oil and flesh smelled like. How shocking it was, in the days after, to walk by boxes marked "Body Parts." And how lucky they felt to come home.

When they went out into the community, to schools and to military ceremonies and to civic groups, they became instantly recognizable by their uniforms of Hawaiian shirts and white slacks. The shirts represented where they were on Dec. 7, 1941. The pants spoke to the innocence of those who died in a war they didn't even know had started.

"It could easily be said that Pearl Harbor would not today hold the special place it does in American hearts if not for their efforts," Nelson wrote.

Handshakes and selfies

What is that "special place" in American hearts, and how long will Pearl Harbor stay there?

Watching the local survivors over the years (this reporter has written about them dozens of times since the late 1990s), the reverence that greeted them was remarkable. John Finn (d. 2010, age 100), the Medal of Honor recipient, stopped conversations and turned heads whenever he walked into a room, even ones occupied by admirals and other Navy brass.

At the 75th commemoration ceremony of the attack in Hawaii in 2016, Ray Chavez — 104 at the time, the oldest known survivor — had a line of people waiting to shake his hand and pose for selfies. Stu Hedley and others on hand for the anniversary got stopped wherever they went by similar adoration.

Hedley was fond of telling people in his public appearances (he spoke by his count to more than 200,000 people over the years) that Pearl Harbor "wasn't a defeat, it was an eye-opener." Roused from its slumber, America became something it's rarely been since: united. It was Victory Gardens and war bonds and factories staffed by Rosie the Riveters.

In his book, Nelson argues that the nation we live in today wasn't born on the Fourth of July, but at Pearl Harbor.

Hedley believed that was why people in airports, at parades and elsewhere treated him and the others like rock stars. They were reminders of that earlier solidarity, that earlier phoenix rising from the ashes.

Now that most of the survivors are gone, their children are stepping forward to carry the torch of remembrance. At last year's ceremony on the Midway Museum, when for the first time in two decades no survivors were present, Chavez's daughter, Schenkelberg's son and a handful of other relatives took on the honor that used to fall to their fathers: tossing a commemorative wreath into the water from the flight deck.

Many of the survivors wondered in their final years if they had done enough to make people "Remember Pearl Harbor." They would look at the high school history textbooks their grandchildren had and grumble about how little ink was devoted to the attack.

But sometimes they knew that they made a difference.

Fremont "Cap" Sawade (d. 2016, age 95) was stationed at Camp Malakole, an Army anti-aircraft training facility, when the Japanese planes swooped in. Two days later he sat down and wrote a poem, which he called "The Fateful Day." It captures the surprise, horror, anger and thirst for vengeance that many felt.

It was his first and only poem, and he quickly put it away. After the war, back home in San Diego, he didn't show it to anybody for 25 years, until he was with friends at a survivors association meeting.

In 2012, he shared it with his son-in-law, who reproduced the poem on a wooden plaque and donated it to the World War II Museum in New Orleans. A story about the poem on the Union-Tribune's website caught the eye of a sixth-grade teacher in Alabama. She was looking for ways to help her 11 - and 12-year-old students connect with the emotion of Pearl Harbor.

The students loved the poem. They wanted to know more about Sawade and what he'd experienced. Letters were exchanged. He sent the teacher a framed black-and-white photo of himself in uniform.

"My goal was to make sure our nation would never forget what happened there and how it changed the world forever," Sawade wrote. "Your beautiful letters have made me feel that I achieved that goal and I will always be very grateful to each and all of you for that."

After he died, the teacher continued to use the poem in her class. She kept the photo of Sawade on her desk, where students arriving for the first day of a new year could see it. They asked who the soldier was.

"Just wait," she told them. "You'll learn." <u>https://www.sandiegouniontribune.com/</u> <u>veterans/story/20 22-12-07/theyve-urged-us-to-</u> <u>remember-pearl-harbor-but-what-happens-</u> <u>when-the-survivors-are-gone</u>

81 Years After Pearl Harbor, A New USS Arizona Is Being Built

(KSAZ-TV FOX PHOENIX 07 DECC 22) ... Lindsey Ragas

RHODE ISLAND - On the anniversary of Pearl Harbor this year, there was a keel-laying ceremony for a new submarine - the USS Arizona.

This comes after the original USS Arizona sunk in the Japanese attack on Pearl Harbor on Dec. 7, 1941.

"The USS Arizona in reference to the new one is the SNN803, a fast attack nuclear submarine," said Pamela Rinesmith, lead for USS Arizona.

The keel-laying ceremony was held in Rhode Island, and officials from the town of Gilbert were at the ceremony after being asked to host.

For Nikki Stratton, the granddaughter of USS Arizona survivor Donald Stratton, Dec. 7 is a day she holds close to her heart. "I am the ship's sponsor, I was named in 2020 when my grandfather passed away at the age of 77," said Stratton. "He was one of the last three survivors of the original USS Arizona."

Switching up tradition, Stratton was the first sponsor to weld her own initial.

"I capped everything off with welding my initial into the keel plate, which will be the plate posted in the submarine, and it will be there forever more," she said.

She had support from the town of Gilbert in Rhode Island as the celebrated the beginning stages of the construction of the new submarine.

"Back in 2020 I had reached out to Nikki," said Bill Spence, former council member for the USS Arizona Legacy Foundation. "I'm a retired Navy lieutenant commander submarine officer, and I heard about USS Arizona, and I reached out to Nikki and established a relationship with her and approached her with the idea of Gilbert being a host town."

Gilbert Mayor Brigette Peterson says the town is lucky to be chosen as the host.

"What it means historically is that those host towns have been a place where members of the crew of the submarine know they can come and always be welcome as part of our community," Peterson said.

This is only the beginning of the new USS Arizona submarine.

"The USS Arizona brought the country together once, and it can do it again, and it starts in Arizona," Spence said.

The keel-laying ceremony is the first step of the submarine being built. The next step is construction, which will take about 2 to 3 years to complete.

It will be assembled in Connecticut. https://www.fox10phoenix.com/news/81-yearsafter-pearl-harbor-a-new-uss-arizona

Remembering USS Scorpion, the Last American Submarine Lost at Sea BY KYLE MIZOKAMI POPULAR MECHANICS PUBLISHED: DEC 23, 2022

Three theories persist about what led to the

nuclear-powered attack sub's sinking. None have been proven.



 The U.S. Navy has only lost two submarines since the end of World War II: USS *Thresher* and USS *Scorpion*.

- There are a number of theories surrounding the sinking, but the Navy has never conclusively identified what happened to *Scorpion*.
- The sub was believed to be carrying two nuclear weapons; neither were ever recovered.

Since the close of World World II, the United States has only lost two submarines: USS *Thresher* and USS *Scorpion*—the latter of which was the last American submarine to fail to return from patrol.

Scorpion, her nuclear power plant, and two onboard nuclear weapons were never recovered, and they remain at rest at the bottom of the Atlantic Ocean. The Navy has never fully explained the loss of the ship and her 99 crew members.

This is her story. A Nuclear Sub Built for Speed



The Skipjack class of submarines was much faster than previous generations due to its teardrop-shaped hull.

USS *Scorpion* was a *Skipjack*-class nuclearpowered attack submarine. *Scorpion* and those of her class were part of a new generation of submarines designed for greater speed underwater than on the surface. The use of nuclear power over traditional diesel engines allowed the submarine to spend almost all of its time fully submerged instead of cruising on the surface and submerging near enemy waters. This, in turn, meant that the teardrop-shaped hull was streamlined for underwater travel rather than for surface travel.

As a result of this streamlining, *Skipjack* subs could hit speeds of 33 knots underwater. This made *Scorpion* one-third faster than the *Skate*class subs, an earlier class of nuclear-powered submarines that used a more conventional hull layout. *Scorpion* was powered by a single Westinghouse S5W nuclear reactor generating 11,000 kilowatts. It displaced 3,000 tons underwater, and was 251 feet long. The sub was fitted with six 533-millimeter torpedo tubes and carried a mix of both anti-surface and antisubmarine weapons.

An Espionage Mission Gone Wrong



USS Scorpion was the sixth ship named "Scorpion" in the U.S. Navy. The fifth ship, also a submarine and pictured here in 1942, disappeared and was presumed sunk in 1944.

On May 20, 1968, the U.S. Navy ordered one of her fastest submarines, the USS *Scorpion*, to conduct a high-tech espionage mission. The submarine, fresh off maneuvers with the Sixth Fleet in the Mediterranean Sea, was diverted to intercept a Soviet naval task force located southwest of the Canary Islands. Consisting of an *Echo-II*-class diesel-electric submarine, a destroyer, a submarine rescue vessel, two hydrographic survey ships, and an oiler, the task force was thought to be conducting an intelligence operation of its own, measuring the acoustic signatures of NATO warships in the region.

Scorpion was ideally suited for the task. What better to stalk the Soviet spy task force than a submarine designed to avoid detection? On May 21, the submarine checked in via radio, reporting its position as 250 miles southwest of the Azores, estimating it would return from the mission on May 27.

But *Scorpion* would never be heard from again. **Three Theories, Zero Conclusions**



A view of the detached sail of the USS Scorpion on the ocean floor.

By May 24, Vice Admiral Arnold Schade, Commander of the Atlantic Submarine Fleet, knew the submarine had failed to respond to classified communications messages, but the Navy waited until May 27 to officially declare her missing. Within hours, the service discovered the Sound Surveillance System (SOSUS)—an underwater network designed to detect the acoustic signatures of Soviet submarines—had detected the breakup of the *Scorpion*'s hull as she descended, mortally stricken, beyond her hull's crush depth. On October 28, *Scorpion* was found in 11,000 feet of water, approximately 400 miles southwest of the Azores. None of the 99 crew had survived.

A Navy report into the sinking was inconclusive. One theory proposed by naval experts was that the submarine had been sunk by a "hot run" torpedo, a weapon that suddenly becomes active while still in the torpedo tube. Further supporting this theory was the fact that the submarine was found 180 degrees from her known route. A common solution for a hot torpedo was for a submarine to turn in the opposite direction, activating the torpedo's anti-friendly fire mechanism.

Another theory was that the submarine's Trash Disposal Unit (TDU) had malfunctioned. The TDU allowed the submarine crew to dispose of waste at sea instead of letting it accumulate in the sub. *Scorpion*— which had so many mechanical issues some sailors privately called it the *Scrapiron*—had requisitioned a new TDU latch, and the unit had caused flooding issues in the past. The theory was that a malfunctioning TDU could have let in seawater that made its way to the submarine's 69-ton lead-acid battery, causing it to short and explode.

The third theory was that *Scorpion* fell victim to a fatal buildup of hydrogen gas, which sub batteries generate while charging. Colorless and odorless, hydrogen is difficult to detect, and usually not an issue unless the buildup takes place in a sealed, pressurized metal tube. A single spark could have ignited the gas, creating an explosion capable of breaching the hull.

The Legacy of USS Scorpion

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The Navy also deployed 600 W34s in the Mk-105 Hotpoint gravity bomb (1958-65), which could also be configured as a depth charge, and 600 in the Mk-45 Anti-Submarine Torpedo or ASTOR (1963-76). Two ASTORs sank to the bottom of the Atlantic aboard the USS Scorpion on May 22, 1968. <u>pic.twitter.com/LF3HOcbarP</u> In addition to *Scorpion*'s nuclear reactor, the sinking resulted in the loss of two nuclear-tipped MK.-45 ASTOR anti-submarine torpedoes. The ASTOR was armed with a W34 nuclear warhead, which had an explosive yield of 11,000 tons of TNT, and had about two-thirds the power of the bomb dropped on Hiroshima, Japan. The reactor and the two torpedoes were never recovered.

The U.S. Navy made sweeping changes to its submarine fleet after the prior loss of USS *Thresher* in 1963. A new program, SUBSAFE, ensured that submarines were built with safety-first principles, including the ability for a stricken sub to surface under any conditions.

While *Scorpion* had not been built under the SUBSAFE program, successive generations of submarines have been built to exacting program standards. Two such submarines, *San Francisco* and *Connecticut*, have survived major collisions with underwater mountains, allowing them to surface and even return to port under their own power.

USS *Scorpion's* sinking was a tragedy that reinforced the need for absolute safety aboard Navy submarines. The loss of 99 lives and two nuclear weapons was a deadly rebuke to substandard practices, and helped transform the undersea Navy. We may never know what happened to *Scorpion*, but we do know that if it happens again, a submarine and her crew will almost certainly return home.

READ MORE HERE

Lawyers should never ask a Georgia grandma a question if they aren't prepared for the answer.

In a trial, a Southern small-town prosecuting attorney called his first witness, a grandmotherly, elderly woman to the stand. He approached her and asked, 'Mrs. Jones, do you know me?' She responded, 'Why, yes, I do know you, Mr. Williams. I've known you since you were a boy, and frankly, you've been a big disappointment to me. You lie, you cheat on your wife, and you manipulate people and talk about them behind their backs. You think you're a big shot when you haven't the brains to realize you'll never amount to anything more than a two-bit paper pusher. Yes, I know you.'

The lawyer was stunned. Not knowing what else to do, he pointed across the room and asked, 'Mrs. Jones, do you know the defense attorney?' She again replied, 'Why yes, I do. I've known Mr. Bradley since he was a youngster, too. He's lazy, bigoted, and he has a drinking problem. He can't build a normal relationship with anyone, and his law practice is one of the worst in the entire state. Not to mention he cheated on his wife with three different women. One of them was your wife. Yes, I know him.'

The defense attorney nearly died.

The judge asked both counselors to approach the bench and, in a very quiet voice, said, 'If either of you idiots asks her if she knows me, I'll send you both to the electric chair...!!

The Texas Ranch Hand

A successful rancher died and left everything to his devoted wife.

She was a very good-looking woman and determined to keep the ranch, but knew very little about ranching, so she decided to place an ad in the newspaper for a ranch hand.

Two cowboys applied for the job. One was gay and the other a drunk.

She thought long and hard about it, and when no one else applied she decided to hire the gay guy, figuring it would be safer to have him around the house than the drunk.

He proved to be a hard worker who put in long hours every day and knew a lot about ranching. For weeks, the two of them worked, and the ranch was doing very well.

Then one day, the rancher's widow said to the hired hand, "You have done a really good job, and the ranch looks great. You should go into town and kick up your heels."

The hired hand readily agreed and went into town one Saturday night. One o'clock came, however, and he didn't return. Two o'clock and no hired hand. Finally, he returned around two-thirty, and upon entering the room, he found the rancher's widow sitting by the fireplace with a glass of wine, waiting for him.

She quietly called him over to her. "Unbutton my blouse and take it off," she said. Trembling, he did as she directed. "Now take off my boots."

He did as she asked, ever so slowly. "Now take off my socks." He removed each gently and placed them neatly by her boots. "Now take off my skirt."

He slowly unbuttoned it, constantly watching her eyes in the fire light.

"Now take off my bra." Again, with trembling hands, he did as he was told and dropped it to the floor.

Then she looked at him and said, "If you ever wear my clothes into town again, you're fired." P.S. I didn't see it coming, either!

The time machine: How life on a Navy submarine distorts your sense of space and time **Nothing prepared me for what life is like underwater.**

BY DAVID CHETLAIN, THE WAR HORSE | PUBLISHED DEC 22, 2022 9:30 AM



David Chetlain took this photo of the USS Nevada entering Kwajalein Atoll in the U.S. Marshall Islands in July 1990. (Courtesy photo).

I spent 18 months in training before reporting to my first submarine. I learned a lot about damage control, sonar, electronics, and how to distinguish a sperm whale from a humpback whale. But nothing prepared me for the disconnection from Earth that distorted my perception of time while submerged.

I slipped the surly bonds one cold, clear early Sunday morning, disappearing down the missile compartment hatch for my first submarine patrol. "Say goodbye to the sun," I heard someone say as we silently headed north through the Puget Sound. "You will see it again in 83 days."

I registered the time—eight a.m. Four hours until my first watch. Or so I thought. Beneath the Earth's surface, we were on Zulu time. *It was eight a.m. ... now it's six p.m.? Just like that? Welcome to the Time Machine, young man, where time is just a number in your logbook.*

I trudged upstairs to assume my first sonar watch, and by the time I was relieved five and a half hours later, I was starving. I could hardly wait to try the great submarine food I'd heard about. But this was "midrats" where they served leftovers or cold cuts or, in the absence of those, opened a can of ravioli. I choked something down, performed cleanup duties, and looked at the time. Past midnight now. Except my body said it was 2:30 in the afternoon. *Now what*?

As a new arrival to the submarine, I was a "non -useful body," or NUB, a worthless oxygen thief until I qualified in submarines. I'd have to dedicate every waking moment to the pursuit of "earning my dolphins." I grabbed some study materials, and pretty soon it was time for breakfast. I wasn't not hungry—tired maybe—and considered going to bed. But I had training, followed by lunch, followed by another watch.

Is it noon? I wondered. *How long have I been up? Thirty-six hours? Twenty? I can't be sure.* My body told me it was time for bed, but now I was in a blue room, sitting in the dark and listening to killer whales through headphones, desperately trying to stay awake. My head bobbed and my supervisor yelled at me; I snapped upright. But sleep overtook me again—until I felt a smack on the back of my head.

"Pay attention, s****head," he said.

My adrenaline spiked; I stared harder at the screen, listening closer to the white noise. When sleep overwhelmed me for a third time, my supervisor tried a different tactic—he handed me a cup of coffee. "Drink up, NUB."

I lost count of how many cups I drank, but it got me through the watch. And I had discovered the sailor's elixir of life. After watch came dinnerpork adobo on the mess decks. But all I wanted to do was sleep. I stumbled to bunk room four, rack four, and climbed into bed. Some time later, I woke up in the dark; it was eerily silent. I tried to sit upright and banged my head.



Members of the sonar division, including David Chetlain, kneeling in pink Chuck Taylor All Star Converse shoes. (Courtesy photo)

Ouch. Oh yeah. I'm sleeping in a coffin now. Can't do that.

I looked at my watch: two a.m. I had slept for seven hours, and I was hungry. I rolled out of the bunk, put on my shower shoes, and started walking toward the head.

"Hey NUB. What the hell do you think you're doing?" I heard.

"Just going to take a shower."

"Wrong! We're in ultra-quiet. Everyone not on watch belongs in bed."

I scurried back to my bunkroom, climbed in my rack, and stared at the ceiling—10 inches above my eyeballs. Time is a rare luxury on a submarine, and now I had too much of it. Morning eventually came, with fresh milk and eggs, a luxury we couldn't expect for much longer. "Enjoy it while it lasts," I heard someone say.

Back at the sonar shack, I resumed watch, this time refreshed and ready. Time flew now as I busily monitored vessel traffic and the normal background patter of the submarine resumed. After watch, lunch, and post-watch cleanup, I would finally have the chance to shower for the first time since boarding the submarine.

Wrong again. I spent the next eight hours

running unscheduled casualty drills: fire, flood, toxic gas, missile emergency, one after the other, with a break for dinner. When we wrapped up at 9 p.m., I had only three hours to go until my next watch. My head swam. If I couldn't sleep, I could watch a movie at least, I thought as I walked into the crew lounge.

"No movies for NUBs. Get out."

At midnight, I headed back to the sonar shack—my fourth watch. Coffee got me through, but maybe, just maybe, I was adjusting to the rhythm of submarine life! At the end of the watch, though, I'd lost track of time again. I stumbled down the mess decks—breakfast. So it's morning. ... But what day is it? I looked at the plan of the day. A Wednesday. I'd been up again for more than 24 hours, and all I wanted to do was go to bed.



David Chetlain receives his "dolphins" from Capt. Larry Kraemer on the USS Georgia about halfway through his first patrol. (Courtesy photo)

It would have to wait for at least six more hours while we exercised our tactical systems. I choked down some eggs and headed back up to sonar control to take over my assigned role in the torpedo firing team. I'd just left, but now 12 people packed the room, squeezed in next to each other. I leaned against a bulkhead to try to stay upright and focus on my job. The exercise dragged on for another three hours after lunch until the captain was satisfied, and finally, I crawled into bed with less than two hours to go before my next watch. I made it through, having slept for just 90 minutes in more than 48 hours. When I finally got off watch at midnight, I jumped into the rack for a few hours of sleep.

"GONG, GONG, GONG, GONG. Man battlestations missile, spin up all missiles for WSRT!"

What the f***? Are you kidding me? I thought as I got dressed and stumbled back up to sonar for a readiness test sent out from the squadron. For the next 12 hours, we went to battlestations missile multiple times until every rocket had simulated a launch and virtual Armageddon was complete.

Afterward, I returned to watch, delirious and staggering like a drunk. My blood coursed with coffee and I felt like death. I'd lost track of time again. Finally, I rested; the plan of the day told me it was Friday. I'd been on the submarine for six days yet it felt like a month. I took my first shower, and felt human again; there was time to catch up on my qualifications before the next watch. *Maybe I'm getting the hang of this.*

At lunch we ate hamburgers, but the bread we'd brought on board was gone. So was the milk. Instead, we had buns made by the night baker and "plastic cow"—dehydrated milk that none of us would touch. There was no lettuce; you didn't want to touch those tomatoes. The french fries were questionable. But I was hungry and had no other options. There were no crazy maneuvers or death-defying drills, at least.

At mid-watch, the boat was quiet, the ocean silent. My mind told me it was the middle of the night. Then I was offered a look through the periscope—sun, water, ocean spray. Broad daylight. No land, no birds, no ships. Nothing. I stepped back, shaken. I finished my watch in a daze. I'd had one hour of sleep in the past 26; I'd entered an alternate dimension. I needed to go to bed. But it would have to wait. Again. Saturday was Field Day.

For a moment, I felt confused—how do you have field day on a submarine? Turns out it was a nice name for spending the next four hours cleaning an already pretty clean vessel. Afterward, I worked on my qualifications for another two hours and then slept. It didn't last long: a messenger roused me awake to prepare for the last watch of the week. *As if days or weeks have any meaning anymore.*

Saturday night, someone congratulated me over pizza for making it through the first week, and it felt good, until he added: "Only 11 weeks left!"

Thanks for ruining the mood. ... jerk. But I would make it through my first deterrent patrol—and seven more plus many sea trials during five and a half years of submarine duty, leaving from ports all over the world. The details of that first departure remain the clearest of them all. That is when I learned to sleep whenever I could, to relish seven- and eight-hour stretches the great equalizers, we called them.

Thirty years after my last patrol, I can still sleep on command, and I tend to wake up every two hours or so, as if I'm expecting to be dragged out of bed after all this time. I relish things I once took for granted. Apples, a ripe avocado, a good salad, the sun, and the moon.

I'm grateful for the cadence and clarity of life above water.

This article first appeared on The War Horse, an award-winning nonprofit news organization educating the public on military service, war, and its impact.



Print a copy, complete and mail with your check to the address below:



Reserve Group Rates by referencing either: USS Henry Stimson Reunion OR code UHS Hotel Reservation Deadline Monday SEPT 11, 2023 Hotel Reservation is the responsibility of the individual.

Reunion Registration Deadline Monday SEPT 11, 2023 Reunion Web Page The hotel does not provide a shuttle from the airport. Rental cars, LYFT or Uber are available for you.

Please complete (print legibly), print the form and return along with a check payable to: **Henry L. Stimson Reunion Mail to:** 655 Reunion Secretary, 102 Greenhurst Ave., Summerville SC 29485 **Email:** <u>655webmaster@ssbn655.org</u>

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The 2023 Reunion will be a different format. We are allowing those who attend plenty of unscheduled time. Charleston and the Tri-County area offers a host of places to see and things to do so we are going to give you time to enjoy and have fun either as individuals, couples or small groups. On the next page I have listed several places and things to do to make your time here enjoyable. The Eternal Patrol service will be Saturday morning and the Business Meeting will be Saturday afternoon followed by our Banquet. All will be conducted at the hotel.

The Association has established a refund policy for reunion registrations and it is located within our Bylaws in Article V.g. You can view this policy at: <u>http://ssbn655.org/association/bylaws/1610%20655BylawRev.pdf</u>

g. Cancellation of reunion registration and the refund of monies paid will be based on the timing of the cancellation. Registration cancelled prior to the reunion registration cutoff date will result in refund of monies paid minus the registration/office fee. For cancellation after the registration cutoff date, there will be no refund of monies paid.

Our 2023 Reunion Venue is located in Summerville SC in a newly built area named Nexton. It is a mixed-use community which includes a combination of dining and shopping, single family homes and apartments/condos. You can check this area out <u>HERE</u>. From fast-food to fine dining, you will be able to find many places to eat...and you can get to them all with either a quick drive or a nice leisurely walk to build up the appetite. Check them out <u>HERE</u>.

Many of you lived in the Summerville area while stationed in Charleston. If you haven't been back in a while, you will have a hard time believing all of the changes to this quaint little town. But the one thing that hasn't changed here is that it still has a quaint feel to it when you are in the downtown area. The website <u>www.visitsummerville.com</u> is loaded with a wealth of information on our little (???) town and what's available. Even being here for a few years (49 to be exact) there are things listed on the site that we haven't taken advantage of yet. Brochures about Summerville are also available at the hotel.

Of course, the Charleston area in general has a plethora (like that word?) of things you can do. Here is a small list with links:

Plantations & Gardens:

- <u>Magnolia Plantation and Gardens</u>
- Boone Hall Plantation
- Middleton Place
- Drayton Hall
- Charleston Tea Plantation
- McLeod Plantation
- Hampton Plantation
- Charles Pinckney National Historic Site

North Charleston Fire Museum & Tangier Outlet:

Beidler Forest

Bee City

Old Navy Base Memorial & Old Navy Base Riverfront Park

Cold War Memorial / Stimson Bench

Patriot's Point/Yorktown

Fort Sumter & Fort Moultrie

The Battery & White Point Gardens

The Charleston Market

Carriage Rides

- Old South
- Palmetto