



VOL. 2021 #7

JULY 2021

## USS HENRY L. STIMSON ASSOCIATION SSBN655 NEWSLETTER

### Association Officers & Board of Directors 2018 - 2021

<b>PRESIDENT</b> Tom [Marie] Krauser	<b>VICE PRESIDENT</b> Steve [Terry] Novic	<b>SECRETARY</b> Nick [Linda] Nichols	<b>TREASURER</b> Ken [Diane] Meigs	<b>OUTGOING PRESIDENT</b> Ray [Rita] Kreul
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### Other Positions 2018 - 2021

<b>HISTORIAN / CUSTODIAN</b> Larry [Linda] Knutson	<b>WEBMASTER / NEWSLETTER</b> Nick [Linda] Nichols	<b>CHAPLAIN</b> Jake Morris	<b>STOREKEEPER / SHIPS STORE</b> Jim [Suzie] Weaver
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As we celebrate the 4<sup>th</sup> of July next week, we need to remember that our Freedom comes at a very high price. We can count the numbers...52 boats lost during WWII, over 4,000 submariners lost over the history of the submarine program, the War on Terror claims more American lives each day. I have heard throughout my life that "Freedom Isn't Free." Many of us know too well just what that means.

On this Independence Day I would ask that you take time in your celebrations to remember the reasons you rode the boats...the reasons you made those long patrols...the reasons so many of our young men and women wake up each day (if they've even been able to sleep), put on the uniform of an American Patriot and go about their daily duties.

I thought it would be appropriate to send along

this link to an amazing video of a group of Hollywood stars who really knew what Independence Day was really about. Enjoy!!!

### John Wayne 1970 Variety Show Celebrating America's History

In 1970, John Wayne hosted a variety show celebrating America's history. Included in the cast were the following: (some were uncredited) Ann Margret, Lucille Ball, Jack Benny, Dan Blocker, Roscoe Lee Browne, George Burns, Owen Bush, James Caldwell, Glen Campbell, Johnny Cash, Roy Clark, Bing Crosby, Phyllis Diller, Edward Faulkner, Lorne Greene, Harry Hickox, Celeste Holm, Bob Hope, Kay E. Kuter, Michael Landon, Forrest Lewis, Dean Martin, Dick Martin, Ross Martin, Greg Morris, Ricky & David Nelson, Hugh O'Brian, Dan Rowan, William Shatner, Orville Sherman, Red Skelton, Tom Smothers, Leslie Uggams, Jesse Vint, John Wayne, Patrick Wayne, Dennis Weaver, Dan White, Hal Williams, The Doodletown Pipers. The closing piece featured many of the show's guests. Enjoy!

[https://www.youtube.com/watch?v=UFv-fqQ9D\\_Y](https://www.youtube.com/watch?v=UFv-fqQ9D_Y)

## REUNION CONTROL CENTER

2021 Stimson Reunion

October 13-17, 2021

Hotel: Holiday Inn

1717 Airport Exchange Blvd.

Erlanger, KY 41018

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**From the Reunion Chairman - Dick Young, SN (SS) G 70-71, USSVI Cincinnati Base, Assoc. Life Member:**



Shipmates,

The Reunion is on track for October. As of this writing we are up to 73 attendees. Please don't wait if you plan to attend, we are getting close to our allotted block of room for the hotel. Please check the website for specific information on our activities. Feel free to contact me if you have any questions.

**From the Association President - Tom Krauser, MM1(SS) B 72-74:**



Shipmates,

Marie and I are fully vaccinated now and we should be protected and able to freely go to the reunion in October. Hopefully everyone will get a vaccine when eligible and by October we should be able to safely have our reunion.

Marie and I took an unexpected trip to Texas

and EVERY seat on the planes was filled. In restaurants no one including staff was wearing masks.

A new study shows that over 99% of the people hospitalized for Covid in 2021 were not fully vaccinated.

The reunion is scheduled for October 13-17 of 2021 so hoping that the situation by then will have improved to make the reunion safe and enjoyable for everyone.

Look for Dick's discussion about the 2021 reunion in the newsletter.

Please think about where the 2023 reunion could be and if you would like to explore the possibility of chairing it.

If you have any questions or concerns for the board, please feel free to contact us so we can address them.

**From the Association Historian/Memorabilia Custodian - Larry Knutson, MMCS(SS) B 79-81 USSVI-Charleston Base:**



We still have the box of Gold Crew check-in cards that were from the time of Bob Weeks CO tour. 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](mailto:655webmaster@ssbn655.org).

### Submarines Lost During the Month of June

USS HERRING (SS-233)	June 1, 1944 – 8 <sup>th</sup> war patrol	LOST WITH ALL HANDS - 83 SOULS
USS R-12 (SS-89)	June 12, 1943 – practice torpedo approach near Key West FL	LOST WITH 42 SOULS - 21 SURVIVORS
USS GOLET (SS-361)	June 14, 1944 – 2 <sup>nd</sup> war patrol	LOST WITH ALL HANDS - 82 SOULS
USS BONEFISH (SS-223)	June 18, 1945 – 8 <sup>th</sup> war patrol	LOST WITH ALL HANDS - 85 SOULS
USS S-27 (SS-132)	June 19, 1942 – grounded off Amchitka Island Alaska	NO LOSS OF LIFE
USS O-9 (SS-70)	June 20, 1941 – foundered off Isle of Shoals NH	LOST WITH ALL HANDS - 34 SOULS
USS RUNNER (SS-275)	June 30, 1943 – 3 <sup>rd</sup> war patrol	LOST WITH ALL HANDS - 78 SOULS

**SEVEN Boats and 404 Men Lost**

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[illegible]

## Dancing On The Ceiling' - An Old School Mash Up

[illegible]

## Sharing Pictures with Shipmates:

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**The following Stimson Shipmates have departed on Eternal Patrol.**

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*None noted this month*

_____	_____	_____	_____	_____
_____	_____	_____	_____	_____

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

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**MM1(SS) Paul Clark B 73-78**

## USSVI Denizens of the Deep,

**Assoc. Life Member**

(info updated per shipmate request)

## MM2(SS) Steve Bollman G 80-84 OVHL2

(info updated per shipmate request)

**BINNACLE LIST UPDATES:** So that I don't continue printing the same information in the binnacle list, beginning this edition if I have not received an update on a shipmate, I will only note that fact. If you see that note please refer to a prior newsletter to see what the health issue is.

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**Harry Nettles, QMCM(SS) G COB 91-92, USSVI  
Charleston Base**

Cards to: 119 Netherfield Dr., Summerville SC  
29483

**6.21.2021: Email from Harry:** I had rotator cuff surgery on 10 June. I had my stitches out 21 June and will have have five more weeks in a sling before PT. Having to adjust to being the one armed bandit is tough, but managing.

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**Marty Sessler, MTC(SS) B 72-75, USSVI**

**Charleston Base, Assoc. Life Member**

Cards to: 111 North Park Ave., Summerville SC  
29485

**6.21.2021: Phoncon with Marty:** I had shoulder replacement surgery on 4 June to repair a problem

caused by previous surgery. The doctor has released me. My shoulder is doing very well.

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**J.E. 'Nick' Nichols, TM1 G/B 70-75; FTCS B COB 85-89, USSVI Charleston Base, Assoc. Life Member**

Cards to: 102 Greenhurst Ave., Summerville SC 29485-8821

**6.18.2021:** On Tuesday morning [15 Jun]. I was taken to the ER and diagnosed with a very severe UTI that that got into my bloodstream and turned sepsis. The Infectious Disease Dr. told me and Linda that if she hadn't called EMS when she did, it could possibly have been fatal. That was scary. I was released on Friday 18 June and very glad to be home.

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**James 'Jim' McDonald, MM2/MM1(SS) G/G 74-76; 77-79**

Cards to: 2721 Early St., Norfolk VA 23513-3915

**4.1.2021: Email from Jim:** I ask an interest in your prayers as I rehab from a stroke I suffered a month ago. Rehab is going good. I should be released on the 9th to go home and from there do out patient rehab.

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**Andrew 'Andy' McKay, TMC G 85-88**

Cards to: 2207 FM 1729, Lubbock TX 79403

**4.1.2021: Email from Andy:** I was found to have lung cancer in 2007. I had surgery to remove half of my right lung. I did 4 months of chemo. I now have final stage COPD. I am on full time supplemental oxygen

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**William 'Sandy' Hastie, CAPT B CO 80 (Oct-Dec)**

Cards to: 75 Lambeth Drive, Asheville, NC 28803

**4.19.2021: Email from Sandy:** I am doing well. The every six week immunotherapy continues to work as documented by a PET/CT every three months. God is good!  
*12.20.2020: I continue to receive my Keytruda infusions and they continue to control my cancer. My oncologist suggested changing the 3-*

*week infusion schedule to every six weeks. This is a new method and it has worked for me as it better protects the integrity of my veins with fewer needle sticks. Also, it provides a better ability to schedule some family visits (when this again becomes possible). I still get a PET and CT scan every three months. As long as the Keytruda continues to control the cancer, I will be in good shape so thank the Lord it has been working!*  
*Sandy*

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### **Newton's 1st Law of Motion, Naval Corollary:**

**A Sailor at rest tends to stay at rest  
until yelled at by the Chief**

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**GREAT LINKS TO SPEND TIME WITH  
(all links from "The Draft" will be on the  
website)**

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**655 Association Website**  
**[www.ssbn655.org](http://www.ssbn655.org)**

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### **Emergency Care Veterans Information**

As we move into the summer months and celebrate our nation's independence this coming weekend, health issues can occur that may require a trip to the Emergency Room.

Please review the information in the link to the VA below. It describes what you need to do if you find yourself in that situation and cannot get to a VA Emergency Room.

(Note: To be eligible for urgent and walk-in care, Veterans must be enrolled in the VA health care system and have received care through VA from either a VA or community provider within the past 24 months.)

**[READ MORE HERE](#)**

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### **Naval Submarine League**

The Naval Submarine League is a non-profit membership organization committed to supporting the submarine force and building a community of submarine advocates. The





stroke is to act F.A.S.T.

**F = Face drooping:** Ask the person to smile. Does one side droop?

**A = Arm weakness:** Ask the person to raise both arms. Does one arm drift downward?

**S = Speech difficulty:** Ask the person to repeat a simple sentence. Are the words slurred?

**T = Time to call 9-1-1:** If the person shows any of these signs, call 9-1-1 immediately

Calling 9-1-1 is essential, because the medical staff that arrive with the ambulance can start treatment right away and the hospital response will start quicker as well. Once at the hospital, the person having a stroke will have a brain scan to determine the type of stroke.

An ischemic stroke happens with blood clots block flow to brain. This can also be caused by fatty deposits and is treated by a medicine that breaks up the clots. Eighty percent of strokes are ischemic. They usually don't last long and the damage typically isn't permanent, but people who have had one ischemic stroke are at elevated risk of having another.

When blood vessels burst in the brain, blood builds up and damages brain tissue, leading to a hemorrhagic stroke. If the patient has a hemorrhagic stroke, doctors will try to stop the bleeding and control it. This may be done with blood pressure medicines or surgery, depending on the cause and severity of the bleeding.

The F.A.S.T. method is helpful for identifying a stroke in others. Here are some stroke symptoms that you may personally experience. These symptoms will arrive suddenly.

- Numbness or weakness in the face or extremities, particularly on just one side of the body.
- Confusion, trouble speaking or struggling to understand other's speech.
- Difficulty seeing in one or both eyes.
- Struggling to walk, loss of balance, lack of coordination or dizziness.

Making these heart-healthy lifestyle changes can reduce your risk of having another stroke or prevent one from occurring.

- Stop smoking
- Eat a healthy diet
- Exercise regularly
- Maintain a healthy weight
- Manage stress

Keep healthy blood pressure and cholesterol levels

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### Bills Introduced to Help Military Survivors

FRA NewsBytes June 18, 2021

FRA-supported legislation has been introduced in the House and Senate that would increase monthly benefits for family members and survivors of veterans who lost their lives during service to our country. The "Caring for Survivors Act" (S.976/H.R.3402) seeks to increase payments to Dependency and Indemnity Compensation (DIC) in line with payments to surviving spouses of other Federal employees (55 percent). The rate of compensation paid to survivors of service members who die in the line of duty - or veterans who die from service-related injuries or diseases - has been minimally adjusted since its establishment in 1993. DIC payments currently (43% of retiree benefits) lag behind the other programs' payments by 12 percent.

Under the current law, the DIC restricts benefits for survivors if the veteran was disabled for less than ten years before death. This legislation would reduce the timeframe a veteran would need to be rated totally disabled from ten to five years - broadening eligibility to more survivors.

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### 5 Popular Grocery Items That Will Cost You More This Summer

by John Waggoner, AARP, June 10, 2021

You may be paying more for less at the supermarket but that depends on what you buy

Plenty of ingredients go into the price of

American foods, and although food prices on average have risen just 2.2 percent the past 12 months, you'll have to shell out more for some of the items that are staples in many of our households.

Food price increases are in the offing well before a grower harvests a single eggplant. If you're a farmer and you need to fix your tractor, for example, you're probably affected by the price of steel, up 125 percent the past 12 months.

Then there are the prices of commodities generally, which are often set on a global scale. Corn prices, for example, have gone up 90 percent the past 12 months, and that's primarily because of increased buying from overseas. "China has been buying a lot more corn over the last several months — it's a little unclear why, but they are," says Jayson Lusk, head of the Department of Agricultural Economics at Purdue University.

And finally, there's the cost of energy, which affects the price of everything from the fertilizer for the crops to the trucks that deliver the goods to the grocery. Oil prices are up 81 percent over the past year.

As you gear up for summer barbecues, some items are going to be much more expensive than they were last summer — in part because last summer you cooked for just the people in your house, rather than friends and neighbors. This summer, you can either go whole hog and pay more for your food, or switch to lower-cost alternatives, such as chicken thighs rather than wings or hamburger rather than steak.

1. Chicken wings
2. Bacon
3. Fresh fruits
4. Beef
5. Milk

**READ MORE HERE**

[illegible]

## 5 Essentials to Keep in Your Medicine Cabinet After 50

by Rachel Nania, AARP, June 7, 2021

The warm water can harbor risks to your health, especially if you're older

Summer travel season is in full swing, and for

some vacationers relaxation plans include a soak in a hot tub at a hotel, resort or vacation rental. But before you get your feet wet, especially if those feet have a few decades' worth of miles on them, you should consider the health risks of dipping into a public hot tub.

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High cholesterol increases your risk of heart disease and heart attacks. However, you can lower your high cholesterol by making some minor changes. **Learn more.**

A recent report from the **Centers for Disease Control and Prevention** (CDC) found a total of 208 confirmed outbreaks of illness associated with “treated recreational water” — primarily public swimming pools, hot tubs and water playgrounds — between 2015 and 2019. The outbreaks resulted in 3,646 cases of illness, 286 hospitalizations and 13 deaths. Most outbreaks occurred in June, July or August. Health experts suspect the actual numbers are even higher since many illnesses go unreported.

*Make medical records part of essential preparations*

Hot tubs can be a particular concern for vacationers. During the five-year period, 1 in 3 water-related outbreaks were connected to hotels or resorts, according to the CDC. Of those outbreaks at hotels and resorts, the majority — 70 percent — were tied to hot tubs.

Here are four health-related reasons you may want to avoid hot tubs if you're an older adult.

1. The water can make you sick
2. The steam can make you sick.
3. You might get a rash.
4. The heat can leave you woozy.

**READ MORE HERE**

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## Check Your Blue Button Report - See what you can view and download

## MyHealthVet

You can better manage your health records with VA's Blue Button feature on My HealtheVet. Just select the date and type of information, and it'll create a single report for you. [Learn more.](#)

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## Diabetes Emergency: Be Ready

## MyHealthVet

If you have a diabetic emergency, are you ready? Find a small makeup or travel bag, then fill it with what you need. Here's a list of supplies to

## What do you need to do to be prepared?

- ◆ **Form a communication plan with your family.** An emergency can strike at any time. Make sure everyone in your family has a way of contacting each other. If possible, identify an emergency contact person who is outside of your area so that everyone has a backup, central point of communication.
- ◆ **Keep health records handy.** Print out a copy



of a recent Blue Button file and keep it in a safe place. When a disaster hits, you could be stranded without access to a pharmacy. Stay ahead of schedule and have an extra supply of your prescriptions. If you need help, use My HealtheVet's [Secure Messaging](#) (*sign in required*) to contact your physician with a protected, private message about your care. (But remember that Secure Messaging is not for emergencies - always call **911** if you need urgent care.)

- ♦ **Know your resources.** Each community has an evacuation plan, and many also offer emergency shelters. If you need to leave your home or community, learn the best exit routes. Also, find out where local emergency shelters are located.
- ♦ **Assemble an emergency kit.** Don't wait until the last minute! Here are a few suggestions:
  - Water and non-perishable food items
  - Small amount of cash - ATMs and credit card machines may be inoperable
  - Weather radio
  - First-aid kit and family prescriptions
  - Flashlights, lanterns, and batteries
  - Blankets
  - At least one change of clothes
  - Hygiene and sanitation products
  - Copies (front and back) of your identification and credit cards
  - Full tank of gasoline
  - Cards, toys, and other small recreational items, especially if you have children
  - And of course, a supply of personal, reusable face masks for every member of the family.
- ♦ **Don't forget to plan for your pets!** Make sure Fluffy has her carrier and enough food and water, too. Ideally, the supplies in the emergency kit should last at least three days and should be restocked or replaced at least once per year.

**What should you do when you know a storm is**

**coming?**

- ♦ **Stay informed.** The [National Hurricane Center](#) and local news stations issue constant weather updates. You can also sign up to receive alerts on your phone. Follow instructions issued by local officials - if evacuations are ordered, leave immediately!
- ♦ **Protect your home and your belongings.** Safeguarding windows are a priority. If broken, strong winds may enter your house and pry open the roof. It's best to cover windows with either shutters or plywood. Tie down or bring inside any loose items on your lawn. Storms spring up quickly, so there's no such thing as taking too many preventative measures.

For more information on preparing for severe weather, visit [Ready.Gov](#).

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### THE APOLOGY

A man buys a parrot and brings him home. The parrot starts insulting him and gets really nasty, so the man picks up the parrot and tosses him into the freezer to teach him a lesson.

He hears the bird squawking for a few minutes, but all of a sudden the parrot is quiet.

The man opens the freezer door, the parrot walks out, looks up at him and says, "I apologize for offending you, and humbly ask your forgiveness."

The man says, "Well, thank you. I forgive you."

The parrot then says "if you don't mind my asking, what did the chicken do?"

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### SOMETHING FROM OUR SHIPMATES: SEA STORIES, COMMENTS, JOKES, ETC.

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**Remember these from boot camp???**

Navy General Orders of the Sentry

1. To take charge of this post and all government property in view.
2. To walk my post in a military manner, keeping always on the alert, and observing everything that takes place within sight or hearing.

3. To report all violations of orders I am instructed to enforce.
4. To repeat all calls from posts more distant from the guard house than my own.
5. To quit my post only when properly relieved.
6. To receive, obey and pass on to the sentry who relieves me, all orders from the Commanding Officer, Command Duty Officer, Officer of the Deck, and Officers and Petty Officers of the Watch only.
7. To talk to no one except in the line of duty.
8. To give the alarm in case of fire or disorder.
9. To call the Officer of the Deck in any case not covered by instructions.
10. To salute all officers and all colors and standards not cased.
11. To be especially watchful at night, and, during the time for challenging, to challenge all persons on or near my post and to allow no one to pass without proper authority.

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*Submitted by George Birmingham, ET1(SS) G 69-74, Assoc. LM, USSVI Holland Club / Carolina Piedmont Base*  
 This came from our Carolina Piedmont Base Chaplain, Ray Fritz. I think it is a pretty good summary of what we did.

### **Submariner**

Stole this from a friend

So, you wonder what life on a Submarine entails.

### **The Stakes:**

You take a little steel tube, pack a nuclear reactor and high-power steam propulsion plant with high pressure and super high temperature steam. You also use the steam power plant to produce high voltage un-grounded electricity which you route throughout the boat in exposed cable bundles. You pack in 24 intercontinental ballistic missiles and the rockets that propel them out of the submarine (just 1 stage of 1 of these rockets is enough to liquify the submarine internals) that can each potentially be armed with up to 8 ballistic nuclear re-entry bodies that each by themselves can potentially be 20 times as powerful as those dropped on Japan in WW2. You route high pressure air and hydraulics

throughout this tube to operate all this large machinery required to move the tube around. You pack in up to 40 ADCAP Mk 48 torpedoes who have an auto-catalytic fuel that could utterly destroy your tube (see Russian submarine Kursk) and pack it full of high explosives. You pack all of these extremely dangerous things into that small metal tube, climb inside it with 120 people you love to hate (the feeling is mutual too), seal it up, drive it out thousands of miles into the middle of the ocean, and sink it.

If a fire burns for longer than 15 seconds without an extinguisher on it, it begins to grow rapidly and in as little as 2 minutes can render the entire space untenable. The loss of any 1 space on a submarine is likely a loss of the ship. There are a lot of things on a submarine that want to burn or start a fire. And a lot of things on a submarine like to explode when exposed to high heat. As such, every single person on a submarine has to know how to combat a fire by himself and call for assistance. On no other platform in the military is the success and survival of the whole ship dependent on the individual performance of each sailor as it is on a submarine.

This is all backdrop to some of the nation's most vital clandestine operations (just 1 of the large number of missions a submarine can perform) which you never read about due to the nature of the missions. The stakes are high, and there is no room for error. It is a lot of stress. It is also a lot of pride.

### **Conclusion:**

So, you have to ask, why would anybody do this job?

Other than the SEALs, no other community asks more of its men and women than the submarine service. And as such, being a submariner is a certain badge of honor that is respected by the other communities and services. It is an arduous, thankless, and dangerous job. To offset these drawbacks, submariners are the highest paid operators in the military.

Period.

But it's not the pay that brings new people into our community, nor is it some evil sadistic urge for self-flagellation. It is far and away the people. The shared responsibility for each other and the shared experience forges an extremely tight bond between the crew of a submarine, one that can only be rivaled by marine/army combat units, and even then, it is still a different type of bond as each man is just as important as the one next to him. It is less steeped in the rigid structure of the rest of the military, and lines of rank are blurred more in submarines than anywhere else. This appeals to certain types of people and not to others.

So, when you ask a submariner what it is he misses about submarining once he's gone, he will always respond "I miss the people."

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### NAVY CHIEFS!

- \* A Navy Chief and Superman once fought each other on a bet. The loser had to start wearing his underwear on the outside of his pants.
- \* Most Navy Chiefs have a grizzly bear carpet in their room...the bear isn't dead, it's afraid to move.
- \* The Navy Chiefs have already been to Mars, that's why there is no sign of life.
- \* Ghosts sit around the campfire and tell Navy Chief stories.
- \* Death once had a near Chief experience.
- \* The Navy Chiefs are the reason why Waldo is hiding.
- \* A Navy Chief can slam a revolving door.
- \* When the boogeyman goes to sleep every night, he checks his closet for Navy Chiefs.
- \* A Navy Chief once kicked a horse in the chin...its descendants are known today as Giraffes.
- \* A Navy Chief once was bit by a rattlesnake. After three days of pain and agony...the rattle snake died.

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### The Computer Corner

**By: George Birmingham, ET1(SS), Gold 69-74,  
Assoc. Life Member, USSVI SV Carolina  
Piedmont, Holland Club**



### Windows 10 Calculator Features

Windows, in its various versions, has provided an easy to use calculator for those times when we needed to do simple math calculations. The early calculators were pretty simple, old-school versions. Windows 10 has enhanced the calculator with new features that make it very handy. I keep mine pinned to the Task Bar for easy access.

So what are some of these cool features you might ask? Here's an article that explains it all in simple terms:

<https://www.makeuseof.com/tag/9-neglected-windows-calculator-features-save-day-money/>

As you read the article, you will find this paragraph down near the end:

"While the Windows 10 Calculator is great, it lacks some features of the old Windows 7 calculator. Notably, it doesn't have a statistics mode or support for worksheets (such as mortgage calculations)

If you want to get the old experience back, you can download the classic Windows calculator free from [Winaero](http://Winaero.com). " (the URL for download is:

<https://winaero.com/download.php?view.1795>)

I did go to that site and download the old-style calculator. My anti-virus found no issues with the downloaded file. I then installed it with no problems on my Windows 10 Laptop and it runs just fine.

I pinned it to my task bar alongside the current Windows 10 Calculator for easy access.

And finally, here is an article that provides a variety of screenshots of the Windows 10 calculator modes that you may find interesting.

<https://www.howtogeek.com/392134/how-to-use-the-windows-10-calculator/>

Perhaps this information this will eliminate those searches for on-line conversion calculators we often find ourselves engaged in – myself

included.

While this article is targeted to the Windows 10 Calculator, The Microsoft Store also has a wide variety of calculator apps that you may find attractive if you have specific needs.

Happy calculating !!!

As always, shipmates, comments and suggestions for future topics are welcomed. I am in need of topics for future articles, so please send your ideas along to me. Contact me at [subvet\\_ssbnsouth.net](mailto:subvet_ssbnsouth.net).

And if you have a difficult computer or network problem you need help with, contact me. I'm always glad to help out if I can. //George

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## Computer Corner Pt 2

### Amazon Started Sharing Your Internet Connection Today, Here's How to Turn It Off

So what happens when your network slows to a crawl because of Amazon's brilliant work? Or your network gets hacked by a Sidewalk user who goes through your network...

Interesting, from my Newsfusion Tech News app - I thought you might like it:

<http://go.newsfusion.com/tech-news/item/7701006>

Users with Amazon devices may be surprised to learn that the company enabled a feature today that will share your Internet connection with neighbors and other devices. The feature is called Amazon Sidewalk.

*Amazon Sidewalk creates a low-bandwidth network with the help of Sidewalk Bridge devices including select Echo and Ring devices. These Bridge devices share a small portion of your internet bandwidth which is pooled together to provide these services to you and your neighbors. And when more neighbors participate, the network becomes even stronger.*

The service is designed to help simplify new device setup, extend the low-bandwidth working range of devices to help find pets or valuables with Tile trackers, and help devices stay online even if they are outside the range of their home

wifi. Amazon says that in the future, Sidewalk will support a range of experiences from using Sidewalk-enabled devices, such as smart security and lighting and diagnostics for appliances and tools.

Currently, data used by Sidewalk is capped to 500MB per month per account. You can learn more about how it works [here](#).

### Here's the current list of devices using Sidewalk

#### Does my Amazon device have Sidewalk?

Here is the list of devices Amazon says support Sidewalk:



- Ring Floodlight Cam (2019)
- Ring Spotlight Cam Wired (2019)
- Ring Spotlight Cam Mount (2019)
- Echo (3rd gen and newer)
- Echo Dot (3rd gen and newer)
- Echo Dot for Kids (3rd gen and newer)
- Echo Dot with Clock (3rd gen and newer)
- Echo Plus (all generations)
- Echo Show (all models and generations)
- Echo Spot
- Echo Studio
- Echo Input
- Echo Flex

### Enable or Disable Amazon Sidewalk for Your Account

#### For Alexa Devices:

To enable or disable Amazon Sidewalk, use the Alexa app.

**Note:** The Sidewalk setting in your Alexa app only appears when you have a compatible Echo device linked to your Amazon account. When you turn Amazon Sidewalk on or off, the same setting will be applied to all of your devices.

1. Open the Alexa app .
2. Open **More**  and select **Settings**.
3. Select **Account Settings**.
4. Select **Amazon Sidewalk**.

5. Turn Amazon Sidewalk on or off for your account.

Related Help Topics [What is Amazon Sidewalk?](#)

#### **For Ring Devices:**

Opting In and Out of Amazon Sidewalk

[Amazon Sidewalk](#) is a shared network that helps **Ring** devices stay online by allowing them to work during internet outages.

You can opt in or out of Amazon Sidewalk at any time.

#### **How do I opt-out of Amazon Sidewalk?**

In order to opt-out of Amazon Sidewalk, follow these instructions:

- Open your Ring app
- Tap the three-lines in the upper left-hand corner of the screen
- Tap **Control Center**
- Tap **Sidewalk**
- Tap the **Sidewalk** slider button
- You will see a screen asking you to confirm that you want to disable Sidewalk.

Confirm that you wish to disable Sidewalk.

Repeat the above procedure to opt back in to Amazon Sidewalk.

**Note:** If you are using an Apple device and are using version 5.39 of the app or you're not using iOS 14.6, you may need to upgrade your device settings in order to complete the Sidewalk opt out process.

- [For information on how to update your Apple mobile device, use this link.](#)
- [To learn more about iOS 14 updates, use this link.](#)

#### **FAQs:**

#### **Can I opt-in or opt-out of Amazon Sidewalk at any time?**

Yes. You can update your Amazon Sidewalk settings from Sidewalk at any time by simply following the above instructions.

#### **Is there any charge if I choose to rejoin Amazon Sidewalk after opting out?**

Joining Sidewalk is free and there are no monthly

fees or other associated costs charged by Amazon for your device to be Sidewalk-enabled.

#### **If I opt-out of Amazon Sidewalk, is there any further communication between my Ring devices and those of my neighbors?**

No. All of your Sidewalk Bridges will continue to have their original functionality even if you decide to disable Amazon Sidewalk.

#### **Will opting out of Amazon Sidewalk disable my ability to use the Neighbors app?**

No. If you choose not to join Sidewalk, that will have no effect on your ability to use the Neighbors app.

#### **Echo devices:**

#### **How to Disable Amazon Sidewalk from Echo, Ring Devices**

#### **And finally an Amazon Whitepaper of Sidewalk Security and Privacy**

#### **Amazon Sidewalk Privacy and Security Whitepaper**

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*The SCAM ARTISTS are getting smoother every day. BEWARE!*

#### **Package Delivery Scam**

This is very clever. I would probably fall for it, if not warned. Give this wide distribution. This scam is very clever. Just when you thought you'd heard it all. Be very careful out there! Beware of people bearing gifts!

The following is a recounting of the incident from the victim:

Wednesday a week ago, I had a phone call from someone saying that he was from some outfit called: "Express Couriers," (The name could be any courier company). He asked if I was going to be home because there was a package for me that required a signature.

The caller said that the delivery would arrive at my home in approximately an hour. Sure enough, about an hour later, a uniformed delivery man turned up with a beautiful basket of flowers and a bottle of wine. I was very surprised, since there



was no special occasion or holiday, and I, certainly, didn't expect anything like it. Intrigued, I inquired as to who the sender was.

The courier replied, "I don't know, I'm only delivering the package."

Apparently, a greeting card was being sent separately. (The card has never arrived!) There was also a consignment note with the gift.

He then went on to explain that because the gift contained alcohol, there was a \$3.50 "delivery/verification charge," providing proof that he actually had delivered the package to an adult (of legal drinking age), and not just left it on the doorstep where it could be stolen or taken by anyone, especially a minor.

This sounded logical and I offered to pay him cash. He then said that the delivery company required payment to be by credit or debit card only, so that everything is properly accounted for, and this would help in keeping a legal record of the transaction.

He added, "Couriers don't carry cash to avoid loss or being, likely, targets for robbery."

My husband, who by this time was standing beside me, pulled out his credit card, and the "delivery man," asked him to swipe the card on a small mobile card machine with a small screen and keypad. Frank, my husband, was asked to enter his PIN number and a receipt was printed out. He was given a copy of the transaction.

The guy said everything was in order, and wished us good day, and left.

To our horrible surprise, between Thursday and the following Monday, \$4,000 had been charged/withdrawn from our credit/debit account at various ATM machines.

Apparently, the "mobile credit card machine," which the deliveryman carried, now, had all the info necessary to create a "dummy" card with all our card details including the PIN number.

Upon finding out about the illegal transactions on our card, we, immediately, notified the bank which issued us a new card, and our credit/debit account was closed.

We, also, personally, went to the police, where it was confirmed that it is, definitely, a scam because several households had been similarly hit.

WARNING: Be wary of accepting any "surprise gift or package," which you neither expected nor personally ordered, especially if it involves any kind of payment as a condition of receiving the gift or package. Also, never accept anything if you do not, personally, know or there is no proper identification of who the sender is.

Above all, the only time you should give out any personal credit/debit card information is when you yourself initiated the purchase or transaction!

PLEASE, pass this on, it may just prevent someone else from being swindled.

THIS IS A MUST READ AND PLEASE LET FAMILY AND FRIENDS KNOW, TOO

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### **Pacific Submarines Surge On Short Notice For Big Warfighting Readiness Exercise**

*(HONOLULU STAR-ADVERTISER 05 JUN 21) ...*

William Cole

HONOLULU — One-third of the Pacific Fleet submarine force is getting underway "to assess warfighting readiness "as part of Exercise Agile Dagger 2021, the Navy said Thursday.

Submarines from Pearl Harbor, Bremerton, Wash. and San Diego are deploying on short notice "to demonstrate their readiness, agility, and lethality, " according to the U.S. Pacific Fleet submarine force headquartered in Hawaii.

Without the Navy saying so, the exercise is a message to China and Russia about the Navy's ability to surge its submarines—a stealthy and key U.S. advantage over both potential adversaries.

"The Pacific submarine force is always ready, "its commander, Rear Adm. Jeff Jablon, said in a release. "Exercise Agile Dagger 2021 allows us to test our capabilities and showcase our warfighters' ability to rapidly deploy armed submarines into the Pacific."

To underscore the "armed" part, the Navy released photos of crews loading a Mark 48

advanced capability torpedo onto the USS Columbia in Pearl Harbor on Wednesday—an activity the Navy rarely publicly shows.

The Columbia is a Los Angeles-class attack submarine based in Hawaii. The newer Virginia-class USS Missouri out of Pearl Harbor is also among submarines that are part of the exercise. The Columbia and Missouri departed Thursday. The Navy said “multiple submarines “from Pearl Harbor are participating.

“Our submarine force ensures capabilities overmatch by sharpening warfighting capacity in this short-notice exercise,” Jablon said. “Our unparalleled key to success in undersea dominance is the U.S. Navy sailor. We have, and must continue to develop, the best trained sailors ; so we must test our ability to load out weapons and supplies for extended combat operations, deploying to multiple locations in the Pacific.”

Exercise Agile Dagger 2021 “ensures the submarine force remains ready for global tasking to deliver a full range of undersea lethal effects,” the Navy said.

The U.S. Pacific submarine force can conduct anti-submarine warfare, anti-surface ship warfare, land strike with Tomahawk missiles, intelligence, surveillance, reconnaissance and early warning, special warfare capabilities, and strategic deterrence with nuclear-armed ballistic missiles submarines.

<https://www.stripes.com/Branches/Navy/2021-06-05/Pacific-submarines-surge-on-short-notice-for-big-warfighting-readiness-exercise-1639887.html>

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#### **VIDEO on the website link**

**Quiet, Deadly And Expensive: The Navy’s Costly Plan To Upgrade Aging Submarines** (CNBC NEWS 04 JUN 21) ... Brad Howard

Submarines are quiet, deadly and expensive. Boats like those in the Virginia class, which is a U.S. attack submarine, can cost \$3.4 billion and take seven years to build. The Navy has

ambitious goals for the future of the underwater fleet, but some problems could stand in the way.

“The Navy is undergoing a 20-year plan that will cost \$21 billion to upgrade its infrastructure,” said Aidan Quigley, a reporter at Inside Defense who covers the U.S. Navy and Marines. “Right now, the state of Navy shipyard infrastructure is not great. They’ve been underfunded for the past couple of decades.”

The Navy currently has 68 submarines in service. And it wants to start shipbuilding on two to possibly three Virginia-class attack subs per year, and roughly one Columbia-class submarine per year until around 2035. But according to the Congressional Budget Office, a lack of shipyard infrastructure could delay those plans.

“The Navy is focusing on improving productive capacity via initiatives to increase on-time delivery and operational availability while reducing maintenance costs,” said Navy Lt. Rob Reinheimer, in a statement to CNBC.

And in response to the Government Accountability Office report on Columbia-class procurement released in January, Reinheimer said, “Over the past three years the Navy, with strong Congressional support, has invested over \$573 million in shoring up existing sources and development of new suppliers.”

The recently released defense budget request for fiscal 2022 could be less than what the Navy needs to keep pace with China and Russia, according to some observers.

<https://www.cnbc.com/2021/06/04/quiet-deadly-and-expensive-the-navys-costly-plan-to-upgrade-aging-submarines.html>

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#### **Sub Force Experimenting With Anti-Fatigue Measures To Mimic Natural Light**

(USNI NEWS 15 JUN 21) ... Gidget Fuentes

A group of Navy researchers is studying whether blue-blocking glasses or blue-emitting light might be effective countermeasures against fatigue and poor sleep that often plague submariners starved of natural light.

Submariners underway don't get daily exposure to sunrise and sunset, and the constant exposure to artificial light can wreak havoc on their circadian rhythm, the natural, 24-hour clock that drives when one feels alert or sleepy.

"When we started looking into fatigue, we started looking at the reasons" and at any differences with fatigue reported among surface ship crews, Sarah Chabal, a research psychologist at Naval Submarine Medical Research Laboratory in Groton, Conn., told USNI News.

"One of those differences is exposure to sunlight... We know that people, in general, are impacted by sunlight exposure."

Exposure to blue light – it's just one of the colors in sunlight – at the correct time in line with a 24-hour timeline of day and night, is thought to help someone be alert on watches and rest during sleep periods. But deviations from that, such as exposure to light during nighttime watches or overnight work shifts, can throw off the natural cycle and lead to poor sleep, fatigue, inattention and other problems.

So NSMRL researchers wanted to see if manipulating when a sailor was exposed to blue light or protected from blue light would help them be more alert and get better sleep. So Chabal and a small research team got help from submariners on the Virginia-class attack submarine USS Vermont (SSN-792), a Groton-based attack boat, while on an underway to South America late last year.

Among the 42 officer and enlisted submariners who volunteered for the study, about half donned two sets of eyewear for part of each day: orange-tinted goggles with lenses that absorb and block the blue light from reaching their eyes –and light bulb-rimmed frames that sit at eyebrow level and produce blue light. The devices fit over someone's prescription glasses. The other half didn't get the personal light treatment devices, as they're called, but joined with the others in tracking their movement, sleep and awake time using wrist-

worn trackers. Surveys tracked how the 42 participants felt, their sleep quality and use of the glasses.

Light exposure "is something that we can control very easily," Chabal said. Past research has shown that lighting on submarines "doesn't include all of the tones and colors of lighting that you get from natural sunlight exposure" that helps maintain one's circadian, internal clock, she said.

For the study, researchers wanted to expose submariners to blue light in the morning and then, in the evening hours, block their visual exposure to blue light. Blue light – that's light at about 470 nm of wavelength, not the color itself – also comes from things like personal electronic devices, including televisions, tablets and cellphones.

The blue light-emitting frames provided something of "an artificial sun, so we're giving them sunlight when they normally wouldn't," Chabal said. The blue-blocker glasses were the opposite. "We don't want these guys who don't have sunlight exposure going to be and looking at their screens... and dosing themselves essentially with sunlight at night before they go to bed. So we have these orange glasses that basically block the fake sun," she said. The idea was to put them "on the same schedule" as if they were exposed like people outside to the brightness of day and darkness of night.

The research study and findings are yet finalized, officials said.

But in a "sneak peek" of the data, "we're seeing a higher amount of sleep, so more minutes of sleep per night from the group who wore the glasses than the group that did not wear the glasses. And that's also being reflected in their self-assessment of... how sleepy are you during the day," Chabal, the principal investigator in the project, said in an interview. "The group who wore the glasses is reporting being less sleepy than the group who did not report wearing the glasses."

“Those findings coupled with the fact that people were so eager to wear the glasses is very, very promising,” she said.

Lt. Cmdr. Joseph DeCicco, an undersea medical officer and head of NSMRL’s submarine medicine and survival systems department, joined the Vermont crew for several weeks to help collect data.

DeCicco, who spent nine years as a submarine officer on fast-attack boats, knows well the challenges of undersea life. Sub crews stand three-section, eight-hour watches, so at any time, one-third of the crew is living their 24-hour day at different times.

“Their sleep schedule is a little more hectic. People are awake when people are asleep,” DeCicco said.

Berthing lights are usually off, “so it’s always nighttime when you need to go in, when you’re going to go to sleep. And when you’re in crew’s mess... and in the common areas, the lights are almost always generally on, so it’s always day,” he said. “If it’s your nighttime, you may be getting the light exposure that you don’t necessarily need for that time of day, whereas if you’re on land, the sun would be setting and you’d be getting natural sleep cues.

“You just can’t get that on a submarine. So we want to see if there’s a way we could essentially mimic a natural sleep cycle for people, but not necessarily the same one for everyone on the crew, because the watches have to be manned 24 hours a day.”

A previous study looked at changing ambient light on a submarine, “but it didn’t really give us the results that we wanted,” DeCicco said. “So then we looked at how can we personalize it down to the individual, instead of just generalizing it to the whole crew, and that’s what this study aims to do.”

Research trends show that blue light exposure in the morning – or at the start of a watch or comparable “morning” shift – is believed to help wake up the brain and with alertness.

For the study, submariners who got the devices wore the blue light-emitting frames in their morning and wore the blue-blocker glasses at their nighttime – all either wearing them pre-watch or post-watch. That could include during their pre-watch tour, during mealtime or relieving the watch, DeCicco said, “and they’d put their blue-light-blocking goggles on after their watch was over, after they were done with maintenance for the day, before they went to bed.”

“We wanted to be as invisible as possible to the normal day-to-day operations of the submarine,” he said.

Every participant wore a wrist tracker that collected data including movement and sleep. DeCicco, with help from the sub’s independent duty corpsman, monitored the participants throughout the underway lasting about three weeks.

They wore them as much as they could, including during their downtime, although operations or maintenance sometimes required them to remove them, he said. “It’s not a laboratory down there. They’re still operating a nuclear-powered submarine... so if they had to do something for their job, they’d do that we’d just make a note of it in the study.”

Participants came from all three watch sections and were “a nice representation of the actual crew of the submarine,” said DeCicco. They generally liked the devices, reporting “feeling more awake” with the use of blue light-emitting devices like it. Participants who wore the glasses “felt that they slept better, and I think the data will show that,” he added. While they couldn’t keep the devices, with similar ones sold commercially, several sailors asked about purchasing them on their own.

Along with the submarine force’s change in the watch rotations, instituted within the last decade, is a growing body of Navy sleep research and data collected over the past 10 years. Today’s submariners, DeCicco said, reportedly sleep “better than you would think” and close to what their other military peers and adult civilians report.

Key to that was the submarine community's transition from an 18-hour watch standing day – with six-hour shifts and 12 hours off – to a 24-hour shift, with eight hours on and 16 hours off. “That’s a great thing that’s happened to the submarine force,” Chabal said. “Sleep is better, and we have reason to believe the circadian rhythms are better. Now we’re, sort of, going in and we are able to fine-tune.”

DeCicco loves the eight-hour section, which gives sailors better opportunity to get more sleep. The change, he said, reflected the submarine force’s growing awareness of the importance of rest and sleep. “They let us go underway in the middle of COVID to do this study,” he said. “I think that should speak volumes for how they feel and in how seriously they’re taking the health and performance of their operators underway.”

<https://news.usni.org/2021/06/15/sub-force-experimenting-with-anti-fatigue-measures-to-mimic-natural-light>

### **Hunley Launches New Visitor Experience**

The Hunley fully reopens and will launch a new visitor experience on June 17<sup>th</sup>. View this email in your browser [<https://mailchi.mp/hunley.org/newstore-221792?e=9d41c8fb4e>](https://mailchi.mp/hunley.org/newstore-221792?e=9d41c8fb4e)  
[<https://HUNLEY.us19.list-manage.com/track/click?u=c5f80f077a144d400d34dc093&id=208c3bc1f9&e=9d41c8fb4e>](https://HUNLEY.us19.list-manage.com/track/click?u=c5f80f077a144d400d34dc093&id=208c3bc1f9&e=9d41c8fb4e)

The *Hunley* attraction will fully reopen its doors this Father’s Day weekend on the one-year anniversary of partially reopening after having to shut down due to the Pandemic. The grand reopening will be marked with the launch of a new visitor experience that uses cutting edge digital animation, live footage and a light show to better tell the story of the /Hunley /through the centuries.

“We were able to greatly enhance our visitor experience while we had to keep our doors closed. This weekend’s full reopening has been a goal for us for the past year, and we are excited to let first-time and returning guests discover

maritime history through our new sensory exhibits,” said Friends of the Hunley Executive Director Kellen Butler.

The Hunley and her 7,500 square feet of associated exhibits are in a working conservation laboratory. \*This allows them to be open only on weekends with new permanent operating hours of Saturday 10am – 5pm and Sunday 10am – 3pm\*. Pre-planned school and group tours are available during the week.

The group attributes their ability to survive the Pandemic and re-open their doors to a committed group of supporters.

“We would not be able to fully reopen this weekend without our dedicated group of volunteers who work tirelessly in support of our mission and the family of donors who helped keep us afloat during the shutdown,” Butler said.

### **DONATE NOW TO HELP THE HUNLEY**

[<https://HUNLEY.us19.list-manage.com/track/click?u=c5f80f077a144d400d34dc093&id=9afae458f7&e=9d41c8fb4e>](https://HUNLEY.us19.list-manage.com/track/click?u=c5f80f077a144d400d34dc093&id=9afae458f7&e=9d41c8fb4e)  
[<https://HUNLEY.us19.list-manage.com/track/click?u=c5f80f077a144d400d34dc093&id=7d241092f0&e=9d41c8fb4e>](https://HUNLEY.us19.list-manage.com/track/click?u=c5f80f077a144d400d34dc093&id=7d241092f0&e=9d41c8fb4e)

### **\*The Hunley Project\***

On the evening of February 17, 1864, the H. L. Hunley became the world’s first successful combat submarine by sinking the USS *Housatonic*. After signaling to shore that the mission had been accomplished, the submarine and her crew of eight mysteriously vanished. Lost at sea for over a century, the Hunley was located in 1995 by Clive Cussler’s National Underwater and Marine Agency (NUMA). The innovative hand-cranked vessel was raised in 2000 and delivered to the Warren Lasch Conservation Center, where an international team of scientists are at work to conserve the submarine for future generations and piece together clues to solve the mystery of her disappearance. The Hunley Project is



conducted through a partnership with the Clemson University Restoration Institute, South Carolina Hunley Commission, Naval History and Heritage Command, Charleston Naval Complex Redevelopment/Naval Base Museum Authority, and Friends of the Hunley.

[https://HUNLEY.us19.list-manage.com/track/click?](https://HUNLEY.us19.list-manage.com/track/click?u=c5f80f077a144d400d34dc093&id=6612794cc0&e=9d41c8fb4e)

[u=c5f80f077a144d400d34dc093&id=6612794cc0&e=9d41c8fb4e>](https://HUNLEY.us19.list-manage.com/track/click?u=c5f80f077a144d400d34dc093&id=6612794cc0&e=9d41c8fb4e)

[https://HUNLEY.us19.list-manage.com/track/click?](https://HUNLEY.us19.list-manage.com/track/click?u=c5f80f077a144d400d34dc093&id=41ef821e99&e=9d41c8fb4e)

[u=c5f80f077a144d400d34dc093&id=41ef821e99&e=9d41c8fb4e>](https://HUNLEY.us19.list-manage.com/track/click?u=c5f80f077a144d400d34dc093&id=41ef821e99&e=9d41c8fb4e)

[www.HUNLEY.org](http://www.HUNLEY.org)

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*Submitted by George Birmingham, ET1(SS) G 69-74, Assoc. LM, USSVI Holland Club / Carolina Piedmont Base*

### **OBSERVATIONS ABOUT LIFE**

My doctor asked if anyone in my family suffered from mental illness. I said, "No, we all seem to enjoy it."

Just once I want a username and password prompt to say "close enough."

I am a multitasker. I can listen, ignore, and forget all at the same time!

At my funeral take the bouquet from my coffin and throw it into the crowd to see who is next.

Went to an antique show and people were bidding on me.

People who wonder if the glass is half empty or half full miss the point. The glass is refillable.

I don't have grey hair. I have wisdom highlights.

Sometimes it takes me all day to get nothing done.

My spouse says I have two faults. I don't listen and...something else.

One minute you're young and fun. The next you're turning down the car stereo to see better.

I would grow my own food if only I could find bacon seeds.

Losing weight doesn't seem to be working for me so from now I'm going to concentrate on

getting taller.

Some people are like clouds: once they disappear it's a beautiful day.

Some people you're glad to see coming; some people you're glad to see going.

My body is a temple, ancient and crumbling, perhaps cursed or haunted.

Common sense is not a gift. It's punishment because you have to deal with everyone who doesn't have it.

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### **Food labeling is confusing. But do not be deceived!**

When orange juice says it's non-GMO, please recognize that all oranges are non-GMO. The only potential GMO products in the USA are papaya, corn, alfalfa, soybeans, cotton, potatoes, squash, canola, sugar beets, and apples.

When organic milk is labeled antibiotic free, remember that all dairy products, including milk, are always antibiotic free. Same applies to meat.

Those bananas advertised as cholesterol free? That's because all bananas are cholesterol free.

When a jar of peanuts says it is made in a plant that processes peanuts just use your common sense and roll your eyes.

When a bag of apples says it is gluten free, remember that gluten comes from wheat.

When you see a Facebook post that talks about hormones in beef, please understand that an 8oz serving of beef has 2-3 nanograms of estrogen, an 8 oz serving of white bread has 136,080 nanograms of estrogen, and 8 ounces of soy flour has 342,468,000 nanograms of estrogen. All living things produce estrogen, it's just science.

When that carton of eggs says that they came from vegetarian fed chickens, don't forget that chickens are naturally omnivores.

So yes, eat healthy, but don't be swayed by deceptive advertising. Be informed.

No farms, no food. Know your farmers, know your food.

## SMALL TOWNS

Those who grew up in small towns in the 50's will laugh when they read this. Those who didn't will be in disbelief and won't understand how true it is.

- 1) You can name everyone you graduated with.
- 2) You know what 4-H/FFA means.
- 3) You went to parties at a pasture, barn, gravel pit, river bank or in the middle of a dirt road. On Monday you could always tell who was at the party because of the scratches on their legs from running through the woods when the party was busted. (See #6.)
- 4) You used to 'drag/cruise' Main St .
- 5) You whispered the 'F' word and your parents knew within the hour.
- 6) You scheduled parties around the schedules of different police officers, because you new which ones would bust you and which ones wouldn't.
- 7) You could never buy cigarettes/beer because all the store clerks knew how old you were (and if you were old enough, they'd tell your parents anyhow.) Besides, where would you get the money?
- 8) When you did find somebody old enough and brave enough to buy cigarettes, you still had to go out into the country and drive on back roads to smoke them.
- 9) You knew which section of the ditch you would find the beer you hid or your buyer dropped off.
- 10) It was cool to date somebody from the neighboring town.
- 11) The whole school went to the same party after graduation.
- 12) You didn't give directions by street names but rather by references. Turn by Nelson's house, go 2 blocks to Anderson's, and its four houses left of the track field.
- 13) The golf course had only 9 holes.
- 14) You couldn't help but date a friend's ex-boyfriend/girlfriend.
- 15) Your car stayed filthy because of the dirt roads, and you will never own a dark vehicle for this reason.

- 16) The town next to you was considered 'trashy' or 'snooty,' but was actually just like your town.
- 17) You referred to anyone with a house newer than 1950 as the 'rich' people.
- 18) The people in the 'big city' dressed funny, and then you picked up the trend 2 years later.
- 19) Anyone you wanted could be found at the local gas station, the dairy bar, or pool hall.
- 20) You saw at least one friend a week driving a tractor through town or one of your friends driving a grain truck to school occasionally.
- 21) The coach suggested you haul hay for the summer to get stronger.
- 22) Directions were given using THE stop light as a reference.
- 23) When you decided to walk somewhere, 5 people would pull over and ask if you wanted a ride.
- 24) Your teachers called you by your older siblings' names.
- 25) Your teachers remembered when they taught your parents.
- 26) You could charge at any local store or write checks without any ID.
- 27) There was no McDonalds.
- 28) The closest city was over an hour away.
- 29) Most people used reel type/push lawn mowers.
- 30) You've pee'd in a wheat field/cornfield/hayfield/barn lot.
- 31) You probably started driving a tractor to plow/disc/etc. by the time you were 10 years old.
- 32) Most people went by a nickname.
- 33) You kept your guns in the car/truck so you could go hunting after school.
- 34) You had been hunting with a gun since you were 7 years old.
- 35) The car/truck you drove belonged to dad and was probably the only family vehicle.
- 36) Eight out of ten high school boys could tune a car's engine; four out of ten could rebuild that engine.
- 37) There was a huge crowd in town on Saturday afternoon.

38) Farmers could actually "trade" their eggs/milk/cream/chickens for groceries and other goods at some of the local stores.

39) You had heard of but not yet seen a TV program.

40) You laughed your butt off reading this because you know it is true. And, you forward it to everyone you know who may have lived in a small town so they can laugh, too. I would not have wanted to have been raised any other way!!!22) Directions were given using THE stop light as a reference.

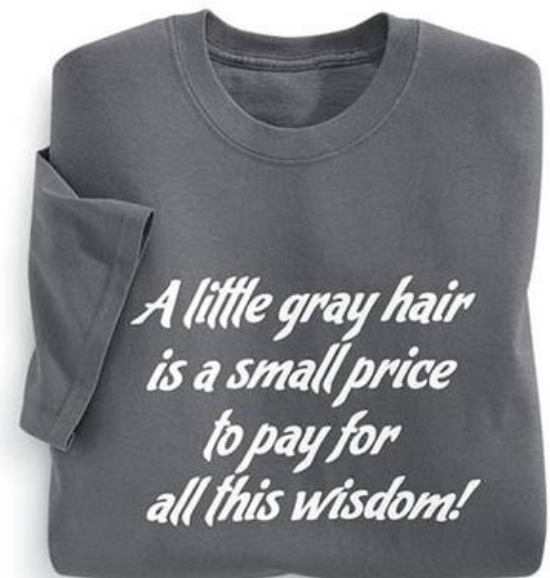
**Hard to believe I once had  
a phone attached to a wall.**



**When it rang, I'd pick it up  
without knowing who was  
calling. Amazing I'm still alive**

**I STILL HAVE A LANDLINE.**

**OR AS I LIKE TO CALL IT,  
"A CELL PHONE FINDER."**





## USSVI CHARLESTON BASE SCHOLARSHIP RAFFLE

If you are interested in this raffle and would like to purchase tickets contact Carl Chinn, Scholarship Chairman, at either [scholarship@ussvicb.org](mailto:scholarship@ussvicb.org) or 843.437.5515.

### Admiral James B. Osborn Memorial Scholarship Raffle

#### H.L. Hunley Print



Professionally framed print of Mort Kunstler's painting **"The Final Mission"** which depicts the confederate submarine H. L. Hunley and crew pier side before their final mission on the night of February 17, 1864. Print size is 18" h x 27" w. This is an artist signed limited edition, number 128 of 950.

Tickets are \$10 each

Drawing will be held September 9, 2021 at our regular meeting.

#### Artist's comments:

"Like all of my paintings, this one required a lot of research. I went out to Sullivans Island and Breach Inlet overlooking Charleston harbor, and examined the launch site for the Hunley's last mission – the site where the scene in this painting occurred. The scene I've painted here is set at approximately 6:30 p.m. on February 17, 1864. High tide has crested, and the tide is shifting seaward again. That, of course, will help the crew propel the Hunley through Breach Inlet and toward her target -- the USS *Housatonic*.

I realized that this would be the first officially sanctioned image of the Hunley, so I felt a serious burden of responsibility to faithfully portray the vessel, its crew and the surroundings in the most authentic manner – based on a wealth of research. It's the first time that Lieutenant Dixon and the crew have been authentically portrayed. I have included many of the major artifacts that were recovered from the Hunley -- a signal lantern, compass box, canteens, buttons, tobacco pipes and, of course, the famous pocket watch that Lieutenant Dixon carried."





**Submitted by Steve Bollman,  
MM2(SS) G 80-84 OVHL2**

I was in historic St Mary's yesterday having lunch with my wife and I noticed a submarine museum next door. We visited and snapped a few pictures. Came across a signed Stimson picture and recognized a lot of names. Thought I would pass it on.



## **A DIVISION GOLD CREW**

**1983 - 1984**





## Quilt of Valor Raffle

Joyce Hladik, wife of the Oklahoma Base Commander, made and donated this Quilt to the Oklahoma City Submarine Veterans. We are using this Quilt to raise money for our group and the American Legion Post 73. It is a personal sized quilt. The raffle runs to August 27, 2021. The drawing will be held at the American Legion Post 73 on Steak night at 7:30 pm.

The tickets are 1 for \$5.00 or 6 for \$25.00. If you are interested please contact Chuck Hladik at [chkjoy1@gmail.com](mailto:chkjoy1@gmail.com) or call (405) 831-9315.

If you would like to send a check make it payable to OKC Submarine Veterans and mail it to Chuck at: 2605 S.E. 39th St., Moore OK 73160. Chuck will let you know when he receives your check.

You do not have to be present to win. If you do win the quilt will be mailed to you. Shipping and Handling are included in the cost of the tickets.



## Event Registration 655 Reunion #11

13-17 October 2021

Holiday Inn Cincinnati Airport

1717 Airport Exchange Blvd.

Erlanger, KY 41018

**888.294.5067**

[www.holidayinn.com/cvg-airport](http://www.holidayinn.com/cvg-airport)

Call the hotel number above or reserve on their website.

Reserve Group Rates using either:

**Henry L. Stimson 655 Reunion OR Block Code USS**

**Hotel Reservation Deadline SEPT 8, 2021**

*Hotel Reservation is the responsibility of the individual.*

**Reunion Registration Deadline SEPT 8, 2021**

[http://ssbn655.org/reunions/2020\\_Reunion11](http://ssbn655.org/reunions/2020_Reunion11)



Please complete (print legibly), print the form and return along with a check payable to: **Henry L. Stimson Reunion**  
**Mail to:** Dick Young, 7209 Austin Woods Ln., Cincinnati OH 45247 **Email:** [stimson655reunion2020@aol.com](mailto:stimson655reunion2020@aol.com)

Shipmate Name: \_\_\_\_\_ Guest Name: \_\_\_\_\_

Relationship: \_\_\_\_ Spouse \_\_\_\_ Significant Other \_\_\_\_ Family \_\_\_\_ Friend

Street Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: Home: \_\_\_\_\_ Cell: \_\_\_\_\_ Work: \_\_\_\_\_

E-mail: Home: \_\_\_\_\_ Work: \_\_\_\_\_

Number who will be attending this event in your group: \_\_\_\_\_

# Patrols on STIMSON: \_\_\_\_\_ Total # Patrols on all boats: \_\_\_\_\_

Dates Onboard	Rate	Crew	Dates Onboard	Rate	Crew
_____	_____	_____	_____	_____	_____

Special Needs: \_\_\_\_\_

**(Event attendance will be through advance payment only.)**

I am registering for the following per person (Association Member and all guests):

Registration Fee: (required for all) \$45.00 ea Number: \_\_\_\_\_ = \_\_\_\_\_

Saturday Banquet: (if attending) \$35.00 ea Number: \_\_\_\_\_ = \_\_\_\_\_

Wright Patterson AFB Tour (if attending) \$30.00 ea Number: \_\_\_\_\_ = \_\_\_\_\_

Ohio River Cruise/M meal (if attending) \$75.00 ea Number: \_\_\_\_\_ = \_\_\_\_\_

Total Enclosed \_\_\_\_\_

### REUNION USE ONLY

Check # \_\_\_\_\_

Date Rcvd \_\_\_\_\_

Registration # \_\_\_\_\_

Hotel Resv: \_\_\_\_\_

Two are two scheduled events. Please indicate your interest. **Include fees with your check for the reunion.**

- Thursday:** Wright Patterson AFB Museum Tour in Dayton OH. This is a 70 mile trip (just over an hour) and we will go by coach bus/s. Cost for the tour/transportation is \$30.00 per person.  
(Include the fee in your check for registration.)
- Friday:** Ohio River Cruise and Meal. The cruise departure is less than a 30 minutes from the hotel and we will go by coach bus/s. Cost for the Cruise/M meal and transportation is \$75.00 per person.  
(Include the fee in your check for registration.)

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:

<http://ssbn655.org/association/bylaws/1610%20655BylawRev.pdf> or on the back of this form.

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.

Cincinnati is located in Southwest Ohio and just across the Ohio River is Northern Kentucky where the reunion will be held. It's only 10 miles from Indiana. There are 3 Interstates that lead to Cincinnati: I-74, I-75 and I-71. We are located a day's drive (8-10 hours) from most of the East Coast. There will be plenty of **free parking at the hotel for cars and RV's**.

If you are flying there are 7 major airlines that service Cincinnati (CVG) and several are discount airlines. They include Air Canada, Allegiant, American, Delta, Frontier, Southwest and United. A free shuttle service from the airport (1.5 miles) is provided by the hotel.

Along with the planned activities here are a few activities that you can do on your own if you arrive early or stay late or don't plan on going to the Wright Patterson AFB Museum on Thursday.

The baseball season will be over but the Reds have one of the best Museums in the Professional Baseball and it's located next to the Great American Ball Park. The Museum is free to veterans.

☐ <https://www.mlb.com/reds/hall-of-fame>

Our Zoo and Botanical Gardens are second to none with a White Tiger display and Baby Fiona, a hippo raised from birth at the zoo.

☐ <http://cincinnati-zoo.org/>

The Creation Museum is about 7 miles from the hotel. It's a state of the art Adventure through biblical history with stunning exhibits, botanical gardens, planetarium, zoo, zip lining ...and dinosaurs. In the Bible??? For real??? You gotta see it to believe it.

☐ <https://creationmuseum.org/>

The Ark Encounter is 20 miles south and has a real wooden Ark based on the size described in the bible; it is huge.

☐ <https://arkencounter.com/>

Kentucky Horse Park is about 45 miles away near Lexington Kentucky.

☐ <https://kyhorsepark.com/>

The Cincinnati Museum Center is near the downtown area and housed in the old Art-Deco Union Terminal Train Station. It has a natural history museum and the Cincinnati History Museum. You can also tour the old railroad control station housed on the top floor. It also features an IMAX theater.

☐ <https://www.cincymuseum.org/>

The Hofbrauhaus in Newport, KY features the best German food outside of Munich.

☐ <https://www.hofbrauhausnewport.com/>

You may want to check out the restaurant on the top of the Radisson Hotel located in Covington, Ky (5 miles from the hotel) on the Ohio River. It sits on the 18th floor of the hotel and revolves once every 45 minutes, giving a great view of the downtown area, and the food is delicious.

☐ <https://www.restaurantcovingtonky.com/>