



How much more winter will there be?

the NEW
Stimson
Day



Don't Forget
February 14th
Happy
Valentine's Day



VOL. 2023 #2

FEBRUARY 2023

USS HENRY L. STIMSON ASSOCIATION SSBN655 NEWSLETTER

Association Officers & Board of Directors 2021 - 2023

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

Other Positions 2021 - 2023

HISTORIAN / CUSTODIAN	WEBMASTER / NEWSLETTER	CHAPLAIN
Larry [Linda] Knutson	Nick [Linda] Nichols	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](#)]

36 registrations have been received as of 14
January 2023. Check here to see who has signed
up to attend:

[Registered Attendees Sailing List](#)

To see where these attenders are located go to
[Location Map of Registered Attendees](#)

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**From the Association Reunion
2023 Reunion Chairman, [Harry
Nettles](#), QMCS(SS) G COB 91-92,
[QMCM Ret.], USSVI Charleston
Base, Holland Club:**

Alright shipmates the reunion is
just nine months away. Our committee is working
hard to ensure your time here will be well worth

the trip.

Here is just a tid bit of what we are doing:

In 1995, after the Confederate Submarine
Hunley was discovered and raised, she sat in a
tank of a special solution to prevent the rusting of
the hull until just recently. Today she sits upright
out of the tank. We are arranging a special tour of
the exhibit for YOU. Therefore it is time to make
those plans to come and visit with us and see this
historical submarine and share those wonderful
sea stories with your shipmates.

Our tour of the Hunley will take place on
Friday, Oct. 13th. Just happens to be the Navy's
Birthday—247 years young! There are two tours
scheduled if needed. Each tour will be 2 hours
long and there is a max of 50 people per tour. If
there are 50 or less riding the bus only the 10am
tour will be conducted. If there are more than 50
wanting to ride the bus there will be a 1pm tour.
The Plan of the Reunion will designate muster
times for each tour. There's plenty of room for bus
riders so if you want to go just sign up.

I'm looking forward to seeing each of you in
October.



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

Finally, sitting at my mother's house in Texas on "vacation".

Enjoying the warm weather. Will go back to the snow and cold Feb 2.

We had a family reunion of the "Blevins" side (my mother was a Blevins) with all the cousins in this area.

Four Blevins served on the nuclear submarine Henry L Stimson SSBN-655: Michael Blevins (Gold-67-70), Douglas Blevins(Gold-68-69), Thomas Krauser(Blue-72-74), and Jerry Blevins (Blue-76-79). Common great grandfather was William Blevins(1691-1767). Jerry Blevins, 6th cousin 1x removed, is our current VP. Doug lives in CT and his brother Michael Blevins (4th cousins 1x removed). Michael died in Sep 2002 on an oil rig that sank in the Atlantic during a storm.

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.



**Custodian - Larry Knutson,
MMCS(SS) B 79-81 USSVI
Charleston Base, Holland Club:**

There have been several shipmates who have contacted us to see if we might want some items they have from when they were on the boat. While

it would be great to be able to accept everything our shipmates wanted to donate we unfortunately don't have that kind of storage room. If you have an item you feel would make a good addition to our historic archives [once called our memorabilia but so much easier to say and spell] we would like to see what you have. Please take one or two pictures of each item and your Association Board will review and let you know if we can take it. Of course the most deciding factor would be if we have a place to store it. We can at least give you some ideas on how to contact one of our submarine museums who might want to take it.

Additionally, if you are attending the reunion and would like to bring some of your memories to show off [but take back home at the close of the reunion] feel free to bring it with you. There will be tables to show those few items we have left after so many were borrowed permanently by some thief. We would enjoy seeing what you have.

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:**

I will praise you, O Lord, with all

Submarines Lost During the Month of February

USS BARBEL (SS 316)	Feb. 4, 1945 – 4th War Patrol	Lost with all hands – 81 souls
USS SHARK 1 (SS 174)	Feb. 11, 1942 – 1st War Patrol	Lost with all hands – 59 souls
USS AMBERJACK (SS 219)	Feb. 16, 1943 – 3rd War Patrol	Lost with all hands – 72 souls
USS GRAYBACK (SS 208)	Feb. 26, 1944 – 10th War Patrol	Lost with all hands – 80 souls
USS TROUT (SS 202)	Feb. 29, 1944 – 11th War Patrol	Lost with all hands – 81 souls

Five Boats and 373 Men Lost

H.L. HUNLEY

Feb. 17, 1864

Lost with all hands – 8 souls



The following Stimson Shipmates have departed on Eternal Patrol.

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ET2(SS) Douglas J. Arnold G 80-82

Eternal Patrol July 5, 1987

[reported by Esten Stephenson,
ETC(SS) G 79-82]

FTB2(SS) Robert Gene Loney B 67-74

Eternal Patrol May 17, 2019

FTCM(SS) Retired

[reported by USSVI National Database]

LTJG(SS) Kurt Willson Eglseider G 90-92

Eternal Patrol October 12, 2016

[reported by USSVI National Database]

LT(SS) William James 'Jim' Doyle B ??-??

COMM WEPS

CAPT Ret.

Eternal Patrol January 28, 2019

[reported by USSVI National Database]

LT(SS) James Garry Burke G 67-70

Eternal Patrol December 14, 2022

[reported by USSVI National Database]

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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.)

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.

MM1(SS) Michael S. Twiselton G 73-77

[updated per member request]

MTC(SS) Marty Sessler B 72-75

[updated per member request]

SD3(SS) Edgardo S. Yambao B 76

[new member per member request]

MT2(SS) William R. Austin B 77-80

[updated by becoming a member of USSVI Volunteer Base]

ET2(SS) Andrew 'Andy' Neubecker B 84-88
[ETC Ret]

[updated by becoming a member of USSVI Wolverine Base/dual member Escolar Base]

HM2(SS) Edsel 'Doc' Wright G 76-77

[HMCS Ret]

[updated by becoming a member of USSVI Snug Harbor Base.

CS1(SS) Rodger Shumaker B COMM 66-68

[???? Ret]

[new member reported by Gary Jaster]

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.

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Sandy Hasty, CAPT B 80 (Oct-Dec) CO-1 patrol

Cards to: 75 Lambeth Dr., Asheville NC 28803-3425

1.24.22: Email from Sandy & Donna: It has been quite a while since we last sent an update. We are thankful for the success of Sandy's eyelid surgery, cancer was totally removed, amazing reconstructive surgery and his vision is fine, and that is now behind him.

We returned to home from Atlanta on the 20th.

The drive home was a challenge for both of us and Sandy stopped frequently for me to walk so we got home much later than we expected. My (Donna) surgery went well and my first couple of days home in Atlanta were great, with very little pain. I was off my blood thinner before and after surgery for three days. Several days after I started the meds again, I developed very severe pain and pain medication didn't help. Sandy took me to the Emergency Room and after an MRI of my surgical area, the ER physician ordered a CT scan of my abdomen and confirmed that I had a Retroperitoneal Bleed/Hematoma. Due to the possibility of stroke after taking me off the blood thinners, they placed me on the Neurosurgical Floor where they had a 24-hour dedicated monitoring service. They were able to get the pain under control; however, my hemoglobin dropped significantly but not to the level of needing a transfusion. I had to stay in the hospital until the blood test showed the bleeding had stopped and my hemoglobin started to improve.

During this challenging time of constant monitoring, tests, doctor visits, etc. Sandy tested positive for COVID. We were in Atlanta for about a month and during that time, we received the very best care, great food, and they looked for special programs to watch to give us some enjoyment. I cannot bend, lift or twist for four months so no PT or exercise, but I can walk and the level surface of the beach and warmer weather has good potential. After Sandy has his infusion on Feb 1st, we are going to a warmer climate where we can walk on the beach which should greatly improve my healing.

I ask for prayers for healing, patience, strength, and moments of joy each day as I continue on through my recovery - and then rehab.

With love and gratitude, Donna and Sandy
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

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Lloyd Hyatt, MT2(SS) B 73-76

Cards to: 134 Coral Way, Jacksonville Beach FL 32250

1.26.23: Email from Lloyd: A quick update on my AML cancer. I was going to Moffitt Cancer Center in Tampa on 1/24 to start the process for my bone marrow transplant on 1/31. However, the transplant has been postponed. The Doctor said that the donor cells had deteriorated to the point that they can't be used. They are finding a new donor, new timeline for transplant 4-6 weeks. Thank you for the support and prayers. Lloyd
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 wwwlloyd@aol.com or*

jaxbeachlloyd@gmail.com or call me at 904-631-0029.

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

Cards to: 5914 Ruby Dr., Pearland TX 77581-8926

1.26.23: Email from John: Sadly... The family's Princess Southeast Caribbean Cruise over Christmas did not turn out to be all that we planned it to be. All started well with 13 of us sailing on Saturday December 17, 2022.

All went well to start but each stop I going ashore less and having more breathing problems.

Our last planned stop was to be Curacao. Susan went on a bus tour while I stayed in our room knocked out until she returned about 1:00pm. The ship was scheduled to depart about 4:30pm for the final two days at sea.

About 4:15pm I started having crushing pain in my left chest area that was going down my left arm. A crew member who saw what was happening called the ship's doctor. After some tests and him telling Susan and Brian that "If I did not get off the ship and into the hospital I would die!", I was taken off the ship. Susan was left to get our stuff off the ship and somehow to get to the hospital as best as she could. The ship departed leaving Susan and I behind on Curacao.

At the hospital they very quickly determined it was not a heart problem but a breathing problem associated with the Parkinson's as well as COPD. It was now Christmas Eve and a two-day holiday so I would not get to see a doctor until Tuesday morning, Dec. 27, 2022.

I was released from the hospital on Wednesday afternoon but only to go to the hotel with Susan promising to return on Friday, Dec. 30 at 1:00pm for a doctor appointment that resulted in me be released to fly on Sunday Jan. 1st, 2023.

Once released the real problem raised its head in how might find seats on one of the two flights off the island with only two flights on Jan. 1st. Also was getting home to Pearland. We ended up taking the long way home via Miami FL, then Charlotte NC and final to Houston TX on Tuesday

Jan. 2nd.

Bye For Now, Very Respectfully, John F. Cole,
CDR U. S. Navy Retired 100% Disabled
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!

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Ron 'RG' 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

1.29.23: Email from Ron 'RG': After my diagnoses of Alzheimer's, February 2022, I had to have my Aortic Heart Valve replaced in April followed by Cardio Rehab from June to August of 2022. I entered a CBD Oil Study from July to October through EVMS, Eastern Virginia Medical School, to help with my anxiety and agitation. It seemed to help a lot. January 2023, I was reevaluated for my Alzheimer's and I am now in the moderate stage. I was prescribed new medication to help with my memory and anxiety. It seems to be working very well. Thank you for all your prayers, RG and Jean

3.14.22: 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 there 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

*Submitted by Tom Holcomb, ETC(SS) [LT Ret.],
Charleston Base SUBVET*

There is a series of Diesel Submarine Training Manuals that was completed just after WW II now

The series describes the peak of WW II US submarine technology, and includes

The deadline to get your Real ID is now more than two years away. Starting May 7, 2025, all travelers 18 and up must show their REAL ID-compliant driver's license or identification card at TSA airport security checkpoints to board their plane.

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About 2,000 independent pharmacies will rejoin Tricare's network next month, the company in charge of administering the pharmacy benefits confirmed Friday.

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The Navy unveiled new guidelines Monday that allow the service to enlist thousands of sailors with entrance test scores that fall into the lowest aptitude percentile allowed by military standards as it faces a higher recruiting goal, according to a notice from Navy Recruiting Command reviewed by Military.com.

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The Navy is halting separations of sailors over "high-year tenure" -- a program that dictates sailors can only serve so long at a certain rank before being involuntarily discharged from the service.

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The Department of Veterans Affairs has unveiled a new life insurance program for veterans, beginning Jan. 1, 2023. This program, announced Wednesday, is known as VALife and will be available to all veterans who are 80 years old or younger with a service-connected disability. The VA says its insurance will be available for a

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The following tables show the monthly 2023 VA disability rates for veterans with a rating 10% or higher. These amounts are effective Dec. 1, 2022. They are tax-free. VA disability payments are made to veterans who got sick or injured while serving in the military and to veterans whose service made an existing condition worse.

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Caregivers and Veterans, about a month ago we learned of a potential e-mail scam about a VA Caregiver Stipend Recoupment. More recently we received details about a potential “text” scam. We reiterate, please do not respond to such requests, as VA will not email you a request for money nor will VA text you to ask for personal information or request to schedule an informal conference.

If you receive a suspicious email or text from anyone representing the Department of Veterans Affairs, **DO NOT** respond to the text, **DO NOT** open the email or click on any attachments or links. VA does not send emails or texts asking for personal information. VA does not send threatening emails, or emails claiming to take adverse actions on claimants or beneficiaries (jail or lawsuits). If you receive any of these suspicious texts or emails, or are in doubt about any communications appearing to be from VA, please contact VA directly at 1 (800) 827-1000.

- Do not provide personal, benefits, medical or financial details online or over the phone.
- Federal agencies will not contact you unless you make request.
- Do not click on online ads or engage with social media that seem suspicious.
- Check for https:// at the start of website addresses.

- Enable multi-factor authentication on all accounts.
- Do not respond to suspicious texts.
- Work with Veteran service providers you already know.

Visit the **Cybercrime Support Network** for additional resources to help Veterans, service members, and their families combat cybercrime.

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Get the New Toxic Exposure Screening

Identify service-related toxic exposures. It's important to have a long-term health care plan. The new toxic exposure screening can help you plan with your VA health care team.

LEARN MORE

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Make a Plan for Diabetes

Living with diabetes takes planning. Whole Health can help you take important steps to manage your diabetes and make healthy choices.

LEARN MORE

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Pay and Receive Funds through My HealtheVet

Paying a bill or filing a claim for reimbursement is easy with a Premium My HealtheVet account.

LEARN MORE

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Physical Therapy at Home

Physical therapy improves balance, strength, and mobility. You can try physical therapy through VA Video Connect, from the comfort of home.

LEARN MORE

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The #1 Exercise to Do as You Get Older

By Michelle Crouch, AARP December 27, 2022

If you only have time for one exercise, fitness experts say, do this one

As you age, you naturally lose muscle mass, so it's important to strength train to stay strong. Ideally, you should work all of the major muscle groups in your upper and lower body at least twice a week.

But if you have time for only one exercise, you'll get the most bang for your buck by doing a set of squats, experts say.

"The squat is the most important exercise for

trouble is, these movement mistakes can lead to pain and injuries. Here's a close look at specific movement mistakes people often make as they get older, with advice on how to correct them.

1. Mistake: Bending from the waist or rounding your lower back to pick up something from the floor.
2. Mistake: Initiating a squat movement from the knees, rather than the hips.
3. Mistake: Letting your knees collapse inward when you bend them.
4. Mistake: Walking flat-footed rather than rolling through your feet.
5. Mistake: Locking your knees when you're standing still.
6. Mistake: Looking at the ground while you walk.

READ HERE to see symptoms and cures.

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Reduce your risk of falling

Build strength with exercises from a VA physical therapist. If your balance sometimes feels unsteady, these exercises can help. If your balance needs work, a little training can help you keep your feet on the ground. Balance training exercises can reduce your risk of falling and injury by strengthening your legs and hips. Standing exercises are one way to train your balance. In this video, VA physical therapist Dr. Emma Shapiro shares a simple five-part exercise routine to better balance. **WATCH NOW**

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Top Health Threats to Men

Do you know the risks to your health as you get older? Remind yourself of these top threats and ways you can stay healthy. The top threats to men's health aren't secrets: they're known, common, and often preventable. The good news is that making a few lifestyle changes can significantly lower your risk for these common problems. **[LEARN MORE](#)**

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Need Internet or a Tablet for Appointments?

Telehealth brings you care from the comfort of

home. If you don't have regular access to internet or a video-capable device, VA has options for you. With video telehealth visits, you can save time and still talk face-to-face with your doctor. It can be difficult to use telehealth if you don't have internet or a video-capable device at home. VA is working to bridge this digital divide. Here are ways that VA can help you get connected. **LEARN**

MORE

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Recognizing a Heart Attack

Knowing the signs of a heart attack can help you act fast and save your life. Having a heart attack can be scary for anybody. One moment everything is fine, and the next, you have pain or pressure in your chest, neck, arm, or jaw and don't know why. If you don't know the warning signs of a heart attack, you might ignore the pain. But if you wait until it's unbearable, you may be in real trouble. Knowing the signs of a heart attack can help you act fast. **LEARN MORE**

[illegible]

5 Types of Allergies That Become More Common With Age

By Barbara Sadick, AARP December 01, 2022

Reactions to foods, medications, pollen and insects can develop later in life

Fifty million Americans suffer from allergies, and the number is increasing. They're the sixth most common chronic illness in the United States. While most allergic reactions develop in childhood or young adulthood, an estimated 5 to 10 percent of Americans over the age of 65 are either living with chronic allergic reactions or experiencing allergic reactions for the first time. An allergic reaction occurs when your immune system mistakenly identifies a typically harmless substance or allergen as an intruder. Those substances include dust mites, pollen, mold, pet dander, insect stings, medicines or foods that don't cause a reaction in most other people. Your immune system responds to these allergens by trying to fight them off like a germ or virus, but with most allergic reactions, it's responding to a false alarm.

Because allergy symptoms are so common, your first stop for diagnosis should be your primary care physician. Here's how to recognize and treat five types of allergies that can develop as we age.

1. Hay fever (allergic rhinitis)

During spring, summer and fall, trees, weeds and grasses release pollen into the air. That pollen can get into your nose and throat and trigger an allergic reaction commonly known as hay fever. Nearly 20 million American adults and more than 5 million children suffer from hay fever.

Symptoms: Sneezing; runny or stuffed nose; coughing; post-nasal drip; itchy eyes, nose and throat; red and watery eyes; dark circles under the eyes

Treatment: The most effective treatment is a nasal steroid or anti-inflammatory medicine that you spray into your nose and that can be bought over the counter. You can also control your environment by staying indoors more when pollen counts are high outside and by using air purifiers and air conditioners. If you spend a lot of time outdoors, you should wash your hands and face often to get rid of pollen that may have collected there.

2. Insect allergies

Approximately 2 million Americans suffer from insect allergies. Allergic reactions occur when the immune system overreacts to the venom from an insect sting, and they're most often caused by yellow jackets, honeybees, paper wasps, hornets or fire ants. People don't usually develop insect allergies as they age, but it can happen.

Symptoms: Pain, redness and swelling at the site of the sting can be part of a normal reaction. A serious allergic reaction occurs when the immune system gets involved and overreacts to the venom. When this happens, you could experience some of the following symptoms: swelling of the face, throat or tongue; difficulty breathing; coughing; shortness of breath; dizziness; stomach cramps; nausea and diarrhea; and itchiness and hives on your body. Anaphylaxis, a severe and potentially life-threatening reaction, usually occurs

within 5 to 30 minutes of being stung or bitten.

Treatment: If you have a serious adverse reaction, call 911 immediately so emergency medical services can assess the situation and, if needed, administer epinephrine (also known as adrenaline), a medication that effectively manages anaphylaxis by relaxing the muscles in the airways and tightening the blood vessels. Patients with a history of anaphylactic reactions to insect stings should carry an epinephrine auto-injector device to use, if needed, to treat reactions.

3. Skin allergies

A skin allergy (allergic contact dermatitis) occurs when the skin comes into direct contact with an allergen such as poison ivy, poison oak or poison sumac. Similar reactions can be caused by other substances, such as the nickel in jewelry or the chemicals in lotions and skin products.

It can sometimes be challenging to determine exactly what's causing the allergic reaction. Patch testing, a diagnostic method that does not include blood or skin-prick testing, can often help determine which specific substances are causing the inflammation.

Symptoms: Itching, redness and swelling

Treatment: With most skin allergies, the more you scratch, the worse the condition becomes. You should use moisturizers and topical ointments and steroids that reduce inflammation. Antihistamines can be helpful to reduce itching. If you have a rash that's persistent or painful, spreads quickly over most of your body, causes a fever or is oozing yellow or green fluid, see a doctor.

4. Food allergies

As with insect allergies, reactions to certain foods can occur quickly and suddenly, and if not treated immediately, can be life-threatening. When you're allergic to a food, your immune system overreacts to a particular protein found in that food. Often it takes only a small amount of food to trigger the reaction, which usually occurs within a few minutes to two hours of the time you ate the food. The foods most often responsible for allergic reactions include cow's milk, eggs, fish,

peanuts, shellfish, soy, tree nuts and wheat.

Symptoms: Food allergies can cause mild to serious reactions. They include hives; red and itchy skin; itchy or stuffy nose; sneezing and itchy and tearing eyes; vomiting; stomach cramps; diarrhea; and swelling. Symptoms of anaphylaxis include wheezing; tightening in the chest; trouble breathing; tingling in the hands; vomiting; stomach cramps; diarrhea; and swelling in the feet, lips and scalp.

Treatment: If you know you have severe allergic reactions to food, you should carry an epinephrine auto-injector with you at all times, in case of an anaphylactic reaction. If you have a reaction for the first time, see a specialist who can determine which foods you are allergic to, so you can avoid them. When you shop, read food labels to make sure you don't eat anything that contains the food triggers to which you've reacted. To prevent adverse reactions, always ask about ingredients when you eat in a restaurant, or eat foods prepared by family or friends.

Because food allergies can be life-threatening, you need to always be prepared by wearing a medical alert bracelet or necklace and carrying an auto-injectable device containing epinephrine.

5. Drug Allergies

Because older people take three times as many medications as younger people, they tend to have more frequent allergic reactions. Chances of developing an allergy to a medication are higher when you take it frequently or when a medication is rubbed onto the skin or given by injection rather than taken by mouth.

The most common allergy-causing drugs include antiseizure drugs; insulin; substances containing iodine (X-ray contrast dyes); antibiotics like penicillin; nonsteroidal anti-inflammatory drugs like ibuprofen; anticonvulsants; and chemotherapy drugs.

Symptoms: Vomiting and hair loss with cancer chemotherapy drugs; upset stomach from aspirin or diarrhea from antibiotics; skin rashes (especially hives); itching; respiratory problems; and facial swelling. As with insect and food allergies, anaphylactic shock symptoms can

occur.

Treatment: If you have an allergic reaction to a medication, consult your doctor, but unless symptoms are life-threatening, don't stop taking a medication without talking to a health professional. A doctor can determine whether you should temporarily or permanently cease taking your medication and should be able to offer an alternative. If you are allergic to a specific medication, that information should become part of your permanent medical record and all your doctors should be informed.

Is It a Cold, Flu or Allergy? How to tell the difference.

Allergies, colds and flus can all make you feel miserable. They all affect your respiratory system, making it difficult to breathe. People who suffer from airborne allergies often think they have a cold, <https://cityallergy.com/> and when symptoms are more severe, they may think they have the flu. Colds and flus are both viruses, but an allergic reaction is caused by your immune system responding to a trigger.

Airborne allergies

- Symptoms last as long as allergens are present
- Stuffy and runny nose
- Itchy, watery eyes
- Treat with antihistamines, decongestants, nasal steroids

Flu

- Symptoms last for from one to two weeks
- Fever
- Aches, pains
- Exhaustion, weakness
- Chest discomfort and cough
- Treat with fluids, rest, over-the-counter medicine and prescription antiviral drugs

Cold

- Symptoms can last for up to two weeks
 - Stuffy and runny nose
 - Sore throat and cough
 - Treat with antihistamines, decongestants, nasal steroids
-



The Computer Corner

By: Tom Krauser, MM1(SS) B 72-74, 655 Assoc Life Member, USSVI Albany-Saratoga Base
Using Mobile Hot Spot for Internet Service

Sometimes when you are traveling you do not have access to WiFi. When we go on vacation to my mother's in Texas, she does not have WiFi so in the past we had to go to my sister's or the library to use our computer. Then for several years we had an external device that hooked up to the computer that we paid for internet service when we went on vacation.

With today's smart phones and 5G connections we are able to use the cell phone as a mobile "hot spot" to connect through the provider's cell towers. At 5G speeds it is hard to detect any difference between being at home or using the cell phone to connect to the internet. The main restriction would be having enough data per month on the phone's data plan to avoid having to pay for extra data every month. Our plan has unlimited data so this is not an issue.

To ensure the phone stays charged while using it as a "hot spot" I plug the USB charging/ data cable into the USB port on the computer and into the phone. This cable can also be used to transfer data/photos from the phone to the computer.

Things to keep in mind before using a hotspot

Mobile hotspots are extremely useful, but there are some things you need to keep in mind when using one on your device:

- In order to use a hotspot, you must have a tethering plan on your service account with your carrier.
- Your carrier may charge extra for tethering, or data overages incurred while using tethering. Contact your carrier if you have any questions.
- Mobile hotspots consume battery power and use data service.
- While a mobile hotspot is active, your device's apps will use the mobile hotspot's data service.
- Roaming while using your phone or tablet as a

hotspot may incur extra data charges.

- Activating a mobile hotspot will disable Wi-Fi.
- Only LTE tablets can create hotspots, not regular tablets.

To connect the computer to the mobile "hot spot" on a smart phone open the "Settings" (Depending of type of phone). Then find "Connections". Under Connections there should be a setting called "Mobile Hotspot and Tethering". There should be a connection for "Mobile Hotspot".

The phone device name and password can be found by pressing and holding where it says Mobile Hotspot. This should bring up another window which will show the Network Name and the Password.

On your computer select WiFi and choose the Network Name above as the WiFi connection then enter the Password above. Ensure "Connect Automatically" is selected then select Connect.

Your computer should now be able to connect to the internet through the cell phone.

COMPUTER CORNER Part II

Submitted by CB Member Lou Leal, EM1(SS)

What is Phishing?

Phishing is a cybercrime in which a target or targets are contacted by email, telephone or text message by someone posing as a legitimate institution to lure individuals into providing sensitive data such as personally identifiable information, banking and credit card details, and passwords.

The information is then used to access important accounts and can result in identity theft and financial loss.

Common Features of Phishing Emails

Too Good To Be True - Lucrative offers and eye-catching or attention-grabbing statements are designed to attract people's attention immediately. For instance, many claim that you have won an iPhone, a lottery, or some other lavish prize. Just don't click on any suspicious emails. Remember that if it seems too good to be true, it probably is!

Sense of Urgency - A favorite tactic amongst

cybercriminals is to ask you to act fast because the super deals are only for a limited time. Some of them will even tell you that you have only a few minutes to respond. When you come across these kinds of emails, it's best to just ignore them. Sometimes, they will tell you that your account will be suspended unless you update your personal details immediately. Most reliable organizations give ample time before they terminate an account and they never ask patrons to update personal details over the Internet. When in doubt, visit the source directly rather than clicking a link in an email.

Hyperlinks - A link may not be all it appears to be. Hovering over a link shows you the actual URL where you will be directed upon clicking on it. It could be completely different or it could be a popular website with a misspelling, for instance www.bankofamerica.com - the 'm' is actually an 'r' and an 'n', so look carefully.

Attachments - If you see an attachment in an email you weren't expecting or that doesn't make sense, don't open it! They often contain payloads like ransomware or other viruses. The only file type that is always safe to click on is a .txt file.

Unusual Sender - Whether it looks like it's from someone you don't know or someone you do know, if anything seems out of the ordinary, unexpected, out of character or just suspicious in general don't click on it!

Prevent Phishing Attacks

Though hackers are constantly coming up with new techniques, there are some things that you can do to protect yourself and your organization:

To protect against spam mails, spam filters can be used. Generally, the filters assess the origin of the message, the software used to send the message, and the appearance of the message to determine if it's spam. Occasionally, spam filters may even block emails from legitimate sources, so it isn't always 100% accurate.

The browser settings should be changed to prevent fraudulent websites from opening. Browsers keep a list of fake websites and when you try to access the website, the address is blocked or an alert message is shown. The

settings of the browser should only allow reliable websites to open up.

Many websites require users to enter login information while the user image is displayed. This type of system may be open to security attacks. One way to ensure security is to change passwords on a regular basis, and never use the same password for multiple accounts. It's also a good idea for websites to use a CAPTCHA system for added security.

Banks and financial organizations use monitoring systems to prevent phishing. Individuals can [report phishing](#) to industry groups where legal actions can be taken against these fraudulent websites. Organizations should provide security awareness training to employees to recognize the risks.

Changes in browsing habits are required to prevent phishing. If verification is required, always contact the company personally before entering any details online.

If there is a link in an email, hover over the URL first. Secure websites with a valid Secure Socket Layer (SSL) certificate begin with "https". Eventually all sites will be required to have a valid SSL.

Generally, emails sent by a cybercriminals are masked so they appear to be sent by a business whose services are used by the recipient. A bank will not ask for personal information via email or suspend your account if you do not update your personal details within a certain period of time. Most banks and financial institutions also usually provide an account number or other personal details within the email, which ensures it's coming from a reliable source.

[READ MORE](#)

The Lean Submariner

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

<https://theleansubmariner.com/>

[Making a Submariner – Fifty Years ago](#)

Mister Mac Jan 1

In January of 1973, my education as a

submarine sailor began. I had already graduated from Machinist Mate “A” school and my original path to nuclear power school was diverted because of my inability to master the math and chemistry that was tested upon completion of “A” school. I was a bit disappointed. Instead of [...]

[Read more of this post](#)

A Day at the Races – Submarine Skulduggery in the Home Islands 1942-1943

Mister Mac Jan 14

Skulduggery has been described as underhanded or unscrupulous behavior. Using technology to sneak up on an enemy was once viewed by proper gentlemen as nothing more than skulduggery. In the nicest sort of way, that is what submarines are best at. I mean, how unfair is it that someone can sneak up on your homeland [...]

[Read more of this post](#)

The Story of the Nautilus and the Nuns – New Years 1943

Mister Mac Jan 2

The Story of the Nautilus and the Nuns - New Year's 1943 Eighty years ago this week, the submarine Nautilus shifted from her incredible role as a hunter killer to perform a mission of mercy. This is the story about the rescue of twenty-nine refugees including four American nuns who became stranded behind Japanese [...]

[Read more of this post](#)

Old Chiefs Never Die... They Just Get Recycled

Mister Mac Jan 21

Chief times 3: Looking back over the last three plus decades, it's interesting how my life has had a theme. That theme has revolved around being a Chief. Growing up, I always looked up to my Dad for many things. But one of his best achievements was being the fire Chief in the small town [...]

[Read more of this post](#)

In the Waters of Pearl – Building the Pearl Harbor Submarine Base 1918-1945

Mister Mac Jan 22

Originally posted on [theleansubmariner](#):

I spent a number of years in my youth living and sailing out of Pearl Harbor. The last time we were there was in 2003 and the changes even then were astonishing. Many of the old buildings were still there but a modern bridge attached Ford Island to the mainland [...]

[Read more of this post](#)

Submarine USS Chicago Wraps Up Service With Decommissioning At Puget Sound Naval Shipyard

(KITSAP SUN 20 JAN 23) ... Peiyu Lin

BREMERTON — The USS Chicago (SSN-721) on Tuesday arrived at the Puget Sound Naval Shipyard for decommissioning after 37 years of service.

During its last deployment, the boat departed Pearl Harbor in March and performed operations including anti-submarine and anti-surface warfare in the Indo-Pacific region, according to a press release by the Navy in November.

Tuesday morning, USS Chicago entered Puget Sound and arrived at a pier at PSNS around noon. The 360-foot-long USS Chicago was commissioned on Sept. 27, 1986.

The Navy is in the early planning process for a ceremony to celebrate the accomplishments of the USS Chicago after its 37 years of service. The ceremony would be similar to what was done recently for the USS Oklahoma City submarine at the shipyard, said Submarine Group 9 spokesperson Lt. Corey Jones.

Past and present crewmembers, their families, and those who wish to pay their respects to the legacy of the submarine will be invited, Jones said. Currently, 103 service members are serving aboard the sub, including 13 Officers, 14 Chief Petty Officers, 75 junior enlisted members, and one military rider.

Inactivation is a process in which the submarine will be de-fueled, with the hull retained in safe storage until decommissioned. When a Navy ship is decommissioned, it is taken out of active service and the crew is reassigned to another ship or command, Jones said.

USS Chicago will be inactivated and

decommissioned at PSNS sometime in the future. After decommissioning, the boat will be moored at the shipyard until the final recycling process is complete, according to Jones.

More submarines are scheduled to retire as they reach the end of their service. The Los Angeles-class fast-attack submarine USS Key West is slated for decommissioning this year after the sub returned to its homeport of Naval Base Guam on November 18 from a four-month deployment, according to the Navy. USS Key West was commissioned in 1987. The Puget Sound Naval Shipyard is the only installation in the world capable of dismantling the subs of the nuclear navy.

USS Chicago is the fourth ship in the U.S. Navy to be named for the city of Chicago, Illinois. The first three USS Chicago are cruisers, launched in 1885 (CA-14), 1830 (CA-29) and 1944 (CA-136), according to the website of the Pacific Submarine Force.

<https://www.kitsapsun.com/story/news/local/navy/2023/01/20/submarine-uss-chicago-decommissioning-puget-sound-naval-shipyard/69814768007/>

Russian Arctic Threat Growing More Potent, Report Says

(USNI NEWS 26 JAN 23) ... John Grady

Russia's Northern Fleet's ballistic missile submarines and strategic bomber force's capabilities remain intact despite the heavy toll the country's invasion into Ukraine has had on its naval infantry, army and special forces assigned to the Kola Peninsula, a new report from the Center for Strategic and International Studies found.

The Arctic remains "of great strategic value to Russia," Njord Wegge, a professor at the Norwegian Defense University College, said this week as the report was released. On the military side, the Kola Peninsula in the Arctic provides a gateway for Russia's Northern Fleet's attack and ballistic missile submarines to move through the Greenland, Iceland, United Kingdom [GIUK] gap to reach the Atlantic

The "Russian Arctic Threat" report noted Western imposed sanctions on the Kremlin for the Feb. 24 invasion may have a future effect on Russian defense industry's ability to deliver future strategic capabilities. The report mentioned their effect on ship construction and updating conventional land, sea and air weapons systems that rely on imported technology. The report cited the benefit and importance of keeping tight sanctions on dual-use computer chips that could be used for Moscow's conventional forces in the Ukrainian fighting.

It remains to be seen how sanctions will work over the next four years, said Colin Wall, associate fellow in CSIS' Europe, Russia and Eurasia Program. For now, "Russia will probably have to make tradeoffs" in spending and where it commits military resources as long as the war continues.

Russia has already deployed advanced tanks to the fight and could soon be sending advanced air defense systems to better protect its forces against a spring offensive, Wegge said. Both moves put further strain on the Russian industrial base.

In addition to smuggling and trading with partners who ignore the sanctions, "China has been important partner in the past" and could be again in filling in these military technological gaps, Wegge said. So far, Beijing has not stepped in to fill Moscow's immediate military needs as Iran did with drones.

"Russia has had 10 years of successful modernization" of its forces that it can fall back on, he said, specifically citing hypersonic weapons and silencing its submarines.

Wall, who co-authored the report with Wegge, added, with Finland and Sweden applying for NATO membership Russia's goal of "protecting its second strike capability" is of heightened concern in the Kremlin. Moscow's other strategic goals in the Arctic are: protecting the Northern Sea Route as a 13 potential major trade route between Asia and Europe; and protecting its energy industry in the region, a major source of outside revenue.

When Sweden and, especially, Finland are

admitted to NATO, the security equation in the Arctic will change. Both panelists agreed the High North has been a region of relatively low tension. The report noted Russia's defense minister warned "retaliatory measures are required" such sending more land forces to northwest Russia if the two are admitted to the alliance.

With Finland a member, the alliance would have better highway access and now rail access to the northernmost areas of Europe. In addition, Finland has a "broad mobilization base" in reserve manpower and stockpiled conventional arms, weapons and ammunition, Wegge said.

Wall described the Kremlin's comments as "ratcheting up" tensions. He added it was unlikely immediately that United States or NATO would create a Baltic or Arctic Command in the near future.

"The Arctic is not going to shoot to the top of the priority list" of American immediate security concerns, Wall said. He expects U.S. presence to grow but to continue to rely on allies and partners to keep an eye on Russian activities.

Speaking at a Wilson Center event Thursday, Coast Guard Rear Adm. Michael Ryan, deputy commandant for operations, policy and capabilities, emphasized presence. "It's about being there ... to be successful" in providing security for the region, he said.

Adding the Arctic is a "unique domain" for security and military operations, Ryan said. The service's expanded commitment can be seen in its building a heavy icebreaker and looking to buy another existing large icebreaking vessel to operate continuously there. Both are part of a long-term effort to rebuild the nation's icebreaking fleet to three heavies and three medium icebreakers.

The CSIS report stated the Northern Fleet has two "ice class" vessels in its number and can call up 46 civilian icebreakers when needed. Some of those icebreakers are armed.

Wegge noted at CSIS the American Marines and the Army's 11th Airborne Division, based in Alaska, have stepped up training exercises in the High North with allies like Norway and large-scale exercises like Trident Juncture. For years, the

Marine Corps has been prepositioning equipment in northern Norway to use in a crisis.

He added Norway can play a pivotal role in Arctic security in providing air and maritime awareness with its advanced platforms and technology.

<https://news.usni.org/2023/01/26/russian-arctic-threat-growing-more-potent-report-says>

Submitted by George Birmingham, ET1(SS) G/SY1/G 69-74, Assoc. Life Member, SV Carolina Piedmont Base

Interesting tidbits...

The year is 1922... "One hundred-and-One years ago." Around the time when many of our parents were born. Here are some statistics for that year:

- The average life expectancy for men was 47 years.
- Fuel for cars was sold in drug stores only.
- Only 14 percent of homes had a bathtub.
- Only 8 percent of homes had a telephone.
- 18 percent of households had at least one full-time servant or domestic help.
- The maximum speed limit in most cities was 10 mph.
- The tallest structure in the world was the Eiffel Tower.
- The average US wage in 1922 was 22 cents per hour.
- The average US worker made between \$200 and \$400 per year.
- A competent accountant could expect to earn \$2,000 per year.
- A dentist earned \$2,500 per year.
- A veterinarian between \$1,500 and 4,000 per year.
- And, a mechanical engineer about \$5,000 per year.
- Sugar cost four cents a pound. (not 4 pounds in a package)
- Eggs were fourteen cents a dozen.
- Coffee was fifteen cents a pound. (that is 16 ounces!)
- Most women washed their hair once a month ...
- And, used Borax or egg yolks for shampoo.
- Crossword puzzles, canned beer, and iced tea hadn't been invented yet.

- There was neither a Mother's Day nor Father's Day.
- Two out of every 10 adults couldn't read or write ..
- And, only 6 percent of all Americans had graduated from high school.
- More than 95 percent of all births took place at home.
- Ninety percent of all Doctors had NO COLLEGE EDUCATION! Instead, they attended so-called medical schools, many of which were condemned in the press AND in the government as "substandard."
- Marijuana, heroin, and morphine were available over the counter at local drug stores. Back then pharmacists said: "Heroin clears the complexion, gives buoyancy to the mind, regulates the stomach, bowels, and is a perfect guardian of health!" (Shocking?)
- Canada passed law prohibiting poor people from entering into their country for any reason.
- The American flag had 45 stars ...
- The population of Las Vegas, Nevada was only 30.
- There were about 230 reported murders in the ENTIRE U.S.A.
- The Five leading causes of death were:
 - 1 Pneumonia and influenza
 - 2 Tuberculosis
 - 3 Diarrhea
 - 4 Heart disease
 - 5 Stroke

Now please copy this and send it to someone else without retyping it yourself. It can be sent to others all over the world in a matter of seconds! It is impossible to imagine what it may be like in another 100 years.

Submitted by Pat Davis, shipmate from the 644.

And GOD Created...

I think this is hilarious! I NEVER HEARD CREATION EXPLAINED THIS WAY BEFORE!!!

1. In the beginning, God created the Heavens and the Earth and populated the Earth with broccoli, cauliflower and spinach, green and yellow and red vegetables of all kinds, so Man and Woman would live long and healthy lives.
2. Then using God's great gifts, Satan created Ben and Jerry's Ice Cream and Krispy Crème Donuts. And Satan said, "You want chocolate

with that?" And Man said, "Yes!" and Woman said, "and as long as you're at it, add some sprinkles." And they gained 10 pounds. And Satan smiled.

3. And God created the healthful yogurt that Woman might keep the figure that Man found so fair. And Satan brought forth white flour from the wheat, and sugar from the cane and combined them. And Woman went from size 6 to size 14.
4. So God said, "Try my fresh green salad." And Satan presented Thousand-Island Dressing, buttery croutons and garlic toast on the side . And Man and Woman unfastened their belts following the repast.
5. God then said, "I have sent you heart healthy vegetables and olive oil in which to cook them." And Satan brought forth deep fried fish and chicken-fried steak so big it needed its own platter. And Man gained more weight and his cholesterol went through the roof. God then created a light, fluffy white cake, named it "Angel Food Cake" and said, "It is good." Satan then created chocolate cake and named it "Devil's Food."
6. God then brought forth running shoes so that His children might lose those extra pounds. And Satan gave cable TV with a remote control so Man would not have to toil changing the channels. And Man and Woman laughed and cried before the flickering blue light and gained pounds.
7. Then God brought forth the potato, naturally low in fat and brimming with nutrition. And Satan peeled off the healthful skin and sliced the starchy center into chips and deep-fried them. And Man gained pounds.
8. God then gave lean beef so that Man might consume fewer calories and still satisfy his appetite. And Satan created McDonald's and its 99-cent double cheeseburger. Then said, "You want fries with that?" And Man replied, "Yes! And super-size them!" And Satan said, "It is good." And Man went into cardiac arrest.
9. God sighed and created quadruple bypass surgery.
10. Then Satan created Cuts to the Health Care System. Amen

Submitted by John Roberts, ET2(SS) B 83-88

Came across this 1997 article I clipped from the Navy Times, hilarious and accurate. True story i actually was one individual of only a few who cut hair on the boat also. I actually cut the captains hair on occasion! I really chuckled that the article suggests letting the paperboy cut your hair to "bring the sea duty experience into your home"

Ron Martini

37 ways to bring sea duty into your home

Miss life at sea? Before you head to the closest pier and try to hop aboard the next deploying ship, it might be wise to remember what it was really like. Former submariner Ron Martini has been collecting such remembrances on his World Wide Web site, Ron Martini's Navy Submarine Base, <http://www.wavecom.net/~rontini/>

A sampling follows.

Suggestions for the ex-submariner who misses "the good old days on the boat."

- Sleep on the shelf in your closet. Replace the closet door with a curtain. Two to three hours after you fall asleep, have your wife whip open the curtain, shine a flashlight in your eyes, and mumble "Sorry, wrong rack".
- Repeat everything anyone says to you.
- Renovate your bathroom. Build a wall across the middle of your bathtub and move the shower head down to chest level. Shower once a week. Use no more than two gallons of water per shower.
- Buy a trash compactor and use it once a week. Store garbage in the other side of your bathtub.
- Sit in your car for six hours a day with your hands on the wheel and the motor running, but don't go anywhere. Install 200 extra oil temperature gauges. Take logs on all gauges and indicators every 30 minutes.
- Watch only unknown movies with no major stars on TV and only at night. Have your family vote on which movie to watch, then watch a different one.
- Have the paperboy give you a haircut.
- Eat only food that you get out of a can or have to add water to.
- Set your alarm clock to go off at random
- times during the night. When it goes off, jump out of bed and get dressed as fast as you can, then run to your kitchen with the garden hose while wearing a scuba mask.
- Once a month take every major appliance completely apart and then put it back together. Ensure you have parts left over.
- Invite at least 85 people you don't really like to come and visit for a couple of months. Limit showers to one per week for all guests.
- Have a fluorescent lamp installed on the bottom of your coffee table and lie under it to read books.
- Put a complicated lock on your basement door and wear the key on a lanyard around your neck.
- Every so often, yell "Emergency Deep," run into the kitchen, and sweep all pots/pans/dishes off the counter onto the floor. Then, yell at your wife for not having the place "stowed for sea."
- Put on the headphones from your stereo (don't plug them in). Stand in front of your stove. Say (to nobody in particular) "Stove manned and ready." Stand there for three or four hours. Say "Stove secured."
- Use Kool-Aid on all your breakfast cereals for two months.
- Ask for "permission to enter" whenever you go into the kitchen.
- Replace all doorways with windows so that you have to step up and duck to go through them.
- Tell your kids to "go find me a can of relative bearing grease."
- When the mailman steps onto the porch, shout "Postmaster General — Arriving" so that everyone in the house can hear you.
- Paint the windshield of your car black. Make your wife stand up through the sunroof and give you directions. Drive through as many big puddles as possible.
- Have your kids stand at attention every time you enter the room and make them state quite loudly, "Attention on Deck" or "Make a Hole."
- Tell your kids there will be a pressure test in the garage next Monday night. The kid who can take the most turns in the vise will get to stay out later Friday night.
- Install a furnace and air conditioner that blow directly on you while you are sleeping. Set the controls so they will cycle from hot and cold in a matter of seconds.
- Take the jack handle out of your trunk and install it in the ceiling over your stove. Several times a day, give it 112 turns and yell: "main induction secured."
- Remove all plants, pictures and decorations. Paint everything gray, white or the shade of hospital smocks.
- Repaint the interior of your home every month, whether it needs it or not.
- Buy 50 cases of toilet paper and lock up all but two rolls. Ensure that one of these two rolls is wet at all times.
- Smash your forehead or shins with a hammer every two days to simulate collision injuries sustained aboard Navy ships.
- Every 10 weeks, go to the city slums wearing your best clothes. Find the worst-looking place and ask for the most expensive beer they have. Drink as many as you can in four hours. Tip the cabbie after he charges you double because you dress funny and don't speak right.
- Every four hours, check all the fluid

levels in your car and log the readings. Check the tire pressure and replace air lost from pressure checks. Place red tags on the ignition stating "DANGER: Do Not Operate" while you perform these checks. Inform your neighbor as to placement of the red tags and the results of the checks, then have him repeat the checks because he did not see you perform them.

■ Unplug radios and TVs. Lock friends and family out. Your only communication should be letters that your neighbors hold for at least three weeks, discarding two of five. Have a neighbor bring you a *Time*, *Newsweek*, or *Naval Proceedings* from five years ago to keep you abreast of current events.

■ Work in 19-hour cycles, sleeping four hours at a time, until your body neither knows nor cares whether it is day or night.

■ Stand on your roof once every four days for six hours in the winter and don't let anyone in your house.

■ Spend three or four hours waxing your floors to perfection. Then, just before they dry, invite the whole neighborhood over to walk across them. Then do it again.

■ Write a procedure in triplicate for every job you do around the house. Have a friend check your work and make a minimum of five changes. When the new forms are ready, have your wife verify that the procedure is correct but make 10 changes anyway.

■ Mount sharp-cornered lockers in the most traveled halls of your house. Leave almost enough room to squeeze by.

Ron Martini was a submarine-based electrician's mate in the Navy from 1960 to 1968. He got out as a petty officer first class.

June 23, 1997 **Navy Times** • 37

Submitted by Lloyd Hyatt, MT2(SS) B 73-76



Lloyd Hyatt Dolphins from CDR Powell



Lloyd Hyatt-Carl Smith-UNK

**When I was young,
I was a poor golfer.
But after years of play
and practice,
I am no longer young.**

fore**tee**

**I've come to the
conclusion that I
have a memory like an
Etch-A-Sketch...
I shake my head and
forget everything!**

My wife and I are sitting on the couch watching tv and I hear a text, realizing I left my phone in the kitchen, I get up, go to the kitchen to check it...

and its a text from my wife:

Please bring the chips on your way back

Used to be rock around
the clock, now it's
limp around the block.



ANGRY WIFE'S NOTE TO HUSBAND:

**"Your dinner is in
the recipe book on
page 34 and the
ingredients are at
the store"**





Event Registration 655 Reunion #12

11-15 October 2023

Hilton Garden Inn Summerville
406 Sigma Drive, Summerville SC 29486
843.832.1304



To Reserve Rooms: call the number above or link to

<https://group.hiltongardeninn.com/y4h1lh>

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:** 655webmaster@ssbn655.org

Shipmate Name: _____ Guest Name: _____

Relationship (place X beside correct one): 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
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Special Needs: _____

Reunions Attended:	1999 ND	2001 CT	2003 WA	2005 MO	2007 CT	2009 GA
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X beside each one	2011 SC	2013 AL	2016 SC	2018 OK	2021 KY
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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) \$150.00 ea Number: _____ = _____

(This fee includes registration, Saturday banquet, Thursday Welcome Aboard gathering, all hospitality room food & beverages, etc.)

Friday – HL Hunley Tour \$30.00 ea Number: _____ = _____

The Hunley has changed significantly since the 2016 Reunion. Check their website

[THE FRIENDS OF THE HUNLEY](#). Bus transport may be provided for an extra fee.

Please indicate (circle) if you will take the bus if provided: YES NO

Please indicate (circle) if you will provide your own transportation: YES NO

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: <http://ssbn655.org/association/bylaws/1610%20655BylawRev.pdf>

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.

REUNION USE ONLY

Check # _____

Date Rcvd _____

Registration # _____

Hotel Resv: _____

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 [HERE](#). 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 [HERE](#).

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 www.visitsummerville.com 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:

- [Magnolia Plantation and Gardens](#)
- [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](#)