



Remember Those Who Served



All Gave Some, Some Gave All



VOL. 2024 #5

MAY 2024

USS HENRY L. STIMSON ASSOCIATION SSBN655 NEWSLETTER

Association Officers & Board of Directors 2023 - 2025

PRESIDENT <u>Jerry [CJ] Blevins</u>	VICE PRESIDENT <u>Ray [Rita] Kreul</u>	SECRETARY <u>Nick [Linda] Nichols</u>	TREASURER <u>Ken [Diane] Meigs</u>	PAST PRESIDENT <u>Tom [Marie] Krauser</u>
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Other Positions 2023 - 2025

HISTORIAN / CUSTODIAN <u>Larry [Linda] Knutson</u>	WEBMASTER / NEWSLETTER <u>Nick [Linda] Nichols</u>	CHAPLAIN <u>Bruce [Vicki] Stefanik</u>
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**REUNION CONTROL CENTER
2025 Stimson Reunion
Fall of 2025
Groton CT**



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

CJ and I are looking forward to this late spring period. We hope that the extended Stimson family are well and able to enjoy the season.

We are taking a cruise through the Great Lakes this month, and I am looking forward to passing by Manitowoc, Wisconsin, where so many WWII submarines were built.

Along with my Lost Boats for May story, there is an article from The Daily Press (Newport News, Virginia) · 3 May 1982, Mon · Page 5. This is the letter the shipyard places in the paper when a boat or ship enters the yards for work. The article contains a list of all shipmates who were on the

boat when it entered the yards for the 2nd Shipyard. Can you find your name?



Ship's Historian - Larry Knutson, MMCS(SS) B 79-81 USSVI Charleston Base, Holland Club:

We don't have a lot of our historic ship items after the theft a couple of years back. Beginning this month we will be showcasing some of those we still have in our possession.

Remember, if you were on the Gold Crew during any time when Bob Weeks was the CO you completed a check-in card for him. Contact him if interested at



655webmaster@ssbn655.org.

WELCOME ABOARD: Found & Updated Shipmates

(Shipmate has been added or information has been updated on our Sailing List. Please check the online Sailing List for shipmates contact info.)

NOTE: Don Ort, MM1(SS) G/SY1/G 69-74, CWO4 Ret, continues to locate our Stimson shipmates who are on our Sailing List be without an email address.

IC1(SS) Stephen Dickson B 88-90

[found & updated by Don Ort]

IC1(SS) Theodore S. Jarvis B 77-81

[found & updated by Don Ort]

RMC(SS) Rick Lizana B 86-89

ETCS(SS) Retired

[found & updated by Don Ort]

MT2(SS) Larry E. Monteith G 65-66 Plank

[found & updated by Don Ort]

MTC(SS) Joe Kozicki B 69-71

[found & updated by Don Ort]

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I would like to extend a very special Bravo Zulu to Michael Twiselton for volunteering to make contact with our shipmates on FACEBOOK but who are not on our sailing list or do not have contact information if they are on it. He has done a great job this month finding additional info on the following shipmates:

SK2(SS) Bob Luna B 77 [1 patrol]

[update by Michael Twiselton, MM1(SS) G 73-77, Michael found Bob on Facebook]

ET2(SS) Christian Brewer B 91-92

[added and updated by shipmate and by Michael Twiselton, MM1(SS) G 73-77, Michael found Christian on Facebook]

EM1(SS)/LCDR Ret. Dan Montoya B 94-88

[update by Michael Twiselton, MM1(SS) G 73-77, Michael found Christian on Facebook]

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.

I am using the binnacle list as an ongoing story for each person on it. By doing it this way you will be able to understand the update better than if you do not remember what their health issues were.

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Loree Riggs, MM2(SS) G Comm 66-69, Assoc. Life Member & Past Secretary, USSVI USS Springfield Base & Holland Club

Cards to: 8 Penacook Dr., Rochester IL 62563

NO RECENT UPDATES

3.27.2024: Loree is currently in hospice care due to his lung disease. He is on oxygen 24/7 and is mobility is limited. The VA has rated him at 100% service disability based on his exposure to asbestos during the time he was in the Navy. He is able to take phone calls and would really enjoy talking to some of his shipmates. His phone number is on the Stimson Sailing List.

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Diane Meigs, wife of Ken Meigs, ETR2(SS) G 65-70 Plank Owner, Association Treasurer & Life Member, USSVI Member-at-Large & Holland Club

Cards to: 1537 Pebble Beach Ct, Medford OR 97504

4.25.2024: Phoncon with Ken: Diane is doing well.

3.25.2024: Email from Ken: Almost all of her treatment-related side effects have abated. She can now swallow OK and the radiation-induced skin blisters are gone. She says her physical health is about 90% of normal. She sleeps much less during the daytime. Her spirits are back & she's been able to go back to church to fellowship with her friends. God bless always, Ken

1.24.2024: Email from Ken: Diane is in her 5th of 7 weeks of Chemotherapy (2 drugs, 1 day/week) and radiation therapy 5 days/week. A couple of weeks ago we had been given word that the

cancer finally was no longer growing, but today we just got the first word that they now believe that it has actually shrunk a little, which often is not the case until after radiation therapy is over.

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

Cards to: 50 Fairway View Dr., Etowah NC 28729

4.17.24: Email from Vicki: The only thing new is that we now have a Toyota Sienna Hybrid Conversion Van equipped to transport Bruce's 425 pound power chair with a 6-way front passenger seat to make it easy for him to transfer into it. Of course he doesn't need it currently but we are prepared for when the need comes. He did have to go to the VA hospital in Salisbury for a driving evaluation which was like taking the test for a first license which Bruce passed with flying colors. The examiner said Bruce was only the 2nd ALS client she had that has passed.

3.24.24: Email from Vicki: Bruce is doing very well. The final phase study of one ALS medication showed it not work as expected so his doctor said he could stop taking it. This was the one that Bruce described as drinking battery acid so he is happy about it.

The adaptation of the house began January 2nd and was just completed. Final inspection with the VA Construction Specialist was the 20th. He was very impressed with the quality of work by our contractor and his subs.

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Elam Lee Mauk, EMCM(SS) B 65-69 COB 66-68 Plank, Assoc. Life Member, USSVI USS Sailfish Base Holland Club

Card to: 4000 Ibis Way Unit 201 Venice FL 34292

No recent updates

2.20.2024: Email from Gretchen Glaub: John has joined the USS Sailfish Base and received the following email from the Base Commander. Elam is a member of the USS Sailfish Base:

- I called his home and spoke with his wife. He is in the Douglas T. Jacobson State Veterans Nursing Home in Port Charlotte with dementia. I have added him to our binnacle list. Bill Heck, USS Sailfish Base Commander

9.17.2023: Email from Angie Mauk: Elam Lee has been in dementia for the past two years, Of course we cannot travel. Hope your reunion is a great success, We will miss you all

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

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

No recent updates

2.18.2024: Email from Sandy: Dear Friends, we met with our local oncologist on Wednesday, February 14 to review Sandy's February 11 PET/CT scans.

Although preliminary, the scans showed the three cryoablation operations reduced the size of the cancer nodules that were in my left glute area, right shoulder, and right chest wall. The next scans in May will tell a more complete story. But, our oncologist, our surgeons, and we are cautiously optimistic that the May scans will show the operations significantly reduced or eliminated the nodules. This would help reduce the cancer load on the Keytruda immunotherapy and will hopefully allow Keytruda to more easily control the remaining cancer nodules.

Sandy is still recovering from the operations but making good progress.

We thank you for your prayers and for God's graciousness in answering them!

Warmly, Donna and Sandy

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

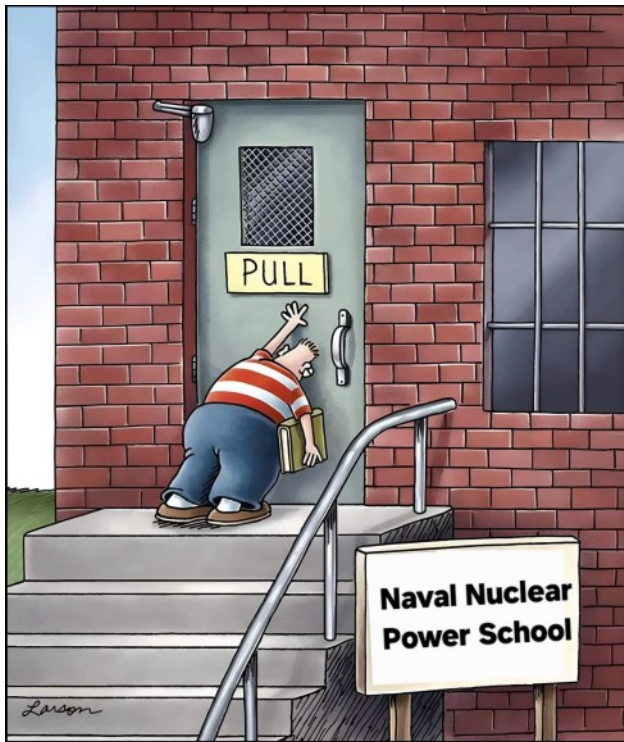
Cards to: 3425 MacDonald Rd., Virginia Beach VA 23464

No recent updates

3.26.2024: Email from Jean: The results of Ron's evaluation on January 2024, compared to last year, scored significantly lower on a test of global cognition. His doctor reported that Ron has transition to the Moderately Severe Stage of dementia. Also, he was prescribed an additional medication to help with his anxiety and agitation. The medicine is working great!! We now have a

happier and calmer household.

Thank you for all the prayers, caring thoughts, cards, letters, pictures, and memories Ron has received. They really brighten his day. Jean/Ron 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*



GREAT LINKS TO SPEND TIME WITH

655 Association Website

www.ssb655.org

Enjoy these videos from the 2023 Stimson Reunion #12 Decommissioning + 30 Years Association Eternal Patrol Service

<https://youtu.be/nGqEWt9tEKU>

Association Business Meeting

<https://youtu.be/5aEbCOXGI2w>

Reunion Banquet Program Reunion Chairman Harry Nettles Guest Speaker Sam Johnson, Decom CO

<https://youtu.be/OH7cLPcq24g>

Navy Shift Colors Newsletter Spring-Summer 2024

Navy Shift Colors is the Navy's official newsletter for Retired Sailors and surviving spouses. It updates the retired Navy community about changes to laws, policies, programs, and benefits that affect them.

The newest edition of Navy Shift Colors is now available.

Visit **<https://www.mynavyhr.navy.mil/Media-Center/Publications/Shift-Colors/>**

to get your copy today!

Stimson Shipmates,

George Stevens MT2(SS) G 68-71, recently emailed me to say he just joined a great Veterans website. Turns out I've been a long-time member of that same site as I think many of you may be. This is for those who haven't signed up yet or haven't been on it in a long time, like me. One of the great things about this site is you can join as a living veteran but if you are a family member and your veteran has passed away then you can also join and add him/her to the website. Give it a try. You can sign up and access much of the site with no charge. To receive full site access the cost is presently \$12.47 / year.

TogetherWeServed.com

ABOUT TOGETHER WE SERVED

If you or a loved one has served our country as a member of the United States Armed Forces, then you've come to the right place.

Together We Served (TWS) is the online community connecting and honoring every American who has worn the uniform of the United States military. This is where you reconnect with

old friends and share your service story as a lasting legacy for generations to come.

More Than A Decade & Growing

TWS launched in 2003 with a website specifically for Marine Corps veterans. Since then, we've expanded to five websites, welcoming members from the U.S. Navy, Air Force, Army and Coastguard. Our vision: to create a unique place for all service members, run by service members, sharing real-life history IN THEIR OWN WORDS. TWS is detailed, honest, and real: an authentic recounting of history as-it-happens.

Today, TWS has more than 2 million members and has reconnected more servicemen and women than any other website or organization. Reunions happen every day. Some veterans haven't seen each other in 50 years. Some are healed through the reconnections made here. Still others find old friends they thought lost forever. These miraculous stories are inspirational.

A Larger Purpose

On the surface, TWS is a social networking site. However, there is a much larger purpose, one we hope you'll participate in. TWS is a living, breathing national archive of the most important events in our nations' history.

Each story and profile here takes its rightful, permanent place in our collective consciousness. In this new, virtual world, every time you log on, share a photograph, recall an experience, or find a comrade, you are contributing to what will be the most intriguing, comprehensive and expandable military archive available.

Our Roll of Honor is a gift to every family who has lost a loved one in service - a personalized online memorial they can contribute to, preserve, and share for posterity. More than 100,000 profiles of Soldiers, Marines, Sailors, Airmen and Coastguardsmen who died while serving in all major U.S. conflicts since WWII already exist here.

Our work is hardly complete. There are currently just over 19 million veterans; nearly 50% are from the Vietnam, Korean and WWII era and are aging fast. We are in a race against time to capture their stories now, while we still can.

What Is Your Story

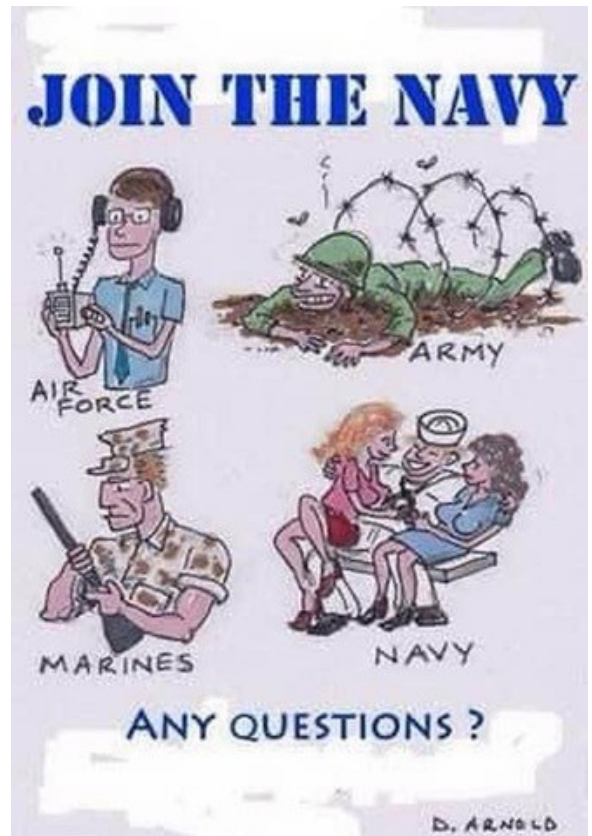
If you have served this country, you are already a part of this community. And your friends are waiting for you. Welcome to the most important online presentation of our nations' military history available.

Welcome to Together We Served.
Very Respectfully



Brian A. Foster

President and Founder
Together We Served



SEA STORIES, COMMENTS and JUST GOOD THINGS From Our Shipmates

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Submitted by Mike Casella SN(SS) B 69-71, Assoc. Life Member, 655 Qual SS 1970, USSVI Groton Base, Holland Club

I wanted to pass along some of my Thresher memories/Memorial Service details/submarine/Stimson values - perhaps for the May Newsletter.
April 10, 1963, as a 14yr old living in Kittery, I

vividly remember the Thresher disaster. Both my grandfathers, my father, and every friend's father, all worked on the Navy Yard. My father Tony, as a leading man pipe-fitter was very involved in the building of the boat. He was in fact scheduled to go on the Thresher sea-trial. As he told us then - at the last minute, my name was pulled off the sailing list.

We never talked about it again.

On Saturday, April 13, 2024, the Thresher Memorial Service was held in the gym of Traip Academy (my high school) in Kittery, Maine. The Program included

- Invocation & Benediction by the Chaplain of The Ship Yard,
- speakers included: the Captain of The Portsmouth Naval Shipyard, The Commander of Submarine Squadron TWO, former Commander of USSVI Thresher Base, sons Tom & Mark Guerette, of Shipyard Engineering Technician Paul Guerette,
- The Tolling of the Bell,
- Sailing list: 129 crewmembers-16 officers, 96 enlisted men, and 17 civilians.

My father's official USS Thresher (SSN593) poster is on our home-office wall.

For me, no matter what is going on in my daily life, every April 10th, is a somber day.

I still remember reading the Portsmouth Herald on my living room floor in disbelief of the tragedy, the entire area and Navy Yard *were about paralyzed*, and yes, a friend's father was on the sailing list. Growing up in the 60's, graduating from Traip in 1967, it was as if the Navy & Submarine Service were a calling to me. My grandfather was quite proud I volunteered for submarines however it broke his heart I did not go to work at The Yard.

I owe so many of my core values, to the time spent in the Navy and aboard The Henry L. (my name for her). The ultimate compliment - as my deceased shipmate & friend Lonnie D. Grail from Des Moines Iowa, used to say to me - *Casella you're such a boot but a hell of a shipmate & submarine Sailor.*

Mike C. - SN(SS) 69-71 (B)

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Submitted by USSVI

The Oddly Shaped USS Grayback Was A Cold War Submarine Like No Other

The remarkable sub's story includes launching fighter-sized cruise missiles, attempting to rescue Vietnam War PoWs, and getting painted bright orange.

By [Thomas Newdick](#)|Updated Feb 14, 2021



Few of the U.S. Navy's post-World War II submarines had such an unusual career as the USS *Grayback*. It went from carrying some of the United States' first strategic missiles to stealthily delivering naval special forces to the coast of North Vietnam during the war in Southeast Asia. It was truly a fascinating and bizarrely-shaped boat whose multiple lives underscored how she was able to change along with a morphing Cold War. Here's her story.

[The Oddly Shaped USS Grayback Was A Cold War Submarine Like No Other \(twz.com\)](#)

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Submitted by Ron Testa ETN2 [LCDR ret] B/SY1/G 70 -73, Assoc. Life Member

Inside a Nuclear Attack Submarine - Emily Calandrelli video aboard USS Oregon SSN 793

Emily Calandrelli documents her 30 hour journey from Connecticut to New Jersey aboard the [USS Oregon](#) SSN 793, a Virginia Class nuclear powered attack submarine, in a very well done video. Go Navy! Go Deep!

[https://youtu.be/YeVsxF-MVQE?](https://youtu.be/YeVsxF-MVQE?si=flQNeRz4VTjQBX8e)

[si=flQNeRz4VTjQBX8e](https://youtu.be/YeVsxF-MVQE?si=flQNeRz4VTjQBX8e) (29 minute video)

All aboard the USS Oregon! - Jan 11, 2024



This video detail my 30+ hours on board a nuclear attack submarine. Which part of this adventure should I ~dive into~ next?

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RD.COM Money Saving

This Is How Much Gas You Should Be Keeping in Your Tank

By Erin Kayata

Updated: Apr. 26, 2024

Keeping this much gas in the tank can help prevent damage and extend the life of your car.

Nothing is more annoying when you're cruising on a road trip or commuting to work and realize something urgent: you need gas. Between the time it takes to fill up, the cost of the gas, and just the general inconvenience, you might be wondering whether you can just cruise a little bit longer without stopping. Maybe not so much, according to experts who say there's actually an ideal amount of gas to keep in your tank, which is one of many ways you can help extend the life of your vehicle.

[READ FULL STORY HERE](#)

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RD.COM Tech Personal Tech

The 4 Things You Need to Do Before Deleting an App

By Bobbi Dempsey and Brooke Nelson Alexander

Updated: Mar. 20, 2024

Removing an app isn't as simple as it sounds.

It's always a good idea to remove apps taking up precious space on your phone—especially ones that could be spying on you. But for some apps, you'll need to do more than simply hit the "delete" button. While you may think you've dumped an app, its remnants could still be lurking in the background, leaving your device vulnerable

or causing other issues.

"The biggest misconception is that once an app is deleted, the relationship with the app and the company that owns it is severed," says Jean Vixamar, a senior vulnerability management specialist in Tampa, Florida. "That could not be further from the truth.

Those terms and conditions you casually checked off matter. In most cases, you've given them unfettered permission to use your data in whatever ways they see fit, within the interpretation of applicable laws, of course."

[READ FULL STORY HERE](#)



The Computer Corner

By: George Birmingham ET1 (SS) G/SY1/G 69-74, Assoc. Life Member, SV Carolina Piedmont Base, Holland Club

How to Create the Perfect Password

By now, we all know that for our computers, and now even our mobile devices, Anti-Virus (AV) protection is a must have. We all get those never-ending streams of spam/phishing e-mails and now even things like iMessages and SMS texts come from those looking to get into those digital devices that form our digital lifestyle. The goal is to get our digital keys – those passwords we value so much.

The following articles will provide information on how to create a secure password that will make it more difficult for hackers to crack:

- **[How to Pick the Perfect Password](#)**
- **[How Do I Create a Strong and Unique Password?](#)**

Again, I'm sure this has been covered in past articles, but it is worthy of a reminder, here is an article from Apple Support from February 23rd, 2024:



- **[Recognize and avoid phishing messages, phony support calls, and other scams](#)**
And finally, from AARP.org comes this advice:
- **[5 Ways to Build Better Passwords](#)**

Once you have mastered creating strong passwords, be sure to keep them safe. There are a number of password manager products on the

market. I personally do not use them, but if you choose to do so, make sure to research their security practices and how/where they are stored. If the password vault is kept on your computer, then likely the product is probably ok. However, if they are stored in/on the Cloud – well that is for you to decide the risk.

If you have questions or comments on this article, feel free to contact me at subvet_ssbnet@bellsouth.net.

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

VETERANS AFFAIRS - RETIREE INFO - AARP
<https://www.va.gov/>
And FLEET RESERVE

THE LINKS BELOW WERE TAKEN FROM THE EMAILS I RECEIVE FROM MANY SOURCES. These are not in any order so take a look at each of them and decide what you want to continue reading. You DO NOT have to have special accounts to view this information. There may be some general areas of information in here that will be of help to some of you.

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Make the Most of Your Appointments **Tips to save you time**

Your time with your health care team is important. Find out how to save time and make the most of your VA appointments.

[Learn more.](#)

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Hearing Aids Connect with Telehealth

If you use hearing aids, you know they need to be adjusted over time. Talk to your audiologist about how VA Video Connect can help you manage your hearing aid from home.

[Learn more.](#)

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Hit Your Diabetes Target: A1C Ranges

Along with insulin pumps and glucose strips, this simple blood test can help maintain a healthy life. Here’s what you should know to stay on target.

[Learn more.](#)

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Nutrition for Aging: Vitamin D

As you get older, it’s important to get the right amount of vitamin D. It protects your bones, joints, and muscles. Find out how much is enough and how to get it.

[Learn more.](#)

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Exercise to Ease Arthritis Pain

Arthritis can make it difficult to exercise. But gentle exercise can improve your mobility and even reduce arthritis pain. Try these tips for movement that is gentle on your joints.

[Learn more.](#)

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An App to Help You Sleep

If you struggle with sleep, you’re not alone. Try the Insomnia Coach app to track and improve your sleep.

[Watch now.](#)

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VA announces new program to help more than 40,000 Veterans stay in their homes

WASHINGTON — On May 31, 2024, the Department of Veterans Affairs will launch a new program – the Veterans Affairs Servicing Purchase (VASP) program – to help more than 40,000 Veterans experiencing severe financial hardship avoid foreclosure and stay in their homes.

VASP is a new, last-resort tool in the VA’s comprehensive suite of home retention options for eligible Veterans, active-duty Service members, and surviving spouses with VA-guaranteed home loans who are experiencing severe financial hardship. Through VASP, the VA will purchase defaulted VA loans from mortgage servicers, modify the loans, and then place them in the VA-owned portfolio as direct loans. This will empower

the VA to work directly with eligible Veterans to adjust their loans – and their monthly payments – so they can keep their homes. With VASP, these borrowers will have a fixed 2.5% interest rate, which will provide a consistent, affordable payment for the remainder of their loan.

VA and the Biden-Harris Administration are committed to doing everything possible to prevent foreclosures for Veterans and their families. Over the past several months, the VA has strongly encouraged a [foreclosure moratorium through May 31, 2024](#), [extended its COVID-19 modification program through May 31, 2024](#), and [worked with Veterans directly](#) to help them retain their homes. In total, VA helped more than 145,000 Veterans and their families avoid foreclosure in 2023 alone.

“This new program will help more than 40,000 Veterans and their families stay in their homes, and there’s nothing more important than that,” said **VA Secretary Denis McDonough**. “We at VA are committed to doing everything in our power to help Veterans avoid foreclosure, and that’s exactly why we’re launching VASP – to help the Veterans who need it most.”

“When a Veteran falls on hard times, we work with them and their loan servicers every step of the way to help prevent foreclosure – including offering repayment plans, loan modifications, and more,” said **Under Secretary for Benefits Josh Jacobs**. “But some Veterans still need additional support after those steps, and that’s what VASP is all about. This program will help ensure that when a Veteran goes into default, there is an additional affordable payment option that will work in a higher interest rate environment – so they can keep their homes.”

Veterans will not apply directly for VASP. Instead, beginning May 31, mortgage servicers will identify qualified borrowers and submit requests on behalf of Veterans based on a review of all home retention options available and qualifying criteria. Veterans facing financial

hardship should work with their mortgage servicers to explore available options.

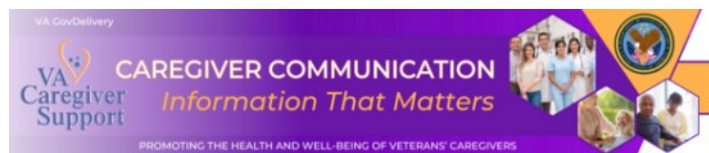
VA anticipates that VASP will result in a government subsidy spending reduction of approximately \$1.5 billion from 2024 to 2033, making it beneficial for Veterans, taxpayers, servicers, and loan holders alike. This is because the savings associated with avoiding foreclosures outweigh the cost of purchasing these homes. VA has existing authority to establish and implement VASP under 38 U.S.C. § 3732 and § 3720.

VA is proud to help Veterans get access to – and retain – the homes they deserve by guarantying home loans with no down payment requirements and competitively low-interest rates. In total, the VA has helped Veterans, service members, and survivors obtain more than 28 million homes. Currently, more than 3.7 million Veterans have active home loans guaranteed by the VA, and the VA guaranteed 400,695 home loans in 2023 alone.

Veterans who are having difficulty resolving with their mortgage servicer can contact the VA at 877-827-3702, option 4. For more information about the VASP program, read the policy [here](#). For more information on VA home loans, visit the [VA home loans](#) website.

Please feel free to ask me any questions you might have.

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Free 6-week online workshop offers group support for caregivers of Veterans

If you care for a Veteran who needs help taking care of themselves, you may find yourself in need of help too. The [Building Better Caregivers® \(BBC\)](#) online workshop provides peer support from other caregivers who understand what you’re going through.

"It felt so good to be listened to without judgment.

It also felt great to be seen and understood." –

BBC Graduate

Give and receive support from other caregivers

from the comfort of your own home. Trained leaders guide you in learning new self-care techniques, as well as ways to better manage the challenges of caregiving.

Developed at Stanford University, [the 6-week BBC online workshop](#) is available to caregivers enrolled in the VA Caregiver Support Program. To participate, you must be enrolled in either the [Program of Comprehensive Assistance for Family Caregivers](#) (PCAFC) or the [Program of General Caregiver Support Services](#) (PGCSS). For more on eligibility and enrollment, visit: caregiver.va.gov.

Support is just a click away. [Join today!](#)

Need help? Reach out to your CSP team

Every VA facility has a CSP team that provides support and referrals to services. They provide valuable information about resources that can help you stay informed and supported as you care for your Veteran. Reach out to your [CSP team](#) to learn about more resources and events in your local area



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Veterans Service Officer - John Dudas



Navy Allows Boot Camp Recruits to Use Personal Cell Phones to Make Calls to Family at Home

<https://www.military.com/daily-news/2024/03/29/navy-allows-boot-camp-recruits-use-personal-cell-phones-make-calls-family-home.html>

[ESRC=eb 240401.nl&utm_medium=email&utm_source=eb&utm_campaign=20240401](#)

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More Specialty Drugs Cost Less with New Pharmacy's Addition to Tricare Home Delivery

<https://www.military.com/daily-news/2024/03/29/more-specialty-drugs-cost-less-new-pharmacys-addition-tricare-home-delivery.html>

[ESRC=eb 240401.nl&utm_medium=email&utm_source=eb&utm_campaign=20240401](#)

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250,000 Veterans Agree to \$6 Billion Settlement with 3M over Earplugs Alleged to Cause Hearing Loss

<https://www.military.com/daily-news/2024/03/27/250000-veterans-agree-6-billion-settlement-3m-over-earplugs-alleged-cause-hearing-loss.html>

[ESRC=mr 240401.nl&utm_medium=email&utm_source=mr&utm_campaign=20240401](#)

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Veterans: What's Taxed and What's Not on Your Federal and State Returns

<https://www.military.com/money/personal-finance/veterans-whats-taxed-and-whats-not-your-federal-and-state-returns.html>

[ESRC=mr 240401.nl&utm_medium=email&utm_source=mr&utm_campaign=20240401](#)

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2024 VA Disability Payment Schedule

<https://www.military.com/benefits/veterans-health-care/va-disability-payment-schedule.html>

[ESRC=mr 240401.nl&utm_medium=email&utm_source=mr&utm_campaign=20240401](#)

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Free Lifetime National Parks Passes for Veterans and Gold Star Families: Do You Have Yours Yet?

<https://www.military.com/daily-news/2022/11/09/free-lifetime-national-parks-passes-are-coming-veterans-and-gold-star-families.html>

[ESRC=mr 240401.nl&utm_medium=email&utm_source=mr&utm_campaign=20240401](#)

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These States Passed New Military Income Tax Cuts in 2023

<https://www.military.com/daily-news/2023/12/20/these-states-passed-new-military-income-tax-cuts-2023.html>

[ESRC=navy 240402.nl&utm_medium=email&utm_source=navy&utm_campaign=20240402](#)

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A Decade After Scandal, VA Health Care May Be at Another Crossroads

<https://www.military.com/daily-news/2024/04/12/decade-after-scandal-va-health-care-may-be-another-crossroads.html>

[ESRC=mr 240415.nl&utm_medium=email&utm_source=mr&utm_campaign=20240415](#)

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Military Retirement and State Income Tax

[https://www.military.com/benefits/military-pay/state-retirement-income-tax.html?](https://www.military.com/benefits/military-pay/state-retirement-income-tax.html?ESRC=mr_240415.nl&utm_medium=email&utm_source=mr&utm_campaign=20240415)

[ESRC=mr 240415.nl&utm_medium=email&utm_source=mr&utm_campaign=20240415](https://www.military.com/benefits/military-pay/state-retirement-income-tax.html?ESRC=mr_240415.nl&utm_medium=email&utm_source=mr&utm_campaign=20240415)

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DD214: What You Need to Know

[https://www.military.com/benefits/records-and-forms/dd214.html?](https://www.military.com/benefits/records-and-forms/dd214.html?ESRC=mr_240415.nl&utm_medium=email&utm_source=mr&utm_campaign=20240415)

[ESRC=mr 240415.nl&utm_medium=email&utm_source=mr&utm_campaign=20240415](https://www.military.com/benefits/records-and-forms/dd214.html?ESRC=mr_240415.nl&utm_medium=email&utm_source=mr&utm_campaign=20240415)

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Military Pharmacies Return to Full Operation Following Breach by Transnational Hacking Group

[https://www.military.com/daily-news/2024/04/10/military-pharmacies-return-full-operation-following-breach-transnational-hacking-group.html?](https://www.military.com/daily-news/2024/04/10/military-pharmacies-return-full-operation-following-breach-transnational-hacking-group.html?ESRC=eb_240411.nl&utm_medium=email&utm_source=eb&utm_campaign=20240411)

[ESRC=eb 240411.nl&utm_medium=email&utm_source=eb&utm_campaign=20240411](https://www.military.com/daily-news/2024/04/10/military-pharmacies-return-full-operation-following-breach-transnational-hacking-group.html?ESRC=eb_240411.nl&utm_medium=email&utm_source=eb&utm_campaign=20240411)

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Military Advocacy Group Seeks to Prevent Changes to Tricare for Life After Fees Suggestion

[https://www.military.com/daily-news/2024/04/18/military-advocacy-group-seeks-prevent-changes-tricare-life-after-fees-suggestion.html?](https://www.military.com/daily-news/2024/04/18/military-advocacy-group-seeks-prevent-changes-tricare-life-after-fees-suggestion.html?ESRC=eb_240419.nl&utm_medium=email&utm_source=eb&utm_campaign=20240419)

[ESRC=eb 240419.nl&utm_medium=email&utm_source=eb&utm_campaign=20240419](https://www.military.com/daily-news/2024/04/18/military-advocacy-group-seeks-prevent-changes-tricare-life-after-fees-suggestion.html?ESRC=eb_240419.nl&utm_medium=email&utm_source=eb&utm_campaign=20240419)

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Aboard France's Aging Nuclear Submarines — Old Boats But New Missions

[https://www.military.com/daily-news/2024/04/17/aboard-frances-aging-nuclear-submarines-old-boats-new-missions.html?](https://www.military.com/daily-news/2024/04/17/aboard-frances-aging-nuclear-submarines-old-boats-new-missions.html?ESRC=eb_240418.nl&utm_medium=email&utm_source=eb&utm_campaign=20240418)

[ESRC=eb 240418.nl&utm_medium=email&utm_source=eb&utm_campaign=20240418](https://www.military.com/daily-news/2024/04/17/aboard-frances-aging-nuclear-submarines-old-boats-new-missions.html?ESRC=eb_240418.nl&utm_medium=email&utm_source=eb&utm_campaign=20240418)

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Arlington Horse-Drawn Funerals to Remain Suspended as Families Grapple with Burial Arrangements

[https://www.military.com/daily-news/2024/04/16/arlinton-horse-drawn-funerals-remain-suspended-families-grapple-burial-arrangements.html?](https://www.military.com/daily-news/2024/04/16/arlinton-horse-drawn-funerals-remain-suspended-families-grapple-burial-arrangements.html?ESRC=eb_240417.nl&utm_medium=email&utm_source=eb&utm_campaign=20240417)

[ESRC=eb 240417.nl&utm_medium=email&utm_source=eb&utm_campaign=20240417](https://www.military.com/daily-news/2024/04/16/arlinton-horse-drawn-funerals-remain-suspended-families-grapple-burial-arrangements.html?ESRC=eb_240417.nl&utm_medium=email&utm_source=eb&utm_campaign=20240417)

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Indefinite' Defense Department IDs Inconvenience Air Travelers, May Be Dropped As Acceptable Identification

[https://www.military.com/daily-news/2024/04/16/airport-scanners-cant-read-some-defense-department-ids-irking-military-](https://www.military.com/daily-news/2024/04/16/airport-scanners-cant-read-some-defense-department-ids-irking-military-card-holders-during-travel.html?ESRC=eb_240417.nl&utm_medium=email&utm_source=eb&utm_campaign=20240417)

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[ESRC=eb 240417.nl&utm_medium=email&utm_source=eb&utm_campaign=20240417](https://www.military.com/daily-news/2024/04/16/airport-scanners-cant-read-some-defense-department-ids-irking-military-card-holders-during-travel.html?ESRC=eb_240417.nl&utm_medium=email&utm_source=eb&utm_campaign=20240417)

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VA Beneficiaries: Here's How to Get Free Financial Counseling

[https://www.military.com/money/personal-finance/va-beneficiaries-heres-how-get-free-financial-counseling.html?](https://www.military.com/money/personal-finance/va-beneficiaries-heres-how-get-free-financial-counseling.html?ESRC=eb_240417.nl&utm_medium=email&utm_source=eb&utm_campaign=20240417)

[ESRC=eb 240417.nl&utm_medium=email&utm_source=eb&utm_campaign=20240417](https://www.military.com/money/personal-finance/va-beneficiaries-heres-how-get-free-financial-counseling.html?ESRC=eb_240417.nl&utm_medium=email&utm_source=eb&utm_campaign=20240417)

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Hearing Aids for Military Retirees

[https://www.military.com/benefits/veteran-benefits/hearing-aids-for-military-retirees.html?](https://www.military.com/benefits/veteran-benefits/hearing-aids-for-military-retirees.html?ESRC=mr_240422.nl&utm_medium=email&utm_source=mr&utm_campaign=20240422)

[ESRC=mr 240422.nl&utm_medium=email&utm_source=mr&utm_campaign=20240422](https://www.military.com/benefits/veteran-benefits/hearing-aids-for-military-retirees.html?ESRC=mr_240422.nl&utm_medium=email&utm_source=mr&utm_campaign=20240422)

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PACT Act: Presumptive Conditions

[https://www.military.com/benefits/pact-act-presumptive-conditions.html?](https://www.military.com/benefits/pact-act-presumptive-conditions.html?ESRC=mr_240422.nl&utm_medium=email&utm_source=mr&utm_campaign=20240422)

[ESRC=mr 240422.nl&utm_medium=email&utm_source=mr&utm_campaign=20240422](https://www.military.com/benefits/pact-act-presumptive-conditions.html?ESRC=mr_240422.nl&utm_medium=email&utm_source=mr&utm_campaign=20240422)

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VA Opens Door for More Vets with Other Than Honorable Discharges to Receive Health Care and Benefits

[https://www.military.com/daily-news/2024/04/25/va-opens-door-more-vets-other-honorable-discharges-receive-health-care-and-benefits.html?](https://www.military.com/daily-news/2024/04/25/va-opens-door-more-vets-other-honorable-discharges-receive-health-care-and-benefits.html?ESRC=eb_240426.nl&utm_medium=email&utm_source=eb&utm_campaign=20240426)

[ESRC=eb 240426.nl&utm_medium=email&utm_source=eb&utm_campaign=20240426](https://www.military.com/daily-news/2024/04/25/va-opens-door-more-vets-other-honorable-discharges-receive-health-care-and-benefits.html?ESRC=eb_240426.nl&utm_medium=email&utm_source=eb&utm_campaign=20240426)

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Economic Hardship Bonuses for Enlisted Troops? Clock Is Ticking on Pentagon Decision.

[https://www.military.com/daily-news/2024/04/25/economic-hardship-bonuses-enlisted-troops-clock-ticking-pentagon-decision.html?](https://www.military.com/daily-news/2024/04/25/economic-hardship-bonuses-enlisted-troops-clock-ticking-pentagon-decision.html?ESRC=eb_240426.nl&utm_medium=email&utm_source=eb&utm_campaign=20240426)

[ESRC=eb 240426.nl&utm_medium=email&utm_source=eb&utm_campaign=20240426](https://www.military.com/daily-news/2024/04/25/economic-hardship-bonuses-enlisted-troops-clock-ticking-pentagon-decision.html?ESRC=eb_240426.nl&utm_medium=email&utm_source=eb&utm_campaign=20240426)

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Toxic Exposure Screenings: Vets Report Spotty Follow-Up on Questionnaire Meant to Boost Health Care and Benefits

[https://www.military.com/daily-news/2024/04/24/toxic-exposure-screenings-vets-report-spotty-follow-questionnaire-meant-boost-health-care-and.html?](https://www.military.com/daily-news/2024/04/24/toxic-exposure-screenings-vets-report-spotty-follow-questionnaire-meant-boost-health-care-and.html?ESRC=eb_240425.nl&utm_medium=email&utm_source=eb&utm_campaign=20240425)

[ESRC=eb 240425.nl&utm_medium=email&utm_source=eb&utm_campaign=20240425](https://www.military.com/daily-news/2024/04/24/toxic-exposure-screenings-vets-report-spotty-follow-questionnaire-meant-boost-health-care-and.html?ESRC=eb_240425.nl&utm_medium=email&utm_source=eb&utm_campaign=20240425)

The U.S. Navy's Ohio-Class Submarine Nightmare Is Just Getting Started

by Peter Suci

Between 1976 and 1997, the U.S. Navy built 18 Ohio-class submarines, with the lead boat, USS Ohio, entering service in 1981. Their upcoming retirement is not something the Navy can easily work around and replace the military capabilities of these undersea warriors.

Summary: Between 1976 and 1997, the U.S. Navy built 18 Ohio-class submarines, with the lead boat, USS Ohio, entering service in 1981. Originally nuclear-powered ballistic missile submarines (SSBNs), USS Ohio and three others were converted to guided missile submarines (SSGNs) under the START II treaty. These conversions replaced their ballistic missiles with Tomahawk Land Attack Missiles and added capabilities to support Special Forces, enhancing their roles despite not being part of the nuclear triad. However, these submarines are nearing retirement, with the first set for 2026, posing challenges for the U.S. Navy's payload capacity. The Virginia-class submarines with Virginia Payload Modules were intended as replacements, but delays have raised concerns about maintaining the Navy's vertical launch capabilities.

Read the full story here: <https://nationalinterest.org/blog/buzz/us-navys-ohio-class-submarine-nightmare-just-getting-started-210476>



10 Myths About the U.S. Constitution Most Americans Believe

By Emily DiNuzzo RD.COM Knowledge

The Constitution is on hemp paper

The Constitution, as well as the Declaration of Independence, are on parchment, not hemp paper. According to the National Constitution Center, the myth stems from the fact that some of the unofficial, working drafts of both documents might have been on paper made from hemp since it was a common type of paper during that time.

The Constitution has 39 signatures

Technically, there are 39 delegate signatures on the Constitution. The Convention's secretary William Jackson, however, also signed the document for authentication. Knew this one already?

Thomas Jefferson and John Adams signed the Constitution

Both Jefferson and Adams were out of the country, so neither signed the Constitution. Jefferson was in France and Adams was in Great Britain at the time of the Convention.

The same signatures are on both the Declaration of Independence and the Constitution

The two documents only have six names in common—George Clymer, Benjamin Franklin, Robert Morris, George Read, James Wilson, and Roger Sherman, the U.S. National Archives reports.

The Constitution established an American democracy

The Constitution created a republic, not a democracy. Although in both cases the people elect the government, under a republic the elected party under has checks and balances. Someone asked Benjamin Franklin whether the delegates at the Constitutional Convention (inside Independence Hall in Philadelphia) had created a monarchy or a republic. His response? "A republic, if you can keep it," he said.

All 13 states participated in writing the Constitution

Although there were 13 states in 1787, Rhode

Island didn't send a delegation to Philadelphia. The small state thought the new federal government would dominate them. The state even rejected the ratification of the Constitution in 1788 but finally approved it in 1790—by two votes, per the National Constitution Center. Apparently not one state thoroughly proof-read it, though since there are 13 grammar errors found in the Constitution.

The President can veto a proposed amendment to the Constitution

Presidents can't propose, ratify, or veto an amendment. Although the president can't technically introduce one, they can lobby on behalf of those they support, and sign them as a witness. According to the U.S. National Archives, Congress or a constitutional convention propose amendments.

The Constitution gives the Supreme Court the power to declare laws unconstitutional

The Constitution doesn't actually mention judicial review. Even though it is not explicitly in the document, the founding fathers anticipated the adoption of the practice well before the adoption of the Constitution. Plus, the importance of judicial review is in The Federalist Papers.

The Constitution explicitly states there is a separation of Church and State

No, you won't find the phrase, "separation of Church and State," in the Constitution. That said, Article VI of the Constitution grants that, "No religious test shall ever be required as a qualification to any office or public trust under the United States." Similarly, the First Amendment to the Constitution states that "Congress shall make no law respecting an establishment of religion." Those statements, plus Supreme Court rulings in cases such as *Everson v. Board of Education*, do separate Church and State.

The Constitution ensures your right to vote

The Constitution has lots of language detailing the reasons why you can't be denied the right to vote. Meaning, unlike free speech, the Constitution never really ensures your right to vote—it only states the particular reasons why you can't be denied. Therefore, withholding the right to

vote is OK, so long as the reasoning doesn't conflict with the Constitution. For example, you can't be denied the right to vote because of gender or a lack of poll tax payment. But 21 states, such as Minnesota and New York, currently deny felons the right to vote while incarcerated and until after their parole or probation has ended.

U.S. Constitution Myths Most Americans Believe | Reader's Digest (rd.com)

Submitted by a shipmate

Some Great truths...from Great Americans.

1. In my many years I have come to a conclusion that one useless man is a shame, two is a law firm, and three or more is a congress. -- **John Adams**
2. If you don't read the newspaper you are uninformed, if you do read the newspaper, you are misinformed. -- **Mark Twain**
3. Suppose you were an idiot. And suppose you were a member of Congress. But then I repeat myself. -- **Mark Twain**
4. I contend that for a nation to try to tax itself into prosperity is like a man standing in a bucket and trying to lift himself up by the handle. --**Winston Churchill**
5. A government which robs Peter to pay Paul can always depend on the support of Paul. -- **George Bernard Shaw**
6. A liberal is someone who feels a great debt to his fellow man, which debt he proposes to pay off with your money. -- **G. Gordon Liddy**
7. Democracy must be something more than two wolves and a sheep voting on what to have for dinner. --**James Bovard**, Civil Libertarian (1994)
8. Foreign aid might be defined as a transfer of money from poor people in rich countries to rich people in poor countries. -- **Douglas Case**
9. Giving money and power to government is like giving whiskey and car keys to teenage boys. -- **P.J. O'Rourke**, Civil Libertarian
10. Government is the great fiction, through which everybody endeavors to live at the expense of everybody else. -- **Frederic Bastiat**, French

economist (1801-1850)

11. Government's view of the economy could be summed up in a few short phrases: If it moves, tax it. If it keeps moving, regulate it. And if it stops moving, subsidize it. --**Ronald Reagan** (1986)

12. I don't make jokes. I just watch the government and report the facts. -- **Will Rogers**

13. If you think health care is expensive now, wait until you see what it costs when it's free! -- **P. J. O'Rourke**

14. In general, the art of government consists of taking as much money as possible from one party of the citizens to give to the other. --**Voltaire** (1764)

15. Just because you do not take an interest in politics doesn't mean politics won't take an interest in you! -- **Pericles** (430 B.C.)

16. No man's life, liberty, or property is safe while the legislature is in session. -- **Mark Twain** (1866)

17. Talk is cheap, except when Congress does it. -- **Anonymous**

18. The government is like a baby's alimentary canal, with a happy appetite at one end and no responsibility at the other. -- **Ronald Reagan**

19. The inherent vice of capitalism is the unequal sharing of the blessings. The inherent blessing of socialism is the equal sharing of misery. -- **Winston Churchill**

20. The only difference between a tax man and a taxidermist is that the taxidermist leaves the skin. -- **Mark Twain**

21. The ultimate result of shielding men from the effects of folly is to fill the world with fools. -- **Herbert Spencer**, English Philosopher (1820-1903)

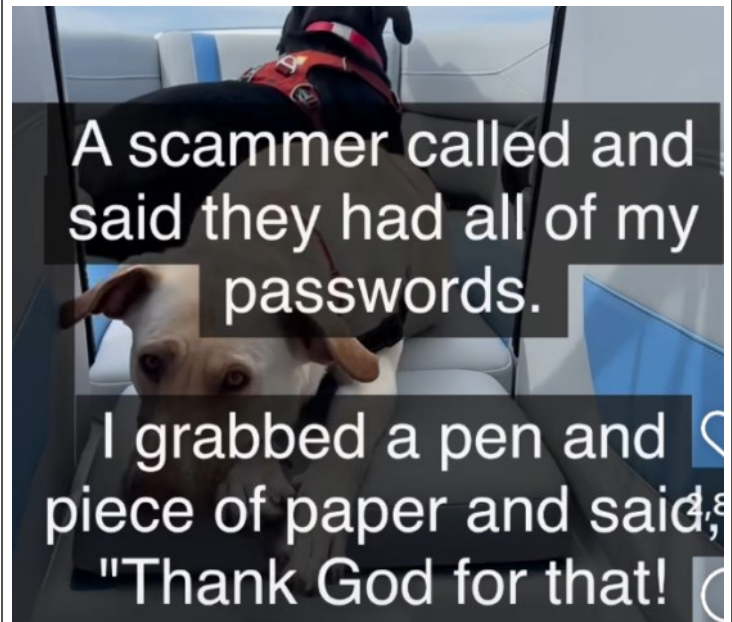
22. There is no distinctly Native American criminal class, save Congress. -- **Mark Twain**

23. What this country needs are more unemployed politicians --**Edward Langley**, Artist (1928-1995)

24. A government big enough to give you everything you want, is strong enough to take everything you have. -- **Thomas Jefferson**

25. We hang the petty thieves and appoint the

great ones to public office. -- **Aesop**



YOU COULD HAVE LITERALLY SEVERED AN ARM IN THE 70'S AND YOUR MOM WOULD HAVE SLAPPED SOME OF THIS STUFF ON YOUR BLOODY NUB AND SENT YOU BACK OUTSIDE ...



A TUG CLEARED THE OP AREA

By Jim Gutierrez LT USN 2023



USS HUNLEY AS-31

We were on our way to Guam on the Hunley AS-31 when the Pueblo AGER-2 was captured on 23 January 1968.

They got our Crypto Gear.

Crossing the Pacific was interesting, all we had was Celestial Navigation, the only Naval Science course I got an A in.

A brass band met us when we tied up at Apra Harbor. It was a big deal for island and a big deal for me. I made LT on the way over.

Navigator on a submarine tender is good duty. Once you get where you are going there isn't much to do and you get lots of collateral duties. One of these duties was to ride a tugboat when one of the boomers went out for a few days before patrol. One of the exercises was to fire a torpedo and my job was to stay between the torpedo and the Russian trawler. We didn't want any of our torpedoes captured by the bad guys.

There I was, Officer-in-Charge of a tugboat. My first command!! I noticed that the trawler did not want to mess with anything flying the American flag. I headed towards her, and she turned away. We played chase for a while, when I noticed the torpedo had been pulled out of the water, so we headed back to Apra Harbor.

That concludes the story of how a young LT chased the Russians out of the OP area.

USS Lagarto (SS-371)

The USS Lagarto (SS-371) was launched 28May44 and commissioned 14Oct44. On her first patrol, she was credited with sinking the Japanese submarine RO-49 on 23Feb45 and a small freighter off of Bungo Suido a couple of weeks later.

LAGARTO, under Commander F.D. Latta, departed Subic Bay, Philippine Islands, on 12Apr45, for her second patrol in the South China Sea. On 27 April, she was directed to the outer part of Siam (Thailand) Gulf. On 02May45, she contacted the USS *Baya* (SS-318), which was already patrolling in Siam Gulf, and exchanged calls with her by SJ radar. Later that day *BAYA* sent *LAGARTO* a contact report on a convoy consisting of one tanker, one auxiliary and two escorts. *LAGARTO* closed and began an attack with *BAYA*. However, the enemy escorts, equipped with 10-cm radar, detected *BAYA* and drove her off with gun-fire. Both submarines withdrew to wait and plan a subsequent attack.

Early on the morning of 03May45, *LAGARTO* and *BAYA* made a rendezvous at about 7°-55'N, 102°-18'E to plan an attack on the convoy. *LAGARTO* was to dive on the convoy's track to make a contact at 1400, while *BAYA* was to wait ten to fifteen miles further along the track. During the day, numerous contact reports were exchanged. At 0010 on 04May after a prolonged but unsuccessful attack, *BAYA* was finally driven off by the alert escorts, and no further contact of any kind was ever made with *LAGARTO* and her crew of 69.

Post-war Japanese records detail an attack on a U.S. submarine made by the Minelayer *Hatsutaka*, believed to be one of the two radar-equipped escorts of the convoy attacked. The attack was made at 7°-55'N, 102°-00'E in about 30 fathoms of water, and correlates with the last known position of the *LAGARTO*. Coincidentally, the *Hatsutaka* was sunk by the USS *Hawkbill* (SS-366) on 16May45.

In May, 2005, the USS *LAGARTO* was found in the Gulf of Thailand, in approximately 230-feet of water by Jamie Macleod and Stewart Oehl of the MV *Trident* dive boat. This dive group reported that the sub appeared intact with no visible damage. Under a U.S. Navy contract, in 2006, another dive team confirmed the sub was the *LAGARTO*. A memorial ceremony, with families of the crew in attendance, was held at the Wisconsin Maritime Museum in Manitowoc, Wisconsin, on May 6, 2006.

The U.S. Navy examination of the *LAGARTO* revealed an 8'x16' depth charge hole in the outer hull on the forward port side; and, an open starboard torpedo tube door on an empty tube. There was no indication of any attempt to leave the ship – all hatches were shut. The United States has stated that the ship is to remain as-is and not be disturbed.

As an aside, several countries, including the United States, France, Germany, Japan, Russia, Spain, and the United Kingdom recognize sovereign ownership of sunken state vessels. The following excerpt is from the Federal Register / Volume 69, No. 24, dated February 05, 2004.

Those who would engage in unauthorized activities directed at sunken State craft are advised that such disturbance or recovery should not occur without the express permission of the sovereign, and should only be conducted in accordance with professional scientific standards and with the utmost respect for any human remains. The United States will use its authority to protect and preserve sunken State craft of the United States and other nations, whether located in the waters of the United States, a foreign nation, or in international waters.



Wardour L. Britain, RMC



Jesse Jobe, EMC



John R. Johnson, EMC



Gerald A. Price, MoMMC



Frank D. Turner, GMC



Robert B. Spalding, PhMC

Welcome, Henry L. Stimson

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Henry L. Stimson served under seven of the eight presidents from Theodore Roosevelt to Harry S. Truman. He was Secretary of War, Secretary of State, Governor General of the Philippines and a close contender for the governorship of New York.

During his more than 40 years of service, Stimson believed: *The United States must preserve its influence and leadership among nations by maintaining its military and Naval strength.*

We now welcome the HENRY L. STIMSON to Newport News for its scheduled overhaul. We are proud of Commander William Fitzpatrick, Jr., and his crew whose mission it is to direct this vessel's power toward peaceful purposes.

During the next few months, the men of the HENRY L. STIMSON and their families will be living and working on the Peninsula, contributing new ideas, talent and experience to a variety of activities in our community. We are pleased to have them as new friends and neighbors.

And when the ship completes its stay, it will be fully prepared for its role in the Navy's vital mission — the defense of the freedom we all cherish.

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Sharing a Branch of Your Family Tree with Someone Else – Part 1

Don Ort - Gold/SY1/Blue 69-74 and Tom Krauser - Blue 72-74

There may be a time when you would like to share a branch of your family tree with another relative who is just starting their family tree or they would like to “import” a branch they have not started yet. The best way to do this is to use **Family Tree Maker (FTM)** to **Export** the desired branch of **your** family tree into a **new** family tree. Then if you share the backup file you created with them, then that relative can use that file to “**Restore**” the backup file into FTM and then create a new tree in Ancestry or “**Sync**” that file with Ancestry to have that new tree on Ancestry. This process includes all Profiles, documentation, photos, sources, and other information from your tree to the new tree. There are several things that are not exported from Ancestry which will be discussed later. It is unbelievable, but not surprising, that Ancestry does not have a similar feature, but Ancestry can only transfer Profiles and that does not include documents, sources, pictures, or anything other than basic information. Ancestry can also export a GEDCOM file which does not include all the extra information because GEDCOM files are only text files.

Before starting, make sure that FTM and Ancestry are in “**Sync**” so that FTM contains everything that Ancestry currently does. Assume the cousin you want to share a branch of your tree is your 3rd cousin so you have the same 2nd great-grandfather in common with each other. You do not want to export from yourself upward since it would include lines upward that include both your parents and grandparents plus their parent’s lines that are not of interest to that cousin since those lines are not related to them. Since this cousin should already be in your tree, you can start with that cousin’s Profile, or maybe even one of their children or grandchildren, etc. and export from that Profile in Family Tree Maker. This will make a new “backup” file that contains “**direct ancestor**” family lines upward from that person and then their **descendants** downward from those direct ancestors. So, assume that you have the son of your 3rd cousin in the tree, that would be a good starting Profile in Family Tree Maker to create a new family tree “backup file.”

Exporting a Branch of a Family Tree in Family Tree Maker

The cousin you are creating the family tree for should have purchased the latest copy of Family Tree Maker. The current version is 2019 but if they purchase the 2019 version, they will be eligible for the 2024 version when it is released.

Compacting FTM File

First you should compact your FTM file. The process in Family Tree Maker to compact the file would be as follows:

- Choose **your** family tree as the selected tree.
- Compact the tree before proceeding by selecting **Tools/Compact file**.
- It would be a good idea to select **Backup file before compacting** to ensure you have a complete backup file created before starting. This will take some time to create.
- Ensure **Perform extended analysis** box is checked.
- Select **Compact** to proceed.
- This will create the backup file then compact the tree.

Syncing FTM and Ancestry

After compacting the FTM file, you should Sync FTM with Ancestry. To Sync the programs do the following:

- Choose **Sync now** to make sure the Ancestry and FTM trees are synced and that they are each up to date.
- FTM will check the internet connection between Ancestry and FTM and you should get a “**Welcome to Green Weather**” message showing the internet connection is good for the Sync. If you do not get this

message try to improve your internet connection before proceeding by rebooting your router to make sure you have a good connection to the internet.

- Click “**Continue Sync**” to start the process.
- FTM will analyze the differences between FTM and Ancestry and give a screen showing **Added, Changed** and **Deleted** records. Click **Continue** to proceed.
- Confirm **Deletion** of any records.
- When the **Sync** is complete you will get a message saying the **Sync was completed successfully**.
- You will also see a bar at the top right of the screen showing that the new media is being processed. Let all the media process before doing anything else.
- Finish the **Sync** process before proceeding to the next steps.
- Repeat the **Compact** operation above before proceeding to the next step. You may want to make the backup file again since you just Synced the trees. If you choose to backup the file again you can overwrite the first backup file or give it a new name to keep the original backup file.
- You should backup the Family Tree Maker folder to your external backup drive before proceeding to ensure you have a complete copy of all your data.

Exporting New Tree as Backup File

The next step is to “export” the FTM file to a “backup” (**.ftmb**) file:

- Determine what tree name your cousin would like for the new family tree since it will make it simpler once you supply the new tree backup file to them to use in their FTM program.
- In FTM select **File** then **Export**.
- Acknowledge the **Password protect your exported files message**, click **Continue**.
- Leave **Privatize living people** unchecked if you would like to export living people also.
- Leave **Include only items linked to selected individuals** checked.
- If you want to **Enable password protection**, then check that box then enter and verify the password to use. I chose not to use a password.
- **Output format** should be your version of Family Tree Maker (Family Tree Maker 2019).
- In the **Export** window, select **Selected individuals**. This will give you a list of people to choose the starting person from.
- Type the Last, First Middle name of the person you want to start the export with. For example, you choose the son of your 3rd cousin as the starting person.
- Click **Include** to move this person to the right side panel.
- Click **Ancestors** to move up the tree from this person.
- Select **Include all parents** and **Include all spouses** (should be the default). The **Generations of ancestors to include** defaulted to 999.
- Check **Include ancestor descendants**, then select how many generations of descendants you want to export down from the Direct Ancestors. The maximum number of generations appears to be 15 generations of descendants down the tree. Change from one (1) to fifteen (15) generations.
- When choices are correct, select **Apply** at bottom of window.
- Click **OK** at bottom of window.
- In the **Export to** window, type the name of the tree your cousin suggested as the **File name**.
- The **Save as type** will be “**FTM Package (*.ftmb)**”. This creates a backup file which will be “**Restored**” into the cousin’s FTM program.
- Note the name of the storage location where the file will be saved to. It should usually be your FTM directory.
- Click **Save** to start the backup file creation process.
- The **Export Status** window will show the progress of the backup.

This may take a while since it is creating an FTM backup file with that name and copying all the related documents into the backup file.

- When backup file export completes you will get **Success! Export complete** message, click **OK**.

In the next newsletter we will show you how your cousin can import this new tree into Family Tree Maker and add it to Ancestry.



**USSVCF Vice-President & Executive Director
Robert J. Bachman**

Shipmates,

This is the third edition of the ONE PAGE - USSVCF Newsletter with a short video from the VP – Executive Director Bob Bachman and updates via links within the newsletter. This newsletter focuses only on the United States Submarine Charitable Foundation, how donations are received and the Ambassador program growth, and the USSV Charitable foundation. USSVCF was created to support our Submarine veterans with the creation of multiple funds under a 501 (C) 3 charitable foundation. The USSVCF is a standalone fully certified charitable organization. Our next newsletter will be focused on the Brotherhood fund, and each subsequent newsletter will highlight additional funds.

To view the USSVCF April 2024 *Shipmates Caring About Shipmates* Monthly Newsletter please click this link <https://ussvcf.my.canva.site/april-2024-newsletter>

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USSVCF Assisting Stimson Shipmate Rick Pannone & wife, Roberta Travis

Rick Pannone, QM3(SS) G 76-79

After sending the April newsletter, I received an email from Rick concerning a tragedy his family has suffered. I asked him if this could be shared with our Stimson family so that, if possible, they might be able to share and help Rick & Roberta in any way you feel you are able. The first thing they need is your prayers. This is a devastating loss for them. One of his comments to me is that he never thought he would have to start completely over at 65 years old. Continue to read to see more of what he has to say and additional pictures. At the end of this section there is a QR code that will take you to a VENMO account Rick and Roberta's daughter has established to help them. If you feel so led and are able to help, they will be very appreciative.

A Stimson shipmate who is also a member of USSVI made contact with the USSVCF VP/Executive Director who immediately began working to see what assistance the Charitable Fund might offer. Rick needed to be a USSVI member to receive assistance, which he wasn't at the time of the fire. This has been taken care of and now that Rick is a SUBVET Member a check has already been mailed to him to help take care of immediate needs. The United States Submarine Veterans Charitable Fund is there to help.

On April 2, 2024 I received this:



Hello my name is Rick Pannone. My wife and I live in Topeka Kansas. Our house burnt to the ground last week due to an electrical short in the garage. I was on the Henry L. Stimson 1976 to 1979. We lost everything. I lost my dolphins, my patrol pin and all my pictures we had of the submarine and the fun we had inside the submarine with all of my submarine brothers and good friends. It's been a sad time for my wife and I. A prayer or two would

be very much welcomed for us at this time... Thank you.

On April 21, 2024 I received this:

I have enclosed a few more pictures. March fifteenth on Friday, I escorted five grandchildren out for a nice day. I returned home at four o'clock. I was tired from all the grandchildren wearing me out so I laid down on the couch to take a nap. An hour later at 5 o'clock I woke to a large noise in the garage. I opened the kitchen door going to the garage and the garage was totally engulfed in flames. I ran back to our master bedroom being frantic. I could not think correctly. I was trying to grab important things before even calling 911. My neighbor is a police officer and saw the flames coming from my home. And he came over and knew I was home and he kicked in the front door and came in and got me out. After the investigators did their work, they came to the conclusion of a shortage on some wiring in the garage that caused the fire. My wife, Roberta, was on

her way home from work. So, we had no chance to get anything out of the house and the result being we lost everything except the two cars we were driving and the clothes on our back. One of the pictures you see is that the good Lord was still in our house protecting us. You may share the pictures that I've sent you in my story in the newsletter if you would like to. I sent you a separate email with our Venmo account for any contributions that anybody would like to make. The Venmo account is in our daughter Tracy's name. Thank you so much for what you all have done for us and the kind words. And prayers that we have received...Rick and Roberta



2:59



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