



How much more winter will there

the NEW STIMSON DRAFT



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



VOL. 2022 #1/2

JANUARY/FEBRUARY 2022

USS HENRY L. STIMSON ASSOCIATION SSBN655 NEWSLETTER

Association Officers & Board of Directors 2021 - 2023

PRESIDENT Tom [Marie] Krauser	VICE PRESIDENT Jerry [CJ] Blevins	SECRETARY Nick [Linda] Nichols	TREASURER Ken [Diane] Meigs
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Other Positions 2021 - 2023

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

2023 Stimson Reunion #12
Reunion Chairman: Harry Nettles,
QMCM(SS), Gold COB, 91-92
Location: Charleston SC
Watch this section for updates

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



Marie and I hope everyone had a wonderful Christmas/New year's and were able to get together with family members. Our granddaughter, Caitlin, and daughter, Amy, made it home for Christmas but our son, David, was not able to come. David was home in October so we did have a good visit then.

Because of virus concerns we stayed home for New Year's and had a ZOOM New Year's celebration with family and friends. We have been having weekly ZOOM sessions with family and friends. We find these sessions very enjoyable and encourage everyone to try it as a way of

keeping in touch with friends and family.

Happy Valentine's Day!!

As we enter 2022 we hope everyone has a great year and things will be as normal as possible.

Marie and I are looking forward to the next reunion in Charleston in 2023.

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:



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

Americans died from the attack on Pearl Harbor. Of that figure, 2,008 of them were enlisted with the Navy, 218 were members of the US Army, 109 were Marines, and 68 were civilians. While much is written about the event, we need to never lose focus on [...]

[Read more of this post](#)

From the Deep – The Story of America’s Boomers by Mister Mac

Once upon a time, I lived and worked on the very first ballistic missile submarine known as the USS George Washington (SSBN 598). It was a unique experience that allowed me to become a submariner and experience things that most never will. The GW was already about 14 years old by the time I got [...]

[Read more of this post](#)

A super submarine! (well at least it was supposed to be in 1921) by Mister Mac

Originally posted on [theleansubmariner](#):

You can be forgiven if you claim to be a submarine expert but have never heard the name Oswald Flamm before today. To be honest, neither had I before I ran into this interesting thread of information that gives a glimpse into his story. Oswald Flamm, Born July 30, 1861; Deceased...

[Read more of this post](#)

2022 – A year’s worth of special days by Mister Mac

April 2022 will mark the fiftieth year since I raised my hand for the first time to take an oath of allegiance to the United States of America. As a seventeen year old boy from Western Pennsylvania, I don’t really think I understood what I was doing other than to know that once I took the [...]

[Read more of this post](#)

February 1971 – This is not a Test by Mister Mac

"For 40 Minutes in 1971, It Seemed the End Was Near" "Every TV and radio station in America was interrupted with an emergency message indicating nuclear war was imminent." I was a

junior then senior in High School in 1971 and the world was a very chaotic place. Some would even say it was explosive. [...]

[Read more of this post](#)

Christmas in Manila – 1945 by Mister Mac

Merry Christmas. Simple words of greeting that have been shared all over the world in so many languages. But often the greeting is sent from far away from home. In December 1945, my Dad was working as part of the post war draw down in Manila. He had entered the war on March 8th, 1945 [...]

[Read more of this post](#)

2022 Fast Attack Submarine Report – Defending Freedom from Beneath the Waves

by Mister Mac

Fast Attack Submarines: Defending a nation like the United States has never been an easy task. From the very beginning of the country, we have faced extreme challenges from powerful ocean-going powers like Great Britain at its zenith, to the Imperial Japanese Navy that emerged from Pearl Harbor in December 1941 as the most [...]

[Read more of this post](#)

USS Pollack SS 180 – Bringing the War to the Enemy January 1942 by Mister Mac

A great piece of history concerning the first submarine to draw blood in the waters off of Japan. America was still reeling from the attacks at Pearl and across the Pacific. The large battleships were crippled or sunk and the aircraft carriers that would ultimately tip the scales were still few and far between. One [...]

[Read more of this post](#)

The Vision of a Man Named Nimitz – The American Submarine Story in the 20th Century

by Mister Mac

Originally posted on [theleansubmariner](#):

Arguably one of the most influential American Submariners that ever lived was Admiral Chester W. Nimitz. As a young man, he was significantly influenced by his German-born paternal grandfather, Charles Henry Nimitz, a former seaman in the German Merchant Marine, who

taught him, "The Sea – like life itself – is...

[Read more of this post](#)

Coins of all denominations – The Story of the USS Seawolf SS 197 by Mister Mac

USS Seawolf (SS 197) When the Japanese attacked the Philippines at the beginning of World War 2, all of the defensive plans that had been painstakingly drawn out before the war fell by the wayside. The tragedy of Pearl Harbor ensured that the relief that was supposed to come and rescue in the aftermath of [...]

[Read more of this post](#)

Submarine Base Pearl Harbor – Buried Secrets by Mister Mac

Buried Secrets One of my favorite submarine reference books is called "United States Submarine Operations in World War II" written by Theodore Roscoe in conjunction with the Bureau of Naval Personnel and published by the United States Naval Institute. Reading through the book is like a looking through a periscope to the past. The people [...]

[Read more of this post](#)

Holiday Routine – U.S.S. Vestal Daily Employment Schedule for Sunday, 7 December 1941 by Mister Mac

Holiday Routine – U.S.S. Vestal Daily Employment Schedule for Sunday, 7 December 1941 The document I discovered during my research on Cassin Young was yellowed and tattered with age. Some sailor had the presence of mind to keep a copy of it in his personal possession as a reminder of the day that would live [...]

[Read more of this post](#)

USS Robert E. Lee SSBN 601 PAX DETERRENDO by Mister Mac

Originally posted on [theleansubmariner](#):

USS Robert E. Lee SSBN 601 Of all of the leaders in American Military History, very few reach the standard set by Robert E. Lee. At the outbreak of the Civil War, Lee was one of the most sought after men on both sides of the coming conflict. It is to...

[Read more of this post](#)

Losing the World's Largest Submarine – The Unsolved Mystery of the Surcouf (1942) by Mister Mac

Losing the World's Largest Submarine – The Unsolved Mystery of the Surcouf The Washington Times had a picture of an odd-looking French submarine on page A-3 of the January 20, 1942 edition. The caption read: Free French Operate World's Largest Sub. I had previously written a story about a French submarine that escaped Germany's clutches [...]

[Read more of this post](#)

The Loss of the SS-233 USS Herring by Mister Mac

With Pearl Harbor fresh in the minds of the American public, any good news was welcomed by the American people. In January 1942, the news was not encouraging. The Japanese war machine was continuing its relentless march down the Malay Peninsula, Manila had fallen, and Bataan was being threatened, and newspaper reports of catastrophe after [...]

[Read more of this post](#)

"To my fellow soldiers in the Philippines and America:" Manila, January 1942 by Mister Mac

In January 1942, fighting between the invading Japanese and the America/Philippine Army was raging. Because of the decision made in 1922 by America to limit their growth of military infrastructure in the Pacific, the Allied forces were playing a game of catch up when the Japanese launched their surprise attacks. In 1921-22, the United States [...]

[Read more of this post](#)



The following Stimson Shipmates have departed on Eternal Patrol.

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STS2(SS) Timothy Charles Glaze G 75-79
Eternal Patrol on 5.3.2006

[info reported by John Osborn IC2(SS) G 75-79]

SKC(SS) Jerry Dale Barker B 86-89

Eternal Patrol on 12.29.2021

[info reported by USSVI National]

ETCM(SS) Jay E. McNelly G 71-76 / COB 73-76

Eternal Patrol on 10.26.2021

[info reported by USSVI National]

TMC(SS) Terry Lynell Wright ? Early 90s

Eternal Patrol on 10.20.2021

[info reported by USSVI National]

IC1(SS) William H. Holt Jr. G 68-71

Eternal Patrol 11.8.2021

[info reported by Bruce Stefanik, Assoc. Chaplain,
MS2(SS) B 73-77]

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The direct link to the Association Eternal Patrol
page is: [http://ssbn655.org/eternal-patrol/
eternal-patrol.html](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: MANY THANKS TO DON ORT, MM1(SS)
G/OVHL1/G 69-74, FOR THE EFFORTS HE IS
MAKING TO LOCATE OUR STIIMSON
SHIPMATES WHO ARE ON OUR SAILING LIST
BUT WITH NO EMAIL ADDRESS. MOST OF
THOSE LISTED BELOW AS INFO UPDATED
WERE DUE TO HIS EFFORTS.**

IC1(SS) Paul Roetto G 73-78

[new Association member per request]

YN2(SS) William 'Carl' Scott B 83-87

[info updated per member request]

MM2(SS) Robert Busted B 83-87

[new Association member per request]

IC2(SS) Johne R. Osborn G 75-79

ICC(SS) retired

[new Association member per request]

STS2(SS) Kevin Krotulski B 75-79

[new Association member per request]

ETN2(SS) Larry P. Huissen G 69-71

[new Association member per request]

MM1(SS) Robert 'Bob' Dillow G OVHL2 83-86

[info updated per member request]

ETN2(SS) David 'Dave' Hobart G 68-71

[info updated per member request]

MT1(SS) Roger I. Page G/B/OVHL1 71-72

[new Association member per request]

MM1(SS) Michael Schultz G 65-69 Plank

[info updated per member request]

LT(SS) James L. Seelinger G/OVHL1/B 69-73

1st LT-TM Div

[info updated per member request]

LT(SS) Mark Elliott G 86-89

[new Association member per request]

MMC(SS) Jonathan K. Schultz B/Decom 85-89

[new Association member per request]

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

[info updated per member request]

MMFN(SS) David R. Youngman G 72-75

[info updated per member request]

ET2(SS) David G. Sult G 87-89

[new Association member per request]

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

=====

From: Karen Huckeba <karenh22@comcast.net>

Date: 23 January 2022 at 9:52 PM GMT-5

Subject: Karen Huckeba UPDATE

I wasn't sure whether to do an update or not but we've had some Stimson people text the past couple of days to see what is happening. David encouraged me to update. If this is too long, feel free to condense it because you know I'm a "Talker." ... you won't hurt my feelings!! It's hard to condense for me because so much has happened.

I have had artery and vein ultrasounds on both arms since my thank you note. Thankfully, there are no blood clots, however, the artery that had the blood clot while I was on the ventilator was still a little thin so I am staying on blood thinner. I will be going to a vascular Dr in 3-4 weeks. Hopefully, the artery will be healed and I can go off blood thinners. The blood Dr wants him to make the decision.

My biggest issue is trying to keep my oxygen level above 90 when I get up to do things. Sitting it stays about 97-99 which is good. I can go up and down stairs with no issues which is a blessing. I didn't know weak muscles take more oxygen than strong muscles. Physical therapy will help with that. They started me out with too strenuous exercises than I could handle causing my muscles to go into spasms. I'm praying I am past that now since they've given me milder exercises.

God is still blessing me with a miracle every day. I'm trusting Him to heal me completely... David says that I am expecting too much too soon because I was very sick. I finally figured out that to me, waking up after 6 weeks sleeping was just like 1 night of sleep to me. I remember how I felt before the hospital and waking up and seeing a feeding tube, tracheotomy, 3 needles stuck in my arms full time, a soft diet, and numerous blood tests, was a total shock. Sitting, I feel normal but when I get up to walk is when the breathing issues show up. I think God may be trying to teach me patience!

Thanks again for all the prayers and cards! God is still working miracles every day that are amazing. I am so thankful for that. I find that if I am worried about an appointment or going to new Drs. that God has gone before me paving the way

and my worry was for nothing. Praising Him for that!! God Bless, Karen

From: Karen Huckeba <karenh22@comcast.net>

Date: 12 January 2022 at 11:42:44 AM GMT-5

Subject: Karen Huckeba

A deep felt thank you to all who prayed for me when I was diagnosed with covid pneumonia in November. God answered your prayers in a mighty way because I have since found out it is against all odds to come off a ventilator after 6 weeks.

After a few shaky days once I woke up, I started physical therapy and was able to walk steady which was another miracle. In the time since, God has shown His love for me by the miracles he worked in my life daily and my recovery. (It amazed the therapists. I was scheduled 14 days at rehab and was there 5.) At this point in time, I am walking in the house without a walker, doing exercises, and everyday living.

I see a pulmonary specialist at the end of this month. He will wean me off the oxygen I'm using 24 hrs a day. They estimate 6 month recovery time till I get back to normal.

I am so thankful to all of you who have sent me cards, texts, but most of all your prayers. I believe those prayers on my behalf is the reason God spared my life. I feel so humbled by the many people who were praying for me and also for David as he had many difficult decisions to make on my behalf while on the ventilator. Words just can't express how thankful I am for your caring hearts. Please continue to remember me as I still have a long road ahead. Thank you. Sincerely, Karen Huckeba

=====

Kim Sanner (Bill Sanner's wife, ET2(SS) B 73-77

Cards to: 2009 Glenda Ave., Haltom City TX 76111

1.23.2022: UPDATE email from Bill: The date of our registration and start of our MD Anderson dance has been moved to January 31.

Unfortunately, we both contracted covid which forced the change. Meanwhile, I expect that she'll receive another blood transfusion before she travels. That will be her fifth or sixth, I can't

remember which. Anyway, we are so grateful for your prayers.

Here is a **song** I wrote while my dad was in ICU. I hope you enjoy it. Bill

12.17.2021: *Email from Bill: My wife, Kim Sanner, has been diagnosed with a bone marrow cancer called myelofibrosis which is kissing cousins with leukemia. We've been accepted to MD Anderson hospital in Houston, but this is going to be murder since she is barely too young for Medicare and has no other health insurance. The hospital itself is paying for much of her care, which begins on December 27th, but the logistics of travel and other care requirements are substantial. My daughter, Sherri, has setup a GoFundMe page to allow others to help with these costs, and the link is <https://gofund.me/ff78d706>. Please let our Stimson group know and please assist with your prayers whether or not they choose to donate. Our God is the only One who can heal her. The doctors, with their transplants, are merely His hands.*

Thanks with Love, Bill Sanner 817-715-3530 cell
=====

Andrew 'Andy' McKay, TMC G 85-88

Cards to: 2207 FM 1729, Lubbock TX 79403

1.25.2022: *Email from Andy: As time goes by, I slowly get a little worse each day. I am now homebound. I have not been able to leave my house since July of last year. I use a walker to get around. This past November I went on home hospice. It has worked well for me. I have a nurse visit once a week. A nurse aid 3 times a week to help shave, bath and stuff like that. Hospice provides my medications, medical supplies and medical equipment. Bottom line is I am still kicking just not as hard as I use to. Thanks // Andy*

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

GREAT LINKS TO SPEND TIME WITH

655 Association Website

www.ssb655.org

Submitted by Jim McAuliffe, RM2(SS) B 67-68

THE "MANLIEST" MANCAVE EVER! THE HEMI HIDEOUT: SPACED OUT:

Check the Ultimate car lounge.

<https://www.youtube.com/watch?v=Y4X9wVEftHA>

Submitted by George Stevens, MT2(SS) G 68-71

Original Song: Christmastime Is Better in The Sand

<https://vimeo.com/150814306>

Submitted by George Stevens, MT2(SS) G 68-71

The Chiefs were playing the Raiders. A group of guys in Kansas City, who do some formation flying in their own planes, decided they'd volunteer to save this tradition when military flyovers were stopped. They invited a couple of other groups to join them and before they knew it, they had 48 guys with their own airplanes signing up to join in.

Pretty impressive, but not entirely unusual for the patriotic Heartland of America.

<https://www.youtube.com/embed/VImNBuJW3sQ?rel=0>

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

=====

*Submitted by Jerry Blevins, LT(SS) B 76-79,
USSVI Cincinnati Base/Groton Base*

NAVAL ACADEMY'S FINAL TEST!

One last class before graduation at the Naval Academy and the instructor gave the final assignment.

"Ladies and Gentlemen, you have been given one metal pole, two bags of cement, a selection of shovels, a wheel barrow, and other tools necessary, plus One Navy Chief, one Petty Officer and a selection of Seamen. Describe the process you take to erect the pole so that a flag hung from it can be seen from X number of feet away."

"You have two hours to complete this assignment. Begin!"

The almost Ensigns began to write with concentration. At the end of two hours, the Instructor called time and collected the papers. Paging through the papers, he announced the grades....

"Ladies and Gentlemen, there are some thorough and detailed responses here, but only one response ranks an "A", I would like to read it to you. I predict that this young man will go far in his Naval Career."

The instructor reads the paper.....

"In order to erect the flag pole, I would do the following: I would say....

"Chief, get the flagpole put up' and then I would leave the area."

=====

*Submitted by Pete Peterson, MM1(SS) B 70-72,
USSVI Member-at-Large:*

"Brothers of the 'Phin"

I chanced upon a sailor once with an emblem on his chest.

It appeared to be two angry sharks on a trash can for a rest.

His white hat was wrinkled and dirty; his neckerchief tied too tight and he had only one eye open as he staggered through the night.

He was young and scrawny and wiry; with knuckles cracked and oozing. I could tell from the way he looked and smelled he'd spent the night whorin' and boozin'.

But as he pulled abreast, he squared his hat and said "Sir, do you have a light? I'm due back aboard by quarter to four or the COB will be settin' me right."

As I fumbled around for my lighter he pulled some smokes from his sock "and I'll be damned lucky to make it," he muttered 'cause I'm steamin' against the clock."

Through the flame of my well-worn Zippo I could see a smile on his face.

"But, you know -- it was damn well worth it. That 'Bell's' is a helluva place."

He sucked the smoke deep down in his lungs and blew smoke rings up towards the moon

Then he rolled up his cuffs, pushed his hat to the back and said "Maybe there'll be a cab soon."

In spite of the time he was losing he was wanting to shoot the breeze, so we sat on the curb, like two birds on a perch as he talked of his life on the seas.

I asked about the thing on his chest and he looked at me with a grin.

Then he squared his hat, snubbed out his smoke and said "I'm a Brother of the 'Phin."

"I'm one of the boys who go under the sea where the lights from above don't shine; Where mermaids play and Neptune is king and life and death intertwine."

"Life on a boat goes deep in your blood and nothing on earth can compare to the feeling inside as she commences a dive going deep on a hope and a prayer."

"I've sailed some fearsome waters down below the raging main and I've heard that old boat creak and groan like the wheels of a railroad train."

"It's the one place on earth where there ain't no slack where you don't have more than you need; where each man is prince of his own little space and each lives by the submarine creed."

"There ain't much I've done in this fickle life that would cause other men to take note, but I've walked in the steps of some mighty fine men who helped keep this country afloat."

"They slipped silently through the layers down below that raging main while up above enemy men-o'-war laid claim to the same domain."

"Brave sailors were they in their sleek boats of steel silently stalking their prey and closing in for the kill."

"They died as they lived unafraid, proud and free putting all on the line to secure liberty."

"Their bones now rest in glory down in Neptune's hallowed ground but their souls stand tall at the right hand of God awaiting the klaxon's next sound."

"So, it's more than a 'thing' that I wear on my chest, it's a badge of the brave, proud and true. It's a tribute to those who have gone here before riding boats that are still overdue"

"It's the "Dolphins" of a submariner worn proudly by the few who've qualified at every watch and touched every bolt and screw."

"They know the boat on which they sail like they know their very soul and through the fires of

hell or the pearly gates they're ready for each patrol."

"But when in port they take great sport standing out from all the rest. For deep inside they burn with pride for the dolphins on their chest."

Then he stood erect, squared his hat and pulled his neckerchief down to the 'V' he rolled down his cuffs, put his smokes in his sock and squinted back towards the sea.

"I can hear them diesels calling so I'd best be on my way. We'll be punchin' holes in the ocean when the sun peeks over the bay."

As I watched him turn and walk away I felt honored to know such men. For they bring life to Duty, Honor, Country these "Brothers of the 'Phin."

=====

Submitted by Linda Holden Ford, wife of James Ford, MM1(SS) B 73-76, Eternal Patrol

You never knew but James (Hank) was a farm boy and not only loved drag racing but got into lots of tropical fish and parrots. We even raised COCKATOOS, the big ones, having 5 babies we raised. This is Jake named after his uncle who raised him. Cannot tell boy or girl so there it was. 16 years later SHE laid a few eggs. Now at age 35 and having survived that roll over we were ALL in in 2001 she has lung issues we are battling.

She is not bigger than me but closer to the camera. She is taking some wicked nasty medicine not good for humans thus the mask and safety glasses. :)



=====

Submitted by a Charleston Base Submarine Brother

S.O.S

An Airbus 380 is on its way across the Atlantic. It flies consistently at 800 km/h at 30,000 feet, when suddenly a Eurofighter with Tempo Mach 2 appears.

The pilot of the fighter jet slows down, flies alongside the Airbus and greets the pilot of the passenger plane by radio: "Airbus, boring flight isn't it? Now have a look here!"

He rolls his jet on its back, accelerates, breaks through the sound barrier, rises rapidly to a dizzying height, and then swoops down almost to sea level in a breathtaking dive. He loops back next to the Airbus and asks, "Well, how was that?"

The Airbus pilot answers: "Very impressive, but now you look!"

The jet pilot watches the Airbus, but nothing happens. It continues to fly stubbornly straight, with the same speed. After 15 minutes, the Airbus pilot radios, "Well, how was that?"

Confused, the jet pilot asks, "What did you do?"

The AirBus pilot laughs and says, "I got up, stretched my legs, walked to the back of the aircraft to use the washroom, then got a cup of coffee and a chocolate fudge pastry."

The moral of the story is:

When you are young, speed and adrenaline seems to be great. But as you get older and wiser, you learn that comfort and peace are more important.

This is called **S.O.S.: Slower, Older, Smarter.**

Dedicated to all my friends who are like me, now realizing that it is time to slow down and enjoy the rest of the trip. Dedicated to all seniors.

=====

Submitted by Don Ort, MM1(SS) G/SY1 69-74, USSVI Charleston Base

Importance of Friendship

One day, when I was a freshman in high school, I saw a kid from my class was walking home from school.

His name was Kyle. It looked like he was carrying all of his books.

I thought to myself, 'Why would anyone bring home all his books on a Friday? He must really be

a nerd.”

I had quite a weekend planned (parties and a football game with my friends tomorrow afternoon), so I shrugged my shoulders and went on.

As I was walking, I saw a bunch of kids running toward him.

They ran at him, knocking all his books out of his arms and tripping him so he landed in the dirt. His glasses went flying, and I saw them land in the grass about ten feet from him. He looked up and I saw this terrible sadness in his eyes .

My heart went out to him. So, I jogged over to him as he crawled around looking for his glasses, and I saw a tear in his eye. As I handed him his glasses, I said, “Those guys are jerks. They really should get lives.”

He looked at me and said, “Hey thanks!”

There was a big smile on his face. It was one of those smiles that showed real gratitude. I helped him pick up his books, and asked him where he lived. As it turned out, he lived near me, so I asked him why I had never seen him before. He said he had gone to private school before now.

I would have never hung out with a private school kid before. We talked all the way home, and I carried some of his books. He turned out to be a pretty cool kid.

I asked him if he wanted to play a little football with my friends. He said yes. We hung out all weekend and the more I got to know Kyle, the more I liked him, and my friends thought the same of him.

Monday morning came, and there was Kyle with the huge stack of books again.

I stopped him and said, “Boy, you are gonna really build some serious muscles with this pile of books everyday!”

He just laughed and handed me half the books.

Over the next four years, Kyle and I became best friends.

When we were seniors we began to think about college. Kyle decided on Georgetown and I was going to Duke. I knew that we would always be friends, that the miles would never be a problem. He was going to be a doctor and I was

going for business on a football scholarship.

Kyle was valedictorian of our class. I teased him all the time about being a nerd. He had to prepare a speech for graduation. I was so glad it wasn't me having to get up there and speak.

Graduation day, I saw Kyle. He looked great. He was one of those guys that really found himself during high school. He filled out and actually looked good in glasses. He had more dates than I had and all the girls loved him. Boy, sometimes I was jealous!

Today was one of those days. I could see that he was nervous about his speech. So, I smacked him on the back and said, “Hey, big guy, you'll be great!”

He looked at me with one of those looks (the really grateful one) and smiled.

“Thanks,” he said. As he started his speech, he cleared his throat, and began.

“Graduation is a time to thank those who helped you make it through those tough years. Your parents, your teachers, your siblings, maybe a coach...but mostly your friends. I am here to tell all of you that being a friend to someone is the best gift you can give them. I am going to tell you a story.”

I just looked at my friend with disbelief as he told the first day we met. He had planned to kill himself over the weekend. He talked of how he had cleaned out his locker so his Mom wouldn't have to do it later and was carrying his stuff home. He looked hard at me and gave me a little smile.

“Thankfully, I was saved. My friend saved me from doing the unspeakable.”

I heard the gasp go through the crowd as this handsome, popular boy told us all about his weakest moment. I saw his Mom and dad looking at me and smiling that same grateful smile. Not until that moment did I realize its depth.

Never underestimate the power of your actions. With one small gesture you can change a person's life. For better or for worse.

God puts us all in each others lives to impact one another in some way.

Look for God in others.

recommend tweaks to your diet based on the type you had (there are four: calcium stones, uric acid stones, struvite stones and cystine stones). After all, the risk of recurrent stones is substantial, but changing what you eat may prevent them from coming back.

With that in mind, here are eight dietary changes that may help you avoid them.

1. **Drink lots of water**
2. **Cut down on processed and other high-salt foods**
3. **Make milk, cheese or yogurt — but not calcium supplements — part of your diet**
4. **Add lemon and lime juice to your drinks**
5. **Eat plenty of fruit**
6. **Take care when eating leafy green vegetables, rhubarb, beets and sweet potatoes**
7. **Cut back on animal protein**
8. **Limit your iced tea, sodas, and soy or almond milk**

[READ MORE](#)

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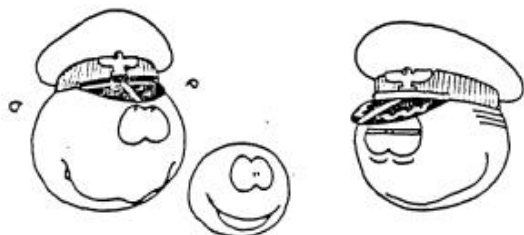
Easy Exercises for Back Pain

Regular back pain can make life harder. Watch a VA physical therapist share stretches that may help reduce your back pain. [LEARN MORE](#).

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Beware of Dehydration this Winter

During the summer, you're not likely to forget to drink a cool glass of water. Thirst isn't as obvious in the winter. Recognize the signs of dehydration and make sure you're staying hydrated. [Learn more](#).



"MY DAD SAYS I CAN BE A C.P.O. IF I'M SMART ENOUGH WHEN I GROW UP AND AN ADMIRAL IF I'M NOT...."

The Computer Corner

By: Tom Krauser, MM1(SS) Blue 72-74, Assoc. Life Member



Note: Thanks to George Birmingham ET1(SS) Gold 69-74, for his knowledge and articles over the last several years of this newsletter.

If you have any computer/software topics you would like to see information on please let me know.

Windows 10 "S" Mode

Recently I have tried to help people with their new computers and was hampered by the computer running Windows 10 in the "S" mode. I had not encountered the "S" mode before and did not understand why the computer was preventing me from doing things I could usually do.

According to Microsoft: Windows 10 in S mode is a version of Windows 10 that's streamlined for security and performance, while providing a familiar Windows experience. To increase security, it allows only apps from the Microsoft Store, and requires Microsoft Edge for safe browsing.

The problem is that if you cannot find the program you want to install in the Microsoft Store you cannot install it on the computer. I tried to find several free programs I normally put on new computers for people but they either were not in the Microsoft Store OR the Microsoft Store had a version of the program that you had to pay for. So many programs cannot be installed on those computers.

According to Microsoft the only "browser" you can use is Microsoft Edge and I could not find other common browsers such as Google Chrome or Mozilla Firefox that could be installed on the PC. I always tell users to have more than one browser installed on their PC in the event that one browser becomes corrupted and you cannot get to the internet using that browser you have another tool to reach the internet. So if Microsoft Edge gets corrupted you would want another browser to access to the internet to troubleshoot and repair that corrupted browser.

I personally found the S mode to be very limiting and wondered how to go back to a normal version of Windows.

According to Microsoft you can switch out of the S mode if desired BUT once you switch you cannot switch back to the S Mode. So the choice to switch out of the S mode is a very personal one that each person would have to make. So if you find the S mode does not limit the way you want to use your computer then leave it in the S mode.

If you find you cannot install programs you want on your computer and you decide to switch out of the S mode to a normal Windows mode there are instructions to perform this online at the Microsoft site.

CAUTION: Make sure you backup any important data prior to attempting to switch. You may even want to create a restore version of the hard drive prior to attempting to switch which you can use to go back to the original setup if things do not go as expected.

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

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Microsoft warns about this phishing attack that wants to read your emails

Written by **Liam Tung**, Contributor on January 25, 2022

Attackers have targeted hundreds of organizations, says Microsoft security.

Microsoft is warning that Office 365 customers are receiving phishing emails that aim to trick them into giving OAuth permissions to a bogus app that then lets attackers read and write emails.

Microsoft's Security Intelligence team warned this week that attackers are sending the OAuth phishing emails to "hundreds" of Office 365 customers.

The potentially malicious app, dubbed 'Upgrade', asks users to grant it OAuth permissions that would allow attackers to create inbox rules, read and write emails and calendar items, and read contacts, according to Microsoft Security Intelligence.

READ MORE

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In case you are a Microsoft Edge user...

Unless you've been hiding under a rock for the

last twenty years, you've probably heard the one about "keeping your software up to date". Applying software updates promptly is arguably the single most useful thing you can do to keep yourself secure online, and vendors, experts, pundits, and blogs like ours, never let users forget it!

And because it's good advice that's easy to follow, cybercriminals like to use fake software updates to con users.

Fake software updates have been a go-to tactic for getting users to download malware for many years. A convincingly-branded message that tells users they need to update their out-of-date software taps into all the good security messaging users have soaked up, it gives them a reason to install strange software from the Internet, and it carries exactly the right mixture of implied threat and urgency that social engineers like.

<https://blog.malwarebytes.com/threat-intelligence/2022/01/ransomware-targets-edge-users/>

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The Definitive Guide to Reducing Robocalls

by Marc Saltzman, **AARP**, Updated November 10, 2021

Follow these steps to cut back on calls everybody loves to hate

You've had it with relentless robocalls, the automated messages that at best are telemarketing and at worst are pitches from criminals who want to steal your cash or your identity.

Enough is enough with the deluge of unsolicited voicemails and the calls from phone numbers that look like they're from friends but are "spoofed" — or disguised — by crooks who claim to be with the IRS, your bank or the police.

You've tried blocking numbers, to no avail. You've signed up on the **National Do Not Call Registry**. No difference. You've complained to the Federal Trade Commission (FTC), the Federal Communications Commission (FCC). Nada.

Call volume came crashing down

Robocall volume in the U.S. hit an estimated 5.5 billion calls — an all-time high — in October 2019, then sank to about 2.8 billion calls a month

when the pandemic erupted last spring, he says. Lately these calls, many from scammers, have climbed to about 5 billion a month.

Some robocalls are legal

Amid the din, some robocalls are legitimate: the American Red Cross can ask for blood donations just as your doctor's office can remind you of an appointment.

A united front

What's more, US Telecom, a trade group, has established the Industry Traceback Group to battle illegal robocalls by identifying the source of the calls. AT&T, for example, the largest U.S. carrier, says it has blocked or labeled more than 16 billion robocalls since 2016, including 6 billion last year.

Best practices for consumers

To join in the fight, consumers are urged to:

- Download a call blocker.
- Experiment with call-blocking tools, apps and options to strike the right balance between the calls you want — and those you don't
- Let a call go to voicemail if it gets through a robocall app and you don't recognize the caller. If the caller claims to be, say, from Citibank, don't call back a phone number left on voicemail. Use a number you know is legitimate, such as one on a statement or credit card.
- Hang up if it's a live person calling. Do. Not. Engage

Learn more from the major providers:

at **AT&T's Cyber Aware**, at **T-Mobile** and at **Verizon**.

Heed the latest advice from the FTC and the FCC.

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Attackers are mailing USB sticks to drop ransomware on victims' computers

Posted: January 11, 2022 by Christopher Boyd

Physical objects as security threats are in the news at the moment. The oft-touched upon tale of rogue USB sticks is a common one. Being wary of random devices found on the floor, or handed out at events is a smart move. You simply don't know what's lurking, and it's hard to find out safely without the right tools available. Even then, something can slip by and cause no end of trouble on your desktop or network.

Sticky situations

Back in 2015, we covered the Dead Drops art project. This involved people hiding their USB stick in public places, and others finding them to join an "anonymous file-sharing network" and see what lurks. Security wise, this is an absolutely terrible idea for most folks.

Postal peril

The FBI has warned that a malware group is sending out infected USB sticks to specific targets. The group is behind major attacks such as the notorious colonial pipeline ransomware incident. Make no mistake, these are heavy hitters (and have been here before, and that time they included gifts such as cuddly toys).

The attackers use a couple of different postal services to send the USBs into the wide blue yonder: United Parcel Service, and United States Postal Service. The sticks have been sent to "US businesses in the transportation, insurance, and defence industries". The packages are designed to resemble Amazon gifts, and Covid alerts from the US Department of Health, which are likely to carry a strong pull factor for the unwary.

If the USB stick is inserted into a PC, it launches a BadUSB attack and the malware auto-registers as a keyboard. From there, it uses keystrokes to place malware on the system and, potentially, deposit and fire up additional rogue files. Bleeping Computer notes that the end goal is to deploy ransomware on the compromised network.

We should all be cautious where rogue USB sticks are concerned. Get ahead of the curve and ponder this issue now, instead of waiting to find out if your area of business is on the next FBI release a few months down the line.

[READ MORE](#)

USS Connecticut Underway Off Guam After Undergoing Repairs

(USNI NEWS 18 NOV 21) ... Sam LaGrone

The U.S. attack submarine that struck an underwater seamount last month is underway off the coast of Guam after more than a month of damage assessment repairs, two defense officials confirmed to USNI News on Thursday.

USS Connecticut (SSN-22) left Guam on its

own power Thursday evening local time, according to ship spotters tracking the automatic identification signal (AIS) as it left the U.S. naval base on the island. The departure was confirmed to USNI News by two defense officials.

Cmdr. Cindy Fields, a spokesperson with Submarine Force, U.S. Pacific Fleet, would not confirm the underway when contacted by USNI News on Thursday. She said in a statement the submarine, “has been undergoing damage assessment, repairs and testing while in Guam. The submarine remains in a safe and stable condition.”

It’s unclear if the attack submarine was testing repairs and intended to come into port and begin the voyage to Bremerton, Wash., for its final round of repairs.

Following the Oct. 2 incident, the boat had traveled to Guam for initial repairs overseen by Naval Sea Systems Command, personnel from the Puget Sound Naval Shipyard and submarine tender USS Emory S. Land (AS-39).

The damage to the submarine was localized to the forward portions and may have damaged the ballast tanks, USNI News understands. The Navy has said repeatedly that the nuclear reactor plant and the propulsion system were undamaged.

Connecticut’s underway comes as the submarine force has announced a navigation stand down in what the Navy has determined was a preventable collision, Vice Adm. William Houston, commander of Naval Submarine Forces said on Wednesday.

“We have very rigorous navigation safety procedures and they fell short of what our standard was,” he said.

Earlier this month, U.S. 7th Fleet commander Vice Adm. Karl Thomas relieved Connecticut’s commanding officer, executive officer and chief of the boat “due to loss of confidence” following the collision.

Moving ahead, the service will now have to determine how to squeeze the attack boat into the repair schedules of the Puget Sound Naval Shipyard, which is already suffering a backlog of maintenance.

“If we ended up doing [the Connecticut work] in one of the public shipyards, that would certainly

cause perturbations in all the other work in the shipyards,” Stefany said before the House Armed Services Committee readiness subcommittee in October.

<https://news.usni.org/2021/11/18/uss-connecticut-underway-off-guam-after-undergoing-repairs>

Damaged Navy Attack Submarine Arrives in San Diego After Surface Voyage from Guam

The fast-attack submarine involved in an undersea collision in October completed a trip from Guam to San Diego entirely on the ocean’s surface, a media report said.

The USS Connecticut pulled into San Diego on Sunday after departing Guam sometime last month, where it stopped for repairs after striking an undersea mountain in the South China Sea, according to a Tuesday report from U.S. Naval Institute News. It cited unnamed Navy officials who said the trip was made entirely along the surface.

https://www.military.com/daily-news/2021/12/14/damaged-navy-attack-submarine-arrives-san-diego-after-surface-voyage-guam.html?ESRC=navy-a_211215.nl



Vice Adm. Houston: Sub Force Approaching Inflection Point Of 50 SSNs

(SEAPOWERS MAGAZINE 17 NOV 21) ... Richard R. Burgess

ARLINGTON, Va. — The decline in the number of the Navy’s attack submarines (SSNs) is leveling out sooner than was feared just a few years ago, made possible by the decision to extend the service lives of some older SSNs.

Previously, the force level of SSNs was predicted to decline to a “trough” of 41 SSNs in the mid-2020s before the number would start to

increase as the building of two Virginia-class SSNs per year hit its stride.

With 50 submarines “we are at that inflection point right now,” said Vice Adm. Bill Houston, commander, Naval Submarine Forces, speaking Nov. 17 at the Naval Submarine League’s annual symposium in Arlington. “We are actually very stable right now [at 50] and we’re starting to increase our numbers.

“How are we doing that? Through an awful lot of hard work by those people who came before me and whose shoulders we’re standing on right now; tremendous hard work from the shipbuilders and tremendous from the Navy, from the Department of Defense and from our overall government,” Houston said.

An important initiative is the service life extension of several Los Angeles-class SSNs.

“There is additional margin in the Los Angeles class,” he said. “We actually have reactor cores available which will refuel and extend a significant number of Los Angeles-class submarines.”

Houston was not specific in the number of Los Angeles-class SSNs submarines that will go through life extensions. The Navy previously has mentioned consideration of extending the service lives of five to seven boats.

“We found that on most of our Los Angeles [SSNs] had significant hull margins, so we were able to extend them, and they had the fuel to go

longer,” he said. “There are several Los Angeles’s that we will physically refuel and add years on them. Just due to the absolutely incredible job we did when we built the Los Angeles and the Ohio [SSBN and SSGN] that we could extend those ships as long as we can.”

<https://seapowermagazine.org/vice-adm-houston-sub-force-approaching-inflection-point-of-50-ssns/>

One Of The U.S. Navy's Most Powerful Weapons Makes A Rare Appearance In Guam



(CNN 16 JAN 22) ... Brad Lendon HONG KONG –

One of the most powerful weapons in the US Navy's arsenal made a rare port call in Guam over the weekend, sending a message to allies and foes amid increasing tensions in the Indo-Pacific, analysts said.

The USS Nevada, an Ohio-class nuclear-powered submarine carrying 20 Trident ballistic missiles and dozens of nuclear warheads, pulled into the Navy base in the US Pacific Island territory on Saturday. It's the first visit of a ballistic missile submarine -- sometimes called a "boomer" -- to Guam since 2016 and only the second announced visit since the 1980s.

"The port visit strengthens cooperation between the United States and allies in the region, demonstrating US capability, flexibility, readiness, and continuing commitment to Indo-Pacific regional security and stability," a US Navy statement said.

Movements of the 14 boomers in the US Navy's fleet are usually closely guarded secrets. Nuclear power means the vessels can operate submerged for months at a time, their endurance limited only by the supplies needed to sustain



their crews of more than 150 sailors.

The Navy says Ohio-class submarines stay an average of 77 of days at sea before spending about a month in port for maintenance and replenishment.

It's rare for one to even be photographed outside their home ports of Bangor, Washington, and Kings Bay, Georgia. The secrecy surrounding the ballistic missile submarines makes them the "most important survivable leg of the nuclear triad," which also includes silo-based ballistic missiles on the US mainland and nuclear-capable bombers like the B-2 and B52.

But with tensions brewing between the US and China over the status of the self-ruled island of Taiwan, and as North Korea ramps up missile tests, Washington can make a statement with its ballistic missile submarines that neither Beijing nor Pyongyang can, according to the analysts.

"It sends a message -- intended or not: we can park 100- odd nuclear warheads on your doorstep and you won't even know it or be able to do much about it. And the reverse isn't true and won't be for a good while," said Thomas Shugart, a former US Navy submarine captain and now an analyst at the Center for a New American Security.

North Korea's ballistic submarine program is in its infancy, and China's estimated fleet of six ballistic missile submarines is dwarfed by the US Navy's.

And China's ballistic missile subs don't have the capabilities of the US boomers, according to a 2021 analysis by experts at the Center for Strategic and International Studies.

China's Type 094 ballistic missile subs are two times louder than the US subs, and therefore more easily detected, and carry fewer missiles and warheads, CSIS analysts wrote in August.

Besides the political signaling, the presence of the USS Nevada in the region presents another opportunity, said Alessio Patalano, professor of war and strategy at King's College in London.

"The presence of this type of boat -- especially in training and exercises -- adds an important opportunity to learn how to hunt those of other actors in the region," Patalano said.

"The DPRK (North Korea) is pursuing the development of such a type of a platform, and

China already fields them. Honing in the skills to track them is as important as deploying them as strategic deterrent," he said.

The last time a US Navy boomer visited Guam was in 2016, when the USS Pennsylvania stopped there.

Analysts said tensions across the Indo-Pacific have significantly increased since that time, and more such military displays are likely from Washington in the current environment.

"This deployment reminds us that the nuclear order at sea in the (Indo-Pacific) matters, and whilst often outside wider public conversation, we are likely to see more of it in the development of regional strategic balance," Patalano said.

Navy Assessing LA Sub Fleet For Possible Life Extensions

The fact the Navy can extend some of its submarine fleet's life by several years is likely due in part to the time some of those boats have sat in docks awaiting maintenance.

(BREAKING DEFENSE 18 NOV 21) ... Justin Katz

WASHINGTON – The Navy is “systematically” assessing each one of its Los-Angeles class submarines to determine if their service lives can be extended for two to three years, a process a senior officer says will result in a 20% improvement in force projections compared to previous forecasts.

Rear Adm. Doug Perry, director of undersea warfare requirements, told attendees at Naval Submarine League today that he most recently approved a three-year extension for the nuclear-powered attack submarine Alexandria (SSN 757) earlier this year.

He added that each boat's extension is being assessed on a case-by-case basis.

"We are currently forecast to sustain a force of 50 SSNs throughout this decade," Perry said. "And then as we build our Virginia-class submarines we will go above 50 and get up to the fiscal year 2016 force structure assessment requirement of 66 SSNs."

At least one factor that has likely contributed to the Navy's ability to squeeze out two or three extra years of service life on some of its

submarines is, ironically, its maintenance backlog.

The service has taken harsh criticism from Capitol Hill for at times allowing some boats to sit in dock for several years at a time while awaiting servicing. That time in dock – and by extension time when the sub’s reactor was not being used – likely comes into play when assessing whether the boat can sail past its original service life.

The Navy is also starting to work on refueling “five still very capable” Los-Angeles submarines with new reactor cores, Perry said, potentially extending their service lives for an additional 10 years or more.

The service for several years now has been experimenting with whether it could effectively refuel the submarines and had previously stated additional refuelings would be contingent initial trials. Perry also said Portsmouth Naval Shipyard had been selected as the best yard to do that work.

<https://breakingdefense.com/2021/11/navy-assessing-la-sub-fleet-for-possible-life-extensions/>

Next Generation SSN(X) Attack Sub ‘Is Going to Carry a Lot of Torpedoes,’ Says Admiral

(USNI NEWS 22 NOV 21) ... Sam LaGrone ARLINGTON, Va. – The next U.S. nuclear attack submarine must require less maintenance, be fast, quiet and packed with torpedoes, the service’s director of undersea warfare said on Thursday.

The SSN(X) nuclear attack boat will be more focused on the war in blue water than the multi-mission Virginia-class submarines, which are designed to operate closer to shore for missions like signals intelligence and special operation missions.

“Virginia remains the most capable multi-mission submarine in the world – bar none,” Rear Adm. Doug Perry, the director of the undersea warfare division on the chief of naval operations staff (OPNAV N97), said last week. “But we must maintain our undersea advantage by investing for future capabilities. And we know we need to start that work today to make sure we can deliver SSN (X) in time of need, and without lots of technical or schedule risk.”

In 2019, the Congressional Budget Office estimated that the SSN(X) boats could cost up to \$5.5 billion per hull. The current Virginia-class boats cost about \$2.8 billion per hull, while the Block Vs with the 80-foot Virginia Payload Module will cost about \$3.2 billion.

“The Navy indicates that the next-generation attack submarine should be faster, stealthier, and able to carry more torpedoes than the Virginia class—similar to the Seawolf-class submarine. CBO therefore assumed that the SSN(X) would be a Seawolf-sized SSN, which displaces about 9,100 tons when submerged, and would have an all-new design in keeping with the Navy’s description of it as a fast, lethal next-generation attack submarine,” the CBO wrote.

Before Virginia, the Navy developed the Sea Wolf-class to be a deep-diving submarine with a weapons room that can field about 50 torpedoes.

Perry said, in broad strokes, SSN(X) would take the heavily-armed Seawolf template, combine the stealthy technology developed for Virginia and keep the time in maintenance to a minimum.

Outside of a classified initial draft capabilities document, “we don’t know the specific characteristics that will be in SSNs. But we do believe that the next submarine will have a large horizontal payload capacity. You can read that as it’s going to carry a lot of torpedoes. And we know how to do that. It’ll be fast. And it’ll have acoustic superiority. That’s both sensors to hear the other ships out there as well as stealth – staying quiet,” Perry said.

“We know how to do all of these things, but we have to integrate them into one platform. Speed and large payload? We did that on Seawolf, and we need to pull that forward to a modular construction submarine.”

Part of the development of more offensive submarines, the Navy restarted the Mk-48 Advanced Capability (ADCAP) heavyweight torpedo in 2016.

“The heavyweight torpedo will remain the weapon of choice for the submarine for this for the foreseeable future, primarily due to its inherent stealth, its destructive effects in the battlespace, and [it’s] pretty difficult to defend against and it

also [preserves] the stealth of launch platform,” Perry said.

The development of the Navy’s Acoustic Superiority Program began on Virginia-class USS South Dakota (SSN-790), which commissioned in 2019, Perry said. The package includes a large vertical array mounted on the hull just aft of the sail, a special exterior coating and machinery quieting improvements inside the boat.

Based on the timing of the construction of the Columbia-class, the new class would come just as the construction of the class of 12 nuclear ballistic missile submarines is ending in the 2040s and in the short term design work should begin soon.

“With Columbia 95 percent design complete, now is the time to begin transitioning that experienced design workforce,” Perry said.

“Fielding any new class submarine is challenging, but we got to strike while the iron is hot.”

The Virginia boats now – and the Columbia boats in the future – are built in a teaming arrangement between Huntington Ingalls Industries and General Dynamic Electric Boat. Each yard builds part of a boat and the components are barged to each yard for final assembly, with EB being the lead yard for the design of each class. Perry said that the workforce would be key to making SSN(X) affordable.

“This maintains a steady demand signal for the shipyard workforce, which is a key element of developing and sustaining a resilient submarine industrial base,” Perry said.

The Navy is also considering how it will leverage unmanned undersea vehicles with its new class.

“We know the ability to influence the battlespace and leverage the seafloor is to get to the bottom of the ocean you will need UUVs,” Perry said.

“That requires a submarine interface that will drive what SSN(X) has to be in terms of a dimension for an interface that will launch and recover [UUVs]. It may be a torpedo tube it may be something different.”

On the other end of construction, the Navy is working to increase the amount of time the

submarines can operate by reducing time in maintenance.

“SSN(X) has to have high operational availability, [we’ve] got to be able to keep that ship at sea. And that gets to sort of the class maintenance plan. We’ve learned a lot from operating [the Los Angeles class], then Seawolf and Virginia.

We are analyzing those class maintenance plans with PEO Subs and making sure that the class maintenance plan we’ve come up with gives us the highest operational building availability possible,” Perry said.

“That’ll be really part of our calculus as we define the work through the capability development document and [requirements] process and defining what SSN(X) needs to be.”

<https://news.usni.org/2021/11/22/next-generation-ssnx-attack-sub-is-going-to-carry-a-lot-of-torpedoes-says-admiral>

The Coach: Lessons for Life

At one point during a game, the coach called one of his 9-year-old baseball players aside and asked, “Do you understand what co-operation is? What a team is?”

“Yes, coach,” replied the little boy.

“Do you understand that what matters is whether we win or lose together, as a team?”

The little boy nodded in the affirmative.

“So,” the coach continued, “I’m sure you know, when an out is called, you shouldn’t argue, or curse, or attack the umpire, or call him names. Do you understand all that?”

Again, the little boy nodded in the affirmative.

The coach continued, “And when I take you out of the game so that another boy gets a chance to play, we don’t call that ‘a dumbass decision’ or that it means that the coach is mean, right??”

“Yes, coach.”

“Good”, said the coach. “Now go over there and explain all that to your grandmother.”

Posted on **January 19, 2022** by **Mister Mac**

Submariner

I sometimes don’t know where I’m going, but Oh, all the places I’ve been.

Wrapped up in a hull made of steel, with a crew of
fine sailors locked in.

The missions are lonely and silent, the dangers
untold with no yield,

But we still climb down the steel ladders, the
hatches above us are sealed....

The sunlight's a far distant memory, fresh air just
a dream from the past

The world outside comes in short little bursts, from
a buoy or a wire or a mast.

Between drilling and watches and work, there's no
place to be secluded

Surrounded by lights and companions, and
pressure is always included.

In submarine school they taught you the stories,
of boats that exceeded design,

And others that found ancient mountains, nearly
ending before it was time.

Fires and flooding and things that exploded, in a
hull that is closed on both ends,

Add to pressure from not really seeing, what's
ahead or around the next bend.

You can hide from the storms in deep places,
using thermals and currents as masks.

But if mission requires more exposure, the crew
does what the Skipper asks.

Sliding silently through the dark ocean, sometimes
you forget where you are,

Until you remember there's no moon, or even a
glimmering star.

They all wait above you in silence, for the boat to
once more breach the waves

In a rush of wild water and motion, escaping a
watery grave.

Unless you're an old submariner, it's hard to know
what this means

As age dims my mind and my body, I'm back
riding old submarines.

I sometimes forget what I'm thinking, but Oh, all
the places I've been.

BOB MACPHERSON (AKA THELEANSUBMARINER)



BIG BOY

Submitted by Dan Rhodes, MM1(SS) B 79-83

Editor: When I sent the email about no newsletter in January, I received several answers back. One was from Dan Rhodes MM1(SS) B 79-83 and he mentioned his accident back in 2021. He also talked about his pet rabbit passing. Through a series of emails, I ended up with a story that sounded very much like one that would have been told on the mess decks or in the crews lounge or in the control room on a slow mid-watch. So, with his permission I am posting it in this newsletter as a nod to the many tales told between brothers while we were out there together.

The good Lord wants me around. Not to try and get sympathy, but instead tell you God works in strange ways, I'm enjoying amazing health, but catch some unlucky accidents. While working on my wife's carport roof (as it was in bad shape) it failed like a trap door on a stage and I fell over 20 ft. The resulting fall caused 4 broken ribs, a collapsed left lung, cracked L5 vertebrae, pelvic girdle and coccyx, 25 Aug. I didn't die, despite the injuries, crappy hospital, being an old man, etc. Yet, I'm up and about, finished the roof and back to work.

The saddest thing that 2021 brought me was my beloved pet rabbit of nearly 8 years had to be put down. He was an incredibly smart loving animal, always excited to see me despite being months away from home on assignments. The grief was horrible, but I realize that it's payment for a very deep love that at the time is taken for granted.



Big Boy was an alarm clock you could not reset. I would get up very early every morning, in the 4 am range. BB would be so excited that I got up and was around he would run around my feet and jump around the room in excitement. I would give him food, groom him in general spend quiet time with him as I'm often gone. When I would leave, BB would expect attention at 4 am and come in the bedroom and do everything in his power to wake my wife up for at least breakfast.

One of his antics would be to take a running leap into the very large litter box we had to custom make due to its size and ski it into the wall to make this huge boom. In the process, it would bounce back off the wall about a foot and then he would launch out of it, kicking the box back into the wall making another sonic boom. He would do this over and over again until Pati got up and gave him attention.

This put an end to me "Feeding" him when I got up. I could no longer give him food. So, the new habit was to let him out on the back patio deck. He loved scavenging for the bird seed that the magpies would deliberately push out onto the deck for him. At first, I would hover by the door as I was always so worried about predators and such. He would roll up to the door to make sure I was watching him, I'd go over to open as I thought he wanted in. But he would run off for more seeds. After a while, I put several cameras and motion detection in the area and would just go down stairs to my office, with my computer monitor, security monitors and TV to pass the time. When BB wanted in, he would "Prairie dog up" at the door and I'd run up and let him in. This went on for about 6 months. One day, I looked up at the monitor and the door was open. That video was the security cam capture of his first time in figuring out he could nose that door open. So, I didn't "Teach" him anything, he learned on his own. He nonstop demonstrated how smart he was in people's actions, habits, how to communicate his wants like a mime.

As far as "closing" the door, that is not in their interest at all. As a prey animal, they practice "evasive" maneuvers all night long. They'll run down the hall and snap right, run back down the hall and dive under a couch. They "Memorize"

escape paths. It's why in the wild you see "rabbit runs" they are paths of escape they use from memory with their eyes closed. They run them full tilt trying to escape a predator. The last thing they want is an obstruction in that path. In fact, I applied that observation in their incessant demand to chew electric cords.

Outlets are about 18" off the floor and plug in devices arch to the ground. Rabbits love to run along the wall in this evasive maneuver run and if their ears hit a cord, it's like a root in an underground den, they chew them off. So, I got 90-degree plugs, so the wires go straight to the ground and they lost interest in my cords, as they didn't seem to be in their way anymore.

I used to hunt rabbits. Thought they were dumb like gerbils. Then I got BB for Pati as I left her alone so much. Despite being around my wife 98% of the time, she doing a lion's share of care, that rabbit imprinted on me. Every time I came home despite being away months at a time, he would go crazy. He would start binking around the room in excitement. Figure eights around my legs, forcing me to "Wide walk". His exuberance and happiness to see me was absolutely medicine for the soul. He then started to show just how smart he was, truly taking me aback. Then the real secret to my loving him. If my wife would raise her voice at me, that rabbit would start thumping. That rabbit was a quarter of a kangaroo and his thumps sounded like the door got kicked in. My wife would always calm down and for the 8 years he was amongst us, my wife always maintained her calm to know anger the rabbit. He was a catalyst for calm. The value in that is hard to describe.

In review it's always embarrassing to have a non-macho pet like a bulldog or German Shepard. But it doesn't matter as this rabbit was life altering in so many ways, as it forced me to do research on rabbit physiology, health, diet, observe how it changed the way Pati and I interacted. Here's another tidbit I found interesting. BB's ears weren't symmetrical and in research found that furred mammals have the vitamin D producing cells in their fur. It's a common problem for these pets to be caged or indoors so as to not get enough sun, whereby the

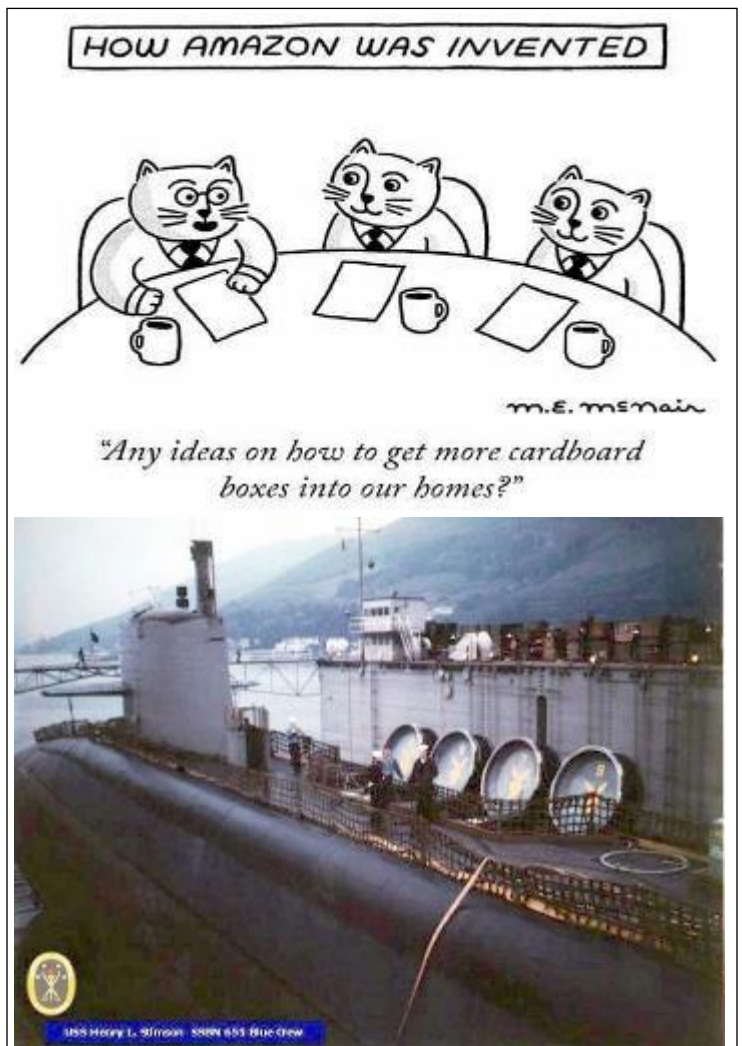
Vitamin D is deposited on the fur's surface and preening gets them to ingest the necessary Vitamin D that is necessary in rabbits for the ear development. Also found that rabbits are not rodents, but Lagomorphs, more closely related to horses with amazingly similar physiology. Domestic rabbits (only started roughly 200 years ago) are so far different genetically than wild rabbits that they no longer are cross fertile.

Also, if you bring up the topic of the fastest (non flying) land animals, you'll find the correct answer is starting with the Cheetah, getting very close to 70 mph for very brief moments, then the North American Prong horn that can approach 65 mph, but can hold over 45 mph for over an hour. Third is the Western Hare at 45 mph "During evasive maneuvers", and can hold those speeds nearly 15 minutes. What is interesting about this to me is North America has 2 of the fastest species of prey animals with the fastest predator on another continent.

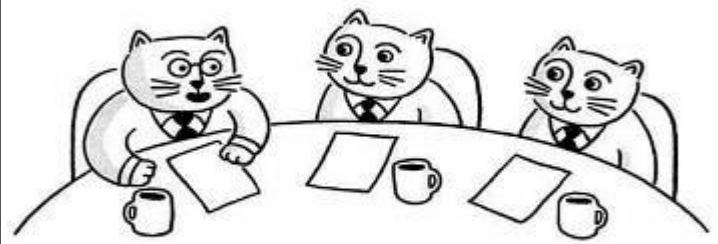
Thanks for letting me share.//Dan



CAPT. R. E. JORTBERG, USN
PROSPECTIVE COMMANDING OFFICER
BLUE CREW



HOW AMAZON WAS INVENTED



m.e. mcneil

"Any ideas on how to get more cardboard boxes into our homes?"



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PROSPECTIVE COMMANDING OFFICER
GOLD CREW