

Happy Birthday  
United States Navy!

October 13, 2024 - 249 Years



Those were the days!

VOL. 2024 #10

OCTOBER 2024

USS HENRY L. STIMSON ASSOCIATION SSBN655 NEWSLETTER

Association Officers & Board of Directors 2023 - 2025

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

<b>HISTORIAN / CUSTODIAN</b> <u>Larry [Linda] Knutson</u>	<b>WEBMASTER / NEWSLETTER</b> <u>Nick [Linda] Nichols</u>	<b>CHAPLAIN</b> <u>Bruce [Vicki] Stefanik</u>
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**REUNION CONTROL CENTER**  
**2025 Stimson Reunion**  
**October 1 - 5, 2025**  
**Groton CT**

From the Reunion Committee -  
John & Gretchen Glaub

The reunion committee has agreed to **move the reunion to October 1 through October 5, 2025** after learning that the Nautilus Museum and the USS Nautilus will be shut down for maintenance on October 7, 2025 for 10 days. The Association Board has agreed with our decision.

We are working to provide the best experience and tours possible while you are here for the reunion.

The hotel registration link will go live on October 1, 2024 and that will be forwarded to you.

Questions Email: [655reunion2025@gmail.com](mailto:655reunion2025@gmail.com)

We have been able to negotiate the final room rates for the days of the Reunion. Rates with tax:

- Weekdays: \$129 + 15% tax = \$148.35
- Weekend: \$159 + 15% tax = \$182.85



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

CJ and I enjoyed the USSVI National Convention I was fortunate to chat with many submariners and their spouses. I met too many people to list them, especially with the mind fog that showed up towards the end (we both contracted COVID by the end of the week.)

However, I was very fortunate to converse with Antonio (Tony) and Betty Faella a couple of times during the week. Tony is 102 and Betty is a young 95. Tony is one of the few remaining iron men of WWII – he made five combat patrols aboard the USS Spearfish (SS-190). Tony’s story and photos are included at the end of this newsletter.



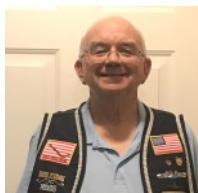
From the Association Vice President - Ray Kreul, TM2(SS) [TMC Ret] G 65-69 Plank Owner; Assoc. Life Member; USSVI Groton Base/Snug Harbor Base/Rhode Island, Holland Club:

Hello Shipmates;

Well, here we are at the start of the fall season. Still waiting for that chill in the air. Boy it sure has been one hot summer all over the US. This is the time of the year where our socializing starts to slow down and we don't see one another or talk as often, but I still remind folks we should take time and check in on one another. Especially when some of us are getting a little older??? It seems like time is passing us by faster than it used to and activities take up much more of our time. I appreciate our newsletter helping hold us together and keeping us up to date and informed. I often see reviews on Face Book, articles about the Stimson bringing back memories of the past and shipmates from long ago. Remember if you are looking for a shipmate Nick has a sailing list of Stimson shipmates and can help in your search.

One last thing if I may. Remember this fall is the time we vote for a new president again, and every vote counts. So please take the time to vote your choice and let your voice be heard.

Just received an update on the upcoming reunion. The team, Gretchen & John, are hard at work and it looks like it's going to be another great event.



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

It is good to praise the Lord and make music to your name, O Most High. Psalm 92:1

The trees are starting to change here in North Carolina. The weather is becoming cooler. Yet God and His love has not changed a bit. Great is the Lord and worthy to be praised.

May you and your families be blessed as we think of each other this month. //Bruce



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

During the upcoming months, we will be showing pictures of our historic items we still have and some items that were lost. This months picture is of a Commanding Officer Ashtray. Bet you don't remember this one.



Also, if you were on the Gold Crew during any time when Bob Weeks was the CO you completed a check-in card for him. Email the secretary if interested [655webmaster@ssbn655.org](mailto:655webmaster@ssbn655.org).



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

### Submarines Lost During the Month of October

<b>USS SEAWOLF (SS-197)</b>	<b>October 3, 1944 – 15<sup>th</sup> War Patrol</b>	<b>Lost with all hands – 100 souls (83 crew and 17 Army)</b>
<b>USS S-44 (SS-155)</b>	<b>October 7, 1944 – 5<sup>th</sup> War Patrol</b>	<b>Lost with 56 souls – 2 men became POWs and survived the war</b>
<b>USS WAHOO (SS-238)</b>	<b>October 11, 1943 – 7<sup>th</sup> War Patrol</b>	<b>Lost with all hands – 80 souls</b>
<b>USS DORADO (SS-248)</b>	<b>October 12, 1943 – New - training</b>	<b>Lost with all hands – 77 souls</b>
<b>USS ESCOLAR (SS-294)</b>	<b>October 17, 1944 – 1<sup>st</sup> War Patrol</b>	<b>Lost with all hands – 82 souls</b>
<b>USS DARTER (SS-227)</b>	<b>October 24, 1944 – 4<sup>th</sup> War Patrol</b>	<b>No loss of life</b>
<b>USS SHARK II (SS-314)</b>	<b>October 24, 1944 – 3<sup>rd</sup> War Patrol</b>	<b>Lost with all hands – 87 souls</b>
<b>USS TANG (SS-306)</b>	<b>October 25, 1944 – 5<sup>th</sup> War Patrol</b>	<b>Lost with 78 souls – 9 men became POWs and survived the war</b>
<b>USS O-5 (SS-66)</b>	<b>October 29, 1923 – near Panama Canal</b>	<b>Lost with 3 souls</b>

**Nine Boats and 563 Men Lost**

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**BOUNCED EMAIL ADDRESSES:** I'm having a serious issue with our 655 shipmates email addresses. When I send the newsletter each month, it goes out to over 1300 shipmates with valid email addresses. After sending the last couple of newsletters I received back bounces on several [read that to be 28 bad addresses]. When we [Don Ort is invaluable helping me with this] were able to track down some of the shipmates, over half of those had changed their email address and neglected to let me know.

To help with those that didn't change their email address, for some reason the emails had been denied and listed as SPAM by their ISPs. I'd asking that each of you do one of two things to help alleviate this problem from becoming bigger. |

- 1. If you have an alternate email address (such as a @gmail.com please send that to me to use. That seems to help in many instances, or;
- 2. Add these two email addresses to your email address book allowing it to receive mail from me.

You can also add to a whitelist if you know how to do that. The addresses to add are:

**[655webmaster@ssbn-655.org](mailto:655webmaster@ssbn-655.org)** and [alternate address] **[655webmaster@smcsl.org](mailto:655webmaster@smcsl.org)**

Help me to ensure you're newsletter continues to make it to your email address.

If you have contact with any of these Stimson crew please have them contact me so I can update their addresses:

Rick Baker	John DeAnda
Bryon C. Dorsey	Rusty Harding III
Charles J. Sowles	Dennis Wetmore

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**Veterans Affairs:** You may have noticed under the VA Info section I sometimes provide you with several links to a lot of information. I receive this from the USSVI Veterans Service Officer John Dudas. Be sure to look at the links and if there's a subject that might help you click the link and read it. Only takes a couple of minutes and you might get some good, free information from it.

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**Help Requested:** Shipmates, one of our crew

mates has a question that's been bugging him for a while. He has asked me to place this in the newsletter in hopes that someone can help him. If no one remembers this event happening on the Stimson but you have contact with others who served on the Simon Bolivar, Tecumseh or Francis Scott Key please forward this to them in hope they can help Alex.

**Submitted by Alex Iliria, MM1(SS) Alex Iliria B 77 -81**

contact at **[alejandrogiliria@gmail.com](mailto:alejandrogiliria@gmail.com)** or 843.330.3712

I have served on 4 boomers. I was aboard Simon Bolivar; aboard Tecumseh Jul'75- Mar'77; aboard Stimson Apr'77- Apr'81 & aboard Francis Scott Key Nov'84-Oct'87. About 18 patrols refitting in Rota, Spain & Holy Loch, Scotland except 1/2 refits in Kings Bay, GA, USA.

Couldn't recall which of the 4 this occurred on.

On final turnover day, when the 04-08 Watch was paralleled, sometime during that Watch a problem occurred with "shore/tender power ". In the process of changing fuses, to correct the problem, the electrician on watch got electrocuted, fatally. Incident reports indicated he had used the wrong fuse puller. That nuke electrician could have gone home because he was on the off-going crew.

Do any of you recall that incident? Every time I deal with electrical fuses (w/c is seldom or not at all), I have this fear that gives me nightmares about that incident.

I had "enjoyed "completing 18 FBM patrols. That specific, horrifying incident, however, somehow "spoiled "the fun I had as a bubblehead.

I wish this incident goes viral & helps me gain validity/truth vice just a "pigment" of my imagination. //Alex

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**Submitted Articles:** There are some interesting articles at the end of the newsletter. All are very good reading. I hope you enjoy them.

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**SHARING PICTURES WITH SHIPMATES:**

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

upload to our Stimson Dropbox file.

[655webmaster@ssbn655.org](mailto:655webmaster@ssbn655.org)

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## SUBMARINE QUALIFICATION CARD & CERTIFICATE

I continue to receive one or two qual cards from shipmates each month. It would be great if any of you can send me and email with copies of your SS qual cards and pictures of getting your dolphins. Check out the [SS Qual Card & Certificate](#) webpage. When you find your card either scan it or take a good picture and send it to me at [655webmaster@ssbn655.org](mailto:655webmaster@ssbn655.org). Your name will be added to the new page with a link to your certificate. This is for all Stimson shipmates, not just the ones who qualified on the 655. No matter what boat you qualified on if you were on the Stimson send me a scan or picture and it will be added to the website.

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

### Qualification Cards of Stimson Sailors

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## RETIRED!!

**I am retired in the sense that  
I was tired yesterday  
and today I am tired again.**

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The following Stimson Shipmates have departed on Eternal Patrol.

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*None reported this month.*

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

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## 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 but without an email address.

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**MM1(SS) Alex Iliria B 77-81**

[updated by shipmate]

**EM2(SS) Steven Borabek B 69-71**

[found by Don Ort; updated by shipmate]

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**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. 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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**George Stevens, MT2(SS) G 68-71**

Cards to: 3025 Winterhaven Dr., Lake Havasu City, AZ 86404

**9.17.24: Email from George:** Basically the Dr said if I don't get my heart fixed, at the rate it's going, long-term prospects are not good. I am trying to get to see my electro cardiologist ASAP. An ablation and or pacemaker and or meds are options.

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**John Cole, LT B WEPS 78-80, USSVI Member-at-Large, CDR Ret.**

Cards to: 5914 Ruby Dr Pearland TX 77581-8926

**7.31.24: Email from John:** We pray that you and your loved ones are healthy and happy. Susan and I are doing well as we fight the continuing battle against Parkinson's, Left Shoulder Surgery

and now my C1-C6 surgery as well. It just seems like all of the parts are wearing out as time seems to fly by faster and faster. The things I miss the most are hunting, hiking, gardening and just being in the mountains. I must be content with the flowers and a few pots of garden plants on our patio. Bye for now, Very Respectfully. John F. Cole Cdr., U. S. Navy Retired, 100% Disabled 05/12/1964 To 08/01/1994, E1-E9 & O1E-O5 Vietnam through Desert Storm

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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

**9.22.24: Email from Bruce:** Things good here, ALS IS GOING VERY SLOW. Thanking the good Lord for His blessings

*6.15.24: Email from Vicki: Bruce is doing great. His neurologist was a little surprised at his May clinic visit at how Bruce has not progressed but Bruce reminded him that he is on both Rx's to slow the progress. He decided Bruce doesn't have to go back to clinic for 6 months instead of 3.*

*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.*

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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

**8.28.24: Email from Sandy:** Dear Friends, we provide a brief status of Donna's back challenges and Sandy's cancer challenges.

First, we thank you for your prayers for our health. They are very uplifting, effective, and appreciated. God answers prayers!

**Donna:** - Her back continues to cause her great and almost constant pain in her back and left leg above the knee. She recently had radio frequency ablations of the left and right medial branch sensation nerves of her L2-L3 and L5 -S1 joints. It may take 2-4 weeks to know the total results of the ablations but we are cautiously optimistic. This procedure is designed to relieve the back pain; but not the pain in her thigh. Her doctor will order an MRI to see if there have been any changes to the back structure to cause the increased pain level she has seen.

To fix the this problem, Donna may need a nerve stimulator. This decision will be made after the results of her ablations and MRI are known.

**Sandy:** - The last PET/CT scan showed the cancer is continuing to spread and is not being totally controlled by the Keytruda immunotherapy. Because of this, additional action was required. One choice was to stop Keytruda and go to only chemotherapy. This is the normal procedure; however, this option would significantly limit my lifespan. We did in depth research and had discussions with several major oncology medical centers looking for a better option. We found a recent study done in France, subsequently published in the Lancet, a credible medical journal

that had a trial adding chemotherapy drugs to Keytruda treatments for the initial treatment of mesothelioma. One such drug is Alimta, which restricts blood flow to the cancer nodules so they die. This gave us the assurance that it was safe to give Alimta in addition to Keytruda. As Keytruda was controlling the cancer to some extent, we wanted to keep it and add Alimta. After consultation with our doctors, we decided to go the latter route and on July 31, 2024 our oncologist added Alimta to Sandy's Keytruda regime. There is no approved procedure for this treatment; however, Alimta has been proven to be safe to use with Keytruda and, since the cancer is not growing too rapidly, we have time to try this treatment. This is the first time this combination has been used on anyone who has been on Keytruda for over 6 years. There are no guarantees; however, it is a safe and considered decision that will hopefully be successful in extending a good quality of life. If it is found to be not working after three treatment cycles, we will have to change the treatment regime, most probably to a two chemotherapy regime with a potentially shorter life span.

We put our faith in God, research, our oncologist's good judgement, and the prayers of our family and friends. These things have helped us and they give us courage to blaze new treatment trails!

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*

**GREAT LINKS TO SPEND TIME WITH**

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**655 Association Website**

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

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**US Navy Submarine School | NSB New London | Groton, CT | A Day in the Life of a Submariner**

An in-depth look in the day and life of a US Navy Submariner-in-training. Submarine Veterans can take a walk down memory lane, and newcomers can explore Naval Submarine Base New London.

**VIDEO**

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**'Take her down!' WWII submarine skipper sacrificed with final order**

By Jon Guttman; Thursday, Sep 5, 2024

Submarine commander Howard W. Gilmore. (Naval History and Heritage Command)

With the Battle of Midway raging in the Pacific in June 1942, Japanese forces 2,500 miles to the north were seizing control of the Aleutian Islands of Kiska and Attu.

Their aim was clear: Distract American forces from Midway while sending a message that Japan was capable of hitting additional territories belonging to the United States.

In the months that followed, the northern region would host a series of fights whenever weather permitted. U.S. submarines made their presence known that Fourth of July, when the

submarine Triton sank the destroyer Nenohi.

But it was the following day that saw the combat debut of two names destined for submariner immortality: The USS Growler and its skipper, Cmdr. Howard Gilmore.

**FULL ARTICLE**

**SEA STORIES, COMMENTS and JUST GOOD THINGS From Our Shipmates**

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*Submitted by Bob Faulkner MT1(SS) B/SY2/G 80-86*

Hey sr. chief I found a neat FaceBook page run by a friend of mine from A and C school. His name is David Bozarth and the page is **Submariner's Advocacy Group**. He is looking for [other submariners] to join it; then he has more clout and he looks for people to help

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*Submitted by Trin Rios, LCDR B NAV 76-78, USSVI Tri-State Base & Holland Club*

**Elections ISA/USA 2024**

**ISA/USA – International Submariners Association/USA**

ISA/USA is in need of volunteers to serve on your ISA/USA Board of Directors. We need new members to give us new ideas and make our organization strong. So far, we have not gotten enough of you to step up and serve your

President
Vice President
Treasurer
Secretary
Member at large

organization. Send your nominations to ISA/USA c/o **budcunnally@verizon.net**

**Annual Elections**

Please enter your name in the position you may wish to serve. You may also approach another member and ask them to place their name for election. Please make sure they agree.

There is an additional question that needs to be accepted or not accepted for the by-law addition.

YES checked
NO

**Proposed Addition to our, BY Laws.**

No Member of ISA/USA will engage in any negative behavior to interfere with the operation of this organization. They will not have correspondence with any outside entity to disturb the cultivation of any legal event of the organization or the ISA-sponsored undertaking of an International Congress.

Please Check the desired box.

A big welcome to ISA/USA for our newest member, EM1(SS) Brian Finks Ret. USN. Brian lives with his Spouse Helen in Joliet, Illinois. He served on the USS Guardfish (SSN 612), USS Alaska (SSBN 732), USS Permit (SSN 594), and USS Salt Lake City (SSN 716).

**The Health Corner**

**By: George Stevens MT2(SS) G 68-71**

I believe it was the movie The Graduate where the graduate was told to make his fortune in plastic. Since then, manufacturing has turned to plastics as the go to resource for making almost everything. Unfortunately, plastics break down into minute particles over time and micro plastics now make up approximately 40 percent of the dust in our homes. When it rains, micro plastics come with it so that even our soil is absolutely teeming with micro plastics. The air that we breathe, virtually everything that we eat and drink all contaminated with bits of plastics so small you can't see them.

It has gotten to the point that micro plastics have been found in lungs and even in bone marrow, among other organs, as well as in blood. Scientists are still investigating the potential impact of micro plastics, which have been shown to damage human cells. One study that was recently conducted in New Mexico found that micro plastics are actually accumulating inside our brains.

Researchers examined human organs – specifically the liver, kidneys, and brain – using

autopsy samples. A British doctor has said that every year, we breathe in a credit card size worth of plastic. Really?

Can't think as clearly as you used to? Rather than an aging brain, it could be micro plastics. According to CNN, the scientists conducting a study found that brain samples taken from cadavers in 2024 had concentrations of micro plastics that were 50 percent higher than brain samples from 2016. Concentrations in the brain were found to be 1/2 of one percent -0.5%. So, our brains today are 99.5% natural and 0.5% plastic. Naturally, younger people have smaller concentrations.

Let that sink in for a moment.

A recent study revealed that the world is pumping out 57 MILLION TONS of plastic a year. If this trend continues, at some point our bodies will completely fail. Is it any wonder that the general health of people is going down? It's not just plastic. Our bodies are being bombarded with toxins from everywhere. Whether its herbicides, pesticides, cleaning products, vaccines, chemtrails or a thousand other sources, we are slowly killing ourselves. Cancer rates have gone up along with dementia, autism, and a host of other ailments. What we are facing should be a global emergency but hardly anyone is talking about it.

What can we do? Shedding light on the issue certainly helps - so spread the word. Plastic products that we throw away every day contain dangerous toxins and they become micro plastics. RECYCLE! No recycle program? Push for one. Another solution - eliminate as much plastic in your lives as possible.

I recently read that some chemicals from plastic etc. that don't break down (forever chemicals) make it into our food. Non-stick pans are great for clean-up but they shed into your food. Plastic glasses, plates, bottles, packaging all contribute to the problem. Unfortunately, this is not just a problem in America, it is a global problem and it will take a global movement but we have to start somewhere.

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

### **Political Scams**

Welcome back to the Security Corner! This month we will look at Political Scams.

With our Presidential election coming up in just one month, as you might correctly guess, scammers are hard at work. Political scams abound and this article comes from the AARP website at the following link:

<https://www.aarp.org/money/scams-fraud/info-2020/political.html>

Quoted from the article: "Scammers are eager to take advantage of your civic engagement by deceiving you into contributing to a bogus political action committee, also known as a scam PAC."

<https://www.aarp.org/money/scams-fraud/info-2019/scam-pacs.html>

Quoted from the article: "Some PAC scams are more like charity scams, soliciting money to supposedly support law enforcement officers, veterans or cancer research. Whatever the pitch, the con can be lucrative."

<https://www.aarp.org/money/scams-fraud/info-2019/charity.html>

Sometimes you find that the charity has a third-party group doing the solicitation, and guess what? They end up taking a hefty percentage of the proceeds for themselves. So always check your charity to see how much of the donations actually end up in their hands. You might be surprised.

I get 10-15 postal mail solicitations a week, including political opinion surveys that request money. Think your opinion counts if you don't send money... Probably not!

Quoted from the article: "Other political scams ramp up as an election season heats up. You might get a call from a purported pollster, who promises a gift card or other reward in exchange for your opinions — they just need your credit card number to cover shipping or taxes."



<https://www.aarp.org/money/scams-fraud/info-2019/gift-card.html>

Always beware of suspicious e-mails and phone calls, and especially in an election year. "Cybersecurity firm KnowBe4 reported on an email that made the rounds during the 2020 campaign asking recipients to "confirm" personal details to fix supposed errors on voter registration forms.

These phishing ploys aim to steal money or personal information, such as your **Social Security number** or date of birth, for use in **identity theft**. Exercise your right to hit delete or hang up."

So don't fall for any of these scams! AARP has a links to information on many scams in play at: <https://www.aarp.org/money/scams-fraud.html#frc>

Stay informed so you stay safe.

**And finally, Please be sure to vote. The nation we defended needs to hear our voice – loud and clear. Make your voice heard.**

As always, shipmates, questions, comments or suggestions for future topics are always welcomed. Contact me at [subvet\\_ssbnet@bellsouth.net](mailto:subvet_ssbnet@bellsouth.net). And if you have a difficult computer or network problem you need help with, contact me. I'm always glad to help out if I can. //George

## **The Security Corner Pt. 2 iOS 18 Password App**

Welcome back to the Security Corner! This is an additional article for October due to the release of the iOS 18 update and the addition of a new app for passwords that you will see on your Apple devices.

By now those of you who are Apple device users will have likely upgraded to iOS 18. Included in that release is a new app called Passwords.

It will likely be found on your last screen page



and looks like this:

In previous versions of iOS, Apple supplied a

password management tool as part of the Settings app. Using iCloud Keychain, you could have passwords automatically generated for you and saved inside Settings under the Passwords screen. In iOS 18, passwords are breaking out of Settings and into their own, dedicated app.

Apple says the Passwords app uses end-to-end encryption to save your details, meaning nobody, not even Apple, knows what you have saved. Within the app, you can search for login details to your entries and set up groups to share passwords with other people.

Here are some links to help you understand what is changing and understand how to use this new feature.

**iOS 18 is out. Here are the new privacy and security features**

### **Interesting points from this article:**

One thing we often hear when we recommend the use of a password manager is that it's too complicated. And, admittedly, many of them come with a learning curve. But Apple has made some steps in the right direction here.

Apple will also **warn users if their credentials have been caught up in a data breach**, so users can change their compromised password. In addition, users who have a weak password, or one that's been used before, will be warned to pick a better one. Current users of the AutoFill function should notice how their passwords have automatically been added to the Passwords app. **iOS 18 also prepares your device for Apple Intelligence which is expected next month.**

*(GB's Note: Beware!)*

"Apple Intelligence, the personal intelligence system that combines the power of generative models with personal context to deliver intelligence that is incredibly useful and relevant while protecting users' privacy and security."

**Apple Intelligence is an artificial intelligence (AI) platform developed by Apple.** Its features include on-device processing so it's aware of your personal data, but doesn't require Apple to collect or store it, and a new complex system designed to draw on larger server-based models to handle more complex requests, while still protecting user

privacy.

[iOS 18 Passwords App: All the New Features](#)  
[Apple's New Passwords App May Solve Your Login Nightmares](#)  
[Here's what the new Passwords app in iOS 18 can do](#)  
[iPhone User Guide: Use passwords on iPhone](#)  
[Make your passkeys and passwords available on all your devices with iPhone and iCloud Keychain](#)

So hopefully the links above will provide sufficient information to help you understand and use the new Password app installed with the iOS 18 update.

As always, shipmates, questions, comments or suggestions for future topics are always welcomed. Contact me at [subvet\\_ssb@bellsouth.net](mailto:subvet_ssb@bellsouth.net). And if you have a difficult computer or network problem you need help with, contact me. I'm always glad to help out if I can. //George



**The Computer Corner**  
**By: George Birmingham ET1(SS)**  
**G/SY1/G 69-74, Assoc. Life**  
**Member, SV Carolina Piedmont**  
**Base, Holland Club**  
**The Ai-Enabled PC**

Last month we looked upgrading to Windows 11 where your existing PC did not have hardware that would allow for the automatic installation of the new Windows operating system. So now we will examine between traditional PCs and the new breed of AI-Enabled PCs. This is a somewhat complex topic, but one that is very important to understand when looking for a new PC or Laptop. And it presents some risks to privacy that need to be understood. We live in a world where information is power and often sweeps personal privacy to the curb when that gets in the way. Know where your PC is made.

That said, if this journey is not something you will be taking, you may want to exit here.

For those continuing, the following link is an explanation of the differences, from Best Buy, and perhaps one of the better explanations I have

read:

[Conventional Computers vs. AI Computers: What's the Difference?](#)

This next link discusses AI and Personal Data, and while it comes from Velaro, a business software provider, it has some interesting commentary on privacy risks, access to personal data. And if AI is embedded in the operating system, it can access everything on the PC:  
[AI and Personal Data: Balancing Convenience and Privacy Risks](#)

The major PC makers, like Dell, HP and Lenovo just to name a few all have announced their portfolios of AI-Enabled desktops and Laptops running Windows 11, which touts the presence of the CoPilot+ which comes standard with Windows 11 and the Edge Browser.

And if you thought AI is suddenly a new thing, well you will be surprised to find out how long AI in various forms has been involved in your PC experience:

[The History of Microsoft and AI & Virtual Assistants.](#) (7 minute read – *The audio clip in this article simply reads the article text.* )

So this is just a brief introduction to AI and AI-enabled computers and some things to consider. Non-AI computers can be found in the market, though you still have to deal with the Copilot+ AI engine in Windows 11. I de-installed CoPilot+ on my non-AI enabled Windows 11 Dell laptop, and so far no ill effects. I have installed and launched my most critical apps with no issues or unusual behavior.

As always, shipmates, comments and suggestions for future topics are welcomed. Contact me at [subvet\\_ssb@bellsouth.net](mailto:subvet_ssb@bellsouth.net). If you have a difficult computer or network problem you need help with, contact me. I'm always glad to help out if I can. //George

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**The Computer Corner Pt. 2**

**Activation of your Login.gov account**

Greetings Shipmates! I hope you are all doing well.

As we all know by now, the Social Security

Administration is transitioning to Login.gov or ID.me for access to your Social Security account, per the [www.ssa.gov/myaccount](http://www.ssa.gov/myaccount) landing page:

“We’re making changes to the way you access your personal my Social Security account

If you created a Social Security username more than 3 years ago, you will need to transition to a new or existing Login.gov account or use an ID.me account to have continuous access to our online services. For step-by-step instructions on how to make the transition, watch this [video](#).

If you created your personal my Social Security account on or after September 18, 2021, no action is necessary because you already have the right setup.

The changes will simplify your sign-in experience and align with federal authentication standards. At the same time, we’re continuing to provide safe and secure access to our online services. Be sure to refer to our [Frequently Asked Questions for Transitioning Your Social Security Username to Login.gov](#) for any additional questions you may have.”

So it’s a pretty straight forward process. However there is a video that explains it all, and I highly recommend watching it first **before** starting the process.

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

Log in to your my Social Security Account by visiting [www.ssa.gov](http://www.ssa.gov) and select “Sign In” Sign in with your current (legacy) Social Security Username, then verify your phone number /or e-mail address for a security code to be sent to you. Then select Next

Enter the received security code and click on “Submit Security Code”

On the next page, Select “Create or Sign in with Login.gov”

On the next page, select “Create an Account”, and then enter your e-mail address and language preference. Be sure to check the box beside “I read and accept the Login.gov Rules of Use”.

Then click the Submit button  
Login.gov will send you an e-mail with a link to

confirm your e-mail address

Check your email account for a recent email titled “Confirm your email” and select the button inside the email that says “Confirm email address”

Next you will be directed to a screen where you can create a password for your new login.gov account. It needs to be at least 12 characters long. As I recall, the password blanks show a computer-generated password, but at the bottom of the page you will see a link for “Other Options” where you can select the option to provide your own password. That’s what I chose to make sure I could create a password I had a chance of remembering. Be sure to click the “show password” box to see what you are entering in both password entry boxes. Then click Continue.

Next you will choose an Authentication method – there are 5 to choose from – I selected text or voice message.

If you chose the text or voice message option, the next page is where you enter your phone number, and select text message or phone call format. Next you hit the Send Code button and advance to a page to enter that code just sent. You will be given the opportunity to select a second method – I opted not to choose any additional methods.

The next page allows you to share your information with the SSA – so enter your e-mail address here.

And finally, if everything went right – you get this:



Your existing Social Security account is now linked to Login.gov.

Moving forward, please remember to sign in using your Login.gov account. For e-mail transitioning from Social Security usernames to Login.gov.

And that’s the process.

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

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

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## **Getting Rid of an Old Cellphone? Do This First or Risk Getting Hacked**

By Laurie Budgar

Reviewed by Burton Kelso

Updated Jun. 12, 2024

Don't toss your old device in the trash! Here's what to do with old cellphones to protect your personal information, according to tech experts.

Numerous options exist, including trading in your cellphone for a newer model or recycling it, but most of them come with security risks. "Both personally identifiable information, such as your name and address, and sensitive information, such as account numbers, usernames and passwords, can be extracted from the device and used for identity theft," warns cybersecurity and identity-theft expert Robert Siciliano, CEO of Protect Now Cyber Security Training and Solutions. But if you take a few smart online-security precautions, you can sidestep these potential threats.

### **How can your cellphone put your personal information at risk?**

We use our phones for everything from social media to banking transactions, and these apps contain sensitive data like your name, birth date, account info and more. If someone who's a bit tech-savvy gets their hands on your old phone before you've deleted your data, they can gain access to all that information.

Once they have that info, they can use it for their financial gain—and your loss. The scam you're most vulnerable to depends on what information you're leaving accessible on your old cellphone

### **What steps should you take before recycling your old cellphone?**

To be sure you don't lose your photos, music, documents, contacts, passwords and apps—and ensure that no one else can access them—take the following steps before getting rid of your old cellphone in any manner.

#### **1. Back up your phone**

You can choose to back up your data to the cloud (most phone manufacturers have a

proprietary cloud service, such as iCloud or Google Cloud) or to an external drive. You also may be able to transfer your data directly to your new phone. Most modern cellphones have on-screen prompts to help you do this as soon as you turn on the new phone. And here's another option: If you have an Amazon Prime account, you can use Amazon Photos to store your photos. This is particularly helpful if you have a large number of photos, since it will give you unlimited photo storage, whether you have an iPhone or Android.

#### **2. Sign out of your accounts**

To avoid having anyone gain access to your personal information, go into your phone's settings and sign out of everything: email, banking, iCloud, online shopping, subscriptions and even social media. Also ensure that your phone is no longer paired with devices like speakers and printers.

#### **3. Delete your saved usernames and passwords**

You'll do this while you're still in your phone's settings, whether you have an iPhone and Android.

On an iPhone

1. Go to Settings > Passwords.
2. If you want to delete your passwords one at a time, scroll down to the alphabetical list of websites and tap on the one you want to manage. At the bottom of the screen, tap "Delete Password."

If you want to delete them all in one fell swoop, tap "Edit" at the top of the screen. Then go to the alphabetical list of websites, tap the circle next to each one, and tap "Delete" at the top of the screen.

On an Android

1. Go to Settings > Password Manager. Select the password you want to remove, and tap "delete."

#### **4. If you have an Android, remove it from two-factor authentication**

Typically, once you enter a username and password for a site, you will receive a code on your phone if you've registered it for two-factor authentication (2FA). If that code pops up on your

old phone, someone could gain access to your accounts. While this isn't a risk on an iPhone, since 2FA is linked to your AppleID and not a specific device, it is a potential issue on Androids. Here's how to remove 2FA from your Android:

1. Go to Settings > Google > Manage your Google Account > Security.
2. Under "How you sign in to Google," tap "2-step verification."
3. Tap "Turn off."

Confirm by tapping "Turn off" again.

#### **5. Unlink and remove your SIM card**

After you've signed out and unpaired your device from everything, remove your SIM card (which stores information like your phone number, carrier, contact list and text messages). If you're going to keep the same phone number, you may be able to use it in your new phone.

#### **6. Reset your phone**

Lastly, perform a factory reset on your iPhone or Android phone to wipe your personal information from your device.

Once you've taken all these steps, you can now focus on what to do with your old cellphone.

#### **What to do with old cellphones**

Before you get rid of your old cellphone completely, consider whether you can repurpose it. For example, you can download apps that help you use it as a baby monitor, security camera, remote control or webcam. If none of those uses appeal to you, here are your other options:

##### **Trade it in**

Some cellphone carriers and manufacturers—notably, T-Mobile, Verizon, Apple and Samsung—have take-back programs that allow you to trade in your old phone for a new, upgraded model.

##### **Sell it**

If you don't want to deal with a cellphone carrier or manufacturer, you can sell your old phone outright.

##### **Donate it**

If your phone is still in decent condition and you don't have a family member to pass it on to, you can donate it to a charitable organization.

Some groups that accept used phones include:

##### **Recycle it**

Cellphone manufacturing uses a lot of natural resources, including copper, gold, palladium, lithium and crude oils. It also requires an enormous amount of energy and produces greenhouse-gas emissions. So recycling your phone is a more Earth-friendly way to end its life.

You might want to consider recycling accessories, such as your earbuds and chargers, while you're recycling your old cellphone. Check to see if the service you're interested in offers that option as well.

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#### **RD.COM**

#### **Getting Rid of a Printer? Do This First—or Risk Getting Hacked**

By Brooke Nelson Alexander

Knowing how to dispose of a printer safely could mean the difference between protecting your personal data and allowing it to fall into the wrong hands.

We've all grown savvy to safeguarding our personal data on computers and phones—meticulously encrypting emails, setting up complex passwords and regularly updating our software. But despite our best efforts, there's a vulnerability we often overlook that could be sitting right on our desks: the humble printer. Believe it or not, figuring out how to dispose of a printer could make or break our online security.

Recently, new revelations about certain printers shed light on the unforeseen security risks that could be lurking in our offices and homes. But with the following tech tips from cybersecurity experts, you'll be able to combat the unexpected threat found in many printers and fortify your data against hackers.

#### **How can your printer put your personal information at risk?**

It boils down to the fact that any digital device that connects to your home Wi-Fi, including your printer, stores data about the network on its hard drive. This is normally a good thing, since it allows the printer to automatically connect to the internet without asking you to re-enter the information every time. When you sell or recycle a printer, you should delete this saved data by performing a

memory wipe or factory reset, which prevents cybercriminals from discovering and exploiting the info, according to Chris Pierson, PhD, CEO of the cybersecurity company BlackCloak.

There's just one problem: Canon recently announced that a security flaw in a handful of its printers leaves behind the stored Wi-Fi information even *after* the reset process. If a hacker gains access to the printer after you sell it or throw it away, they could find these wireless settings simply by going to the Wi-Fi option in the main menu. Canon's advisory notes that this issue affects several of its printer models, including the E, G, GX, iB, iP, MB, MG, MX, PRO, TR, TS and XK series.

### **What type of information is at risk?**

Data about your wireless settings—including your Wi-Fi name, Internet Protocol address and the password to the network—could all stick around even after resetting your Canon printer. Once hackers find that information through the menu commands, they could easily log in to your Wi-Fi and spy on your online activity, including sensitive information like your bank account login, credit card numbers and personal photos.

Fortunately, there have been no reports of anyone falling victim to this issue in real life yet. This suggests that Canon got word of this flaw from either a researcher or customer who noticed it, according to Pierson.

### **Is this a potential problem with all printers?**

While the current notice is specific to Canon's printers, it "serves as a reminder [of the risks] to everyone with any electronic device that connects to a home network," Pierson says. That includes other Wi-Fi-connected printers, as well as smart devices like your Ring doorbell, refrigerator, dryer and even light bulbs.

In fact, you might be surprised by all the devices in your house that access and store your Wi-Fi settings—and consequently might leave your data vulnerable. "Wi-Fi-connected devices have proliferated, and [they include] things that we may not think of," says Alex Hamerstone, a director at the security-consulting firm TrustedSec. "A lot of low-priced consumer electronics from

previously unknown manufacturers have Wi-Fi access now, and I would be more worried about those."

That's why it's important to know how to dispose of a printer and any electronic device that you plan to donate or discard. "Given that the holiday season is right around the corner, this is a great reminder that when discarding old devices, ensure you wipe or do a factory reset on those devices to mitigate data leakage," Pierson says.

### **How to dispose of a printer the right way**

Before you throw away, donate or even send in your printer for repair, you should always perform a factory reset to erase all stored information. The specific steps for a factory reset will vary depending on your printer model, but the reset function is typically found under the "General" or "Setup" setting in the main menu. For Canon printers, follow these steps for a factory reset:

1. Go to the Setup option in the main menu.
2. Select Device settings > OK, then select Reset settings > OK.
3. Find Reset, then choose OK.

Select Yes to restore the printer to factory settings.

In addition, users who have one of the affected Canon printers should take the following steps to ensure their Wi-Fi data is deleted:

1. In the menu, go to Reset settings > Reset all.
2. Enable the wireless LAN.

Follow the first step one more time, going to Reset settings > Reset all.

If you have a Canon printer model that does not have the "Reset all settings" function, do this instead:

1. Select Reset LAN settings.
2. Enable the wireless LAN.

Select Reset LAN settings one more time.

What else should you keep in mind about printer safety?

Wiping your Wi-Fi settings isn't the only step you should take to protect personal information stored on your printer. Aside from learning how to dispose of a printer properly, here are more tips to



**DD214: What You Need to Know**  
**National Guard Chief, VA Benefits Fix, Military Pay Raise: Here's What's Still on Congress' To-Do List as Recess Starts**

**From our friends at the Military Veterans Advocacy Association (MVA) Summer Newsletter**

**USAA to Pay \$64.2 Million to Service Members in Settlement over Improper Bank Fees, Interest**

**Navy Nuclear Officer Bonuses**

**The VA's 2023 Hiring Spree: A Lot of Psychiatrists**

**2 Years Since the PACT Act Was Signed, Vets Are Getting More Support but Hurdles Remain Your 2024 State Veteran Benefits**

**PACT Act: Presumptive Conditions**

**The US Navy's Warship Production Is In Its Worst State in 25 Years. What's Behind It?**

**In the Past Decade, VA Has Recouped \$2.4 Billion in Separation Pay, Bonuses from Disabled Vets**

**VA Sets Up Website, Call Center to Protect Vets from Fraud as More Companies Profit from Benefits Claims**

**The VA Withheld \$84M from Eligible Disabled Veterans. Now Nonprofit Legal Clinics Are Stepping In.**

**How the PACT Act Works for Current VA Beneficiaries**

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

**NASA Astronauts Who Will Spend Extra**

**Months at the Space Station Are Navy Veterans**

**VA Takes Steps to Expedite Claims for K2 Veterans with Chronic Illnesses**

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**VA brings eye screening closer to home**

Regular eye exams are crucial for maintaining overall health, especially as you age. If you're a rural Veteran, you can go to your local VA primary care clinic for your vision-saving eye exam.

Robert, a Veteran from a rural town in Iowa, recently visited the Mason City VA Clinic to establish his VA care. As part of the process, he was sent to the Technology-based Eye Care Services (TECS) room for an eye screening.

Around the same time and several states away, another Veteran named Donald traveled a short distance to the Atlanta VA Clinic for a TECS appointment to get prescription eyeglasses.

Thanks to these TECS visits, both Robert and Donald were saved from losing their vision.

**Read Full Story**

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**7 Medicare Changes You'll See in 2025**

Expensive medications? You'll save thousands. Dementia or mental health care? More options  
By Kimberly Lankford, AARP

**Key takeaways**

- Changes from Inflation Reduction Act will take effect next year.
- Lower out-of-pocket limit in Part D drug plans erases old "donut hole."
- You may find weight loss drugs covered to treat other medical conditions.

Your Medicare Advantage plan may not stay the same.

Look for a midyear statement from your MA plan.

Caregivers for loved ones with dementia may be eligible for respite care.

More mental health counselors are encouraged to enroll as providers.

You can thank **the Inflation Reduction Act of 2022** for some of the biggest Medicare changes in the past few years — including a welcome



reprieve from the high costs of prescription drugs. Among the changes:

**In 2023**, Medicare capped covered insulin costs in Part D prescription drug plans at \$35 a month and eliminated out-of-pocket costs for recommended vaccines.

**In 2024**, the government expanded eligibility for financial assistance from the Part D Extra Help program and announced results Aug. 15 of negotiations to reduce the costs of 10 of Medicare's most expensive drugs. Those prices will take effect in 2026.

One of the biggest changes takes effect in 2025, when Part D plans must cap out-of-pocket spending on covered drugs at \$2,000 a year. That change will have a ripple effect on Part D and Medicare Advantage plans' other costs and coverage, making it especially important to review your options during open enrollment this year.

The Part D rules overshadow other Medicare changes that can make a difference in 2025, including Medicare Advantage midyear coverage notices and stricter marketing rules, expanded benefits for family caregivers and access to more mental health providers.

### **1. \$2,000 out-of-pocket spending cap for prescriptions**

The \$2,000-a-year out-of-pocket limit for prescription medications applies to stand-alone Medicare Part D policies and drug coverage in Medicare Advantage plans.

The \$2,000 cap includes deductibles, copayments and coinsurance for covered drugs. It doesn't apply to premiums or to drugs a plan doesn't cover.

### **2. No more Part D 'donut hole' or coverage gap**

This change simplifies the way Part D works. Before 2025, plans had four coverage phases.

- **Deductible.** You pay the full cost of drugs until you meet your deductible, up to \$545 in 2024.
- **Initial coverage** with copayments that vary by medication.

**Coverage gap**, which occurs when you and your drug plan reach \$5,030 spent on covered medications in 2024. It was known as the "donut

hole." Plans pay less in this gap, especially for brand-name drugs, and have dispensing fees. You may pay more out of pocket for the same meds than in your initial coverage period.

**Catastrophic coverage** begins at \$8,000, based on your out-of-pocket costs, not the insurer's share, and manufacturers' discounts in the coverage gap. In the catastrophic phase in 2024, you pay nothing for your covered prescriptions until the new year, Jan. 1, 2025.

**The caveat.** "There was some concern that changes in the Medicare Part D benefit design that lower costs for beneficiaries, like the \$2,000 cap, would lead to higher premiums for 2025," says Tricia Neuman, executive director for KFF's program on Medicare policy. The \$2,000 cap doesn't include premiums.

The 2025 Part D base premium is \$36.78, but actual premiums vary depending on your location and plan.

### **3. More ways to get weight loss drugs**

Medicare is prohibited from covering drugs prescribed specifically for weight loss. But Part D plans can cover popular weight loss drugs when they're ordered for other purposes, such as Ozempic and Mounjaro for type 2 diabetes.

### **4. Subtle changes to your Medicare Advantage coverage**

The \$2,000 out-of-pocket spending cap applies to deductibles, copayments and coinsurance in the prescription drug portion of Medicare Advantage plans.

Medicare Advantage plans may make changes in 2025 to help cover their additional expenses. They are less likely than Part D plans to adjust premiums, especially if they charge nothing in addition to the Part B premium, says Meredith Freed, senior policy manager with KFF's program on Medicare policy.

**No extra premium? Probably safe.** "The zero-dollar premium is really attractive to people and one of the easiest ways to compare across plans," she says. But a plan may change its formulary, which is its list of covered drugs; reduce its out-of-pocket maximum spending limit; increase the percentage you pay for some services, called

coinsurance; or reduce some of the extra benefits that drew you to the plan in the first place.

**The devil's in the details.** Review your plan's annual notice of change carefully. Don't just rely on the general description of coverage in the Medicare Plan Finder when comparing Medicare Advantage plans. Look at the details in the Explanation of Benefits on the plan's website before making a final decision. Also reconfirm that your providers are in the plan's network.

#### **5. Midyear statement from your Medicare Advantage plan**

This will matter to Medicare beneficiaries who have chosen Advantage plans instead of original Medicare, 50.4 percent as of April 2024. The midyear statement will show available benefits that you haven't used — important since those extras are often what persuades a Medicare enrollee to sign up with a particular plan.

#### **6. Expanded program for family caregiver services**

A program for dementia patients and their caregivers that launched this year will quadruple in 2025, serving more of the country.

The program, called Guiding an Improved Dementia Experience (GUIDE), provides a 24/7 support line, a care navigator to find medical services and community-based assistance, caregiver training and up to \$2,500 a year for at-home, overnight or adult day care respite services. Patients and their caregivers typically won't have copayments.

#### **7. A push to add more mental health providers to Medicare**

Although the percentage of adults 65 and older reporting they used mental health services increased by only 1 point to 20 percent from 2019 to 2022, according to a KFF study, access to care may have affected those numbers.

Before this year, licensed marriage and family therapists, mental health counselors and addiction counselors couldn't bill Medicare because they weren't allowed to enroll as Medicare providers. Now they can, and some have.

**A paperwork process.** "But it's not just automatic. There are steps they need to take,"

Freed says.

Medicare Advantage plans must meet stricter standards to improve access to behavioral health specialists.

**Positive development:** Even though many telehealth expansions that took effect during the COVID-19 pandemic will expire at the end of 2024, Medicare permanently expanded access to telemedicine for behavioral health services. That can help with access to providers, especially in rural areas.

[READ FULL ARTICLE HERE](#)



#### **How to Spot Deep Vein Thrombosis - Learn the risks and warning signs**

Deep vein thrombosis can happen to anyone, and many of the symptoms can look like other health problems. Read about the risk factors and how to prevent serious complications.

[Learn More](#)

#### **VA Support for Staying Independent**

You don't have to face aging, disability, or illness alone. VA has resources to help you protect your independence, well-being, and care preferences.

[Learn more.](#)

#### **Talking Memory Loss with Your Doctor**

Forgetting things as you age is normal, but there are signs it's time to talk to your doctor about memory loss. We want you to feel prepared for this appointment.

[Learn more.](#)

#### **Toxic Exposure Screening: Myths and Facts**

Debunk these common myths

You may have heard some myths about toxic exposure screening. Let's break down exactly what the screening is and what it isn't.

[Learn More](#)

### **Recognizing a Heart Attack**

When you're having a heart attack, every second counts. Knowing the signs of a heart attack can help you act fast and save your life.

**Learn more.**

### **Hit Your Diabetes Target: A1C Ranges**

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

**Learn more.**

### **An App to Help You Sleep**

No matter how often you struggle to get good sleep, there's help. Try the Insomnia Coach app to track and improve your sleep.

**Watch now.**

### **Changes in the Aging Brain: Dementia Basics**

Many of us have heard of Alzheimer's, but there are actually 4 main types of dementia. Identifying common symptoms will help you discuss options with your health care team.

**Learn more.**

### **Exercise to Ease Arthritis Pain**

Arthritis can make it difficult to exercise. But gentle exercise improves strength and mobility, reduces joint pain, and helps fight fatigue.

**Learn more.**

### **Food and Hypertension**

High blood pressure can damage your arteries. But healthy eating habits can help manage your blood pressure and protect your heart.

**Watch now.**

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### **VA brings eye screening closer to home**

Regular eye exams are crucial for maintaining overall health, especially as you age. If you're a rural Veteran, you can go to your local VA primary care clinic for your vision-saving eye exam.

**Read Full Story here**

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### **First Submarine Fully Integrated For Coed Crews To Join Navy Fleet Next Week**



(STARS AND STRIPES 05 SEP 24) ... Caitlyn Burchett

WASHINGTON — The first submarine fully integrated for mixed gender crews will join the Navy fleet next week during a commissioning ceremony in its namesake state of New Jersey.

The future USS New Jersey, a fast-attack submarine, will become a deployable part of the Navy's force during the ceremony at Naval Weapons Station Earle in New Jersey on Sept. 14, culminating five years of construction that represents a historic shift in how Navy submarines are designed.

The New Jersey is the 23rd Virginia-class submarine, but it is the first of its kind — designed from the keel up with specific modifications for gender integration.

"The submarine community is a fully gender-integrated warfighting force," said Vice Adm. Robert Gaucher, commander of Submarine Forces Atlantic.

Modifications included obvious ones — more doors and washrooms to create separate sleeping and bathing areas — and some that are more subtle — lowering some overhead valves and making them easier to turn and installing steps in front of the triple-high bunk beds and stacked laundry machines.

The design changes were made to accommodate the growing female force of submariners. In the past five years, the Navy has seen the number of officers and enlisted sailors in the submarine force who are women double and

triple, respectively, Gaucher said.

As of August 2024, 730 women were assigned to operational submarines — serving as officers and sailors on 19 nuclear-powered, ballistic-missile and guided-missile submarines, and 19 nuclear-powered attack boats, according to Submarine Forces Atlantic.

The increase follows the 2010 lift of the ban that barred women from serving aboard submarines. A decade later, in 2021, the Navy announced a long-term plan to integrate female officers on 33 submarine crews and female enlisted sailors on 14 submarine crews by 2030.

“To support women serving onboard submarines, the submarine force, starting with [the Pre-Commissioning Unit] New Jersey, is building all future [nuclear-powered attack submarines] and the new Columbia-class, [ballistic-missile submarines] gender-neutral from the keel up,” Gaucher said.

Construction on the New Jersey began in 2019 at HII’s Newport News Shipbuilding division in Virginia. The warship was christened in 2021 and delivered in April to the Navy at Naval Station Norfolk in Virginia.

Before construction of the New Jersey, the Navy retrofitted existing Ohio-class submarines with extra doors and designated washrooms.

<https://www.stripes.com/branches/navy/2024-09-05/navy-sailors-submarine-women-15079956.html>

### **USS Georgia Guided Missile Submarine Arrives In Middle East**



The Georgia's arsenal multiplies the US Navy's precision-strike capabilities near Iranian shores as Israel awaits retaliation for the assassination of

Hamas leader Ismail Haniyeh at an IRGC guest house in Tehran last month.

(AL-MONITOR 10 SEP 24) ... Jared Szuba

WASHINGTON — The USS Georgia, an Ohio-class nuclear-powered submarine capable of carrying more than 150 Tomahawk cruise missiles, has passed through the Suez Canal after several weeks in the Mediterranean, the Pentagon confirmed on Tuesday.

The United States deployed the USS Georgia in response to retaliation threats from Iran and Hezbollah against Israel for twin assassinations of Hezbollah’s top commander, Fuad Shukr, in Beirut and Hamas’ political leader Ismail Haniyeh in Tehran last month.

The Georgia has remained in the Mediterranean since then as Israel prepared for Hezbollah’s response, which the Israeli Air Force preempted with strikes across southern Lebanon in late August. Hezbollah then fired more than 320 drones and rockets into Israel.

Why it matters: Both sides have since returned to more regular tit-for-tat strikes over Israel’s northern border, suggesting willingness to avert further escalation, but the threat has not abated. Israeli officials have threatened for months to launch a large-scale military offensive against Hezbollah if the US- and European-led diplomatic track fails to defuse Hezbollah’s cross-border attacks.

Israeli Defense Force chief of staff Lt. Gen. Herzl Halevi toured the country’s northern front on Monday to assess preparations after a Hezbollah drone penetrated Israeli air defenses and struck a residential building in Nahariya but caused no casualties.

Iran's evergreen threat: Meanwhile, Iran’s retaliation for Haniyeh’s killing has yet to come. US officials are taking the threat seriously. Iranian leaders have increasingly hinted in recent weeks that the retaliation may come via unconventional means. The commander of Revolutionary Guard Corps (IRGC), Hossein Salami, warned in a speech on Monday that Iran’s response will differ from its previous attacks. Supreme Leader Ali Khamenei hinted to a group

of students in Tehran last month that there are means of fighting other than “taking up arms” in the modern era, including cyber means.

The Biden administration has warned Iran’s leaders not to carry out an attack that could trigger an escalation, which US officials have said could have significant negative consequences for Iran’s stagnant economy.

The top US commander in the Middle East, CENTCOM chief Gen. Michael “Erik” Kurilla, met with Israeli defense leaders on Sunday to coordinate plans for defensive measures in case of an attack on Israel.

The head of the IDF’s Northern Command, Maj. Gen. Ori Gordin, presented Kurilla with Israel’s “operational plans for Lebanon,” the Israeli military said.

What’s next: Hopes for reaching a cease-fire agreement between Israel and Hamas to pause the war in Gaza and avert a potential Iranian attack on Israel grew even more remote this week.

Hamas forwarded new demands after killing six hostages initially captured last year during the militant group’s Oct. 7 bloody incursion into Israel, White House National Security Council spokesperson John Kirby confirmed Tuesday, without specifying details of the demands.

Multiple outlets reported that Hamas’ request included 100 additional Palestinian detainees be freed by Israel as part of the cease-fire.

An Israeli cabinet official told Haaretz on Tuesday that Hezbollah appears to be preparing for prolonged conflict in case Gaza cease-fire talks collapse.

The United States has a Navy amphibious ready group equipped with more than 3,000 Marines and sailors in the Mediterranean, as well as two aircraft carriers and accompanying destroyers capable of intercepting ballistic missiles in Gulf waterways.

But the carriers cannot be deployed indefinitely, as US officials cautioned their Israeli counterparts last week. The USS Theodore Roosevelt is scheduled to end its deployment in the coming days, but could be extended in the

region, US officials said.

Know more: Despite months of warnings from the US and European powers, Iran has provided Russia with an undisclosed number of short-range ballistic missiles, the Biden administration announced on Tuesday.

Iranian officials have denied the charge, but European officials have warned it will have significant impact on relations if the US intelligence is confirmed. The United States, UK, France and Germany hit Iran’s commercial airline industry and IRGC officials with additional sanctions in response to the alleged transfer.

The delivery of ballistic missiles to Moscow could mark a major setback for Iran’s recently sworn-in President Masoud Pezeshkian, who ran on promises of economic growth and improving ties with the West.

US officials on Tuesday said they believe Russia could use the close-range Iranian missiles to target infrastructure in Ukraine within the coming weeks.

<https://www.al-monitor.com/originals/2024/09/uss-georgia-guided-missile-submarine-arrives-middle-east>

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### **Submarine Crew And Undersea Warfare Staff Receive Navy’s Arctic Service Medals**



(STARS AND STRIPES 18 SEP 24) ... Gary Warner

The crew of the USS Indiana, a Virginia-class, fast-attack submarine that spent three weeks in the seas near the North Pole during Operation Ice Camp 2024, were awarded the Navy’s Arctic

Service Medal on Tuesday.

Adm. Lisa Franchetti, chief of naval operations, presented the medals to officers and sailors during a ceremony at Naval Submarine Base New London, Conn.

The Arctic Service Medal is awarded to Navy and Marine personnel who show “excellence and significant contributions to national security and maritime superiority in the Arctic region,” according to a Navy statement.

“Your three-week operation during Ice Camp advanced the lethality of our submarine force and showcased to the world that our Navy can operate anywhere and anytime — in any maritime environment,” Franchetti said at the ceremony.

Cmdr. Kyle McVay, commanding officer of the USS Indiana, said the award was due to the accomplishments of the crew.

“Receiving the Arctic Service Medal is a testament to the hard work and dedication of every sailor onboard,” he said.

The annual Operation Ice Camp exercise is held to advance military capabilities in the Arctic. The activity includes a submarine rapidly surfacing through the ice so the ship’s tower is above the surface. Personnel then set up exterior command posts and other operations on the floe.

The Navy first held Operation Ice Camp in 1946 as Ice Exercise.

The 2024 Operation Ice Camp included Navy, Marine Corps, Army, Air Force, and Space Force personnel. Allied military representatives from Canada, Britain, France, and Australia also participated.

While Franchetti personally gave the award to the USS Indiana crew, it was simultaneously awarded to the crews of other fast-attack submarines at the New London base who have taken part in Arctic operations. It also went to civilians from the Navy’s Undersea Warfare Development Fighting Center and Portsmouth Naval Shipyard who planned and supported the Arctic mission.

Navy officials said Wednesday that they did not know how many medals were awarded as part of the mission recognition by Franchetti on

Tuesday.

The Navy said it has increased its focus on the Arctic as climate change has opened more sea routes in the region.

In a January 2021 “Blue Arctic” strategy report, Navy leaders called on the service to “operate more assertively” as Russia was reopening bases that it had closed following the Cold War collapse of the Soviet Union in the early 1990s. The report also said China was expanding its military operations “on, below, and above Arctic waters.”

The Arctic Service Medal’s official criteria states it is awarded to sailors and Marine Corps personnel assigned to a unit that takes part in an “ice-covered strait transit such as the Bering Strait or Barrow Strait, or a unit that conducted a transit of the North Pole.”

The award also goes to crews that conduct vertical surfacing through ice or a submarine that conducts at least seven days of military operations under ice zones, pack ice, or is assigned to an ice camp or operations center set up on an ice floe.

<https://www.stripes.com/branches/navy/2024-09-18/navy-arctic-medals-sailors-submarines-15223811.html>

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## **DoJ Notified of Suspected Faulty Welds on Subs, Aircraft Carriers at Newport News Shipbuilding**

### **Sam LaGrone**

Shipbuilder Newport News Shipbuilding, Va., informed the Department of Justice of faulty welds that may have been made intentionally on non-critical components on in-service Navy submarines and aircraft carriers, USNI News has learned.

HII reported to the Navy that welds on new construction and in-service submarines and Ford-class aircraft carriers were made not following welding procedure, according to a Tuesday memo from Assistant Secretary of the Navy for Research, Development and Acquisition Nickolas Guertin to Secretary of the Navy Carlos Del Toro and Chief of Naval Operations Adm. Lisa Franchetti.

Guertin told SECNAV and CNO the workers did not follow proper techniques to weld the suspect joints with an early indication that some of the welding errors were intentional. Based on the Newport News assessment of the welds, the shipyard notified the Department of Justice over the issue.

Portions of Guertin's memo were first circulated on social media sites on Thursday.

Newport News acknowledged their internal quality assurance systems discovered production problems in a Thursday statement to USNI News

"We recently discovered through internal reporting that the quality of some welds did not meet our high-quality standards. Upon this discovery, we took immediate action to communicate with our customers and regulators, investigate, determine root cause, bound these matters and insert immediate corrective actions to prevent any recurrence of these issues," reads the statement.

"HII's Newport News Shipbuilding is committed to building the highest-quality aircraft carriers and submarines for the U.S. Navy. We do not tolerate any conduct that compromises our company's values and our mission of delivering ships that safeguard our nation and its sailors."

The Navy acknowledged the ongoing look into the scope of the welding problem in a Thursday statement to USNI News.

"The Navy is aware of the issue and a thorough evaluation is underway to determine the scope. The safety of our Sailors and our ships is of paramount importance. We are working closely with industry partners to address this situation and will provide additional information when available," reads the statement.

The Department of Justice did not immediately respond to a request for additional information from USNI News on Thursday on the probe into the welds.

Newport News is one of two nuclear shipyards in the U.S. The yard builds the Ford-class aircraft carriers and the bow and stern sections of the Virginia-class attack submarines and the Columbia-class nuclear ballistic missile

submarines in cooperation with General Dynamics Electric Boat.

Shipbuilders across the country have been wrestling with ongoing workforce problems due in part to a green labor pool that was exacerbated by the COVID-19 pandemic.

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### **China's Newest Nuclear Sub Sank In Spring Pierside accident came as Beijing attempts to expand its navy**

(WALL STREET JOURNAL 27 SEP 24) ...

Michael R. Gordon

WASHINGTON—China's newest nuclear-powered attack submarine sank in the spring, a major setback for one of the country's priority weapons programs, U.S. officials said.

The episode, which Chinese authorities scrambled to cover up and hasn't previously been disclosed, occurred at a shipyard near Wuhan in late May or early June.

It comes as China has been pushing to expand its navy, including its fleet of nuclear-powered submarines.

The Pentagon has cast China as its principal long-term "pacing challenge," and U.S. officials say that Beijing has been using political and military pressure to try to coerce Taiwan, a separately governed island that Beijing claims as part of its territory.

China says its goal in building a world-class military is to deter aggression and safeguard its overseas interests. A spokesman for the Chinese embassy didn't immediately respond to a request for comment.

The U.S. doesn't know if the sub was carrying nuclear fuel at the time it sank, but experts outside the U.S. government said that was likely.

Undersea technology has long been an area of U.S. advantage, but China has been pushing hard to narrow the gap.

China has been moving to diversify the production of nuclear-powered submarines. Production has been centered in the northeastern city of Huludao, but China is now moving to manufacture nuclear-powered attack submarines at the Wuchang Shipyard near Wuhan.

Beijing had 48 diesel-powered attack subs and six nuclear-powered attack subs at the end of 2022, according to a Pentagon report issued last year on China's military power.

That report said that China's aim in developing new attack submarines, surface ships and naval aircraft is to counter efforts by the U.S. and its partners to come to Taiwan's aid during a conflict and to achieve "maritime superiority" within the first island chain, a string of territory from the Japanese archipelago through Taiwan and the Philippines to the South China Sea.

The Zhou-class vessel that sank is the first of a new class of Chinese nuclear-powered subs and features a distinctive X-shaped stern, which is designed to make the vessel more maneuverable.

The sub was built by China State Shipbuilding Corp., a state-owned company, and was observed alongside a pier on the Yangtze River in late May when it was undergoing its final equipping before going to sea.

After the sinking, large floating cranes arrived in early June to salvage the sub from the river bed, according to satellite photos of the site.

"The sinking of a new nuclear sub that was produced at a new yard will slow China's plans to grow its nuclear submarine fleet," said Brent Sadler, a senior research fellow at the Heritage Foundation, a Washington think tank, and a retired U.S. Navy nuclear submarine officer. "This is significant."

Neither the People's Liberation Army, as the Chinese military is known, nor local authorities, have acknowledged the episode.

"It's not surprising that the PLA Navy would try to conceal the fact that their new first-in-class nuclear-powered attack submarine sank pierside," said a senior U.S. defense official. "In addition to the obvious questions about training standards and equipment quality, the incident raises deeper questions about the PLA's internal accountability and oversight of China's defense industry, which has long been plagued by corruption."

The first public indication that something was amiss at the shipyard near Wuhan came in the summer when Thomas Shugart, a former U.S.

submarine officer and an adjunct senior fellow at the Center for a New American Security, wrote a series of social-media posts noting the unusual activity of the floating cranes, which was captured by commercial satellite imagery.

Shugart surmised that there might have been an incident that involved a new type of submarine, but he didn't know at the time that it was nuclear-powered.

"Can you imagine a U.S. nuclear submarine sinking in San Diego and the government hushes it up and doesn't tell anybody about it? I mean, Holy Cow!" Shugart said in an interview this week with The Wall Street Journal.

While the submarine was salvaged, it will likely take many months before it can be put to sea.

"The whole boat would be full of water," Shugart said. "You'd have to clean out all the electronics. The electric motors may need to be replaced. It would be a lot of work."

American officials haven't detected any indication that Chinese officials have sampled the water or nearby environment for radiation. It is possible Chinese personnel were killed or injured when the sub sank, but U.S. officials say they don't know if there were casualties.

Shugart said that the risk of a nuclear leak was likely to be low as the sub hadn't ventured out to sea and its reactors were probably not operating at a high power level.

The U.S. has suffered similar setbacks, which proved costly. In 1969, the nuclear-powered USS Guitarro was moored at a shipyard in California when it sank following a series of mistakes by construction workers. It wasn't officially commissioned until 32 months after its sinking.

[https://www.wsj.com/world/china/chinas-newest-nuclear-submarine-sank-setting-back-its-military-modernization-785b4d37?mod=world\\_lead\\_pos5](https://www.wsj.com/world/china/chinas-newest-nuclear-submarine-sank-setting-back-its-military-modernization-785b4d37?mod=world_lead_pos5)

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### **Take Her Down!' WWII Submarine Skipper Sacrificed With Final Order**

(NAVY TIMES 05 SEP 24) ... Jon Guttman

With the Battle of Midway raging in the Pacific in June 1942, Japanese forces 2,500 miles to the



north were seizing control of the Aleutian Islands of Kiska and Attu.

Their aim was clear: Distract American forces from Midway while sending a message that Japan was capable of hitting additional territories belonging to the United States.

In the months that followed, the northern region would host a series of fights whenever weather permitted. U.S. submarines made their presence known that Fourth of July, when the submarine Triton sank the destroyer Nenohi.

But it was the following day that saw the combat debut of two names destined for submariner immortality: The USS Growler and its skipper, Cmdr. Howard Gilmore.

Howard W. Gilmore was born in Selma, Alabama, on Sept. 29, 1902. He enlisted in the Navy in November 1920 before commissioning at the U.S. Naval Academy.

In 1931 Gilmore transferred to the Navy's submarine school at New London, Connecticut. Climbing the ranks and earning a reputation as more aggressive personality than his peacetime counterparts, Gilmore attracted the attention of superiors and was rewarded by being named executive officer of the submarine USS Shark (SS-174).

While serving aboard Shark, Gilmore's career — and life — were almost cut short. On shore in Panama, he and a crewmate were assaulted by thieves. Gilmore's throat was cut in the brawl, but he survived.

In December 1941 Gilmore was given full command of Shark, but the role was short lived. The day after the Dec. 7 attack on Pearl Harbor Gilmore was transferred to the Gato-class

submarine USS Growler (SS-174).

The boat's first war patrol was to the Aleutians, where, on the morning of July 5, 1942, it spotted a tempting sight: Three Japanese destroyers off the island of Kiska.

Approaching directly, Gilmore loosed two torpedoes, dealing serious damage to Kasumi and killing 10 of its sailors. Next, it blew off the bow of Shiranui, killing three seamen and forcing the destroyer to be towed to Maizuru, Japan, for repairs.

Gilmore then calmly turned toward the destroyer Arare. He fired another two torpedoes, the second of which sent the ship and its crew to the ocean floor. Arare's commanding officer and 42 survivors were rescued by the damaged Shiranui.

For these efforts Gilmore was awarded the Navy Cross — but he was just getting started. In a second patrol Growler sank four merchant ships, totaling 15,000 tons, in the East China Sea near Formosa (now Taiwan). Gilmore was awarded a gold star in lieu of a second Navy Cross.

After an uneventful third patrol, Growler set out on what would become an ominous fourth. Departing Brisbane, Australia, on New Year's Day 1943, Growler headed toward Rabaul in the western Solomons, sinking a transport on Jan. 16 and another on the 19th. On Jan. 30 it damaged a freighter but was driven down by a barrage of gunfire and depth charges.

The area had become a hornet's nest, courtesy of Japanese evacuations from Guadalcanal.

On Feb. 4 Gilmore tailed two freighters escorted by two patrol craft toward Gazelle Channel. As he moved Growler into position for an ambush, the lead Japanese ship proved ready and fired on the sub at 5,000 yards.

Gilmore ordered a dive, forced to wait out an hour-long depth charge attack. One concussion ruptured a manhole gasket in the forward main ballast tank. Emergency repairs slowed the leak.

Just before 6 a.m., Gilmore, believing



The USS Growler conducts sea trials off Groton, Connecticut, February 1942. (Naval History and Heritage Command)

the patrol vessels to have moved on, brought Growler to periscope depth to pursue a ship five miles away.

In the early morning hours of Feb. 7 Growler's crew spotted a target. Gilmore ordered torpedo tubes readied and reduced the range to 2,000 yards, but the Japanese vessel reversed course.

Growler's radar lit up. The enemy ship was headed straight for the sub.

The nemesis was Hayasaki, a 920-ton ammunition ship converted to an auxiliary escort. It was armed with one 3-inch and two 25mm anti-aircraft guns, as well as a single 13mm machine gun.

With the range between Growler and Hayasaki too close for the sub's torpedoes to arm, Gilmore ordered "Left full rudder."

Just then the collision alarm sounded and the antagonists crashed head-on at 17 knots, throttling the sub and knocking everyone off their feet.

Growler heeled 50 degrees. An 18-inch section of bow bent sideways, disabling the sub's forward torpedoes.

Hayasaki had been rammed amidships but its 13mm gun crew, realizing they were holding a tiger by the tail, fired on the sub's conning tower with the only weapon they could bring to bear.

At point-blank range, the machine gun crew killed Ensign William Wadsworth Williams and Fireman 3rd Class Wilbert Fletcher Kelley.

Grievously wounded, Gilmore clung to the bridge frame.

Belowdecks the battered XO, Lt. Cmdr. Arnold F. Schade, was finding his feet when he heard Gilmore's next order.

"Clear the bridge!"

Wounded personnel were pulled down the hatch. Then came Gilmore's final order.

"Take her down!"

Schade hesitated, as did the crew under the conning tower, but Gilmore did not appear. Another 13mm burst swept the upperworks, leaving a hole that let in the sea.

The crew closed the hatch and submerged.

Assuming command, Schade used controlled

flooding to level Growler off while the crew scrambled to make temporary repairs.

After about 30 minutes he ordered "battle surface," but the damaged Hayasaki had already withdrawn to Rabaul.

There was no sign of Gilmore.

Thanks to its skipper's sacrifice, Growler managed to limp back to Brisbane, where it was restored to combat readiness.

"The performance of the officers and crew in effecting repairs and bringing the ship safely back to base is one of the outstanding submarine feats of the war to date," Commodore James Fife Jr., the chief of staff of Asiatic Fleet Submarines, remarked.

In New Orleans, Louisiana, on July 13, 1943, Rear Adm. Andrew C. Bennett, the commandant of the Eighth Naval District, awarded Howard Gilmore the Medal of Honor. Present to receive it was his widow and their children.

Under Schade's command Growler took part in five more patrols, sinking the destroyer Shikinami and the escort ship Hirado on Sept. 12, 1944.

The boat dispatched a total of 15 ships, totaling 74,900 tons, and claimed seven more damaged.

During its 11th patrol, however, Growler, then under command of Thomas B. Oakley, vanished somewhere in the South China Sea off Mindoro, possibly falling victim to the destroyer Shigure.

Hayasaki, meanwhile, managed to survive mines, air attacks and submarines until the end of the war. After two years of repatriation duties, on Oct. 3, 1947, it was ceded to the Soviet Union as the Olekma.

Howard Gilmore's memory is marked in the Howard family plot — his widow's family — in Magnolia Cemetery, Meridian, Mississippi.

Carved in stone are his last words, which remain similarly etched into the memories of every U.S. Navy submariner.

"Take her down!"

<https://www.navytimes.com/news/your-military/2024/09/05/take-her-down-wwii-submarine-skipper-sacrificed-with-final-order/>

# YOU MIGHT BE A FARM KID IF..



YOU HAVE EVER COMBINED PAJAMAS AND RUBBER BOOTS TO DO MIDNIGHT CALF CHECKS

MANURE IS A DINNER TABLE TOPIC

YOU AGREE THAT THE 5 GALLON BUCKET IS ONE OF THE GREATEST DEVICES EVER INVENTED

YOU THINK THE SMELL OF CORN SILAGE IS ONE OF THE BEST SMELLS IN THE WORLD

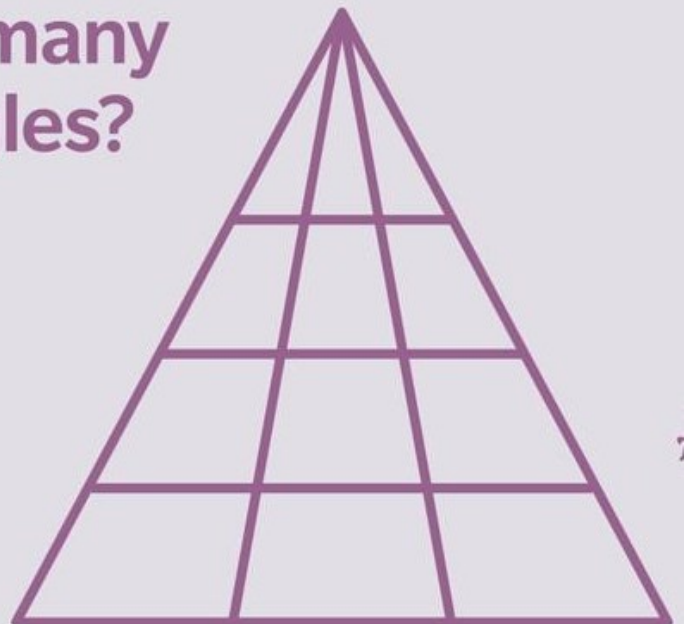
YOU'VE EVER GOTTEN AN AWARD FOR FAT (AND BEEN PROUD OF IT)

YOUR IDEA OF NEIGHBORHOOD WATCH IS SOMEONE CALLING YOU TO LET YOU KNOW YOU HEIFERS ARE OUT

YOUR FAMILY INSTANTLY BECOMES SILENT WHEN THE WEATHER COMES ON THE NEWS

How many triangles do you see?

How many triangles?



Answer will be in the November newsletter.

# Understanding Cousins in Ancestry

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

Many people, including Don and Tom, can be easily confused by “cousins” in Ancestry. For example, someone may say that a certain person in their tree was a “3<sup>rd</sup> cousin 8x removed”. We will try to clarify what these cousin relationships mean. But even saying that, it may take a chart to actually figure out how they are actually related to you. Ancestry programs will normally automatically show you the “cousin level” when that Profile is selected by determining the “current” most **direct ancestor line** between the two people. However, remember this can change as you add ancestors to your tree if a closer **direct connection** is made to that person.

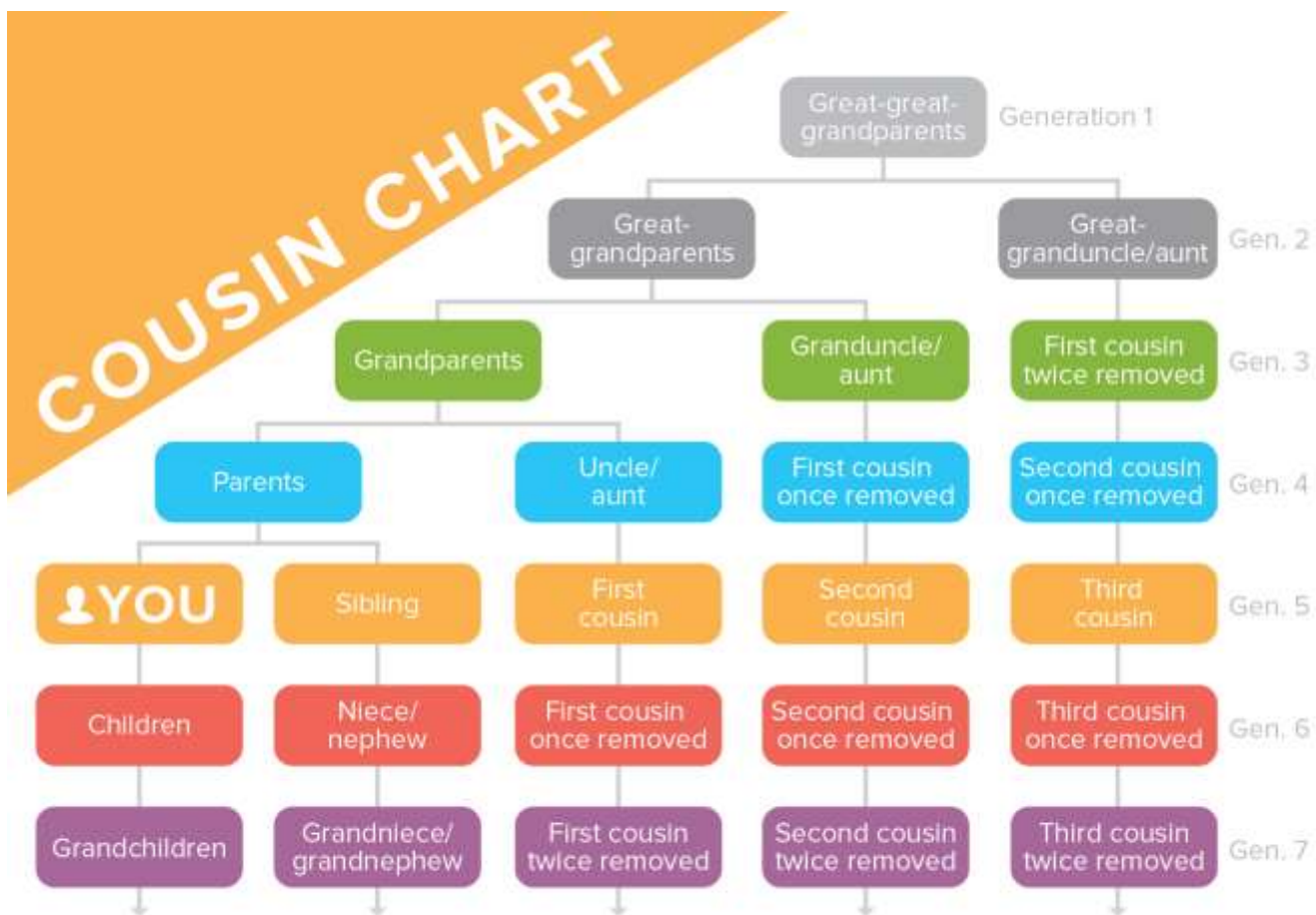
If you type “cousin chart” in the search window (example Google search) of your browser, there are many different links and articles you can look at to help with understanding cousin levels.

## Cousin Chart

Let us start with a simple cousin chart showing relationships from FamilySearch.org:

What Is a Second Cousin?—Cousin Relationships Explained

<https://www.familysearch.org/en/blog/what-is-a-second-cousin>



In general, to simplify things, you can say, if your cousin's "common great-grandparent" to you was "your" 2<sup>nd</sup> (Great-Great) grandparent, then for your generation (ORANGE LINE in the chart), that cousin would be your "3<sup>rd</sup> cousin." Thus, we can add one (+1) to the number of "greats" before "grandparent" to obtain the cousin level for cousins in "your" generation (ORANGE LINE). So, if the common great grandparent was your "10<sup>th</sup> great-grandparent (10 greats), then that generation cousin would be your 11<sup>th</sup> cousin (10 greats + 1) on the ORANGE LINE.

Looking at the chart, you can see for each generation "UP" the chart for that cousin's family line, the level of cousin would decrease by one (-1) and "times removed" would increase by one (+1) to add up to the same ORANGE LINE cousin level. For example, "3<sup>rd</sup> cousin" (ORANGE LINE) up one generation would be "2<sup>nd</sup> cousin 1 time removed" ( $2 + 1 = 3$ ) on BLUE Line, on GREEN LINE it would be "1<sup>st</sup> cousin 2 times removed" ( $1 + 2 = 3$ ). Above that you are at the Great Granduncle/Grandaunt level on the DARK GRAY line. Then you are at the 2<sup>nd</sup> (great-great) grandparent level (LIGHT GRAY) on the chart.

If we go BELOW the ORANGE LINE, for each generation, the cousin level "**stays the same**" (example 3<sup>rd</sup>) but the "times removed" **increases by one (1)** for each generation lower. Example: Your 2<sup>nd</sup> cousin's grand-child (2 generations below them) is your 2<sup>nd</sup> cousin 2 times removed (2<sup>nd</sup> cousin plus 2 generations down from them).

As you can see from the chart "cousins" are the children of your "Uncles/Aunts" (the brothers/sisters of your parents (BLUE LINE)). So going straight across from "Parents" (BLUE LINE) we see your "Uncles/Aunts" and, thus, ideally, they are in same age group as your parents). Their children (assumed to be in the same age group as you) are your "1<sup>st</sup> cousins" and your 1<sup>st</sup> cousin's children down a generation (assume about 20 years per generation) would be your "1<sup>st</sup> cousins once removed (1x)" (assume about 20 years younger than you) and your 1<sup>st</sup> cousin's grand-children down another generation would be "1<sup>st</sup> cousins twice removed (2x)" (assume about 40 years younger than you) and, thus, each generation down is still your "1<sup>st</sup> cousin" but increases a numerical level for each generation down the tree.

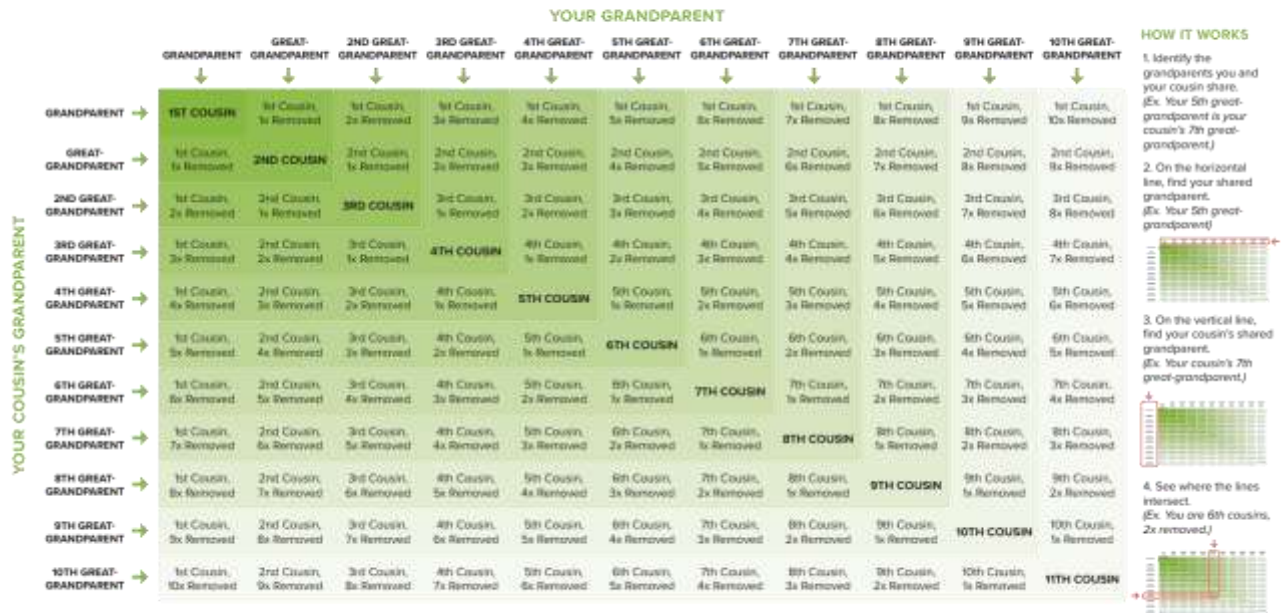
Now we can look at your parent's Uncles/Aunts, who are your "grandparents" brothers/sisters, and thus are "your" Granduncles/Grandaunts (they would have the same "grand" prefix as the level of grandparent). The "granduncle's/grandaunt's children" would be your parent's (BLUE LINE) "1<sup>st</sup> cousins," but they would be your "1<sup>st</sup> cousins once removed (1x)" (about 20 years older than you). So, each time you go up a grandparent level, the brothers/sisters of that great-grandparent are your granduncles/grandaunts at the "x" (counting the number of "greats" in their relationship to you) level."

Thus, from this logic, in the example we used of the person in the tree was your "3<sup>rd</sup> cousin 8 times removed", that would make your "10<sup>th</sup> great-grandparents" (10 greats before grandparent) (3<sup>rd</sup> cousin + 8 times removed - 1 = 10<sup>th</sup> great-grandparent) to get "your common" great grandparent of your tree.

### Cousin Chart—How to Calculate Family Relationships

Another chart is the Cousin Calculator from FamilySearch.org:  
<https://www.familysearch.org/en/blog/cousin-chart>

# COUSIN CALCULATOR



FamilySearch.org

This chart allows you to determine the cousin level by knowing which grandparent level you have in common. NOTE: The diagonal line “down to the right” would be the ORANGE LINE in the 1<sup>st</sup> chart. The line straight up/down would be the same as the first chart straight up/down line.

Thus, for the example given of “8<sup>th</sup> cousin 3 times removed,” if we go straight down the chart from our 10<sup>th</sup> great-grandparent to “8<sup>th</sup> cousin 3 times removed,” then go left to the left axis, we would see that our “10<sup>th</sup> great-grandparents” would be their “7<sup>th</sup> great-grandparents” from the chart. So, a simple rule-of-thumb is to subtract the “times removed” number from “your” great-grandparent level (10<sup>th</sup> great-grandparent – 3 times removed = their 7<sup>th</sup> great-grandparent). Also, the cousin level for the cousin in that family line in “your generation” (ORANGE LINE) would be your 11<sup>th</sup> cousin (your 10<sup>th</sup> great-grandparent + 1 = 11<sup>th</sup> cousin).

Don and Tom are distant cousins. In Tom’s Tree, Don is “currently shown” as Tom’s “6<sup>th</sup> cousin 4 times removed,” thus, they would have Tom’s “9<sup>th</sup> great-grandparents” in common (6 + 4 – 1 = 9<sup>th</sup> great-grandparent). From Tom’s tree, Captain Symon or Simon Miller 1642-1684 (DO: 5th GGF - TK: 9th GGF) (Member of Bacon’s Rebellion) is “currently” their most direct common ancestor. Notice on the chart that it says for “6<sup>th</sup> cousin 4 times removed” that for this cousin level Tom’s 9<sup>th</sup> great-grandfather should correspond to Don’s 5<sup>th</sup> great-grandfather which is true. In this case their great-grandmothers were different spouses of Symon Miller (Margaret Gains (Tom) and Ann Bell (Don)). So Don’s 4<sup>th</sup> great-grandmother, Nancy Miller (daughter of Symon and Ann), was Tom’s 8<sup>th</sup> great-aunt. Remember this could change as they find more common links in their trees that could relate them closer.

It should be noted that Don and Tom are also connected by several other marriage connections, however, with these connections they are connected through marriages of others such as uncles/aunts from each family. In Tom’s tree, he uses a “custom TreeTag” called “DO\_TK Common Ancestors” to identify the common connections between them. So far, there are 16 Profiles marked with this custom TreeTag.

## General Thumb-rules Summary

**Cousin in your generation (ORANGE LINE)** – Add one (1) to your common great-grandparent – Example: 2<sup>nd</sup> great-grandparent in common is your 3<sup>rd</sup> cousin ( $2 + 1 = 3$ rd cousin).

**Cousins in generations below yours** – Cousin level stays same but add one (1) to times removed for each generation down the tree – Example: Your 2<sup>nd</sup> cousin's grand-child (2 generations below them) is your 2<sup>nd</sup> cousin 2 times removed (2<sup>nd</sup> cousin plus 2 generations down from them).

**Your Common Great-Grandparent for Given Cousin** – If you know the cousin's level and times removed then add those together and subtract one (1) to get your common great-grandparent. Example: Your 6<sup>th</sup> cousin 4 times removed would have "your" 9<sup>th</sup> great-grandparents in common ( $4 + 6 - 1 = 9$ <sup>th</sup> great-grandparent).

**Your Cousin's Common Great-Grandparent for Given Cousin** - If you know the cousin's level and times removed, a simple rule-of-thumb is to subtract the "times removed" number from your great-grandparent level. Example: Your 9<sup>th</sup> great-grandparent – 4 times removed = their 5<sup>th</sup> great-grandparent.

## Electrician's-mate 1st Class Tony Faella made 5 combat cruises aboard sub USS Spearfish during Second World War

by [DON MOORE](#)



*Tony Faella (left) and his two brothers Vincent and Sylvio all served in the Navy during World War II. Tony was an electrician aboard the submarine USS Spearfish (SS-190). Vincent served as a seaman on the destroyer USS Tillman (DD-641) and Sylvio, the eldest, joined the Navy in 1930 as a baker aboard the carrier USS Wasp (CV-18). He was killed in March 1945 when the carrier was bombed by a Japanese kamikaze. Photo provided.*

Tony Faella of Venice, Fla. made five combat tours in the Pacific aboard the submarine USS Spearfish (SS-190) during World War II — from 1942 until war's end in '45. He served as an electrician's mate 1st class.

Gen. Douglas Mac Arthur, commander of Philippine troops on Corregidor, had just been ordered off the island by President Franklin Roosevelt. He escaped in a PT-boat that took him to safety in Australia from where he launched his campaign to take back the Philippines.

The rescue of 13 nurses and 14 civilians took place just after Mac Arthur escaped and just before the Japanese captured Corregidor during the early months of the war. Ann Bernatius, a Navy nurse who became the first American to receive the Legion of Merit for heroism at Bataan while caring for military casualties on the island, was among those rescued.

"The Spearfish was patrolling off Corregidor when the submarine got a call to rendezvous with a boat in the harbor while the Japanese were trying to take the island," the 93-year-old former Venice sailor recalled. "They didn't know they were getting nurses on board the sub. One of the sailors reached up and grabbed a leg sticking through the forward torpedo room hatch. When he realized it belonged to a lady he said. 'Oops,' and let go of her leg.



“The nurses took over the chief’s quarters on the Spearfish. They took turns sleeping in any bunk they could find,” Faella recalled almost 75 years later. “The rest of the sub’s crew and the other civilians slept anywhere they could.

“The nurses were on the boat three or four weeks. They sailed aboard the Spearfish all the way to Fremantle, Australia. Two of the nurses wrote books about their adventures during the war. One was called: ‘Angels of Mercy’ and the other was ‘Warriors in White,’ I think. They both included a chapter on their submarine ride.

“Years later several of these nurses came to our submarine reunions after the war. Ann Bernatius was 104 the last time we heard from her,” he said.



*Faella was 19 and dropped out of high school to join the Navy. He worked with the US Army Corps of Engineers building concrete gun emplacements along the eastern coast of the United States during the early months of World War II. Photo provided*

The crew of the Spearfish went on a secret mission to Iwo Jima before U.S. Marines hit the black volcanic beaches of that eight-square-mile island.

“The Navy needed information about Iwo Jima they didn’t have. They sent our sub to check it out,” Faella said. “We had a photographer aboard who took pictures through the periscope. He shot pictures of enemy fortifications visible on shore from our boat.”

Another sub adventure that impressed Faella was the time the Spearfish rescued seven members of a B-29 bomber crew who had crashed into the sea off Japan late in the war. The U.S. stationed a series of submarines just off the enemy coast to do exactly what the crew of his sub accomplished.

“We got a call that a B-29 bomber had gone down. We got their coordinates and our skipper got the sub moving. The next day we found seven members of the crew floating around in little yellow rafts off the Japanese coast,” he said. “We picked them up and they spent the rest of our patrol with us. Shortly after we took them aboard they had Christmas dinner with us on the Spearfish.”

After the war a couple of members of the bomber crew attended our annual submarine reunions. Faella particularly remembers C.B. Smith, the navigator aboard the 29 bomber dubbed “Peewee.”

“He was from St. Louis, Mo. and he drove his big motorcycle to our conventions,” Faella said. “Smith would stay with us a couple of days and take us out to dinner and pay for everything.’

“‘If it weren’t for you guys I wouldn’t be here’ he would tell us.”

The last few weeks of the war the crew of the Spearfish spent most of their time around Pearl Harbor.

“We were there when they dropped the first atomic bomb on Hiroshima,” he said. “Three days later, when they dropped the second bomb we were still there.

“Then we got orders to sail the Spearfish to San Francisco. We sailed under the Golden Gate Bridge and I was discharged from the Navy on Dec. 15, 1945.

“I hitch-hiked my way across the country on military aircraft. I flew from San Francisco to New Jersey in a couple of days. I went from there by train to Providence, R.I. I was thumbing my way in uniform along the side of the road and a guy stopped, picked me up and took me to my parent’s front door in Wakefield, R.I.

Faella took the G.I. Bill got a teaching degree in elementary education and taught third and fourth grade in a three-room school in his hometown—Matunuck Grade School. A few years later then became the principal of much larger grade school in the area. For 34 years he taught kids their ABCs.

He and his wife, Betty—his high school sweetheart—have seven children: John, Stephanie, Tom, Charley, Christopher Mary and Helen. They vacation during the winter in one of their children’s Venice homes.



**Tony and Betty Faella**

#### Faella’s File

**Name:** Antonio William Faella

**D.O.B:** 8 Sept. 1922

**Hometown:** Providence, R.I.

**Currently:** Venice, Fla.

**Entered Service:** 27 May 1942

**Discharged:** 15 Dec. 1945

**Rank:** Electricians Mate 1st Class

**Unit:** USS Spearfish (SS-190)

**Commendations:** Asiatic Pacific Medal 1-Star, American Area Medal, WW II Victory Medal, Submarine Combat Pin 3-Stars, Good Conduct Medal

**Battles/Campaigns:** Pacific, Corregidor, Iwo Jima.

## After A Savage Defeat In The Pacific, This American Sub Got Redemption

### SS-44

(NAVY TIMES 27 JUN 24) ... Jon Guttman

On Aug. 7, 1942, U.S. Marines landed on the Solomon island of Guadalcanal, the first major American offensive since the Dec. 7, 1941 Japanese air attack on Pearl Harbor drew the United States into World War II.

That assault, which quickly secured the airfield that Japanese forces were constructing there, took them completely by surprise. But within days Japanese troops were gathering all the local resources they could at and around Rabaul, striking back in what would ultimately amount to a six-month campaign marked by one dramatic surprise after another.

The next reversal of fortune occurred on the night of Aug. 9, when Vice Adm. Gunichi Mikawa, commander of the Eighth Fleet aboard his flagship, heavy cruiser Chokai, directed a small armada to slip down the island chain the Allies called "The Slot." There, off Savo Island, Mikawa's ships caught the Allied naval forces astonishingly off guard.

The nighttime attack resulted in a heavy blow for the Allies, with the sinking of U.S. heavy cruisers Astoria, Quincy and Vincennes and the Australian heavy cruiser Canberra. A piece of the heavy cruiser Chicago's bow was torn away by an enemy torpedo, and on Aug. 9 the USS Ralph Talbot suffered heavy damage.

The attack cost the Americans 1,023 dead and 709 wounded, while the Australians suffered 84 killed and 109 wounded. The Japanese, meanwhile, suffered 111 dead and wounded.

Satisfied with the havoc he had wrought, Adm. Mikawa retired northwest, leaving it to history to ponder whether or not he, like Vice Adm. Chuichi at Pearl Harbor, might have achieved a more decisive victory if he'd taken the risk of remaining a bit longer to dish out further punishment. Instead, he led most of his ships back to Rabaul.

Unknown to the Japanese, however, one remaining hazard awaited them: a small, obsolescent submarine the U.S. Navy designated **USS S-44 (SS-155)**.



### Obsolete Yet Effective

With its keel laid in 1921 and commissioned on Feb. 16, 1925, S-44 weighed in at 850 long tons surfaced, with a surfaced speed of 14.5 knots and 11 knots submerged. It normally carried 42 officers and men, a 4-inch deck gun and four torpedo tubes for a total of 12 unreliable Mark 10 21-inch "tin fish."

Elderly though they were, these "Sugar Boats," as they were dubbed, were still serving around the world when Pearl Harbor was attacked. In the following months, a newer generation of subs were

dispatched to replace them, one by one, while those crews waiting their turn did their best to make do with what they had in the increasingly obsolete boats.

Despite this, S-44, skippered by Lt. Cmdr. John R. “Dinty” Moore, experienced some rare success in the early days of the war — sinking the repair ship *Shoei Maru* in May 1942, and, in consequence, indirectly causing the loss of the IJN minelayer, *Okinoshima*. The following month the Sugar Boat sank the converted gunboat *Keijo Maru*.

By August, the veteran crew found itself on its third wartime patrol.

The S-44 was plagued by a faulty engine and frequent oil leaks, but nevertheless its crew kept it going with ingenuity and seamanship.

### **The S-44 Has its Moment**

In the early hours of August 10, the S-44 was patrolling around Kavieng Harbor, an important staging base for the Japanese Navy, when Moore spotted two cruisers silhouetted by the sun, followed by two more.

This was Rear Admr. Aritomo Gotō's victorious Cruiser Division Six, whose heavy cruisers had contributed to the destruction during the Savo scrap the night prior.

For roughly five minutes Dinty Moore maneuvered to get into a good position as the range closed. By 0808 hours the trailing warship was 900 yards away.

Moore emptied all four torpedo tubes.

“We were close enough to see [them] on the bridge using their glasses,” Moore later said, but the phenomenal success they’d just enjoyed probably rendered the lookouts less attentive than they should have been.

Thirty-five seconds after its release, the first torpedo hit just starboard of *Kako*’s No. 1 turret. Two others followed suit.

“Evidently all her boilers blew up,” Moore reported. “You could hear hideous noises that sounded like steam hissing through water. These noises were more terrifying to the crew than the actual depth charges that followed.”

All of *Kako*’s portholes had been left open. Five minutes after being hit the cruiser rolled over to starboard and sank 130 feet off Simbari Island.

Although it had emerged from the Savo battle unscathed, 68 of *Kako*’s crew died on its homeward voyage. Its sister ships, meanwhile, rescued 649 survivors, including Captain Yuju Takahashi.

As S-44 submerged and discretely withdrew, its crew celebrated a signal victory. Besides depriving the enemy of what would otherwise have been a clean sweep, the undersized “Sugar Boat” had sunk the heaviest Japanese warship thus far in the war. There would be scores more, a remarkable percentage of which would fall victim to American submarines.

### **Sadly, S-44 would not be around to see it.**

After a fourth patrol in September, S-44 returned to the U.S. for an overhaul and then embarked on a fifth patrol into the North Pacific, between Attu and the Kuril Islands.

On the night of Oct. 7, 1943, S-44 was surfaced and closing in on what Lt. Cmdr. Frances Elwood Brown identified as a Japanese freighter, only to find himself dueling head-on with *Ishigaki*, an anti-submarine vessel whose three 4.7-inch guns quickly overwhelmed S-44’s deck gun.

With their battered boat unable to dive, some crewmen produced a white pillowcase in token of surrender, but the Japanese either didn’t see it or didn’t care. Only eight survivors were rescued by the Japanese, and only two men, Ernest A. Duva and William F. Whitemar, were liberated from the *Ashio Copper Mines* to give testimony of gallant S-44’s last moments.

<https://www.navytimes.com/news/your-military/2024/06/27/after-a-savage-defeat-in-the-pacific-this-american-sub-got-redemption/>