



1950 - 1953

VOL. 2023 #7

HAVE A WONDERFUL INDEPENDENCE DAY WEEKEND SHIPMATES!!! JULY 2023

USS HENRY L. STIMSON ASSOCIATION SSBN655 NEWSLETTER

Association Officers & Board of Directors 2021 - 2023

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

Other Positions 2021 - 2023

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

REUNION CONTROL CENTER 2023 Stimson Reunion October 11-15, 2023 Charleston SC Hilton Garden Inn (Summerville SC) [information and directions to the hotel venue are on the <u>Reunion #12 Webpage</u>]

**86 registrations** have been received as of 29 June 23. Check here to see who has signed up to attend: **Registered Attendees Sailing List** 

THE DEADLINE FOR REUNION REGISTRATIONS IS NOW 1 SEPTEMBER. ALL REGISTRATIONS MUST BE POSTMARKED BY THAT DATE.

STATES W/REGISTERD						
ATTENDEES & # ATTENDING						
SC - 15	NY - 4	FL - 8	KY - 4	NC - 15		
CT - 2	OK - 2	GA - 4	TN - 1	CA - 1		
VA - 2	OH - 4	AL - 2	AZ - 2	CO - 2		
MA - 1	PA - 3	NM - 2	TX - 6	IN - 2		
IN - 2						



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

Good day, fellow shipmates. The

preps fpr the reunion are moving along fine. The numbers are increasing weekly and that is a great sign. Table decorations are set and all of the other parts are falling into place. We are looking forward to seeing all of you here in October.



From the Association President -<u>Tom Krauser</u>, MM1(SS) B 72-74, 655 Assoc Life Member, USSVI Albany-Saratoga Base, Holland Club

Marie and I went on a cruise with our daughter Amy on Memorial Day

Weekend out of New Orleans from the 25<sup>th</sup> to the 29<sup>th</sup>. We had a good time but do not feel that "cruising" is for us. Amy wanted us to at least try

it !

Spent an extra week in Baton Rouge because Amy was offered and took a job with Florida Power and Light at the Corporate Office in Jupiter. She starts July 10. We helped her get her house ready to put on the market.

Marie and I are looking forward to the next reunion in Charleston THIS October. Look for details about the reunion progress in the newsletter.

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



From the Association Vice President - <u>Jerry Blevins</u>, LT(SS) B 76-79, USSVI USS Groton Base, 655 Assoc Life Member: CJ and I are really looking forward to seeing everyone in

October. It is great to see such a large turnout.

At the end of the newsletter there is an article on the USS NAUTILUS SSN-571. The keel of the USS Nautilus was laid in Groton, Connecticut on June 14, 1952.



Ship's Historian - <u>Larry Knutson</u>, MMCS(SS) B 79-81 USSVI Charleston Base, Holland Club: During this reunion, as in the

past, we will be displaying all of the Historical Archives we have left

USS GRUNION (SS 216) July 30, 1942 - 1ST War patrol

after the terrible theft in November 2020. If you are one of our 45 shipmates who plan on attending the reunion, we would like for you to have a part in that display. Simply put, if you have items you 'collected' from the Stimson during your tour, we welcome you to bring them to the reunion where we can add them to our display. There will be tables setup in the Hospitality Room for all of our Historical items so that all you attend can walk by and enjoy them. After the business meeting on Saturday you can pick up any items you brought so that you can pack them up.

There as been an increase in the number of our shipmates asking for a copy of their check-in card. If you were on the Gold Crew during any time when Bob Weeks was the CO you completed a check-in card for him. The box of cards is now held by our base secretary. If you would like a copy of your card sent to you please contact our Secretary at <u>655webmaster@ssbn655.org</u>.



Chaplain's Corner -<u>Bruce Stefanik</u>, MS1(SS) B 73-77, 655 Assoc Life Member, USSVI USS Asheville Base:

Happy Birthday America! May we always remember that

the USA is the land of the free and the home of the brave.

Sing joyfully to the Lord, you righteous;

it is fitting for the upright to praise him.

Psalm 33:1

So let us praise God for the land that we live in. Let us show great love for each other, as we enjoy this land that we love.

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

I knew a guy who got fired from his job at the calendar factory.

All he did was take a day off ...

# Submarines Lost During the Month of July

USS S-28 (SS 133) USS ROBALO (SS 273)

July 4, 1944 – Training Exercise July 26, 1944 – 3<sup>rd</sup> War patrol LOST WITH ALL HANDS 49 SOULS LOST WITH 77 MEN; 4 DIED AS POW'S; 81 SOULS LOST WITH ALL HANDS 70 SOULS

**THREE Boats and 202 Men Lost** 



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

He served aboard the Stimson from 1969 to 1974, and was given the collateral duty as Ship's Photographer on his second patrol after being (SS) qualified. A little over 10 years ago he took on the project of digitizing his photo prints, negatives and slides. With his collection of digital photos (jpg. or png.) he produced video slideshows, with military music background, which he published on line.

Here are the links to all the slideshows that are still online, including the one of the 2011 Stimson reunion from photos provided by Ron Hyson:

- <u>SSBN655B Photos from 1970 Patrols</u>
- <u>USS Henry L. Stimson SSBN-655 Blue Crew</u>
  <u>- 1970's Patrol & Shipyard</u>
- SSBN 655B 1973 1st Stimson Poseidon
  Patrol

REUNION 2023: To begin with, the deadline to submit reunion registrations has been moved back to 1 September. This still gives all shipmates plenty of time to make a decision to join us in Summerville/Charleston this year.

There are 86 registrations for the reunion and we are waiting on another 8 who have reserved rooms at the hotel. Several more have told me they will be attending and will soon send in their registrations. This great news. So if any one of these, you are strongly encouraged to send in your registration and fees and also get your reservations at the hotel. When making reunion plans we projected 100 attending based on previous reunions. Even with all of those who we think are coming we are still short of our projections for attending.

The Reunion Committee is working hard to ensure a successful reunion for those who are attending. Please help us make the best decisions possible for our shipmates.

You can check to see who is registered <u>HERE</u>.

CANCELLATION POLICY: If you register now and for some reason need to cancel before the reunion, our very lenient cancellation policy IAW with our Bylaws: Cancellation of reunion registration and the refund of monies paid will be based on the timing of the cancellation. Registration cancelled prior to the reunion registration cutoff date will result in refund of monies paid minus the registration/office fee. For cancellation after the registration cutoff date, there will be no refund of monies paid.

**At the end of the newsletter** you will find a couple of pictures submitted by Pat Toelle. If you are a NUC you'll recognize them immediately. In fact if you went aft any time after the first shipyard period you will recognize this. The second propeller was added after the second shipyard. If you never went aft then you missed these inlays and a significant part of the boat's history.

Pat said: "This second brass propellor was one of two inlayed in the deck between the SSTGs in the ER. This one was for the second overhaul. We don't know exactly who has them although we suspect my old MPA Lt Austin Wilde may have them. Not sure. I hope he has the other prop from first overhaul and two M's that were in the deck. Would be a nice addition to the Stimson collection if we could get our hands on them."

Lt Wilde is not on our Sailing List and we don't have any information on how to contact him about these items. If anyone knows how to get in touch with him please let me know at

655webmaster@ssbn655.org.

 providing door prizes for us to share with our shipmates. On a few occasions the shipmate even received as a door prize what he had given to the reunion. It means a lot more to those who get the door prize knowing it came from a Stimson shipmate.

If you are a craftsman/woman, an artisan of any type, or just want to send a gift card, we are looking for items to be used as door prizes. Our prize czar will be Gordon Long [ 843.218.4757 ] or [ **longg11@bellsouth.net** ]. If you have something you would like to donate and can't bring it to the reunion with you, contact Gordon and he will let you know how to get it to him.

We look forward to hearing from many of you!

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

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Shipmates continue to trickle in copies of their SS qual cards and pictures of getting their dolphins. Check out the <u>SS Qual Card &</u> <u>Certificate</u> webpage. When you find your card either scan it or take a good picture and send it to me at <u>655webmaster@ssbn655.org</u>. You 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.

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

Qualification Cards of Stimson Sailors

On Eternal Patrol

# The following Stimson Shipmates have departed on Eternal Patrol. =====

ET2(SS) David P. Platt, Sr. B Mid-late 70s ? Eternal Patrol May 10, 2023 [updated by Larry Phillips, EM2(SS) B 72-75]

MT1(SS) Donald St.Charles B 74-76 FTCM(SS) Retired Eternal Patrol May 31, 2023 [notified by Pat St.Charles, wife]

RMC(SS) Bruce Urben B 68-70 LT(SS) Retired Eternal Patrol April 30, 2023 [notified by Robert Urben, son] ====

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



# WELCOME ABOARD: Found & Updated Shipmates

(Shipmate has contacted us to be added or have info updated on our Sailing List. Please check the online Sailing List for shipmates contact info.) **NOTE: DON ORT, MM1(SS) G/OVHL1/G 69-74,** 

CONTINUES TO LOCATE OUR STIMSON SHIPMATES WHO ARE ON OUR SAILING LIST BUT WITH NO EMAIL ADDRESS.

IC3(SS) Lemar Mark Boone G/SY2 80-82 [updated by member]

MT?(ss) Mike Davis SY2/G 83-87 [updated by Assoc Chaplain]

LTJG Tom Elliott B 93 Decom CHOP CDR Retired [updated by member]

MT2(SS) Gary Owen G/SY1/G 70-75 [updated by member] **BINNACLE LIST UPDATES:** If you know of a shipmate who should be on the binnacle list please let me know. I will contact the shipmate for permission to add them to this list. I only add those who have given permission.

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### Karen Huckeba UPDATE

Cards to: 4611 Wickford Circle, Roswell GA 30075

5.29.23: Email From Karen: I'm still struggling with long Covid issues. I've had problems with my eves seeing double at times due to not using them the 6 weeks on the ventilator. Muscles on one side of my eyeball got weak so I am doing exercises to correct that. I developed TMJ in January and am working with a massage therapist. All of my muscles are tight and she is working to get them to relax. Stretching helps. I had a dentist appointment and am having to have crowns replaced because bacteria and decay got under them while I was on the ventilator. I start that June 5. Covid fog still lingers. That is definitely frustrating at times! Sometimes I think side effects will never end but with God's help, I'll get through it. He has done many miracles in the past 1 1/2 years and is ever faithful.

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

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

### 6.11.23: Email from Sandy & Donna:

Dear Family and Friends,

This is an update on Sandy and his cancer. As many of you know, the April 12, 2023, PET/CT scan showed Keytruda immunotherapy may no longer be effective in controlling his cancer. Specifically, the cancer had spread, including two new spots in the muscle tissue of the right shoulder and left buttock. A decision was made to do two more infusions six weeks apart, followed by a PET/CT scan on June 4 to check to see how fast Keytruda was failing. If Keytruda fails, our Pardee and Duke oncologists thought chemotherapy was the only option left. This treatment for mesothelioma has an average life expectancy of six to nine months.

To see if there might be other treatments or trials that might have a better life expectancy result, we went to MD Anderson Cancer Center, Houston, Texas on May 23. They are known for excellent cancer research. They were very supportive and thought they could help but wanted to wait until the June 4 PET/CT scan results were known.

The June 4 PET/CT scan occurred on schedule, and we met with our local oncologist on June 7. The scan showed the cancer was still present; however, no new cancer nodules were noted and most of the old nodules were on average being controlled. After reviewing the scan, Sandy's local oncologist and his MD Anderson doctors all recommended continuing the Keytruda treatment until a definite Keytruda failure is noted in follow-on scans.

We are pleased with both Dr. Hill, Sandy's local oncologist at Pardee Cancer Center and Dr. Naing at MD Anderson for their willingness to work together with Sandy to determine his best care. We know if Keytruda fails, we have options at MD Anderson and his doctors will work together for the best outcome.

Accordingly, as long as Keytruda continues to control the cancer, Sandy will continue infusions every six weeks and receive a PET/CT scan every three months.

We thank God, good medicines, good doctors, and the Holy Spirit who guides us.

We also thank you for your prayers. They work! Warmly, Donna and Sandy

### Lloyd Hyatt, MT2(SS) B 73-76

Cards to: 134 Coral Way, Jacksonville Beach FL 32250

**5.24.23: Email from Lloyd:** I did have my bone marrow transplant on April 10. I just met with my doctor after my 30 day bone marrow biopsy and so far everything is going well. I did have some graft verses host disease but things have settled down. My cancer is in remission, no cancer detected in my bone marrow and my donors DNA

has been detected in the bone marrow. I want to thank everyone for the prayers. I'll give you a new update after the next biopsy in 60 days. Lloyd Hyatt MT2(SS) Blue Crew

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

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

**5.24.23:** Physical Therapy 3 Times A Week Is Helping Immensely! Susan And I Will See You In Summerville.

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

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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

**5.24.23: Email from Jean:** I really don't have any updates, just taking it one day at a time. We have started attending some social events at our local VFW and Ron enjoys the camaraderie of his VFW buddies, this certainly raises his spirits. Please keep checking in. Your thoughts and prayers are greatly appreciated.

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

# GREAT LINKS TO SPEND TIME WITH

655 Association Website www.ssbn655.org

Submitted by Dennis McFadden, MT2(SS) B 69-71

The last Honor Flight AZ, May 23, a local NBC affiliate went on the trip. There is a video on Facebook [see link below]. After FOX 10's Christina Carilla and Photojournalist Jon Noetzel made a trip to our nation's capital for an Honor Flight with dozens of veterans, we're hearing some of the important stories that were told. Among the veterans, were those who served this country in World War II, Korea, and Vietnam. Here are the touching stories from veterans' first-hand accounts.

Stories from Arizona veterans | Honor Flight 2023 (fox10phoenix.com)

Submitted by Dennis McFadden, MT2(SS) B 69-71

I came across an interesting URL. You can build a Military Service Plaque, download and all for free. Many other interesting items for research. <u>navy.togetherweserved.com</u>



The Computer Corner By: <u>Tom Krauser</u>, MM1(SS) B 72-74, 655 Assoc Life Member, USSVI Albany-Saratoga Base, Holland Club

# Free Office Software Suite

If you are looking for a free office suite that allows you to create documents, spreadsheets, databases, and presentations, then, LibreOffice is for you. It allows you to read and create files in the same format as Microsoft Office, but if free to download and use.

It reads files in any of the older Microsoft Office formats and also creates new files in any of the Microsoft formats you choose including the latest versions of Microsoft Office.

You can download it for free from the following link:

# https://www.libreoffice.org/download/ download-libreoffice/

LibreOffice is "open source" software and is free for private use. They ask for a donation to support administration costs, but that is up to you if you want to make a donation or not. Whether or not you make a donation does not affect the use of the program in any way. Click the "Download" button for the version that is appropriate for your computer. It should start downloading into your "Download" folder on your computer. For most "browsers" (Edge, Google Chrome, etc.) there is usually a download file indicator in the browser window showing the status of the download. After LibreOffice downloads, click the download file and open it to start the installation process of the program.

After the main program installs, you will also want to download the "Help" file from the same link.

The "default" settings for the LibreOffice program for creating documents is the LibreOffice "ODF" format. This is because of "licensing restrictions". They cannot "automatically" configure the program to create documents in the Microsoft document format. You will have to change the LibreOffice settings so that it automatically creates documents with Microsoft Office extensions.

After LibreOffice has been installed there should be a Desktop Icon and entries under Apps on the Start Menu for the main LibreOffice program plus the individual programs, LibreOffice Writer (Word), LibreOffice Calc (Excel). LibreOffice Impress (PowerPoint), LibreOffice Base (Access), LibreOffice Draw, and LibreOffice Math. You can add the desired icons to your Start Menu by right clicking on the desired icon and select "Pin to Start". To add them to the "Taskbar" right click on the icon then select "More" then select "Pin to Taskbar". After the icons are added to the Start Menu and/or Taskbar you can rearrange them by dragging them to the desired location on the Start Menu or Taskbar.

Open LibreOffice program by clicking on the LibreOffice icon. After the program opens, click on "Tools", then "Options", then the "+" by "Load/ Save", then select "General".

- Under "General" make the following changes:
- Under "Document Type:" select "Text Document" then for "Always save as:" select "Word 2007 - 365 (\*.docx)" (or the latest version).
- Under "Document Type:" select "Spreadsheet"

then for "Always save as:" select "Excel 2007 - 365 (\*.xlsx)"

- Under "Document Type:" select "Presentation" then for "Always save as:" select "PowerPoint 2007 - 365 (\*.pptxx)"
- Under "Document Type:" select "Drawing" then for "Always save as:" select "Flat XML ODF Drawing (\*.fodg)"
- Under "Document Type:" select "Formula" then for "Always save as:" select "MathML 2.0 (\*.mml)"

Select how often you want to "Save AutoRecovery information". This ensures that if something happens to your computer or program you can "recover" your information to the last "Save" point.

Click "Apply" to save these settings.

Now whenever you create any document it should automatically be in the latest Microsoft Office format for the chosen program. When you open an existing document, it opens it in the original document format and should save back to that format unless you select "Save As" and change the format of the saved document to another type. For example, someone sends you a document created in Office 2013 format. LibreOffice will open the document in "2013 format" and "save" it back as "2013 format" unless you choose to "save as" a newer format such as "Office 365 format".

Periodically, you will want to check for newer versions of LibreOffice. Click on "Help" then select "Check for updates". If there are newer versions it will let you choose to download them. Also, be sure to download the latest Help file for that version.

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Submitted by George Birmingham, ET1(SS) G/SY1/G 69-74, Assoc. Life Member, USSVI Carolina Piedmont Base, Holland Club Password Protection: How to Keep Your Online Shopping Accounts Secure

We hand over some of our most personal and risky information to online retailers. It's important to do your part to keep this data secure. With only a few scrolls and clicks, online shopping allows you to have everything you want delivered right to your doorstep. Although it's quite convenient, there are a lot of risks involved with that ease.

You share every detail of your identification when you shop online, including your name, gender, contact details, addresses, age, and phone numbers. Your online shopping account also contains your bank account information if you use a mobile payment method.

How do you keep your identity and financial information from falling into the wrong hands? Create a Strong Password

Hackers are constantly searching for passwords because they provide them access to accounts that contain sensitive information. For example, a hacker could exploit your online shopping account to make purchases with your credit card.

Passwords are meant to prevent such unauthorized users from accessing your account, but they work best when they are difficult to guess and confidential.

# READ MORE HERE

So technically Moses was the first man to download files from the cloud using a tablet.



Moses was also the first person to use "Control C" as a shortcut.

# Is Tipping Getting Out of Control? By Donna Fuscaldo, AARP June 09, 2023

Know when, and when not, to tip

If you feel like requests for tips are everywhere, you're not alone. From dry cleaners to shops, prompts to provide a gratuity are popping up in unusual places.

Tipping has long been part of American culture, expected in restaurants, hair salons and taxis — anywhere workers rely on them for a livable wage. An explosion of digital point-of-sale terminals and contactless checkouts has resulted in even more requests for tips.

It can be frustrating and annoying for consumers who don't want to give 20 percent for a \$5 purchase at the convenience store every morning. Nearly 2 in 3 (66 percent) of U.S. adults in a Bankrate survey said they have a negative view about tipping.

Among the respondents:

- 41 percent said businesses should pay employees better
- 32 percent expressed annoyance at seeing pre-entered tip screens
- 30 percent feel the tipping culture is out of control
- 15 percent are confused about whom and how much to tip
- 16 percent would be willing to pay more in lieu of tipping

"The tip jar used to sit quietly next to the register ... now the tip screen actively asks us to say 'no,' " says Lizzie Post, coauthor of *Emily Post's Etiquette: The Centennial Edition*. "It's a harder hurdle to get over."

People grew accustomed to tipping during the pandemic to help small businesses and restaurants stay afloat. In turn, more businesses added the ability to tip to their point-of-sale terminals and — *voila*! — a new tipping culture emerged. "Now that the Pandora's box has been opened, you can't really shut it again," says Jaime E. Peters, assistant dean of accounting, finance and economics at Maryville University in Town and Country, Missouri.

But just because you're prompted to tip everywhere doesn't mean you have to. There are times when it is absolutely necessary and other instances when there's discretion. Here's how to navigate the new tipping culture. **When to tip** 

Tipping used to be a way to express gratitude for good service, but it was codified by the government years ago when it allowed workers in certain professions to make a small hourly wage and get most of their income from tips. In those jobs, which include waiters and waitresses, delivery people, taxi drivers and bartenders, tipping is required. "You are tipping to help pay their wages. In a lot of ways, what you are doing is renting their time," Peters says.

In those instances, a 15 percent to 20 percent gratuity is the standard, even if the service did not meet your expectations. A tip is anything above that 15 to 20 percent, she says. There is a caveat. Some states, including Alaska, California, Minnesota and Nevada, require all workers to be paid the state's full minimum wage. Several other states require businesses to pay tipped workers a minimum cash wage above \$2.13 an hour, which is the minimum cash wage set by the federal Fair Labor Standards Act (FLSA). Those changes put the onus on the customer to figure out whether a tip is necessary. Tipping is no longer U.S. culture, it's becoming per-state culture, Peters says. **States that pay tipped workers full hourly** 

States that pay tipped workers full hou minimum wage

- Alaska \$10.85
- California \$15.50
- Minnesota \$10.59 large employers (annual gross income over \$500,000)/ \$8.63 small employers (annual gross income under \$500,000)
- **Montana** \$9.95 businesses with gross annual sales over \$110,000
- Nevada \$10.50 for employers not offering qualified employees health insurance;
   \$9.50 for employers offering health insurance
- Oregon \$13.50
- Washington \$15.74

# When it's discretionary

If you feel guilty not tipping the cashier at checkout or the person who brings your groceries to your car, don't. Tipping in these situations is more discretionary than obligation. In some instances, tipping is even frowned upon. "Generally, at retail stores and grocery stores, their policy is not to accept tips," says Diane Gottsman, an etiquette expert and owner of the Protocol School of Texas. "Workers know the policy and could get in trouble for accepting." Gottsman says to check the store's policy before offering gratitude in the form of cash. Walmart and Harris Teeter don't want you to tip, but Target and Starbucks don't have specific policies on the books.

As for establishments that let their workers accept tips, it's completely up to you, even if you are prompted to at checkout. If you press "No" or skip the prompt, don't feel guilty, the person doesn't rely on tips to earn a livable wage. If you think the person put in the work and you're grateful for their service, by all means, tip.

"Tipping doesn't have to be \$20 for every person that slightly assists you," Post says. "It's often a very small token amount. It's a gesture, a way to add to your thank you."

READ MORE HERE



THE LINKS BELOW WERE TAKEN FROM THE EMAILS I RECEIVE FROM MyHealtheVet.gov. These are not in any order so take a look at each of them and decide what you want to continue reading. You DO NOT have to be in the VA system or have an account in MyHealtheVet to view the links. There may be some general areas of information in here that will be of help to some of you.

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Five Exercises for Balance - Workouts to stay on your feet

Build strength and stability with exercises from a VA physical therapist. These exercises can help

your balance and reduce your risk of falling. WATCH NOW

# Check Your VA Claim

From compensation to benefits, VA has a tool to help you keep track of claims. Check the status of your VA claim or appeal online now. **Learn more.** 

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# Three ways to relieve your pain

If aches and pains are getting in your way, VA can help. We have in-person, video, and at-home options to help relieve your pain.

Learn more.

### ===============

# Know Your Vision Benefits

If you have VA health care benefits, we'll cover routine eye exams and preventive vision testing, like for glaucoma. Find out what else may be covered.

<u>Learn more</u>.

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# Get Back to Sleep

If you struggle with sleep, you're not alone. Try VA's Path to Better Sleep program to improve your rest.

### Learn more

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# **Prevent the Pain of Shingles**

Anyone who has had chickenpox can develop shingles. Discover how to prevent shingles, notice warning signs, and prevent future pain. Learn more.

### =============

# Energize Your Diet As You Age

Getting older can bring surprising changes like feeling worn down more easily. Try these tips to find more energy in your day. Learn more.

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# Hit Your Diabetes Target: A1C Ranges

If you have diabetes, the A1C test can help manage your health. Record the results on My HealtheVet.

<u>Learn more</u>.

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# Do You Have PTSD?

Have you ever wondered if you have PTSD? If you have, you can fill out an anonymous PTSD questionnaire. It's a brief set of questions that may help.

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<u>Learn more</u>.

# PTSD: Your Treatment Options

If PTSD is impacting you, there are treatments available. Your health care team can help you decide which medication or therapy is best for you.

<u>Learn more</u>.

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# Do You Get Enough Potassium?

Potassium supports cell tissues and keeps us healthy. Find out how to get the right amount and include it in your diet.

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<u>Learn more</u>.

# Food and Hypertension

What you eat can increase your risk of high blood pressure and even lead to a stroke. Fight the silent killer with healthier eating habits. **Learn more.** 

# 

Your military and family health history help inform your doctor about potential health risks. Use our Health History Journals to share important information with your doctor. **Learn more.** 

# Choose the Best Exercise for You

The best fitness plan is the one that you enjoy—and that you can stick with. We have tips to create a plan that fits you. **Watch now**.

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### ============

### Start Your Day with Mindfulness

Everyone experiences stress, and it can have serious impacts on your health. Try these mindfulness practices to reduce stress. **Watch now.** 

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# What Is Irritable Bowel Syndrome?

Irritable Bowel Syndrome, or IBS, is a common and uncomfortable health problem. It can't be cured, but medicine and lifestyle changes may relieve your symptoms.

<u>Learn more</u>.

### 

Communication is key to a healthy relationship. The Couples Coach app is a tool you can use with your partner to improve communication and strengthen your relationship.

<u>Learn more</u>

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# Manage Your VA Appointments - Online scheduling is easy

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# The Lean Submariner

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

https://theleansubmariner.com/

# The Pact Act

Mister Mac Jun 25

I have been going through a personal journey for the past few months. Without oversharing, I have had a number of health issues for over twenty years related to heart disease and type 2 diabetes. Thank goodness for modern medicine since I live a typically active life and still work in a job that is [...]

Read more of this post

# **U.S. Guided-Missile Submarine Arrives In** South Korea, A Day After North Korea **Resumes Missile Tests**

(ASSOCIATED PRESS 15 JUN 23) ... Hyung-Jin Kim and Kim Tong-Hyung

SEOUL, South Korea — The United States deployed a nuclear-powered submarine capable of carrying about 150 Tomahawk missiles to South Korea on Friday, a day after North Korea resumed missile tests in protest of the U.S.-South Korean live-fire drills.

The USS Michigan's arrival in South Korea, the first of its kind in six years, is part of a recent bilateral agreement on enhancing "regular visibility" of U.S. strategic assets to the Korean Peninsula in response to North Korea's advancing nuclear program, according to South Korean officials.

With the deployment of the USS Michigan, the U.S. and South Korean navies are to conduct drills on boosting their special operation capabilities and joint ability to cope with growing North Korean nuclear threats, the South Korean Defense Ministry said in a statement.

It said the U.S. submarine arrived at the southeastern port city of Busan but didn't say how long it would stay in South Korean waters.

The USS Michigan is one of the biggest submarines in the world. The Ohio-class guidedmissile submarine can be armed with 150 Tomahawk missiles with a range of about 2,500 kilometers (1,550 miles) and is capable of launching special forces missions, according to the South Korean statement.

The South Korean and U.S. militaries have been expanding their exercises in reaction to North Korea's provocative run of missile tests since last year. North Korea has argued it was forced to ramp up testing activities to deal with its rivals' expanded military drills that it views as an invasion rehearsal, but experts say the North ultimately aims to modernize its arsenal and increase its leverage in eventual diplomacy.

In April, after their meeting in Washington, President Joe Biden and South Korean President Yoon Suk Yeol agreed that the United States would enhance the "regular visibility of strategic assets to the Korean Peninsula." Biden also stated that any North Korean nuclear attack on the U.S. or its allies would "result in the end of whatever regime" took such action.

The two leaders also announced other steps to reinforce joint deterrence capabilities such as the docking a U.S. nuclear ballistic missile submarine

in South Korea periodically; bolstering joint training exercises; and the establishment of a new nuclear consultative group. The nuclear ballistic missile submarine hasn't come to South Korea.

Kim Yo Jong, the powerful sister of North Korean leader Kim Jong Un, slammed the Biden-Yoon summit agreements, saying they revealed the two countries' "most hostile and aggressive will of action" against the North. She threatened to further bolster her country's nuclear forces.

On Thursday, North Korea fired two shortrange ballistic missiles off its east coast, shortly after it vowed responses to the just-ended South Korea-U.S. firing drills near the Koreas' heavily armed border.

They were the North's first weapons launches since it tried to put its first spy satellite into orbit in late May. The launch failed as the rocket carrying the spy satellite crashed into the waters off the Korean Peninsula's west coast.

South Korea's Defense Ministry said Friday that military search crews have salvaged what it believes is part of the crashed North Korean rocket. The ministry released photos of the white, metal cylinder, which some experts said would have been the rocket's fuel tank.

<u>https://apnews.com/article/us-submarine-north</u> <u>-korea-missiles-</u>

<u>3bf330fa9f8a19cb9b90f0af3d6bac3a</u>

# U.S. To Send Its Biggest Sub To Korea

The high-profile port visit by nuclear-armed, Ohio-class 'boomer' may prove more successful at assuring South Korea than intimidating Kim Jong Un

(WALL STREET JOURNAL 28 JUN 23) ... Timothy W. Martin

SEOUL—The U.S. plans to send its largest nuclear-armed submarine to South Korea for the first time in four decades, in an effort to deter North Korea and reassure American allies in Seoul.

Bringing the massive submarine to the Korean Peninsula is intended to rattle the regime of Kim Jong Un. The Ohio-class warships, called "boomers," can stay submerged indefinitely and go on monthslong patrols. They can fire nuclear warheads at targets thousands of miles away.

But the visit carries just as much—if not more—significance for South Korea.

The port visit will mark the first substantial payout from an accord struck in late April between President Biden and South Korean President Yoon Suk Yeol. Seoul restated its commitment to not developing its own nuclear weapons. In return, the U.S. offered South Korea—for the first time—a bigger say in consultations on potential American nuclear use in response to a North Korean attack and promised to dispatch strategic assets like nuclear-armed submarines and B-52 bombers to the region.

In recent days, the USS Michigan, a nuclearpowered submarine that shoots cruise missiles, visited South Korea to participate in combined special-ops training. American and South Korean officials haven't disclosed the timing of the visit by the submarine armed with nuclear warheads.

Pyongyang has engaged in a historic run of missile provocations in recent years, breaking a self-imposed moratorium on long-range weapons. U.S.-led efforts to thwart the North's behavior through the United Nations Security Council have been met with resistance by China and Russia. The Kim regime went more than two months without any missile activity before test-firing a couple of short-range weapons earlier this month.

A port call by an Ohio-class submarine with nuclear firepower isn't likely to dissuade the Kim regime. If anything, the arrival of the nuclear submarine will feed into the North Korean dictator's narrative that more weapons advances are necessary to defend the country against the joint threat from the U.S. and South Korea, said Jean H. Lee, a nonresident fellow at the European Center for North Korean Studies.

"They don't have a lot now, so Kim Jong Un needs tension to justify testing," Lee said. "It will be very tempting to use this as an opportunity to show the people there has been a very real reason why he's been investing in nuclear weapons."

The potential for a bigger shift from the April

accord lies more with South Korea, security experts say. Yoon, a conservative who took office last year, has made solidifying ties with Washington and Tokyo a priority. Earlier this month, the South Korean leader said his country's relationship with the U.S. had been upgraded to a "nuclear-based alliance."

The biggest prospects for a change lie with the establishment of a new Nuclear Consultative Group between the two countries. Seoul and Washington are firming up details for the first deliberations, which are expected to occur four times a year. The pact also calls for new training exercises for scenarios that could include a South Korean conventional military role in supporting U.S. nuclear operations in a conflict.

The historical focus of deterrence and extended-deterrence strategy consultations by Washington and Seoul has been scenarios of North Korean nuclear use and how a conventional response by the alliance might unfold, said S. Paul Choi, a former strategist for the South Korea-U.S. Combined Forces Command.

But many aspects regarding the potential deployment of U.S. nuclear weapons, from decision making, operations and post-use implications, have been "almost a black box" for South Korea, Choi said. Greater integration with Seoul should increase readiness and deterrence, especially since South Korean troops would constitute the bulk of ground forces in a nuclear conflict on the Korean Peninsula, he said.

"A mantra in the defense community is that plans don't matter, but planning does," said Choi, who is now principal of StratWays Group, a Seoulbased geopolitical-risk consulting firm.

Chun In-bum, a former special-forces commander of the South Korean army, said the U.S. and South Korea could benefit from having a more in-depth understanding of each other's positions. One question is if North Korea were to launch a nuclear attack on the South should the response be nuclear or conventional, or possibly both, he added.

"Just because North Korea turns half of the Korean Peninsula into a radioactive zone, do I, as South Korea, want to turn North Korea into the same thing?" Chun said. "Nuclear war does not have answers. The decision will be made in a confusing and critical situation, but because we'll be doing all these discussions, we'll be better informed."

What isn't up for consideration is a redeployment of American tactical nuclear weapons to South Korea, which were removed in 1991. Biden, during Yoon's state visit to Washington where the new nuclear pact was announced, also made clear that he has the absolute and sole authority to launch a nuclear weapon. But the U.S. would make every effort to consult with South Korea on the potential use of nuclear weapons, Biden said.

Yoon raised concern among U.S. officials after suggesting in January that South Korea could pursue its own nuclear weapons. The notion reflected growing unease about North Korea's advances, as well as other security fears resulting from Russia's invasion of Ukraine and China's rising aggression across the region.

Some 70% of South Koreans said they were worried about security issues in the region, according to a poll last month conducted by the semiofficial Yonhap News Agency.

The U.S., South Korea and Japan have participated in more three-way exercises and plan to sync their real-time missile-tracking systems by the end of the year. Seoul and Washington just concluded their largest-ever, live-fire drills simulating the response to a North Korean attack.

The deeper military coordination between the U.S. and its Asia-Pacific allies has significance beyond the Kim regime and has drawn disapproval from China. While the Biden administration deserves much credit for strengthening ties in the region, Beijing's assertive behavior has served as the decisive factor or underlying condition for the greater U.S.-allied coordination, said Patricia M. Kim, a China expert at the Brookings Institution.

"It's striking how little recognition there is in Beijing about how its own coercive behavior has served as the No. 1 factor for pushing U.S. allies closer toward Washington," Kim said. "There's a tendency for China to see itself as a victim of encirclement, rather than the cause."

The South Korean focus on exerting greater involvement in the U.S. use of nuclear weapons can seem perplexing to some military experts. That is because Washington and Seoul have ample ability to pummel Pyongyang with their conventional arsenal of weapons, said Lami Kim, a military expert at the Asia Pacific Center for Security Studies in Hawaii.

"What's key is whether Washington has the will to punish North Korea with overwhelming force, not which weapon systems Washington is willing to employ," she said.

https://www.wsj.com/articles/u-s-to-send-itsbiggest-sub-to-korean-peninsula-in-messageto-north-and-south-d998518? mod=world\_lead\_pos4

# U.S. Nuclear-Powered Sub Makes Historic Stop In Faroe Islands In North Atlantic (STARS AND STRIPES 28 JUN 23) ... Alison Bath

A port call in the Faroe Islands this week marked the first-ever visit by a U.S. nuclearpowered submarine to the North Atlantic archipelago, the Navy said.

The USS Delaware's stop at the capital of Torshavn on Monday follows a similar visit by a U.S. nuclear-powered submarine in Iceland that came amid rising NATO and U.S. concerns about significant Russian underwater activity in the Atlantic Ocean.

The Faroe Islands and the High North are vital areas for U.S. submarine operations, Rear Adm. Stephen Mack, director of maritime operations for U.S. Naval Forces Europe-Africa, said in a statement Tuesday.

In April, the USS San Juan made a stop for supplies and personnel off the coast of Iceland after such brief visits were approved with assurances that the country and its territorial waters would remain free of nuclear weapons.

That stopover came as Army Gen. Christopher Cavoli, the top U.S. military officer in Europe, told a congressional committee that Russian submarine patrols in the Atlantic were at higher levels than those seen in years.

The port call by Delaware, a Virginia class attack submarine, also comes after a Faroese government restriction earlier this month limited Russian access to its ports solely to fishing boats.

The self-governing island group, part of Denmark, is working to reduce the risk of espionage and has faced criticism following renewal of a bilateral fisheries accord with Russia in November, the news service Agence France-Press reported June 1.

The Faroe Islands comprise 18 mountainous islands located halfway between Iceland and Scotland in the North Atlantic. It has a population of about 50,000, of which about 40% is in Torshavn.

https://www.stripes.com/branches/navy/2023-06-28/nuclear-submarine-navy-russia-10575133.html

# U.S. Submarine Damaged In South China Sea Won't Return Until 2026 As Shipyards Are Clogged

(BLOOMBERG NEWS 14 JUN 23) ... Anthony Capaccio

The USS Connecticut, a premier submarine that struck an underwater mountain in the South China Sea 19 months ago, won't be back in service until early 2026 at the soonest, according to the US Navy, adding to a backlog of maintenance overhauls as the US faces a growing Chinese fleet.

The Connecticut, one of three advanced Seawolf submarines, hit the uncharted seamount on Oct. 2, 2021. The repairs to the bow and lower rudder will cost an estimated \$80 million, according to the Navy. That's a modest sum by Pentagon standards, but the long wait for the vessel's return to service highlights problems with maintenance at the Navy's four shipyards.

"The Connecticut's repair saga underscores the Navy's lack of repair surge capacity," said Diana Maurer, a director of the Government Accountability Office's defense readiness evaluations. "That in turn raises questions about how the Navy would execute battle damage repairs in the event of conflict."

Delays hobbling the readiness of Navy submarines have been documented repeatedly in recent years by the GAO.

Defense officials and lawmakers consider the US submarine force a key advantage over a numerically larger Chinese navy. But the GAO said in a 2022 summary about US capabilities against China that the Navy lost 10,363 operational days from 2008 through 2018 — the equivalent of more than 28 years — "as a result of delays in getting into and out of the shipyards."

Another recent GAO assessment found that from fiscal year 2014 to fiscal 2020, Navy submarines had spent 9,563 more days in depot maintenance than expected.

The Senate Armed Services Committee's top Republican, Roger Wicker of Mississippi, said in a tweet Wednesday that the five-year repair timetable reported by Bloomberg News for "one of our most formidable submarines" is "a reminder of the kinds of monumental investments we need to make in maritime infrastructure."

The Connecticut, built by General Dynamics Corp., was commissioned for service in 1998. An investigation found its accident, which caused minor injuries to 11 sailors, was preventable. The vessel's commander, executive officer and senior enlisted officer were relieved of command.

### Taiwan, Sea Lanes

Now, it's among 18 of the Navy's 49 fast-attack subs — or more than one-third of that fleet — that are out of service, either in depot maintenance or awaiting to enter that phase, according to Navy records. Fast-attack subs fire torpedoes and Tomahawk cruise missiles, which would make them crucial vessels in a potential fight against China over Taiwan or South China Sea lanes.

"Limited public shipyard capacity has delayed a sooner return-to-service of this unique, specialmissions submarine" so it "will be out of service an unacceptable five years," said Brent Sadler, the Heritage Foundation's senior research fellow for naval warfare and a Navy veteran with numerous submarine tours. Maurer of the GAO said the Navy may be giving top priority "for scarce shipyard space" to aircraft carriers and ballisticmissile submarines, "which means attack subs are more likely to rack up idle time waiting to get into an available dry dock."

The Connecticut is one on the US's three nuclearpowered Seawolf-class vessels, the service's largest attack subs, which were designed to fight the Soviet Union. The Navy describes the class as "exceptionally quiet, fast, well-armed, and equipped with advanced sensors." It has eight torpedo tubes and can hold as many as 50 weapons in its torpedo room.

Ronald O'Rourke, a naval analyst with the Congressional Research Service, said the delay reflects in part "a product of the complexity of modern warships — and thus the complexity of the work needed to repair damage to them." The Connecticut is currently dockside at a naval shipyard in Washington state awaiting the start of a maintenance period that was to begin in February. It's now expected to begin next month after the completion of improvements to harden the dry dock where it will be repaired against earthquake tremors, the Navy said in a statement. "Some of the primary drivers of submarine maintenance delays are planning, material availability, and shipyard execution," according to the service. The Navy's "submarine sustainment leadership is executing multiple initiatives to address other drivers of maintenance delays." it said.

https://www.bloomberg.com/news/ articles/2023-06-14/us-sub-damaged-in-southchina-sea-won-t-return-until-26-amid-cloggedshipyards?sref=74Kp0iWR#xj4y7vzkg

# First Australian Submariners Set To Graduate From U.S. Navy's Nuke School

Australia will need trained 'nuke' sailors for its future nuclear-powered submarines, including U.S.-supplied Virginia class types.

(THE DRIVE 26 JUN 23) ... Joseph Trevithick The first group of Australian submariners to attend the U.S. Navy's Nuclear Power School is set to graduate next week. This is an important step in the Royal Australian Navy's effort to establish a fleet of nuclear-powered, but conventionally-armed submarines, including examples of the U.S. Virginia class. This initiative is a key component of the still relatively new trilateral Australia-United Kingdom-United States defense cooperation agreement, or AUKUS.

Adm. Michael Gilday, the Chief of Naval Operations (CNO), the U.S. Navy's top uniformed officer, announced the forthcoming graduation of the initial cadre of Australian submariners from what is colloquially known as the Nuc or Nuke School at an open event hosted by the Central for Strategic & International Studies (CSIS) think tank in Washington, D.C. today.

Gilday, as well as Dr. Kurt Campbell, offered additional information about the current state of the Australian nuclear submarine program and how the AUKUS partnership is helping with that, among other things. Campbell is Deputy Assistant to President Joe Biden and Coordinator for the Indo-Pacific, a role commonly referred to as the "Asia Czar."

"We graduate our first group of Australian Submariners from our Nuclear Power School in Charleston in just over a week's time," Gilday said. "So, we're very proud of that."

"They are all above the mean," Campbell also said of the Australians who are about to graduate. "These are guys that are excelling. And we're gonna double down on this. And that commitment is powerful and impressive."

Neither Gilday nor Campbell said exactly how many Australian submariners would be graduating in total or exactly what their specialization might be. The Nuclear Power School trains individuals to perform different sets of tasks to support the operation and maintenance of nuclear reactors onboard ships and submarines, as you can read more about in this past War Zone feature. At present, the only nuclear-powered surface ships in the U.S. Navy are aircraft carriers.

In the course of their training, the Australians will have gotten hands-on experience with relevant equipment thanks to two ex-Los Angeles class nuclear-powered attack submarines that have been converted into static schoolhouses, as you can learn more about here.

Royal Australian Navy submariners are still years away from sailing on Australian-operated nuclear-powered submarines, but having this training pipeline producing qualified nuke sailors now is an important element of the overall plan.

"It's a phased approach that's been very transparent in terms of our beginning to conduct more port visits with the Australians and a phased approach to then begin forward deploying our submarines, perhaps up to four, out of [the] HMAS Stirling [naval base], near Perth," Gilday explained. The plan is then eventually "to co-crew those [U.S.] submarines with Australians in a very deliberate manner and then, finally, get us to a point where Australia... can then take custody of the sale of U.S. submarines and then eventually produce their own."

The planned forward-deployed submarine contingent is currently referred to as Submarine Rotational Force-Western Australia, or SURF-West. HMAS Stirling, on the West coast of Australia, is a very strategic operating location and would offer American submarines good access to both the Western Pacific Ocean and the Indian Ocean.

"All the while, we are working hand-in-glove with them and the U.K., in terms of creating the ecosystem that's so important to maintaining a nuclear [-powered submarine] force," the CNO added.

At present, the initial trio of nuclear-powered submarines for Australia are expected to be U.S.made Virignia class types, including two obtained directly from the U.S. Navy. The goal is for those boats to start entering service with the Royal Australian Navy in 2032.

These will be followed by the acquisition of five so-called new-production nuclear-powered attack submarines, or SSNs, built in Australia, which will hopefully be completed around 2050. This future class of submarines is currently referred to simply as the SSN-AUKUS. The Australians could ultimately get up to five Virginias in the end, depending on how fast SSN-AUKUS submarine progresses. In that case, just three of the locallybuilt SSN-AUKUS submarines will be made.

Specific details about the SSN-AUKUS' design remain limited. However, Australian and U.K. officials have said in the past that it will be derived from the British next-generation nuclear attack submarine design intended to replace the Royal Navy's current Astute class. It will also have a significant amount of U.S.-made systems inside that will give it "a high degree of commonality with" the Virginia class.

"We've been working together for 100 years now, over 100 years, and so this would be an obvious evolution in terms of where we go, not only in terms of interoperability," Gilday said at today's CSIS event. "AUKUS takes it to a new level in terms of interchangeability, particularly with SSN-AUKUS, which will be a hull common to two of the three nations, with components, many of the components, that are common to U.S. submarines."

This is all in line with what Australian Vice Admiral Jonathan Mead, the head of his country's AUKUS task force, told Australia's ABC News in March. "SSN-AUKUS is actually quite mature in the design, it's about 70% mature," he explained at that time.

Still, the Royal Australian Navy is set to be a Virginia class operator first and that also makes good sense on a number of levels, including the high degree of interoperability and logistical interchangeability that Adm. Gilday highlighted. Both countries operating Virginia class boats will mean being able to take advantage of common infrastructure. HMAS Stirling, specifically will need very complex and expensive upgrades just to sustain semi-permanent rotational deployments by U.S. Navy Virginias. This could also then help when it comes to supporting U.S. and Australian boats in ports or using assets like U.S. Navy USS Emory S. Land class submarine tenders while forward-deployed during combined operations.

With both countries operating Virginia class submarines, they will also be using many of the same weapons, like the Tomahawk cruise missile, and mission systems, including networking capabilities, that will only further enhance interoperability.

It is worth noting that the AUKUS effort to support Australia's wish to acquire nuclearpowered, conventionally-armed submarines is ambitious and it remains to be seen how it will progress in the coming years. The possibility of acquiring the two additional Virginia class boats would seem to be a hedge against potential delays with the SSN-AUKUS program.

"If AUKUS' ambitions are expansive, so too are the challenges that it faces, including its long-term political support and financial resourcing, the ability to scale up submarine production, the necessity of finding the skilled workers who are going to be building those submarines, the challenges of reforming our regulatory system and the way that we control our most sensitive technology, and, of course, the overriding imperative of providing deterrence now and not in 10 years time," Charles Edel, a Senior Adviser and current Australia Chair at CSIS, highlighted in his introduction to today's event.

At the same time, a Royal Australian Navy nuclear-powered submarine force that can operate very closely together with its U.S. Navy counterparts would offer significant strategic and tactical-level benefits to both countries, along with the United Kingdom and other allies and partners. For the Royal Australian Navy, specifically, there is the added impetus of needing more modern and capable replacements for its six aging Collins class diesel-electric attack submarines. The AUKUS submarine plan also involved the cancellation of a previous multi-billion-dollar deal with French firm Naval Group to produce new diesel-electric boats. That acquisition program had already faced criticism over ballooning costs.

The nuclear submarine initiative also comes as the AUKUS nations, together with others in the Indo-Pacific region and elsewhere, are looking to challenge and deter a Chinese People's Liberation Army (PLA) that is growing in both size and overall capability. This includes a steadily expanding Chinese PLA Navy (PLAN) submarine force, which is part of that service's broader ambitions to become a force truly capable of projecting power worldwide.

So, while nuclear-powered submarines for Australia may still be years away from becoming a reality, all three AUKUS countries are clearly committed to that effort. Australian submariners starting to graduate from the U.S. Navy's Nuclear Power School now is an important step toward that goal.

<u>https://www.thedrive.com/the-war-zone/first-australian-submariners-set-to-graduate-from-u-s-navys-nuke-school</u>

# Navy At Risk Of Losing Submarine Edge To Advanced Undersea Defenses By China And Russia

(WASHINGTON TIMES 08 JUN 23) ... Bill Gertz Stepped up use of drone submarines urged

Advances in undersea warfare and defenses by China and Russia are endangering the key strategic ability of U.S. Navy nuclear attack submarines to deter a war in the Taiwan Strait or track adversarial missile submarines, according to a report by two experts on American defense capabilities.

"Improved adversary defenses could degrade or defeat U.S. undersea operations, preventing U.S. submarines from conducting critical missions such as sinking a Chinese invasion fleet or tracking Russian ballistic missile submarines," according to the report published recently by the Hudson Institute.

The report identifies Navy attack submarines as the "crown jewel" of U.S. military capabilities because the vessels operate secretly and are difficult to track, based on advanced quiet propulsion systems.

The submarines for decades have provided the U.S. military with strategic asymmetric warfare advantages — until recently.

A Navy spokeswoman had no immediate comment on the June 2 report.

During the past decade, both the Chinese and Russian militaries began bolstering undersea defenses in the South and East China Seas and in the Arctic Ocean, respectively. These military bastions now contain networks of fixed and mobile acoustic and non-acoustic sensors capable of spotting and tracking submarines.

The sensor networks are backstopped by aircraft and ships "capable of pouncing on contacts or deploying dense mine barriers," according to the Hudson Institute report.

Navy attack submarines play a critical role in monitoring Russia's growing fleet of ballistic missile submarines for the Strategic Command.

For China, Navy attack submarines would play a major role in countering a Chinese amphibious assault on Taiwan that U.S. military commanders have said could take place in the next several years.

China now has a multi-dimensional surveillance network to detect and target submarines and create protected areas for Chinese submarines. The networks are in the South China Sea and near Taiwan.

To better utilize U.S. attack submarines and maintain the offensive advantage they provide, the Navy needs to support the submarines with systems that can suppress or destroy enemy undersea defenses.

The Hudson Institute report urges the Navy to utilize undersea noise rather than trying to avoid it.

"This imperative will fundamentally shift the paradigm for US submarine operations from 'alone and unafraid' to 'it's all about team,'" the report stated. "Moreover, the emergence of new generations of capable long-range active sonars will demand that the U.S. undersea force increasingly rely on jamming and deception to counter enemy sensors, much as their counterparts already do above the water."

New systems with advanced technology can be deployed within five years to better counter undersea defenses. Methods can include the use of short- and long-range unmanned underwater vehicles for mapping sensors, locating threats, and jamming, decoying or destroying the systems. **This could be key for U.S. attack submarines.**  "The main takeaway is the U.S. submarine force will need to depend on a team of noisy, uncrewed systems to succeed in enemy waters. Stealth alone won't be enough," said Bryan Clark, a former Pentagon and Navy official who coauthored the study.

The Navy currently operates 29 Los Angelesclass fast attack submarines, three Seawolf-class attack submarines and 19 Virginia-class attack subs. All are nuclear powered and operate using very quiet propulsion systems that make them difficult to detect and track.

The Navy also is working on a next-generation attack submarine called the SSN(X) that will include many of the technologies advocated in the Hudson Institute report.

The report calls for unmanned aerial and underwater vehicles to be used for countering adversary submarine sensors to free up U.S. attack submarines for other missions.

The drones could deploy the Navy's new hightech Hammerhead mine, as well as the air dropped and powered Quickstrike mine.

A third capability to improve attack submarines would involve deploying longer-range torpedoes and maritime strike Tomahawk missiles. These could allow submarines to attack enemy vessels outside of areas with dense undersea defenses.

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The report, "Fighting into the Bastions: Getting Noisier to Sustain the U.S. Undersea Advantage," was written by Mr. Clark and Timothy A. Walton, both Hudson Institute senior fellows.

Mr. Walton has been a defense consultant for the Pentagon who worked on U.S. and Chinese military concepts.

https://www.washingtontimes.com/news/2023/ jun/8/navy-risk-losing-submarine-edgeadvanced-undersea-/

Submitted by Jerry Blevins, Assoc. Vice President, LT (SS) B 76-79, Assoc. Life Member, USSVI Groton



The keel of the USS Nautilus (SSN-571) was laid by President Harry S. Truman at the Electric Boat Shipyard in Groton, Connecticut on June 14, 1952.

After nearly 18 months of construction, NAUTILUS was launched on January 21, 1954 with First Lady Mamie Eisenhower breaking the traditional bottle of champagne across NAUTILUS' bow as she slid down the ways into the Thames River. Eight months later, on September 30, 1954, NAUTILUS became the first commissioned nuclear-powered ship in the United States Navy.

On the morning of January 17, 1955, at 11 am EST, NAUTILUS' first Commanding Officer, Commander Eugene P. Wilkinson, ordered all lines cast off and signaled the memorable and historic message, "Underway On Nuclear Power." Over the next several years, NAUTILUS shattered all submerged speed and distance records.

On July 23, 1958, NAUTILUS departed Pearl Harbor, Hawaii under top secret orders to conduct "Operation Sunshine", the first crossing of the North Pole by a ship. At 11:15 pm on August 3, 1958, NAUTILUS' second Commanding Officer, Commander William R. Anderson, announced to his crew, "For the world, our country, and the Navy - the North Pole." With 116 men aboard, NAUTILUS had accomplished the "impossible", reaching the geographic North Pole - 90 degrees North.

In May 1959, NAUTILUS entered Portsmouth Naval Shipyard, Kittery, Maine for her first complete overhaul - the first of any nuclearpowered ship - and the replacement of her second fuel core. Upon completion of her overhaul in August 1960, NAUTILUS departed for a period of refresher training, then deployed to the Mediterranean Sea to become the first nuclear powered submarine assigned to the U.S. Sixth Fleet.

Over the next six years, NAUTILUS participated in several fleet exercises while steaming over 200,000 miles. In the spring of 1966, she again entered the record books when she logged her 300,000th mile underway. During the following 12 years, NAUTILUS was involved in a variety of developmental testing programs while continuing to serve alongside many of the more modern nuclear-powered submarines she had preceded.

In the spring of 1979, NAUTILUS set out from Groton, Connecticut on her final voyage. She reached Mare Island Naval Shipyard, Vallejo, California on May 26, 1979 - her last day underway. She was decommissioned on March 3, 1980 after a career spanning 25 years and over half a million miles steamed.

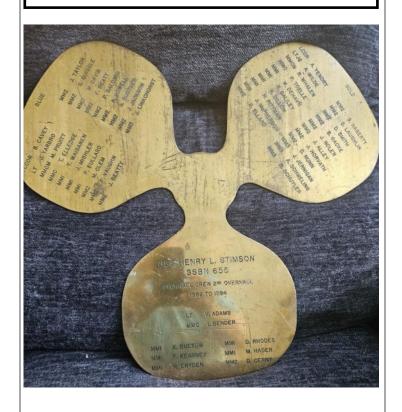
In recognition of her pioneering role in the practical use of nuclear power, NAUTILUS was designated a National Historic Landmark by the Secretary of the Interior on May 20, 1982. Following an extensive historic ship conversion at Mare Island Naval Shipyard, NAUTILUS was towed to Groton, Connecticut arriving on July 6, 1985.

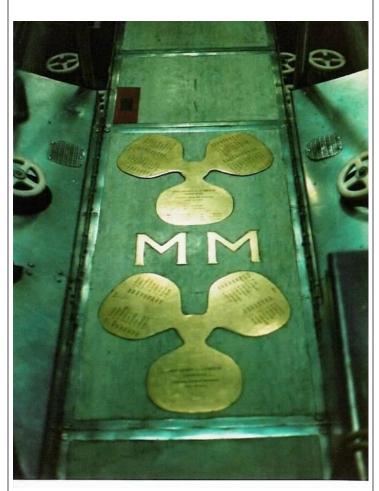
On April 11, 1986, eighty-six years to the day after the birth of the Submarine Force, Historic Ship NAUTILUS, joined by the Submarine Force Museum, opened to the public as the first and finest exhibit of its kind in the world, providing an exciting, visible link between yesterday's Submarine Force and the Submarine Force of tomorrow.

Published: Thu Sep 12 13:33:15 EDT 2019; Naval History and Heritage Command

# Submitted by Patrick Toelle, MMC(SS) B/SY2/G 81-86

One of the two brass propellor's inlayed in the deck between the SSTGs in the ER. This is the second after the second shipyard period.







# SCIENCE



DOING STUFF IN A LAB THAT WOULD BE A FELONY IN A GARAGE

# and s Posit

Think like a

Print a copy, complete and mail with your check to the address below:



Event Registration 655 Reunion #12 11-15 October 2023 Hilton Garden Inn Summerville 406 Sigma Drive, Summerville SC 29486 843.832.1304 To Reserve Rooms: call the number above or link to

https://group.hiltongardeninn.com/y4h1lh



NO

NO

Reserve Group Rates by referencing either: USS Henry Stimson Reunion OR code UHS Hotel Reservation Deadline Monday SEPT 11, 2023 Hotel Reservation is the responsibility of the individual.

Reunion Registration Deadline Monday SEPT 1, 2023 <u>Reunion Web Page</u> The hotel does not provide a shuttle from the airport. Rental cars, LYFT or Uber are available for you.

Complete (print legibly), print the form and mail along with a check or money order payable to: **Henry L. Stimson Reunion** to: 655 Reunion Secretary, 102 Greenhurst Ave., Summerville SC 29485 <u>655webmaster@ssbn655.org</u>

Shipmate Name:	Guest Name:					
Relationship (place X beside correct of	ne): Spou	use Signific			y Friend	
Street Address:	City:		State	e:	Zip:	
Phone: Home:	Cell:		Work:			
E-mail: Home:		Work:				
Number who will be attending this eve	ent in your group					
# Patrols on STIMSON:	Total # Patrol	s on all boats:				
Dates Onboard Rate	Crew	Dates Onboard	Rate		Crew	
Special Needs:						
Reunions Attended: 1999 ND	2001 CT	2003 WA	2005 MO	2007 0	CT 2009 GA	
X beside each one 2011 SC	2013 AL	2016 SC	2018 OK	2021 H	ΧΥ	
Event attendance will be through I am registering for the following pe			and all guests		REUNION USE ONLY Check #	
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(This fee includes registration, Saturda all hospitality room food & beverages,	y banquet, Thur			-	Registration #	
Friday – HL Hunley Tour The Hunley has changed significan					Iotel Resv:	

THE FRIENDS OF THE HUNLEY. Bus transport may be provided for an extra fee.

Please indicate (circle) if you will take the bus if provided: YES Please indicate (circle) if you will provide your own transportation: YES

The 2023 Reunion will be a different format. We are allowing those who attend plenty of unscheduled time. Charleston and the Tri-County area offers a host of places to see and things to do so we are going to give you time to enjoy and have fun either as individuals, couples or small groups. On the next page I have listed several places and things to do to make your time here enjoyable. The Eternal Patrol service will be Saturday morning and the Business Meeting will be Saturday afternoon followed by our Banquet. All will be conducted at the hotel.

The Association has established a refund policy for reunion registrations and it is located within our Bylaws in Article V.g. You can view this policy at: <u>http://ssbn655.org/association/bylaws/1610%20655BylawRev.pdf</u>

g. Cancellation of reunion registration and the refund of monies paid will be based on the timing of the cancellation. Registration cancelled prior to the reunion registration cutoff date will result in refund of monies paid minus the registration/office fee. For cancellation after the registration cutoff date, there will be no refund of monies paid.

Our 2023 Reunion Venue is located in Summerville SC in a newly built area named Nexton. It is a mixed-use community which includes a combination of dining and shopping, single family homes and apartments/condos. You can check this area out <u>HERE</u>. From fast-food to fine dining, you will be able to find many places to eat...and you can get to them all with either a quick drive or a nice leisurely walk to build up the appetite. Check them out <u>HERE</u>.

Many of you lived in the Summerville area while stationed in Charleston. If you haven't been back in a while, you will have a hard time believing all of the changes to this quaint little town. But the one thing that hasn't changed here is that it still has a quaint feel to it when you are in the downtown area. The website <u>www.visitsummerville.com</u> is loaded with a wealth of information on our little (???) town and what's available. Even being here for a few years (49 to be exact) there are things listed on the site that we haven't taken advantage of yet. Brochures about Summerville are also available at the hotel.

Of course, the Charleston area in general has a plethora (like that word?) of things you can do. Here is a small list with links:

# Plantations & Gardens:

- Magnolia Plantation and Gardens
- Boone Hall Plantation
- Middleton Place
- Drayton Hall
- Charleston Tea Plantation
- McLeod Plantation
- Hampton Plantation
- Charles Pinckney National Historic Site

# North Charleston Fire Museum & Tangier Outlet:

**Beidler Forest** 

Bee City

Old Navy Base Memorial & Old Navy Base Riverfront Park

Cold War Memorial / Stimson Bench

Patriot's Point/Yorktown

Fort Sumter & Fort Moultrie

The Battery & White Point Gardens

The Charleston Market

Carriage Rides

- Old South
- Palmetto