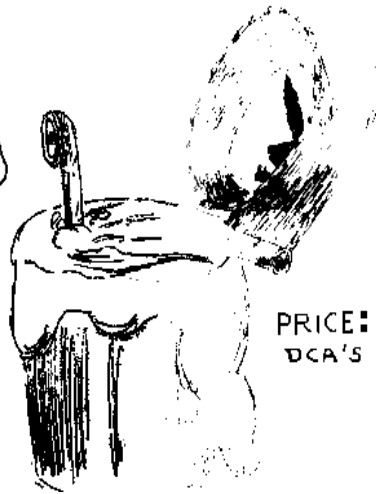


October 13, 2021 - 248 Years



PRICE: ONE  
DCA'S MATTRESS



2023 Stimson Association Reunion #12 Oct 11 - 15

VOL. 2023 #10

OCTOBER 2023

**USS HENRY L. STIMSON ASSOCIATION SSBN655 NEWSLETTER**

**Association Officers & Board of Directors 2021 - 2023**

<b>PRESIDENT</b> Tom [Marie] Krauser	<b>VICE PRESIDENT</b> Jerry [CJ] Blevins	<b>SECRETARY</b> Nick [Linda] Nichols	<b>TREASURER</b> Ken [Diane] Meigs
---	---	--	---------------------------------------

**Other Positions 2021 - 2023**

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

Shipmates,

The reunion is now on top of us. In less than two weeks, we will be meeting for Reunion #12 in SC. During our business meeting there are two items that must be addressed and voted on and the Board of Directors (BOD) requests your help.

**ITEM 1. Election of officers occurs every two years during the Reu** A slate of candidates will be presented to those in attendance to be voted on. The positions elected are President, Vice President, Treasurer and Secretary. We are asking you to send any nominations to filling these positions to the Secretary [<mailto:655webmaster@ssbn655.org>] as soon as possible. Be sure you check with the shipmate and get his agreement to run for the position before sending in his name.

The chart below shows past and current officers and their years serving on the BOD. Our bylaws state: "Officers may normally serve no more than two consecutive terms in the same office unless election to subsequent terms is in the best interest of the Association. Officers elected to more than two consecutive terms shall consent to re-election."

Although the following list has nominations made, all positions are open for our members to nominate others to that job.

- A.. President: Jerry Blevins, current Vice President, has been nominated by Tom Krauser to serve as President and has agreed to serve if elected.
- B. Vice President: Nominations are needed.
- C. Treasurer: The BOD nominates Ken Meigs to continue as Treasurer. Ken has agreed to continue if elected. He has served as our Treasurer since 2007 and is considered to be the best candidate for the position.
- D. Secretary: The BOD nominates Nick Nichols to continue as Secretary. Nick has agreed to continue if elected. He has served as our secretary since 2013.

The Stimson Association was officially established with bylaws in 2005							
YEAR	PRESIDENT	VICE PRESIDENT	TREASURER	SECRETARY	WEBMASTER	CHAPLAIN	HISTORIAN
2005	Phil Johnston	na	Phil Johnston	Loree Riggs	Jeff Bricmont	JB Helms	na
2005-07	Phil Johnston	Robert Callahan	Phil Johnston	Loree Riggs	Randy Allen	JB Helms	Loree Riggs
2007-09	Chuck Hladik	Robert Callahan	Ken Meigs	Loree Riggs	VA Host	JB Helms	Loree Riggs
2009-11	Chuck Hladik	Neal Anderson	Ken Meigs	Loree Riggs	VA Host	JB Helms	Loree Riggs
2011-13	Chuck Hladik	Neal Anderson	Ken Meigs	Loree Riggs	VA Host	JB Helms	Loree Riggs
2013-16	Ray Kreul	Tom Krauser	Ken Meigs	Nick Nichols	Nick Nichols	JB Helms	Loree Riggs
2016-18	Ray Kreul	Tom Krauser	Ken Meigs	Nick Nichols	Nick Nichols	Ken Meigs Acting	Larry Knutson
2018-21	Tom Krauser	Steve Novic	Ken Meigs	Nick Nichols	Nick Nichols	Jake Morris	Larry Knutson
2021-23	Tom Krauser	Jerry Blevins	Ken Meigs	Nick Nichols	Nick Nichols	Bruce Stefanik	Larry Knutson

**ITEM 2. Reunion location and chairman for 2025 Reunion #13.** It cannot be emphasized enough how important this decision is to continuing our Association and gathering together every two years. The Association has actually had a couple of business meetings when it looked like there would not be a next reunion because no one had a location and chairman. The BOD is asking for nominations for location and names of a possible chairman for that reunion. Guidelines for the reunion and chairman are located in our current bylaws: Article VI. Meetings and Reunions.

Send your nominations to the Association President Tom Krauser [[krauser0550@gmail.com](mailto:krauser0550@gmail.com)]. Tom will also answer any questions you may have concerning the 2025 #13 reunion/location/details.

## REUNION CONTROL CENTER

October 11-15, 2023

Charleston SC

Hilton Garden Inn (Summerville SC)

[information and directions to the hotel venue are on the [Reunion #12 Webpage](#)]

**136 shipmates and guests will be attending Reunion #12 this month in Summerville SC.**

Check here to see who has signed up to attend:

**[Registered Attendees Sailing List](#)**



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

Shipmates, we are so very, very close to the big day. I am so excited and can't wait to see all of you at the Hilton. I have been going through my many CDs selecting music from our era to listen to.

I would like to thank the entire reunion committee for working so hard to make your time here enjoyable. Their hard work is very appreciated. See you all soon.



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

This is probably my last message as President of the

Stimson Association. We will be electing new officers at the Business Meeting on October 14<sup>th</sup>. After the elections I will be moving to my position as "Past President" on the BOD.

It has been my pleasure to serve as Vice President from 2013 to 2018 and as President from 2018 to 2023. I personally want to thank the rest of the Stimson Board for their support in making my job easy. I especially want to thank Nick Nichols for his unending efforts to keep the organization running smoothly. Whenever I had a question, Nick was always my "go-to guy" to get the correct answer and an honest opinion.

Nick and Linda's efforts to put out an excellent newsletter every month is greatly appreciated by all of us. I am not sure how they did it!

Marie and I are looking forward to the reunion in Charleston where we can visit with all of our shipmates. Many of our shipmates have been our friends for over 50 years now.

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

Shipmates, we are very close to the 2023 Reunion and I am looking forward to seeing each of you there. Wishing you each safe travels.

I have asked Nick to put an article in the newsletter this month and I hope you enjoy

### Submarines Lost During the Month of October

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

**Nine Boats and 563 Men Lost**





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

Card to: 4000 Ibis Way Unit 201 Venice FL 34292

**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

=====

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

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

**We look forward to seeing our shipmates and friends at the Reunion.**

**9.6.2023:** Dear Family and Friends,

Donna's back problems have not resolved, despite two surgeries and other pain treatments. She still has significant pain in her back and right leg, which is reduced with meds but not below about a 5 or a 6. The back surgeon says he cannot help her further. We are working with the pain doctor and he is recommending a nerve stimulator to see if that will help. We are proceeding down that track, which will take some time to set up.

Sandy's cancer – The August 27, 2023 PET/CT showed some nodules of cancer grew a little while some others shrank showing Keytruda has not failed completely. Keytruda treatments will be continued; the outcome we wanted. The next check on Keytruda's effectiveness will be on November 12, 2023. We live in three-month increments!

We are looking into the possibility of treating three spots of cancer in my muscle tissue, one in my right shoulder and two in my gluten area (butt) to eliminate these spots which are growing and thus reduce the cancer load on my immune system and let Keytruda be more effective.

We thank you for your prayers and Jesus for his continued protection. We will keep you informed. Love, Donna and Sandy

=====

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

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

**NOTE: John and Susan will be with us in Summerville for the reunion.**

**8.21.2023: Email from John:** Even though the knee replacement surgery went well, things have gone south since I came home on July 29<sup>th</sup> just in time for 77<sup>th</sup> birthday on the 30<sup>th</sup>. On August 1<sup>st</sup> I was back in the hospital for an infection in the lower right leg below the surgery area. Diagnosed as infection cellulitis. So, I have spent 17 of the last 27 days in the hospital. At least I am home right now just in time for Susan and I to celebrate our 53<sup>rd</sup> Anniversary tomorrow on August 22<sup>nd</sup>. The knee, leg and foot are still very hot and swollen to the point that I can't put on any shoes.

=====

**Michael Schwarzott, STS2(SS) B 75-76**

Cards to: 7935 Edgebrook Circle Apt 1, N. Charleston SC 29418

**8.26.2023: Email from Michael:** I was finally going to come to one [reunion] but unfortunately, I am having a total reverse shoulder replacement on Sept 20th. That will be a hard recovery with lots of PT and relearning to use my arm again.

=====

**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

=====

**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.ssb655.org](http://www.ssb655.org)**

\*\*\*\*\*

*Submitted by Sam Johnson, CDR B Decom CO 91-93*  
**32-Minute Tour of the USS INDIANA, a VIRGINIA Class Nuclear Fast Attack Submarine.**

Best submarine tour video I've ever seen, except no nuclear engineering spaces, sorry guys. A submarine's nuclear stuff is really secretive.

NOTE: In about 1982, a sub-CO I knew well once gave a tour of the nuclear engineering spaces to a senior Navy Chaplain, an O-6 (Captain). Problem was, he had no security clearance. That CO got fired.

I'd never seen the inside of a VIRGINIA class boat and I loved this video. Many things really are different these days, but it's still basically the same submarining.

The Captain gives the tour and he does a really good job. I noted he has an Antarctic Service Medal, so he did a shore duty tour doing that. I was hoping he'd mention doing that, but he

didn't.

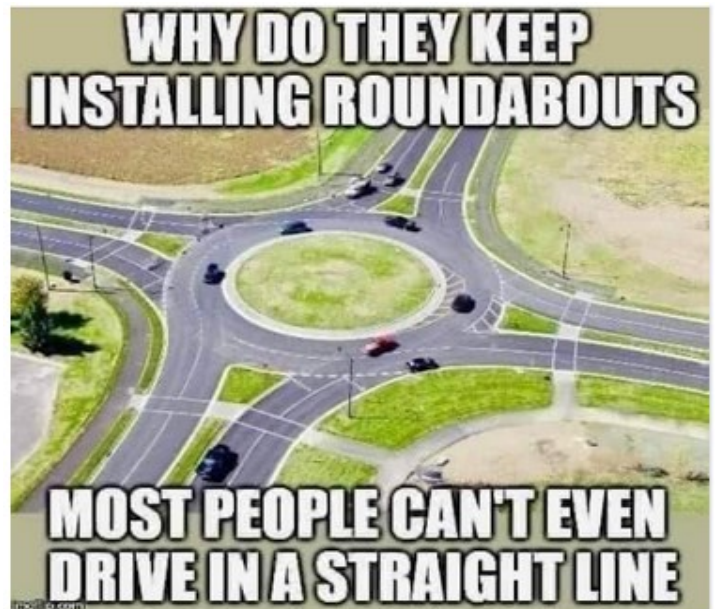
He mentions the Submarine Force shifted to 3 sections of 8-hour watches about 10 years ago. I didn't know that. We did 3-section 6-hour watches in my day which resulted in a rotating 18-hour day. That worked far better in my view. We used to chat about how the shrinks of the world went on about a built-in 24-hour circadian rhythm and it really messed you up otherwise. Balderdash. The Navy just let them roll them over on that.

You'll be amazed at many parts of this.

**[Inside a Nuclear SUBMARINE! | USS Indiana Tour - YouTube](#)**

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

=====



*It just feels like you're always going in circles.*

=====

*Submitted by Jerry Blevins, LT(SS) B 76-79, Assoc. VP & Life Member, USSVI Groton Base*

**Excerpts from "Facts about the Submarine Service" - 1944**

*"I never knew a submarine man yet who wanted to get out of them." Frank Wesley Fenno, CDR, USN*

*"The submarine is not, like other small vessels, compelled to select for its antagonist a vessel of about its own or inferior power; the larger and more powerful its mark, the better its*

*opportunity.*” John P. Holland

### **The Submarine Service**

The Submarine Service is distinctly American both in tradition and in spirit.

History records that the genius of American science created the modern submarine. It is as American as the telegraph, the airplane, the dive bomber and the carrier.

Although submersible craft had been in development for thousands of years, four Americans, David Bushnell, Robert Fulton, John Philip Holland and Simon Lake, comprised the coterie of inventors who transformed ancient dreams into an effective and practical underseas craft.

Hence, the increasing success of the American submarines in the present war [sic WWII] is but a natural outcropping of history, a to-be-expected fulfillment of the past. With a determination backed by trained skill, the men of the Submarine Service have made the submarine one of the most deadly of the Navy's many weapons.

By nature of its operations, the Submarine Service is shielded in secrecy. It has always been so. As a result, the Submarine Service has long been the Silent Service.

Yet, while the operations themselves are a secret, the effects of the submarine campaign upon the war are not. Admiral Nimitz has already publicly expressed the view that our submarines have been and will be a controlling factor in the course of the war.

As Admiral King has already indicated: “When the full story can be told, it will constitute one of the most stirring chapters in the annals of naval warfare.”

### **The History of 'APRONS'**

I don't think our kids know what an apron is.

The principal use of Grandma's apron was to protect the dress underneath because she only had a few and because it was easier to wash aprons than dresses and aprons required less material. But along with that, it served as a potholder for removing hot pans from the oven.

It was wonderful for drying children's tears, and on occasion was even used for cleaning out dirty ears.

From the chicken coop, the apron was used for carrying eggs, fussy chicks, and sometimes half-hatched eggs to be finished in the warming oven.

When company came, those aprons were ideal hiding places for shy kids.

And when the weather was cold, Grandma wrapped it around her arms.

Those big old aprons wiped many a perspiring brow, bent over the hot wood stove.

Chips and kindling wood were brought into the kitchen in that apron.

From the garden, it carried all sorts of vegetables.

In the autumn, the apron was used to bring in apples that had fallen from the trees.

When unexpected company drove up the road, it was surprising how much furniture that old apron could dust in a matter of seconds.

When dinner was ready, Grandma walked out onto the porch, waved her apron, and the men folk knew it was time to come in from the fields to dinner.

It will be a long time before someone invents something that will replace that 'old-time apron' that served so many purposes.

Send this to those who would know (and love) the story about Grandma's aprons.

#### **REMEMBER:**

Grandma used to set her hot baked apple pies on the window sill to cool. Her granddaughters set theirs on the window sill to thaw.

The Government would go crazy now trying to figure out how many germs were on that apron.

I don't think I ever caught anything from an apron - but love.



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

**YouTube as a Resource**

Recently I have run across many of the people at the Senior Centers I volunteer for who did not know what a valuable resource **YouTube** can be. I volunteer at two senior centers to try to help seniors with computer and software issues. I readily admit that Apple products and Chrome Books are one of my greatest weaknesses and I struggle to understand them.

Whenever someone comes to me with an issue on something I have little experience with, I usually open YouTube and type into the Search bar what I am looking for. There is almost always videos about the subject I am trying to get information on. Some of them are bad and some of them are great. But I can usually find videos on the particular subject the person is asking me about. We can then watch these videos together and Pause as necessary to try out what they are telling us.

YouTube probably has videos on any subject you want to know about. Every time I need to fix something, such as my car, I usually look for YouTube videos on that exact subject before I attempt it myself. This usually saves me time and frustration in trying to figure it out myself and making things worse in the process. For example, I wanted to know how to change the entire headlight because the lens was fogged to the point it was getting hard to see at night. I ordered new assemblies and then watched videos on how to replace the headlights on my particular model. It walked me through all the steps to disassemble and reassemble the front end to replace the lens.

So, if you want to learn about anything you should check out [YouTube.com](https://www.youtube.com).

\*\*\*\*\*



**The Computer Corner part 2:**  
*Submitted by George Birmingham, ET1 (SS) G/SY1/G 69-74, Assoc. Life Member, USSVI Carolina Piedmont Base, Holland Club*

**.HEIC Picture Files to .JPG**

My iPhone is now at 16.1 and soon will go to 16.6.1 and while trying to e-mail some photos, I found the the Photos app on the iPhone does not appear to have access to mail (at this moment).

So while I researched that problem, I connected my iPhone to my Windows 10, and uploaded the photos I need into my Windows Photos library and my hard drive. I go to the hard drive expecting .JPG files only to find them saved in .HEIC format instead. Thanks Apple!!!

So I found a neat app to use via this article: [How to Batch Convert HEIC Images to JPEG Format in Windows 10 & 11](#) from the good folks at MakeUseOf. I installed it per the article and it solved my most pressing problem very quickly.

Maybe this will help someone else.

---

**Before you die, decide who gets access to your online accounts and digital files**

BY KIM KOMANDO, KOMANDO.COM  
 NOVEMBER 8, 2021

Have you given any thought as to what you want to happen to your accounts, files, photos, and the rest of your online life once you're gone? If the number of calls and requests I am getting for help on my national radio show is any indication, do it now while you're thinking about it.

In life, it's hard enough to keep it all secure. That's why I continually focus on the ever-changing steps to keep you safe. [Tap or click for five smartphone security steps to take now to keep hackers and scammers out.](#)

Your phone isn't the only target. A person with the right know-how can break into your router, your social media pages; you name it.

Let's get your digital life in order for those you leave behind. Take a look at this list below, and you may want to assign a person to be your "digital executor." Ask your estate attorney about that.



## 1. Create a digital checklist

A digital checklist isn't a legal document but rather a rundown of all your accounts, passwords, and online assets with instructions on how to find them. Take a look at your saved passwords in your browser so you don't miss any accounts. Then, think of other accounts like Venmo or Zelle.

This tech checklist can be as formal or informal as you like. It could be an Excel spreadsheet that includes websites, log-in details, and anything else you want to leave behind. If you go this route, password protect the file and leave the password in your will. A safer option is to use a regularly updated password manager app or program.

Alternatively, you could go low-tech using pen and paper.

## 2. Take care of Facebook

Facebook lets you name a legacy contact who can handle your account when you die. This person can write posts, update your profile photo, and get a copy of everything you did on Facebook.

- On desktop: When you're signed into Facebook, go to Settings & Privacy > Settings and look for Memorialization Settings.
- On mobile: Select the three-lined Menu option in the bottom right. Scroll down to "Settings & Privacy." Tap to open that, then select Settings. From the Account menu at the top of the next screen, select Personal and Account Information > Account Ownership and Control. You'll see "Memorialization Settings." Click to select your legacy contact (and notify your contact they're now in that role).

Once you have your legacy contact set, go to the Memorialization Settings. You can decide whether the person you chose can download a copy of what you've shared on your feed, including posts, photos, videos, and profile information.

Once a year, you will receive a reminder of the person you chose as your legacy contact. If you're sure your person won't change or that you'll remember to change them if need be, you can click "stop annual reminders" in the Annual Reminder section.

If you'd rather have your account deleted after you pass away, get to the Memorialization Settings page and scroll down. Right above the Close button, there is an option you can click that says, "Request that your account be deleted after you pass away."

## **FACEBOOK PRIVACY: 10 Facebook privacy and security settings you need to change right now**

## 3. Don't forget about Twitter

Twitter doesn't have the same memorial or legacy features, but it will remove an account of someone who has died. Not just anyone can ask, though. Twitter says it will work with a person authorized to act on behalf of the deceased or an immediate family member.

If you want to request an account be deleted, you can submit that here. Twitter will email you instructions. Be prepared with a copy of your ID and the person's death certificate.

While this is doable, it is a pain. When you're preparing for your own passing, you're best off leaving instructions and your password in your digital checklist if you'd like anyone to be able to access your account.

## 4. There's Instagram, too

Like its parent company Facebook, your family can request the deletion of your Instagram account or have it memorialized. Instagram requires proof that the person has passed away to memorialize an account, like an obituary or news article.

If you need to delete an Instagram account for someone deceased, tap or click here to fill out the report. If you choose to memorialize an account, it can't be changed or altered in any way. This includes any previous likes, followers, tags, posts, and comments.

## 5. Wipe your Google account

You probably have a few things in your search, watch, and location history that you'd prefer to stay private. By setting up auto-delete, anyone with access to your account after you are gone will have access to what you want them to see.

Here's the good news: As of June 2020, Google auto-deletes account records after 18

months by default. If you want to shorten that window, you can in a few steps.

- Go to your Google Activity controls and log in with your Google account.
- Under Web & App Activity, you'll see Auto-delete. Be sure this is turned On.

Click the arrow to choose your preferred timeframe: 3 months, 18 months, or 36 months.

## 6. Lock down your phone

Most of us don't want anyone going through our phones once we're gone. If you do, share the code in your digital checklist. Otherwise, follow these steps.

On an iPhone, enable Erase data. With this option enabled, everything will be wiped from your device after 10 failed passcode attempts. Sure, 10 is a lot of tries, but there are 10,000 possible combinations if your passcode is four digits.

Go to Settings > Face ID & Passcode > Enter your password. At the bottom of the menu, you will see "Clear data." Slide the button to the **right** to enable this setting.

**Warning:** If you have children, you must make backups regularly. Otherwise, if a little one gets your phone and tries unsuccessfully to unlock it more than 10 times, you could lose everything.

Sadly, this feature isn't native to Android phones, so you'll need a third-party app.

## 7. Share your bank and financial details with someone you trust

Here's another major headache for the loved ones that you leave behind. Trying to access financial sites and bank accounts after someone passes is a big undertaking.

When you're compiling your digital checklist, be sure to include any accounts a trusted family member or friend may need access to. Include your bank, 401K or any other retirement accounts, investment accounts, and any other place you have funds stored.

Be sure they are all locked down in the meantime. **[Tap or click for 5 critical settings so hackers can't access your bank accounts.](#)**

## 8. Share or download your photos

While the idea of someone swiping through your search history and text messages is a bit

unsettling, there is one thing you might want to pass along: Your photos.

All the pictures you've taken over the years can paint a beautiful picture of your life. You can do this in a few ways.

If you only want to share specific photos, start gathering them up now and add them to a folder in your photo or cloud service of choice. Share them now or wait until later, but you will need to do this while you're still able.

You can also download a copy of all your photos or select images and store them on your computer or an external drive. Make sure, of course, the password to your computer is in your digital checklist.

If you're an Apple user, it's simple to download all your iCloud photos to a Mac. Open the Photos app, then click Photos > Preferences. A menu will pop up. Choose iCloud at the top, and click the box next to "Download Originals to this Mac."

If you use Google Photos, easily archive all your photos outside of Google's cloud storage using Google Takeout. Select only Photos and you can even choose which albums to include in the download. This download could be huge if you have years of photos stored.

**[READ MORE HERE](#)**

**For sale an all in one:  
tornado, earthquake,  
nuclear bomb shelter.**



**Only us old folks will  
get this!! Hahaha**



**VETERANS AFFAIRS - RETIREE INFO - AARP**

<https://www.va.gov/>  
**And FLEET RESERVE**

<<<<<<<<<<>>>>>>>>>>>>>>>>>>

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

**NEWS-01: October VSO Bulletin 9-28-2023**  
**Submitted by: John Dudas on 9/28/2023**

**Cradle to Grave: The Only American Both Born and Buried at Arlington National Cemetery**

**PACT Act: Agent Orange Toxic Exposure**

**Tricare Rate Hikes: Premiums for Young Adults, Retired and Reserve Troops Jump Sharply for 2nd Straight Year**

**Think You Saw a UFO? The Pentagon Wants to Hear from You**

**VA Says It's Closing In on a Goal to House 38,000 Veterans This Year**

**'This Is Horrible': Homeless Veterans Are Being Buried in Paupers' Graves Near Fort Moore**

**32,000 Veterans Have VA Disability Claims Decisions Delayed by Technical Glitch**

**By Court Order, Department of Navy Begins Process to Reconsider 3,770 Medical**

**Discharges for Retirement Upgrades**

**Camp Lejeune Water Victims Offered Quicker Payout Option by Navy and Justice**

**Department**

=====

**Veterans Comprehensive Prevention, Access to Care, and Treatment Act of 2020 (COMPACT)**

**By Christine Betros Farrell, Chief Communications Officer**

Starting on January 17, Veterans in suicidal crisis can go to any health care facility, at VA or in the community, for free emergency health care – including transportation costs – and receive inpatient or crisis residential care for up to 30 days, and outpatient care for up to 90 days, including social work.

This could increase access to acute suicide care to an additional 9 million unenrolled Veterans and reduce the number of Veteran suicides by offering immediate care when they are most vulnerable.

**COMPACT-eligible individuals, regardless of VA enrollment status, are:**

- ✦ Those who were discharged or released from active duty after more than 24 months of active service under conditions other than dishonorable.
- ✦ Former members of the armed forces, including reserve service members, who served more than 100 days under a combat exclusion or in support of a contingency operation either directly or by operating an unmanned aerial vehicle from another location who were discharged under conditions other than dishonorable.

Former members of the armed forces who were the victim of a physical assault of a sexual nature, a battery of a sexual nature, or sexual harassment while serving in the armed forces. For more information, visit [Emergency Medical Care - Community Care \(va.gov\)](https://www.va.gov).

=====

## Access My HealtheVet through the new VA sign-in page

Learn more at:

<https://www.myhealth.va.gov/one-place-to-sign-in>

For technical help, call the My VA 4-1-1 information line anytime at 800-MyVA-411 (800-698-2411).

Dear Veterans,

Over the past few months, VA has been building a new home for VA health tools to include My HealtheVet. The new My HealtheVet portal on **VA.gov** will provide a single place for you to manage your healthcare needs in the same location where you manage other VA benefits and services.

This transition began in Spring 2023 and will take approximately 2 years to complete. Veterans will continue to be able to access My HealtheVet directly at <https://www.myhealth.va.gov/mhv-portal-web/home>.

If you have not already, we encourage you to sign up for a My HealtheVet Premium account.

My HealtheVet is VA's private and secure online patient portal for Veterans, active-duty service members, and their dependents and caregivers. Its online resources and tools offer you greater control over your health and wellness.

A My HealtheVet Premium account includes mobile access to your personal health information, the ability to send secure messages to your VA care team and other VA staff, and additional resources that empower you to take ownership of your health care and wellness.

There are two types of MyHealtheVet accounts: Basic and Premium. If you are already signed up for MyHealtheVet, check the icon that appears next to your name on the MyHealtheVet website. If you have a "P" icon next to your name, you already have a Premium account. If you have a "B" icon, you can sign up for a Premium account by following the steps below:

--From the **My HealtheVet login page**, log in to your Advanced account using a sign-in partner (DS Logon Premium or **ID.me**).

--Select Upgrade Now.

--Check the box verifying that you are the owner of the My HealtheVet account and select Continue.

--Check the box accepting the My HealtheVet Terms and Conditions and select Continue.

If you do not have a MyhealtheVet account, **register here**.

For technical assistance, call the My HealtheVet Help Desk toll-free at 877-327-0022 or 800-877-8339 (TTY) Monday to Friday, 7 a.m. – 7 p.m., Central time.

=====

### **Plan Ahead With VA End-of-Life Benefits**

Did you know VA provides benefits and resources for **end-of-life planning**? These services can help ease stress and provide peace of mind after a Veteran has passed away.

VA offers a variety of life insurance programs to help Veterans prepare for the future and protect their loved ones. One available insurance program is VALife, which offers guaranteed acceptance whole-life coverage up to \$40,000 for Veterans with service-connected disabilities. **Find out which VA life insurance program is right for you.**

Spouses and family members of a Veteran or Service member may be eligible for survivor benefits that provide one-time or monthly payments. **Find out which benefits you may qualify for and how to access them.**

To help document end-of-life care wishes, VA offers **Advance Care Planning (ACP)**, in which a Veteran can clarify their preferences for future health care based on personal values and beliefs. Veterans can list a person they trust to make decisions on their behalf if there comes a time when they are unable to do so.

When the time comes, **VA burial and memorial benefits** preserve and honor a Veteran's legacy. These benefits include a designated final resting place, grave liner,

inscribed headstone or marker, a burial flag, and perpetual care of the gravesite. To better understand which benefits you or your family may be eligible for, [check out the online pre-need eligibility application.](#)

[LEARN MORE](#)

=====

### **Get Appointment Reminders to Your Phone - Easily confirm or cancel**

It can be hard to keep track of medical appointments. That's why VA has text message appointment reminders. Start or stop reminders at any time.

[Learn more](#)

=====

### **The Hip Hinge and Your Lower Back**

Your hip hinge helps you sit, squat, and even pick up your grandkids. Learn from a VA chiropractor how to use your hip hinge to support your back and prevent pain.

[Watch now.](#)

=====

### **Ease Your Headaches and Neck Pain**

Headaches and neck tension are a common source of pain. VA therapists recommend acupressure for at-home pain relief. We have simple how-to videos to start.

[Watch now.](#)

=====

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

Did you know there are 4 common types of dementia? We have common symptoms to watch for and when to talk to your doctor.

[Learn more](#)

=====

### **Be Ready for Hurricane Season**

Hurricane season is here. If a storm is on the way, you want to be prepared. This includes getting your medications and health records ready.

[Learn more.](#)

=====

### **Know Your Dental Benefits - Find out if you're eligible**

Have you ever wondered if you could receive dental care through VA? Find out if you're eligible

for VA dental care benefits or reduced cost dental insurance.

[Learn more.](#)

=====

### **Nutrition for Aging: Vitamin D**

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

[Learn more.](#)

=====

### **Understanding Diabetic Nerve Damage**

About half of all people with diabetes experience some form of nerve damage. Knowing the symptoms can help you prevent injury.

[Learn more.](#)

=====

### **COPD: What You Should Know**

If you have trouble breathing, it could be a sign of chronic obstructive pulmonary disease, or COPD. Find out if you should talk to your doctor.

[Learn more.](#)

=====

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

Arthritis can make it difficult to get exercise. But gentle exercise can improve your mobility and even reduce arthritis pain. Try these tips to get moving and ease joint pain.

[Learn more.](#)

=====

### **Stroke Awareness: Get the Facts**

Brain damage from strokes can be lessened if treated quickly, but it's easy to mistake signs of a stroke for something else. Know the different types of stroke and their warning signs.

[Learn more.](#)

---

### **U.S. Revives Cold War Submarine Spy Program To Counter China**

The U.S. Navy is carrying out the biggest overhaul of its top-secret undersea surveillance network since the 1950s as China's naval power surges and new technologies are fast reshaping maritime warfare. Beijing has similar plans of its own.

(REUTERS 21 SEP 23) ... Joe Brock

On a windswept island 50 miles north of Seattle sits a U.S. Navy monitoring station. For years, it was kept busy tracking whale movements and measuring rising sea temperatures. Last October, the Navy gave the unit a new name that better reflects its current mission: Theater Undersea Surveillance Command.

The renaming of the spy station at the Whidbey Island facility is a nod to a much larger U.S. military project, according to three people with direct knowledge of the plans: conducting the biggest reconstruction of America's anti-submarine spy program since the end of the Cold War.

The revival of the multibillion-dollar effort, known as the Integrated Undersea Surveillance System (IUSS), comes as China has ramped up military exercises around Taiwan, heightening concerns about a potential conflict over the democratically ruled territory, which Beijing wants brought under its control.

The IUSS revamp project has not previously been reported. It involves modernizing America's existing network of underwater acoustic spy cables and retrofitting a fleet of surveillance ships with cutting-edge sensors and subsea microphones, moves aimed at boosting the military's ability to spy on its foes. The United States has agreed to sell Australia similar technology to help bolster allied defenses in the Pacific region.

The most innovative change in the Navy's ocean reconnaissance system is an investment in new technologies to miniaturize and globalize traditional maritime surveillance tools. The original network of fixed spy cables, which lie in secret locations on the ocean floor, was designed to spy on Soviet submarines seven decades ago, the three people said.

The Navy's plan includes deploying a fleet of unmanned sea drones to listen for enemy craft; placing portable "underwater satellite" sensors on the seafloor to scan for submarines; using satellites to locate ships by tracking their radio frequencies; and utilizing artificial intelligence software to analyze maritime spy data in a fraction

of the time human analysts would usually take.

The existence of the IUSS was only made public in 1991 at the end of the Cold War, and the details of its operations remain top secret, the three people said. The three spoke about the classified program on condition of anonymity.

Reuters was able to piece together details of the unit's plans through interviews with more than a dozen people involved in the effort, including two current Navy staffers working on maritime surveillance, advisors to the Navy and defense contractors involved in the projects.

The news agency also reviewed hundreds of Navy contracts. That examination identified at least 30 deals linked to the surveillance program signed over the last three years with defense giants as well as a string of startups working on unmanned sea drones and AI processing. A Reuters review of ship-tracking data and satellite imagery also revealed new details about the Navy's secretive underwater cable laying.

The IUSS is led by Captain Stephany Moore, a veteran Navy intelligence officer. The program operates under the command of the Submarine Force U.S. Pacific Fleet, headed by Rear Admiral Richard Seif.

Moore and Seif declined interview requests. In response to questions from Reuters, a spokesperson for the Submarine Force U.S. Pacific Fleet said the Navy could not discuss specifics related to its undersea surveillance system for "operational security reasons."

"The systems have and will experience growth and recapitalization as subsea technologies are developed and as defense priorities are updated," the spokesperson said in a statement.

Tim Hawkins, a spokesperson for the U.S. 5th Fleet, which is based in the Middle East and has led U.S. sea drone trials, told Reuters the Navy is improving surveillance from "space to seabed" with the aim of painting the clearest-ever picture of global activity at sea.

China, meanwhile, is working on its own maritime spy program, known as the Great Underwater Wall, two U.S. Navy sources told

Reuters.

That system, already under construction, consists of cables fitted with sonar listening sensors laid along the seafloor in the South China Sea, a tense arena due to territorial disputes between Beijing and its neighbors. China is also building a fleet of underwater and surface sea drones to scour for enemy submarines, the two people said.

The Chinese push extends far into the Pacific. The state-run China Academy of Sciences said in 2018 it was operating two underwater sensors: one in Challenger Deep in the Mariana Trench, the deepest known point on earth; the other near Yap, an island in the Federated States of Micronesia.

Though China says these sensors are used for scientific purposes, they could detect submarine movements near the U.S. naval base on Guam, a Pacific island territory, the Navy sources said.

China's Ministry of Defense did not respond to requests for comment about any aspect of this story. China's Foreign Ministry declined to comment.

**Read complete story here:**

<https://www.reuters.com/investigates/special-report/usa-china-tech-surveillance/>

---

### **LA-Class Sub USS San Juan Arrives In Bremerton For Decommissioning**

(KITSAP SUN 21 SEP 23) ... Peiyu Lin

BREMERTON — The Los Angeles class submarine USS San Juan (SSN 751) arrived in Bremerton Wednesday afternoon for its scheduled decommissioning and deactivation at the Puget Sound Naval Shipyard, after 35 years of service.

The San Juan departed the Naval Submarine Base New London in Groton, Connecticut on Aug. 21, according to Submarine Readiness Squadron 32. Before heading to Puget Sound, the sub participated in its final exercise, Operation Nanook 20 23 with the Canadian Armed Forces and the U.S. Coast Guard. As part of the annual sovereignty operation and maneuver warfare exercise, the San Juan transited from the East Coast to the West Coast through the Northwest

Passage, according to spokesperson Lt. Corey T. Jones at Submarine Group 9.

The San Juan's last deployment was completed in June when it returned to Groton from a six-month deployment to the European Command area of responsibility, according to the Navy.

A reception planned by the Navy League of the U.S. Bremerton-Olympic Peninsula Council and the Pacific Northwest Chapter of the Naval Submarine League will be hosted on October 6 to welcome the crew, the Navy League's spokesperson, Alan Beam confirmed.

The welcoming event will be at 4:30 p.m. at The Horse And Cow Pub And Grill in Bremerton.

The arrival of the 361-foot-long boat was a surprise for several local residents who happened to be at Bachmann Park or the surrounding area in the afternoon.

Carol Clingan, a health and PE teacher at Mountain View Middle School, saw the boat on her way home from school.

Seeing the San Juan sailing into Bremerton brought a sense of nostalgia to the former military spouse. For 16 years Clingan would watch the USS Nevada leaving past the Hood Canal Bridge, as Clingan's ex-husband served on the Bangor-based USS Nevada in the 1990s.

"That's so cool," Clingan said for her first time seeing a submarine at the Bremerton waterfront.

Seabeck resident Paula Miller-Barth and her son, Hayden, stopped by the park to have lunch. Having a neighbor who retired from the Navy, Miller-Barth has heard a lot about submarines and felt a sense of patriotism watching it return. She brought up a video call with her mother in New York so

her mother could see the submarine and shared the excitement through her cellphone screen.

The USS San Juan was commissioned in August 1988. It's the second U.S. warship named after San Juan, Puerto Rico. The boat has a crew of over 110 personnel, according to the Navy.

<https://www.kitsapsun.com/story/news/2023/09/21/uss-san-juan-arrives-in->

## U.S. Navy Brings Massive Fire Power To Tromsø

This is the first time a guided missile submarine of the Ohio-class makes port call to Northern Norway. The “USS Florida” is one of the most powerful warships in the world, capable of carrying up to 154 Tomahawk land-attack cruise missiles.

(THE BARENTS OBSERVER 14 SEP 23) ...  
Thomas Nilsen

It was Thursday morning the massive nuclear-powered submarine surfaced in the fjord and slowly sailed to port at Grøtsund north of Tromsø.

“We are grateful to Norway for allowing “USS Florida” to conduct a port visit to Tromsø. Stops like these ensure that the submarine and her crew are able to continue their mission of promoting security and stability in the region,” said Rear Adm. Stephen Mack, director of Maritime Operations, U.S. Naval Forces Europe/Africa.

This is not the first US Navy submarine visit to Tromsø, but never before has the large Ohio-class been welcomed by the Norwegians.

The “USS Florida” is one of four Ohio-class submarines that are converted from carrying ballistic missiles as part of the US naval deterrent to now being armed with Tomahawk cruise missiles.

It is unclear for how long the submarine has patrolled outside Northern Norway, waters of strategic importance also for the Russian Northern Fleet sailing out of the Kola Peninsula.

U.S. Sixth Fleet says in a statement on September 14 that the submarine prior to Tromsø made a scheduled visit to Naples, Italy in August.

According to the Federation of American Scientists, the U.S. Navy’s nuclear Tomahawk land-attack cruise missile (TLAM/N) was retired in 2013, ending a long-lasting post-Cold War process of eliminating all non-strategic naval nuclear weapons from the Navy’s arsenal.

The cruise missiles now onboard the rebuilt Ohio SSGNs are armed with conventional warheads, not nuclear.

In Tromsø, Norwegian officials will be allowed on board.

“We are excited to welcome distinguished visitors aboard while in Tromsø, as a visible demonstration of the strength of the U.S.-Norway partnership, and we look forward to continuing to operate with our long-standing NATO Ally as we work together towards our shared goals,” said Rear Admiral Mack.

By coincidence, the Rear Admiral has the same name as the local beer brewery in Tromsø: Mack.

The Navy statement says nothing about how long “USS Florida” will stay in Tromsø but says that the crew “will have the opportunity to experience the rich culture of Tromsø, and build relationships with the local population.

Tromsø is famous in Norway for its nightlife, pubs and restaurants.

<https://thebarentsobserver.com/en/security/2023/09/us-navy-brings-massive-fire-power-tromso>





## Do you remember? I sure do!

Heavens to Mergatroyd!

The other day a not so elderly (I say 75) lady said something to her son about driving a Jalopy; and he looked at her and said, "What the heck is a Jalopy?" He had never heard of the word jalopy! She knew she was old ...But not that old.

Well, I hope you are Hunky Dory when you read this and chuckle.

About a month ago, I illuminated some old expressions that have become obsolete because of the inexorable march of technology.

These phrases included: Don't touch that dial; Carbon copy; You sound like a broken record; and hung out to dry.

Back in the olden days we had a lot of moxie. We'd put on our best bib and tucker, to straighten up and fly right.

Heavens to Betsy!                      Gee whillikers!

Jumping Jehoshaphat!      Holy Moley!

We were in like Flynn and living the life of Riley; and even a regular guy couldn't accuse us of being a knucklehead, a nincompoop or a pill. Not for all the tea in China!

Back in the olden days, life used to be swell, but when's the last time anything was swell? Swell has gone the way of beehives, pageboys and the D.A.; of spats, knickers, fedoras, poodle skirts, saddle shoes, and pedal pushers.

Oh, my aching back! Kilroy was here, but he isn't anymore.

We wake up from what surely has been just a short nap, and before we can say, "Well, I'll be a monkey's uncle!" Or, "This is a fine kettle of fish!"

We discover that the words we grew up with, the words that seemed omnipresent, as oxygen, have vanished with scarcely a notice from our tongues and our pens and our keyboards.

Poof, go the words of our youth. Where have all those great phrases gone?

Long gone: Pshaw, the milkman did it. Hey! It's your nickel. Don't forget to pull the chain. Knee high to a grasshopper.

Well, Fiddlesticks! Going like sixty. I'll see you in the funny papers. Don't take any wooden nickels. Wake up and smell the roses.

It turns out there are more of these lost words and expressions than Carter has liver pills.

This can be disturbing stuff! (Carter's Little Liver Pills are gone too!)

Leaves us to wonder where Superman will find a phone booth.

See ya later, alligator! After a while crocodile. Oki-Doki artichokey!

## REMEMBER THE HENRY L. STIMSON SSBN 655



Bunny Art

Painted by Gold Crew Weaps,  
Roosevelt Roads, PR, 1966

