

Steel Valley Dolphins

December 2014



The official newsletter of the
USS Requin Base of the USSVI
Pittsburgh, Pennsylvania

USSVI Creed:

"To perpetuate the memory of our shipmates who gave their lives in the pursuit of duties while serving their country. That their dedication, deeds, and supreme sacrifice be a constant source of motivation toward greater accomplishments. Pledge loyalty and patriotism to the United States of America and its Constitution."



Meetings held on the second Saturday of the month normally in Leetsdale at the VFW Post and quarterly meetings held around our membership area.

- **Make a difference, get to a meeting!**

----- Pride Runs Deep -----

Next meeting: 1230 10 January 2015 at Leetsdale VFW.

2014 USS Requin Base Officers

Base Commander	Hubert C. Dietrich	412-486-2635	hueyfromglenshaw@aol.com
1st Vice Commander	Joe Campisi	412-322-3201	jcampisi1@comcast.net
2nd Vice Commander	Jack Sutherin	330-482-4175	jack.sutherin@comcast.net
Secretary	Jeff Simon	724-502-4505	jeffsimon@zoominternet.net
Treasurer	Lee M. Bookwalter	412-795-8337	booky143@verizon.net
Storekeeper	Joe Campisi	412-322-3201	jcampisi1@comcast.net
Chaplain	Carl Stigers	412-995-8028	carstenstigers@verizon.net
Past Base Commander	Joe Campisi	412-322-3201	jcampisi1@comcast.net
Newsletter Editor	Jack Sutherin	330-482-4175	jack.sutherin@comcast.net
Webmaster	Lee M. Bookwalter	412-795-8337	booky143@verizon.net
COB/Historian -	Clyde Porter, jr.	740-635-3179	candspporter@comcast.net



December

USS F-1 (SS 20)	December 17, 1917
USS S-4 (SS 109)	December 17, 1927
USS SEALION (SS 195)	December 10, 1941
USS SCAMP (SS 277)	November 9, 1944

Binnacle List

Clyde Porter
George Denny
Richard Tate
RL Schmidt
Virginia Sutherin
Alnes Franz



An Admiral visited one of the ships of the line under his command.

While eating breakfast with the crew he was impressed to see the Naval insignia stamped on every biscuit.

He went to the Chief cook to ask how this feat was done, so it could be used on other ships under his command.

The Chief replied, "I'd be glad to share that with you, Admiral. After each biscuit is cut, I just slap it here against my belt buckle which bears the Navy insignia.

Horrified the Admiral exclaims, "That's very unhygienic!"

The Chief shrugs and replies, "Well, if that's the way you feel, sir, I suggest you avoid the donuts."

Thanks to DBF Bernie Sigler



USSVI 2015 NATIONAL CONVENTION

September 7 – September 12, 2015

The Westin Convention Center Pittsburgh
1000 Penn Ave, Pittsburgh, Pennsylvania 15222

www.ussviconventionsteelcity2015.org

2015 Convention Registration Form



Name (To be used on name badge, include SVWWII/USSVI Officer Title): _____

Spouse/Guest: _____

Address: _____

City: _____ State: _____ Zip Code: _____

Phone: _____ Email: _____

Emergency Contact: _____ Phone: _____

Qual Boat: _____ Hull Number: _____ Qual Year: _____ Base: _____

Date	Event	Cost	Qty	Total
	(visit our website www.ussviconventionsteelcity2015.org for event details)			
	2015 Convention Registration (per person) (add \$10.00 per person after July 1, 2015) NOTE: Registration fees will not be refunded for any reason after August 1, 2015 NOTE: Attendance at any USSVI sponsored activity requires paid 2015 Convention Registration	\$30.00		
	Major Sports Event	TBD		
Tue. 9/8/15	Golf Outing	\$50.00		
	Shanksville-Ligoneer bus tour/luncheon/American heroes production	\$88.00		
	Welcome Aboard Party, Fleet Night	\$30.00		
Wed. 9/9/15	WWII Vet & Holland Club Breakfast Buffet	\$25.00		
	Incline and Aviary Tour	\$40.00		
	Strip District Walking Food Tour	\$30.00		
	Brewery Tour	\$35.00		
Thurs.9/10/15	Men's Luncheon	\$30.00		
	Women's Luncheon	\$30.00		
	Gateway Clipper Dinner Cruise	\$69.00		
Fri. 9/11/15	Carnegie Science Center	\$10.00		
	Memorial and Tolling Of The Boats, Carnegie Science Center	NC		
	Strip District Walking Food Tour	\$30.00		
	Brewery Tour	\$35.00		
	USS Requin Tour	NC		
Sat. 9/12/15	Film Festival	\$10.00		
	USSVI National Awards Banquet	\$55.00		
	Top Sirloin _____ Chicken Marsala _____ English Style Cod _____ Wild Mushroom Ravioli with Alfredo Sauce _____			
RAFFLE	Win one of two 6 night stays at The Westin Convention Center Pittsburgh for use during USSVI 2015 National Convention (9/7/15 thru 9/12/15) Prize: Standard Room (approx \$700 value) Drawing July 1, 2015 Winner to be notified by July 15, 2015	\$5.00 each OR 6 for \$25.00		
Payment by check or money order made payable to: 2015 USSVI CONVENTION PO Box 352 Gibsonia, PA 15044		TOTAL DUE:		



USS REQUIN BASE
C/O HUEY DIETRICH,
213 ANDREW DRIVE
GLENSHAW, PA 15116
(412) 486-2635



FINAL REQUEST

TO MY FAMILY, FRIENDS AND SHIPMATES I LEAVE BEHIND I WANT YOU TO KNOW HOW GRATEFUL I AM YOU CHOSE TO SHARE YOUR LIFE WITH ME.

OUR TIME TOGETHER, ALTHOUGH SHORT WAS REWARDING AND A BLESSING TO ME. TAKE CARE OF ME IN THE MANNER WE DISCUSSED. SEND ME BACK TO THE

SUPREME COMMANDER.

THERE I WILL JOIN MY SHIPMATES WHO HAVE GONE BEFORE ME ON "ETERNAL PATROL."

MY FINAL REQUEST TO YOU IS: IN LEAU OF FLOWERS, PLEASE MAKE A DONATION TO THE

USS REQUIN BASE MEMORIAL FUND

SO THEY CAN CARRY ON THE WORK THEY DO TO BENEFIT THOSE LESS FORTUNATE, IN THE NAME OF THE

UNITED STATES SUBMARINE VETERAN'S, INC.





United States Submarine Veterans, Inc.
2015 National Convention
P.O. Box 352, Gibsonia, PA 15044
September 7 – September 12, 2015
The Westin Convention Center Pittsburgh
www.ussviconventionsteelcity2015.org



Souvenir Magazine Ad Order Form

Name: _____ Phone: _____

Corporate/Organization _____

Address: _____ Email: _____

City: _____ State: _____ Zip: _____

Advertisements for 2015 Convention Magazine (deadline June 1, 2015)

_____ Cover Back Outside @ \$350.00 — SOLD

_____ Cover Front Inside @ \$350.00 — SOLD

_____ Cover Back inside @ \$350.00 — SOLD

_____ Full Page Ad @ \$300.00

_____ Half Page Ad @ \$150.00

_____ Quarter Page Ad @ \$75.00

_____ Business Card @ \$25.00

Total Amount Submitted: \$ _____

You may email your COPY READY ADVERTISEMENT to:

To: Robert.welts@comcast.net

cc. hueyfromglenshaw@aol.com

Please make checks payable to: Requin Base, 2015 USSVI Annual Convention

Mail checks to address above.

For more information, please contact Rob Welts at 724-771-0250

The United State Submarine Veterans, Inc (USSVI-our national organization) and the Requin Base (hosts of convention) are 501 c 19 veteran organizations, as designated by the Internal Revenue Service

COMMANDERS COLUMN:

Shipmates: Both, my first mate Edie and I want to wish everyone a joyous holiday season -- To our Jewish friends and members - Happy Hanukkah! To the rest of you - have a Merry Christmas and Happy New Year - IN GOD WE TRUST

Membership: 2014 has been most rewarding for membership recruitment. Our goal each year is to recruit at least ten (10) new members. Our regular recruiting efforts far exceeded our goal. There are twenty-two (22) new members thanks to our shipmates who actively recruited their old shipmates, family and friends. Our special recruiting team, of myself, Rick Elster and Joe Campisi did an outstanding job of signing up thirty five (35) active duty sailors of the USS PITTSBURGH SSN720 while we traveled to Groton. We didn't have access to the entire crew, but only the two watches over the week end. That brings our base deck log for 2014 to--two hundred nineteen (219) and fifty seven (57) new shipmates for 2014.. KUDOS to the entire base for a job well done. That puts us at the seventh largest base in the USSVI - excluding the SSMC and Internet base. We are not done by far on recruiting.... We have Bettis and Westinghouse loaded with X bubble heads. Its important that we bring in our younger sailors to carry on the legacy of submariners - they are the future.

Eternal Patrol: 2014 has also been a sad one for the base with eight (8) of our shipmates sailing on eternal patrol, along with one of our Associate Members.

James Varney - Dex Armstrong - John Grienberger - Robert Campbell - Don Lennox - Eugene Camarota - Tom Whalen - George Stefaniak and (AM) Marion Irons.

FAIR WINDS AND FOLLOWING SEAS - WE HAVE YOUR WATCH - SHIPMATES

Retention: The regular yearly dues collection is winding down for 2014. I enjoy the notes and telephone calls that I receive. Everyone who I make contact with, are really truly good shipmates. January 1st starts the official DINK list of those members who have not sent in their dues for the National or Base. January 31 is the day that the DINKS will be removed from our membership list - so please send in your check ASAP. Four (4) shipmates have notified me that they will not be re-newing and eleven (11) shipmates have said, that the check is in the mail. That leaves ten (10) who have not re-enlisted. On December 31, a DINK e-mail will be sent to the base membership to informed them who the dinks are and maybe they can help us locate or convince the shipmates to stay with the base. There are two (2) shipmates who intend to re-enlist in January and are out of town on business and will re join on their return - I will not consider them DINKS.

While we may lose some shipmates, I have set a base goal of twenty one (21) new members to reach for 2015. This will put us in the top five (5) bases in the USSVI.

Calendars: The sale of the USSVI calendars are a great success. I just put in a third order to fill our needs. If anyone wants or needs any more, please let me know. The calendar is one of our base fund raisers to help us make up the funds needed to balance our base yearly budget.

NATIONAL USSVI CONVENTION: The planning is going along as planned. The committee meets every two (2) to three (3) weeks. We have over six thousand five hundred (6,500) hits on our web-site - www.ussviconventionsteelcity2015.org We have asked the base members to register as early as possible. As the convention gets closer, it will become harder to make reservations. There are two (2) registrations for you to make - one to the hotel and the other to the registration committee for all the activities. My co-chairs are Rick Elster (412 - 751-7967) and Joe Campisi (412 - 322-3201). If you have any questions you can get in touch with any of us. If you want to serve on any of the committees - let us know!!!

Included in this SVD is a [Convention Registration Form](#) - if you can't fill it out on our web-site, then fill out the form from the SVD and send it in. Also included is a [Souvenir Magazine Ad Order Form](#). It is also on line! For all you shipmates out there, make copies of the AD Form and distribute it to your American Legions and VFW's and ask them to take out an AD. Also take it to your church, neighborhood, moose, elks and any other veterans friendly organization. If you know of any vet friendly companies or corporations, we can sent them a CONVENTION FOLDER, for them to study other avenues for tax free donations. Its all hands on Deck!!!!!!!!!!!!

MEETINGS: Our next meeting are as follows:

Base - January 10, at Leetsdale, Pa VFW at 12:30 hours

Convention Committee - January 18, at Elizabeth VFW at 13:00 hours

National Board of Directors - Mid Term - March 30 & 31 at the Westin Hotel in Pittsburgh

BIRTHDAYS

Mike Amenti - 12-29-88

ANNIVERSAIRES

Wayne & Amanda Arnold - 12-05

Bob Bittner - 12-24-64
Douglas Christy - 12-11-88
John Donnelly - 12-10-30
George Elder - 12-12-32
Ron Goron - 12-24-47
Nick Greenway - 12-08-92
Frank Hood - 12-17-46
Bob Kurz - 12-23-50
Bernie Sigler - 12-07-33
George Staas - 12-05-38
Richard Tate - 12-24-44
Luke Vontagen - 12-29-83
Ed Zdanko - 12-24-38
Priscilla Hawk - 12-24
Sharon Hood - 12-15
Louis Kieler - 12-18
Brenda Winters - 12-24

Alfred & Lynette Bremer - 12-27
Dennis & Patricia Cantwell - 12-16
Josua & Jessica Chandler - 12-28
Bob & Ruth Krautstrunk - 12-29
John & Genny Lukasik - 12-17
Ed & Carol Lyons - 12/10
Al & Carmon - Murman - 12-24
Frank & Trish Nowalk - 12-16
Bernie & Dotty Sigler - 12-07
MacKenzie & Cassandra Smiric - 12-22
Jack & Ginny Sutherin 12-29

NEW MEMBERS

James Cowher qualified in 1988 on the USS ULYSSES S. GRANT SSBN631 Blue Crew. He left the navy in 1991 as a FTB5(SS). James lives in New Castle, Pa., with his wife Nicole. Please e-mail James and welcome him aboard - cowher.james@gmail.com

ACTIVE DUTY SHIPMATES OF THE USS PITTSBURGH SSN720 WHO ARE CURRENTLY ON DEPLOYMENT

James Amenti qualified in 2013 on the USS PITTSBURGH SSN720. He is a STS3(SS). James lives in Groton with his wife Ashlee.

Wayne Arnold qualified in 2003 on the USS TOLEDO SSN769. He is a TMC(SS). Wayne lives in Groton with his wife Amanida.

Nicholas Arroyo qualified in 2013 on the USS PITTSBURGH SSN720. He is a CS3(SS).
Nick lives in Norwich, CT with his wife Jamie.

Cody Baker qualified in 2013 on the USS PITTSBURGH SSN720, He is a FT1(SS).
Cody lives in Ledyard, Ct with his wife Angela.

Mark Barnhart qualified in 2013 on the USS PITTSBURGH SSN720. He is a MM6(SS).
Mark lives in Ledyard, Ct.

Christopher Beauprez qualified in 1986 on the USS SALT LAKE CITY. He is a QMC(SS).
Chris lives in Old Lyme, Ct with his wife Debbie.

Kevin Bland qualified in 2011 on the USS PITTSBURGH SSN720. He is a FT5(SS).
Kevin lives in Gary In, with his father William.

Jeremy Bland qualified in 1997 on the USS TOLEDO SSN769. He is a ETC(SS).
Jeremy lives in Pittsfield, MA

Scott Buzzard, Jr qualified in 2011 on the USS PITTSBURGH SSN720. He is a MM5(SS). Scott lives in New London, Ct.

Emannel Carranza qualified in 2015 on the USS PITTSBURGH SSN720. He is a EM2(SS). Manny lives in Homestead, Fl with his wife Olivia.

Marcus Cecil qualified in 2011 on the USS PITTSBURGH SSN720. He is a MM2(SS).
Marcus lives in St. Johns, Fl with his wife Jennifer.

Joshua Chamrin qualified in 2000 on the USS SAN FRANCISCO SSN711. He is a ETC(SS). Joshua lives in Ledyard, Ct., with his wife Katherine

Joshua Chandler qualified in 2012 on the USS PITTSBURGH SSN720. He is a FT4(SS). Joshua lives in Groton, Ct with his wife Jessica.

James Davis qualified in 2014 on the USS PITTSBURGH SSN720. He is a ST5(SS).
James lives in Loloma, Mi, with his mother, Stacie.

Douglas Christy qualified in 2013 on the USS PITTSBURGH SSN720. He is a E4(SS).
Doug lives in Groton, CT with his wife, Jennefer.

Nicholas DeLaCruz qualified in 2005 on the USS SPRINGFIELD SSN761. He is a ET2(SS). Nicholas lives in Groton, CT with his wife Stephanie

Anthony Eodice qualified in 2013 on the USS PITTSBURGH SSN720. He is a ET5(SS).
Anthony lives in Effort with his family.

Timothy Gonzales qualified in 1999 on the USS CITY OF CORPUS CHRISTI SSN705. He is a CSC(SS). Tim lives in Ledyard, CT .

Nicholas Greeway qualified in 2013 on the USS PITTSBURGH SSN720. He is a E4(SS).
Nick lives in Va Beach, Va., with his brother Nathan.

Joshua Grosswiler qualified in 2003 on the USS DALLAS SSN700. He is a FTC(SS).
Josh lives in Baltic, CT with his wife Yarinette.

Jordan Helmsing qualified in 2007 on the USS PROVIDENCE SSN719. He is a ET1(SS). Jordan lives in Mystic, Ct. with his wife Dana Nye.

Phillip Hung qualified in 1997 on the USS PITTSBURGH SSN720. He is a ETS1(SS).
Phil lives in Clinton, CT. with his wife amarilis.

Christopher Jacobson qualified in 2003 on the USS AUGUSTA SSN710. He is a ETR6(SS). Jake lives in Groton, Ct with his wife Nicole.

Erik Kellum qualified in 2013 on the USS PITTSBURGH SSN720. He is a STS3(SS).
Erik lives in Vancouver, WA.

Deryn LaCombe qualified in 1998 on the USS ANNAPOLIS SSN760. He is a STSC(SS). "Big D" lives in Preston, Ct. with his wife Lynda.

Sean Lowengard qualified in 2014 on the USS PITTSBURGH SSN720. He is a EM3(SS). Henry lives in New London, CT with his wife Lesli.

Michael Neph qualified in 2011 on the USS PITTSBURGH SSN720. He is a ET2(SS).
Mike lives in Fenton, Mi with his wife Megan.

Jonathan Roberts qualified in 2001 on the USS SCRANTON756. He is a ETC(SS). John lives in Macvncin, Pa with his wife Jennifer.

Joshua Sewell qualified in 2006 on the USS SAN JUAN751. He is a STS1(SS). Josh lives in Norwich, CT. with his wife Cassandra.

Edward Schweber qualified in 2012 on the USS PITTSBURGH720. He is a ET3(SS). SCHWEEBS/'THE' ET3 lives in Groton, CT with his wife Elizabeth.

Mackenzie Smircic qualified in 2014 on the USS PITTSBURGH720. He is a LS2(SS). Max lives in Groton, Ct. with his wife Cassandra.

Jacob Stewart qualified in 2013 on the USS PITTSBURGH720. He is a E3(SS). Stewie lives in Groton, Ct.

Luke Von Tagen qualified in 2004 on the USS ANNAPOLIS760. He is a Chief(SS). Luke lives in Ledyard,Ct with his wife Heather.

Dan Curtis M. Teague qualified in 2014 on the USS PITTSBURGH720. He is a CS(SS). Dan lives in Dallas,Tx. with his mother Karen

Michael Zawierszynski qualified in 2006 on the USS ALBUQUERQUE 706. He is a EM1(SS). He lives in Groton, CT.

Shipmates or Family Members - if there are any changes or corrections to the above list of the sailors of the Pittsburgh, please notify me at - hueyfromglenshaw@aol.com

HAPPY HANUKKAH MERRY CHRISTMAS & HAPPY NEW YEAR

Requin Base Meeting Minutes

December 13, 2014

Irwin, PA

Base Commander Huey Dietrich called the meeting to order.

Attendees: Gregory & Maggie Bayne, Lee & Patsy Bookwalter, Clair & Nancy Bouts, Don & Dorothy Bright, Tom Burdin, Joe Campisi, Huey & Edie Dietrich, Aaron & Sandy Ellis, Rick & Judy Elster, Peter & Stephanie Foster, Mike & Kela Gasparovic, Gerry & Linda Gaylor, Ron & Pat Goron, Bill & Donna Greenlee, Bob & Carol Keller, Frank & Rose Nicotra, Ed & Dot Paul, Bob & Linda Renninger, Bernie & Dotty Sigler, Jeff & Eileen Simon, Jack & Lois Stewart, Don & Delores Tasky, Bob Weltz, Ed & Carolyn Yoder

Base Commander Huey Dietrich gave the quote of the day: "Like virginity, integrity can only be given away once"

Requin History On December 1, 1948 the USS Requin left shipyard with new radar equipment and reported to New London CT for duty in Submarine Squadron 8. On December 3, 1968 USS Requin was decommissioned and on December 20, 1971 USS Requin was struck from the Navy Register.

Base Commander Huey Dietrich: Let us at this time, with a moment of silent prayer, remember our Shipmates who made the supreme sacrifice that we may gather here in Peace. We dedicate this meeting to our Shipmates on Eternal Patrol, to perpetuate their memories in our lives and to honor our Shipmates on active duty in the service of the first line of defense of our Nation.

Boats Lost:

USS CAPELIN (SS 289)	December 2, 1943
USS SEALION (SS 195)	December 10, 1941
USS F-1 (SS 20)	December 17, 1917
USS S-4 (SS 109)	December 17, 1927

Let us also remember our fellow shipmates of the Requin Base, Calvin Boring and Don Robins, who were lost in December. Finally let us remember all the brave submariners who died performing their duties aboard submarines, some individually and some in groups, but where the submarine itself was not lost and the brave members of our military lost at Pearl Harbor in 1941.

Other Reports:

Binnacle List includes Ginny Sutherin, Richard Tate, George Denny, Robert Schmidt, Peter Foster, Agnes Franz, Clyde Porter.

Base membership stands at 219 making Requin the seventh largest USSVI base.

Members can buy small stores, base coins and convention patches from Joe Campisi.

Two Eagle Scouts courts of honor were held in the past months.

Memorials And Ceremonies:

Rick Elster and Jack Stewart conducted a POW/MIA ceremony.

Old Business:

Thank You letters have been sent to the businesses who donated beer for the USS Pittsburgh recruiting trip.

National Mid-Term Board Meeting will be held in Pittsburgh on March 30-31, 2015 at the Westin hotel.

New Business:

Letters to the base were read.

For The Good Of The Order:

With no additional nominees coming forward, the following nominations for base officers was approved by the members present: Commander Huey Dietrich, First Vice Commander Joe Campisi, Second Vice Commander Ron Goron, Treasurer Lee Bookwalter, and Secretary Jeff Simon.

Rick Elster won this year's drawing of the 40-40-20 Christmas raffle.

Dottie Sigler gave the blessing of today's meal.

Adjournment: The meeting was adjourned.

Next meeting: Leetsdale, PA VFW at 1230 hours on January 10, 2014.

Thanks for our own Mister Mac The Lean Submariner

The Guide to Overcoming Holiday Depression for the Elderly and their Caretakers

<https://www.aclsonline.us/articles/the-guide-to-overcoming-holiday-depression-for-the-elderly-and-their-caretakers/>

American Association of Geriatric Psychiatry

<http://www.aagponline.org/>

22 Senior Health Risk Calculators for Healthy Aging

<http://www.calculators.org/health/aging.php>

Caregiving Support & Help

http://www.helpguide.org/elder/caring_for_caregivers.htm

Swimming to Benefit Those with Parkinson's and Depression

<http://blog.intheswim.com/health-aging-parkinsons-disease-swimming/>

10 Mental Health and Recovery Resources for Our Seniors

7% of people (that's over 20 million in the US) have a major depressive disorder (1). More than HALF of these people do not get the treatment they need (2). We hope the following resources can guide you and your loved ones to get the necessary help and support:

Elderly Depression and Care for the Elderly

<http://www.aplaceformom.com/senior-care-resources/articles/elderly-depression>

The Guide to Overcoming Holiday Depression for the Elderly and their Caretakers

<https://www.aclsonline.us/articles/the-guide-to-overcoming-holiday-depression-for-the-elderly-and-their-caretakers/>

Depression is Not a Normal Part of Growing Older | CDC.GOV

<http://www.cdc.gov/aging/mentalhealth/depression.htm>

Substance Abuse and Misuse Among Older Adults

http://www.gmhfonline.org/gmhf/consumer/factsheets/substnabuse_factsheet.html

Addiction Prevention Guide for Seniors

<http://www.newbeginningsdrugrehab.org/guide-to-addiction-prevention-for-seniors/>

Depression Treatment: Therapy, Medication and Lifestyle Changes

<http://www.helpguide.org/articles/depression/depression-treatment.htm>

Brain Health

http://www.alz.org/we_can_help_brain_health_maintain_your_brain.asp

Early Warning Signs of Dementia & Alzheimer's

<http://www.homeadvisor.com/article.show.Early-Warning-Signs-of-Dementia-and-Alzheimers.17144.html>

Staying Healthy as a Senior

<http://www.usa.gov/Topics/Seniors/Health/Staying-Healthy.shtml>

22 Senior Health Risk Calculators for Healthy Aging

<http://www.calculators.org/health/aging.php>

- 1) <http://www.mentalhealth.gov/blog/2014/10/why-you-should-care-about-mental-health.html>
- 2) <http://store.samhsa.gov/product/Behavioral-Health-United-States-2012/SMA13-4797>