

# Steel Valley Dolphins

February 2015



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:** Phil's Nite Club's Pizzeria, 711 River Rd, Dawson, PA 15428 at 1230 hours on March 14, 2015  
For more directions to Phil's please see bottom of page 9.

## 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	Ron Goron	330-482-4175	patron@zoominternet.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



## March

USS F-4 (SS 21)	March 25, 1915
USS H-1 (SS 28)	March 12, 1920
USS PERCH (SS 176)	March 3, 1942
USS GRAMPUS (SS 207)	March 5, 1943
USS TRITON (SS 201)	March 15, 1943
USS TULLIBEE (SS 284)	March 26, 1944
USS KETE (SS 369)	March 20, 1945
USS TRIGGER (SS 237)	March 26, 1945

## Binnacle List

Clyde Porter  
Peter Foster,  
Carol Keller,  
Jessica Bookwalter,  
Virginia Sutherin  
Alnes Franz



One day, while an old Sailor was cutting the branch off a tree high above a river, his ax fell into the water. When he cried out, the Lord appeared and asked, "Why are you crying?"

The Sailor replied that his ax had fallen into water, and he needed the ax to supplement his meager pension.

The Lord went down into the water and reappeared with a golden ax. "Is this your ax?" the Lord asked. The Sailor replied, "No"

The Lord again went down and came up with a silver ax. "Is this your Ax?" the Lord asked.

Again, he replied, "No Lord."

The Lord went down again and came up with an iron ax. "Is this your Ax?" the Lord asked.

The Sailor replied, "Yes."

The Lord was pleased with his honesty and gave him all three axes to keep, and he went home happy.

Sometime later the Sailor was walking with his wife along the river bank, and his wife fell into the river. When he cried out, the Lord again appeared and asked him, "Why are you crying?"

"Oh Lord, my wife has fallen into the water!"

The Lord went down into the water and came up with Angelina Jolie. "Is this your wife?" the Lord asked.

"Yup that's her," cried the Sailor. The Lord was furious. "You lied! That is an untruth!"

The Sailor replied, "Oh, forgive me Lord. It is a misunderstanding. You see, if I had said 'no' to Angelina Jolie, You would have come up with Cameron Diaz. Then if I said 'no' to her, you would have come up with my woman.

Had I then said 'yes,' you would have given me all three. And Lord, I am an old man not able to take care of all three women in a way that they deserve, that's why I said yes to Angelina Jolie."

And God was pleased.

The moral of this story is: Whenever a Sailor lies, it is for a good and honorable reason, and only for the benefit of others!



# USSVI 2015 NATIONAL CONVENTION

September 7 – September 12, 2015

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

[www.ussviconventionsteelcity2015.org](http://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 <a href="http://www.ussviconventionsteelcity2015.org">www.ussviconventionsteelcity2015.org</a> for event details)			
	2015 Convention Registration (per person) (add \$10.00 per person after July 1, 2015) <b>NOTE: Registration fees will not be refunded for any reason after August 1, 2015</b> <b>NOTE: Attendance at any USSVI sponsored activity requires paid 2015 Convention Registration</b>	\$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 _____			
<b>RAFFLE</b>	<b>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)</b> Prize: Standard Room (approx \$700 value) <b>Drawing July 1, 2015 Winner to be notified by July 15, 2015</b>	\$5.00 each OR 6 for \$25.00		
Payment by check or money order made payable to: <b>2015 USSVI CONVENTION</b> <b>PO Box 352</b> <b>Gibsonia, PA 15044</b>		<b>TOTAL DUE:</b>		



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](http://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](mailto:Robert.welts@comcast.net)

cc. [hueyfromglenshaw@aol.com](mailto: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



Honoring local first responders.

L to R: Sgt. Dan Raible; Cpl. Wayne Drish; Chief James Santucci; Councilman Jeffrey Weatherby; Mayor Peter A. Poninsky....Lee Bookwalter, Huey, Dietrich, Joe Campisis



## **COMMANDERS COLUMN:**

I want to say a big KUDOS to all the shipmates who supported and participated in our "ADOPT A KOP" ceremony. It was a BAD day, weather wise, but the most rewarding experience for the base. A special KUDOS to all our shipmates, as well as those who live in Georgia, New York and Texas who sponsored a Kop - thanks shipmates for your support.

The police from Leetsdale were so happy and appreciative of our efforts to honor them. Before they left, they formed a line and we, in single file, shook each and every officers hand. The Mayor of Leetsdale also attended. We presented each with our base coin, mug and a special lunch, which was paid for by our shipmates who adopted a Kop, A long stem rose was given to each to take home to their ladies for Valentine's Day.

Everyone who attended was truly inspired by the ceremony to honor these everyday Heros of the Leetsdale Police department. We are thinking of honoring the other police departments in the area, along with the police from the communities that invite us to their parades and my local township police department.

Besides our other individual projects - Kap(SS)4Kid(SS) and Eagle Scouts, we will add the "ADOPT A KOP" program as well.

The only negative of our meeting were the "no shows", because of the weather and personal health conditions. Their safety is our utmost concern since they had greater distances to travel, while others were going to attempt to make it while recuperating from sickness and body incidents and accidents. Edie and I both were sorry to miss their hugs and missed giving their first mates a rose for Valentines day.

## **CONVENTION NEWS**

Now is the time to register for the 2015 National Submarine Veterans Convention, which will be here in September. When you get your copy of the American Submarine Magazine, you will see the base registration form. You have to register directly to the hotel for a room. The Westin Hotel has 27% of our rooms booked. Which I have been told that we are ahead of any other conventions, at this time. If you wait till the last minute, you will be out of luck and disappointed. If anyone has any questions or concerns, please reach out to me. I don't want you standing on the pier and not be able to enjoy this convention, with your shipmates.

We have made arrangements for the National USSVI Officers, to have them conduct their Mid Term meeting, at the Convention Hotel, on March 30 & 31. We anticipate that they will give us some suggestions/pointers and in return, we will hope to address their questions and concerns about the hotel and plan of the week for the convention.

I was on a conference call last month with officials of the city of Pittsburgh concerning our planned activities. They were all impressed with our plans and are eager to assist us in our endeavors. The EMS/Paramedics will have sufficient staff to help and assist us during our various activities. They informed me that we need to apply to the Coast Guard to receive a permit to keep the river traffic to a minimal, during our 9-11/ Tolling of the Boats, on Board the Requin, which we have been assured that "Its A Go"

Only you can make this convention a Success!!! It started out with loans and donations, from individual shipmates. Along with HOURS AND HOURS of donated time and money of the convention committee. All their time, gas, food was on them, DONATED completely, asking nothing in return. We are at the planning stage in asking ALL shipmates to step up and join a COMMITTEE! They are as follows - raffles, Chinese auctions, man the registration desk and stuffing convention bags, etc. We need all the help we can get. Everyone has expertise and your help and assistance is needed. Every shipmate, regardless on where we all live, can solicit sponsors from their American Legions, VFW, Clubs, Cities, Towns, Borough and Companies. They also can ask if anyone wants to take an ad in our booklet - the application is in the American Submarine Magazine.

Point of information to all you associate members, your members of the Requin Base and you have the right to participate in all our activities at the convention. So sign up and send in your registration form - any questions, give me an e-mail or telephone.

## USSVI SCHLORSHIPS

Now is the time for you to have your Kids and Grand Kids to submit their 2015 college scholarship applications. To get the information - go to the USSVI National Website and follow these directions:

1. Log in on the USSVI National Website
2. On the left hand side - CLICK on DOCUMENTS
3. On the left hand side - CLICK on MANUALS
4. On page two(2) - CLICK ON 2015 Subvets Scholarship Program

Anyone who does not have a computer - contact the National Scholarship Chairman directly: Paul Orstad - (860) 889 -4750.

The Requin Base has scholarship winners over the course of the last four out of five years. So don't delay - its well worth the effort.

## BIRTHDAYS

### Members

Wayne Arnold - 2/01/84  
Keven Bland - 2/02/91  
Ed Cover - 2/24/31  
Harold Farley - 2/07/41  
Lawton Gains - 2/19/44  
James Harris - 2/26/39  
Matt Holzer - 2/04/32  
Eric Kellum - 2/24/92  
Jean Lowengard - 2/12/82  
Russ Osborn - 2/05/50  
Jonathan Robert - 2/02/78  
James St. Clair - 2/05/42  
Joshua Swell - 2/14/78  
Edward Schwebel 2/07/85  
Robert Simon - 2/04/25  
John Sutherin - 2/03/42  
Don Taskey - 2/23/44

### Spouse

Amanda Arnold - 2/12  
Kim Bittner - 2/19  
Carolyn Davenport - 2/04  
Judy Dencola - 2/27  
Agnas Franz - 2-02  
Linda Gaylor - 2/09  
Lynn Gourley - 2/10  
Dana Nye Helmsing - 2/11  
Lynn Indo - 2/12  
Marilyn Klein - 2/12  
Mary Kossler - 2/26  
Jackie Krautstrunk - 2/26  
Rosemary Riley - 2/26  
Dawn Schegg - 2/22  
Cassandra Swell - 2/18  
Laura Tate - 2/10

## ANNIVERSARIES

Chris & Debbie Beauprez - 2/15  
Doug & Jennifer Christy - 2/23  
Paul & Yvone McKenzie - 2-15  
Andrew & Barbara Sorbie - 2/02

Emannel & Olivia Carranza - 2-13  
Kato & Carolyn Davenport - 2/28  
Alfred & Marilyn Regrets - 2/24  
Donald & Delores Taskey - 2/12

If there are any corrections or additions, please let me know.....

### **Requin Base Meeting Minutes**

February 14, 2015  
Leetsdale, PA

**Base Commander Huey Dietrich** called the meeting to order.

**Attendees:** Greg & Maggie Bayne, Lee & Patsy Bookwalter, Don Bright, Joe Campisi, Robert Davis, Huey & Edie Dietrich, Pete & Stephanie Foster, Ron Goron, Ric Guntang, Vincent Metz, Frank Nicotra, Robert Renninger, Bob Schmidt, Carl Stigers, Don & Dolly Taskey, Bob Weltz.

**Base Commander Huey Dietrich** gave the quote of the day: "USSVI was chartered on May 24, 1964"

**Requin History:** February 1, 1969, Requin was towed to Florida where she served as a Naval Reserve training ship. February 21, 1990 Senator John Hines introduced Senate Bill S2151 which allowed Requin to be transferred as an exhibit at the Carnegie Science Center in Pittsburgh PA.

**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 BARBEL (SS 316)	February 4, 1945
USS SHARK (SS 174)	February 11, 1942
USS AMBERJACK (SS 219)	February 16, 1943
USS GRAYBACK (SS 208)	February 27, 1944
USS TROUT (SS 202)	February 28, 1944

We also honor our departed shipmate of the Requin Base lost in February, Richard Claypoole, Chuck Dreer, John Mills and Robert Vaughn. 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.

**Chaplain Carl Stigers** gave the Invocation.

**Shipmate Pete Foster** led the Base in the Pledge of Allegiance.

Members introduced themselves and the boats they qualified on.

The January 2015 meeting was cancelled due to loss of heat at the Leetsdale VFW.

**Treasurer Lee Bookwalter** provided a report giving an accounting of the base assets, expenditures, and deposits. With no objections, the report was approved.

**Other Reports:**

Binnacle List includes Ginny Sutherin, Peter Foster, Agnes Franz, Carol Keller, Jessica Bookwalter, Clyde Porter.

Base membership stands at 206 with 12 dinks to be dropped.

Eagle Scouts presentations are ongoing. Thank you letter from Esther Queneau was read.

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

**Memorials And Ceremonies:**

Memorial Day service aboard the USS Requin on Sunday May 24

Sewickley parade on Monday May 25

**Old Business:**

Minutes from the Requin Base Executive Board Meeting held on January 18, 2015 were discussed and approved by the members present.

**New Business:**

A motion to purchase challenge coins and eagle scout patches was approved by the members present.

**For The Good Of The Order:**

The Base honored members of the Leetsdale PA police department for their sacrifice and dedication to keep us safe.

**Chaplain Carl Stigers** gave the Benediction and blessing of today's meal.

**Adjournment:** The meeting was adjourned.

**Next meeting:** Phil's Nite Club's Pizzaria, 711 River Rd, Dawson, PA 15428 at 1230 hours on March 14, 2015.

**Requin Base Executive Board Meeting Minutes**

January 18, 2015

Voting Members Present: Huey Dietrich, Joe Campisi, Lee Bookwalter, Jeff Simon, Rick Elster

Non-Voting Members Present: None



Topics Discussed:

New Base Motto: One Meeting – One Activity – One Fund Raiser

Meeting Locations: The practice of holding one meeting per quarter at a location other than Leetsdale will continue in 2015. The March meeting will be in Dawson PA. June meeting will be in Columbiana OH. September meeting will not be held as this will be National Convention week. December Christmas luncheon location to be determined.

Projects: Eagle Scout courts of honor, tour guides on Requin, loyalty pin program, Kap(ss)4Kid(ss) program, Eternal Patrol Scholarship donations, honor Holland Club inductees and adopt a WWII Vet program, Memorial Day service Sunday May 27 on-board Requin, prepare for 2015 USSVI Convention.

Advertising: Veterans Day notice in local newspapers.

Parades: Carnegie on May 27 following memorial service onboard Requin and Veterans Day with location to be determined.

Fund Raisers: Parades, candy sales, 40-40-20 raffle, Booster Club donations, small stores sales, and challenge coin sales will continue in 2015. Candy sales and additional raffles will support Kap(ss)4Kid(ss) and Eagle Scout programs unless seller designates otherwise.

Sponsorships: The Base will continue to sponsor the USS Ohio, USS West Virginia, USS Pittsburgh and USS Pennsylvania.

SVD Articles: Columns to be prepared by base officers and committee chairmen. Permanent articles to include Base Motto, new Booster Club members, birthdays for members and spouses, small stores.

Base Budget: As required in the Requin Base By-Laws, the following budget for 2014 was approved by the Executive Board. All other significant expenditures will be brought to the membership at monthly meetings. Note, Kap(ss)4Kid(ss) program is self-sufficient due to candy sales and is not included in the budget. Nautilus float expenses to be covered by monies received for attending each parade.

<u>Activity</u>	<u>Expenditure</u>
Boat Sponsorship	\$210.00
Website	\$25.00
Eagle Scouts	\$700.00
Scholarship (Eternal Patrol)	\$250.00
USS Requin Memorial Service	\$500.00
Holland Club pins	\$2.50
Holland Club Donation	\$86.00
Guest Speakers (gifts)	\$100.00
Loyalty Pins	\$42.00
Advertising (Veterans Day, etc)	\$250.00
Leetsdale VFW Stipend	\$20.00
Insurance (via National)	\$100.00
SVD & Office Expenses	\$1500.00
<u>Nautilus float expenses</u>	<u>\$1000.00</u>

Total \$4785.50

Committee Co-Chairmen: Holland Club (Bernie Sigler), Eagle Scouts (Carl Stigers), Audit (Rick Elster), Navy Ball (Rick Elster), Nautilus Float (Jeff Simon), USSVI Convention (Huey Dietrich, Rick Elster, Joe Campisi).

Direction to Phil's in Dawson Pa

**If your coming in from the turnpike**, exit at New Stanton, Get on 119 south toward Connellsville. Go to Scottsdale, Mt. Pleasant exit 819 south.

Follow 819 through Dawson to River Rd. Do not cross the bridge, Turn right on to River Road Phils is about 500 yds on the right.

**If you are coming in 51 South** through Perryopolis go to 201 toward Connellsville. Follow 201 through Vanderbilt and turn left on to 819 North.

Follow 819 and cross the river at the end of the bridge make a left onto River Road. Phils in 500 yds down on the right

## [Navy Prepares For Arctic Operations As Ice Thins](#)

[Lance M. Bacon, Navy Times, Feb 11](#)

*A new cold war is forming – very cold.*

The Navy expects to have enough trained personnel and equipment by 2030 to respond to contingencies and emergencies in the Arctic, said Robert Freeman, spokesman for the Oceanographer of the Navy. Beyond 2030, the Navy "will be capable of operating deliberately in the Arctic region as needed."

Rapid melting of Arctic ice is advancing nations' economic and strategic concerns, and is becoming another front on which Russia is becoming more assertive.

Adm. Bill Gortney, the head of U.S. Northern Command and North American Aerospace Defense Command, said on Feb. 10 that Russia is flying more flights over the Arctic, including sorties over the Bering Strait.

"They've been very aggressive, under my NORAD hat, for us in the Arctic. Aggressive in the amount of flights, not aggressive in how they fly ... it's just the numbers have been up," Gortney said at the Armed Forces Communications and Electronics Association Conference and Exposition in San Diego.

The Russians are flying Tu-95H Bear long-range bombers in what appears to be an attempt to send a message, Gortney said.

"The question is what they're doing and why they're doing it," he said.

Still, the flights haven't caused any intense exchanges or near misses similar to those seen in the skies over Eastern Europe in recent months.

"We haven't seen anything that crosses into the unprofessional. They're talking and squawking like they should, they're doing more of it," Gortney said.

Arctic ice is rapidly thinning. There has been a 40 percent decline in thickness since 1990, according to Craig Lee, chief scientist on a Marginal Ice Zone research project sponsored by the Office of Naval Research. He presented his findings Feb. 5 at the Naval Future Force Science and Technology Expo in Washington, D.C.

The changes mean major waterways will consistently be open in summer months by the mid-2020s. Open water begins in August, peaks in September, and returns to ice in November. This will likely bring a flotilla of trans-Arctic container shipping, fleets of fishermen – and military patrols.

Diminishing ice fields mean Russia will have a new active border to protect, and many key oil and gas fields are in the region. Russia has reactivated 10 bases on its northern border. It has also conducted destroyer and cruiser patrols, and missile tests in the region; last April, 50 Russian paratroopers landed on drifting Arctic ice near the North Pole.

Russia is not alone in its military posturing. The Arctic is a resource-rich region tangled in a web of disputed claims and untested treaties as nations vie for their share of sovereignty. Five have Arctic lands: the United States, Russia, Canada, Norway and Denmark. Three have Arctic equity: Iceland, Finland and Sweden. Russia in 2007 planted a flag on the seabed beneath the North Pole to lay claim to the underwater range.

And China looks to get in the game, as well. The latter is completing its fourth Antarctic research station and looking to build a fifth station, according to a December 2014 Heritage Foundation report. Lessons learned there will have great value in the Arctic, which is thought to contain massive mineral, oil and gas reserves. Upward of 22 percent of undiscovered recoverable hydrocarbon fuel is believed to reside in the region.

Some analysts liken the Arctic to a modern-day gold rush. Others fear it will be more like the wild, wild West.

Right now, U.S. submarine patrols are routine, but air operations are minimal and, essentially, there is no surface ship presence. The service is identifying future requirements, setting funds aside, and gaining allies and experience through four annual and two biennial exercises, Freeman said. Surface operations will increase in the coming years, but a seasonally sustained presence will require a number of changes as the harsh environment covers vast distances with little infrastructure.

The Navy's Arctic Roadmap for 2014 to 2030 speaks of the need for modifications in ship architecture, though there is no funding allocated for these changes.

To operate in the Arctic, ships must have reinforced hulls that can break through ice. Superstructures and external equipment must be able to withstand freezing rains and ice buildup. Fuel and heating/ventilation systems must be protected from frigid temperatures.

Difficulty in maintaining broadband communications must also be addressed. On top of all this, there are few nautical charts that meet modern standards or aids to navigation. Only about 5 percent of the ocean basin has been surveyed, Freeman said.

The Russians have nearly a dozen ice breakers and a surface navy geared for cold-weather operations. The U.S. Navy, which is postured for Pacific operations, can do very little above the waterline. It has no ice breakers or surface ships capable of sustained Arctic operations.

The Coast Guard has two icebreakers: the medium icebreaker Healy, which mainly supports scientific research, and the 399-foot icebreaker Polar Star. The latter is back in action after being mothballed in 2006, but sister ship Polar Sea is inactive and unlikely to return to service. The Coast Guard has invested \$10 million for a replacement, and asked for another \$6 million in fiscal 2015 to keep that effort trudging forward. The new icebreaker would replace Polar Star when that ship's seven- to 10-year reactivation period ends.

## **Sleep ► How Much is Enough**

On 3 FEB the National Sleep Foundation released new guidelines, serving to clarify the meaning of "enough" in the tedious rejoinder, "Most people don't get enough sleep." The sleep-advocacy foundation convened a panel of experts, led by Harvard professor Charles Czeisler, to review hundreds of studies, reminding us that too little sleep can lead to weight gain, depression, and relative deficits of attention—and that too much sleep is, likewise, inadvisable. The recommended sleep allotments are:

Newborns (0-3 months): 14-17 hours (previously 12-18)

Infants (4-11 months): 12-15 hours (previously 14-15)

Toddlers (1-2 years): 11-14 hours (previously 12-14)

Preschoolers (3-5): 10-13 hours (previously 11-13)

School-age children (6-13): 9-11 hours (previously 10-11)

Teenagers (14-17): 8-10 hours (previously 8.5-9.5)

Younger adults (18-25): 7-9 hours (new age category)

Adults (26-64): 7-9 hours (previously the same)

Older adults (65 and older): 7-8 hours (new age category)

These new recommendations do little in the way of upsetting the old, with minor variations and clarifications for older adults and young children. And the numbers may vary among people with medical conditions, and among the few outliers who still function optimally outside of these ranges. But these are the amounts that the panel wants people to consider "rules of thumb." The issuance of new guidelines, however familiar they are, serves at least in an effort toward awareness amid an ongoing public-health effort to rebrand sleep deprivation as less of a testament to mettle and more of a serious medical hazard.

The evidence against too much sleep is not as strong as the evidence against too little, though getting too much sleep has been linked with increased risk of near-term mortality. Still some experts argue that it's unclear if sleeping beyond nine hours is inherently dangerous to adults. In relation to poor health and failure to thrive, deviating from these sleep ranges can either be a cause or an effect.

In practical terms, the panel also reminds people, familiarly, of the benefits of avoiding caffeine and alcohol in the hours before bed, exercising as a means to better sleep, and the reprehensibility of bringing a phone into bed. Because ultimately, the National Sleep Foundation implores us today, evoking the scythe: "Humans, like all animals, need sleep, along with food, water, and oxygen, to survive." [Source: The Atlantic | James Hamblin, MD | Feb. 03, 2015 ++]