Steel Valley Dolphins May 2016



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



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/ June 11th @1230 Columbiana American Legion Post 290. See Minutes for detailed directions.

2015 USS Requin Base Officers

Base Commander	Hubert C. Dietrich	412-486-2635	hueyfromglenshaw@aol.com
1st Vice Commander	Carl Stigers	412-995-8028	carstenstigers@verizon.net
2nd Vice Commander	Ron Goron	724-626-1209	patron@zoominternet.net
Secretary	Jeff Simon	724-502-4505	jeffsimon@zoominternet.net
Treasurer	Lee M. Bookwalter	412-795-8337	booky143@verizon.net
Storekeeper	Frank Notra	412-835-6540	nicotrafrank@gmail.com
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	candsporter@comcast.net
Photographer	Peter Foster	724+980-7657	gopetro2000@gmail.com
SVD Hard Copy	Rick Elster	412-751-7967	relster565@comcast.net
D., J. D., D			

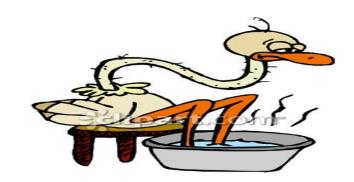


May

USS LAGARTO (SS 371) USS SQUALUS (SS 192) USS SCORPION (SSN 589) USS RUNNER (SS 275) USS STICKLEBACK (SS 415) May 3, 1945 May 23, 1939 May 27, 1968 May 28, 1943 May 29, 1958

Binnacle List

Robert Krautshank Bernie Sigler Sandy Meser Aaron Ellis





Commanders Corner:

We had another great turn out at our May base meeting. My first mate could not be present, she rarely misses. I want to thank all of first mates who stepped up to clean and clear the room after the meeting. It was all hands on deck and I personally want to thank the whole base for a job well done. We had twenty eight (28) shipmates and (16) first mates that attended and our meeting are getting larger and larger.

On a sad note, Shipmate Robert Renninger is shipping out to his new home port of call in Florida. We wish him and his first mate Linda a safe trip and hope to see them when they return to visit their family.

I want to thank Shipmates Joe Campisi and Dick Geyer who attended the Veterans Fish Rodeo on May 11, with me. We presented the Vets with HONORARY SUBMARINE HATS and enjoyed having lunch with them.

We have three NEW members and we welcome them aboard. It brings the base sailing list up to 178 - Kudos to the entire base membership.

MEMBERSHIP BY BASE:

1. Groton - 1684	8. Requin - 178
2. Charleston - 316	9. Razorback - 168
3. San Diego - 261	10. Peach - 166
4. Bremerton - 256	10. Escolar - 166
5. Hampton Roads - 238	12. N.J. South - 165
6. Mare Island - 201	13. Snug Harbor - 160
5 T T 1 1 105	

7. Long Island - 185

We have a quota of ten (10) new members every year. As of today, we have met our quota for 2016. That does not mean that we should stop, and we won't. Any member who recruits a new member will be credited with one(1) year of free base dues.

Memorials & Ceremonies:

- 1. Requin Memorial Service Sunday, May 29 (10:00) hours on board the Requin. Arrive at 09:30 & Muster at 09:45 on the Requin
- 2. Carnegie Parade Sunday, May 29 (14:00) hours at the Carnegie Borough Municipal Bldg & VFW Post 331.
- 3. Sewickley Parade Monday, May 30 (10:00) hours on Broad Street parking next street over in church parking lot.
- 4. Coraopolis Parade Monday, May 30 (13:30) hours at the beginning of the parade.

UPCOMING EVENTS:

Military Order of the Purple Heart - has asked if anyone would like to attend a proclamation at the City of Pittsburgh Council Chamber, on the 5th floor of the City-County Building on June 1st, Wednesday, at 0945. The proclamation will be declaring the city of Pittsburgh, a

PURPLE HEART CITY.

The Gateway Clipper Fleet has extended an invitation to the Requin Base to participate in "SALUTE TO ARMED FORCES" this summer. Their flyer is attached!

NEW MEMBERS:

Michael Wyckoff qualified on the USS Lewis & Clark SSBN644 in 1976 as a FTG2(SS). He left the Navy as a FTCS(SS) in 1994. Mike lives in Aliquippa, Pa with his first mate Christina. Please e-mail Mike and welcome him aboard - michwyck@comcast.net

Stephen McKinney qualified on the USS Memphis SSN691 in 1993 as a ET3(SS). He left the Navy as a ET2(SS) in 1994. Steve lives in Pittsburgh with his first mate Kelly. Please e-mail Steve and welcome him aboard - mckinnsc@westinghouse.com

Edward May qualified on the USS John C. Calhoun SSBN630 in 1987 as a MS(SS). He left the Navy as a MS2(SS) in 1990. Ed lives in Mars, Pa with his first mate Julie. Please e-mail Ed and welcome him aboard - edward.may@gevoqua@com

NEXT BASE MEETING:

Our next base meeting is our quarterly traveling meeting. It is being held in Columbiana, Ohio, at the American Legion Post 290. It is located at 44403 State Route 14, Columbiana, Ohio. Coming from Pa Route 60 at Chippewa, Pa - turn west on Pa Rt 51 to Ohio line - road turns into Ohio Rt 14. About 14 miles you will come to Rt 17 intersection with Rt 14. The Legion is on the left, about a half mile west of routs 7/14 intersection.

From Ohio turnpike, take the second exit and go south on Rt. 7 to 7/14 intersection, turn right about a half mile on the left.

We will be drawing for a T.V and a week end in Cincinnati at the meeting. Everyone who has attended a meeting since the beginning of the year will receive a free ticket for each meeting.

USS PITTSBURGH SSN 720:

So far, twenty eight Requin shipmates have pledged to "adopt" a sailor from the USS PITTSBURGH and/or donated to purchase 20 cases of beer for their pre-deployment picnic. Our goal is to recruit the entire crew of the PITTSBURGH who are not members of the USSVI. As of today, we have reached our goal of pledged cases of beer. Now we must work on the (adopt a Pgh sailor) for membership in USSVI & Requin Base. We are at 42 Pittsburgh sailors who have been adopted for membership with pledges. We need pledges from the other (136) members of the Requin Base. Our goal is \$4,100.00! As of today, we have received \$1,810.00 in pledges with a balance due of \$2,290.00. Almost half way there! No one in the USSVI has ever attempted a project like this, to recruit an entire crew of an active duty submarine. and we WILL be the first. This project is a WIN WIN for all concerned. We win by giving back to the active duty submariners and its a win for them to become part of the UNITED STATES SUBMARINE VETERANS.

BIRTHDAYS

ANNIVERSARIES

Members FIRST MATES

Boutelle, Larry 5/27/33 Bruce, Connie - 5/30 Geyer, Dick & Beverly 5/8 Davis, James 5/19/93 Klein, Bob & Marilyn 5/12 Edwards, John 5/25/43 Donnelly, Helen 5/20 Osborn, Russ & Francis 5/21 Lyons, Ed 5/25/43 Foster, Stepheny 5/17 Siege, Brian & Tina 5/29 Metz, Vince 5/09/67 Greenlee, Donna 5/19 Zdarko, Ed & Barbara 5/27 Regits, Al 5/14/32 Naso, Cathleen 5/20 Campisi, Joe & Jill 5/18

Schmidt, R. L. 5/26/39 Porter, Sharon 5/30 Solinger, Bob 5/13/40 Stahl, Dorothy 5/24

Stewart, John 5/23/40 Tolbert, C. 5/28/26 MacPherson, B. 5/20/54

Any additions or corrections please let me know.

ADDITIONAL EVENTS:

1. July 8 - Subfest - Manitowoc, Wi

2. July4 - Canonsburg Parade

3. July 9 - Pgh Bicentennial Parade

- Kap(SS)4Kid(SS) on board Requin

4. July 30 - Cod Picnic - Cleveland Ohio

Requin Base Meeting Minutes

May 14, 2016 Leetsdale, PA

Base Commander Huey Dietrich called the meeting to order.

Attendees: Mike Allen, Gregory Bayne, Valentine & Sally Bolcato, Eric Bookmiller, Lee & Patsy Bookwalter, Don Bright, Joe Campisi, Huey Dietrich, Peter & Stephanie Foster, Gerry & Linda Gaylor, Dick & Beverly Geyer, Bob & Lynn Gourley, Bill & Donna Greenlee, Lou & Alex Hamil, Bill Lindsay, Jimmy & Charlene List, Vince Messer, Vince Metz, Bob & Judy Meyers, Chip & Sharon Porter, Bob Renninger, Bernie & Dorthy Sigler, Jeff & Eileen Simon, Jack & Lois Stewart, Carl Stigers, Jack & Ginny Sutherin, Don & Dolly Taskey, Mike Wykoff,

Base Commander Huev Dietrich: Quote of the day: "You cannot be anything if you want to be everything"

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 LAGARTO (SS 371) May 3, 1945 USS SCORPION (SSN589) May 22, 1968

USS SQUALUS (SS 192) May 23, 1939 (Re-commissioned as USS SAILFISH (SS 192) 1940)

USS STICKELBACK (SS 415) May 30, 1958

We also remember our departed shipmates of the Requin Base Donald Trombolo, Ed Figas and James Varney. Let us also remember 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.

Chief Of The Boat Clyde Porter led the Base in the Pledge of Allegiance.

Members introduced themselves and the boats they qualified on.

Base Secretary Jeff Simon reported that Minutes of the last meeting were published in the SVD. With no objections, the minutes were approved as published.

Treasurer Lee Bookwalter provided an accounting of the base assets, expenditures, and deposits. A report regarding the Convention account was also given. With no objections, the report was approved.

Other Reports:

Binnacle List: Aaron Ellis, Sandy Messer, Bernie Sigler, Bob Krautstrunk

Membership stands at 176. New member Michael Wyckoff

Carl Stigers reported on Eagle Scouts presentations.

 $Kap(ss) \\ 4 Kid(ss) - Lending \ Hearts \ Children - Saturday \ July \ 9 \ (1000-1600 \ hours) - Science \ Center. \ Sponsored \ by \ Requin \ Base.$

Base will pay parking, admission, and lunch for our guests and their immediate family. Hats and dolphins will be distributed.

Memorials & Ceremonies:

Memorial Service on USS Requin May 29 (1000 hours)

Carnegie Parade May 29 (1400 hours)

Sewickley Parade May 30 (1000 hours)

Coraopolis Parade May 30 (1330 hours)

Cannonsburgh Parade July 4 (1000 hours)

Leetsdale Parade July 4 (1400 hours)

Pittsburgh Bicentennial Parade July 9 (1300 hours)

Social Events:

Subfest – Manitowoc WI July 8-10

Cod Base – Cleveland OH July 30

Goton CT – USS Pittsburgh SSN720 Picnic July

Old Business:

Members attended the Veterans Fish Rodeo

New Business:

Purple Heart proclamation at the Pittsburgh Council Chamber – May 31 (0945 hours)

Free bus trip for veterans to Washington DC on May 26. See Mike Allen for details.

For The Good Of The Order:

USSVI Charitable Foundation acknowledged contribution from Requin Base.

Letter from Gateway Clipper Fleet was read regarding free/reduced cost cruises for veterans.

The next base meeting will be at the Columbiana American Legion Post 290.

July meeting will be cancelled due to numerous parades and ceremonies

August meeting will be moved to August 6 due to conflicts at the Leetsdale VFW.

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

Adjournment: The meeting was adjourned.

Next meeting: Columbiana American Legion Post 290, 44403 State Route 14, Columbiana OH at 1230 hours on June 11, 2016.

Stroke Update ► Be Prepared

You can have high blood pressure, or hypertension, and still feel just fine. High blood pressure is common in older people and, if not controlled, can lead to serious health problems, like stroke. A stroke is a blood clot or broken blood vessel in your brain. Have your blood pressure checked regularly. If you are diagnosed with high blood pressure, talk to your doctor about managing your blood pressure to lower your risk of stroke. Be prepared! Learn the signs of stroke:

Sudden numbness or weakness in the face, arm, or leg—especially on one side of the body

Sudden confusion or trouble speaking or understanding

Sudden problems seeing in one eye or both eyes

Sudden dizziness, loss of balance or coordination, or trouble walking

Sudden severe headache with no known cause

DON'T IGNORE THE SIGNS OF STROKE! Call 911 right away if you see or feel any symptoms. For more info about strokes refer to http://nihseniorhealth.gov/stroke/aboutstroke/01.html. [Source: National Institute on Aging Mailing List | May 2, 2016 ++]

Medical Error ► 3rd Leading Cause of Death in the United States

Medical errors, including wrong diagnoses, botched surgeries and medication mistakes, are the third leading cause of death in the United States, a new study suggests. Scientists from Johns Hopkins found that more than 250,000 Americans die due to medical mishaps every year, greater than the toll from any major medical condition except heart disease or cancer. The findings, published in The BMJ, come from an analysis of death rate records spanning eight years.

Study author Dr. Martin Makary, surgical director of the Johns Hopkins Multidisciplinary Pancreas Clinic and a professor of surgery at Johns Hopkins Medicine, said rates for deaths related to "medical care gone awry" aren't tracked in a standardized way. Be-

cause of that, deaths due to medical errors aren't tallied in the same way as heart disease, cancer and other conditions are when it comes to national statistics on causes of death. Makary told CBS News that national mortality statistics are calculated using billing codes, which don't have a built-in way to recognize incidence rates of mortality due to medical errors. For the study, Makary and his colleagues evaluated four separate studies that analyzed medical death rate data from 2000 to 2008, including one by the U.S. Department of Health and Human Services' Office of the Inspector General and the Agency for Healthcare Research and Quality. Based on 2013 data on hospitalization rates, they found that of 35,416,020 hospitalizations, 251,454 deaths stemmed from a medical error. They said that adds up to 9.5 percent of all deaths a year in the U.S.

According to CDC data, heart disease is the current leading cause of death in the U.S., killing more than 611,000 people per year. Cancer comes in second with more than 584,000 deaths. The new research would place medical errors at a solid third place -- ahead of respiratory disease, which is responsible for almost 150,000 annual deaths. But there's a Catch-22 when it comes to committing resources to reduce the problem of medical errors. "One of the big issues that we in the patient safety research field face, that we run up against, is a problem where there's very little funding for research in making care safer and better. Part of the problem is that our national funding is informed from our national health statistics. But those statistics don't recognize medical care gone awry as a cause of death," said Makary. As the stats reflect, cancer and heart disease get more funding and attention. Medical errors can take a number of different forms, including"

Diagnostic errors -- missing the correct diagnosis due to substandard evaluation of a patient.

Drug mishaps.

Unnecessary surgery, not calling in a specialist when one is needed.

Missing life-threatening conditions such as septic shock.

Most such instances reflect system-wide problems, such as poorly coordinated care and inconsistencies in insurance coverage, among other issues, and cannot simply be blamed on "bad" doctors. "Human error is inevitable. But while we cannot eliminate human error, we can better measure the problem to design safer systems mitigating its frequency, visibility, and consequences," Makary wrote in the study. The first step to reducing the problem, he suggests, is to deal with it more openly when things go wrong: "Make errors more visible when they occur, so their effects can be intercepted." "We've spent a tremendous effort tracking cancer, by state, by subtype, and we report all that to our national cancer registry. But we don't do any of that for people who die of medical error gone wrong," said Makary. [Source: CBS News | Mary Brophy Marcus | May

Asthma Update 03 ► Plan for Proper Care | Action Plan

May is peak season for asthma and allergy sufferers. This month, educate yourself and your loved ones about proper care and treatment for these diseases. More than 50 million Americans suffer from different kinds of allergies – pollen, skin, latex and more. And unfortunately, the rate of allergies is climbing. The most common allergy symptoms can simply make you uncomfortable, like a runny nose, sneezing or an itchy rash. However, more serious reactions, like swelling in your mouth or throat, can be life-threatening. The same substances that trigger your allergy symptoms, such as pollen, dust mites and pet dander, may also trigger or worsen asthma signs and symptoms. In some people, skin or food allergies can cause asthma symptoms.

The Asthma and Allergy Foundation of America reports that asthma affects 24 million Americans and 6.3 million of those are children under the age of 18. Asthma is a chronic disease that causes your airways to become inflamed, making it hard to breathe. The best way to manage asthma is to avoid triggers, take medications to prevent symptoms and prepare to treat asthma episodes if they occur. You should also create an Asthma Action Plan. Refer to http://www.aafa.org/page/asthma-treatment-action-plan.aspx. This plan gives information and instructions on how you manage your asthma and what to do if you have an asthma episode. This is especially important for school-aged children.

Both asthma and allergies are manageable conditions, so it is very important that we all learn about how to best manage and treat it. TRICARE covers services and supplies required to diagnose and treat asthma as well as proven services and supplies needed to diagnose and treat allergies. For more information, visit the Covered Services page on the TRICARE website at http://www.tricare.mil/CoveredServices.aspx. [Source: RICARE Communication | May 3, 2016 ++]

Blood Pressure Update 01 ► What You Should Know

Each May, the National Heart, Lung, and Blood Institute (NHLBI) encourages everyone to actively learn about preventing and controlling high blood pressure. When you have high blood pressure, the force of blood pushing against the walls of your arteries is too high. When you're active, it is normal for your blood pressure to increase. Once the activity stops, your blood pressure should return

to your normal range. When it doesn't, you may have high blood pressure. Unfortunately, the diagnosis of high blood pressure is based on blood pressure readings. If you don't get regular medical care or check your blood pressure regularly, high blood pressure can go undetected for years. It is often not discovered until some organs start to show the effects of long standing high blood pressure. According to NHLBI, some common high blood pressure complications are:

Kidney disease

Eye damage

Heart attack

Heart failure

Stroke

A blood pressure check is quick and easy. It can be done in your health care provider's office or clinic. TRICARE covers blood pressure screening as part of its clinical preventive benefit. Children are screened every year between the ages of three and six, and every two years after. Adults may get a blood pressure screening every two years, but usually your health care provider checks it each time you visit. If you are diagnosed with high blood pressure, your health care provider will work with you to come up with a way to treat your condition. You may have to make lifestyle changes, like weight loss and exercise. You may benefit from prescription medications. Whatever you do, be sure to follow your provider's plan for your care. This may be the best way to lower your blood pressure and maintain normal blood pressure readings. For more information about your benefit, please visit the TRICARE website http://www.tricare.mil/CoveredServices/IsItCovered/BloodPressureScreening.aspx. [Source: TRICARE Communications | May 12, 2016 ++]

Appliance Rebates ► How to Find and Get them

If you bought a new appliance in the last decade or so, there's a good chance you purchased a product that was eligible for a cash rebate or a federal tax credit—potentially amounting to hundreds of dollars. What, you didn't know was if a check might be coming your way? Join the club. Over the last two decades, the federal government and state and local agencies have incentivized the purchase of appliances and other products that use less energy or less water. As the legislative standards for energy efficient and reduced water targets came into effect, utilities increased their budgets to provide rebates to consumers. But finding them can be a challenge. "Many consumers don't know about these rebates," says Elizabeth Axel, vice president and general manager of content aggregator Eco Rebates.



The rebates come from a variety of sources, and flicker on and off like an old fluorescent light bulb. Many retailers don't stay on top of promoting incentives in their showrooms, and if you do find out about rebates, there's the responsibility of actually following through—obtaining the required paperwork, attaching the receipt, and putting the forms in the mail. An easy resource at your fingertips is Eco Rebates which works with utility companies to stay on top of all of the most current rebates. That data is then provided to retailers and manufacturers to create automated, targeted, real-time tools for finding local incentives. Most rebates are highly localized. The major national appliance retailers each devote a page on their websites to the Eco Rebates data:

Best Buy rebates

Ferguson rebates

Home Depot rebates

Lowe's rebates

Sears rebates

Other, more localized retailers such as P.C. Richard & Son and H.H. Gregg also provide an Eco Rebates page on their websites www.pcrichard.com/customer-service/rebates & www.hhgregg.com/articles/article_rebates. Identifying rebates couldn't be easier: Just enter your zip code, click on the types of appliances you are interested in buying, and a list of the available rebates for your area.

will pop up. The list often includes manufacturer incentives, as well. In fact, some manufacturers are also clients of Eco Rebates. That means you can review products from a specific brand, such as Amana, Electrolux, Frigidaire, KitchenAid, LG, Maytag, Whirlpool, or Samsung. In most cases you will find that the rebate listed applies to purchases in the last 12 to 18 months.

The rebates take a variety of forms, but generally target buyers of newer, more efficient appliances. For instance, the government's Energy Star program generally rewards consumers with federal tax credits at the end of the year. Other rebates are designed to permanently retire older, less efficient products. For example, many utilities will pay you for the privilege of picking up your old fridge, rather than letting it find a second (wasteful) life in your garage.

Axel explains that, over time, utilities have increased their budgets for energy efficiency programs, in part because some of them have energy efficiency targets they're legally required to meet. "Providing rebates to consumers happens to be one key piece of how they provide energy savings." Refrigerators are probably the most commonly targeted products, says Axel, followed by washers. "We're seeing more rebates with dryers, as they have recently been introduced on the Energy Star list. And newer categories, like rebates for smart thermostats and smart irrigation controllers are pretty valuable relative to the product price point," she adds. "Interest in the connected home space—both from utilities and retailers/manufacturers—are driving this."

The HVAC category is another place to look for significant rebates, along with water heaters and hybrid electric heat pump water heaters. Currently, rebates of up to \$300 are available through Energy Star for some water heaters, through the end of 2016. Other home improvements earning federal tax credits from Energy Star in 2016 include solar panels, biomass stoves, central air conditioning systems, insulation, roofs, windows, doors, and skylights. Even though the rebate forms are fairly simple, the consumer still has to take time to download and fill them out. That's one big reason why participation rates aren't 100 percent. But more user-friendly programs are starting to roll out in some regions of the country. "The utilities are motivated to increase participation rates," explains Axel, adding that more progressive utilities and retailers such as Sears have started providing rebates at point of purchase. "Instant rebates really take a lot of the hurdle away from the consumer—it puts dollars back in their pockets." [Source: Reviewed.com | Dave Swanson | May 09, 2016 ++]





All Military Active Duty, Reserves & Veterans

Ride a Gateway Clipper Fleet

One Hour Sightseeing Cruise or Evening Sightseeing Cruise

MONDAY thru FRIDAY June 6 through October 21, 2016 for FREE!

Any family members that join you (up to 8 people) will receive their Sightseeing tickets at half price!

Please call the Gateway Clipper at (412) 355-7980 or visit www.gatewayclipper.com to check cruise times and availabilities. Your valid Military or Veteran I.D./papers will need to be presented at the Ticket Office on the day of the cruise to receive this special offer!

Offer only valid for Military Active Duty, Reserves & Veterans and their families.

Not valid on holidays or with any other offer or group discount.

Certain restrictions apply.

Only valid from June 6, 2016 through October 21, 2016.

Undersea Superiority Is No Birthright': Inside One Of America's Newest Subs

Bradley Peniston, Defense One, May 24

As Russia, China beef up their submarine fleets, the defense secretary says the U.S. needs to hustle to stay ahead.

SUB BASE NEW LONDON, Conn. – In the wake of the Cold War, as the Soviets' once-mighty submarine fleet rusted away, the U.S. Navy let its ability to hunt enemy subs slide. The sea service is remedying that now, adding new maritime patrol aircraft and ship-towed sonars (and experimental robot ships) to hunt a new generation of better, quieter foreign subs.

But there's one part of the Navy that says it doesn't need to get back up to speed on anti-submarine warfare: the submariner force.

"We have always been in that job," said Cmdr. Dan Reiss, who commands USS New Mexico, a Virginia-class attack sub. "I've been in [the sub force] for 17 years, and the focus has always been on anti-submarine warfare."

He vigorously rejected suggestions that other missions had diverted the sub force from ASW, though he acknowledged that the Navy as a whole faces challenges.

"Anti-submarine warfare isn't just about subs" because other naval forces are also brought to bear, including maritime patrol aircraft and surface warships, Reiss said. "Some of those areas have become challenged, but as for submarines, we've always been focused on it."

Still, improvements in the submarine fleets of Russia, China, and other navies mean the U.S. needs to hustle to stay ahead, Defense Secretary Ash Carter said a bit later, addressing sailors gathered on a pier next to the moored New Mexico.

"I'm very confident in our undersea superiority," Carter said. "I'm also confident we'll retain it, but it's not a birthright. We have to work at it. We have to spend money on it, which we're doing and will do. We have to be innovative in technology, and we have to have really good people."

Innovations like the design of Reiss' Virginia-class submarine make ASW ... certainly not easy, but easier. First deployed in 2013, the New Mexico is part of the second block of Virginias; only the two Block III subs are more advanced. And the class was built to accommodate upgrades smoothly; Reiss said he'd taken aboard a new version of the ship's control software overnight.

On a chilly May afternoon, the skipper led a group of visitors down the hatch, and then down another ladder, past a few of the narrow spaces devoted to the crew's 18-inch-high bunks. The usual shipboard smells of lubricants and bread were spiced with the ammonia used to keep the sub clean.

The fighting heart of the ship, the control room of a Virginia-class boat is unusually capacious for an attack sub. That's thanks to mast-mounted cameras that have replaced.