

Steel Valley Dolphins

June 2016



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 August 6th at 1230 at Leetsdale VFW.

THERE IS NO JULY MEETING

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



Binnacle List

Robert Krautshank
Bernie Sigler
Sandy Mesner
Aaron Ellis



COMMADERS COLUMN:

Our June base meeting was a great success! Many thanks to our shipmates who live in the Columbiana area, who hosted the event. HUBERT BROWN, who is one of our WW11 shipmates, honored us by attending and joined us by reciting one of the tolling of the boats - KUDOS Hubert.

There were approximately 44 shipmates, guests and first mates who attended and enjoyed the wonderful food. Everyone who has been attending the base meeting since January, has received a free raffle ticket for each meeting that they attended. The base wanted to give back a hearty THANK YOU to the members, by giving them a chance to win a T.V. from the convention and a two night stay, at the Westin, in Cincinnati, Ohio! The winner for the T.V. was Jeff Simon and John Stewart won the trip. John is unable to travel to Cincinnati, so he donated it to the Cincinnati Base for them to use as they see appropriate.

There will not be a base meeting in July! We have more activities planned so it was best not to have a regular meeting. The list of activities are as follows:

A. FOURTH OF JULY PARADE - CANONSBURG, PA.

Muster time is 0:800 SHARP! The exit of interstate 79 will be blocked off by the state police. The muster location will be at "Four Coins Blvd". Take interstate 79 south to (exit 45) Canonsburg. At the end of the exit ramp, make a right on to McClelland Rd. In 1/4 mile, make a left onto Morganza Rd. Stay in the left hand lane for 1/4 mile to the next red light and make a left onto Weaver-town Rd, in about 50 yards, Four Coins is on the right, just before the cemetery.

B. JULY 9TH - PITTSBURGH 200 BICENTENNIAL PARADE:

Muster for the float is 09:30 at the assembly area which will begin at Liberty Ave and 11th Street. and continue on Liberty to 15th or 16th Street. All Requin Base Sailors are asked to arrive by 10:00 hours and the parade will start promptly at 11:00 hours. We plan on parking at the science center and taking the T over to the parade area and after the parade, return to the science center to help conclude the Kap(SS) 4 Kid(SS) program.

ONCOLOGY families from Lending Hearts will be at the Science Center at 10:00 to 16:00 hours. We are sponsoring this event thru our Kap(SS) 4 Kid(SS) program. The mission of Lending Hearts is to provide emotional and social support to children and young adults with cancer and their families through unique activities and community outreach.

EVENT INCLUDES:

- 1. Tour of the USS REQUIN
- 2. Honorary Submarine Hats presented by the Requin Base
- 3. Lunch will be provided by the Requin Base
- 4. Admission to the Carnegie Science Center provided by the Requin Base

C. COD BASE - FAMILY DAY PICNIC - AT USS COD (SS-224), CLEVELAND OHIO ON SATURDAY, JULY 30, 2016.

The COD has extended an invitation to the Requin Base, in addition with the Toledo, Columbus and Cincinnati Bases and the USS PIPER (SS409) reunion. The COD is located at 1175 North Marginal Rd., Cleveland, Ohio 44114 (between the Rock and Roll Hall of Fame and Burke Lakefront Airport). Along with the picnic, Cod Base will hold its Holland Club induction ceremony.

The chow will include authentic bubblehead nuked burgers, hot dogs, Italian sausage, potato salad, baked beans, chips and cold soft drinks. All condiments will be supplied. (NO ALCOHOLIC BEVERAGES ARE PERMITTED ON THE USS COD GROUNDS). Cost per person attending the picnic will be \$10.00 at the gate.

HIGHLIGHTS of the day will be - 50/50 raffle, door prizes, USS COD corn hole game, running of COD'S engines, and free tours. Entire families of guests are welcome.

D. Visit the USS PITTSBURGH SSN-720 - (tentative - August 5, 6 & 7)

The Pittsburgh has been very busy preparing for their next deployment. Nothing is etched in stone, but we are planning to visit the Pittsburgh around the first week end in August. In the mean time, shipmate Eric Bookmiller delivered ten (10) cases of beer up to Groton and met the COB to complete his mission. I have the other ten (10) cases to be delivered when we go to Groton. Our "ADOPT A SAILOR" program is running hot straight and normal. The total pledges are \$2,130.00 with a balance to be pledged at around \$1,970.00.

NEW MEMBERS:

James Craig Beachler qualified on the USS Abraham Lincoln SSBN 602 in 1964 as a ETN3(SS). He left the navy in 1989 as a ETCM(SS). James was a MAL. He lives in Gloucester, Va., and is married to Jennifer. Please e-mail James and welcome him aboard - beachlerjames@gmail.com

BIRTHDAYS

ANNIVERSARIES

MEMBERS:

- Campisi, Joey 6/29/49
- Cochenour, David 6/25/75
- Hollingsworth, Herb 6/15/24
- Lukaski, John 6/18/46
- Messner, James 6/14/52
- Nicotra, Frank 6/01/47
- Sipes, John 6/23/59
- Stoner, Charles 6/11/31
- Wiehagen, James 6/14/68

SPOUSES

- Burdin, Shiela 6/4
- Carlin, Shiela 6/11
- Ellis, Sandy 6/17
- Hoag, Adriana 6/13
- Hollingworth, E. 6/01
- Tolbert, Sherian 6/04

- Bates, Thomas & Tammy 6/04
- Bouts, Clare & Nancy 6/-1
- Goron, Ron & Nanc 6/14
- Greenlee, Bill & Donna 6/16
- Iden, Larry & Helga 6/30
- Mack, John & Vivian 6/01
- Schmidt, Robert & Kathy 6/14
- Shook, Ron & Alice 6/25
- Sipes, John & Holly 6/12
- Welts, Robert & Joanne 6/17
- Wise, Herb & Adele 6/10

On Tuesday, I will be having my second operation on my eyes. All went well with my left eye, now my right eye will be taken care of.

Requin Base Meeting Minutes

June 11, 2016
Columbiana, OH

Base Commander Huey Dietrich called the meeting to order.

Attendees: Mike Allen, Eric Bookmiller, Lee & Patsy Bookwalter, Clair & Nancy Bouts, Don Bright, Hubert & Guest Brown, Joe Campisi, Huey Dietrich, Rick & Judy Elster, Gerry & Linda Gaylor, Bob & Lynn Gourley, Ric & Joan Guntag, Bill Lindsay, Jimmy & Charlene & Guest List, Mike & Carm Markel, James & Sandra Messer, Bob & Jude Myers, Frank Nicotra, Dave & Ann Sawin, Jeff & Eileen Simon, Jack & Ginny Sutherin, Don & Dolly Taskey. Mike & Christina Wyckoff

Base Commander Huey Dietrich: Quote of the day: "Great minds talk about ideas, average minds talk about events, small minds talk about people"

Requin History: June 3rd following shakedown off the New England coast, USS Requin departed Portsmouth New Hampshire in route to Hawaii. June 30, 1949 soon after her return to New London CT, Requin was transferred to Norfolk VA for duty with Subron 6. Into the spring of 1950 she operated in the western Atlantic ranging from Nova Scotia to the West Indies. From June to August 1959, the Charleston Shipyard in South Carolina removed all Requin's radar equipment making her more streamline. June 29, 1968 Requin was reclassified as AGS-481. June 30, 1971 Requin was reclassified as IXSS-481. June 17, 1972 Requin was transferred to Tampa Florida as a tourist attraction. She remained in the role until 1986 when she was closed down due to a lack of funding and support. For four years she remained abandoned at the pier.

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 HERRING (SS 233)	June 1, 1944
USS R 12 (SS 89)	June 12, 1943
USS GOLET (SS 361)	June 14, 1944
USS BONEFISH (SS 223)	June 18, 1945
USS S 27 (SS 132)	June 19, 1942
USS O-9 (SS 70)	June 20, 1941
USS RUNNER (SS 275)	June 26, 1943

We also remember our departed shipmate of the Requin Base Bill Britt and George Heron. 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.

Shipmate Don Bright gave the Invocation.

Storekeeper Frank Nicotra 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 an accounting of base assets, expenditures, and deposits are available upon request. With no objections, the report was approved.

Other Reports:

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

Membership stands at 180.

Carl Stigers is participating in two Eagle Scouts presentations today.

Kap(ss)4Kid(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. As a result, there will be no regular base meeting in July.

Memorials & Ceremonies:

Cannonsburgh Parade July 4 (muster at 0800 hours at 6 Four Coins Drive, Canonsburg PA)

The base will not attend the Leetsdale Parade on July 4

Pittsburgh Bicentennial Parade July 9 (Nautilus to muster at 0930 hours at 11th and Liberty Avenue. Members will meet at the Science Center at 1000 hours and then go to the parade)

Social Events:

Subfest – Manitowoc WI July 8-10

Cod Base – Cleveland OH July 30

Groton CT – USS Pittsburgh SSN720 Picnic was rescheduled to August

Old Business:

Purple Heart proclamation at the Pittsburgh Council Chamber – May 31

Requin Memorial Service cost of lunch was \$151.97

Pictures of memorial service were in Pittsburgh newspaper

Gateway Clipper Fleet is offering free/reduced cost cruises for veterans June 6 to October 21, 2016.

New Business:

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.

For The Good Of The Order:

Shipmate Bill Lindsey was inducted into the Holland Club.

USSVI Charitable Foundation acknowledged contribution from Requin Base.

Shipmates Chuck Stoner and Eric Bookmiller have donated books to the base library.

Beer was successfully delivered to USS Pittsburgh.

WWII veterans to be honored at this year's Christmas meeting

Winner of two-night stay in Cincinnati is Jack Stewart

Winner of television from convention is Jeff Simon

Shipmate Don Bright gave the Benediction and blessing of today's meal.

Adjournment: The meeting was adjourned.

Next meeting: Leetsdale, PA VFW at 1230 hours on August 6, 2016.

Device Addiction ► What to Do

A poll of more than 1,200 U.S. parents and children by Common Sense Media, a San Francisco nonprofit that offers educational materials on digital media and safe technology for children, highlights a problem that's getting increasingly old: We're raising a generation of young people addicted to their smartphones and other digital devices. In reporting its findings, Common Sense Media says overreliance on portable digital technology can cause problems, including unsafe driving, shoddy homework, and compromised family time. Multitasking while using a smartphone can hinder your ability to focus and prevent the formation of memories. Infrequent in-person interaction can interfere with the development of empathy. Here are some of the poll's key findings:

- 50 percent of American teenagers feel addicted to their smartphones (most check devices at least every hour and feel pressured to respond immediately to messages received).
- American children between 8 and 12 say they spend an average of six hours a day using digital media.
- Teens between ages 13 and 18 spend nine hours a day using digital media.
- Nearly 60 percent of parents of children between ages 12 and 18 say their kids can't give up their phones. One-third of parents and children say they argue daily about screen time.

Because of their need to connect with their peers, teens are especially vulnerable to the instant gratification smartphones can provide through texting and social media posting. The irony is these fleeting virtual connections can damage your ability to connect in real life. But teens aren't the only ones affected. The Common Sense Media poll found that while 50 percent of children say they can't put their phones down, 27 percent of adults say the same about themselves. An astonishing 56 percent of adults say they check their smartphones while driving.

What to do? As with other aspects of parenting, part of the solution lies with setting boundaries for children. This also can be said about adult self-control, setting boundaries for our own behavior. But it's not easy. The poll indicates half of parents and one-third of teens say they "very often" or "occasionally" try to cut down on the amount of time they spend with their devices. Completely banning portable digital technology isn't a practical solution. Despite the problems, the upsides of the technology are too great. We just need better balance. Common Sense Media offers these specific suggestions:

- Talk about it. Have in-person discussions with your family about the role different media play in our lives. Lessons might not be learned instantly, but most children want to do the right thing.
- Delve deep. Help kids understand the importance of concentration and delayed gratification. Dealing with boredom is an important life skill, no matter what people do in life. Focusing helps with homework, friendship-building, and driving as well as being a surgeon, roofer, or homemaker.
- Create limits. Declare tech-free zones and times. For instance, when at the dinner table, tell children their phones have to stay in their pockets. Create an honor system where phones are used when doing homework only if the messaging is homework related. Prohibit phone use after a certain time, such as 9 or 10 p.m., which has the added benefit of facilitating sleep.
- Set a good example. Never text while driving, which today is as much a contributor to car accidents as alcohol. Follow the law in your state or community about handheld voice talking while driving.

Seek outside help when appropriate. Sometimes children (and adults) become deeply dependent on digital technology in a way that harms their overall lives, and they are unable to change on their own. These days, many teachers, school counselors, clergy, and mental health professionals have experience helping others find a good balance here.

[Source: MOAA News Exchange | Reid Goldsborough | May 18, 2016 ++]

Saving Money ► Cooling Tips [01]

American summers are growing hotter, thanks to climate change and increased urbanization. Using an air conditioner to stay cool takes a big bite out of your household budgets. There's plenty you can do, though, to cut the cost of cooling a home. For example,

sealing air leaks and adding insulation can together boost a home's heating and cooling efficiency by 15 percent, according to the U.S. Environmental Protection Agency. Here are 19 tips for lowering the cost of keeping cool:

1. **Install solar screens** - Cool your home by putting solar screens (also called sun-shade screens) on the windows that get the most sun. Installed on the outside of windows, they look like insect screens, but are made of a denser mesh that blocks heat and light. Buy adjustable screens that fit into window frames, have screens custom-made or make them yourself for about \$10 per screen. Since the mesh comes in varying densities, shop around at hardware stores to decide which you need before buying. Another type of mesh, called shade cloth, also comes in varying densities and can be used outdoors to shade decks, playgrounds, patios, eating areas and outdoor living areas.

2. **Put up window awnings** - Install awnings above outside your warmest windows to shade them from sun. Awnings cut solar heat gain by up to 65 percent on south-facing windows in summer and by 77 percent on west-facing windows, the EPA says.

3. **Hang shutters or roll-up shades** - Inexpensive roll-up shades — made of bamboo or vinyl strips — block heat. Hang them outside windows on the sunny side of the house. They are rolled up and down manually using a pull-cord. Keep them up in winter to invite the sun's warmth indoors. Shutters — in vinyl, composite, wood or natural-fiber woven material — also block the sun while adding a stylish architectural flourish.

4. **Keep the air conditioner in tip-top shape** - Keeping air-conditioner units at maximum efficiency by having them regularly serviced helps whittle energy bills. Replace filters monthly when units are in use. Dirty filters block air flow, making the unit draw more power and work harder.

5. **Use a programmable thermostat** - Hold a family meeting and get everyone to agree on one temperature for day and one for night. Otherwise, fiddling with your home's thermostat wreaks havoc on your air conditioner's efficiency. Save still more by setting temperatures inside the home to rise as much as 4 degrees while you're away, allowing you to save energy.

6. **Seal ducts** - Homes with forced-air ducts for heating and cooling can lose 20 to 30 percent of heated or cooled air to holes, leaks and leaky duct joints. Some people seal these openings with duct tape, but the EPA says such seals don't last well. Mastic sealant or metal tape works better. Hire a contractor or do it yourself. The DIY approach saves about \$350 per year on energy costs and requires investing about \$100 to \$350 in materials to seal air leaks around the house, according to the National Association of Realtors.

7. **Seal windows and doors** - Expensively cooled indoor air can leak from windows and doors. The U.S. Department of Energy website has articles about caulking and weatherstripping at <http://energy.gov/energysaver/caulking> and <http://energy.gov/energysaver/weatherstripping> that tell how to tighten the seals around your doors and windows. Spending about \$1,000 on new caulking, insulation and sealing can shave 10 to 20 percent off your energy bill, estimates the NAR.

8. **Insulate the attic** - Check out the Department of Energy website <http://energy.gov/energysaver/do-it-yourself-home-energy-audits> to learn how to conduct an energy audit to locate air leaks throughout the house. Before you install new insulation, seal any leaks and holes in the attic.

9. **Use the barbecue** - Before electricity, homes in warm climates used separate outdoor summer kitchens to keep the main house cool. Firing up your barbecue instead of the kitchen on the hottest days has the same effect. Other cooling tips include:

Open the refrigerator only briefly and infrequently.

Instead of the oven, use smaller appliances — a toaster oven, rice cooker, microwave or countertop convection oven, for instance. These smaller devices use less energy and radiate less heat.

10. **Run appliances at night** - Dishwashers and clothes dryers emit heat as they run, and that makes your air conditioner run even harder. Use such appliances after the day cools down. Another way to save energy is to turn off the dishwasher before the dry cycle is complete; open it up and let dishes air dry. A time-honored laundry method that costs nothing is installing an old-fashioned clothesline and letting laundry dry in the sunshine.

11. **Use vent fans carefully** - Use vents or vented appliances at night or in the early morning. Running bathroom and kitchen fans during the hottest hours pulls cooled air out of the house. The clothes dryer's vent sends cooled air outside, too.

12. **Close the drapes** - Keep drapes, blinds, curtains and shutters closed on windows that face the sun. Open window coverings and throw open windows after the temperature outside drops below the indoor temperature. Consider lining draperies with light-colored fabric that reflects the sun's heat, the NAR says. Two sets of drapes hung together ("double-hung") reduces heat even more. "Studies demonstrate that medium-colored draperies with white-plastic backings can reduce heat gains by 33 percent," says the Department of Energy. Hang draperies close to windows to block heat. Allow them to fall all the way to the window sill or floor.

13. **Plant trees** - Plant leafy deciduous trees on the east and west sides of a home for cooling shade. In winter the bare branches let the sunshine through to warm the house. Consider locating trees or shrubs in other spots where their shade can help, such as near air-

conditioning units, patios, driveways and walkways.

14. Use big potted plants and vines - While you're waiting for trees to grow, put large pots with bamboo or trees in front of sunny windows or hot exterior walls to shade the walls. Perennial vines, such as Mediterranean grape arbors, are another excellent source of cooling shade.

15. Use ceiling fans correctly - Switch ceiling fan blades so they're rotating counter-clockwise in summer and clockwise in winter. These fans have a toggle switch on the fan body that changes the rotation of the blades. Fans cool your body, not the room air, so turn all fans off when you leave a room. Shop for Energy Star-certified fans (look for the label on packaging). They use 50 percent less energy.

16. Stay cool with free-standing fans - Air blowing across the skin cools the body by evaporating moisture. When using a fan, direct the breeze at yourself and keep a spritz bottle close, misting yourself occasionally.

17. Use an attic fan - Attic fans pull in cooler outside air and push warm air out through attic vents, taking a load off your air conditioner. "In the summer, natural air flow in a well-vented attic moves super-heated air out of the attic, protecting roof shingles and removing moisture," says this EnergyStar.gov page on attic ventilation. https://www.energystar.gov/index.cfm?c=diy.diy_attic_ventilation

18. Unplug electronics - Computers and other electronic devices, including some plasma TVs, generate heat that boosts the room temperature. Unplugging warm-running electronics when they're not in use keeps the room cooler and cuts your utility costs, according to the Department of Energy. To find out which of your appliances use the most electricity, try use an inexpensive (many cost under \$50) electricity usage meters that measure the watts consumed by appliances and devices.

19. Close doors and registers - Don't cool the entire house if you're using just a few rooms. Shut doors and close registers in the empty rooms.

For more tips on keeping cool, read:

[5 Strange Ways to Stay Cool Without Air Conditioning](#)

[8 Air Conditioner Parts You Can't Afford to Neglect](#)

[Source: MoneyTalksNews | Marilyn Lewis | May 12, 2016 ++]

Baby Oil ► 33 Alternate Uses

Need to unstick, untangle, soften, de-scum, smooth out, depilate, shine-up or de-squeak something? Two words: baby oil. This familiar nursery emollient is often found in homes without babies. Probably it's left over from the childbearing era, but not necessarily. That's because this scented mineral oil is good for dozens of applications that have nothing to do with babies. Such as:

1. **Bath oil.** I've poured it into the tub to soften my winter-weary skin. Adding a little bubble bath makes the experience even more pleasant, according to a blog called Fidgety Fingers. Note: You must use some cleanser on the tub afterward lest the oily residue cause the next bather to slip and fall.

2. **Bath gel enhancer.** A post on the Fidgety Fingers blog suggests adding ¼ to ½ cup baby oil to half a bottle of shower gel – again, to soften your skin.

3. **After-bath moisturizer.** Don't feel like scrubbing an oily tub every time you bathe? Towel-dry yourself a little and then smooth a little baby oil on your still-damp skin to lock in moisture.

4. **As a substitute for shave gel.** Use a thin layer of baby oil on your legs instead of gel (or soap).

5. **A replacement for after-shave moisturizers.** Rub a little more baby oil on your newly shorn legs for a smooth finish.

6. **Use it après-wax.** If you're waxing brows, legs or, uh, other parts of the body, use a little baby oil first to remove any lingering wax and then to soothe your startled skin.

7. **Remove eye makeup.** A cotton ball dampened with baby oil takes care of eye shadow and eyeliner without irritating delicate skin.

8. **Remove temporary tattoos.** Did Junior come home from a birthday party festooned with garish superhero tats? Rub them off with a little baby oil.

9. **Frame your nail polish.** When you paint your nails, does the polish sometimes seep into the cuticles? Use a cotton swab to satu-

rate the perimeter with baby oil. After you're done painting, use a cotton ball or tissue to remove the oil (and any polish) carefully. And speaking of cuticles...

10. **Baby oil = cuticle oil.** Sushmita Munda of the Makeup and Beauty blog uses it on her hands when she gives herself a manicure. Sure, there's a product called "cuticle oil," but she never buys it.

11. **Fix your lips.** Munda also makes a lip scrub with 1 teaspoon of baby oil, ½ teaspoon of sugar and a few drops of lemon juice. Every night before bed she rubs it lightly on her lips to remove dead skin.

12. **Give (or get) a massage.** Baby oil is an inexpensive alternative to massage unguents.

13. **Fight earwax buildup.** According to the Mayo Clinic, you can remove excess buildup with baby oil (as long as you don't have tubes in your ears or a hole in your eardrum). Apply a few drops of oil twice a day; after a day or two, use a rubber-bulb syringe to (gently!) squirt warm water into the ear canal. Let the water drain out, then dry your outer ear with a soft towel or a hair dryer. Note: If the situation doesn't improve after a few such treatments, see a doctor.

14. **Fix scaly feet.** Do your feet look positively saurian in the winter? Rub some baby oil on at bedtime, then don plain white socks. While you sleep, your feet will soften right up.

15. **Remove a stuck ring.** Hands swell up because of pregnancy or air travel? Trickle a little baby oil on the puffy digit and gradually ease off the ring.

16. **Untangle a necklace chain.** If the pendant you inherited from Grandma is on a knotted chain, rub just a drop of oil onto the tangle, then pick it apart with a straight pin.

17. **De-paint yourself.** Got latex paint on your hands or arms after painting a room? It might rub right off, or it might embed itself in your knuckles and other skin folds. A post on the Instructables website recommends rubbing paint spatters with baby oil "in concentric circles from the outside in without applying too much pressure." Wash the oil off with soap and water.

18. **De-grease your hands.** Working on your car or doing some other greasy job? Baby oil is kinder to your hands than grainy soaps.

19. **Shine things up.** Use a little oil on a soft cloth on stainless steel or chrome, and it will shine like a good deed.

20. **Dust and shine.** Put a small amount of oil on your cloth and dust will stick to it. Give the wood a gentle rub with a second (dry) cloth until it gleams.

21. **Lubricate squeaky hinges.** A drop or two should do it – and baby oil smells a lot better than WD-40.

22. **Prevent soap scum.** Coat shower curtains and doors with a small amount of baby oil, being careful to wipe up any drips.

23. **Get rid of soap scum.** Shower curtain/door already nasty? Rub off the soap scum with a little baby oil. (Again: This stuff is slippery, so wipe up any spatters.)

24. **Remove adhesive bandages.** Time to change the Band-Aid on your kid's knee? Saturate it with oil and wait a while; the adhesive should lift right off.

25. **Remove price stickers.** If a sticker resists removal from a glass, china or plastic item, rub in some oil and wait a bit. It sticker should peel off much more easily. (Note: Don't do this on cloth or paper items, as the oil will stain.)

26. **Polish golf clubs.** Depending on which golf fan you listen to, you can protect and shine up clubs with gun oil, WD-40, special golf-club polishes, petroleum jelly, a silicone gun cloth or, yes, baby oil.

27. **Improve the dashboard.** A post on eHow.com notes that scratches can develop on the plastic lenses covering the odometer and other dashboard items. Rub them with a bit of baby oil to improve the look.

28. **Fix a balky zipper.** Apply oil with a cotton ball or swab until the zip returns to a zipper. Be careful not to get it on the main fabric of the garment, to avoid staining.

29. **Oil your leather.** Rub a little baby oil onto leather shoes or bags to keep them from looking dry.

30. **Keep shreddin'.** If you have a document shredder – and you should – keep things running smoothly with an occasional oiling. Put a couple of pieces of paper in a baking sheet and squirt on some baby oil. Once the paper has absorbed the oil, run it through the shredder.

31. **Relieve cradle cap.** A kind of dermatitis that causes scaly patches on the infant scalp, cradle cap is common but can be distressing to parents. Rub a small amount of baby oil onto the child's head and let it soak in for a few minutes before shampooing.

32. **DIY baby wipes.** The Livewell Network offers a simple recipe that uses water, a little baby wash solution and some baby oil plus a roll of paper towels cut in half. Or use flannel or cotton fabric cut into squares; these can be laundered along with diapers and reused.

33. **Bubble gum remover.** Kids end up with gum on skin or in hair? Rub a small amount of oil into the mess to soften it, then gradually work it out with a comb. Also, keep gum away from them until they know to keep it in their mouths, and definitely make sure they're not chewing when they go in for naps.

[Source: MoneyTalksNews | Donna Freedman | March 25, 2015 ++]

[Navy Cites Breakthrough Acoustic Submarine Technology](#)

[Kris Osborn, Scout.com, 20 June](#)

New quieting technologies could help US submarine operate in or near enemy territory without being detected; this will enable US subs to detect and destroy enemy submarines, ships and incoming weapons at much farther distances.

Navy leaders say the service is making progress developing new acoustic, sensors and quieting technologies to ensure the U.S. retains its technological edge in the undersea domain – as countries like China and Russia continue rapid military modernization and construction of new submarines.

The innovations, many details of which are secret and not available, include quieting technologies for the engine room to make the submarine harder to detect, a new large vertical array and additional coating materials for the hull, Navy officials explained.

“We are talking about changes in sensors and changes in the capabilities aboard the ship that we think could be very dramatic in terms of improving our ability to compete in our acoustic spectrum,” Rear Adm. Charles Richard, Director of Undersea Warfare, told Scout Warrior in a special interview.

Richard told Scout Warrior that the impetus for the Navy effort, called “acoustic superiority,” is specifically grounded in the emerging reality that the U.S. undersea margin of technological superiority is rapidly diminishing in light of Russian and Chinese advances in submarine technology.

The idea with “acoustic superiority,” is therefore to engineer a circumstance wherein U.S. submarines can operate undetected in or near enemy waters or coastline, conduct reconnaissance or attack missions and sense any movement or enemy activities at farther ranges than adversaries can.

Acoustic sensor technology works by using underwater submarine sensors to detect sound “pings” in order to determine the contours, speed and range of an enemy ship, submarine or approaching weapon. Much like radar analyzes the return electromagnetic signal bounced off an object, acoustics works by using “sound” in a similar fashion. Most of the undersea acoustic technology is “passive,” meaning it is engineered to receive pings and “listen” without sending out a signal which might reveal their undersea presence or location to an enemy, Richard explained.

Testing of these innovations is now underway on board an experimental prototype version of a Virginia-Class attack submarine called the USS South Dakota.

Described as a technology insertion which will eventually be integrated on board both Virginia-Class submarines and the now-in -development next-generation nuclear-armed boats called the Ohio Replacement Program.

“The testing going on with the acoustic superiority program is more on the sensor side of the house. We see ourselves on the cusp of a fourth generation of undersea communications,” Richard added.

The concept with a fourth generation of undersea technology is based upon a “domain” perspective as opposed to a platform approach – looking at and assessing advancements in the electro-magnetic and acoustic underwater technologies, Richard explained.

“In this fourth generation, acoustic stealth will always be required - get into a hostile environment. If I am noisy, I am not going to live very long. We are constantly pushing the boundary of how to minimize our own signature - while having a better ability to detect an adversary signature,” Richard told Scout Warrior.

Richard articulated the first two generations as the advent of the first operational submarine fleets during WWII and the subsequent advent of undersea nuclear weapons during the Cold War.

“WWII was our first time to field a fleet scale capability that was effective in a war. It actually helped us win,” he said.

The new “acoustic superiority” effort is immersed in performing tactical assessments as well as due diligence from an academic standpoint to make sure the service looks at all the threat vectors – whether that be hydrodynamics, acoustics, lasers, among others.

While many of the details of these new emerging technologies are not publically available, service developers did say

some risk reduction work on these innovations has been done on the other submarines such as the USS Dallas and USS Maryland.

The emerging technologies, however, are heavily focused upon sensitive, passive acoustic sensors able to detect movement and objects of potential adversary boats and ships at much further ranges and with a higher-degree of fidelity. While high-frequency, fast two-way communication is currently difficult to sustain from the undersea domain, submarines are able to use a Very Low Frequency radio to communicate while at various depths beneath the surface.

“Low frequency radio signals allow for slower communication. Water is opaque and it is also opaque to radio energy. We have the ability to use certain radio frequencies that do penetrate in the water but they tend to limit you in data rate and receive only. It’s very reliable and it well understood. Ballistic missile submarines are in constant communication,” Richard added.

The South Dakota is slated deliver in the next few years, Navy officials said.

Study: US Undersea Technological Dominance in Jeopardy

Senior Navy officials have explained that the innovations contained in the USS South Dakota do, at least in part, help address an issue raised by a January report by the Center for Strategic and Budgetary Assessments.

The report, titled “The Emerging Era in Undersea Warfare,” says the technological margin of difference separating the U.S from potential rivals is expected to get much smaller. This is requiring the U.S. to re-think the role of manned submarines and prioritize innovation in the realm of undersea warfare, the study says.

“America’s superiority in undersea warfare results from decades of research and development, operations, and training. It is, however, far from assured. U.S. submarines are the world’s quietest, but new detection techniques are emerging that don’t rely on the noise a submarine makes, and may make traditional manned submarine operations far more risky in the future. America’s competitors are likely pursuing these technologies even while expanding their own undersea forces,” writes the report’s author Bryan Clark.

In the report, Clark details some increasingly available technologies expected to change the equation regarding U.S. undersea technological supremacy. They include increased use of lower frequency active sonar and non-acoustic methods of detecting submarine wakes at short ranges. In particular, Clark cites a technique of bouncing laser light or light-emitting-diodes off of a submarine hull to detect its presence.

“The physics behind most of these alternative techniques has been known for decades, but was not exploited because computer processors were too slow to run the detailed models needed to see small changes in the environment caused by a quiet submarine. Today, ‘big dat’ processing enables advanced navies to run sophisticated oceanographic models in real time to exploit these detection techniques,” Clark writes.

Chinese Submarine Threat

When asked about the pace of Chinese undersea military construction and modernization, Richard explained that the Navy is focused on sustaining the research and development, or R&D, sufficient to ensure the U.S. retains its technological superiority.

Richard added that the submarine fleet, and strategic nuclear deterrence in particular, is all the more pressing and significant now that China has operational nuclear-armed JL-2 missiles able to hit part of the United States.

A recent Congressional report states that Chinese modernization plans call for a sharp increase in attack submarines and nuclear-armed submarines or SSBNs. Chinese SSBNs are now able to patrol with nuclear-armed JL-2 missiles able to strike targets more than 4,500 nautical miles.

The Chinese are currently working on a new, modernized SSBN platform as well as a long-range missile, the JL-3, Congressional information says.



Congressional Resolution recognizing 100 years.

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