

Steel Valley Dolphins

March 2018



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 BADen at the American Legion Post and quarterly meetings held around our membership area.

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

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

Next Meeting: 14 April 1230 VFW Post 191, 539 W Pike St, Canonsburg PA

2017 USS Requin Base Officers

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SVD Hard Copy	Rick Elster	412-751-7967	relster565@comcast.net

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



Binnacle List

Aaron Ellis
Jack Sutherin
Huey Dietrich



the meeting's theme, "Love. The Subvets are led by Marcia Barna, an instructor at From the Top music shop. The Woman's Club has been an active organization for more than 50 years, holding various community fundraisers throughout the year. Meetings are held at 7 p.m. the second Monday of each month in the church. The March meeting will focus on Membership Month. Women interested in joining are invited to attend, or call Pam Priches, membership chair, at 412-651-1135.

FROM LEFT, 400 birthdays. The student on-colored her by a ne Rebich. "T



American Legion Post 902 in Houston presented a check for \$500 to the Submarine Veterans, Requin Base, in Pittsburgh. Pictured, from left, are Eric Bookmiller, chaplain of American Legion Post 902 and a member of the Subvets, and Huey Dietrich, commander of the Submarine Veterans, Requin Base.

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The Clarksville Lions Club has
selected Deyton Knoble as its

Commanders Corner:

I want to thank all the members that showed up early to help set up the base meeting room. It went so well, that we all had time to sit and shoot the breeze and tell some sea stories. We also moved the display case from the storage room to its permanent place in the event room. Many thanks to the American Legion for extending the opportunity to place it so everyone will be able to observe the many submarine artifacts that we have to display.

Again, we had a tremendous turn out and GREAT participation from the membership on various topics. Thanks shipmates for showing and participating in the friendly discussions and events of the Base. Each member has something to offer – friendly talk, setting up and breaking down the meeting room, coming up with many new ideas to make our Base so unique and for having their first mates bring such wonderful GEE-DUNKS to share with everyone. Its always a pleasure to be together with all our great members and their first mates.

My first mate, Edie, was extremely surprised when the base acknowledged her contributions and support. Shipmate Rick Elster thanked her for her time and effort on making her home/made jams and salsa as a fund raiser for the base. She donated all the profits to the base. Rick presented her with a gift card and a wonderful acknowledgement that made her speechless, (which for her is a rarity!) She sends a heartfelt THANKS to all of you

Our next base meeting will be held on March 10, 2018 at the Baden's American Legion. We have a special treat for everyone – Pastor Jill, from the Legion and the Lutherin Church in Baden, will be our guest speaker and will have some special prayers for us.

Perrytown Tavern, on Rt 19 in Perrysville, Pa., has graciously accepted our request to fly our USSVI SUBMARINE VETERANS flag on their building, along with the Stars and Stripes, Marine Corp, and MIA/POW flag. The Tavern is situated on a main thorofare in Perrysville, Pa, and will be observed by thousands of people throughout the days and months that it will fly. A date will be agreed upon and proper notification to the base members, so they can participate in the flag

positioning outside of the building. They have great food and hopefully they will have their bar-be-que wagon set up.

BIRTHDAYS

Members

ALLEN, Mike	3-14-49
BATES, Tom	3-15-63
BUSHKO, George	3-18-54
CALABRESE, Tom	3-23-62
CHATLOS, Dave	3-12-54
ELSTER, Rick	3-05-41
FARINA, Reno	3-04-44
GREENWALD, Eric	3-10-74
HILGENDORF, Charles	3-06-36
HOAG, Mark	3-08-69
HUNTSMAN, Larry	3-15-67
JOHNSTON, James	3-22-43
POOLE, Gregory	3-0?-72
SAMPSON, Robert	3-26-43
SNOOK, Ronald	3-06-34
THOMPSON, Jeff	3-18-71
VOSKUHL, Fred	3-18-23 (95 years young)
WYKOFF, Mike	3-24-54
TRIPP, Mike	3-22-46
KONTIR, James	3-02-40

Firstmates

AMENTI, Ashlee	3-10
BISTYGA, Claudia	3-12
DIETRICH, Edie	3-30
GAINS, Christine	3-10
GRESH, Debra	3-20
HILGENFORF, Pat	3-27
HOWTON, Diana	3-19
LEWIS, Karen	3-17
LYONS, Carol	3-21

ANNIVERSARIES

BEAUREGARD, Richard & Noreen	3-15
Brown, Hubert & Dorothy	3-29
INDOW, Franklin & Lynn	3-31
NIXON, Charles & Sherry	3-20
WENDELL, James & Valeria	3-15

If there are any corrections or deletions, please let us know.....

The following parade list has been accepted by their parade committees:

CARNEGIE – May 27
 SEWICKLEY – MAY 28
 CORAOPOLIS – MAY 28

The Carnegie parade will be held after our Memorial Service on board the USS REQUIN, at the SCIENCE CENTER. Please mark your calendars!

(Remember our MOTTO – At least - one meeting – one event – PER YEAR.....)

Requin Base Meeting Minutes

March 10, 2018
Baden, PA

Base Commander Huey Dietrich called the meeting to order.

Attendees: Mike Allen, Tino & Sally Bolcato, Eric Bookmiller, Lee & Patsy Bookwalter, George Brown, Tom & Deneen Calabrese, Ron Campbell, Joe Campisi, Huey & Edie Dietrich, Reno Farenò, Rick & Judy Elster, Gerry & Linda Gaylor, Bob & Lynn Gourley, Bill & Donna Greenlee, Rick & Joan Guntang, Lou Hamill, James Kontire, Bill Lindsey, Bat Masterson, JB Messer, Vince Metz, Bob & Jude Myers, Rick Nelson, Frank Nicotra, Mike Pellegrino, Chip Porter, John Schwartz, Bernie & Dot Sigler, Harry Sills, Jeff & Eileen Simon, George Stass, Carl Stigers, Jack & Genny Sutherin, Chad Underkoffer, Mike & Tina Wyckoff

Base Commander Huey Dietrich: Quotes of the day: "If the officers that skipper my submarines can't go outside of protocol or bend the rule book then they are not needed in my submarine fleet (Nimitz)"

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 PERCH (SS 176)	March 3, 1942
USS GRAMPUS (SS 207)	March 5, 1943
USS H-1 (SS 28)	March 12, 1920
USS TRITON (SS 201)	March 15, 1943
USS KETE (SS 369)	March 20, 1945
USS F-4 (SS 23)	March 25, 1915
USS TULLIBEE (SS 284)	March 26, 1944
USS TRIGGER (SS 237)	March 26, 1945

We also honor our departed shipmate of the Requin Base lost in March, George Elder and Matt Holzer. 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.

Chief Of The Boat Chip 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 previous meeting were published in the SVD and on the Requin Base website. With no objections, the minutes were approved as published.

Treasurer Lee Bookwalter gave an accounting of base assets, expenditures, and deposits are available upon request. With no objections, the report was approved.

Other Reports:

Binnacle List: Jack Sutherin, Huey Dietrich, Aaron Ellis

Membership stands at 184

Storekeeper Frank Nicotra reported on available small stores.

Guest speaker Jill McGregor reminded members to tell their stories because the youth of this country need to be taught about life.

Parades And Ceremonies:

Memorial service USS Reguin – Sunday May 27

Carnegie parade – Sunday May 27, 1400 hours

Sewickley parade – Monday May 28, 1000 hours

Coraopolis parade – Monday May 28, 1330 hours

Canonsburg parade – Wednesday July 4, not confirmed

Leetsdale parade – Wednesday July 4, 1400 hours

Beaver Veterans Day – Sunday November 11, not confirmed

Social Events:

VFW Post 3945 annual fish fry for veterans, Wednesday May 9.

Old Business:

National website is under repair.

New Business:

The USSVI organization is about 120 members short of War Veterans status.

Holland Club members for 2018 are Campbell, Davis, Goron, Gresh, and Guntang. They will be honored at next month's meeting.

For The Good Of The Order:

Letters from base members were read.

Members are reminded to vote for National Officers when the polls open.

Adopt A Cop program for this year will honor police forces from Freedom, Conway, Baden and Ambridge PA.

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

Adjournment: The meeting was adjourned.

Next meeting: VFW Post 191, 539 W Pike St, Canonsburg PA on April 14, 2018 Vinegar Update 01 ► Multiple Uses | Grooming, Health, & House Cleaning

Grooming

1. Hair care -- Some people swear by using a mixture of cider vinegar and baking soda instead of shampoo. Others swear at it, because apparently it doesn't work for everyone. Do an internet search for the basics and try it for yourself.
2. Hair rinse -- Condition with a 50/50 mix of cider vinegar and water. Wait a few minutes, then rinse well.
3. Dandruff killer -- Do a weekly scalp treatment with straight cider vinegar. Leave it on for up to 15 minutes, then rinse well.
4. Skin toner -- Mix one part cider vinegar to two parts water (more water if your skin is sensitive) and dab onto your face after washing.
5. Deodorant -- Sounds counterintuitive, but users swear that the smell goes away quickly – and that the vinegar keeps odor-producing bacteria from growing. Either white or cider vinegar can be used, but try it on a small area first to see if irritation develops.
6. Clean the loofah -- Soak the rough sponge-like piece of plant fibre which you use to scrub your body in a 50/50 vinegar and water mix, then rinse well.
7. Brighten your smile -- Brush with a paste of two parts cider vinegar to one part baking soda a few times each week. Or mix 1 teaspoon cider vinegar into a glass of water and rinse your teeth for up to 60 seconds.
8. Prepare for a mani-pedi -- Soak a cotton ball in vinegar and treat your nails before polishing them. The clean surface will hold the color longer.

Health

1. Combat sore throat -- Mix a tablespoon of cider vinegar and a teaspoon of salt in a glass of warm water, then gargle with it. Yep, it'll taste weird, but the acid should help kill germs in your throat.
2. Soothe itching -- Dab vinegar onto bug bites to kill the irritation. The smell goes away — and so does the itch!
3. Sting relief -- Attacked by a bee or wasp? Dab on vinegar.
4. Foot care, part 1 -- Kill the fungus that causes athlete's foot by soaking your feet in a half-vinegar and halfwater solution.
5. Foot care, part 2 -- Make that vinegar-and-water mixture with warm water and soak your feet for at least 20 minutes. It's soothing and also helps remove dead skin.

6. Foot care, part 3 -- Nail fungus can turn your toes into horror shows. Apply vinegar with a cotton swab, and you may see some relief. If this isn't sufficient, however, consider seeing your doctor. Cleaning house

House Cleaning

1. Floors -- Mop with a 50/50 mix of vinegar and water. The vinegar smell will dissipate, but you also can add a drop or two of essential oil to the water.

2. All-purpose cleaner -- A 50/50 mix of vinegar and water works on counters, stovetops, bathroom fixtures and tile, and the range hood. If the grease is really stubborn, use vinegar straight from the bottle.

3. Keep drains open -- Tap half a cup of baking soda down the drain, then pour in half a cup of vinegar. Enjoy the fizzing and bubbling for a few minutes. Follow with a teakettle's worth of boiling water, then let hot water run from the tap for a while. Do this once a month or so.

4. De-gunk shower heads -- Is mineral buildup impeding the shower spray? Fill a small, sturdy plastic bag with vinegar and rubber-band it to the shower head for a couple of hours.

5. Soap scum buster -- Spray a 50/50 mix of vinegar and Dawn dish detergent on the tub, wait a couple of minutes and wipe. Rinse thoroughly.

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6. Streak-free shine -- Mix vinegar and water in a spray bottle to clean mirrors and windows. Save money on paper towels by wiping with sheets of newspaper.

7. Clean the toilet -- Add two cups of vinegar to the toilet bowl and let it soak overnight. That should keep away water rings.

8. Clean sinks and bathtubs -- Scrub with full-strength vinegar, then rinse well. If hard-water stains have developed in the tub, pour in 3 cups of vinegar and fill the rest of the way with hot water. In four hours, drain the tub and scrub off the rings. Then, rinse well.

9. Clean shower-door tracks -- Carefully fill the tracks with vinegar and let it stand for a few hours. Then, scrub with an old toothbrush.

10. Clean the shower curtain -- Is mildew developing along the hem of your plastic curtain? Launder it along with a few towels using half a cup of your usual detergent and half a cup of baking soda. Then, add 1 cup of vinegar to the first rinse. Take out the curtain before the spin cycle starts — it'll be drippy — and hang to dry.

11. Shine fixtures -- Use vinegar on a soft cloth — a piece of worn-out sheet or an old T-shirt works well — to wipe away soap scum.

12. Banish crayon -- Have the kids' coloring projects gone off the pages and onto the floor? Vinegar should take care of it. This also works on ink.

[Source: MoneyTalksNews | Donna Freedman | March 7, 2018 ++]

Tricare for Life Update 04 ► Why Prescription Copays Went Up

Military members and retirees, including Tricare for Life users, are used to slight drug price co-pay increases year over year. But when fees for 90-day supplies for prescription drugs received through the system's mail-order pharmacy, Express Scripts, went from free to \$7 on 1 FEB, many Tricare for Life users said they were blindsided. They had been told they would be largely exempt from a series of major Tricare changes rolled out Jan. 1, including higher co-pays and enrollment fees.

So why were they now being billed for drugs that had been free? The answer is that the 1 FEB drug price increases and the 1 JAN Tricare changes are entirely unrelated. But Tricare for Life users still wondered where, exactly, these changes came from. That history lies in the 2018 National Defense Authorization Act, and a section that makes permanent a protection for military survivors against a measure known as the "widows tax." That measure required that any money received from the Survivor Benefit Plan (SBP) by a new widow or widower whose spouse died from a service-related cause be offset dollar-to-dollar by the money he or she could receive from the Dependency and Indemnity Compensation program. The fix, which had been set to expire this year, reduced the amount of that offset.

Some members of Congress wanted to make that fix permanent. But to do so, they had to find a way to pay for it -- to the tune of about \$1 billion a year. The funding solution? Raise pharmacy fees for everyone. That pharmacy cost increase, which impacts all Tricare pharmacy users, was approved in the 2018 National Defense Authorization Act. As a result, the only places left for beneficiaries to receive medication for free are military treatment facility pharmacies. [Source: Military.com | Amy Bushatz | February 27, 2018 ++]

Medicare cards

Starting in April 2018, Medicare will mail new Medicare cards to all people with Medicare, to help protect you from identity fraud. Fraudsters are always looking for ways to get your Social Security number, so we're removing those numbers from Medicare cards to make them safer.

Your new card will have a new Medicare number that's unique to you. The new card will help protect your identity and keep your personal information more secure.

You can start using your new card as soon as you get it. Your Medicare coverage and benefits won't change at all.

Medicare will automatically mail your new card — at no cost — to the address you have on file with Social Security. So make sure your mailing address is up to date.

If your address needs to be corrected, contact Social Security at ssa.gov/myaccount or 1-800-772-1213. TTY users can call 1-800-325-0778.

If Social Security has your current mailing address, there's nothing else you need to do to receive your new card.

Mailing everyone a new card will take time. Your card might arrive at a different time than your friend's or neighbor's.

Once you get your new Medicare card, take these three steps to make it harder for someone to steal your information and identity:

1. Destroy your old Medicare card right away.
2. Doctors, other health care providers, and health plans approved by Medicare know Medicare is replacing the old cards. They are ready to accept your new card when you need care.
3. Beware of anyone who contacts you and asks for your new Medicare number, personal information, or to pay a fee for your new card. There are no charges whatsoever for the new cards.

Guard your card. Treat your new Medicare number like you treat your Social Security or credit card numbers. Only give your new Medicare number to doctors, pharmacists, insurers, or other people you trust to work with Medicare on your behalf.

Medicare will never call you uninvited and ask you to give us personal or private information to get your new Medicare card.

Scam artists may try to get personal information (like your current Medicare number) by contacting you about your new card. If someone asks you for your information, or for money, or threatens to cancel your health benefits if you don't share your personal information, hang up and call us at 1-800-MEDICARE (1-800-633-4227).

Your new Medicare card will be paper. Paper cards are easier for many providers to use and copy, and they save taxpayers a lot of money. Plus, you can print your own replacement card if you need one.

Carry your new card and show it to your health care providers. Doctors, other providers, and health care facilities will ask for your new Medicare card when you need care.

If you forget your new card, you, your doctor, or other health care provider may be able to look up your new Medicare number online.

If you're in a Medicare Advantage plan (like an HMO or PPO), your Medicare Advantage plan ID card is your main card for Medicare — you should still keep and use it whenever you need care.

However, you also may be asked to show your new Medicare card, so you should carry this card with you, too.

If you don't get your new Medicare card by April 2019, call 1-800-MEDICARE (1-800-633-4227). TTY users can call 1-877-486-2048.

[Columbia-Class Test Program Delayed Due To Manufacturing Defect](#)

[Lee Hudson, Inside Defense, March 15](#)

The Navy revealed yesterday the Columbia-class ballistic submarine test program is delayed because of a manufacturing defect.

Adm. James Caldwell, naval nuclear propulsion program director, said some of the components for the preproduction motor were not properly insulated.

"What we discovered was the sub-tier vendor did not properly flow down requirements to the manufacturer," he said during a Senate Armed Services strategic forces subcommittee hearing.

The service will conduct full integration testing at a facility in Philadelphia, PA, using preproduction components for end-to-end testing, he said.

"We will take what we learned from that and roll that into the final design that will go into the first ship," Caldwell said. "While we lost some time on the preproduction motor we still have been able to shorten some test bands and doing some work in parallel."

Caldwell reiterated the Columbia-class test program still has a nine-month margin, but the delay inserts more risk into the program and puts pressure on the schedule.

Another challenge the Navy is facing with the multibillion-dollar Columbia-class program is manufacturing the length of the ship. The Columbia-class submarines are slightly larger than the legacy Ohio-class subs.

"We knew this was going to be a challenge to get to its 40-year life and will require the use of new materials," he said.

In 2010, the service decided to prove out the design by manufacturing a technology and demonstration core to use at a reactor prototype and training site in New York. The test core is nearly complete and Caldwell plans to begin building the first core for use on the Columbia next year.

Further, the Navy is conducting research on how to modify the core used on the Virginia-class attack submarine to allow for the boats to go faster. Caldwell anticipates the modified core will be used on future attack subs and will save the taxpayer \$50 million compared to the legacy reactor.

The fiscal year 2019 budget request for naval reactors is \$1.79 billion, which is a 21 percent increase over the previous year, according to written testimony submitted to the subcommittee.

"The overall increase to the budget request is primarily driven by the planned funding ramp for two national priority projects -- the refueling overhaul of a research and training reactor in New York, and the construction of the new Naval Spent Fuel Handling Facility in Idaho," the document reads.

Burial At Sea Update 06 ► Under The Sea Burials

The Navy is a tradition-bound military service, and few traditions are as important as burials at sea. Perhaps the most unique services in the fleet occur on board submarines that spend the majority of their time under water. Submarine Force Atlantic says it is preparing for burials at sea on several Norfolk-based subs in the next few months. One of those burials will be for World War II submarine veteran Marcus White, who served on seven war patrols in the Pacific theater during World War II and the Korean War, and was awarded the Bronze Star Medal with the "V" device for valor, signifying it was earned in combat.



White died in June at age 95. The USS Newport News, a Los Angeles-class attack submarine, will commit him and his wife Mary Miles White, who died seven years earlier, to the sea sometime next year. White's son, Marcus White Jr., lives in Chesapeake and said his father loved being a submariner, and that he's fulfilling his father's wishes. The Navy allows active-duty sailors, veterans and their family members to be buried at sea. The chaplain for the Navy's Norfolk-based submarine squadron, Lt. Cmdr. Richard Smothers, spoke with The Virginian-Pilot about the three issues which makes burial ceremonies on board subs unique and special for those who choose them:

1. Releasing of cremains -- Unlike larger ships such as aircraft carriers that can accommodate caskets, all submarine burials at sea involve cremains. They also must occur at least 3 miles from shore. Smothers said burials at sea aboard a sub primarily occur in two ways. If the weather is fair, a sub will surface, stop moving and conduct a ceremony topside that involves raising a flag the family can keep, reading any scriptures the family requests and firing a 21-gun salute with seven rifles. A member of the crew will then pour the ashes overboard. Chaplains don't serve on board subs, and the service is usually led by a lay leader on the boat. Smothers said the sub's commanding officer will usually address the crew from an onboard communications system so everyone can learn about the person who was committed to the deep. If the weather isn't good enough to allow for a full topside ceremony, the cremains can be poured overboard in a smaller ceremony from a ship's sail, the tall structure found on the topside of the sub.

The other option involves releasing ashes underwater through a torpedo tube while the sub is still moving. Smothers said this is a popular option among those who served as torpedomen. "I know it sounds amazing or strange, but it does happen, and it can be done very honorably, very respectfully," he said. Smothers said the crew will clean the torpedo tube's surface and place the cremains inside. After the burial, the family will usually receive a letter of condolence and appreciation from the sub's commanding officer and a chart showing the GPS coordinates where the cremains were released.

2. Custody of the fallen -- The Navy accommodates requests for burials at sea when it can, but it's not always a speedy process. A ship's operational schedule takes priority, and it can be months between the time a request is made and the time the burial occurs. In White's case, that also allowed for a traditional memorial service long before his cremains were set to sail from Norfolk. For a burial at sea on board a Norfolk-based sub, Smothers said a family will first provide their loved one's cremains to Naval Medical Center Portsmouth. A religious program specialist in the submarine force will then take custody of the cremains and examine sub schedules to find the best fit.

If former submariners spent most of their time in a certain home port such as Groton, Conn., or Kings Bay, Ga., they'll try to find a sub based there. Otherwise, they'll find the best available schedule. Sometimes family members will be allowed onto Naval Station Norfolk or another base to watch the sub carrying their loved one's remains depart, which is a rare occurrence for an outsider to know when a sub is departing. Smothers said a religious program specialist will go aboard the sub with the cremains and transfer it to either the executive officer or chief of the boat, where they will be safely locked away in a state room until the burial. Smothers said the Norfolk squadron typically performs about a dozen burials at sea a year.

3. Crew connection -- The submarine force is a small, tight-knit, all-volunteer community that places a premium on valuing tradition and respecting their forerunners. In some cases, subs will perform a burial at sea where a sub sank so a former submariner can be committed to the deep with some of his former crew members or the sub where he served. Smothers also said it's not uncommon for family members to request that someone who holds the same job their loved one did participate in the ceremony.

"I think burials at sea, that's one of the ways we not only just honor those families and their service, but we reactivate our commitment and our appreciation for serving," Smothers said. "It's a real privilege to be a part of. ... Every sub that's ever been part of a burial at sea has thanked us and said, 'Hey, we appreciate being able to do this.' It's an honor." [Source: The Virginian-Pilot | Brock Vergakis | December 31, 2017 ++]

United States Navy Mortuary Affairs Burial At Sea Program

Please read through this entire page.

Burial at Sea is a means of final disposition of remains that is performed on United States Navy vessels. The committal ceremony is performed while the ship is deployed. Therefore, family members are not allowed to be present. The commanding officer of the ship assigned to perform the ceremony will notify the family of the date, time, and longitude and latitude once the committal service has been completed.

Eligibility: Individuals eligible for this program are: (1) active duty members of the uniformed services; (2) retirees and veterans who were honorably discharged. (3) U.S. civilian marine personnel of the Military Sealift Command; and (4) dependent family members of active duty personnel, retirees, and veterans of the uniformed services.

How to get started: After the death of the individual for whom the request for Burial at Sea is being made, the Person Authorized to Direct Disposition (PADD) should contact the Navy and Marine Corps Mortuary Affairs office at 1-866-787-0081 to request a packet and for additional information.

Supporting documents which must accompany this request are:

- (1) a photocopy of the death certificate
- (2) the burial transit permit or the cremation certificate
- (3) a copy of the DD Form 214, discharge certificate, or retirement order.

The Burial at Sea Request Form and the three supporting documents listed above make up the Burial at Sea Request package.

Burial Flag: A Burial Flag is required for all committal services performed aboard United States Naval vessels, except family members, who are not authorized a burial flag. Following the services at sea, the flag that accompanied the remains/remains will be returned to the PADD. If the PADD does not wish to send a burial flag for the service, a flag will be provided by the Navy for the committal service, but will not be sent to the PADD.

Cremated Remains (Cremains): Cremated Remains (Cremains): Cremains must be in an urn or temporary container (preferably Bio-degradable) to prevent spillage in shipping. Recent changes in law prohibit the discharge of plastics at sea. Families are encouraged to have the cremains inurned directly, or transferred to a sturdy biodegradable urn at their local funeral home to facilitate burial at sea. Burial at Sea Coordinators at the ports of embarkation are available to field any questions regarding the urns. The cremains, along with the completed Burial at Sea Request package should be forwarded to the Burial at Sea Coordinator at the desired port of embarkation (listed below). Prior to shipment, it is recommended that a phone call be made informing the coordinator of the pending request. ONLY Priority Mail Express Service is authorized when shipping cremains and it is recommended that that Tracking and Signature On Delivery is used to ensure the package is delivered to the correct individual in a timely manner.

Intact Remains (Casketed): Specific guidelines are required for the preparation of casketed remains. All expenses incurred in this process are the responsibility of the PADD, who will select a funeral home in the area of the port of embarkation. After this selection has been made and notification has been provided to the coordinator, the casketed remains, the request form, supporting documents, and the burial flag are to be forwarded to the receiving funeral home. The coordinator will make the inspection and complete the checklist for the preparation of casketed remains. It is recommended that funeral homes responsible for preparing and shipping intact remains contact the Mortuary Services office at Navy Casualty in Millington, TN to receive the preparation requirements.

PORTS OF EMBAR- KATION / COORDI- NATORS		
<p>Norfolk, Va. Commander, Naval Medi- cal Center ATTN: Code 0210C 620 John Paul Jones Cir. Portsmouth, VA 23708- 5100 Phone: (757) 953-2617 2618</p>	<p>Jacksonville, Fla. Officer in Charge Naval Hospital Branch Clinic P. O. Box 280148 Naval Station Mayport, FL 32228-0148 Phone: (904) 270-4285</p>	
<p>San Diego, Calif. Command- ing Officer Naval Medi- cal Center Decedent Affairs Code: 09O4 34800 Bob Wilson Drive San Diego, CA 92134- 5000 Phone: (800) 290-7410</p>	<p>Bremerton, Wash. Commanding Officer Naval Hospital Bremerton Code: 015-BAS/HP01 Boone Road Bremerton, WA 98312-1898 Phone: (360) 475-4313</p>	<p>Honolulu, Hi. Navy Liaison Unit Tripler Army Medical Center Tripler AMC, HI 96859-5000 Phone: (808) 433-4709 (808) 577-7590</p>

Questions concerning Burial-at-Sea?
Please call Monday - Friday, 0730-1600 Central Time
Toll Free - 1-866-787-0081
DSN - 882-8576

Reviewed: 27 MAY 2016

NEW DENTAL INSURANCE PLAN

In 2019, the TRICARE Retiree Dental Plan (TRDP) is going away.

Those covered under that plan who wish to keep coverage will be required to sign up for the Federal Employees Dental and Vision Insurance Program (FEDVIP), which is the same program used by civil service members and retirees.

The new dental plan will offer coverage options from 10 insurers, with each providing at least two different levels of coverage: standard and high. The high level typically offers a greater range of services and lower co-pay amounts than the standard version, but comes with a higher monthly cost.

Under both the current TRDP and the upcoming FEDVIP, monthly premiums are based on location. The premiums for both TRDP and FEDVIP are similar, so users may not experience a price jump, depending on the plan they choose.

For example, someone getting family coverage in Zone E, which is made up of 27 states, pays \$115 each month under the current TRDP, while the same person using FEDVIP would pay between \$60 and \$175 each month, depending on the insurance plan they choose.

Compared to TRDP, the new plans will offer a greater choice of dentists and more coverage options that retirees can tailor to their specific needs.

NEW VISION INSURANCE PLAN

Even bigger news is that in 2019 most retirees and active-duty family members will be newly eligible to enroll in the FEDVIP vision insurance program.

Vision coverage is currently not part of the TRICARE program. While beneficiaries now receive one free standard eye exam each year or every other year, depending on their plan and whether they are diabetic, exams for contacts are not covered, nor are glasses or contacts themselves.

But under the FEDVIP vision program, you will not only have a covered eye exam but, depending on your choice of coverage, you may be able to get glasses, contacts or both for free or a very deep discount. TRICARE will continue its current eye exam coverage system for those who do not enroll in the new vision plan.

Currently, there are four different insurers available in the FEDVIP vision program. Monthly family premiums range from \$19 to \$43.

Like the FEDVIP dental program, you will be able to choose from a greater number of eye care providers than are currently a part of the TRICARE networks, and tailor your coverage to fit your individual needs.

ENROLLMENT INFORMATION

If you are currently enrolled in TRDP, you will have to enroll in a FEDVIP dental plan during open season or you will lose your dental insurance in 2019.

If you want to enroll in the FEDVIP vision plan, you must also do it during open season. This year's open season runs from Nov. 12, 2018, through Dec. 10, 2018. You can make changes to your insurance each year during open season or when you experience a "qualifying life event" such as a job change, move or birth of a child.

While the enrollment period may seem like a long way off, if you are thinking about enrolling in either of these programs, it is probably a good idea to check them out ahead of time. The large number of plans and options can be pretty confusing.

If you plan on getting major dental work done, doing your homework can possibly save you a bunch of money. The new plan may be a lot cheaper than the current one, or vice versa.

Also, if you have kids who need braces, some insurance plans under FEDVIP require you to be enrolled for 12 months before insurance will pay for orthodontic care.

FOR MORE INFORMATION

Check out the BENEFEDS/TRICARE website for details on switching over or enrolling in the new plans. You can also check out the Office of Personnel Management's Dental & Vision insurance page for plan costs and coverage.

COMMANDERS COLUMN:

Shipmates: Your Officers of the Requin Base wish to extend a very happy Easter to you all. We hope everyone will enjoy this holiday season and get ready for a great upcoming activities.

The April and May events are listed as follows:

1. Saturday, April 7, 2018, USSVI Flag hanging at the Perry Town Inn – 1002 Perry Hwy, Pgh, Pa 15237 at 14:00 hours. We will have a short program, honoring our USSVI flag that will hang from the front of the restaurant and lunch afterwards (members expense). This is the first establishment that has offered to fly our flag in the Pittsburgh area.
2. Saturday, April 14, 2018, 12:30 hours, Requin Base regular schedule monthly meeting at the VFW in Cannonsburg, Pa. This is the second luncheon held at the VFW to acknowledge their kindness on supporting the Requin Base as a Booster donor. This meeting, we will honor our newest HOLLOND CLUB MEMBERS – R. Campbell, R. Davis, R. Goron, G. Gresh & R. Guntang.
3. Sunday, April 22, 2018, Three River Leather necks Marine Detachment 310 - spaghetti dinner and silent auction (fund raiser) – VFW on Perry Hwy – West View, Pa. The marines serve as our color guard for our memorial service on board the Requin. We like to support them as they have supported us over the years! Hopefully you can make it. It will be held from 12:00 to 18:00.
4. Wednesday, May 9, 2018 , VFW 3945, will be hosting a Fish Rodeo for the Veterans from the VA hospitals. They bus the vets in to have a great day. Come and mingle and help our veterans. Place – Squaw Valley Run Park, O’Hara Twp, 330 Fox Chapel Road, Pgh, Pa 15238. The Requin Base donates twenty (20) Honorary Submariner Hats. Last year our Sarge, Mike Allen, presented the vets with goodies and socks which is in high demand – KUDOS Sarge!
4. May 12 – Requin Base Meeting – Baden, Pa.
5. May 27 – Requin Memorial Service – on Board REQUIN – Carnegie Science Center
6. May 27 – Carnegie Parade
7. May 28 – Sewickley Parade
8. May 28 – Coraopolis Parade

I would be remiss, if I didn’t give out a big THANK YOU to Pastor Jill of the American Legion in Baden, Pa. She gave an inspiring talk which hit home to all of us in attendance. Speaking of attendance, THANKS to all who were in attendance, it gave our base good presentation, especially since we had a guest speaker – KUDOS SHIPMATES & FIRST MATES.

We reported to the membership that President Trump pardoned a submariner, Kristian Saucier. He took pictures of classified spaces on board the USS Alexandria SSN757.

BIRTHDAYS

MEMBERS

Bookwalter, Lee 4/20/53
Brown, Hubert 4/06/22 (96 years young)
Campbell, Ron 4/19/46
Croker, Justin 4/01/75
Gaylor, Gerry 4/15/30
Guntang, Ric 4/04/41
Holzwarth, Scott 4/25/56
Ireland, Gary 4/19/52
Larson, Merlin 4/14/44
Lindsay, Robert 4/14/33
Mack, John 4/07/52
Simpson, Robert 4/10/45
List, Jimmy 4/11/50

FIRST MATES

Dunlop, Sandy 4/16
Geyer, Beverly 4/08
Goron, Patricia 4/02
Hamil, Liz 4/25
Iden, Hilga 4/10
Ireland, Susan 4/23
Kuhn, Jacquelyn 4/12
Schmidt, Barbara 4/17
Schwertfeger, Jan 4/04
Sutherin, Ginny 4/28
Zdarko, Barbara 4/28
Davis, Elizabeth 4/06

ANNIVERSARIES

Bruce, Jon & Connie 4/24	Cochenour, David & Carol 4/08
Davis, Bob & Betsy 4/06	Farley, Harold & Gail 4/04
Goldman, Bob & Amy 4/29	Gasparovic, Mike & Kela 4/24
Nicotra, Frank & Rose 4/24	Kuhn, Blain & Jacquelyn 4/13
Stahl, Robert & Dorothy 4/24	Sewell, Josua & Cassandra 4/14
Weismantle, Bob & Trudy	Dolgos, George & Kathleen 4/04

ANY ADDITIONS AND/OR CORRECTIONS, PLEASE NOTIFY THE HUEY

NEW MEMBERS

Michael Pellegrino qualified on the USS STONEWALL JACKSON SSBN 634. He left the navy in 1991 as a FB1(SS). Mike lives in Penn Hill, Pa with his first mate Domnic. Please e-mail Mike and welcome him aboard – mike631@eagnet.com.

John Swords qualified on the USS STONEWALL JACKSON SSBN634. He left the navy in 1978 as a MT1(SS). John live in New Cumberland, W.V. with his first mate Kimberly. Please e-mail John and welcome him aboard – jhswords@comcast.net

These two swabs attended the March base meeting and were so impressed with our group of members, that they both signed up to become Requin Base Members – KUDOS SHIPMATES!