

Steel Valley Dolphins

October 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: 1230 15 December Christmas Party at the American Legion in Baden Pa.

2017 USS Requin Base Officers

Base Commander	Hubert C. Dietrich	412-486-2635	hueyfromglenshaw@aol.com
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----- Pride Runs Deep -----



Binnacle List



OFFICE OF THE SUPREME COMMANDER
30 OCTOBER 2018

TO: MAJOR GALLOWAY FTG2(SS)
FROM: THE SUPREME COMMANDER
SUBJECT: ORDERS

ORDERS

- 1.) SHORE DUTY IS CANCELLED
- 2.) PROCEED IMMEDIATELY TO SEA ON ETERNAL PATROL. JOIN YOUR SHIPMATES WHO HAVE GONE BEFORE YOU AND PREPARE THE WAY FOR THOSE OF US WHO WILL FOLLOW.
- 3.) RETURN TO THE SEA THAT BROUGHT FORTH ALL LIFE AND REST IN PEACE IN THE ARMS OF YOUR LOVING GOD IN AN OCEAN FREE OF STORMS AND DANGER.
- 4.) YOUR NAME WILL BE REMOVED FROM THE WATCH BILL. YOUR DAYS OF SERVING HAVE ENDED.
- 5.) SAILOR REST YOUR OAR.



COMMANDERS COLUMN:

The October meeting was a great success with over 50 members, spouses and friends in attendance. I am truly happy that we are having such a great showing at all our base meeting – KUDOS to all. As a base, we have come a long way and I only hope we can move forward with much more activities that more base members will be able to enjoy.

The November Base meeting has been cancelled due to the Base participating in the Washington County Veterans Day Parade on Saturday, November 10th. Activities will begin at 11:00 A.M., with a patriotic ceremony at the community pavilions on Main Street, across from the Observer Reporter in Washington, Pa.

The parade starts at 2:00 PM. Participants will line up on Walnut Street and Franklin Street. **Please enter “line up” area from Jefferson and Hall Avenues.**

Our line up position is Division 3 – Order &-7

Our line up time is 12:00 PM

There will be a dinner honoring veterans and guests at the American Legion Post 175 immediately following the parade.

AT NO TIME ARE PARTICIPANTS PERMITTED TO THROW CANDY!

As we get closer, there will be more directions put out.

BASE ELECTION

Bernie Sigler is the Base Election Committee – he can be reached either by menhaden377@yahoo.com or 724-301-1505. As of today, all present elected officers of the base will continue to serve for 2019. The election if needed will be held at the December Base Meeting.

Congratulations to shipmate Lou Hamill for being appointed to the National Website Committee. He is presently serving as the National Convention Website Chairman. KUKOS to Lou and the Archerfish (joke).

We are working on a memorial service on Dec 7th, Pearl Harbor Day, on board the U.S.S. Requin. Captain Tom is arranging the NROTC midshipmen from CMU, PITT and DUQUANE to participate along with the NRD who is interested.

DUES COLLECTION

As of OCTOBER 27,2018

The collection of 2019 dues as of Saturday, October 27 is as follows:

1. Officers & Committees - 72%
2. Pa residence Members – 58%

The Official Pa. Dink list will be posted on November 1 – There are five (5) days left in October to send in yours!

The dues notices for Out of Pa residence and 2018 new members have been mailed out early and have had the following response:

1. Out of State Members – 45%
2. New 2018 Members – 42%

It would be great to have the dues collected before THANKSGIVING!!!!

USSVI NATIONAL ELECTION VOTING IN NE DISTRICT 3

Keystone Base – 3/85%

LeHigh Base – 12.50%

Reading Base – 5.88%

Requin Base – 6.37 %

Tri-State Base – 5.00 %

Scranton Base – 19.05%

Williamsport Base – 13.33%

VOTING BY DISTRICTS IN THE NORTHEAST

EN1 – 1.40%

EN2 – 10.58%

EN3 – 5.14%

EN4 – 8.19%

EN5 – 12.41%

BIRTHDAYS

ANNIVERSARIES

MEMBER

SPOUSE

Beauregard, Rich 11-17-65	Bookwalter, Patsy 11-25	Bookwalter, Lee&Patsy 11-30
Bence, James 11-11-47	Bright, Dorothy 11-22	Dunlop, Graham&Sandy 11-24
Bolcato, Val 11-09-50	Brown, Dorothy 11-01	Donnelly, John & Helen 11-24
Bouts, Clair 11-22-39	Elster, Judy 11-03	Hawk, Bill & Priscilla 11-21
Goldman, Bob 11-11-58	Nixon, Sherry 11-22	Hayes, Fred & Trudy 11-20
Hawk, Bill 11-21-37	Phelen, Marianne 11-05	Ladie, Bruce & Chris 11-02
Kline, Robert 11-09-31	Simpson, Betty 11-28	Nasso, Ang & Cathleen 11-11
Lewis, James 11-06-40	Weismantle, Trudy 11-1	Porter, Chip & Sharon 11-13
May, Edward 11-25-67	Welts, Joanne 11-27	Shal, Chris & Ruth Ann 11-01
McGee, Allen 11-04-40		Simon, Jeff & Eileen 11-14
Nixon, Charles 11-06-46		Spensor, Dan & Carrie 11-14
Wendle, James 11-24-45		Guntang, Ric & Joan 11-22
Hemming, Mike 11-10-43		Weaver, Ron & Cynthia 11-20
Spensor, Dan 11-06-79		

Requin Base Meeting Minutes

October 13, 2018

Baden, PA

Base Commander Huey Dietrich called the meeting to order.

Attendees: Mike Allen, Tino & Sally Bolcato, Eric & Marge Bookmiller, Lee & Patsy Bookwalter, George Brown, Clair & Nancy Bouts, Greg Bushko, Ron Campbell, Joe Campisi, Huey & Edie Dietrich, Rick & Judy Elster, Reno Forina, Jerry & Linda Gaylor, Dick & Beverly Geyer, Bill & Donna Greenlee, Rick & Joan Guntang, Lou Hamill, James Kontier, Bill Lindsay, Jim & Charlene List, Chuck & Nancy Loskoch, Allen Lukasik, Bat Masterson, Jim Messer, Vince Metz, Bob & Judy Meyers, Frank Nicotra, James & Sandra Schwarz, Jeff & Eileen Simon, Carl Stigers, Jack & Jenny Sutherin, Chad Underkoffer, Mike & Tina Wyckoff

Base Commander Huey Dietrich: Quotes of the day: "It is the function of the Navy to carry the war to the enemy so it is not fought on U.S. soil."

Requin History: On October 1, 1947 Requin moved north for exercises with her sister radar picket submarine Spinax SS-489. On October 1, 1966, Requin cruised around the South American continent with various South American navies. On October 20th Requin was dedicated as a memorial and exhibit and opened for tours.,

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.

USS SEAWOLF (SS 197)	October 3, 1944
USS S-44 (SS 155)	October 7, 1943
USS WAHOO (SS 238)	October 11, 1943
USS DORADO (SS 248)	October 12, 1943
USS ESCOLAR (SS 294)	October 17, 1944
USS SHARK II (SS 314)	October 24, 1944
USS DARTER (SS 227)	October 24, 1944
USS TANG (SS 306)	October 25, 1944
USS O-5 (SS 66)	October 29, 1923

We also wish to remember our shipmates of the Requin Base: Jack Hart, Thomas Wayland, Eugene Camarota, John Clarkin and Charles Tolbert. 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.

Base Secretary Jeff Simon 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 will stand as published.

Treasurer Lee Bookwalter reported an accounting of base assets, expenditures, and deposits which was approved by the members present.

Other Reports:

Eternal Patrol:

Binnacle List: Garry Gresh, Lois Stewart, Robert Watson, Major Garrett

Membership stands at 186

Storekeeper Frank Nicotra reported on items available for sale at each meeting and on the website

Shipmate Vince Metz reported on Eagle Scouts presentations

Kap(SS)4Kids(SS) Hats were given to various kids in need

Memorials, Parades And Ceremonies:

Washington parade – Saturday November 10, muster 1030 hours

Beaver Veterans Day parade – cancelled

Mike Allen attended commissioning of USS Indiana SSN-789 on September 29th

Possible Pearl Harbor Day on USS Requin

Old Business:

Rick Elster gave report Navy Ball, October 12.

Flag raising on USS Nautilus, USS Requin, McGuffy High School was discussed

New Business:

Bernie Sigler has been appointed to Requin Base Election Committee

Election of National officers is complete

Lou Hamill has been appointed to the National website committee

Next meeting will be in Baden PA on November 17th (Note: Executive Board has cancelled November meeting due to Washington parade and other activities)

December meeting will be December 15th in Baden PA

Good Of The Order:

Guest Speaker Dr. Sawyer was unable to attend today due to illness.

Motion to donate wreaths for placement at national cemeteries in memory of Captain Covey was approved by the members present.

Letters were read from George Staas's wife, Gary Ireland, Andrew Blake grandson of Captain Bress, Bill Hawk.

Members are invited to rededication of Keystone Base on November 17.

Adjournment: The meeting was adjourned.

Next meeting: Baden PA American Legion on December 15, 2018

TRICARE Open Season ► Period to Enroll In or Change your Health Plan

Do you want to make enrollment changes to your or to a family member's TRICARE health plan for 2019? Your chance is around the corner during TRICARE Open Season. However, if you want to keep your current health plan, you don't need do anything during TRICARE Open Season. Your current coverage will continue automatically as long as you remain eligible.

Open season is an annual period when you can enroll in or change your health care coverage plan for the following year. TRICARE beneficiaries will experience open season for the **first time between Nov. 12 and Dec 10, 2018**. TRICARE Open Season will happen each year from the Monday of the second full week in November to the Monday of the second full week in December. Enrollment choices made during this period will take effect on 1 JAN. During TRICARE Open Season, you may enroll in or change your TRICARE Prime or TRICARE Select health plan.

- TRICARE Prime -- A managed care option available in the U.S. With it you have an assigned primary care manager who provides most of your care
- TRICARE Select -- A fee for service option in the U.S. (replaced TRICARE Standard & TRICARE Select in 2018) which allows you to get care from any TRICARE-authorized provider. Enrollment is required to participate. TRICARE Select is a self-managed, preferred provider network plan.

If you remain eligible and make no changes during TRICARE Open Season, then you'll stay in the same plan for 2019. You may also change your type of enrollment during open season, for example switching from individual to family coverage. Outside of the TRICARE Open Season period, you may still enroll in or change between TRICARE Prime and TRICARE Select plans within 90 days after you or a family member experience a Qualifying Life Event (QLE). A QLE is a certain change in your life, which may mean different TRICARE options are available to you. If you want to change your coverage to TRICARE Prime or TRICARE Select, and you're eligible, a QLE allows you to do that. Whether during TRICARE Open Season or following a QLE, you have three ways to make an enrollment choice:

- **Online:** Go to the Beneficiary Web Enrollment website (stateside only)
- **By phone:** Call your regional contractor
- **By mail:** Mail your enrollment form to your regional contractor

TRICARE Open Season doesn't apply to the premium-based plans listed below. These plans offer continuous open enrollment throughout the year:

- TRICARE Retired Reserve
- TRICARE Reserve Select
- TRICARE Young Adult
- Continued Health Care Benefit Program

Also, TRICARE Open Season doesn't apply to TRICARE For Life (TFL). TFL (i.e. Medicare-wraparound coverage for TRICARE-eligible beneficiaries who have both Medicare Part A and B which doesn't require enrollment). Sign up on the TRICARE website for updates about TRICARE Open Season. Look for more information this fall at www.tricare.mil/openseason. This is your benefit. Take command of your health and prepare for TRICARE Open Season. [Source: Health.mil | October 18, 2018 ++]

FLU Prevention Update 07 ► Facts You Need to Know

We are rapidly approaching the holiday season, and carving pumpkins turns into carving turkeys and decking the halls, we all need to be reminded and aware of the uninvited guest: Influenza. There are a few important things you need to remember about the flu:

1. The “flu” or influenza is caused by the Human Influenza A, B and C Viruses
2. Symptoms typically appear 1-4 days after exposure
3. Symptoms include fevers of over 100 degrees, cough, nasal stuffiness, weakness, congestion, muscle aches, general fatigue, sore throat, chills and sweats
4. Symptoms often last for at least a week or two, sometimes longer
5. You are contagious for about a day before you have symptoms and for about a week after your symptoms start
6. You get the flu by breathing. Tiny droplets are inhaled and spread the virus.

If you bring yourself to the doctor within 24-48 hours of the onset of symptoms, antivirals can be prescribed and may significantly decrease the duration of your illness. It is critical that you pay attention to your symptoms and react quickly to minimize the impact of your illness. The best way to attempt to prevent the flu is by receiving a flu vaccination. That, combined with consistent hand washing and limiting contact with individuals known to have the flu, will limit the spread of the virus. Flu vaccinations are completely covered by insurance and many major chains are incentivizing customers to stop in and receive the vaccine while they shop.

It is critical to get the Flu vaccine before the flu is spreading throughout your area. The earlier in the season that vaccination occurs, the more likely you are to receive maximum protection. The CDC recommendation is that vaccinations be received in October. This year, many communities are reporting cases of the flu already, and some have even reported deaths attributed to the flu. It takes two weeks from the time of vaccination for the antibodies to develop against the flu. While many are skeptical of vaccination, the flu vaccine does not “cause” the flu. It does, however, give the body the best protection against a virus that does, in fact, kill. Here are 10 common myths about the flu.

- 1. MYTH: You can catch the flu from the vaccine --** The vaccine is made from an inactivated virus that can't transmit infection. So people who get sick after receiving a flu vaccination were going to get sick anyway. It takes a week or two to get protection from the vaccine. But people assume that because they got sick after getting the vaccine, the shot caused their illness.
- 2. MYTH: Healthy people don't need to be vaccinated --** While it's especially important for people who have a chronic illness to get the flu shot, anyone — even healthy folks — can benefit from being vaccinated. Current CDC guidelines recommend yearly vaccination against influenza for everyone older than 6 months of age, including pregnant women.
- 3. MYTH: Getting the flu vaccination is all you need to do to protect yourself from the flu --** There are a number of steps you can take to protect yourself during flu season besides vaccination. Avoid contact with people who have the flu, wash your hands frequently, and consider taking anti-viral medications if you were exposed to the flu before being vaccinated.
- 4. MYTH: The flu is just a bad cold --** Influenza may cause bad cold symptoms, like sore throat, runny nose, sneezing, hoarseness, and cough. But in the United States alone, 36,000 people die and more than 200,000 are hospitalized each year because of the flu. During the 2017/18 flu season, flu activity has significantly increased throughout the majority of the country with the A(H3N2) viruses predominating so far, according to the Centers for Disease Control (CDC). A(H3N2) virus-predominant influenza seasons have been associated with more hospitalizations and deaths in people age 65 years and older as well as young children. It's not too late to get a flu shot. Even if it doesn't prevent you from getting the flu, it can decrease the chance of severe symptoms.
- 5. MYTH: You can't spread the flu if you're feeling well --** Actually, 20% to 30% of people carrying the influenza virus have no symptoms.
- 6. MYTH: You don't need to get a flu shot every year --** The influenza virus changes (mutates) each year. So getting vaccinated each year is important to make sure you have immunity to the strains most likely to cause an outbreak.
- 7. MYTH: You can catch the flu from going out in cold weather without a coat, with wet hair or by sitting near a drafty window --** The only way to catch the flu is by being exposed to the influenza virus. Flu season coincides with the cold weather. So people often associate the flu with a cold, drafty environment. But, they are not related.
- 8. MYTH: Feed a cold, starve a fever --** If you have the flu (or a cold) and a fever, you need more fluids. There's little reason to increase or decrease how much you eat. Though you may have no appetite, "starving" yourself will accomplish little. And poor nutrition will not help you get better.
- 9. MYTH: Chicken soup will speed your recovery from the flu --** Hot liquids can soothe a sore throat and provide much needed fluids. But chicken soup has no other specific qualities that can help fight the flu.
- 10. MYTH: If you have a high fever with the flu that lasts more than a day or two, antibiotics may be necessary --** Antibiotics work well against bacteria, but they aren't effective for a viral infection like the flu. Then again, some people develop a bacterial infection as a complication of the flu, so it may be a good idea to get checked out if your symptoms drag on or worsen.

The flu is a good example of how medical myths can get in the way of good medical care. When it's flu season, take the necessary steps to stay healthy. That includes separating fact from myth. [Source: Military Connection | Kris Baydalla-Galasso | October 26, 2018 ++]

Medicare Premiums | 2019 ► What You Will Pay Monthly

On October 12, 2018, the Centers for Medicare & Medicaid Services (CMS) released the 2019 premiums, deductibles, and coinsurance amounts for the Medicare Part A and Part B programs. After staying the same last year, Medicare and TRICARE for Life beneficiaries will see their Part B premium increase slightly this year. The Part B standard premium is set to increase \$1.50 per month, from \$134 to \$135.50. For the past two years, some Medicare beneficiaries have been paying lower premiums and have been protected by a provision called the “hold harmless” rule. Medicare estimates only 2 million beneficiaries will have their premiums shielded this year.

Let's recall why this was originally put into place. Adjustments are made annually to both the Social Security benefit and the Medicare premiums an individual pays. These adjustments are indexed to different inflation measures. The Social Security COLA is based on the CPI-W index, which measures inflation. By contrast, the Medicare premium is based on how much the Medicare program itself grows through its spending on medical services. These different adjustment measures have resulted in Medicare premiums that typically increase at a rate greater than Social Security COLAs.

For instance, from 2000 to 2018, Social Security COLAs increased an average of 2.2 percent annually, which resulted in a cumulative benefit increase of approximately 50 percent. This was considerably less than the average 6.1 percent annual increase in standard Medicare Part B premiums, whose premium growth was a whopping 195 percent over the same period, according to a Congressional Research Service report released last month. The bottom line? A greater percentage of total Social Security benefits were being deducted to pay for Medicare premiums. Congress has acted several times to protect beneficiaries from the impact of large Medicare Part B premium increases. The hold-harmless provision was made permanent, and prevents certain Social Security beneficiaries' monthly benefit amounts from decreasing from one year to the next due to an increase in their Medicare Part B premiums.

The new premiums for 2019:

- Part B premium: \$135.50 (was \$134)
- Part B deductible: \$185 (was \$183)
- Part A deductible (inpatient) \$1,364 (was \$1,340)

Premiums for higher-income beneficiaries (\$85,000 and above) are:

- Individuals with annual incomes between \$85,000 and \$107,000 and married couples with annual incomes between \$170,000 and \$214,000 will pay a monthly premium of \$189.60.
- Individuals with annual incomes between \$107,000 and \$133,500 and married couples with annual incomes between \$214,000 and \$267,000 will pay a monthly premium of \$270.90.
- Individuals with annual incomes between \$133,500 and \$160,000 and married couples with annual incomes between \$267,000 and \$320,000 will pay a monthly premium of \$352.20.
- Individuals with annual incomes between \$160,000 and less than \$500,000 and married couples with annual incomes above \$320,000 and less than \$750,000 will pay a monthly premium of \$433.40.
- Individuals with annual incomes above \$500,000 and married couples with annual incomes above \$750,000 will pay a monthly premium of \$460.50.

Remember, the Social Security Administration uses the income reported two years ago to determine beneficiaries Part B premiums. For example, the income reported on your 2017 tax return would be used to determine whether you would pay a higher monthly premium in 2019. So here is an important tip: if you have a reduction in income and change rate groupings noted above, you can have your income basis updated (due to a qualifying event such as retirement) before the tax returns catch up later. For more information, see this article. You can access more information from Medicare for 2019 at <https://www.cms.gov/newsroom/factsheets/2019-medicare-parts-b-premiums-and-deductibles>. [Source: MOAA Newsletter | Kathryn Beasley | October 17, 2018 ++]