

Steel Valley Dolphins

July 2019



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 August 10th at River Forest Country Club Freedom Pa.

USS Requin Base Officers

Base Commander	Hubert C. Dietrich	412-486-2635	hueyfromglenshaw@aol.com
1st Vice Commander	Carl Stigers	412-995-8028	carstenstigers@verizon.net
2nd Vice Commander	Rick Elster	412-751-7967	Relster565@comcast.net
Secretary	Jeff Simon	724-502-4505	jeffsimon@zoominternet.net
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Storekeeper	Frank Nicotra	412-835-6540	nicotrafrank@gmail.com
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----- Pride Runs Deep -----



Binnacle List

:
 Ginny Sutherin
 Clyde and Sharon Porter
 Diana Underkoffer
 John Lukasik
 Rick Elster
 Frank Nicotra
 Edie Dietrich
 Marion Miller
 Harry Sills



25th Anniversary

Date/Time

Date(s) - 09/07/2019
 3:00 PM - 8:00 PM

Location

Springdale Veterans' Association
 1151 Pittsburgh St
 Springdale PA 15144

Event Details

Itinerary:

3:00 PM - 4:00 PM Arrival/Meet/Greet ...
 4:00 PM - 5:00 PM Buffet Dinner ...
 5:00 PM - 5:30 PM Informal Meeting ...
 5:30 PM - 7:00 PM Stand-Up Comedy Act ...
 7:00 PM - 8:00 PM Presentations and Close

Payment options (\$25.00 per person):

Mail payment to:
 Lee Bookwalter
 2291 Chapparral Drive
 Pittsburgh PA 15239-2357
 Pay at the base meeting or at the door

Questions, Issues, Concerns:

Please Contact:
 Lou Hamill
 (412) 445-3998
itgeek8088@gmail.com

Menu:

Appetizers

Meat & Cheese Platter
 Vegetable Platter
 Fruit Platter

Dinner

Stuffed Chicken
 Shaved Roast Beef Au Jus
 Stuffed Shells
 Mixed Vegetable
 Extra Salad Choice
 Rolls and Butter

Beverage Station

Water
 Iced Tea
 lemonade
 Coffee

Cash Bar Will Be Available

Overnight accommodations (If interested):

Hampton Inn & Suites

(412) 423-1100
 2805 Freeport Rd, Pittsburgh, PA 15238

Holiday Inn Express

(412) 828-9300
 10 Landings Dr, Blawnox, PA 15238

Day's Inn

(412) 828-5400
 6 Landings Dr, Pittsburgh, PA 15238

Quality Inn

(412) 828-8900
 8 Landings Dr, Pittsburgh, PA 15238

Bookings

Ticket Type	Price	Spaces
Standard Ticket	\$25.00	1

Name

Phone

E-mail

Comment

Send your booking

COMMANDERS CORNER:

ELECTION RESULTS FOR NORTH EAST REGION DISTRICT COMMANDERS:

The five incumbent District Commanders have been re-elected to another two (2) year term. **The actual voting turnout was very poor – here is the results.** D1 Peter Koestler 33 votes, D2 Mike Bost 34 votes, D3 Huey Dietrich 26 votes, D4 Arthur Glover 6 votes and D5 Jim Irwin 9 votes.

There are 2,925 regular members whose primary base are in the NE Region eligible to vote. **THE TOTAL VOTES THAT WERE COUNTED WERE 108, =3.69%.** Three votes were disqualified This information was forwarded to the base from our Regional Director -Les Altschuler. Shipmates, I know a few of the base members could not get their votes registered thru no fault of their own and hopefully it will be easier next time. It would be great if the Requin Base would have at least 50% voting next year for the national officers.

MARTIN ABLE MMC(SS) RETIREMENT CEREMONY

Chief Martin is retiring from active duty on the 26th of July. The ceremony is scheduled to be conducted at the Soldiers and Sailors Hall in Oakland. The run-thru will start at 0800 and the ceremony will start at 0:900. Chief Martin qualified on the USS PITTSBURGH and has belonged to the Requin Base for over 4 years.

THRESHER INFORMATION:

USS Thresher Arlington National Cemetery Commemorative Monument has completed the approval process. USSVI Members and their guests are invited to attend the USS Thresher ANC Memorial Dedication Ceremony & Reception on----- THURSDAY, September 26 @ 1600 at Arlington National Cemetery. To register your attendance, please use the Google form linked that was included in the e-mail sent to the base members on July 22.

NEXT BASE MEETING:

Our next base meeting is a traveling meeting. It is being held at River Forest Country Club in Freeport, Pa. on Saturday, August 10, 2019 It is 30 miles from Pittsburgh, up route 28. We have members that are from the area and it's a treat for them for us to have our meeting in their back yard, once a year. So please make every attempt to attend. Reservations have to be made by July 31.

NEW MEMBERS:

Dan Klemz qualified in 1966 on the USS Ethan Allen SSBN608 as a MM2. He left the navy in 1970 as a MM1(SS). He lives in Rochester, N.Y. with his first mate Eileen. Please e-mail Dan and welcome him aboard – dkeemz1@rochester.rr.com

BIRTHDAYS

ANNIVERSARIES

MEMBERS

SPOUSES

Abel, Martin 8/21/81	Allen, Linda 8/14	Amenti, Mike & Ashlee 8/10
Bahr, Sarah 8/15/75	Bushko, Gwen 8/04	Beadle, Bill & Madeleine 8/29
Bright, Don 8/29/47	Edwards, Judith 8/19	Brown, George & Cindy 8/12
Cantwell, Dennis 8/29/47	Hamil, Sandra 8/22	Cherock, Mike & Laura 8/21
Hayes, Fred 8/16/53	Markel, Carmella 8/11	Cowher, James & Nicole 8/02
Keller, Bob 8/03/41	McGee, Karen 8/10	Hollingsworth, H & Evelyn 8/30
Schwarz, James 8/26/51	Osborn, Francis 8/08	Franz, Henry & Agnes 8/13
Stroede, Ralph 8/07/43	Phelps, Edith 8/16	Haupt, Aaron & Erin 8/24
Winters, Mark 8/31/54	Regits, Marilyn 8/07	Ireland, Gary & Susan 8/10
.	Sigler, Dottie 8/09	Keller, Bob & Carol 8/11
.	Staas, Sandra 8/16	Larson, Merlin & Judy 8/15
.	Stewart, Louis 8/07	Lucas, Ron & Pamela 8/15
.	Sutherin, Susan 8/12	Schwarz, Jim & Sandy 8/07
.	Wible, Jennefer 8/09	Staas, George & Sandy 8/24
.		Strode, Ralph & Trudith 8/09
.		Winters, Mark & Brenda 8/02
.		MacPherson, Bob & Debra 8/30

ANY CORRECTIONS – ADDITIONS – DELETIONS – PLEASE ADVISE

REQUIN BASE 25TH ANNIVERSARIES BIRTHDAY BALL:

Hats off to the Geyer, Hamill and the entire committee for all their time and efforts on planning this gala event. It will be hld on September 7th, between 15:00 and 20:00 hundred. The location is the Springdale Veterans Association, 1151 Pittsburgh, Street, Springdale, Pa 151144. Detailed information was distributed at the last base meeting. If you have any questions, Issues or concerns, please contact Lou Hamill – 412-445-3998 or itgeek8088@gmail.com

RED SHIRT FRIDAYS

The Requin Base has started a red shirt Friday sales event to support all active duty troops. We have sold over 100 shirts as a fund raiser for the base. I have 20 shirts left and if we don't have your size, it will be in the next order. Medium, Large and X-Large sell for \$12.00. XX Large cost \$14.00 and XXX Large cost \$15.00. We have orders for XXXX Large but won't know the price until we order. The left side front of the shirt has the USSVI EMBLEM along with the USS REQUIN BASE. On the back of the shirt, it states – FORGET NOT ONE which is above an AMERICAN FLAG and under the flag it states WEAR RED ON FRIDAYS, SUPPORT OUR TROOPS.

REQUIN BASE CANDY BARS

Our new candy bar rappers are a great success. At the last base meeting, everyone in the canteen bought what was left, after the meeting. This past week, I was at a VFW and a guy came up to me and asked how many candy bars that I had left. I said there is 42 bars. He bought all 42, and ordered a RED shirt , along with 2 jars of Jam. Speaking of Jam, I have 10 (½ pints) of Peach-Apricot. Send me an e-mail and I will save a jar for you at the next meeting. (Donation \$5.000 per jar

UPCOMING EVENTS

1. Chief Martin's - Retirement Ceremony – July 26 – Soldiers & Sailors - 0:900
2. August 10 Base Meeting (Rt 28 N.) 12:30 – River Forest Country Club
3. September 7 Base Birthday Ball – Springdale, Pa.- 15:00 hours
4. September 14 Base Meeting – American Legion, Baden, Pa
5. September 20 – Ronquil/Cod – Friday, Cleveland, Ohio
6. September 26 – USS Thresher Commemorative Monument, Arlington, Va.
7. October, 12 – Base Meeting – Noon – New Castle, Pa - at the Crain Room
8. November 9 – Base Meeting – American Legion, Baden, Pa
9. November 11 – Veterans Day Parade
10. December 1st – X-mas luncheon – German Club
11. December 7th – Pearl Harbor Day ?

Requin Base Meeting Minutes

July 13, 2019

Baden, PA

Base Commander Huey Dietrich called the meeting to order.

Attendees: Eric Bookmiller, Lee & Patsy Bookwalter, Clair & Nancy Bouts, Joe Campisi, Huey Dietrich, Gerry Gaylor, Dick & Beverly Geyer, Bob & Lynn Gourley, Robert Hall, Lou & Alex Hamil, Doug Johnson, Jim Kontier, Chuck & Nancy Lockoch, John Lukasik, Bat Masterson, Vince Metz, Bob & Jude Myers, Rick Nelson, Frank Nicotra, Mike Pellegrino, Chuck Shrump, Harry Sills, Jeff Simon, Carl Stigers, Jack Sutherin, Chad Underkoffler, Mike & Tina Wyckoff

Base Commander Huey Dietrich: Quotes of the day: "Think of it this way. Where can you go to sea in the most awesome piece of equipment ever built, have great chow, outstanding shipmates, piss off Ivan, and get paid for it"

Requin History: July 13, 1945 USS Requin joined the Pacific Fleet in the Panama Canal Zone. July 31, 1945 USS Requin arrived in Pearl Harbor Hawaii.

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 S 28 (SS 133) July 4, 1944

USS ROBALO (SS 273) July 26, 1944

USS GRUNION (SS 216) July 30, 1942

We also remember our departed shipmate of the Requin Base Dex Armstrong, John Grienberger Steve Kossler, Joe Brenkus. Ed Covey, and Ron Shook. Let us also remember the brave submariners who died performing their duties aboard submarines, some individually and some in groups, but where the submarine itself was not lost.

Chaplain Carl Stigers gave the Invocation.

Members introduced themselves and the boats they qualified on.

Base Secretary Jeff Simon led the Base in the Pledge of Allegiance.

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 gave an accounting of base assets, expenditures, and deposits. With no objections, the report was approved

Other Reports:

Binnacle List: Marian Miller, Edie Dietrich, Chip & Sharon Porter, Diana Gervais (Underkoffler), Rick Elster, Frank Nicotra

Eternal Patrol: None

Membership stands at 184

Storekeeper Frank Nicotra reported on available small stores

Shipmate Vince Metz reported on Eagle Scouts presentations

Social Events

Martin Abel retirement ceremony 2000 hours, July 26, 2019

George Brown boat reunion September 5-8, 2019

Shawn McGinty boat reunion June 2020

Old Business:

Purchase of USSVI banners for Army truck used in parades was discussed

Canonsburg parade activities were discussed

New Business:

Details regarding the Requin Base 25th Reunion ceremony (September 7th) were discussed and are available on the base website.

All North East District commanders were reelected.

For The Good Of The Order:

September 20, Ronquil/Cod meeting in Cleveland OH

September 26, USS Thresher Commemorative Monument in Arlington VA

October 12, Base meeting will be in New Castle PA at the Crain Room

November 9, Base meeting will be in Baden PA at the American Legion

November 11, Veterans Day Parade

December 1, Christmas luncheon at the German Club

December 7, possible Pearl Harbor Day remembrance

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

Adjournment: The meeting was adjourned.

Next meeting: River Forest Country Club, Freeport PA at 1230 hours on August 10, 2019

How to Prevent Falls

Poor eyesight, certain medications, and the wrong shoes can hike your risk of taking a tumble

By Janet Lee
May 14, 2019

Every 11 seconds in the U.S., an older adult ends up in an emergency room due to a fall.

“It’s the leading cause of accidental death in the elderly,” says Cathleen Colón-Emeric, M.D., chief of geriatrics at the Duke University School of Medicine.

Falls can result in a variety of injuries, including hip fractures and head trauma—which can have lasting consequences.

“There’s such a high risk of dying in the first year after a hip fracture,” says Leah Witt, M.D., a geriatrician and pulmonologist who’s an assistant professor of medicine at the University of California, San Francisco. “Plus, people often aren’t able to function as well and aren’t as independent as they were before the fall.”

More on Fall Prevention

[6 Easy Ways to Prevent Falls at Home](#)

How to Choose a Medical Alert System

7 Tips to Improve Balance

Traumatic brain injuries (TBI), such as a subdural hematoma—where blood pools inside the skull, creating a potentially fatal buildup of pressure on the brain—are also an increasing problem for older adults.

“Baby boomers are living longer, and they’re more active,” says Kathleen Bell, M.D., a physiatrist and chairwoman of the department of physical medicine and rehabilitation at the University of Texas Southwestern Medical Center. “There’s that boomer mentality that they can do more, but sometimes that’s not the case.”

Older adults are at a higher TBI risk because the brain shrinks with age, leaving more room for it to move about in the skull during falls. Blood vessels are also more fragile and easily injured. “A very innocuous fall or jolt could lead to a subdural hematoma or concussion,” says Bell.

Here are eight tips to help you keep your balance.

Watch for Med Side Effects Some prescription and over-the-counter (OTC) meds can affect balance. For instance, diuretics may lower blood pressure too much and lead to dizziness on standing. Some allergy drugs, such as diphenhydramine (Benadryl and generic), may cause dizziness and sleepiness.

Drugs can also interact with each other. “Dizziness is a common interaction that can increase the risk of falls,” says Shelley Bhattacharya, D.O., a geriatrician at the University of Kansas Medical Center’s Landon Center on Aging. Some meds can cause dehydration, which can also increase the risk of falling when you stand up, she says.

At least once a year, review your meds—OTC drugs, alternative products, and supplements—with your doctor. When you’re buying OTC remedies, check the labels for those that note they can cause drowsiness or dizziness.

Keep Your Senses Sharp Eyesight naturally changes with age, and problems like macular degeneration, glaucoma, and cataracts become more common, says Bhattacharya. Conditions such as type 2

diabetes can also affect vision. All can make it more difficult to see shifts in terrain and other stumbling blocks.

Hearing loss, too, has been linked to an increased risk of falling. A 2012 study from the Johns Hopkins University School of Medicine, for instance, found that middle-aged people with mild hearing loss were nearly three times as likely to fall.

See your eye doctor every year or two (more often if you have a vision condition). Have your ears checked at least every three years starting at age 50, or earlier if you're having trouble hearing.

Declutter and Repair at Home Rugs, clutter, steps, cracked driveways and sidewalks, poor lighting, slick surfaces—all can contribute to tumbles.

If you're concerned about falling in the house and unsure about how to proceed, the Institute on Aging has a home safety checklist.

Strengthen Key Muscles Exercises that enhance gluteal, leg, and core strength help with balance, says Colón-Emeric. “These muscles make it easier to catch yourself before you fall and make it easier to get out of bed, lift yourself off the toilet, or get out of the car.”

Moves like knee bends (stand tall and bend your knees as if you were going to sit in a chair behind you) and sideways walking (keeping feet parallel, step out to the side with one leg, bring the other foot in to meet it, then step out again) are part of a balance program called Otago that's recommended by the Centers for Disease Control and Prevention.

Tai chi, which involves slow movements and shifting weight from one leg to the other, was found to significantly reduce the risk of falling in older adults in a 2017 review of studies in *BMJ Open*. According to the review, the more tai chi is done (aim for at least twice a week), the more protective it is. You can search the online directory of the American Tai Chi and Qigong Association for classes.

If you don't feel comfortable exercising on your own, ask your doctor about physical therapists.

Practice for Falls “Exercise is important, but simply practicing getting off the floor can make you stronger and less likely to fall,” says Bell.

She suggests getting up and down 10 times three to four times a week. (When starting out, do this next to a bed or another stable object you can hold on to.)

Skip the Fancy Footwear If you struggle with balance, choose shoes with sturdy, nonskid soles that fit snugly enough so they're not sliding around underneath you.

“You don't have to opt for ugly shoes, but you don't want to be walking around in bedroom slippers either,” Bell says.

If you're unsteady, heels aren't a good idea, nor are those hot-weather favorites, flip-flops. They offer zero support, catch on rugs, often have little grip on slick surfaces, and slip off easily.

Train Fido Right Having a pet can be good for your health, but your beloved pooch may also trigger falls by tripping you or pulling you down.

A recent study published in *JAMA Surgery* found that dog-walking injuries treated in ERs among people ages 65 and older increased significantly from 2004 to 2017.

Overall, the numbers of such injuries seen in the ER are small, but it's wise to protect yourself. “Besides making sure you're matched with a dog that suits your lifestyle, working with a trainer to learn how to control your

dog and using a good leash and collar can help minimize falls,” says Grace Anne Mengel, V.M.D., an assistant professor of clinical primary care medicine at the University of Pennsylvania School of Veterinary Medicine.

Face Your Fears Research suggests that simply being afraid of falling increases your likelihood of taking a tumble. In part, anxiety about falling can make it harder to focus on your surroundings.

This fear can also cause you to limit physical activity, which can in turn lead to muscle weakness. If you find yourself frequently worried about falls, speak to your doctor.

What to Do After a Fall One in 4 people ages 65 and older takes a tumble each year, according to the Centers for Disease Control and Prevention. About 20 percent of these falls will result in a fracture or other serious injury, though most don’t cause significant problems. But even if you think you’re unhurt, let your doctor know. He or she can determine whether you need medical attention after all. Tell the people you live with, too, so they can keep an eye on you.

See a doctor ASAP if you’ve hit your head, lost consciousness, or are in pain. “If you have an unprovoked fall or recurrent falls, definitely talk to your doctor, who should devise a fall-reduction plan,” says Colón-Emeric.

In the hours or days after **Vet Suicide Update 35** ► **Insomnia Impact**

The importance of sleep cannot be overstated, particularly among military veterans or active-duty service members with post-traumatic stress or depression who face the highest risk of suicide. Functioning on very little sleep, whether on combat deployment or home alone after separation from service, will likely remain a challenge for many. However, the choice of insomnia remedies must be as expansive as possible, from traditional approaches to nontraditional or technology based solutions, in order to find the best pathway to good sleep and its contribution to complete mental and physical wellness.

I didn’t appreciate the importance of sleep until I’d faced a period in my life after military service when I couldn’t sleep. In the days following a catastrophic event that left me permanently disabled, sleep became my enemy. What was supposed to be a function that restored my energy and bodily systems, instead would push me into a dream state where the “able bodied” version of me would run free in seemingly taunting fashion — reminding me of what I’d lost in vivid detail, eroding my self-identity every time I closed my eyes. Waking up to reality had become my worst nightmare. Consequently, I would stay awake every night, as long as I could, for the first two years after I left the Marine Corps, alone with my thoughts as I contemplated every possible scenario that offered an escape.

So I wasn’t surprised when I read that over 90 percent of active-duty service members with post-traumatic stress suffer from insomnia. However, even given the statistical significance of sleeplessness among veterans, what did surprise me was how many people I knew, many being veterans of the wars in Afghanistan and Iraq, who suffered the same sleeplessness issues. The inability to fall asleep, staying awake while trying to sleep, waking up in the middle of the night, feeling drained in the morning and mentally fatigued. I hadn’t realized that insomnia was a dangerous tie that bound us together.

Dangerous because numerous studies have shown a connection between insomnia and suicidal ideations, suicide attempts, and death by suicide. Among women aged 25 to 44, including women veterans, there exists a high risk of suicide. This is due, in part, to insomnia. Add a history of military sexual trauma, combat survivor’s guilt, drug or alcohol misuse, relationship issues, a sense of isolation, feeling like a burden to others — all of which are common among veterans — and the risk of suicide increases exponentially.

Oftentimes, the solution is medicinal in nature. Many start with a referral to a doctor who prescribes sedatives that work but may cause dizziness, daytime drowsiness, gastrointestinal problems or allergic reactions as a side effect. Self-medication of insomnia with alcohol is also not uncommon. However, while alcohol may initially make it easier for some to fall asleep, tolerance to alcohol’s sedative effect can actually exacerbate insomnia. Moreover, one research study concluded “patients and clinicians should consider insomnia as an additional warning sign of potential suicidal behavior, not just a symptom of other warning signs, such as depression or alcohol use.” Some people have found herbal and dietary sleep supplements, such as valerian, melatonin and tryptophan to be effective. But even these can render inconsistent outcomes and have unwanted side effects.

Behavior-based remedies include maintaining a sleep schedule, using noise suppression and darkening a room in order to eliminate sleep disturbances. Cognitive behavioral therapy for insomnia, or CBTI, is a highly effective goal-directed, four- to six-session treatment program administered by trained professionals in sleep therapy. These methods, while viable alternatives to medications, require changes in habit and lifestyle over time. Large lifestyle changes can present significant challenges for veterans who have been trained to keep rigorous daily routines and to fight sleep for long periods of time during active duty. Veterans may also have other service-related issues that contribute to sleeplessness, such as traumatic brain injury or post-traumatic stress, which can inhibit adherence to a new routine.

Another alternative therapy is the use of technology in battling insomnia. New technologies that don’t involve medicinal or behavioral solutions include white noise sound machines that block out distracting noises and produce soothing sounds that help to induce sleep. Continuous positive airway pressure, or CPAP, devices also help by opening the user’s airway in order to reduce sleep disturbances. The newest innovation to hit the sleep aid market, developed by Ebb, uses targeted cooling to reduce metabolic activity in the brain, helping to relax the mind and body to a point of restorative sleep. For veterans who have tried medications or behavioral therapies in the VA but still suffered insomnia, technologies such as these must also be an option for them and their VA providers to consider. [Source: MilitaryTimes| Sherman Gillums | July 8, 2019 ++]

you fall, if you notice that you're feeling sleepy when you usually wouldn't be, you're having trouble thinking or talking, or you're stumbling more than usual, go to an emergency room. There, doctors can evaluate you and may do a CT scan to rule out a brain bleed.