

Steel Valley Dolphins

June 2020



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 11 July at the American Legion in Baden Pa.

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Commanders Corner:

Hi all, I hope all is well with everyone? I have not received any reports on anyone coming down with the Virus – that's a good thing. If you or anyone you know that has contacted the BUG, please let me know.

The National Election is underway, please go on the national website and vote. We always have a quarter of our members participate.

I traveled down to our home at the American Legion in Baden, Pa., to see how things are doing with them. They were in the last section of Pa to go into the Green Phase. The place looks wonderful, shipmate Bat Masterson was on the work detail on behalf of the Requin Base. The floors look so clean, you could eat off of them. The place is super clean. I will be meeting with the BOD at the Legion, for everyone to go over the rules concerning our meeting because of the Virus.

They have given permission for us to conduct our July meeting, on Saturday, July 11, at 12:30 hours. We can have up to 50 members and guests because of their quota for the Virus. They arranged the tables so we be sitting at every other table. I also called the caterer, and its ago with them. So everything is A-GO, for our July Meeting. I will be sending out a meeting notice, the first week of July.

As a reminder, the cost of lunch is \$12.00 a person. Coffee is provided along with soft drinks that can be ordered at the bar, (we have a tab). Adult beverages can be purchased.

We will be honoring our newest HOLLAND Club Members at this meeting – Joe Campisi, and Frank Nicotra.

We also will attempt to contact Dotty Sigler and invite her to the meeting so we can honor Bernie, who sailed on Eternal Patrol during this Virus. A number of members attempted to travel up to Bernie's home town of Hermitage for his wake, but was turned away from the door. Thank God, Chaplin Carl Stigers, was able to say a few prayers inside the funeral home. I have his last telephone message on my answering machine when we ordered candy. I don't think that I will remove it for AWHILE!

SO CHECK/MARK YOUR CALENDARS – hope to see you all at the JULY meeting.

BIRTHDAYS

ANNIVERSARIES

MEMBERS

FIRST MATES

Altiers, Dave	7/03/83	Abel, Kyle	7/10	Bright, Dan&Dorothy	7/29
Bane, Greg	7/14/61	Gibson, Peggy	7/05	Bushko, Greg&Gwen	7/14
Beachler, James	7/17/44	Guntang, Joan	7/01	Campbell, Ron&Nita	7/12
Cherock, Mike	7/13/71	Hayes, Trudy	7/02	Farina, Reno&Barbara	7/15
Davenport, Kato	7/14/33	Mathews, Eva	7/13	Gains, Lawton&Chris	7/10
Foster, Pete	7/17/69	Keller, Carol	7/29	Harris, James & Liz	7/14
Gourley, Bob	7/26/42	Klebache, Beth	7/02	Johnston, Doug&Ruth	7/27
Greenlee, Bill	7/22/39	Mach, Vivian	7/07	Keller, Bill&Louise	7/21
Hamill, Lou	7/28/62	Nelson, Patricia	7/01	Klemz, Dan&Eileen	7/03
Houpt, Aaron	7/03/78	Schwarz, Sondra	7/15	Lindsey, Bill&Sandra	7/20
Lucas, Ron	7/10/57	Shal, Ruth Ann	7/02	McCarthy, Richard&Rose	7/30
Mears, James	7/11/41	Simon, Eileen	7/22	Swinney, Terry&Gail	7/28
Morgan, Ed	7/09/45	Sipes, Holly	7/23	Trip, Eber&Lois	7/31
Renzelli, Maria	7/12	Nicoletti, Gail	7/08	Wassenberg, P.&Mary	7/05
Shal, Chris	7/02/64	VonRabenau, L.	7/21	Wyckoff, Mike&Tina	7/09
Shrump, Charles	7/05/51	Yarnig, Mary	7/18		
Simon, Jeff	7/01/53				
Von,Rabenau, Paris	7/22/43				
Welts, Bob	7/01/66				

HOW TO SPOT A BROTHER OF THE PHIN....(Great article written by Charles Hood).

Submariners are a proud and elite group. What makes these guys tick? Short answer: The irrefutable sense that their service aboard submarines was critically important in the safety and security of our country. At the core of their self-identities is pure patriotism; not the attention-seeking kind associated with bumper stickers and flag lapels and other fanfare, but a quiet and more informed version.

These are the men who decided that it was worth it to put their personal lives aside—for a few years, or even an entire career—to answer the call to volunteer for the corps that defends our nation’s defensive interests at sea. About those precious personal freedoms that the vast majority of us just accept as inherent rights...the reason we civilians can take them for granted is because these guys didn’t. While they were putting their families and personal ambitions on hold, they served for long stretches in cramped and unforgiving surroundings. The missions they accomplished remained largely secretive and therefore unheralded. They accepted the underappreciated anonymity of working in the shadows, even though it deprived the rest of us the privilege of knowing as much as we should about their important contributions to national security.

Submariners like to kid. The jokes can come fast and furious, often right after the initial firm handshake, and if you’re not prepared for them, your first impression might be that these guys are out to harass you. The truth is, they do enjoy yanking your chain. The practice evolved as a sort of warped survival skill, honed after many months at sea, to boost morale and preserve some degree of sanity during those times of great pressure and uncertainty. But even today, the humor serves a very important purpose. By disarming you with a quip or mild insult, they are checking you out. Can you take a joke, or do you wither under the heat? In the end, they won’t waste time with someone who doesn’t pass muster. So I take it as a good sign that, during my talks to the USSVI audiences, several of the guys will continue to blurt out jokes or witty remarks. Submariners appreciate individuals with thick skins. They’re not so keen on those who pack up and run at the first perceived slight or ridicule. And they really can’t stand the related notion of political correctness.

Submariners revere the American flag, and what it really stands for. When our national anthem is played at a sporting contest, we civilians may only see the familiar stars and stripes before us, For these men, though, the song hearkens them back to their years aboard the submarines, recalling the solemn ritual of raising and lowering of the ensign at Morning and Evening Colors. As the song rolls on, they think about the close calls that they had during their Navy days, and how fortunate they are to be standing there saluting the flag at that moment— posture erect, hand over heart-- and intensely appreciating the moment, while silently thanking those who were lost at sea while heeding the call. Understandably, then, they don’t appreciate attempts to politicize this sacred tradition.

Submariners are comfortable in their own shoes. Pretense is not in their repertoire. They call things as they see them, but they don’t need to always hear the sound of their own voices to be content. It’s not that they don’t like to talk, but at gathering with their civilian friends and family, they are masters at deflecting the topic of conversation away from their years in the Silent Service. But—put two of these sub vets together in the same room—especially if cold beer is involved—and you may never hear the end of their lively discussions about the “old days”.

Submariners do not suffer fools gladly. These are guys who were held to extraordinary standards of competency while serving aboard our nation’s subs. They practically invented the mantra, “zero mistakes”. So don’t try to B.S. them. They’ll see through the artifice in a skinny minute. They appreciate straight shooters. And they themselves are the prototypical straight shooters.

Submariners don’t like to guess. For every question or problem, there’s a right answer, and if you work alongside one of them, they would rather keep striving until the proper answer is found. This sense of precision, inculcated by submarine service, also applies to timeliness. Don’t be late for things. These guys expect punctuality and live by the rule, “If you’re five minutes early, you’re late.” Their very DNA seems intertwined with the science of unflinching exactitude. But I get it. When the fate of you and your crewmates on the same submarine hinged daily on flawless execution of your assigned duties, well, that mindset had a knack of following you into your post-military life. So forgive these men if they seem befuddled when the rest of the human race doesn’t seem equally disciplined. It’s a shame that the same sense of personal responsibility and accountability isn’t also a given in the civilian world. Sloppy work and tardiness are major annoyances for these men.

Submariners are a little wary of strangers. I think this has to do with the oath to secrecy that they all had to sign upon penalty of imprisonment. Since they are forbidden from talking about a substantial part of their personal histories, they can seem a little suspicious of those who may try to draw them out in conversation or

otherwise attempt to ingratiate themselves. That makes sense to me. Trust is a precious commodity to them, and it is not earned without some time and effort. Once that hurdle is crossed, though, they will bend over backwards to help you. In offering their help to me countless times over the course of the last 12 months, they have exemplified the giving spirit in so many ways. You get the feeling after working with so many of them that they would give you the shirt off their back if you needed it.

Submariners are very frugal individuals. While generous with their time and talents, they are careful about how their hard-earned dollars are spent, and they won't open up their wallets to just any cause. This reputation for penny pinching makes sense; they didn't exactly earn a fortune while serving aboard submarines, and the strong disincentives about unnecessary waste that governed ship duty simply reinforced the notion of "waste not, want not". Still, despite their understandably thrifty tendencies, they make tremendous contributions to their local towns and cities through endowed scholarships, fund-raising for worthy causes, and various community awareness projects. I have seen how the USSVI gives them the vehicle to make these things happen and to continue to make a difference with their neighbors.

Submariners like to speak in code. Listening to them converse among themselves is both an intriguing and baffling activity. Their language is steeped in the acronym-laden phrases of Navy-speak, so unless you have a willing translator, you may not the faintest idea of what they are talking about with such enthusiasm. (Coming from the world of medicine, I thought our jargon was bad! Not even close.) With some practice, though, the code may be cracked. For example, here is an excerpt from a message I received yesterday from a veteran submariner: "...HGR was our senior EDO, and he was OINC of a SRF at one time." I actually understood him!

Submariners are sentimental about their old boats. They swap stories with their fellow veterans about their former rides with great affection. They like to wear vests adorned with badges that tell the story of their military service. They pay homage at every USSVI event to those boats on eternal patrol, and they hold the fleet boat generation of WWII in particularly high esteem because of the tremendous loss of life sustained by submariners during that global conflict against tyranny and evil. They thoroughly enjoy one another's company, knowing that each of them is indelibly linked for life by that youthful decision to volunteer for submarine service. Finally, while they may recall those years at sea as some of the most difficult of their lives, practically every one of them would do it again in a heartbeat if asked.

I salute these men—the "Brothers of the Phin" as they call themselves—proud members of a storied military fraternity. You'd be hard-pressed to find a finer group of men anywhere. They truly represent the best of us all.

Heart Failure Update 02: Palliative Care Impact on Recovery

Palliative care, which focuses on pain relief and emotional support, can help reduce the risk of readmission among heart failure patients, according to a new study. The study, published in the Journal of the American Heart Association, examines data for more than 57,000 patients who had been hospitalized for heart failure at 124 Veterans Affairs medical centers between 2010 and 2015. About 1,400 patients received palliative care, focused on maximizing their quality of life, during their hospital stay for heart failure. Researchers followed up with them about six months after they were discharged from the hospital. They found 31 percent of the patients in the palliative care group experienced repeated hospital readmissions, and 40 percent of patients who did not receive palliative care were repeatedly readmitted. Also, 58 only 2.8 percent of patients in the palliative care group required mechanical ventilation versus 5.4 percent of patients not in that group. "There's a perception that [palliative care is] provided only at the very end of life, and that's not true," said James L. Rudolph, MD, study co-author and the director of the Center of Innovation in Geriatric Services at the Providence

R.I.) VA Medical Center. "Palliative care added to heart failure treatment plans, especially when a patient is hospitalized, can have a big impact on the patient and the entire health system." [Source: Becker's Healthcare | Hospital Review | May 20, 2020 ++]

Insomnia Update 05: Relaxation Techniques and Sleeping Habits

Using relaxation techniques and changing sleeping habits can help you fall asleep faster and get more restful sleep. It is often difficult to say why someone is sleeping poorly. Nearly one out of five people sometimes have trouble with insomnia. Lying in bed and worrying about not being able to fall asleep can actually prevent you from sleeping. Many want to get more sleep again without having to take sleeping pills. It can then be worth giving relaxation techniques a try and checking whether the problems might be caused by certain habits, such as drinking coffee late in the evening. It is also important to not worry too much about how much sleep you get. Relaxation Techniques The aim of relaxation techniques is to achieve physical and mental relaxation. They are meant to reduce physical tension and interrupt the thought processes that are affecting sleep. Studies show that people who have learned relaxation techniques sleep a bit longer at night. The main benefit of the relaxation techniques was being able to fall asleep somewhat more quickly. But these approaches don't help everyone. There are different types of relaxation techniques: ●

Progressive muscle relaxation, also called Jacobson's or deep muscle relaxation: This technique involves tensing groups of muscles all over the body one by one and then consciously relaxing them again. You can learn muscle relaxation by visiting a course or using an audio training course.

- Autogenic training

AT): Autogenic training involves focusing awareness on different parts of the body and consciously relaxing them. At an advanced level, even involuntary bodily functions like pulse and breathing can be influenced to achieve deep physical relaxation. Autogenic training is taught in courses. •

Biofeedback: This method helps you to feel how your body reacts to tensing and relaxing. It involves placing electrodes on your body to measure muscle tension, your pulse and brain activity. You can monitor these different measurements on a screen and see how muscle relaxation or thinking particular thoughts affects them. Biofeedback can be done at the doctor's or by using a portable biofeedback device at home once you've been instructed in how to use it.

- Imagery visualizations): Another common type of relaxation training is imagery, where you visualize peaceful, pleasant scenes or imagine yourself breathing quietly, gently falling asleep and having a good night's sleep. Habits Studies suggest that changing your sleeping habits can help improve the quality of your sleep. People who had been instructed about sleep habits slept more peacefully and didn't wake up as often. There are courses that teach you about how you can change your sleeping habits. In these studies a typical course lasted four weeks with one session per week. There are many different things you can do to change your sleeping habits. Here we list some of the more common ones. But it is difficult to tell from the research which of them are most likely to work. Sleep hygiene -- The following set of "sleep hygiene" habits can have a positive effect:

- Not drinking alcohol, coffee or tea and avoiding other stimulants four to six hours before going to bed. • Avoiding smoking before bedtime or during the night.

- Avoiding heavy meals and spicy foods before going to bed.

- Getting more physical exercise during the day, but avoiding exercise right before going to bed.

- Trying to make sure your bedroom is quiet, dark and not too hot or cold. Stimulus control -- The aim of stimulus control is to help improve the sleep-wake cycle by creating a strong association between the person's bed and sleeping. A fixed schedule and specific bedtime habits are needed. For instance:

- Make it a basic rule to only go to bed when you feel tired.

- Get up if you are having difficulty falling asleep

again). • Only use your bed for sleeping (or sex), and not for reading, watching TV or eating.

- Always get up at the same time in the morning. Limiting sleep time

Sleep restriction therapy) -- This approach aims to restrict the time you spend in bed to the time when you are actually asleep. For example, if you usually lie in bed for eight hours, but only sleep six hours, then the idea is that you should not spend more than six hours in bed. First you see how much sleep you get on average over a period of about two weeks. It may help to keep a sleep diary. Another half an hour of time spent falling asleep is added to the average sleeping time. That's the time between "lights out" and actually falling asleep. The best time for you to go to sleep is then calculated "backwards," using your wake-up time as the starting point: For instance, if your alarm is set for 6:00 a.m. and you need six hours' sleep as well as half an hour to fall asleep, you would go to bed at 11:30 p.m. Adjustments like these could help you find the optimum length of time to spend in bed in order to get a good night's sleep. Cognitive behavioral therapy

CBT) – This aims to change thought patterns that may be keeping you from sleeping. It is not the same as "positive thinking." It is about changing exaggerated, unrealistic beliefs about sleep. For example, if someone believes that they will always wake up at three in the morning and then not be able to go back to sleep, it may turn into a self-fulfilling prophecy. Another example of a negative thought that can affect sleep is: "If I don't fall asleep now I definitely won't make it through tomorrow." A more realistic thought might be: "This happens from time to time. But I might still get some sleep. And it's no big deal if I don't." A more realistic attitude towards sleep also includes not worrying about how much sleep you end up getting. It's more important that your sleep is restful enough for you to feel good the next day. When treating insomnia, cognitive behavioral therapy methods can be combined with other approaches, such as relaxation techniques and better sleep hygiene. Even if you don't have cognitive behavioral therapy, you can still examine your own thinking and try to change negative thought patterns. That could help to get rid of thoughts that are keeping you from sleeping. Can napping during the day -- There are conflicting theories and research results about whether it is a good or bad idea to nap during the day. Some studies have looked at whether napping during the day can make up for not getting enough sleep at night, helping you to drive more safely, for example. Other researchers have studied whether napping helps you sleep better at night or perhaps even has the opposite effect, making you sleep worse at night instead. There are no clear results yet. As with many questions about sleep, you will probably have to try out a few things first to find out what works best for you. [Source: InformedHealth.org | June 4, 2020 ++] 60

Dehydration Senior's Overlooked Health Risk

Most of us worry about illness as we grow older. Cancer, diabetes and heart disease all become concerns in our senior years. But one relatively common and potentially fatal condition — dehydration — often flies under the radar. The human body is, after all, comprised of 60% water, so water is clearly critical to a healthy and productive lifestyle. Dehydration occurs when your body loses more fluid than it is taking in. The lack of fluid can prevent the body from functioning normally. When this happens, you may experience symptoms such as lack of urination, fainting and confusion. Rapid heartbeat and rapid breathing also may occur. In severe dehydration, the body can go into shock. For some people, dehydration is fatal. Dehydration can occur at any age. But seniors are particularly susceptible. Most people's sense of thirst diminishes with aging, so older adults may not drink enough fluids. The danger increases for seniors who have medical conditions — such as diabetes, cystic fibrosis or kidney problems — that cause them to urinate more

often or sweat more profusely. Older adults also have less fluid in their bodies than younger people. Fortunately, the solution to dehydration is a simple one: Drink more fluids. This is especially important when you exercise or spend time outdoors in hot weather.

The National Institutes of Health

(NIH) recommends taking the following steps to prevent dehydration:

- Drink more water every day. Aim to drink 64 oz. of water a day on days without heavy exercise or sun/heat exposure. According to Harvard Medical School, most healthy people should drink between four to six cups of water daily, however, this amount may vary based on the individual. Fluid needs differ from person to person, so ask your physician how much water you should drink daily.
- Drink extra fluids after exercising or spending time outside on a hot day. The NIH says sports drinks can help restore minerals you may lose through sweating. Drinking additional fluids also makes sense when you are sick.
- Skip drinks with sugar and caffeine. Sugary drinks are especially bad for people with diabetes, and caffeinated drinks have a slight diuretic effect, meaning they lead to more frequent urination.
- Many foods — including celery, cucumbers, watermelon and strawberries — also have a hydrating effect when you eat them. It's important to stay hydrated on a regular basis and not to wait until you are thirsty. By the time a senior is becoming thirsty, he or she already is becoming dehydrated, according to the Cleveland Clinic. Dehydration is a common source of hospitalization among seniors. The Mayo Clinic suggests seeing a doctor if you or a loved one experience the following: → Diarrhea for 24 hours or more → Irritability or disorientation → Sleepiness and a lower level of activity than normal → An inability to keep down fluids → Bloody or black stool → Infrequent urination and dark colored urine Following are a few ways to enhance your fluid intake:
 - o Drink from a refillable and reusable water bottle so you can keep track of the amount you are drinking when at work, traveling, or even at home. Brita® offers a variety of reusable filter water bottles that are not only designed to help you hydrate throughout your busy day, but also filter out the impurities found in household tap water.
 - o When water tastes good you'll drink more of it. Check out these fun recipes to enhance the taste of your water.
 - o Eat your water! Apples, cantaloupe, watermelon, cherry tomatoes, oranges, celery and carrots all help you stay hydrated.
 - o Start each day with a glass of water (no ice). Drink it before you have coffee, tea or juice. It will help replace fluids lost overnight and get your hydration efforts off to a good start.
 - o Establish regular water breaks during your work day (e.g., before or after each meeting).
 - o Cook with high-quality sea salt. Unrefined sea salt is rich in trace minerals which aid cell health and hydration.
 - o Don't overdo it! Although unusual, it is possible to become ill by drinking too much water or other fluids.[Source: MoneyTalksNews & <https://www.brita.com> | Chris Kissell | June 8, 2020 ++]