



Piedmont Periscope

The official newsletter of the
Carolina Piedmont Base of the
United States Submarine Veterans, Inc.



December 2010 – Issue #11

Web Site: www.ussvi.org/base/CarolinaPiedmont.asp

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."



Lost Boats for December

USS F-1 (SS 20)	December 17, 1917
USS S-4 (SS 109)	December 17, 1927
USS SEALION (SS 195)	December 10, 194

"Sailors, Rest your oars"

Who's Who & What's Where...

Base Commander	Steve Bell	usnret82@carolina.rr.com	704 824 3510
1 st Vice Commander	Mike Hubbell	mleohub@aol.com	803-628-1908
2 nd Vice Commander	Vacant		
Base Secretary	Jack Jeffries	jcckjeffries@interlink-café.com	704 -764-5211
Base Treasurer	Lee Hickerson	ssnret@carolina.rr.com	704-573-9480
Chief of the Base	Howard Dachs	howard@autodax.com	803-631-5051
Base Chaplain	Raymond Fritz	raysabode@bellsouth.net	803 831 7235
Base Storekeeper	Jeff Nieberding	jan7334@comporium.net	803-366-9255
Holland Club Coordinator	Walt Sealy	walt_sealy@yahoo.com	803-327-5661
Newsletter Editor	E. Dale Moses	donutdad@carolina.rr.com	704-248-7610

The CO's Stateroom – Steve Bell, Commander

Thanksgiving is behind us and Christmas is just around the corner. I do hope all of you had a great Thanksgiving. I do hope you did not hurt your waistline too much.

I need to ask those of you who have not sent in your dues to please do so. I believe all of you have been notified by one means or another and should know who I am referring to. At my last count (and I hope this is high because some have been sent in that I am not aware of) we have 21 left for National dues and 28 left for Base dues. Please get those into Lee Hickerson so he can get it into National.

As Christmas rapidly approaches, I want to wish you all a very Merry Christmas and a Happy New Year. Please be safe and enjoy all of the Holiday season. I look forward to seeing all of you at a future meeting.

- Steve

----- Get Involved with the Base-----

XO's POD – Mike Hubbell, Sr. Vice-Cmdr –

No Report

---- Pride Runs Deep; at Carolina Piedmont Base -----

Comm Center- Jack Jeffries, Base Secretary

CAROLINA PIEDMONT MINUTES

20 November 2010

1900-Call to order by Commander Steve Bell.

Invocation by Chaplain Ray Fritz.

Pledge of Allegiance.

Tolling of the Boats by Chaplain Ray Fritz, Introduction of members present, 25 present,

Presentation of Holland Club Certificate, Pin and Patch to James Hanks by Walt Sealy.

Reading of previous meeting minutes, approved as read.

Reading of Treasurers report, Balance of \$3115.10, Memorial Fund \$238.50, Kaps4Kids \$940.30 Funds available \$1937.30

Approved as read

Old Business-None

New Business- 2 Tickets for the Charlotte Checkers Hockey team were donated by District Commander Dick Kanning were auctioned off winner was Bob Bickford, bid was \$20.00. Proceeds to go towards the USSVI Charitable Fund.

Jim Halbert turned in \$20.00 from aluminum cans collected and money was put into USSVI Charitable Fund.

Storekeeper report- Jeff Nieberding reported that he has various patches available as well as 2011 USSVI calendars.

Good of the Order-

Jack Jeffries and Steve Bell made a presentation of Submarine History to a Men's Group at Lutheran Chapel at Gastonia, also presented Submarine History to Mooresville Senior High School History students. NJROTC commander to contact us for other presentations in the future.

A return trip to Victory Junction Gang Camp where 35 campers was presented with Kap, Certificate, and museum boat picture. Plans are in the works for a return visit during the spring.

Steve Bell made a presentation to 3 Eagle Scouts at Lake Wylie.

Steve Bell reviewed the importance of paying both National and Base dues before 31 Dec.

Discussed the upcoming Pearl Harbor Memorial service at Wilson scheduled for 4 Dec.

Dale Moses stated that he needs stories to put into the Piedmont Periscope, anyone wishing to place an article, please contact him.

Howard Murray brought us up to speed about the Annual Christmas Party at the VFW. Dinner to be served starting at 1700,

Social time beginning 1900 with DJ.

Jack mentioned Submarine History program presentations in Union County to begin, Windborne Springs and Rick Pettit to start program in Cabaris County with Ray Fritz to start program in York County when supplies become available.

1950-Benediction Chaplain Ray Fritz, Motion to adjourn, seconded

----- Get Involved with the Base-----

Keeper of the Coin - Lee Hickerson, Base Treasurer

No Report

----- Get Involved with the Base-----

Chaplin's Corner- Raymond Fritz, Base Chaplin

No Report

----- Get Involved with the Base-----

COB's Words -Howard Dachs, Base COB

----- Get Involved with the Base-----

The Supply Shack- Jeff Nieberding

Carolina Piedmont Jackets are still available to order, several members have ordered theirs already. Just let the SK know and he'll fix you up with an order form.

USSVI vests are also available to order thru the SK.

Patches, the SK is now able to order patches from BC Patch LLC at wholesale prices. This is usually \$2 - \$3 less per patch than we normally see. Let the SK know if you need some.

----- Freedom, is not Free, Support our Troops-----

CPB says

Happy Birthday to:

December

- Ray Fritz 12/06
- Marshall Chapman 12/07
- Glen Snyder 12/08
- Doc Hopkins 12/12
- Nadine Connelly 12/13
- James Hanks 12/16
- Charles Breese 12/23
- Ron Busila 12/26
- Charles Campbell 12/26
- Jeff Nieberding 12/26

January

- Bill Widell 1/01
- Miles Blassingham 1/02
- Donald W. Eggleston 1/03
- Gary Mitchell 1/26
- Perry Blake 1/30

----- You are not too old to join in the FUN, come to a meeting!! -----

HAPPY ANNIVERSARY to:

- Barbara and Otis Sealy - 12/7
- Donna and Glenn Harris - 12/28

- Carolyn and Charles Cross 1/1
- Anna and Joel Tuchfeld - 1/18
- Marlene and Gary Mitchell

----- Wear your Dolphins - you earned them! -----

Binnacle List:

No one to report - stay healthy

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

Welcome aboard to new members

We more need Names here-Just Ask them!

----- Put down the "remote" and get to a meeting! -----

DECEMBER MEETING INFO PLEASE READ!

December 18th 2010 will be a repeat of the Christmas Party 2009.

Tolling of the Boats at 1630 hours

Dinner will be served from 5-7, then the DJ will start the Music and Dancing. 🎵

Dinner is the same delicious Roast-Beef au juice, green beans almondine, twice baked Potato, with Coffee and Dessert that everyone raved about last year.

If you came last year, you know how great it was. If you missed it last year, don't miss it again. The cost is \$10 a person.

To help Santa ensure that we have the right amount of roast beef, all Base members are requested to send an e-mail to Howard Murray at howardmur@bellsouth.net

with Christmas Party in your subject line

----- You are not too old to join in the FUN, come to a meeting!! -----

Tell your story

We need stories. Your shipmates want to hear them. Please email them to me at donutdad@carolina.rr.com or mail them to: Dale Moses, 14826 Ashlight Dr. Charlotte, NC 28278.

----- Put down the "remote" and get to a meeting! -----

Holland Club



Commander Bell and Walt Sealy induct James Hanks into the Holland Club

Christmas on the Boats as we remember

In 1993 Paul was to go out to sea for a 6 month deployment but it turned out to be 7 months....before he left as you know Christmas music starts very early on the radio he would sing "The First Noel" but changed the chorus to Noel Noel Noel Noel aint got no water cause we aint got no well.

Paul then left for his long deployment and every time I heard that song I would cry because I could her Paul sing that to me now when I hear it I laugh thinking how upset I got. – Sandra Myers



My First Christmas Patrol

Back in '76 the Blue crew had finally rotated to having the "Christmas Patrol". The Goldies had had it since we left the yard, so it was our turn, but we'd be home on January 7th so it would not be too bad. In fact, it was great.

We left Rota after a dry-dock refit and and a 're-ORSE'. But instead of going to the Med we were going to re-certify MK48s. Well somewhere at the time the CO found something that you had to load exercise shots in your home port – New London. So we steamed across and came in flying the Homeward banner since the boat had not been home for over two years. We pulled in and instead of port and starboard duty as we were use to in Rota, it was 3 section duty. But I was qualified EWS and we had 6 section duty and I was 6th in the rotation and we stayed for 5 days. Wow!

It was great not having the duty and everything had just been fixed in refit. I think liberty went down at 0900 each day, M-Div duty section took care of the minor things. Then we went back to sea.

Next, they were going to let some nuke had liberty on Andros Island. Now, last time I was there I was a nub. You had to be qualified ships, senior watch station and an E-6. Heck, now I was all of that plus EWS qualified, I put in my chit. "Well, you're getting off after this patrol, so we are letting others go. Oh, well. Then I found out we were pulling into Port Lauderdale to pick-up some special test equipment. My Mom lived down there (Mom and Dad separated when I was 9), I looked up her address in my service record and put in my chit. Bingo! It was Thursday afternoon and I did not have to be back until 0900 Saturday morning.

I could not find my Mom's phone number, so I hitch-hikes to her home. I had not seen her since my wedding about 4 ½ years earlier. I knock on the door and surprise her big-time a week before Christmas. I had never met my step-father either, so that night we went out. Have you ever going drinking with your Mom? Everytime I tried to buy a round, my step-father would say "We are saving your money for a more expensive place."

But the real good news was I called Colleen and told her where I was at and she told me that we are coming back to NL for Christmas. The wives knew it before I did, I guess that had announced it on the boat on their way back out of Lauderdale.

Well Mom and Emil got me back to the boat on Saturday morning and we steamed toward Groton. We got there a few days prior to Christmas. The Gold Crew was pissed, and guess what, I rotate just right and did not have the duty the whole 5 days in. Colleen was expecting and I did go in early the morning we were getting underway to take the duty and do the plant startup for a shipmate.

We steamed back to Charleston and turned-over to the Goldies on January 7th, I went to prototype and taught baby nukes for the next 3 years prior to getting out.

So, in my whole Navy career of 8 years, 4 months, and 4 days (but who counted), I never missed a Christmas. Now Birthdays, Halloween, Thanksgivings, etc, are another story. – Moe(SS)



WOUNDED IN THE LINE OF DUTY – by a nickel???

It was a steamy July afternoon in 1974 with on and off showers at Naval Weapons Station - Goose Creek, SC. The USS Abraham Lincoln (SSBN-602) was alongside the tender USS Holland (AS-32). I headed up to

the tender with two big plastic bags of shredded top-secret navigation paperwork to burn in the tender's incinerator. The paperwork was generated from the launch of a Polaris missile down the Atlantic Missile Range during our DASO run at Cape Canaveral.

While observing the paperwork burn in the incinerator, a Boatswains Mate 2nd Class was showing a couple of Seamen how the 5-ton hydraulic press could flatten a penny into a tin-foil thin piece of copper. As the BM2 put a dime and a nickel into the press, I walked over to the hatch and looked out onto the Cooper River as it started to rain again.

As I leaned my right arm on the bulkhead and rested my chin in my hand, I heard the hydraulic press slam down on the coins. I wasn't sure what was happening at first, but something flew by my eyes and my right arm was knocked out from its resting place with blood spraying across the bulkhead. I then realized that one of the coins had sliced across my right forearm which was bleeding profusely. The BM2 ushered me down to sick bay to have the Doc look at it and see if it needed some stitches.

A Hospital Corpsman 3rd Class cleaned up my arm and gave me a shot to numb the area before he stitched it up. Luckily, the Doc then walked in and started poking my arm with his finger until I flinched. After hearing the story behind the wound, he asked if anyone had found the wayward coin. The BM2 was dispatched to search for it. With his search coming up empty, the Doc ordered an x-ray of my forearm before any stitches were done.

After the x-ray was taken I could hear some whistles and laughing as the Doc and a couple of Corpsmen were analyzing the film. The Doc then showed me the x-ray that disclosed a coin lodged between the two bones in my right forearm. He then made an incision to extract the coin and sewed me up as good as new!!! He said if the coin had not been removed I most likely would have developed gangrene in that arm!!!

I was dispatched back to the boat with a bottle of antibiotics, thirteen stitches, my arm in a sling and ½ of a shiny nickel that had been lodged in my arm. All was well until I realized what a pain in the #%@ it was trying to get into the top rack with an immobilized right arm!!! - Greg Crystal

----- Pride Runs Deep; at Carolina Piedmont Base -----



November 19th Sandra Myers, Carol Jeffries, and Lady Irene (carol's mom) presented a check for funds donated by the Carolina Piedmont Subvets and Subvettes to Bill Griffen USMC League for their Toys for Tots program. The Marine Corps League thanks us for donating once again for this worthy cause.

----- Pride Runs Deep; at Carolina Piedmont Base -----

A Submarine Christmas Poem

*T'was the night before Christmas, he lived in a crowd,
In a 40 man berthing, with shipmates so loud.
I had come down the Sail with presents to give,
And to see just who in this rack did live.
I looked all about, a strange sight did I see,
No tinsel, no presents, not even a tree.
No stockings were hung, just poopy-suit close at hand,
On the bulkhead hung pictures of far distant land.
He had medals and badges and awards of all kinds,
But one in particular seem to catch my eye.
Why they were Dolphins, with a tiny submarine ... pinned on with pride,
A sobering thought came into my mind.
For this place was different, it was so dark and dreary,
I had found the house of a Submarine Sailor once I could see clearly.
The Sailor lay sleeping, silent and alone,
Curled up in his rack, dreaming of home.
The face was so gentle, the berthing in such good order,
Not how I pictured a United States Submarine Sailor.
Was this the hero whom I saw on TV?
Defending his country so we all could be free.
I realized the families that I've seen this night,
Owed their lives to these Submarine Sailors who were willing to fight.
Soon 'round the world, the children would play,
And grownups would celebrate a new Christmas Day.
They all enjoyed freedom each month of the year,
Because of the Sailor, like the one lying here.
I couldn't help but wonder how many lay alone,
On a cold Christmas Eve on a sea, far from home.
The very thought brought a tear to my eye,
I dropped to my knees and started to cry.
The Sailor awakened and I heard a rough voice,
"Santa, don't cry, for this life is my choice."
Defend the seas this day,
So others may rejoice.
The Sailor rolled over and drifted to sleep,
I couldn't control it, I continued to weep.
I kept watch for hours so silent, so still,
And we both shivered from the night's cold chill.
I didn't want to leave on that cold, dark night,
This Guardian of Honor, so willing to fight.
Then the Sailor rolled over and with a voice soft and pure,
Whispered, "Carry on Santa, it's Christmas Day,
All is Secure!!"
Author: Unknown*

Merry Christmas to all – Moe(SS)

Piedmont Funnies Page

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

Just before Christmas, an honest politician, a generous lawyer and Santa Claus all got on an elevator at a hotel. As the elevator traveled from the 5th floor down to the ground level, one-by-one they noticed a One Hundred Dollar Bill lying on the elevator floor. Which one picked it up? Santa, of course, the other two don't actually exist! – Jim Schenk

A grandfather bought a hobby horse by mail order as a Christmas present for his granddaughter. The toy arrived in 189 pieces. The instructions said that it could be put together in an hour. However, it took the old man two days to assemble the toy. Finally, when it was all put together, he wrote a check, cut it into 189 pieces and mailed it off to the company. – Jim Schenk

SLEEPING WITH BOB

The guys were all at a deer camp. No one wanted to room with Bob, because he snored so badly.. They decided it wasn't fair to make one of them stay with him the whole time, so they voted to take turns.

The first guy slept with Bob and comes to breakfast the next morning with his hair a mess and his eyes all bloodshot. They said, "Man, what happened to you? He said, "Bob snored so loudly, I just sat up and watched him all night."

The next night it was a different guy's turn. In the morning, same thing, hair all standing up, eyes all bloodshot. They said, "Man, what happened to you? You look awful!" He said, "Man, that Bob shakes the roof with his snoring. I watched him all night."

The third night was Fred's turn. Fred was a tanned, older cowboy, a man's man. The next morning he came to breakfast bright-eyed and bushy-tailed. "Good morning!" he said. They couldn't believe it. They said, "Man, what happened?"

He said, "Well, we got ready for bed. I went and tucked Bob into bed, patted him on the butt, and kissed him good night. Bob sat up and watched me all night."

A little boy comes down to breakfast. Since they live on a farm, his mother asks if he had done his chores. "Not yet," said the little boy.

His mother tells him no breakfast until he does his chores.

Well, he's a little teed off, so he goes to feed the chickens, and he kicks a chicken. He goes to feed the cows, and he kicks a cow. He goes to feed the pigs, and he kicks a pig. He goes back in for breakfast and his mother gives him a bowl of dry cereal.

"How come I don't get any eggs and bacon? Why don't I have any milk in my cereal?" he asks.

"Well," his mother says, "I saw you kick a chicken, so you don't get any eggs for a week. I saw you kick the pig, so you don't get any bacon for a week either. And I saw you kick the cow so for a week you aren't getting any milk."

Just then, his father comes down for breakfast and kicks the cat halfway across the kitchen.

The little boy looks up at his mother with a smile, and says, "You gonna tell him or should I?"

Jack decided to go skiing with his buddy, Bob. So they loaded up Jack's minivan and headed north. After driving for a few hours, they got caught in a terrible blizzard. So they pulled into a nearby farm and asked the attractive lady who answered the door if they could spend the night.

"I realize it's terrible weather out there and I have this huge house all to myself, but I'm recently widowed," she explained.. "I'm afraid the neighbors will talk if I let you stay in my house."

“Don’t worry,” Jack said. “We’ll be happy to sleep in the barn. And if the weather breaks, we’ll be gone at first light.” The lady agreed, and the two men found their way to the barn and settled in for the night.

Come morning, the weather had cleared, and they got on their way. They enjoyed a great weekend of skiing.

But about nine months later, Jack got an unexpected letter from an attorney. It took him a few minutes to figure it out, but he finally determined that it was from the attorney of that attractive widow he had met on the ski weekend.

He dropped in on his friend Bob and asked, “Bob, do you remember that good-looking widow from the farm we stayed at on our ski holiday up north about 9 months ago?”

“Yes, I do.” said Bob.

“Did you, ever get up in the middle of the night, go up to the house and pay her a visit?”

“Well, um, yes!” Bob said, a little embarrassed about being found out, “I have to admit that I did.”

“And did you happen to give her my name instead of telling her your name?”

Bob’s face turned beet red and he said, “Yeah, look, I’m sorry, buddy. I’m afraid! I did.” “Why do you ask?”

“She just died and left me everything.”

Stupid True Headlines

- Something Went Wrong in Jet Crash, Expert Says
- Police Begin Campaign to Run Down Jaywalkers
- Safety Experts Say School Bus Passengers Should Be Belted
 - Drunk Gets Nine Months in Violin Case
 - Survivor of Siamese Twins Joins Parents
 - Farmer Bill Dies in House
 - Iraqi Head Seeks Arms
 - Is There a Ring of Debris around Uranus?
 - Stud Tires Out
 - Panda Mating Fails; Veterinarian Takes Over
 - Eye Drops off Shelf
 - Teacher Strikes Idle Kids
 - Include your Children When Baking Cookies
 - Plane Too Close to Ground, Crash Probe Told
 - Miners Refuse to Work after Death
 - Two Soviet Ships Collide, One Dies
 - Two Sisters Reunited after 18 Years in Checkout Counter
 - Killer Sentenced to Die for Second Time in 10 Years
 - If Strike isn't Settled Quickly, It May Last a While
 - Cold Wave Linked to Temperatures
 - Red Tape Holds Up New Bridge
 - Typhoon Rips Through Cemetery; Hundreds Dead
 - Man Struck by Lightning Faces Battery Charge
 - New Study of Obesity Looks for Larger Test Group
 - Astronaut Takes Blame for Gas in Spacecraft
 - Chef Throws His Heart into Helping Feed Needy
 - New Vaccine May Contain Rabies
 - Hospitals are Sued by 7 Foot Doctors
 - Sex Education Delayed, Teachers Request Training



Silent Service Motorcycle Club

Life is Simple, If your Qualified

Silent Service Motorcycle Club, **SSMC**, started in 2009 when a group of Submarine veteran motorcycle riders in the Seattle area decided to form a Submarine Veterans only club. All of us had looked at several military clubs but they did not offer the uniqueness we all hold at being qualified in submarines. We wanted a club where Subvets and their friends and families could ride together plus participate in local parades and other military events. We also wanted to form an **SSMC** motorcycle group of riders to honor our fellow shipmates at their memorial services.

The club patch was designed with emphasis on the dolphins we all proudly earned. **Submarine Veterans** and **Silent Service** with **MC** on the patch says it all. We also have a standard look for our vests with a **USSVI** and American Flag patch on the front pockets. We wanted a uniform look and do not want anyone to bastardize the look or the intent of the club.

The response from other qualified Submarine veteran riders across the country has been very high as the word spread about the **SSMC**, with little promotion, other than word of mouth. We now have eleven state chapters and members in 37 states. The club anticipates at least 13 chapters and the membership to exceed 200 by the end of 2010.

We have no problem accepting membership from any qualified submarine veteran riders whose objective is to ride with other Subvets. We have re-written our by-laws so chartered chapters outside of the Seattle area can be formed. We will supply the patches and give each club support with a national web site, by-laws and support as needed to promote your own State Club.

We do have the support of the National Commander of **USSVI** and should, in the near future, apply to **USSVI** for a cyber base status. We are also looking into having our first National meeting alongside of the **USSVI** national convention in Norfolk VA in 2012.

If you are interested, go to our web site and check us out. The application form is located on our web www.silent servicemc.com. You will also see **SSMC** members and photos of rides taken over the last year.

Look forward to hearing from Submarine Vets. Drop us a line and we will get back to you.

Green Board,

Bob Opple

President **SSMC**

Plank Owner

membership@silentservicemc.com

I talked to Bob on the phone about starting a chapter here in the Carolina's. We need 7 members to start a chapter, and Bob tells me there are 3 member already in the Carolinas, we just need to get together and fill-out the charter information and come-up with a name, (Carolina "Tarwheels", Piedmont Riders,) we can work on that. Please give me a call if you are interested. Dale Moses 704-248-7610. I think we can get this thing started. – Moe(SS)



[To receive the entire RAO Bulletin please email Associate Director, RAO Baguio \[raoemo@sbcglobal.net\]](#)

Diabetes Update 07: People who lose even a little weight and exercise consistently reduce their risk of developing type 2 diabetes. Knowing the facts regarding the following five myths will assist in keeping those at risk on the right track for dealing with the disease:

FICTION: If you're at high risk for diabetes, you're going to get the disease.

FACT: The Diabetes Prevention Program — which followed more than 3,000 overweight, prediabetic men and women at 27 research centers — found that people who lost even a little weight and exercised consistently (a goal of 30 minutes five days a week) reduced their risk of developing type 2 diabetes by 58%. (People 60 and up cut their risk by a whopping 71 percent.) "If you're overweight, try to reduce your daily intake by 500 calories," says Christine Tobin of the American Diabetes Association (ADA).

FICTION: Diabetics need a special diet.

FACT: Not long ago diabetics were urged to forgo sweets and drastically limit their intake of carbohydrates. But a slew of new research suggests that diabetics are best served by following the same healthy guidelines everyone else does: plenty of fruits, vegetables, whole grains, lean meat and dairy products, and sparing amounts of heart-healthy fats.

FICTION: There's a cure for diabetes.

FACT: Halle Berry's claims to the contrary — in 2007 she announced she had been cured of her type 1 diabetes — there is no cure for either type 1 or type 2 diabetes, says Sue Kirkman, M.D., senior vice president at the ADA. According to a study published last year in the *Annals of Internal Medicine*, however, 56% of type 2 diabetics who followed a Mediterranean-style diet could control their blood sugar without medication.

FICTION: Being overweight causes diabetes.

FACT: Just because you're heavy doesn't mean you'll automatically get diabetes. In fact, 34 percent of adults 20 and older are obese, but just 10.7% have diabetes. Still, experts agree that being obese, especially combined with a genetic predisposition for diabetes, can trigger the disease. Research in *The Journal of the American Medical Association* showed that those who were obese at age 50 and gained 20 pounds were five times likelier to develop diabetes than those who weren't obese at 50. 4

FICTION: An insulin pill is right around the corner.

FACT: An insulin pill is not imminent, says the ADA's Tobin. There are alternatives to injections, though. One of the latest is the Finesse insulin patch-pen, expected to be available in late 2011. The patch-pen is disposable — and cheaper than an insulin pump.

[Source: AARP Magazine Holly St. Lifer article 1 Nov 2010 ++

Medicare Rates Update 01: In early NOV 2010, the Centers for Medicare & Medicaid Services (CMS) announced the 2011 premiums and deductibles for Medicare Part A and Part B, as well as the additional premium amounts owed by individuals with higher income for Part B and Part D.

□ **Medicare Part A.** Covers inpatient hospital, skilled nursing facility and home health care. Though approximately 99% of Medicare consumers do not have to pay a Part A premium, people are still responsible for the deductible, which will be \$1132 in 2011, an increase of \$32.

□ **Medicare Part B.** Covers outpatient services, such as physician visits and durable medical equipment (DME). In 2011, people with Medicare may pay one of three premium amounts. The standard premium for 2011 is \$115.40. However, because there is no Social Security cost-of-living adjustment (COLA) for 2011, most Medicare consumers will pay the same premium in 2011 as they paid in 2010. This is due to the —hold harmless provision, a law that does not allow people's Part B premium to increase more than the COLA in a given year. If someone is eligible for —hold harmless protection in 2011 and he or she paid \$96.40 in 2010, he or she will continue to pay \$96.40 in 2011. The same is true for those who paid \$110.50 in 2010; if they are protected by the —hold harmless provision, they will continue to pay \$110.50 in 2011.

□ **Part B and Part D Higher Income.** Individuals who earn above \$85,000 per year will not only be

responsible for an income-related adjustment to their Part B premium as in past years, but, beginning in 2011, will be subject to an adjustment to their Part D premiums as well. Under Part B, higher income individuals will owe between \$46.10 and \$253.70 in additional premium costs per month. Under Part D, those individuals with higher income will owe between \$12 and \$69.10 in additional premium costs. The extra amount owed is pegged to income levels.

Also, without Congressional action before the end of the 111th session, the QI program will expire in 2011. QI is a Medicare Savings Program (MSP) which helps Medicare consumers whose income is between 120 and 135% of the Federal Poverty Level (FPL) pay their Part B premiums, and can potentially save eligible individuals thousands of dollars per year. Also set to expire at the end of this year is the Medicare therapy caps exceptions process. Medicare coverage is limited to \$1860 for combined speech and physical therapy services and \$1860 for occupational therapy services, but currently, the exceptions process allows those who require medically necessary services to overcome those caps. For additional info refer to the 2011 Medicare Rights Center's fact sheet on Part B premiums at www.medicarerights.org/pdf/Part-B-Premiums-2011.pdf and CMS's fact sheet on premiums and deductibles at

www.cms.gov/apps/media/press/factsheet.asp?Counter=3865&intNumPerPage=10&checkDate=&checkKey=&srchType=1&numDays=3500&srchOpt=0&srchData=&keywordType=All&chkNewsType=6&intPage=&showAll=&pYear=&year=&desc=&cboOrder=date. [Source: Medicare Consumer Advocacy Update 11 Nov 2010

++

National Cemetery Administration Update 03: Burial at a VA national cemetery is open to all active duty and veteran members of the military who meet minimum service requirements and are discharged honorably. Spouses, minor children and the parents of unmarried active duty troops killed in action are also eligible for burial. The National Cemetery Administration (NCA) provides a grave site, headstone or marker and flag at no cost to a veteran's family. Coffin burials costs taxpayers about \$951; burying cremated remains costs \$672, NCA said. Headstones are also provided at no charge to veterans and active duty troops buried at private cemeteries. Many burials are attended by just one or two people. Craig Lachance, 44, participated in more than 1,300 burials at Jefferson Barracks as a member of the military honor guard. "At the end of the day I'd usually have a lot of makeup and a lot of mascara on my dress blues, because at the smaller ones, you're the only one that came," he said. After working for the Veterans Benefits Administration, Lachance enrolled in the NCA's year-long management intern program held near the cemetery. This year, nine recruits are learning basic management skills and more specialized tasks such as how to mow cemetery grass, properly lay headstones, and deal with the emotional stress of daily burials. By July they'll be ready to serve as cemetery directors at any NCA site.

Lachance joined the program after attending his father's military burial at a nearby private cemetery. "It was a poorly folded flag and a poorly done service," Lachance said. "I don't want a family member coming away from my services the way I came away from my father's service." The trainees seem singularly focused on ensuring perfect 14

burials. Instructors often remind them of NCA's 95% satisfaction rating from the American Customer Satisfaction Index. Dissatisfaction stems from families that may have wanted a military honor guard or chaplain when none is available. Or maybe they noticed cracks in a nearby headstone. "Until we get to 100%, we haven't done enough," said Donnie Sisk, 43, a management intern in the Army Reserves. "There's a tendency for it to be somewhat of a mechanical process," he said of the burial process. "The fear is that I would ever lose sight of that emotion and that I would not be able to convey that to my employees." Patrick K. Hallinan, a 30-year NCA veteran who developed the St. Louis training program and now serves as superintendent at Arlington National Cemetery said, "These people come in with a passion for the mission, they feel like they're helping their comrades," said He expects Arlington's operations to improve in the next three years. Upstairs from the St. Louis training center (daily for 11 1/2 hours) 39 telephone operators answer calls from funeral directors hoping to schedule a burial. Five cemeteries are under construction as part of a goal to ensure that 90% of veterans live no more than 75 miles from a burial site. The VA expects burials will increase annually until 2013 and then start declining as fewer veterans die each year. [Source: Washington Post Ed O'Keefe article 10 Nov 2010 ++]



Carolina Piedmont Base Calendar of Upcoming Events

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5	6	7	8	9	10	11 Breakfast at the VFW in Ft. Mill 8am to 11 am
12	13	14	15	16	17	18 VFW/BASE Dinner - Ft. Mill
19	20	21 <i>Winter</i>	22	23	24	25 
26	27	28	29	30	31	January 1 
2	3	4	5	6	7	8 VFW Breakfast Ft. Mill
9	10	11	12	13	14	15
16	17	18	19	20	21	22 Meeting Ft. Mill