



# Nitro Blast

## Mile High Reunion!!!

Keep the Memories Alive

### Denver (USAF Academy) Reunion 2013

By Jim Timmons

The USS Nitro Association 2013 reunion (20 – 23 June) planning is well underway. We have already been granted permission for our Association to hold the Wreath Laying Ceremony at the United States Air Force Academy while in Colorado.

Currently, we are planning on spending the remainder of the ceremony day at two places. We are scheduling a trip to Pikes Peak, for those able to make the trip to the 14,000+ foot top, as one of our afternoon destinations. For those who

may be unable to make the mountain portion of the trip, our bus(es) will make a stop for shopping and site seeing in Colorado Springs or Manito Springs.

Because Denver is at 5,280 feet above sea level, there are certain things you may want to do before coming to and while staying in Denver. Please see the information we have provided on page 4 about acclimatizing yourself to the higher altitude.

The second day's tour is still being organized. Anyone with knowledge of the Denver area, who would like to volunteer to help plan the 2013 reunion, can contact Jim Timmons. We have completed our hotel visits and will be making our decision on our headquarters shortly. As soon as we have the final details, they will be placed on the Nitro Association website ([www.ussnitro.org](http://www.ussnitro.org)) and in the upcoming newsletters.

This reunion could be the only reunion held in the Denver area, so if you know any former crewmembers who live in the Rocky Mountain region, please let them know about the reunion and our website.

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### Nitro Association 2013 Dues Premiums

The 2013 dues premiums will include a very nice weekly pocket calendar as well as few RFID (Radio Frequency Identity chips) credit card sleeves.

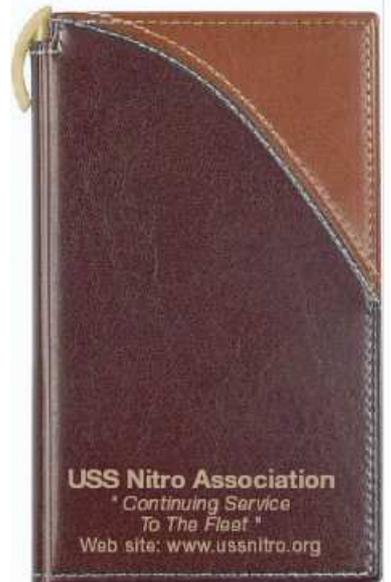
With identity theft increasing, these credit card sleeves help block the signals from these chips, which may contain both

personal and account information, from being accessed by scanners. It is possible



for someone having a scanner to walk by you and obtain the information on these cards without you even knowing it.

The pocket calendar has our Association web site address and motto on the front cover. It also has a small pen in its own



cover holder, a note pad and maps of North America along with other information in the back section.

Be sure to take full advantage of the 2013 calendar by renewing your membership now.

#### Inside this Edition

October/November 2012  
Volume 15, Issue 2

Editor: Jim Timmons  
Association Membership 338

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Newsletter of the  
USS Nitro Association  
PO Box 1254  
MISHAWAKA IN 46546-1254

## Hurricane Sandy Donations

Our Association is blessed to have many members who give generously to fund our projects and general fund. Because of this generosity, the Association Board members have made a decision to donate \$500 to the Hurricane Sandy Relief fund. The funds will be split equally between The American Red Cross and The Salvation Army.

Many of our Association members and former Nitro crew members live in the areas so hard hit by Sandy, and it is our hope these funds will be useful in helping rebuild their and their neighbor's lives and neighborhoods.

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## House Passes New 'Stolen Valor' Act

From Military.com 9/17/12

Those who lie about military service or make false claims about receiving

military medals with the intent of benefiting from those claims would be committing a crime under legislation passed by the House last week.

The House's 410-3 vote on what is known as the Stolen Valor Act came less than three months after the Supreme Court struck down the original act on the grounds that it violated First Amendment free speech rights.

The new bill attempts to get around the court ruling by making clear that it applies only in cases where people lie about a military record with the aim of obtaining payment or other benefits.

The bill states that those who misrepresent their military service with the intent of receiving something of value would be subject to up to one year in prison. Following the lines of the court ruling, it exempts from punishment those who simply wear military medals or decorations that do not belong to them.

The legislation now moves to the Senate, where Sen. Scott Brown, R-Mass., has introduced a companion bill.

## Nitro Association Membership Update

USS Nitro (AE-2/AE-23) Association membership continues to grow. ***Our membership roll (cumulative total from '98 to present) now stands at 338.*** The following shipmates (Nitro tour dates) have signed on as members during the month indicated:

### None this quarter

Anyone desiring to become a member of the USS NITRO Association may do so by sending a **check made payable to:** USS NITRO Association  
% Mr. Robert Peiffer  
PO Box 1254  
Mishawaka, Indiana 46546-1254

**2013 Nitro Assn. Dues Classifications**  
***Regular Association Membership Dues are \$25.00 (including S/H).*** The dues packet this year will include a 2013 pocket calendar, RFID credit card sleeves, quarterly newsletters, membership certificate (for **new** members only), crewmembers directory and a laminated membership card.

***Active Duty Membership Dues - FREE***  
Former USS Nitro (AE-23) crewmembers, still on active duty, will receive the items described in the regular association membership packet at no charge to them. In order to qualify for this classification of membership, the active duty person will need to supply the Association with a photocopy of their military ID (to show active status) as well as a photocopy of their NAVPERS 1070/605 entitled "History of Assignments".

***Associated Membership Dues are \$14.80 (\$12.50 dues + \$2.30 S/H)*** This classification of membership is available for spouses and/or children of former or deceased USS Nitro (AE-2/AE-23) crewmembers or for any former U. S. Navy personnel having an interest in or desire to join the USS Nitro Association. This classification would allow those members to receive a membership certificate & card and 4 quarterly newsletters each year (***dues premiums and crewmember directory are not included in this classification.***)

All Association memberships are valid for one calendar year (Jan - Dec.).

### *The Crow's Nest - News for and about Crewmembers*



The listing(s) are of former USS Nitro (AE-2) or (AE-23) crew members, which we have received since our last posting:

Robert Theirrien, BM3, AE-23, 1969-73  
Jerry Neutts, BMSN, AE-23, 1971-73  
James G Baglio, S2c, AE-2, 1944-45

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#### **The Nitro Sage**

***"You know you're a Sailor when . . ."***

*Every so often, you throw the cat in the swimming pool and shout "man overboard, starboard side".*

*You run into the kitchen and sweep all the pans and dishes off the counter, and yell at the wife and kids for not "securing for sea".*

### Navy Times Article Recaps

1. Military compensation board seeks combat pay fairness by weighting pay more for those in 'hostile fire' and less for 'imminent danger' areas.
2. Congressman asks CNAVPEs to move 15-year retirement date back one year to let more sailors qualify.
3. First female earns submariner pin.
4. Mothballed nuclear cruiser, Long Beach, to be scrapped.
5. Services reach record level of suicides this year.
6. Veterans groups angry at amount of backlogged VA claims.
7. Carrier Strike Groups now on nine-month deployment schedule.
8. Ford-class carriers to have smaller 'gender neutral' berthing and heads.
9. CNO says more forward basing of ships in Pacific and longer deployments ahead.
10. Civilian shipyard worker to stand trial for \$400 million dollar fire aboard submarine, Miami.
11. Court rejects Stolen Valor Act (see article on proposed new act on page 2). DOD considers awards database.
12. Twenty-three states ease professional licensing rules for spouses.
13. New MCPON, Stevens, says he will be the voice for the lower ranks.
14. Navy sinks former supply ships Concord and Niagara Falls and ammunition ship Kilauea as part of RIMPAC.
15. Navy E-1 through E-3 have five years to make E-4 or face separation.
16. USCG newest cutter sidelined due to peeling paint – still under warrantee.
18. Sub's COB has affair with final year female Midshipman, while boat was on patrol.
19. Navy culinary arts changing from standard menus to chef's choices.
20. Navy offers various bonuses and incentives for shore-based sailors to rotate to sea in attempt to fill 10,000 unfilled billets. Congress wants answers after Navy Enlisted Retention Boards boot thousands.
22. Swapping mission modules on Littoral Combat Ships take weeks instead of days to complete.
22. Recent veterans with degrees struggle to find jobs..
24. 1.7% military pay raise settled for 2013.
25. Synthetic drug 'Spice' takes more of a toll on ship readiness and safety, say Fleet Commanders.
26. Unmanned Fire Scout helicopter to deploy in Pacific next year.
27. Six recruit division commanders at Great Lakes face charges for hazing recruits.
28. Blue cammo Navy Work Uniform (Type 1) will continue to be worn in the foreseeable future says MCPON.
27. First woman ever, VADM Robin Braun, to lead a military reserve command now in charge of Navy Reserve.
29. Military pay raises may be dialed back starting in 2015.
30. NAVSTA Mayport ready to receive a three-ship Amphibious Ready Group.
31. Astronaut and former naval aviator, Neil Armstrong buried at sea.
32. USS Forth Worth (LCS 3) commissioned in Galveston, Texas. San Diego will be ship's new homeport.
33. Amphib ship Essex unrep collision with fleet oiler Yukon determined to be gator CO's fault.
34. USCG considering service-wide fitness test.
34. Allied Afghan ground forces still face increasing 'inside-the-wire' or 'blue on green' killings.
36. BUMED may make use of robots to replace pharmacy technicians.
37. SEAL's 'Bin Laden' book draws criticisms.
38. Navy sends 2 destroyers to Libyan waters after 9/11 attack on Consulate.
39. Direct deposit of retired veterans' checks starts March 1, 2013.
40. Navy, citing low morale, declining retention and stress to fleet, to crack down on abusive leaders.
41. Ten-month deployment for some DDGs will allow added time for others in overhaul yards.
42. China's naval component may be asked to take part in RIMPAC 2014.
43. Navy shuffles some helo squadrons from San Diego to Japan as part of changing focus to western Pacific.
44. USCG contemplating permanent duty station in Alaska for ships, as unfreezing of shipping routes widen.
45. DOD's longest serving employee completes 70<sup>th</sup> year of service (4 years in Navy during WW2).
46. Congress is considering a bill to have VA pay to bury veterans with no family or assets.
47. Seven nations participated in the 53<sup>rd</sup>. Caribbean naval exercises to train navies on interdicting drug smugglers.
48. Two midshipmen spend two weeks aboard Chinese training ship.

49. Defense research firm developing brain-controlled arm, for amputees, which can pick up tiny objects or flexible items without crushing them..
50. First carrier, GPS guided, drone landing scheduled for April 2013 aboard carrier USS Eisenhower.
51. 100% ID scanning at naval station base gates to go Navywide in 2014.
52. Sailors can now use tuition assistance for vocational programs.
53. Navy celebrated its 237<sup>th</sup>. birthday in October.
54. US Spec ops troops help Jordan patrol/monitor Syrian boarder.
55. Sailors and leaders say some unwritten rules are creeping into enlisted evaluation process.
56. Bridge simulators bring realism to SWO junior officer training.
57. Shipbuilders lining up proposals for twenty-five-cutter ship build for USCG.

### United States Air Force Academy Chapel



# Comfort Tips for Denver Reunion Attendees

*(Editor's note: The information provided below is primarily for the benefit of those who might be going, as part of our group, to Pike's Peak. Plans are in the works to schedule this trip for Friday afternoon, after our visit to the Air Force Academy.)*

*As mentioned earlier, those going on Friday's trip but not to Pike's Peak will be dropped off in Colorado Springs or Manitou Springs for site seeing and shopping.*

*Most of the high altitude effects should not be present when we convene in Denver in the middle of June, but it's best to be prepared.)*

The mountains of Colorado are among the most beautiful parts of the United States, and we hope you enjoy every minute of your visit. However, some of the very features that make this area so attractive may also cause you problems, unless you are able to recognize the symptoms and know how to prevent them.

## High Country Health Quick-Tips

- Altitude Sickness
- Sun Damage
- Cold Injury (Hypothermia)

## Avoid Altitude Sickness

- Increase fluid intake
- Decrease salt intake
- Moderate your physical activity
- Eat high-carbohydrate, low-fat meals
- Reduce alcohol and caffeine intake
- Feeling worse? Seek help.

As you ascend to higher altitudes, atmospheric pressure decreases, the air is thinner and less oxygen is available. It is also colder, drier and the ultraviolet rays from the sun are stronger. Each of these changes may have unpleasant effects on your body. The extent to which you are

affected depends on how quickly you ascend, what elevation you attain, how hard you exercise, what you eat and drink and what health problems you may have (smoking, emphysema, asthma, anemia, diabetes and high blood pressure).

After arriving at high altitude, you will probably notice that your breathing is faster and/or deeper, and you may feel short of breath especially when exercising. This is the body's first and most effective response to higher elevation. In addition, your heart is likely to beat faster and you may develop nausea, unusual tiredness, headache, or have difficulty sleeping. Visitors with one or more of these symptoms may have acute mountain sickness (AMS). This form of altitude illness usually resolves in a day or two. If the symptoms become worse, or if you are concerned, be sure to consult a doctor.

A wet cough, increasing shortness of breath or the feeling of fluid collecting in your lungs may signal a more serious condition called High Altitude Pulmonary Edema (HAPE). HAPE requires immediate medical attention.

Once you arrive at altitude, take it easy for the first day or two. Drink two or three times more water than usual. Limit alcohol consumption for two or three days and minimize caffeine intake. Limit salty foods and increase carbohydrate consumption. Above all, listen to your body! Do not push the limits of your physical capabilities. If you feel worse, seek medical attention! Minor altitude illness symptoms can occasionally become life threatening.

## Prevent Sun Damage

- Use sunscreen (SPF 30)
- Always wear sun glasses or goggles

At high altitude, the ultraviolet rays from the sun are more intense and therefore more damaging. Even when it is cloudy, the risk of sunburn is extreme. Before going out, protect yourself and your family from the sun's ultraviolet rays.

Apply a sunscreen SPF 30 or more to your skin before beginning outdoor activities and every two hours while outside. To prevent sun injury to the eyes, wear sunglasses or goggles with UV protection.

- Prevent Cold Injury (Hypothermia)
- Dress in layers
- Bring extra clothes for sudden temperature changes
- Wear properly-fitting boots and gloves
- Avoid wet clothing
- Drink and eat frequently
- Stop to warm up often
- Watch each other for warning signs

The air temperature falls about three degrees Fahrenheit for every 1000 feet of elevation gain. Therefore, temperatures in the high country can drop rapidly. Hypothermia (low body temperature) can occur when you are wet, chilled, fatigued or dressed inappropriately; even during warm weather. Warning signs are confusion, difficulty speaking, irritability and loss of coordination. Bring along extra clothes, drink and eat sufficiently and watch for warning signs in each other. If in doubt, stop, warm up, take fluids and food, and, if necessary, send for help. Frostbite is caused by cold exposure resulting in ice crystals forming in the skin. It frequently occurs in the extremities, specifically the nose, ears, fingers and toes. The skin becomes numb, firm and yellowish white in color. Rewarming causes tingling and pain with skin color changes and blisters occurring in severe cases. Prevention includes dressing appropriately in winter (layering), wearing boots and gloves that are not wet or too tight, and taking time to warm up frequently.

*Information provided by High Country Healthcare Family Practice in Breckenridge, Frisco and Silverthorne, Colorado. [www.HighCountryHealth.com](http://www.HighCountryHealth.com)*

# Chaplain's Corner

## HOLIDAY VIGNETTES

### Vignette #1

Our country seeking new dialog, new direction, new unified purpose...

Another national election has come and gone. Pundits pontificated, candidates cajoled. But most importantly, voters voted. Those holding the franchise hope that those who have sought and won office will both listen and heed. The message and people sent to represent the populace in governing are complicated but important. Things must move forward, so knock off the garbage.

### Vignette #2

The retail flurry has also had our attention. We prepare for holidays and gatherings...

We seek to share and to plan. It seems to begin earlier and earlier, which troubles my soul and wants to dig into my purse/wallet. So planning, caring and persevering may be the keys to surviving this season once again.

### Vignette #3

Leaders continue to astound us with their antics... I guess it shouldn't be surprising, but it is tremendously saddening. People scream for oversight on high officials, yet don't want regulation or want to pay for it. The solution???? We can see what high officials without accountability can do with the events throughout the world. It's all a matter of priorities. What are yours?

### Vignette #4

Finally... Those in the East and Midwest who were so hard hit by Superstorm Sandy have been and remain in our thoughts and prayers. What can you do to help? There are many options to share in this season.

Sending warmest holiday greetings and regards to you and yours from your Association Board and your association chaplain.

Fair winds and following seas in all of your endeavors, continuing to serve the fleet and the world..."making the critical difference".

*Grace and peace....*

*Chaps...*

## A Final Thought

By Robert Eberlein

This month the country will sit down for a Thanksgiving meal to give thanks for their blessings and bounty during the year. The only thing that really matters, is family, friends and your health, anything else are things that can be replaced.

For the Northeast Coast, this year will be something to be remembered. For our members who live in the area hit hard by "Sandy" our thoughts and prayers go to you. As Jim has mentioned the Association has made a \$500 donation to help with the relief.

The year is slowly drawing to a close and a New Year is just over the horizon and maybe some new faces will be in your local, State and Federal government, let's all hope for a great 2013. Bet, you are glad the elections are over.

As the major religions of the world observe their Holidays, take time to remember those whom you care for and remember those who still man-the-watch knowing that we safe.

From me and my family and the other officers and their families, we wish you all a safe, healthy and happy New Year.

Fair winds and following seas,

Bob Eberlein, Founder,  
USS Nitro Association