



# USS FISKE



Volume 36 - Number 2 - May 2019

## Fiske News Adds "Health Line"

All Aboard to Set Sail for Saratoga Spings in September!



### President's Letter

President Gil Beyer

As the reunion is nearly upon us, it's time to finalize travel plans, reservations, and other related activities. Sherry and I have been working on our own plans to try to make our trip as all-encompassing as possible, as we have to pack in a Naval Order Congress in Boston in October, the reunion (of course), visits to family and friends, coupled with a longtime desire to see the fall foliage in New England. Suffice it to say, we've got a bunch of details to consider.

Because we live in the Pacific Northwest we only come East when we can cover several commitments at once. I'm telling you this because most of our membership lives along the East Coast north of the Carolinas, so, you really should be able to come to Saratoga Springs!

After all, no place in the Mid-Atlantic or the New England states is more than a day's drive away. When one takes into consideration the very real fact that we probably won't have too many more opportunities to make new friendships, or renew those that stem from our time on the

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Fiske, this is an appeal for as many shipmates as possible to make every effort to join us in Saratoga Springs in September.

Until we see you then, I wish you all fair winds and following seas.

- Gil



Welcome to *Health Line*, a new feature to assist you with helpful tips and information. In this edition we will discuss why sleep is so important for older adults:

#### Common Causes of Insomnia & Sleep Problems in Older Adults

As we age, we often experience normal changes in our sleeping patterns, such as becoming sleepy earlier, waking up earlier, or experiencing less deep sleep. However, disturbed sleep, waking up tired every day, and other symptoms of insomnia are not a normal part of aging. Sleep is just as important to our physical and emotional health as it was when we were younger. These tips can help you overcome age-related sleep problems, get a good night's rest, and improve the quality of your waking life.

A good night's sleep is especially important to older adults because it helps improve concentration and memory formation, allows your body to repair any cell damage that occurred during the day, and refreshes your immune system, which in turn helps to prevent disease.

Older adults who don't sleep well are more likely to suffer from depression, attention and memory problems, excessive daytime sleepiness, and experience more nighttime falls.

..continued on page 4



# From the Editor's Desk



Sandie Siciliano,  
ETN2/USNR 1975-1980

Dear Shipmates,

Something old, something new, as the saying goes for brides. The same can be said for *Fiske News*, as we are launching a new column called "*Health Line*".

Recently, the clarion call came from President Beyer to try to get this edition out before its scheduled July date in order to give everyone more time to sign up for the reunion. The deadline for article submissions was 15 April. That made the Editor's schedule extremely tight!

And, as Treasurer Rapson then put it, there is hardly anything else we can say to excite you about the beauty and activities that await in Saratoga Springs - so - the "*Reunion Update*" on page 1 had to be scrapped along with another page written about local attractions. With that, your Editor was left with a lot of space to fill. What to do?

As luck would have it, the muse that whispers in my ear as I create the news, awakened me in the middle of the night with the inspiration to write about us aging sailors and how to keep on top of things. Bingo!

In this edition, *Health Line* covers the problem of sleeping in detail, the source being a website for wellness. I then asked Ralph, my beloved spouse, to read the news (as a preliminary proofreader) knowing full well that he would be better informed about his own sleeplessness after reading *Health Line*, and with the hope that he might make some changes in his daily routine - sneaky eh?

Shipmates, it boils down to this: Sometimes, as we age, we become more stubborn, more frustrated, and less patient because we tire more easily, have no energy or just can't be bothered or don't give a damn. If any of this describes you, I hope *Health Line* will enlighten you, be of some help, and that you find it enjoyable and informative.

Most likely, the next newsletter will cover the aging brain and what we can do to keep it sharp. Now, just realize that I served on one of the last crews, and that next year, our beloved tin can will have been decommissioned forty years - yes - you read that right - four zero years! So, if I'm nearly 78, how old does that make you? Bingo again! Pardon the pun, but *Health Line* seems like a no brainer to me!

Finally, after turning to at President Beyer's request, and gathering the featured articles from our Appointments and your Officers, we are set to publish in May!

Fair winds shipmates - I wish you all the best - see you in Saratoga! - Sandie

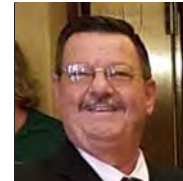


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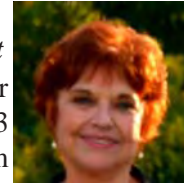
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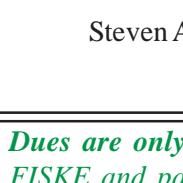
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*Dues are only \$10.00 a year. Please support the FISKE and pay yours to James Rapson, or make a contribution for those unable to pay. We need you!*

**Update Your Profile by Contacting Steve Gilbert at  
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Contact James Rapson above

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## A Notable Quote

"Freedom has its life in the hearts, the actions, the spirit of men and so it must be daily earned and refreshed — else like a flower cut from its life-giving roots, it will wither and die."

**Dwight D. Eisenhower**

34th President of the United States  
Jan 20, 1953 - Jan 20, 1961



## Notes from the Secretary

Jeff Kovite  
SOG2 1959-1961

Shipmates,

The reunion is almost here, and along with that, there is plenty to do in Saratoga Springs; golf, fishing, boating, and more. Bring your clubs, fishing gear, bathing suit, walking shoes, and anything that you need to have a heck of a good time with other shipmates.

We are going to have a great time in this beautiful area of New York state. The trees just might be starting to turn into their glorious autumn colors - something you won't want to miss! I know that many are extending their stay just to enjoy all that the area has to offer. You might want to do the same and make a real vacation out of your time there.

Speaking of time, it's not too late to invite shipmates that you haven't seen in years to join us, so, if you need a way to contact someone you have lost touch with, call me. I might be able to help.

As Secretary of the Association, I must now report those we have been notified about who have passed since

our last newsletter. In keeping with tradition, I have entered their names to the *Honor Roll of Deceased Shipmates*; and, as is custom, their names will be read to the tolling of the ship's bell during the *Ceremony for the Departed* in Saratoga Springs.

Donald H. Edwards, TM2, served on the Fiske 1972-'73, passed on November 11, 2018

David Dyer, BM3, who kept the ship "ship-shape" from 1953 to 1956, died on May 18, 2018,

Thomas Simonson, RD3, sailed on 842 from 1956-'58 - he passed last September 11, 2018.

Charles F. Piscopo, a QMSN, kept the Fiske 4.0 from 1966-'68, died on February 18, 2018.

Finally, Donald G. Mulligan, 1955-'57, passed on February 5, 2019.

All will be missed, but not forgotten. Until Saratoga, I wish you all fair winds and a following sea. - Jeff

### 17th BI-ANNUAL REUNION

September 24 - 26, 2019  
(Tuesday thru Thursday)



**Holiday Inn**

SARATOGA SPRINGS, NY

**DON'T DELAY!  
REGISTER TODAY!**

Form is on Page 7



## Packing Tips for Your Trip...

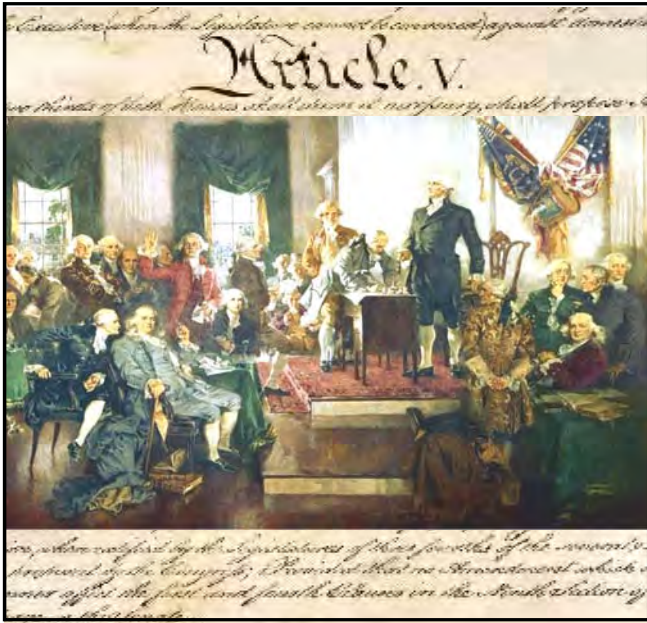
There's a lot to consider when deciding what to bring: the type and length of your trip, your itinerary, the weather, the size of your luggage, and any weight limits imposed by your mode of transportation.

And with so many factors at play, it's easy to overpack or underpack, especially if you've waited until the last minute.

The tips to the right may be helpful as you prepare to travel.

- Editor

- Separate Jewelry With Snack Bags
- Dryer Sheets Keep Luggage Fresh
- Pack Sample-sized Toiletries
- Roll, Don't Fold
- Choose a Soft-Sided Bag
- Pack by Outfit
- Keep Some Essentials In Your Bag at All Times
- Lay Things out First
- Have a Dedicated, Pre-Packed Travel Dopp Kit
- Bring Half of What You Packed
- Have a Ready-to-go Health Kit
- Be Selective About Footwear



Secretary Kovite Continues His Special Report...

## Constitutionally Speaking

Article V authorizes two steps to amend the Constitution, a difficult and complicated process the Founding Fathers felt was necessary to ensure that only important and necessary changes be made.

The first step is for two thirds of both the Senate (67) and House of Representatives (327) to propose an amendment.

An alternative is for two thirds (34) of all the states legislatures to each call a convention to propose an amendment.

Whichever method is used, the participants must all agree on the same amendment wording.

The second step requires that once an amendment is proposed, three fourths of the states ratify the amendment.

Article V makes no mention of a time limit for the ratification of an amendment. The first amendment with a time limit (one year from the date of ratification) was the 18th Amendment (Prohibition) proposed in 1917. (I guess that was to give the country time to get rid of all the booze).

Since 1933 Congress has attached time limits to all proposed amendments. Time limits have played a major role in regard to the ERA (Equal Rights Amendment) and I will expand on that in the next *Constitutionally Speaking*.

- Jeff

## Health Line... continued from page 1

Insufficient sleep can also lead to serious health problems, including an increased risk of cardiovascular disease, diabetes, weight problems, and breast cancer in women. Here are some tips that explain why a good night's sleep is so important:

- **Poor sleep habits and sleep environment.** These include irregular sleep hours, consumption of alcohol before bedtime, and falling asleep with the TV on. Make sure your room is comfortable, dark and quiet, and your bedtime rituals conducive to sleep.
- **Pain or medical conditions.** Health conditions such as a frequent need to urinate, pain, arthritis, asthma, diabetes, osteoporosis, nighttime heartburn, and Alzheimer's disease can interfere with sleep. Talk to your doctor to address any medical issues.
- **Medications.** Older adults tend to take more medications than younger people and the combination of drugs, as well as their side-effects, can impair sleep. Your doctor may be able to make changes to your medications to improve sleep.

- **Lack of exercise.** If you are too sedentary, you may never feel sleepy or feel sleepy all the time. Regular aerobic exercise during the day can promote good sleep.
- **Stress.** Significant life changes like retirement, the death of a loved one, or moving from a family home can cause stress. Nothing improves your mood better than finding someone you can talk to face-to-face.
- **Lack of social engagement.** Social activities, family, and work can keep your activity level up and prepare your body for a good night's sleep. If you're retired, try volunteering, joining a seniors' group, or taking an adult education class.
- **Sleep disorders.** Restless Legs Syndrome (RLS) and sleep-disordered breathing—such as snoring and sleep apnea – occur more frequently in older adults.
- **Lack of sunlight.** Bright sunlight helps regulate melatonin and your sleep-wake cycles. Try to get at least two hours of sunlight a day. Keep shades open during the day or use a light therapy box. [Source](#) <sup>1</sup>

Health Line will cover other senior issues as space permits.

- Editor



# Ship's Store News



With Pete Brotschul,  
BT2 1974-1977  
2nd Vice President &  
Ship's Store Keeper

Hello Shipmates. Our current sale on ball caps, t-shirts and 2nd edition Fiske Tales books will continue until after our upcoming reunion in September, all items will be sold at \$10.00 each. All proceeds from ship's store go directly to the association. At the reunion I will have a few new items on display and I will take orders to determine whether they will be added to our regular inventory. I look forward to seeing all my shipmates in Saratoga Springs, New York. This semi old Boiler Tech wishes you all good health.

- Pete



1-800-273-8255 PRESS 1

[https://www.va.gov/OPA/personal\\_dependent\\_survivor.asp](https://www.va.gov/OPA/personal_dependent_survivor.asp)



If you know the whereabouts of any



Fiske shipmates, please let us know.



As a not-for-profit organization, our only means of income is from dues, contributions, Gil's book, and sales from Ship Store.

**Support the Fiske!**

# Report From the Treasurer...



James R. Rapson  
ENS/LTjg  
1964-1967



Your Association has been sailing on very calm seas since our last newsletter. All appropriate reports have been submitted monthly to the Officers and Board Members in a timely manner and I am pleased to report that we are continuing to be on a very solid financial footing. If you wish to see these reports, please send me an email requesting a copy and I will gladly send them to you. It is YOUR Association and you have every right to know how it is being governed.

The Reunion is starting to take shape with reservations coming in. It is interesting to see that there are some "new" names that have not been able to make previous reunions. Will you be the "old" faithful who shows up or one of the "new" shipmates? Either way, the Reunion is always the opportunity to meet and greet both. Don't miss out on this chance. The one area that no one wants to discuss is that as we have more Reunions the age of our Shipmates will continue to take its toll and you should not miss the chance to attend.

One of the most critical areas of the Reunion is the Annual Meeting. This is when your Officers are elected for the following years and where the decision is made for the location of the next Reunion in 2021. Whether you attend or not, your input is still valuable and should be heard. Your opinions, choices etc. can be heard with a simple email to any Officer who will gladly review your thoughts for inclusion at the Annual Meeting. Please keep your submissions clear and simple as we have a lot to cover at the Annual and a short time to get it done – but your voice will be heard!

Lastly, a Treasurer would be remiss if he did not mention that your dues are what keeps the Association afloat. At \$10.00 per year we are still a bargain. Remember that this is a fully volunteer organization and our only bills are for those items that benefit all shipmates.

I hope to see you in Saratoga Springs in September 2019.

- James



Webmaster  
Steve Gilbert  
YN3 1958-1960



# What's Up With the Web?

*Note: Steve requested that his last article be reprinted because we still have the same problem!*

Shipmates, it only takes a minute! As Webmaster, one of my "duties" is to send out an email "blast" to hundreds of crew members with the latest newsletter.

Unfortunately, so many bounce back as "invalid", that all of us (Appointments and Officers) must share in the task of trying to track each one down with phone calls. So, please turn to, in true Fiske fashion, and let us know! This is also true if you move. Send me a quick email ... thanks!

- Steve



Gilbert E. Beyer,  
ETSN/ETR3 1960-1963

# Ship's Log Entries Historian's Report



In August of 2017 we released the 2nd edition of our book. Since that reunion in Annapolis I have been contacted by a few shipmates with new stories. These new 'Fiske Tales' add significantly to our collective stories but it isn't enough to warrant a new edition.

In an effort to widen the net, in December I sent out a request for stories to a dozen shipmates that had joined the Association since 2017. I sent out a 'Bluebook' (like is used for testing in school), along with stamped and self-addressed envelopes to 12 shipmates hoping for at least a 30% return with new stories. To date I have received ZERO!

We cannot preserve our history if no one writes it down. Hopefully we will have received enough new material to put out the 3rd edition before the reunion. In order to ensure being ready for a late September release date we need to have all the submissions in my hands no later than the beginning of August.

If we all stop procrastinating and get your stories in to me by 1 August, we will have a 3rd edition for Saratoga Springs. If you don't, the release will

be delayed as I try to gather more stories at the reunion. In addition to new 'Tales' I'm also looking for any photos taken during the time period of 1973 to 1980.

All photos will be returned to their owners after being scanned. Just make sure that they all have all identifying info included – names, dates, places etcetera.

Until we meet in Saratoga Springs I wish you a great remainder of summer and good health. - Gil

## Chaplain's Corner With W. Frank Stancil GMG3, 1959-1963



Dear Lord, We pray for peace among all people everywhere! Help us to understand our neighbors and be thoughtful of all beings. Give us the strength to be compassionate and caring for those people that need our care and understanding. Guide us in our service to God and Country as an organization and as individuals. We thank you Father, for the men and women of our armed forces. Please protect them as they protect us, defend them as they defend us. May God bless you and your household richly and keep you safe! - Frank

## Reunion Tour Information

**Saratoga National Historic Park**

Wednesday afternoon - September 25, 2019.



This is the site of several deciding battles with the British near the end of the Revolutionary War.

It is a walking and/or motor (your vehicle) tour with stops at various historical places for a narrated guided tour.

(This newsletter featured a story about the Battle of Saratoga in the July 2018 issue on page 7.)



**USS SLATER DE-766 - Albany, New York**  
Thursday, September 26, 2019

The USS Slater DE-766 is one of the surviving WWII Destroyer Escorts and has been exceptionally well maintained by their Association. Guided tours aboard are about 90 minutes long.

While almost all spaces are open and they have made accommodations for visitors, it is a small ship that will give those who have never been aboard an example of how life was to serve on a Destroyer. - Editor





# USS FISKE

DD/DDR 842 Association, Inc.

17th Bi-Annual Reunion at Saratoga Springs, New York

Tuesday - Thursday, September 24-26, 2019



## 17<sup>th</sup> REUNION RESERVATION FORM

Name \_\_\_\_\_ Name of Spouse or Guest(s) \_\_\_\_\_

Address \_\_\_\_\_

City/State/Zip \_\_\_\_\_

Telephone: Home: (\_\_\_\_\_) \_\_\_\_\_ Cell: (\_\_\_\_\_) \_\_\_\_\_

E-Mail \_\_\_\_\_

Years served on board \_\_\_\_\_ Rank/Rate \_\_\_\_\_

### HOTEL RESERVATIONS:

All hotel reservations are to be made directly with the Holiday Inn Saratoga Springs  
232 Broadway, Saratoga Springs, New York 12899  
Rate \$129.00, + applicable NY taxes - valid one day before and after reunion  
**Front Desk: 1-518-584-4550 - Mention Group Code UFR**

**PLEASE PRINT CLEARLY TO AVOID ERRORS! DEPOSITS ON GRAND TOTAL ACCEPTED!**

### MANDATORY FEES FOR ALL ATTENDEES

Hospitality Room Fee:	Number _____ @ \$ 15.00 PP	Total \$
Contingency Fee to support Reunion:	Number _____ @ \$ 15.00 PP	Total \$

### BANQUET MENU MEAL OPTIONS:

Make your choice and indicate how many below

8 oz Broiled Scrod with Lemon Butter	Number _____ @ \$32.00 PP	Total \$
8 oz Sliced London Broil with Roasted Shallot Au Jus	Number _____ @ \$35.00 PP	Total \$
Roast Young Tom Turkey with Herb Stuffing and Gravy	Number _____ @ \$30.00 PP	Total \$
Vegetarian and Gluten Free upon Request Only	Number _____ @ \$26.00 PP	Total \$

### BANQUET ONLY

Choose from menu and list total number of meals here:	Number _____ @ \$	PP	Total \$
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### TOURS (Transportation for Both Tours is by Car Pooling with Shipmates)

Wednesday, 9/25/19 1:00 PM - 4:00 PM	<b>Saratoga Battle Field Tour</b>	I can transport shipmates ✓	# of seats _____	Number _____ @ \$10.00 PP	Total \$
Thursday, 9/26/19 9:00 AM - 2:00 PM	<b>USS Slater Tour DE-766</b>	I can transport shipmates ✓	# of seats _____	Number _____ @ \$10.00 PP	Total \$

If you have not paid your dues, or wish to make a contribution, please add here: \$

**Plan Ahead – Pay Ahead – Make Deposits to Treasurer Rapson:** \$

**GRAND TOTAL:** \$



Please check below if you might be able to help in Hospitality:  
\_\_\_\_\_

**Make Checks Payable to:**  
**USS FISKE (DD/DDR-842) Association, Inc**  
**Mail To:**  
c/o James R. Rapson, Treasurer  
244 Park View Avenue  
Warwick, RI 02888-2541



**1** BIG SALE - ALL ITEMS \$10.00 AS WE CLEAR INVENTORY TO MAKE WAY FOR NEW STOCK!

ITEM #	QTY	SHIRT COLOR	SIZE	CAP - DD or DDR	PRICE

**2** Shirts are Blue or Gray  
Sizes S to 2X

## SHIRTS & CAPS



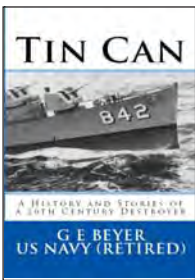
**3**  
**\$10.00 EACH**



DD or DDR  
Embroidered  
Caps  
Blue Only

Note: Financial Records for Dues, Donations and Books are recorded separately by the Treasurer.

## Check Out



**SECOND EDITION**  
A History and Stories Of  
A 20th Century Destroyer  
by Gil Beyer

Buy on Amazon @ \$16.95  
**Support the Fiske @ \$10.00**

100% of all profit is donated to the Fiske Association by Gil. Each book sold in Ship Store means a donation to the Association - less shipping.

## BOOK



Store Total: \$ \_\_\_\_\_

Add a Book(s): \$ \_\_\_\_\_

Add Dues: \$ \_\_\_\_\_

Add Dues Contribution: \$ \_\_\_\_\_

Add Fair Share Shipping: \$ \_\_\_\_\_

**TOTAL AMOUNT ENCLOSED:** \$ \_\_\_\_\_

## DUES &

Contributions in any amount to help those members unable to pay their dues is always greatly appreciated; donations to Fair Share Shipping help us keep it free

## DONATIONS

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(610) 675-5058 - petebrotschul@gmail.com



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