

# The Navy Yard Association Newsletter



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## NYA Bulletin Board

If you wish to reach more than 600 of your fellow NYA members, this bulletin board is available for your use to post information. Contact Veronica Laird or send e-mail to [benefit@mareislandnya.com](mailto:benefit@mareislandnya.com)

### Shop 38 Luncheon

Denny's, 4355 Sonoma Blvd (Hwy 29/37 intersection), Vallejo;  
Second Wednesday of each month (except July/August)  
POC: Rudy Lukes, (707) 643-3225

### Vallejo Chapter of NARFE Meeting

Florence Douglas Senior Cntr, 333 Amador St., Vallejo  
Second Tuesday of each month at 1:15pm  
POC: Elsie Babcock; (707) 643-7914

### Napa Chapter of NARFE Meeting

Napa Senior Center, 1500 Jefferson St., Napa  
Last Wednesday of each month at 1:30pm  
POC: Dick Champion; (707) 253-7242

### Mare Island Historical Park Foundation

Mare Island Quarters "A"  
Third Monday quarterly (Jan, Apr, Jul, Oct) at 10:00am  
POC: Ken Zadwick; (707) 557-1538

### Nuclear Inspectors' Luncheon

Sardine Can restaurant, Vallejo  
First Wednesday of each month at 11:30am  
POC: Dick Barlow; (707) 642-6022

### Ocean Engineering Luncheon

Sports Bar inside the Marriott Hotel, Napa  
Last Wednesday of each month at 11:30am  
No POC at this time

For many, moving on “post closure” means few trips back to the Island we once called...well, we called it several things (not all of them complimentary). If we do manage to make it back to Mare Island, stopping at the MIHPF Museum may not be priority. It is the same for me, too. Recently, however, I made a point to visit the Museum—to check out the latest progress; and to say “hi” to Bill Long, who continues to work for Ken Zadwick, Chairman of the MIHPF and interim Curator of the Museum in Bldg. 46. And, all I can say is “Wow!” After meeting with Joyce Giles, current manager for the set-up in Bldg. 46, she showed me new display after new display until we came to the northeast corner where Jack Tomargo, Sam Shultz, Bill Chamberlin, and others were setting up a display representing the Inside Machine Shop (Shop 31)—where they all had spent their Shipyard careers. Needless to say, it was a very rewarding visit, and I couldn't wait to thank Ken for devoting so much of his very limited resources to creating such a well-rounded display representing the Shipyard's history. I would also suggest to all of you to make the time to visit the Bldg. 46 Museum, especially if you haven't been there in a while. You'll be sure to enjoy the many displays and exhibits.

## President's Corner

Ralph McComb

Ordinarily, Bruce Christensen is the one who reports on the latest news of the Mare Island Historic Park Foundation (MIHPF). Primarily, this is because he's the vice-chair and visits Mare Island frequently. This quarter, however, I have taken the initiative to report on the progress made in the Building 46 Museum.

Several months ago, I reported in my column that a time capsule had been discovered in Bldg. 866 during the demolition process, and the time capsule was turned over to the Navy. A couple of members contacted the NYA to see what was in the capsule and where it and its contents might be viewed. So, we have included in this addition an inventory of the contents and a photo of the contents on display in the conference room of Bldg. 535. I hope there's something there of interest to

you, I wish all of you a safe, healthy, and fun filled summer.

And, welcome back to more than 600 NYA members who help keep the memory of Mare Island's fine folks alive.

## Building 866 Time Capsule Contents



- ❖ Photographs of dedication of new electric-electronics building 866
- ❖ BuShips Electron 1948, Directory Mare Island Vallejo area
- ❖ Pamphlet Quality Control Manual
- ❖ Mare Island Map, Photo of chair belonging to Master of Shop 67 taken during Centennial celebration
- ❖ Vallejo Times Herald April 15, 1955, Grapevine April 15, 1955
- ❖ Photographs, Mare Island Shore Stations, Mare Island Shipyard Installations, early day "Radio Clang"
- ❖ Production Planning and Control Manual for Shop 67
- ❖ Photographs, Electric Shop 51 personnel, Interior views
- ❖ Photographs, Restoration Program Electronics
- ❖ Papers
- ❖ Electronics for Defense and Industry
- ❖ Electronics your Future
- ❖ Report on first year of operation of Shop 67
- ❖ Memorandum for the Bureau of Construction and Repair Jan. 1902
- ❖ Work roster of Geo E. Hanscom for 25 Oct. 1898
- ❖ Photographs, Papers
  - First Master Shop 67
  - First Master Electrician
  - Group photos with Masters of Shops 94, 67 and Shop 06
  - History of Shops 51 and 67
  - History of Electric Shop
  - Roster of Nat'l Association Master Mech and Foremen
  - Papers on Nat'l Association of Supervisors
- ❖ Electrical Information, Wire and Cable Sizes for Navy Standard Cables – 1952
- ❖ Vallejo Times Herald Newspaper – Mare Island Centennial
- ❖ Plaque – Bureau of Ships Electronics Divisions
- ❖ Constitution and By-Laws of the Mare Island Quartermen and Leadingmen's Association – 1916
- ❖ Crystal detectors from periods of 1908-1915
- ❖ Japanese synchro motor captured World War II
- ❖ Trigger amplifier, part of AN/PDR-27c Radiac (Geiger counter)
- ❖ US/AM Infra-Red receiver
- ❖ Synchro motor Type 1-F 115V. 60~AC
- ❖ Low Inertia AC control motor used in servo systems
- ❖ Assortment of instrument lamps
- ❖ Sample of cable sealing method used on submarine cables
- ❖ Cable THFA-23 Triple conductor heat & flame resistant 23000 C.M.
- ❖ Cable MHFA-7 Multiple heat & flame resistant armored 7-conductors
- ❖ Three types of crystals manufactured by Shop 67
- ❖ USN CW-38015 lamp

- ❖ Baggie with personal note and two pennies
- ❖ Class A and B Insulation display board
- ❖ Insulation display board
- ❖ Class H Insulation display board
- ❖ Copper time capsule container

## Membership update

James Porter

Currently, NYA membership stands at 643—well on our way to our 2007 membership goal of 700. Dental membership stands at 366 members (including former NWS Concord and NAS Alameda dental plan members).

We offer a warm welcome to new members Matthew M. Barnes Jr. (Walter Allen); Joe Clerici (Robin Leong); John Christian (Robert Tamayo); Albiana Doll (Joyce Giles); and George R. Lukes (Dave Smith)

We heartily welcome back members Lois Dunn—1995 (Sherry Irish), Alfred Elbeck (Dental Plan), Linda Frei—2002 (Veronica Laird) and Stuart Hill (Dental Plan).

The NYA offers our sincere condolences to Larry McCown on the loss of his wife last year. Also, we offer our sympathies to the families of Joseph Rubay and Josephine Marcacci on the loss of their loved ones., as well as Captain Jack Nunnley (Ret.) on the loss of his wife, Cynthia. Captain Nunnley was the first gold Captain on the USS Vallejo. We've also learned that Charles "Chuck" Barron passed away in late March. Although he was not a NYA member, some of you might have known him. *(Thanks to Lew Knief for this news.)*

The NYA Directors try to keep the membership directory as accurate and up-to-date as possible. If you think we don't have your current e-mail address, please consider sending it to us. We will never sell or otherwise disclose your address to any third parties, nor will we send frivolous messages.

## **The Mare Island Historic Park Foundation Needs You !!**

Volunteers are needed at the Mare Island Museum (Building 46), the Officers' Mansions (Quarters A and B), and St. Peters Chapel for the following tasks:

**Tour Guides, Docents, Gardening,  
Maintenance, Cleaning, Artifact  
Inventory/Cataloguing, Constructing  
Museum Displays, Painting,  
and other related jobs**

Take this opportunity to work with some  
ex-Shipyarders!

If you can spare a few hours a week, please contact  
Ken Zadwick at 707-557-0662 and sign-up!

## Benefit Officer's Column

Robin Leong

### Pre-Paid Dental Plan News.

The National Association of Naval Employees (NAONE) Trust manages the NYA dental programs (pre-paid and Blue Shield). The NAONE Trustees have been working diligently this past quarter on several dental plan issues. Following is a synopsis of these efforts.

First, as we've reported in past issues of this newsletter, Cost Containment Concepts Inc., owned and operated by Larry and Betty Carter, was sold to FirstTier Administrators. This change has been fully effected, and FirstTier handles all aspects of both plans.

As many affected plan members were aware, North Valley (Vacaville) and Parkside (Fairfield) recently stopped accepting NYA plan members. This was due, in part, to the fact that fees had not been raised in more than a dozen

years. FirsTier Administrators worked with all pre-paid plan dentists regarding increasing the fees paid to the plan dentists. As a result, monthly premiums and some co-pay costs were raised. *(Be assured that even with the increase in costs, the NYA pre-paid plan is still quite competitive with other pre-paid plans.)*

The NAONE Trust sent a letter to all pre-paid plan members seeking their permission to increase the amount of the automatic withdrawal of their monthly premiums. This is because an increase to voluntary deductions from a member's bank account requires their permission. The increase became effective on May 1, 2007. We have notified everyone with a valid mailing address about the increase. However, the NYA, FirsTier Administrators, and the individual dental offices do not have current addresses for the following pre-paid dental plan members: **Gordon O Knutson, Jr., John Leary, Frank A. May, Charlie E. McCambry, Charles W. Montgomery, James F. Ray, Jr., and William Rosa, Jr.** If you know the current mailing address of any of these members, PLEASE let me know.

FirsTier worked with Parkside Dental and were able to not only ensure that former NYA plan patients were reinstated, but in addition they negotiated that Parkside Dental will open their rosters to new NYA plan patients. Unfortunately, North Valley Dental in Vacaville declined to participate in the NYA pre-paid dental plan. FirsTier is working to identify a new pre-paid plan dental provider in Vacaville. We invite members in the Vacaville area to suggest a dentist/dental office for potential participation in the NYA pre-paid plan (send suggestions to robin\_leong@netzero.net). We'll keep you updated on a new Vacaville dental provider in future newsletters and through e-mail announcements.

#### Blue Shield Dental Plan Update.

We have been notified of recent problems experienced by Blue Shield plan members, i.e., members having difficulty getting claims paid; the claims representatives not having knowledge of the NYA plan, etc. We believe we now have the

correct tools for processing claims with Blue Shield. A confusing point is that the NYA Blue Shield dental plan is quite different from the Blue Cross/Blue Shield Health Plan.

To correctly identify your dental plan to the Blue Shield Customer Service/Claims Representative, please note we are "Offline Eligibility Group Number WN 3001." We are an "Inventory Only" plan.

If you are having trouble getting your claim paid, please contact Michelle Melendez, Blue Shield Customer Service Representative, at (916) 851-3445. Michelle is the Service Representative for the NYA's Blue Shield plan.

#### General Dental Plan Reminders.

If you experience a change in your family status that necessitates a change in your coverage (marriage, divorce, dependent child eligibility), you must submit your request in writing and allow 30 days for that change to occur.

If you wish to cancel coverage or change dentists, you may do that at any time. However, your request must be submitted **in writing**. Telephoning the NYA office or FirsTier Administrators is **NOT** sufficient. FirsTier Administrators are located at P.O. Box 19338 Reno, NV 89511. You can fax written requests to (775) 786-9637

When life changes occur that could affect the premium amount deducted from your bank account, please remember to check your bank statements to ensure that the correct amount is being deducted. It is the member's responsibility to promptly notify the plan administrators of deduction errors.

To ensure prompt notification of dental plan issues, please be sure to notify me of any changes to your contact information (address, telephone number, e-mail address).

## General Information.

Mrs. Helen Zajac, CSFC President, has provided the NYA of Mare Island with copies of the Office of Personnel Management's brochure on the Federal Long Term Care Insurance Program. If you would like a copy, please provide a stamped legal-size, self-addressed envelope. We also have limited copies of a CD on the same topic.

Did you know that there is a new vaccine for shingles? The vaccine is called Zostavax and has been FDA-approved for use in adults age 60 and older. Studies showed it can prevent shingles roughly half the time. Shingles are caused by varicella, the same virus that causes chickenpox. Shingles occurs when the chickenpox virus lying dormant in nerve cells "wakes up" in older people or others with chronic health problems. The vaccine, Zostavax, is actually a boosted dose of the chickenpox vaccine currently given to children. Shingles causes a rash with blisters that lasts usually for two to four weeks. The pain associated with the blisters can be quite intense. Once this initial phase is over, nerve pain called post-herpetic neuralgia can set in. This pain can last anywhere from 30 days to months or even years. It can be so severe in some people that it disrupts their lives. Most health plans pay for the vaccine if you are above 62 (as the shot costs about \$250). Check with your health plan provider before requesting this vaccine.

We have found that communicating through e-mail works well and allows us to get information to our members in a more timely fashion (than our quarterly newsletters). If you have an e-mail address please share it with me. If you have a SPAM blocker (who doesn't these days?), please "allow" my e-mail address to send messages to you. My e-mail address is robin\_leong@netzero.net. We do not share our list with anyone and closely monitor the messages we do send out for content, so we don't bother you unnecessarily.

Have a wonderful and safe summer!

## **And then there was Yesterday**

Sue Lemmon  
Shipyards Historian

### REMEMBER TIME CLOCKS?

While many recipients of this Newsletter no longer are concerned with getting to work at a definite time, it has not been too long since getting on the job in a timely fashion was imperative. A look back at the working hours may refresh your memories.

Until 1918, the only way to get to Mare Island—people, animals, and material—was by ferry. Just inside the Gate House (near Berth 11) were time clocks where workers were required to punch in and out. With the advent of the Causeway, entrance became easier for many, but workers still needed to punch a time card, and over the years the various shops and offices established their own clocking areas.

Working hours on Mare Island changed over the years. For many years summer working hours were different from those in winter, although it was not called "Daylight Savings Time." Between June 1 and October 1, employees worked from 7:30 to 11:30 a.m. and from 12:15 to 4:15 p.m. weekdays. Saturdays were half-holidays.

In 1929, employees voted on the question of keeping these hours through the winter. The majority opted for longer sleep in the dark of winter so the hours were changed on September 30, 1929. The clerical force then worked from 8:30 to noon and from 12:30 to 4 p.m. Mechanics worked from 8 a.m. until noon and 12:30 to 4:30 p.m. Everyone worked six days a week.

Apparently Vallejo restaurants suffered a bit—not many employees could get from Mare Island to Vallejo (Georgia Street) by ferry, eat, and ferry back to work in 30 minutes. The Yard cafeteria prepared for increased business. After a couple of months it was determined that mechanics,

apparently with heartier appetites, needed more than half an hour to consume their noon meal. Their hours were changed to 8 a.m. to noon and from 1 to 5 p.m.

Working hours were adjusted several times over the years that followed. The most consequential occurred in May 1966 during the merger of Mare Island and Hunters Point. While the day shift began at 8 a.m. on Mare Island, the shift began at 7:30 a.m. at Hunters Point. It was determined that in the interest of consistency and economy both sites should work the same hours.

Mare Island employees changed to the earlier hour (7:30 a.m.) and retained those hours after the merger was disestablished in January 1970.

For many today the subject is academic. But now and then—when you turn over for that extra hour of sleep—maybe you can smile a bit, remembering how you were a slave to the alarm clock for lo those many years.

## Mankind Has Come a Long Way in the Past 100 Years!!

*(The following information is excerpted from an article entitled "Great Expectations" in the AARP Bulletin of June 2007)*

### Life Expectancy:

	<u>1907</u>	<u>1957</u>	<u>2007</u>
Men	45.6 years	66.4 years	75.5 years
Women	49.9 years	72.7 years	80.7 years

### Infant Mortality Rate:

9.99 percent	2.63 percent	0.68 percent
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### Top 10 Causes of Death:

	<u>1907</u>	<u>1957</u>	<u>2007</u>
1.	Pneumonia & Flu	Heart Disease	Heart Disease
2.	Tuberculosis	Cancer	Cancer
3.	Heart Disease	Stroke	Stroke
4.	Diarrhea	Accidents	Respiratory Disease
5.	Stroke	Early Infancy Disease	Accidents
6.	Kidney Disease	Pneumonia & Flu	Diabetes
7.	Accidents	Hardening of Arteries	Alzheimer's Disease
8.	Cancer	Diabetes	Pneumonia & Flu
9.	Premature Birth	Birth Defects	Kidney Disease
10.	Dementia	Cirrhosis	Blood Poisoning

How to extend your life, by Richard A. Miller, M.D., Geriatrics Center, University of Michigan:

***"Wear seatbelts; eat lots of fruits and vegetables. Try to get out of breath for 20 minutes several times a week. Don't retire if you're enjoying work."***

## Progress on Clean-up at Mare Island

Work to clean up designated areas on Mare Island continues. A recent Navy Progress Report notes work will soon begin in the Paint Waste Area, Installation Restoration Sites 04 and 05, and the Horse Stables Area, consisting of soil excavation, consolidation, and placement of waste into a containment area. A fact sheet is scheduled to be provided to the local community later this month.

The Navy is in discussion with the City of Vallejo on the early transfer of the remaining untransferred property. With the exception of the Regional Park, the majority of the remaining property to be transferred will be redeveloped by Lennar Mare Island. The proposed transfer includes the north end of the Island, Defense and Reutilization and Marketing Office Area, Marine Corps Firing Range Site, Reuse Area 10, and the remainder of Regional Park.

A tentative schedule has been established to accomplish the early transfer in 2008.

For additional progress reports and information on clean up efforts by the BRAC office, visit [www.bracpmo.navy.mil](http://www.bracpmo.navy.mil).

