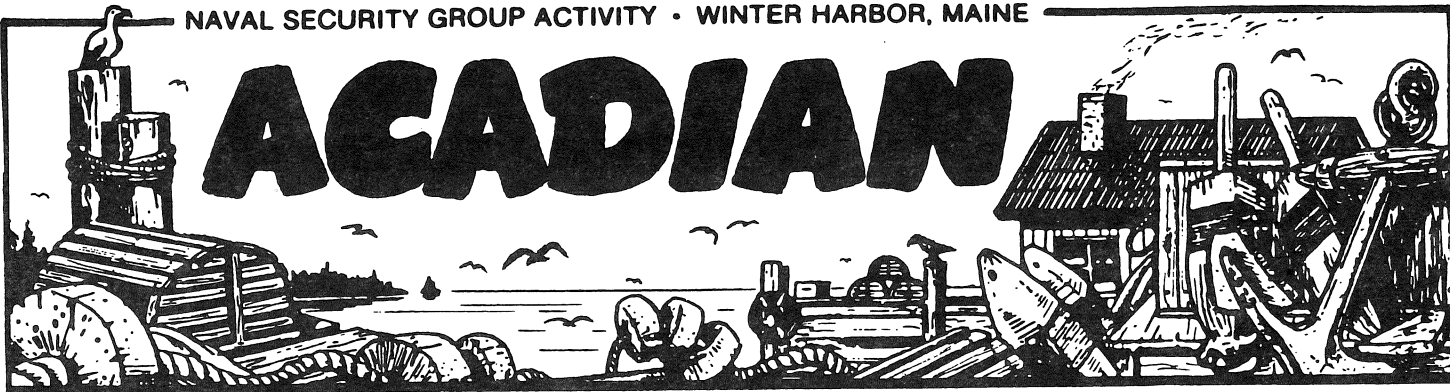


NAVAL SECURITY GROUP ACTIVITY • WINTER HARBOR, MAINE

ACADIAN



VOLUME XXXIX

JUNE 1987

DORAN BOLDUC - BRADY BROWN
- JEFFREY CALKINS - MARK
CAOUCETTE - JOHN CILETTA JR.
- BRYAN CLINEFELTER -
ANTONIO DANIELS -
CHRISTOPHER DEANGELIS -
JAMES DUNLAP - STEVEN ERWIN
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FOSTER - DEXTER GRISSETTE -
WILLIAM HANSEN - DANIEL
HOMICKI - KENNETH JANUSIK
JR.- STEVEN KENDALL -
STEVEN KISER - RONNIE
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- CHARLES MOLLER - JEFFREY
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JAMES STEVENS - MARTIN
SUPPLE - GREGORY LEE TWEADY
- VINCENT LENARD ULMER -
JOSEPH WATSON - WAYNE
WEAVER - TERANCE WELDON -
LLOYD WILSON



IN MEMORIAM

One week before Memorial Day, United States Ship STARK, operating in the Persian Gulf was struck by an Iraqi missile. Thirty-seven crewmen lost their lives. Thirty-seven sailors died protecting the sea lanes for the Free World. Thirty-seven men leave behind wives, children, parents and scores of other loved ones. We share in their grief. The STARK crew were our shipmates, our family.



The *Acadian*

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CDR H. W. Whiton, USN
Executive Officer:
CDR N. A. Houle, USN
Command Master Chief:
CTRCM R. P. Perfetto, USN
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On The Cover

The flag is raised during colors and then lowered to half mast in honor of the USS STARK crew members who lost their lives.

THE COMMANDING OFFICER'S TURN

Commander W. Whiton

(On 24 May, the CO spoke at a memorial service for the USS STARK crewmen who lost their lives. The following is an extract from his address.)

"Like many of you, my earliest memories of Memorial Day are of pomp and circumstance, of bands playing, flags flying, and sometimes a welcomed school holiday. But over time I've come to understand that these are just the simple, visible aspects of a very complex day. Complex because it brings together so many conflicting emotions. Complex because in honoring the dead we celebrate life. Complex because our pride and gratitude for those who have preserved our precious freedom is tempered by the solemn realization that so many lie beneath foreign fields and the restless waves of distant oceans. Complex because in today's world the peacemakers seem more targetted than blessed. Complex because the grief we feel for those whose lives were cut short in their country's service, is deepened by a twinge of guilt that we survive. Complex because the enormity of their sacrifice makes us uneasy.

"Today as we honor the men of the STARK, emotions are heightened for all Americans, especially us in the Navy, brought into sharper focus by events in the Persian Gulf. Our sense of loss is compounded by the fact the attack was a tragic mistake. However, this fact does not diminish their sacrifice or rob them of its meaning as some have suggested. Accidents, often terrible accidents, happen in the fog of war and the closer you approach the cutting edge of harm's way the more likely they become. But it is there at the cutting edge where wars are contained and harm to our nation's interests best deflected, not at our shores. And so it is there we must sail.

"The Iran-Iraq war that is ravaging the cradle of civilization, is only one, albeit the most bloody, of more than forty wars raging in the world today. But because the STARK and her sisters in the Fleet, and our Marine Corps, Army and Air Force brothers in arms stand ready from the Fulda Gap in Germany to the DMZ in Korea, from the frozen wastes of the Arctic to the sunny beaches of Diego Garcia, we are shielded from their blast. STARK reminds us we can never ignore their existence. STARK reminds us of what Douglas MacArthur cautioned in his farewell address when he quoted that wisest of all philosophers, Plato, saying 'Only the dead have seen the end of war.'

"The STARK reminds us the never-ending task of preventing and deterring war's spread carries grave risks. But all great goals entail risk and there is no greater goal than preserving freedom. For a maritime nation like ours, a crucial element is freedom of our ships and those of our allies to ply the sea freely. Yet, some would urge us to draw back, to avoid the inescapable burden that is ours as the world's greatest democracy. Some would tell us that the cost of preserving peace is too high. I would urge those who counsel such despair to look beyond the immediate tragedy and take courage from the sacrifice so freely given. For lost in the instant rhetoric and the rush to judgment enveloping this event (and others like it in the recent past) is the simple fact that every man on the STARK was a volunteer, just as all the citizen soldiers and airmen who help to guarantee our freedom are volunteers---every one, Patriots who have freely chosen the honorable profession of arms.

"But freedom is not a matter of choice. Freedom isn't free. It is hard to win and harder to hold. It depends absolutely on

Continued on page 13



FROM THE COMMAND MASTER CHIEF



by: C/MC R. Perfetto

When spring arrived this year, the weather was still cool, the outdoors dreary. We had just experienced a really severe winter of snow which seemed to take forever to melt. It seemed as though spring would never come--much less summer. People grumbled about Maine weather, and even bemoaned the terrible summer of last year. Finally, we got our first break in the weather toward the end of April and, except for a few days in early May, the sun did shine. All indications are now pointing toward a good summer. People seem more cheerful and content. One of my neighbors was very happy to be getting his boat in the water for fishing, while another was excited about getting out on his touring bike. My wife is happy because I couldn't find a good excuse for not planting her flower garden.

On one occasion I observed a group of younger command members playing catch with a football. It occurred to me it didn't matter to them that it was not football season, but rather the weather had created an atmosphere that simply stirred an emotion in them to get outdoors and enjoy.

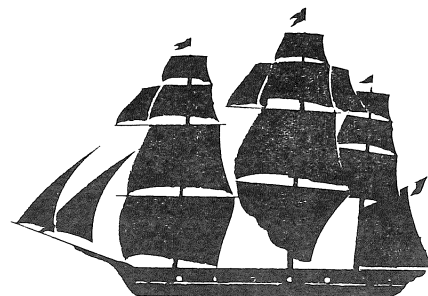
I encourage you all to get out and enjoy summer--picnics, trips to Canada or New England states, baseball excursions to Boston, and so on. Why? It's necessary for everyone to get away from the normal day-to-day routine and recharge the human spirit. This will help prevent burnout and give you some leisure time with family or friends. Every Navy member is entitled to 30 days leave each year, but you must plan for it. We all have particular responsibilities to fulfill in the accomplishment of the Navy mission. Planning ahead also helps the supervisors plan in advance so everyone gets a chance to



take their leave when desired. If you schedule your leave well and enough in advance, you may also be able to save the money you need without going to a lending institution or relying on the olde plastic card too much.

Finally, unless you must travel a really long distance at great expense, don't blow all your leave on one trip. It's nicer to take shorter, more frequent "mini-vacations." Also, having a negative or zero leave balance can put you in a tough situation during an emergency.

Have a Great Summer!





the CHAPLAIN'S NEWS

by: Chaplain J. Weis

"Mirabilae dictu," as the ancient Romans would say, means "wonders to proclaim." Signs of spring were actually sighted here in mid-April. Creation's budding forth continues and has produced the flowering of a number of events at our chapel.

First, six children received First Communion and put on a skit based on the Gospel reading for that Sunday. In the story, Jesus appears to two of his disciples as they travel to their hometown, Emmaus. However, they only recognize their Lord when He sits down and eats a meal with them as He did at the Last Supper. He is recognized during the breaking of the bread.

A nicely decorated cake, which went well with the ice cream and punch, was served later at a reception.

Secondly, Mother's Day offered the chapel family the occasion to extol the virtues of motherly love, devotion, and patience. An object lesson in these qualities was seen in the mothers coming to the chapel with several tots tagging along. You can't help but appreciate all the fortitude and courage it takes to be a mother.

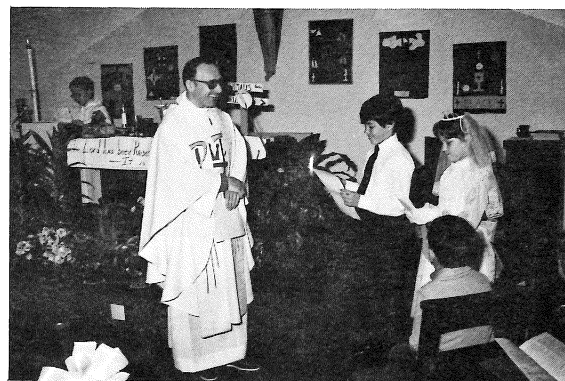
Lastly, on the 17th of May, we completed another year of religious education with a special program. Using



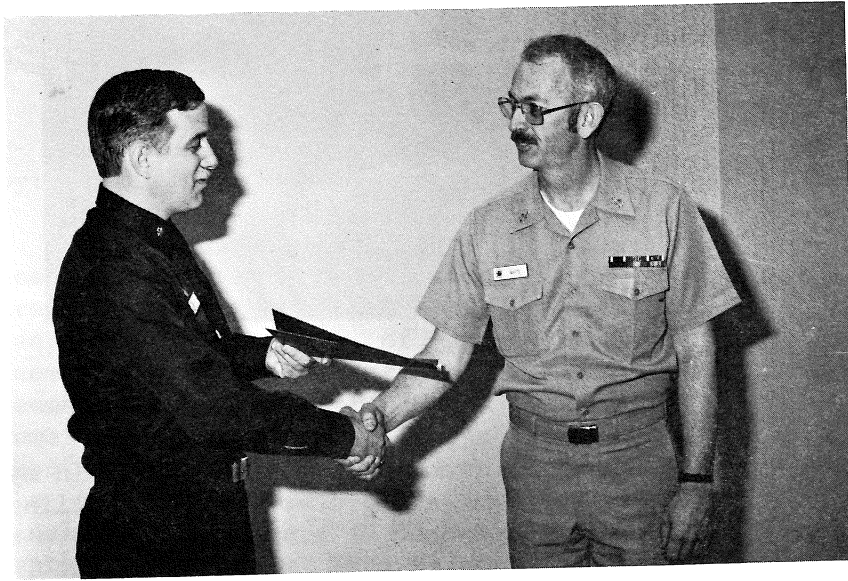
the theme from Sunday's Gospel, "In my Father's house there are many dwelling places," each class provided a presentation of what they would put in their room in God's house. Pictures and banners were created by the children to express cherished values and thoughts that make any household blessed and filled with warmth.

The chapel family is welcoming many new members and is planning to make our activities more attractive and enjoyable to many more.

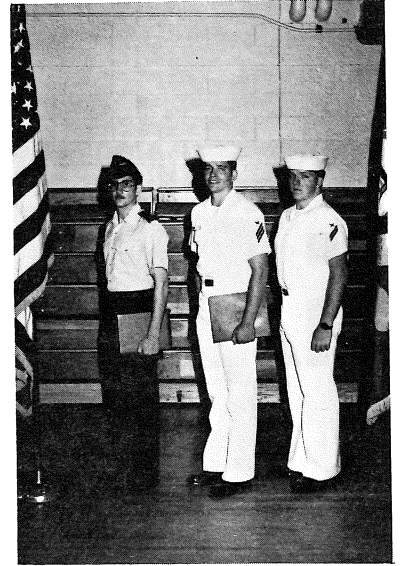
Belonging to the chapel is voluntary. We need many dedicated volunteers to make it beneficial and effective. Whatever your plans are, blossom forth and let the uniqueness of being stationed in downeast Maine help you to do new and creative things.



CONGRATULATIONS,



CTTCS Dale White is frocked to Master Chief.



SSG Loni Newcomb, CTASN Troy Faulkner and CTOSA Keith Perry were advanced.

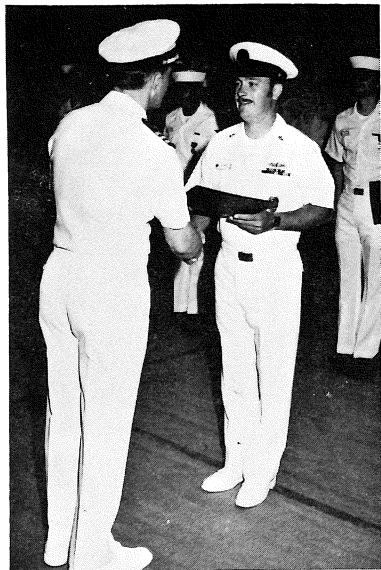


DT1 Kevin Nye receives Letter of Commendation from LCDR Ludwig.



CTMC Emilie Austin receives Letter of Commendation.

MATES



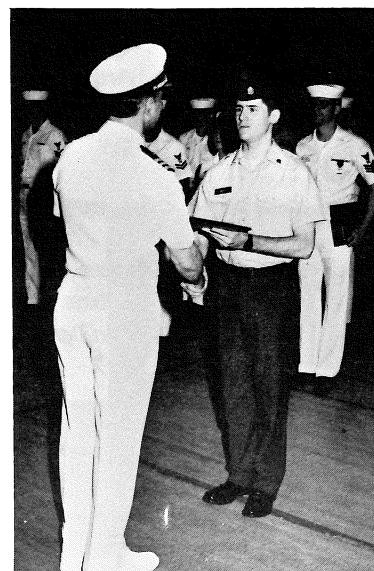
ENC(SW) Joseph Gormley receives his 3rd Good Conduct.



CTT2 Michael Young and HM3 Rebekah Picard receive 1st Good Conduct Medals.

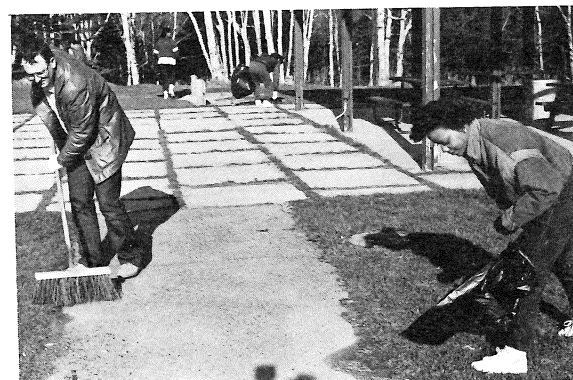


CTTC Robert Monroe and CT01 Thomas Jensen receive Navy Achievement Medals.



SP4 O'Neill receives Army Achievement Certificate.

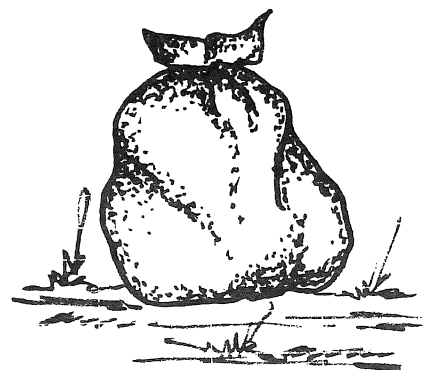
BASE CLEAN UP DAY



by: CWO2 B. Moyer



April 30 was supposed to be our base clean up day, the annual event to rid the station grounds, housing areas, and park road of litter, sand and other debris that accumulated over the winter. Mother Nature didn't cooperate that day, and the rains came. But the following day brought sunshine and warmth (OK, so it was a little brisk), and all hands turned out to tackle the job at hand. The result: Truckloads of trash and a much improved station appearance that signaled the beginning of fair weather. The annual clean up is necessary for obvious reasons. The attitude and effort displayed by all that morning were remarkable. But of course, so are the people who work and live here! Following the clean up, the Galley provided the hungry and exhausted crews with a super cookout.



CWO4 Del Jondahl Retires After 30 Years

by: CWO2 B. Moyer

On 15 May, CWO4 Del Jondahl retired from the Navy after completing thirty years of dedicated service. A ceremony was held on that day where family, friends, and shipmates gathered in his honor.



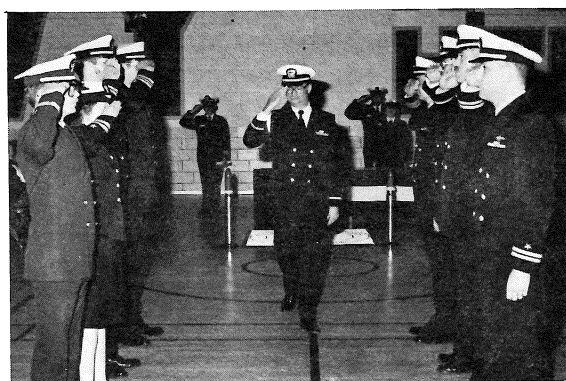
During his active duty, CWO4 Jondahl earned the Vietnam Service Medal, Vietnam Campaign Medal, two Meritorious Unit Commendations, the National Defense Service Medal, Joint Service Commendation Medal and five Good Conduct Awards.



CWO4 Jondahl's career spanned four decades. He enlisted in 1957 and served in a variety of challenging, interesting billets. His duty assignments include Okinawa, two tours in London, Washington, D.C., the Philippines, USS AMERICA, Norfolk, Keflavik, and Winter Harbor. Notably, Mr. Jondahl enjoyed a five and one-half year tour at the White House. His travels have provided him with a host of "sea stories" and, of course, many cherished memories, one of which was flying on board Air Force One with President Johnson.

He and wife Mary Ellen will not be leaving the "downeast" area. Del has accepted a position with a banking firm in the Portland area where they will reside with their daughter Adele. Son Barry, as many of you know, departed the Navy a few months ago and is working in Virginia.

All of us who worked with Del will miss his professionalism and technical expertise. His shipmates wish him and his family fair winds and following seas.



"DANCIN' THE NIGHT AWAY"

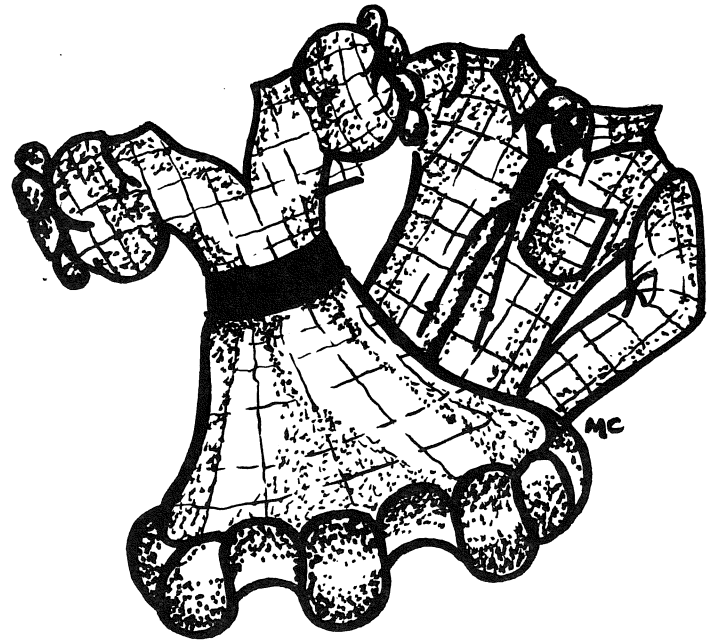
by: CTM1 S. Golden

What do you have when 6,000 square and round dancers converge on one town? One heck of a square dance! Well, the 24th and 25th of April 87 saw 6,000 dancers in Portland, Maine. This was the site of the 29th New England Square and Round Dance Convention. Yours truly was there for my first convention and I was not disappointed. There were ten dance halls with dancing for any taste.

The Cumberland County Civic Center was the main hall with mainstream dancing. We met people who were still learning how to square dance and having a lot of fun doing it. The Civic Center was also the site for vendors. There were booths for clothes, records, sound equipment, badge engraving, square dance magazines, jewelry, caller/cuers associations; anything you would want to buy for square dancing was there.

There were two dance halls for mainstream-plus square dancing only. We only made it to one of the halls and the floor there was a poured rubber gym floor. "I could have danced all night!" There was a hall for advanced and challenge square dancing, a hall for teens only, two halls for round dancing only, one hall for clogging, and one hall for "singing" calls only. The tenth hall was a variety hall, taking in traditional dancing, contra (line) dancing, and live music. We did go to the live music and were very impressed--an old time square dance band, and yes, there was a fiddler or two.

Before sunrise on Saturday morning, about 25 couples arrived at a lighthouse at the mouth of Portland Bay. Speakers were set up, music started, and we danced the day in. Let me tell you, it was brisk. (I'm lying; it was cold, but fun.)

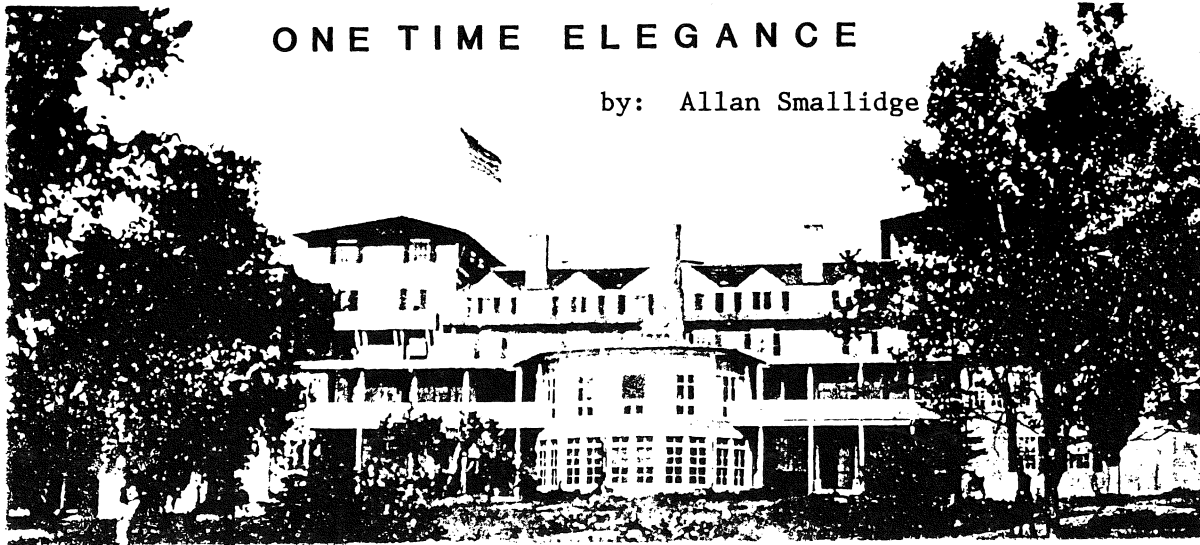


Later that morning a fashion show was featured. The models were average people showing off their club colors. Some were store-bought, but most were homemade. All looked nice.

Now, if this sounds interesting, and you're saying this might have been fun, don't worry because you have another chance. The 30th New England Square and Round Dance Convention will also be held in Portland on 22-23 April 1988. We have forms to make reservations (sent mine in already!), and this fall our club will be having square dance classes at the Community House in Prospect Harbor. So, join in the fun--learn to square dance!

DOWNEAST WINTER HARBOR'S ONE TIME ELEGANCE

by: Allan Smallidge



Part 4 of 4

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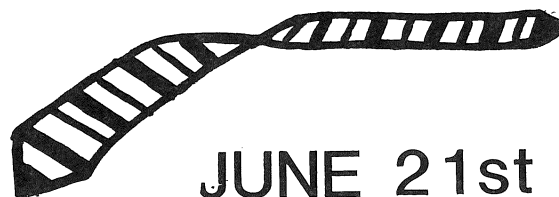
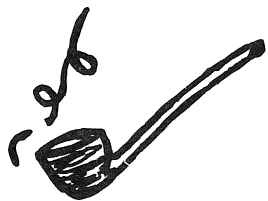
In the early 1900s, yachting replaced canoeing and in 1907, seven identical sailboats--Burgess-designed Winter Harbor 21's known locally as "knockabouts"--were designed and built expressly for the Winter Harbor Yacht Club. Shortly thereafter, two more were added to the fleet. Weather permitting, daily races were held, often extending west to Mount Desert Island and east to Petit Manan Light.

Once the summer colony on Grindstone was well begun, John Moore turned his attention to making the deep woods and wild shores of Schoodic into a parkland for the public's enjoyment. In 1897, he constructed a wagon road to Schoodic Head, the most prominent elevation on

the peninsula and one that affords an unobstructed view eastward beyond his native Steuben to the Bay of Fundy and westward to Cadillac Mountain and beyond.

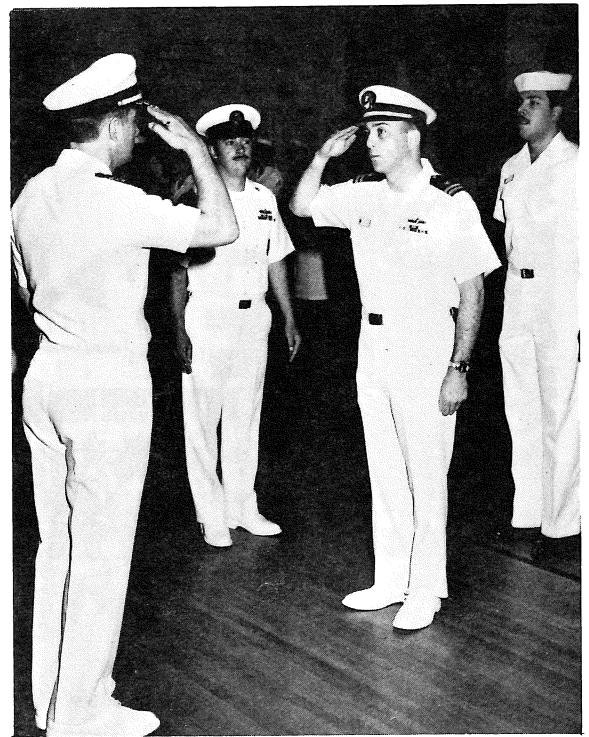
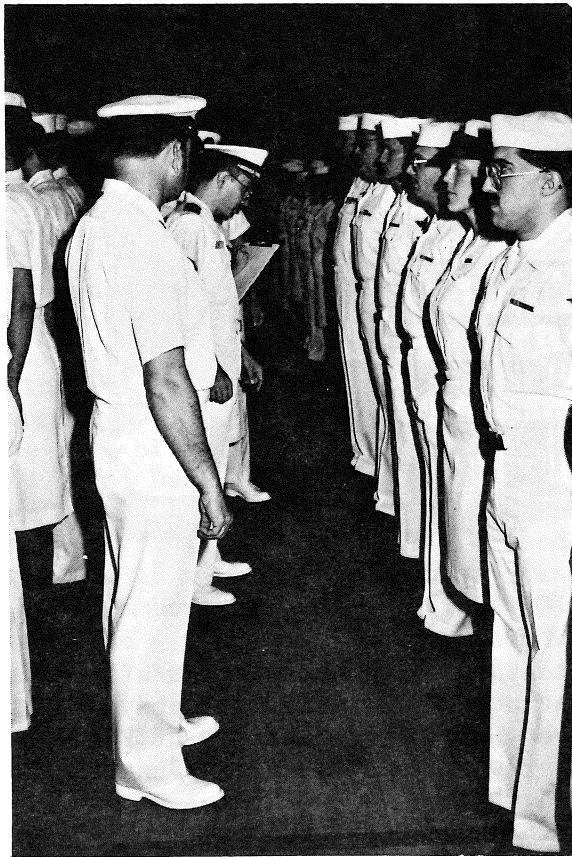
Mr. Moore died before his project reached fruition, and the land passed into the hands of his widow and two daughters. George B. Dorr, a Bar Harbor conservationist, obtained the land from Moore's heirs and in 1928 arranged for the U.S. Department of the Interior to accept it as part of Acadia National Park. The storm-battered headland jutting sternly into the Atlantic is now preserved in its elemental beauty for the public to enjoy and thus, in a roundabout manner, fulfills John Moore's original plans.

FATHER'S DAY

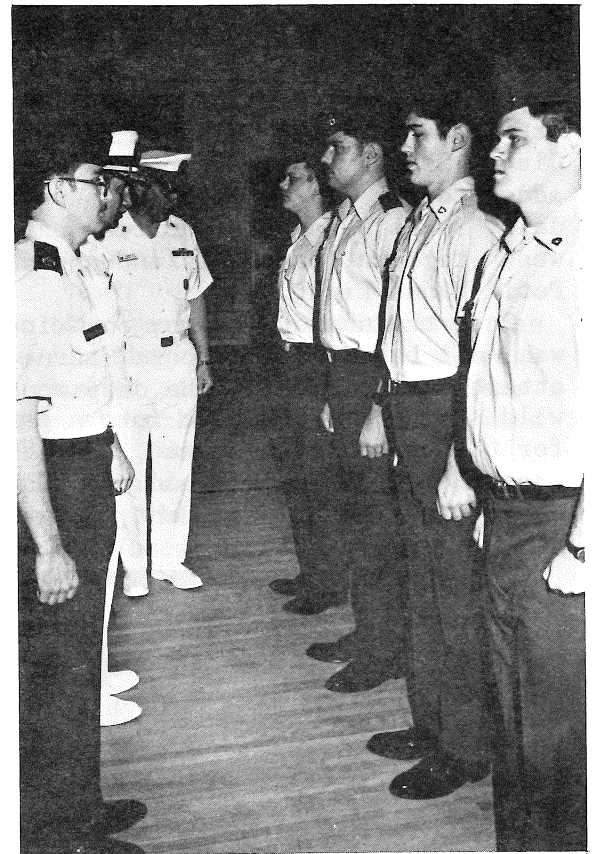
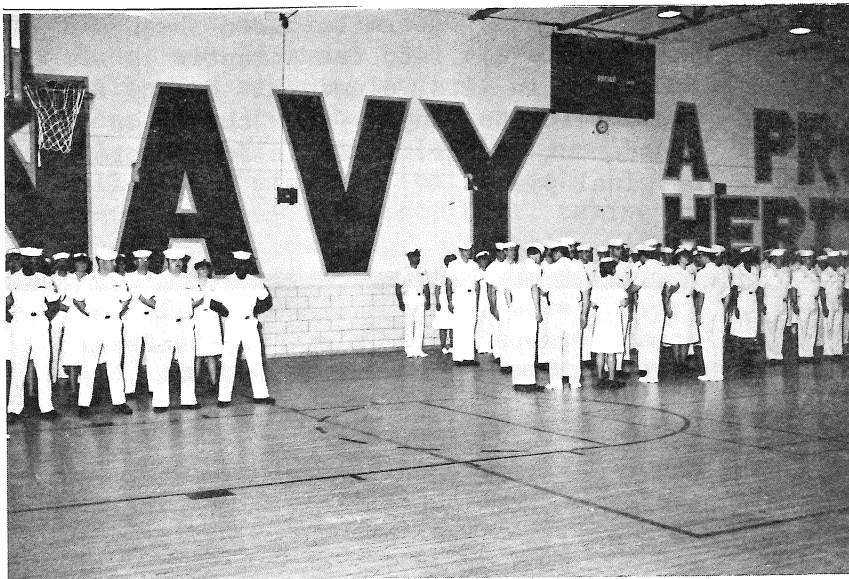


JUNE 21st





Personnel Inspection



The Commanding Officer's Turn (cont.)

the sure knowledge we will not surrender it willingly no matter the cost. Today our flag flies at half mast in memory of the STARK. Tomorrow it will fly at half mast for them and for the countless other men and women who have served with compassion and distinction. But on both these days, as on all others, it flies profoundly.

"Today we remember the men of the STARK. And we take rightful pride that, unlike 1898 when the USS MAINE was sunk, we know no publishers are wiring their reporters saying as one did then, 'You furnish the pictures, I'll furnish the war.' We do not blindly lash out, no matter how terrible the provocation. We have matured as a nation under the heavy burden that is uniquely ours. Today we honor STARK sailors for their valor, admire them for their personal bravery and seamanship in the maelstrom following the Iraqi attack, and our grieving done, we will press on. They would understand.

"In 1962 Vice President Johnson went to New York to address the 50th anniversary meeting of the Alliance Francaise. He concluded his remarks that evening with some misgiving because the program called for Andre Malraux, a French author, well known for his slashing remarks about the United States and all things American, to respond to the Vice President's toast. But when Johnson was done, Malraux rose, and said:

'I raise my glass to the only nation that has waged war without loving it, Achieved the greatest power in the world without seeking it,

Held in its hands the most terrible weapon of death without longing to use it.'

"Malraux's vision is the heritage of STARK, a heritage of which they were most worthy. Today we pray for them; in all days we will honor them.

"Today we also pray for us --- the living. We ask for the strength to live our lives in a manner worthy of our shipmates' sacrifice. And make no mistake, it takes great strength. We do not glorify war nor do we crave it; we do not glorify death, nor do we seek it for as MacArthur also reminded us, it is the sailor and the soldier who are the first to go, the first to pay the price. But we do glorify freedom and in maintaining it we repay our fallen shipmates by preserving the meaning of their death and their loved ones' loss.

"And today more than anything else we pray that Plato was wrong and that man can find the wisdom to put an end to war and violent peace. And until that day dawns, and I believe it shall, we pray for the courage and the will to meet future challenges to individual freedom and the dignity of man with the same bravery, loyalty and compassion, the men of STARK displayed --- whenever they occur, wherever they occur."

VOLLEYBALL

by: Jean Dickson

2 on 2 Volleyball Tournament

In a well-played and hard-fought tournament, the duo of Knudson and Gucik emerged victorious over Malloy and his partner Collins in Rec. Services 2 on 2 volleyball action. The tournament featured seven teams playing exciting and competitive ball.

Also performing well were the 3rd place team of Willey and Steward and the 4th place finishers Turner and Luffman.

A reminder that Challenge Cup canoeing, Captain's Cup softball, plus tennis and golf tournaments will be upcoming shortly - so dust off those gloves, racquets, and clubs and "GET INVOLVED."

CAPTAIN'S CUP VOLLEYBALL

CURRENT STANDINGS

<u>Team</u>	<u>Wins</u>	<u>Losses</u>
OPS Gold	6	2
O's&C's	6	2
60 Dept.	4	3
Schoodic	3	5
30 Dept.	10	7

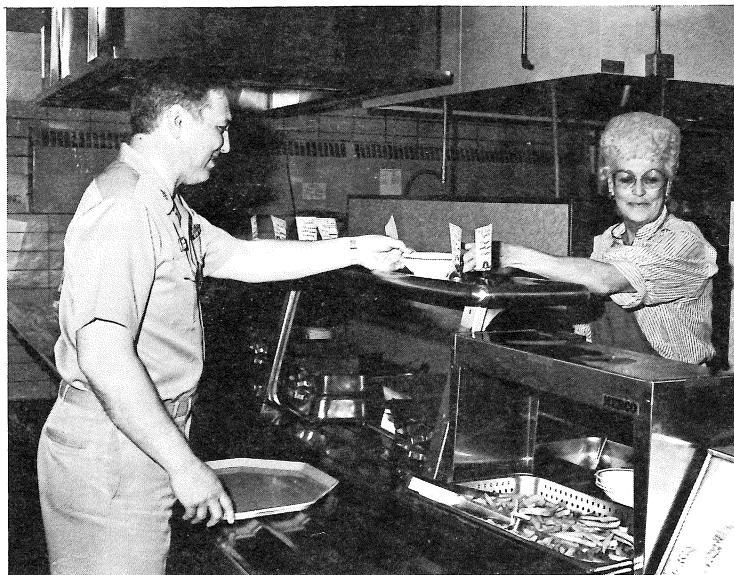
CIVILIAN SPOTLIGHT

by: Jeannette Glosser

This month our spotlight focuses on the Galley's Mary Myrick. Mary has been a supervisor in the Galley for the past five years and has worked there for a total of 12.

Born in Fairfield, Maine, Mary is the proud mother of six children. She speaks fondly and with pride about her five boys and one girl: Danny is married and with the Air Force in Utah; David is married and a lobster fisherman in Gouldsboro; Dana lives in Milbridge; Doreen lives in Steuben; Dean is stationed with the Navy in Connecticut; and Don is in the Air Force in Florida. Mary also has three grandchildren and four step grandchildren.

Mary likes gardening, making ceramics and macrame plant hangers, and playing cribbage; however, her real love is bargain hunting! If you see any type of sale going on, you may well find Mary there.



Her duties at the Galley include supervising and assisting eight women in preparing and serving salads, vegetables and desserts; washing dishes; housekeeping the kitchen and dining room; and serving patrons. In addition, she helps maintain all the food cases

and kitchen machinery. For Mary's group, the day begins at 0530 and ends at 1800 working various shifts.

When walking into the dining room or cafeteria section of the Galley, people take its neatness and cleanliness for granted. The work that goes into keeping a place of this size so neat and organized each day sometimes goes unnoticed (and unappreciated). Mary plays a big role in making the Galley a pleasant, clean and attractive dining facility.

She refuses recognition unless it includes her assistants--Donna, Sara, Jane, Dora, Lorie, Debbie, Janice, Karen, and Heidi who just left the staff. Mary says it requires all the staff to accomplish the Galley's everyday tasks smoothly and efficiently.

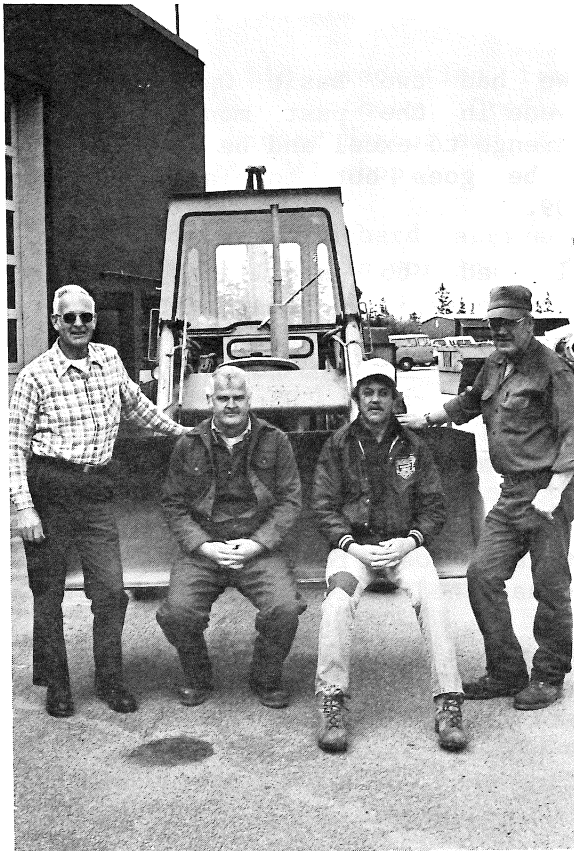
We feel Mary and her coworkers have more than accomplished this. So, on behalf of all the patrons who have come to enjoy the Galley, a hearty thanks!

PUBLIC WORKS CREW SAVES MONEY, GETS CASH AWARDS



Last spring, the command decided to perform snow removal for the 86-87 winter using in-house personnel, instead of contracting out. We estimated we could save the government about 50% over the prior winter's contract costs.

by: Ginger Gallagher



The Public Works snow removal crew consisted of Edison Church, Newman B. Church, Adin S. Reed and Everett Leighton. They did a super job in keeping our roads cleared and safe for travel through what has been called "the worse winter in 20 years." In addition, they plowed the base grounds, parking lots, and housing areas. Despite seven major storms, the crew got the job done (often while most of us were asleep).

At the end of the snow season, costs were totalled and compared to see if we did, indeed, save money. We did. The crew saved an incredible \$28,000 compared to last year's expense! It was only appropriate they share in these savings. At the May awards ceremony, the four employees received letters of appreciation and checks totalling \$2,800 under the Civilian Incentive Awards Program.



CONGRATULATIONS!



Departments, Divisions

Classic Wizard Training



60 Dept. Wiz's

by: CTT1 K. O'Donnell

Well, it's safe to say this past month's weather was a piece of cake compared to my last report. After our floods, Maine managed to have an almost rain-free April and, thus far, May has been absolutely perfect with plenty of sunny weekends to work outdoors. I've really learned to appreciate the Maine spring and summer after having "weathered" two winters here. Most people agree that easterners tend to value their change of seasons much more than out west where the seasonal differences aren't as distinct. After two years in Maine, I'd have to agree. But, sorry to say, that hasn't sold this Californian on the Northeast as a permanent domain---yet!

On with the news from 60 Department.

First off, we congratulate PM Maintenance Class 87032 upon their successful graduation. Now that this class has left, 62 Division can take a breather until August when classes start up again. I'm positive the instructors will stay busy because there's always something to do in 62! Case in point. CTMC Pardun has received overwhelming response for his first Ham Radio course. Although his class is full, I'm sure he'll be holding another one in the near future. So, if any of you are interested in learning all there is to know about Ham Radio operations, keep your eyes and ears open for Chief Pardun's next class offering.

We had two Basic Operator Classes convene in the past month. The same challenge to excel and be the best you can be goes out to classes 87007 and 87009.

I need to spotlight two great achievements in 60 Department. First, congratulations to our Department Chief, CTTCM Dale White, recently frocked to his present rate. Second, we want to pat CTT1 Joe Hartranft, department Configuration Management Officer, on the back as we just found out he's been selected for the EEAP program. Wow! We're at a loss for words! Couldn't have happened to two better people!

I want to mention 60 Department is doing absolutely great in Captain's Cup competition this time out. CTMCS Rude says we're leading in Captain's Cup Bowling thus far and going for the gold. Way to go, people!

61 Division ensures me Groton, Connecticut is still standing after several instructors spent a week there for curriculum training. 60 Department wisely sent the seven of them in shifts so the city was able to acclimate easier. Welcome back, guys! Hope you all had a great time and (harumph!) learned something!

And, on that note, I'll end this..until next month.

...and more

"30" Dept

The Dragon Speaketh

by: CTM1 D. Remsburg



ABOUT OUR NEW ARRIVALS:

CTM2 Dave Ellis comes to us from NSGA Edzell and is assigned to the 311 shop.

Following his graduation from CWPM school, CTM1 Anthony Creditt is remaining at Winter Harbor and is also assigned to the 311 shop.

CTM3 Patti Pritchard arrived from sunny Pensacola and is working in 331.

Our newest member of the department is also the youngest. The newest Matman is the pride and joy of the Clarke family. Teddy is already training Mom and Dad on his new watch schedule! Our congratulations to the Clarkes.

Welcome Aboard to you all. We know you will enjoy Winter Harbor.

On the sports scene, we congratulate our 30 Department volleyball team for their outstanding spirit and determination [sticktoitiveness, if you will (Lisa's word)] during the recent season. WELL DONE!

Softball season will soon be here and we are really looking forward to it. All other teams look out, for we will be shooting for some serious Captain's Cup points (we need them). We have also been assured of free hotdogs when we beat the O's and C's at our first meeting. (All beef, please!)

The warm, wistful days of summer are also fast approaching. With it comes the BFAMS (Black Fly and Mosquito Season for you newcomers). I have been noticing many of these vicious critters committing suicide on my face shield of late, so it looks like our hopes of their not returning this year didn't pan out. Oh well, just pass the Ben's.

In closing, just remember that a man without a woman has something in common with a fish without a bicycle and even though a motorcycle doesn't have doors, how does it differ from a telephone pole? Whew, made it without using tautology!

Till next time, be sharp, be fair, but around the Dragon, BEWARE!

-----52-----

by: CTR2 N. Phillips

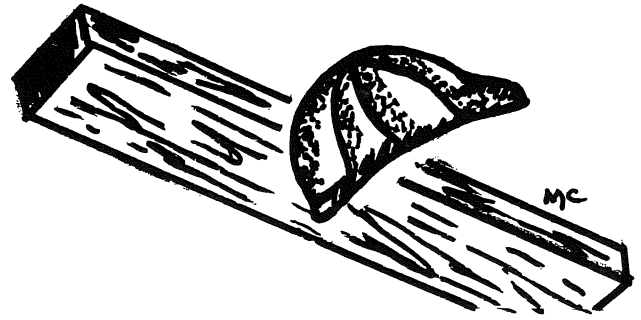
Well, in "52" everything is hunky dory. We gladly welcome the recent, pleasurable change in weather and would like to see it endure. People tend to smile more when the weather is good. There is no question that we deserve a reprieve from cabin fever; so, let's become active in some worthwhile, extra-curricular events. Now, we do not claim to have a "Tour Guide" NEC here in 52 division, but we would like to once again point out that there are many exciting and interesting things to do in

Maine. Traveling the state will make you more familiar with what Maine is all about.

We extend a hearty welcome to CTASR Dana Stefanakis. A native of Wethersfield, Connecticut, she is no stranger to New England. She reported onboard 5 May 87 via CTA "A" school in Pensacola, Florida. Dana is an all around athlete and has a particular interest in outdoor sports, but she will probably be seen slam dunking come basketball season. Welcome to the team, Dana, hope you enjoy your tour.

IN THE WORKS

ROICC



by: Jackie Lord

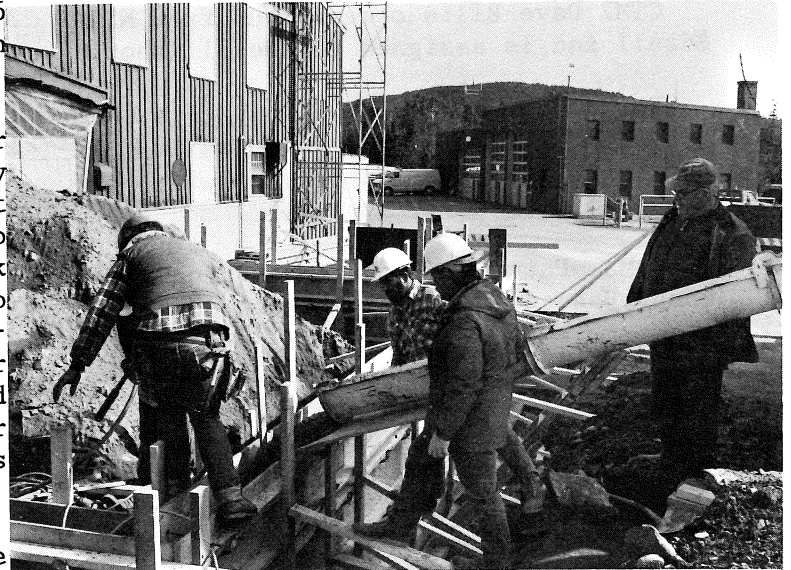
Building 10's renovations began 6 April when the old eaves were torn down and replaced with a new metal soffit.

Among the most noticeable exterior change will be the new single-story addition now being constructed. In just a few weeks, the rear entrance to Building 10 will be re-opened and work will begin in the front on a handicap ramp and new vestibule. Other improvements will include enclosing the outdoor fire escapes, replacing all windows, and installing new siding--similar in color and texture to the Fire Station's exterior.

The most significant interior change will be the complete renovation of the men's and women's restrooms in the basement, with other minor work on doorways and admin office spaces.

Consolidated Constructors and Builders (CC&B) from Portland were awarded this \$318,000 project. This is their first job in Winter Harbor.

So far the project is running smoothly and it is expected to be completed long before the December 87 target date. Coming from a job in the heart of Bangor where they constructed the new Bangor Post Office annex, Foreman Dennis Potter and his crew appreciate the quietness of this area. They also enjoy eating in our galley, but the unpredictable weather has them wondering, "Does the sun ever shine here?"



REC FACILITY EXPANSION

The latest completed contract at the Schoodic Site is the Recreation Facility Expansion. This project has provided a new men's locker room equipped with a sauna. The women will be moving to the renovated men's locker room, which also includes a sauna. These changes mean no more "all clear" shouts before running through the men's room as there is now a clear passageway to get to both racquetball courts. A new showcase for trophies has also been constructed in the main passageway.

Next month--why we're cutting down the trees by the Commissary.



-PSD-

by: PNCM D. Parkison

"Fair Winds and Following Seas" to PN1 Jimmy T. Bryant and family. Jim is on his way to the USS MISSISSIPPI (CGN-40) homeported in Norfolk. He will truly be missed throughout the command in the work spaces and on the softball field.

Congratulations to the following who were presented awards at quarters:

PN1 Rhoda Englund received a Letter of Appreciation from the Officer in Charge, Personnel Support Activity Detachment, Sigonella, Italy for assistance provided when that detachment lost all Computer Assistance Data Operations (CADO) capability.

PN2 Thomas Tuck was presented his first good conduct award. He also received a Letter of Commendation from Commander, Submarine Group Two for superior performance of duties.

DK2 Kevin Snodgrass received a Letter of Commendation from Commanding Officer, USS HUNLEY (AS-31) for superior performance of his duties.

Congratulations to all of you; well done!

GOING TAD?

The summer months seem to bring about more TAD trips. We must ensure all TAD requests are correct and complete. Advance payment of per diem is only an estimate based on information provided on the TAD request. If quarters were available at the TAD point and the TAD request indicated quarters would not be available, you will be overpaid because your advance per diem included money for civilian lodging.

So, let's go TAD to Washington, DC (a very popular place lately). We have found out that DC is a high cost area (remember, we called PSD Disbursing) and the per diem rate is \$75.00 per day. Great! We can spend \$75.00 a day and if we don't spend it, we will get to keep the extra money! Unfortunately, that is not how it works. Following is a breakdown for an area per diem rate of \$75.00.

54% for lodging	\$40.50
8% for breakfast	\$ 6.00
10% for lunch	\$ 7.00
21% for dinner	\$15.75
7% for incidentals	\$ 5.25

NOTE: \$5.37 (COMRATS) will be deducted

from our per diem allowance daily because we are in a per diem status.

We must not exceed the above amounts for lodging or meals, nor should we go too far below the above amounts. Our meal allowance is high enough that we need not eat at Burger King or McDonald's every day. Before departing on TAD, our first stop will, of course, be Disbursing, where we must pick up our advance per diem payment and our orders. We will stop in at PSD Personnel and get a statement of actual expenses so we can keep track of our daily expenses. Next stop--the Quarterdeck, time to check out and get on the road to Bangor to catch our flight. Upon arrival at our TAD point, the first item of business is getting the proper endorsements (reporting, departing and availability or nonavailability of government quarters and messing). Prior to departing Winter Harbor we called the TAD point and confirmed that government quarters would not be available for our TAD period so hotel reservations have already been made. (Although we have verbal confirmation that government quarters are not available we must still get the proper endorsements). While we are at our TAD point we will keep a daily record of our expenses using our statement of actual expenses. Trying to remember Friday what we did last Monday could cost us money.

Well, I'm sad to say, our TAD trip is coming to an end. Before we depart our TAD point, we will ensure we have an itemized hotel receipt and all the proper endorsements to support our travel claim. We will check in at the Quarterdeck immediately upon return to Winter Harbor--any unauthorized delay in reporting will be charged as leave. The next working day we will file a travel claim at PSD Personnel. Remember, bring all the receipts, i.e. lodging, rent-a-car, taxi.

Travel claims are processed in order of receipt; Disbursing has 10 working days to process your claim. If your claim must be returned for further information or corrections, i.e. not signed, receipts missing, endorsements missing, your claim will be processed from the date returned, not from the original submission date.

by: Harry Voss

As most of you are aware, we recently received a new revision of the Navy Traffic Safety Program directive. I would like to elaborate on one small paragraph of that instruction.

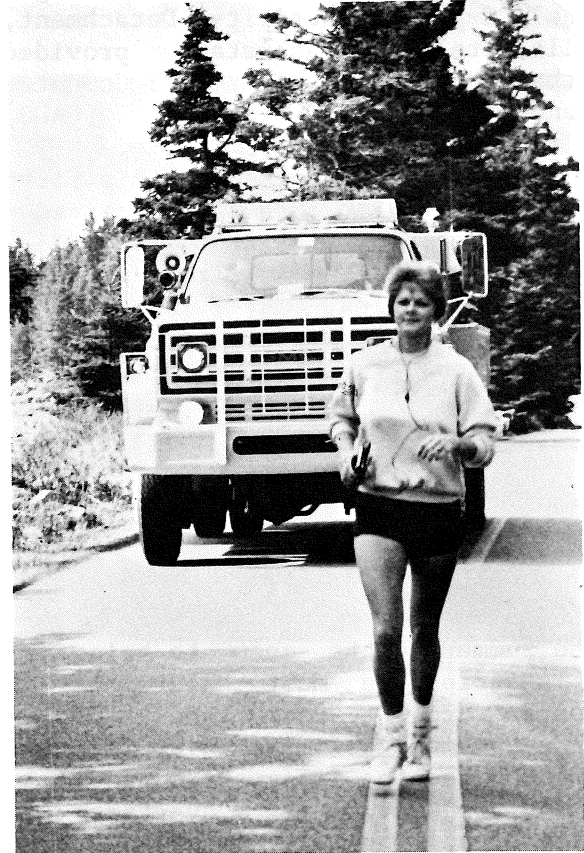
A headset like the one in the picture will reduce the hearing capacity of the wearer to hear warning sounds, from any source, to the level of a person who is totally deaf.

The headset is placed between the source of the warning sound (e.g., a motor vehicle) and the receiver (i.e., the ears). When the volume is turned up, the jogger cannot hear the seemingly meaningless little noises that go unnoticed in our day to day life. Little noises are actually critical cues to the multitude of events that take place around us constantly. Don't let the sound of music be the last thing you hear. When you are driving, jogging, or just taking a relaxing stroll, let your ears hear!

Another fact about these headsets is that when the volume is turned up to the level people seem to enjoy the most, you need hearing protection, not more volume! The louder you have the volume today, the louder the volume will have to be later in your life.

I would like to thank Wayne Lanier, Fire Chief, CE2 Roscoe Brower, SN Monica Cornell, and PH3 Tim Spray for staging the accompanying photograph.

SAFETY SENSE



POTPOURRI

"OK, XO, DIG!" CO and PWO look on during ground breaking ceremony for new Public Works facility being built this year.



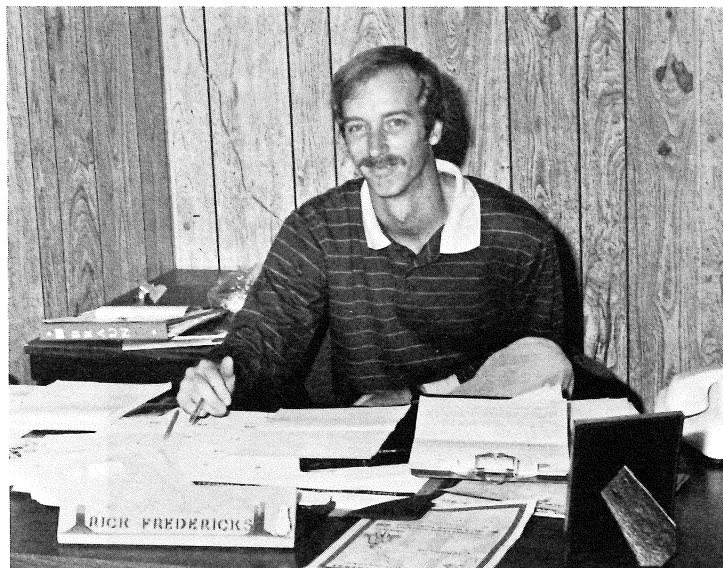
RECREATION DEPARTMENT

NEW ATHLETIC DIRECTOR

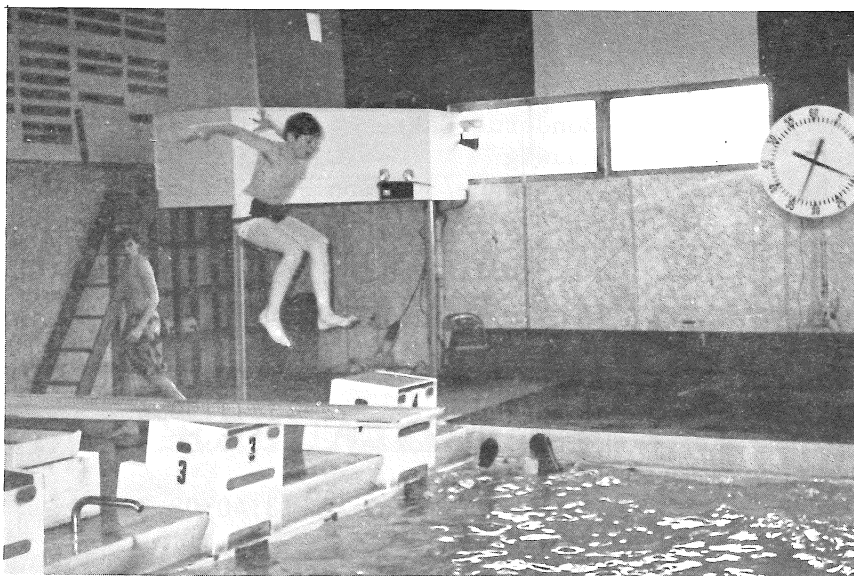
by: Jean Dickson

Mr. Rick Fredericks joined the Rec. Services staff as our new Athletic Director on 5 May 1987. He previously worked for the Army in Uijongbu in Korea at Camp Essayons.

Rick graduated from Northern Arizona University in 1982 with a degree in recreation. He is married and has one child. A native of Livingston, New Jersey, Rick enjoys sports and reading.



Youth Swim Trip



by: Donna Watkins

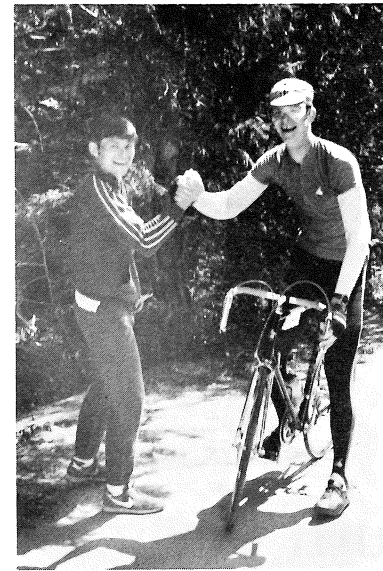
The NSGA Youth Program recently offered an afternoon of swimming at the YMCA in Bar Harbor. Seventeen children attended. After the youngsters worked up an appetite, the group had a well-deserved lunch at McDonald's on the return trip.



Dash And Thrash Biathlon

The biathlon also proved a Challenge Cup success against Cutler with Winter Harbor victorious by 12 minutes, 8 seconds.

The 3rd Annual Dash and Thrash Biathlon was held on Saturday, 16 May, a perfect day for a race, the sun supplying just enough warmth to keep the racers comfortable. A field of fifty teams entered the 5-mile run/11-mile ride.



Challenge Cup

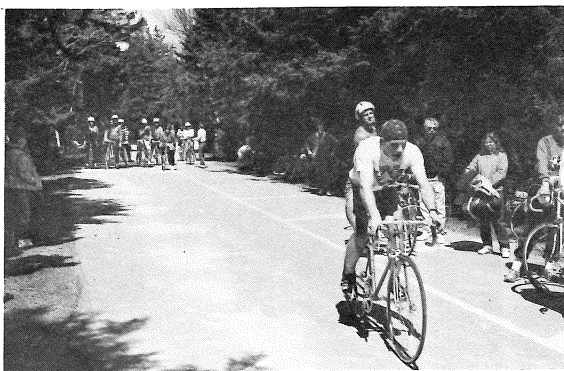
Winter Harbor

Bonderud/Baxter	- 1:00:38.8
Ludwig	- 1:07:10.2
Severence/Solomon	- 1:20:16.1
Total	- 3:28:00.1

CUTLER

Terry Rowden	- 1:09:00.6
Mead/Radley	- 1:11:59.4
Mary Jane Ackley	- 1:19:08.3
Total	- 3:40:08.2

John Holton, competing in the open to 29 age division crossed both the runner's and biker's finish lines first with an impressive 2-minute lead over Mark Bonderud at the runner's finish and a 79 second lead over Cliff Baxter at the biker's finish. Baxter did, however, lead the 50 bikers with the best time of 29:52:32 for the 11-mile ride.

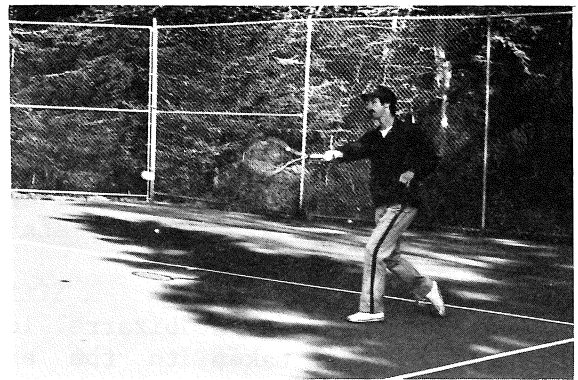
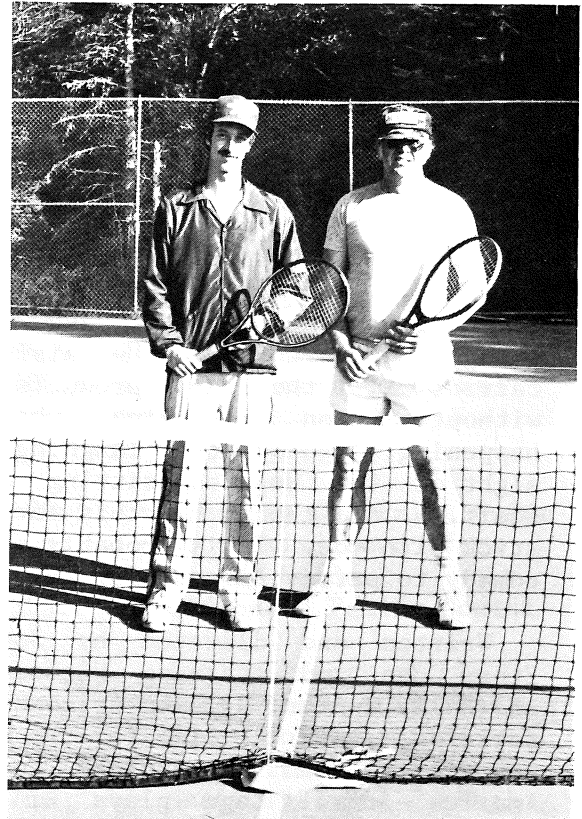
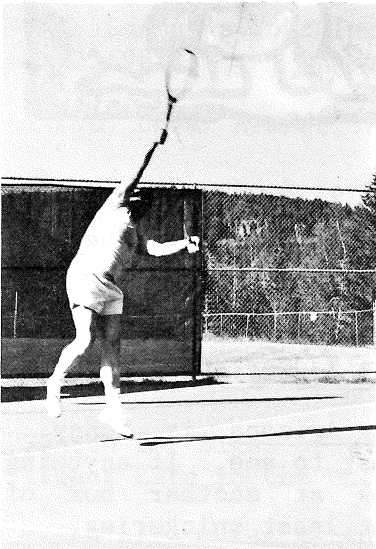


TENNIS TOURNAMENT

by: Rick Fredericks

In this season's inaugural tennis tournament, Rick Fredericks came out on top among a field of 10 competitors. Paul Neleski was runner-up, with Bob Ouellette and Marc Hayworth also playing well. The tournament was a double elimination format, with close and exciting matches throughout.

Rec. Services will be having another tennis tournament in July, and Captain's Cup play will begin in early August. In addition, we'll maintain a tennis ladder throughout the summer for all interested players looking for partners of all abilities.



GRADUATION

PM Class 87032

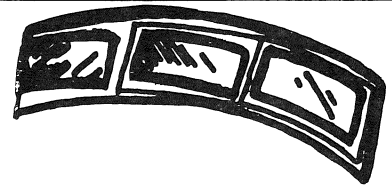
l to r:

- 1st row: CTM3 Holbrook, CTM3 Wise,
CTM3 McDowell
- 2nd row: CTM3 Matthew, CTM1 Creditt,
CTM1 Hardesty (Military and
Academic Class Leader)
- 3rd row: CTM2 Woodward (Instructor),
CTM1 Davis (Maint Tech Aid)
CTM1 Ashline (Instructor)
- 4th row: CTMC Schmandrak, CTM1 Hill
(Instructor), CTM1 Therrien
(Instructor), CTM1 Whitlow
(Instructor)





MOVIE REVIEW



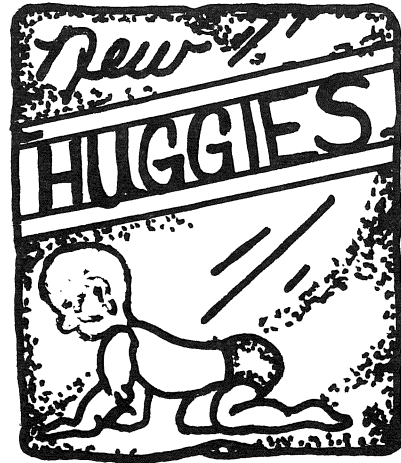
by: CTT1 K. O'Donnell

Two days after watching Raising Arizona, I was doing my usual grocery shopping at Doug's Shop N' Save when I swung the cart into the aisle that carries all the baby products, and, without even realizing what was happening, I burst out laughing at the sight of the Huggies sitting on the shelf. And that's how this movie will stick with you. It is probably the best comedy to parody life so far this year.

Written and directed by Joel and Ethan Coen and starring Nicholas Cage and Holly Hunter, Raising Arizona is a satirical look at life for two misfits who can't seem to conform to middle America norms. Cage plays Hi McDonough, an ex-convict with an uncontrollable urge to rob convenience stores with an unloaded gun. He marries Edwina, played by Hunter, his booking officer, and they settle down in a trailer out in the Arizona desert. Life is okay until Edwina discovers they can't have children and insists Hi take one of unpainted furniture magnate, Nathan Arizona's quintuplets--thus, raising Arizona.

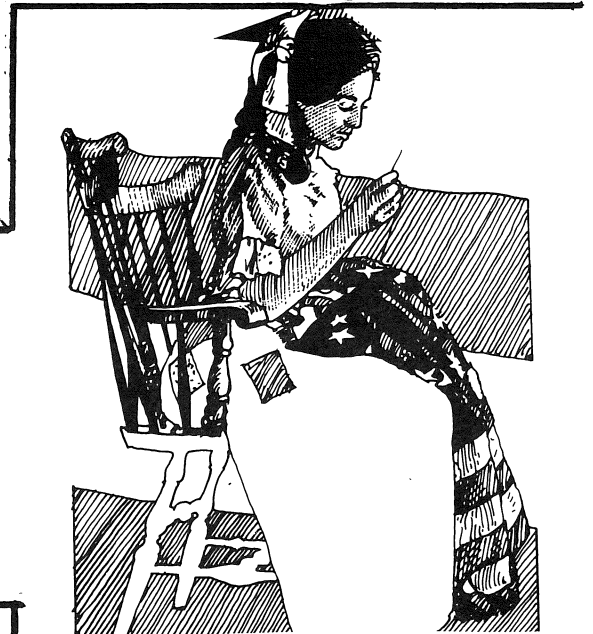
This movie is a bizarre look at everyday life taken to the extreme. Everything is in the extreme. From the "typically ordinary" house trailer where Hi and Edwina live to one of the craziest car/foot chases I've seen in a long time.

RAISING ARIZONA



The photography is outstanding. The Coens' use the sense of "being there" to the max in this movie as you look at the world through the eyes of a toddler or ride a motorcycle down a highway, over a wall, up a ladder and through a window.

Raising Arizona is funny, bizarre, and a must to see. If anything, you'll never look at another box of Huggies without at least snickering.



When the Continental
Congress adopted the Stars
and Stripes as the official
flag of the United States:
June 14, 1777

**FLAG
DAY**
June 14

LIBRARY'S LATEST

Fiction

- Best of the West - Lansdale
 Dzerhinsky Square - Jackson
 Prospero Drill - Posey
 Coconut Book - Maynard
 Wine of Life - Egan

Non-Fiction

- 921
 COU - Cousteau
 332
 WAR - How to Read and Understand
 the Financial News
 378
 REA - Independent Study Catalog
 3rd Edition
 336
 LAS - J.K. Lasser's Your Income
 Tax, 1987
 322.4
 MIS - P.L.O. Under Arafat
 R 621.
 384 - The ARRL Handbook For the
 Radio Amateur
 650.1
 BAS - Relocating Spouse's Guide
 to Employment
 331
 SMI - Resume Writer's Handbook
 812
 WAG - Search for Signs of Intel-
 ligent Life in the Universe
 950
 DEV - Traveler's Guide to Asian
 Customs and Manners

- 359
 SKI - Naval Operations in the '80s
 305.4
 OLS - Women in the World
 954 - India (Time Life Books)
 796.7
 CAR - Indy 500
 956.9 - Israel (Time Life Books)
 R981 - Brazil (Time-Life Books)

Reference

- R629.1 - American Car Price Guide
 R355.1 - Noncommissioned Ofcra
 Family Guide
 R355.1 - Officer's Family Social
 Guide
 R303.6 - Public Report of the
 Vice President's Task
 Force on Combatting
 Terrorism
 R769 - Scott 1987 Std Postage
 Stamp Catalog, Vols. I,
 II, III and IV
 R330.9 - Third World Guide, 1986-87
 R796.54 - Woodall's 1987 North
 American Campground
 Directory
 R317 - World Almanac and Book of
 Facts, 1987
 R305.8 - Directory of Special Pro-
 grams for Minority Group
 Members, 4th Edition
 R332 - Financial Planning Guide
 for Military Personnel,
 1987

PRT Short Subjects: 500-yard swim



The 500-yard swim tests aerobic and cardiorespiratory endurance and may be performed in place of the 1.5-mile run/walk. Cardiorespiratory efficiency—the heart and lungs effectively delivering oxygen to the body—is essential for activities that require sustained effort for an extended period of time.

Swimmers begin the test in the water—no diving starts—and must swim continuously for 500 yards using only the crawl. Swimmers may push off with hands and feet after each leg, but may not use racing flips or somersault turns. Open-water tests are not authorized.

Remember to spend about five minutes warming up before taking the test. OPNAVINST 6110.1C includes some suggested warm-up exercises.

MEDICAL TIPS

NEW DANGERS OF COCAINE USE IDENTIFIED

Story and illustration by:
HMI R. Piragis

It is estimated that 30 million Americans have tried cocaine and that five million use it regularly. The increased widespread use of the drug has led to a dramatic increase in cocaine-related morbidity and mortality, yet awareness of the medical consequences of cocaine use has lagged. The potentially lethal effects of cocaine in its intravenous (injected into the vein) form have been described, and attention has recently been focussed on the dangers of the free-base form of cocaine, also known as "rack" or "crack." It is important to stress, however, that intranasal use of cocaine is also highly dangerous and that sudden cardiac deaths have been attributed to this technique.

The cardiac consequences of cocaine use appear to be common and have been observed after use of the drug in its intranasal, intravenous, or free-base form. Massive doses of the drug need not be taken to produce cardiac toxicity (poisoning). Deaths have occurred in individuals who had no pre-existing

heart disease and in the absence of seizures. Among the effects observed have been multiple heart malfunctions, such as the heart pumping irregularly as to reduce the blood pumped through arteries and veins, premature opening and closing of the heart valves, irregular electrical impulses from the heart's pacemaker, and even heart standstill.

Among the most serious of heart complications with cocaine use is myocardial infarction. A myocardial infarction is a condition where the heart muscle is not supplied blood by an artery which has a blockage. This happens suddenly and painfully.

The bottom line is using cocaine is downright stupid and the medical consequences prove this out.



Knob turners
Take care...
A sub is not a
tub!

PLAY YOUR CARDS RIGHT



NEVER MONKEY
Around Machinery
You don't understand!



BRIEFLY ...

New Arrivals

	<u>from</u>
CTM3 Patti Pritchard	NTTC Pensacola, FL
CTASR Dana Stefanakis	NTTC Pensacola, FL
CTASN Troy Faulkner	NTTC Pensacola, FL
CTM1 Steven Nielsen & Family	Diego Garcia
PC2 Donald Edwards & Family	USS SIMPSON

WELCOME ABOARD!

Reenlistments

	<u>years</u>
CTTC Joseph Pruss	6
CTT1 Kevin Garcia	6
CTT1 Tommy Baer	6

WELCOME BACK!

Navy Achievement Medal

CTTC Robert Monroe
CTO1 Thomas Jensen

Army Achievement Certificate

SP4 James O'Neill

Good Conduct Medals

CTT2 Michael Young (1st)
HM3 Rebekah Picard (1st)
ENC(SW) Joseph Gormley (3rd)

Letters of Commendation

DT1 Kevin Nye
CTMC Emilie Austin
CTM1 Kelvin Harris

Letters of Appreciation

Edison Church
Newman Church
Adin S. Reed
Everett Leighton

Congratulations To Our Commander Selectee

LCDR Lawrence Ludwig

ADVANCEMENT

SSG Loni Newcomb
CTASN Troy Faulkner
CTOSA Keith Perry

THE BACK COVER

Charlene Skipper, age 2, shown with her mother Norma Skipper, was the winner of the Baby Contest held in May.

