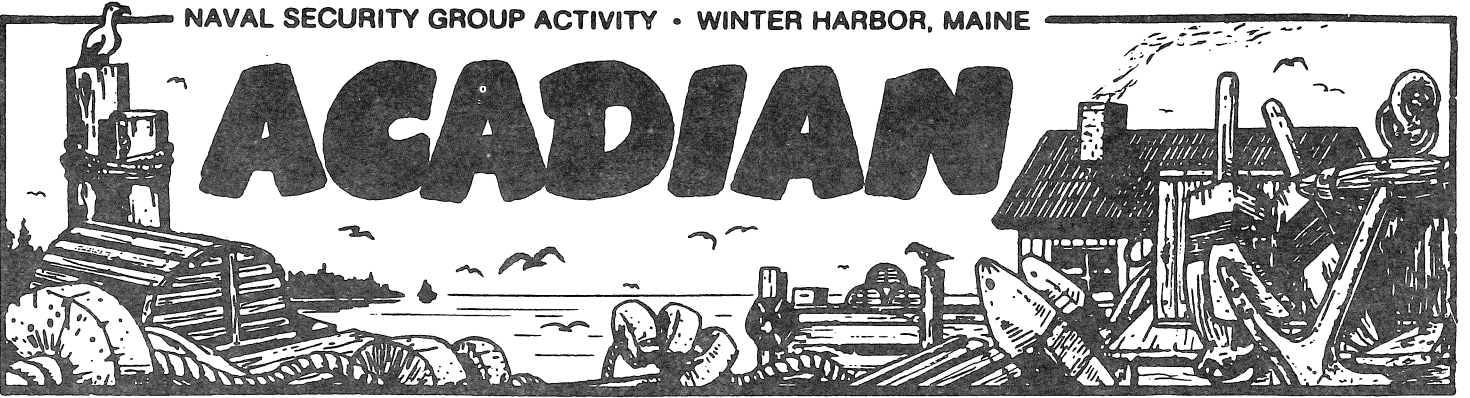


NAVAL SECURITY GROUP ACTIVITY • WINTER HARBOR, MAINE

# ACADIAN



VOLUME XXXVI

MARCH 1987



# Editor's Note

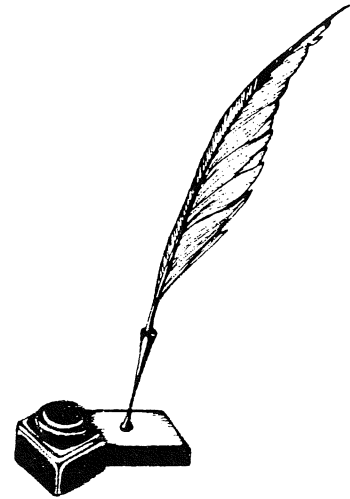
In the year since I have been on board, I have made many discoveries. One of these is the talent resident at NSGA Winter Harbor.

In the next months, we hope to introduce you to talented people through your newspaper; people painting, acting, creating ceramics, woodworking, illustrating, writing, making costumes and scenery for shows, sewing, and many other talents. Most of these people are quiet and unassuming who simply enjoy what they do well. If you have a special talent or know of someone who does, please let us know.

We have started to focus on downeast locales and on civilians in our workforce. We would like to hear from you leaders or supervisors about your people who go out of their way to be helpful and congenial. In my job, I have met many of these.

In our May issue we will have a baby contest in honor of "Mother's Day." To enter, submit a black and white photograph (approx. size 2" x 3") of your child with parent's names, baby's name and sex, address, and phone number written on the back of the photograph. Entries should be of children from birth to age 2. We also need volunteers to judge this contest with one stipulation - no entries. Send photographs to the "Acadian Editor," Box 12, Bldg. 10 or bring them to the Library. Volunteers for judging can call X-224.

The Acadian staff would appreciate any ideas or suggestions for future articles. Let us hear from you; it's your newspaper.

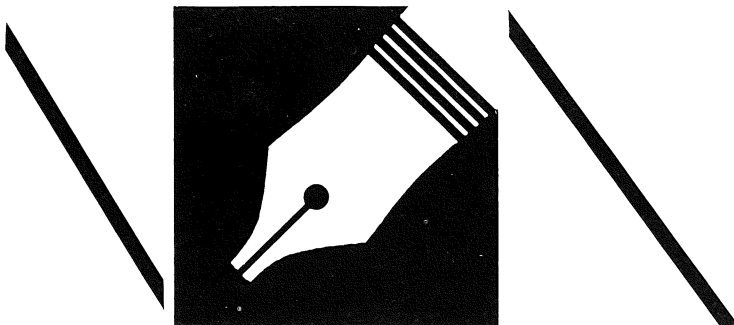


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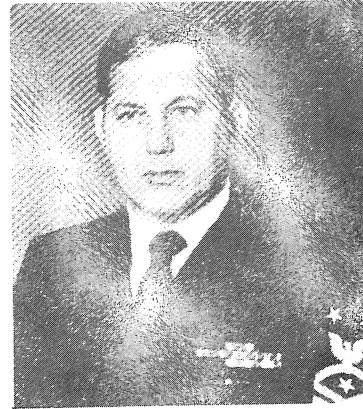
# FROM THE

RICHARD P. PERFETTO CM/C

# COMMAND MASTER CHIEF



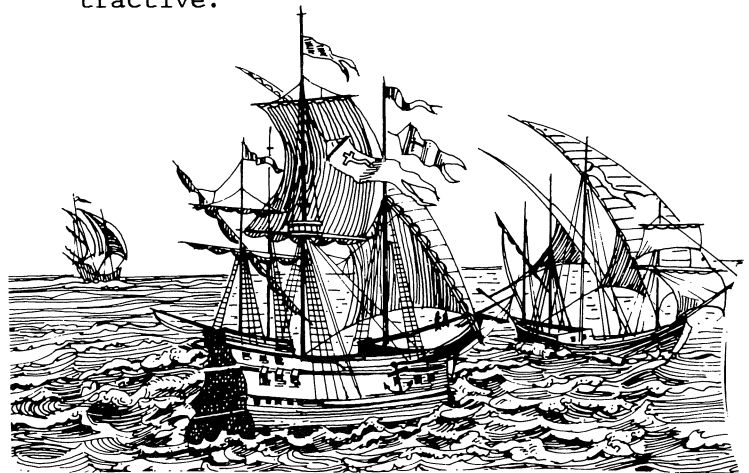
## HOW ATTRACTIVE ARE YOU?



"And now the rest of the story." During the early sixties, military pay was nothing to brag about, and if a person wrote home about it, it was probably to ask for help. Credit from reputable merchants was hard to come by and the big credit unions we are now accustomed to either did not exist or were very small and restrictive in membership. Military people, single and married, really had to learn how to manage their money. By the seventies, military pay had improved dramatically. Reenlistment bonuses were impressive and, for the first time, many shipmates talked about getting credit cards. While some people couldn't qualify, others did, but often with certain limitations. Finally, the eighties arrived and with it the age of expanded credit opportunities. Servicemember's regular, secure and gradually increasing income has made them attractive to installment retailers, loan companies, and other consumer credit operators. Unfortunately, the ease with which credit is obtained sometimes results in the tendency to overextend and, in some cases, inability to pay. The latter frequently results in a letter or phone call to the Commanding Officer in hopes that official pressure will cause the member to make good his or her debt. The failure to pay just debts or the repeated assumption of obligations beyond one's ability to pay is evidence of irresponsibility which must be considered in career matters, such as security clearances, advancements, special duty and overseas assignments, reenlistments, and extensions.

If a servicemember establishes a pattern of financial irresponsibility, that person may be administratively separated for reason of misconduct. In some cases, disciplinary action may be taken under Article 134 of the UCMJ.

People with financial problems often require time off from their regular duty, experience a degradation in job performance and, in many cases involving families, experience marital difficulties. One of the primary reasons for financial problems is the lack of basic, financial skills and training. There are some well established programs around designed to find out where your money is going, how to regain control of it, and last but not least, get it to work for you rather than you for it. Keeping financially fit improves everyone's morale and keeps you looking socially, mentally, and economically attractive.



# THE COMMANDING OFFICER'S TURN

## Commander W. Whiton

Admiral Kelso's message on the opposite page starkly outlines the clear linkage between alcohol abuse and death on the highways and highlights the need to wear seatbelts. It applies everywhere, but nowhere any more than here and at no time more than now on the often challenging downeast roads. If you have already seen it in the POD, it bears rereading. If you missed or overlooked it, please take the time to read it now---then buckle up!

While we tend to focus on drinking and driving (for obvious reasons), the impacts of alcohol go far beyond the roads. They affect everyone. Therefore, our policy on alcohol use applies to everyone. That doesn't mean we encourage the use of alcohol. For some, the only responsible use is NO USE AT ALL. Nor does it mean we necessarily discourage its use. It means we recognize its use is legal and permissible, provided users maintain responsibility for their actions. So there is no misunderstanding of exactly where this command stands, our policy is outlined below.

PERSONAL RESPONSIBILITY is the cornerstone of Navy policy on the consumption of alcohol. COMMUNITY RESPONSIBILITY is the key to how we build on that cornerstone at NSGA Winter Harbor. Sometimes it means planning ahead, e.g., using a designated driver. Sometimes it means being PROACTIVE, i.e., taking an active hand in helping someone exercise their individual responsibility. In all cases, it means using your head to control alcohol not alcohol to control your head.

Alcohol abuse is not acceptable or hard to define. Abuse is the use of alcohol to an extent it has an adverse effect on the user's health or behavior, family, community, or leads to unacceptable behavior as reflected in an alcohol-related incident. Overindulgence is mentally and physically debilitating and runs counter to personnel effectiveness and security. It will not be tolerated.



An alcohol-related incident is any incident in which alcohol is a factor. Driving while intoxicated (DWI) or under the influence (DUI) are two clear cut examples. Drunk-in-public is another. But many other types exist, often signalled by a need for medical care or suspicious public or domestic disturbances. Whatever their nature, they will be carefully evaluated to determine if alcohol is an underlying factor. Where it is, we will take prompt, appropriate action.

Consumption of alcoholic beverages during normal work hours is contrary to personnel effectiveness. The individual user is responsible to ensure the time lapse between consumption and reporting for watch or work is sufficient that the effects of alcohol do not affect performance.

No policy is any more effective than the people and programs behind it. We are fortunate to have superb, volunteer counsellors backed up by Navy professionals to help those who need it. If you do, seek them out. If a shipmate or a colleague does, find a way to put them in contact.

Exercise your PERSONAL and COMMUNITY RESPONSIBILITIES aggressively---for your own sake---for the sake of us all.

---

# A MESSAGE FROM CINCLANTFLT

What does it take to get your attention? The NAVSAFECEN summary of mishaps 87-01 got mine: five motor vehicle accidents; five fatalities; five seatbelts not worn; five mothers and fathers attending their son's funeral. This is the most tragic box score I have seen in a long time, and indicates we can do better in safety emphasis and education. It tells me that the same Commanding Officer, Safety Officer, Division Officer, CPO, Supervisor, Shipmate who will pressure his wife and children to use seatbelts will not apply the same pressure on his assigned personnel, and as a result we continue to tragically waste human lives.

Look at the world around you and your personnel:

- winter with rain, snow, ice, and poor visibility is here.
- vehicle numbers are increasing on the roads.
- the roads are becoming more obsolete every day.
- the 55mph speed limit is blatantly ignored.
- performance and horsepower are in fashion again.
- drugs are an ingredient.
- alcohol is an ingredient.

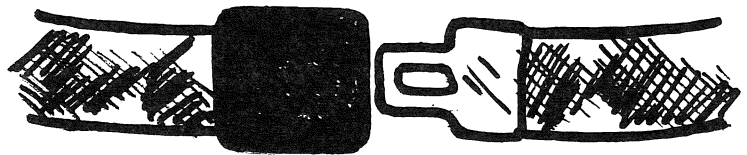
These factors invite needless deaths and injuries of our people on the highways. The proper and continuous use of seatbelts can alter the formula. Seatbelts save lives.

The Navy department requires seatbelt use on all naval installations. Many states also require seatbelt use on their highways. Get with your people and educate them to use seatbelts. If you do this, you and your personnel may be spared the agony of a motor vehicle related fatality and funeral in your command.

Seatbelts save lives. Use them.

ADM F. B. Kelso, II

## BUCKLE UP



## FOR SAFETY !!

---

## NAVY WINS FUND-RAISING MARATHON

by: CTM2 M. Bonderud

On February 7, the following team of seven runners from NSGA, Winter Harbor, entered a 24-hour marathon, a fund raiser for Maine Cancer Research held at the Orono campus:

CTM2 M. Bonderud - Team Captain  
CTM2 C. Baxter  
CTO2 D. Steppe  
LCDR L. Ludwig  
Mrs. D. McConehea  
HM3 N. Caron  
ENS C. Barksdale

The marathon was a relay run with team members running 1.1 mile legs. If a team member dropped out or missed his

or her turn to run, that person could no longer log miles for the team. The race started at noon on the 7th and finished at noon on the 8th of February.

Now for the good news, our team ran a total of 178 miles and placed 1st in off-campus teams for most miles run. We also finished 7th overall, of the 23 teams at the meet. The team raised over \$500 in pledges with only seven members. Most teams had the full team allowance of ten people.

We thank all the people who sponsored our team and Rec. Services for providing transportation and sleeping bags. This support made the run for such a worthy cause that much easier.



the  
**CHAPLAIN'S  
NEWS**

You must be crazy, you say. It's cold out and there's still so much snow. Besides, my pet goldfish is lonely and I'd better stay in and keep an eye on it so it doesn't hold its breath and drown. Well, of course, that is a consideration; but who's kidding whom here?

Doing something different could be just what the doctor ordered to help get you out of the "dulldrums." Stress is often related to how we choose to use our time and to our attitudes toward the people and things around us. Often, our own self-image restricts us from getting more out of life than we could. How we feel about our physical appearance is also a contributing factor.

For the past five weeks, the chapel has been sponsoring a workshop called, "Making Changes." Each week has been devoted to exercises and to personal inventory to help see how mental, emotional and physical well-being are interrelated.

Our instructor, Stella Mohan, has an MA in Science and Allied Health. On Tuesdays at the Community Center from 1230 until 1400, Mrs. Mohan has helped us make positive assertions about ourselves and keep a daily journal of our activities that affect positive outcomes.

We learned what successful people do to live happier and healthier lives. Using the Behavioral Change Model, we

Let's Do  
Something Different"  
Says Chaplain J. Weis

learned there are five ingredients to success. These are: motivation, keeping a record of your activities and habits, establishing specific objectives, taking action, and rewarding yourself. Each person was asked to write down a specific goal to be worked on during the coming weeks. Then, each was to list activities that would further its achievement. We needed also to list the obstacles that would get in the way and side-track us like eating too much, watching too much TV, or sleeping excessively. Each was to devise a plan of action, to assess the benefits, and then to indicate a reward to ourselves for accomplishing the goal. It sounds pretty easy when you start to put it down on to paper. In fact, getting it out of yourself and onto paper or talking it over with a real friend can go a long way to help you achieve a feeling of personal success and well-being.

Each week we dealt with a specific topic like Basic Nutrition, Physical Fitness and its four components, Stress Management and coping strategies, and finally, Time Management. It was a very worthwhile experience. You know, no matter your academic and professional level, there is always a need to take the time to fine tune and make the course corrections to your behavior that otherwise often don't get done. We allow our days to be filled up with things that, in retrospect, were not as important as they seemed at the time.

If you missed the program, don't worry, there is always next time. You can still start on those changes toward a better life and style of living.



# CIAC CORNER

## An Oddity of Nature

by: CTOCS A. Gowie

Jean Henri Fabre, the great French naturalist, spent considerable time studying the processionary caterpillars.

These small oddities of nature feed almost exclusively on pine needles. They move through the trees in a procession, one leading and the others following, each with eyes half closed and head snugly fitted against the rear extremity of its predecessor.

Fabre, through experimentation, found that he could entice these little creatures to the rim of large flower pots. He succeeded in getting the first one connected up with the last one, thus forming a complete and unbroken circle around the rim.

Through sheer force of habit, the living, creeping circle kept moving around the rim of the pot never catching on to the joke Fabre had played on them. For a full week they continued their relentless pace until overcome by sheer exhaustion and ultimate starvation. Within full view, there had been an ample supply of food, but to obtain that food would have meant that one of them would have had to break the circle.

It was much easier for them to continue to follow instinct, habit, custom, tradition, precedent, experience, standard practice, present methods, resistance to change, old opinions, the beaten path or whatever you may choose to call it. They meant well, but they got nowhere as they followed blindly.

Many sailors have treated their career as if they were processionary caterpillars, heading off in a mindless direction and never breaking away from the circle to take control of where they are going. They let their peers and the many sea lawyers take control of their career and direction and often never learn the full story of what is available to them.

In all too many instances they permit these outside forces to take control and they follow blindly never letting their career be all that it might otherwise be. They, like the processionary caterpillar, mistake activity for accomplishment.

Don't be an oddity of nature! Seek out those in the command whose job it is to provide you with counsel on your career. Make your career all that it can be, today!

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**"Knowledge is of two kinds. We know a subject ourselves, or we know where we can find information about it."**

—Samuel Johnson

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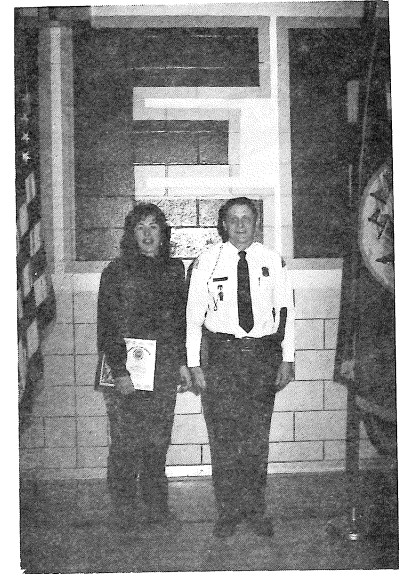
# -AWARDS-



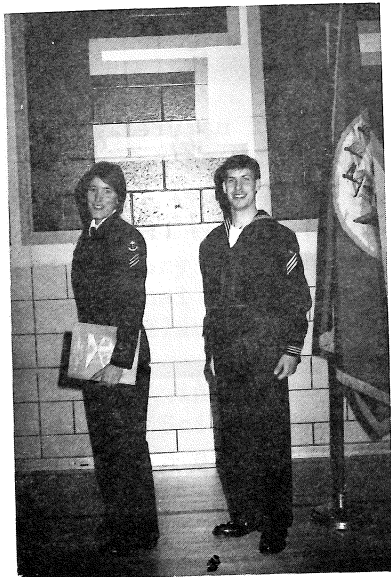
CTA3 L. Mundhenk was frocked to 3rd class.



Seen here with his family is CTT3 T. Brunelle who was frocked to 3rd class.



Ronda Saul was selected as the Employee of the Quarter and Louis Stanley received a Letter of Commendation for 10 years of Government service.



SA S. Salamy ♦ CTASA J. Zarek were advanced to seaman.



PN1 J. Bryant accepts the Captain's Cup Trophy on behalf of Schoodic.



CTM3 R. Matthew and HM2 J. Hall receive their 1st Good Conduct medal.



# CPR PAYS OFF

by: CTR2 N. Phillips

CTRCS George R. Dean, 52 Division Chief, got to apply his CPR training in a real life situation on 12 December. Senior Chief Dean entered the Hillside Grocery in Winter Harbor late that evening to pick up a few groceries. As he was chatting with the store's owner, Mr. Monty Williams, Senior Chief was summoned to the front of the store by CTTSN Richardson of 60 Department. Mr. Williams' wife, Jean, was in extreme distress, complaining of chest pains and loss of feeling in one of her arms. As the station dispensary and the Ellsworth hospital were being called, Mrs. Williams lost consciousness and collapsed. With SN Richardson's assistance, Senior Chief positioned Mrs. Williams on the floor of the store and checked her breathing and pulse--neither were detected. Since CTTSN Richardson had not received CPR training, Senior Chief Dean immediately initiated single person CPR, using the techniques learned in the NSGA CPR training program. CTTSN Richardson continued assisting by keeping track of the victim's wrist pulse. While LCDR Mohan, the command's doctor, town corpsmen, and the emergency medical



technicians from Ellsworth were enroute, Mrs. Williams had to be revived three times. Off-duty Hancock County Deputy Sheriff Francis Torrey provided an oxygen bottle, which helped keep Mrs. Williams stable until the emergency medical technicians arrived. Mrs. Williams is doing well now because someone was there who knew CPR. She is a living testimonial to the effectiveness of CPR training. Senior Chief Dean will tell you that he has always encouraged and supported CPR and first aid training, but, after this personal experience, he does it with much more conviction!

## Final Captain's Cup Standings

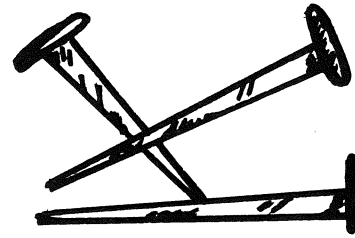


### FINAL CAPTAIN'S CUP STANDINGS

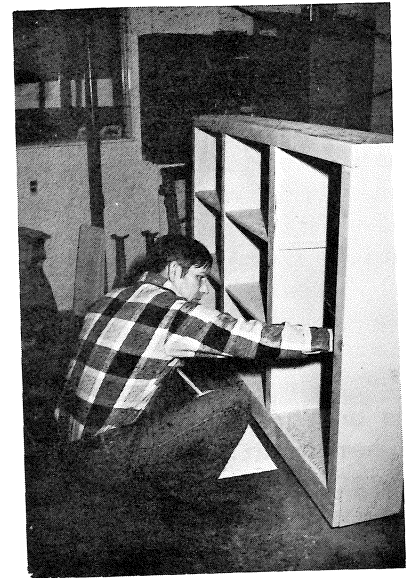
<u>Team</u>	<u>Points</u>	<u>Finish</u>
Schoodic	267	1st
30	263	2nd
WIZ	252	3rd
60	239	4th
O's&C's	210	5th
OPS	66	6th

# CPOA Builds Shelves for Local Library

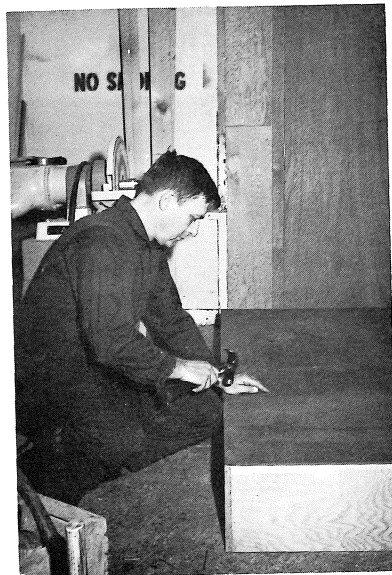
CPOA hard at work constructing bookshelves to be donated to the Winter Harbor Grammar School Library.



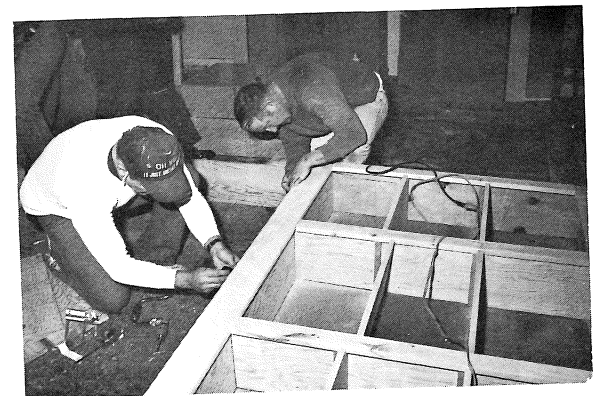
MSC Pullins, ETCM Shaw, CTMC Weir, and CTOC McTernen seem to enjoy their work.



CTMC Raub measures for accuracy.

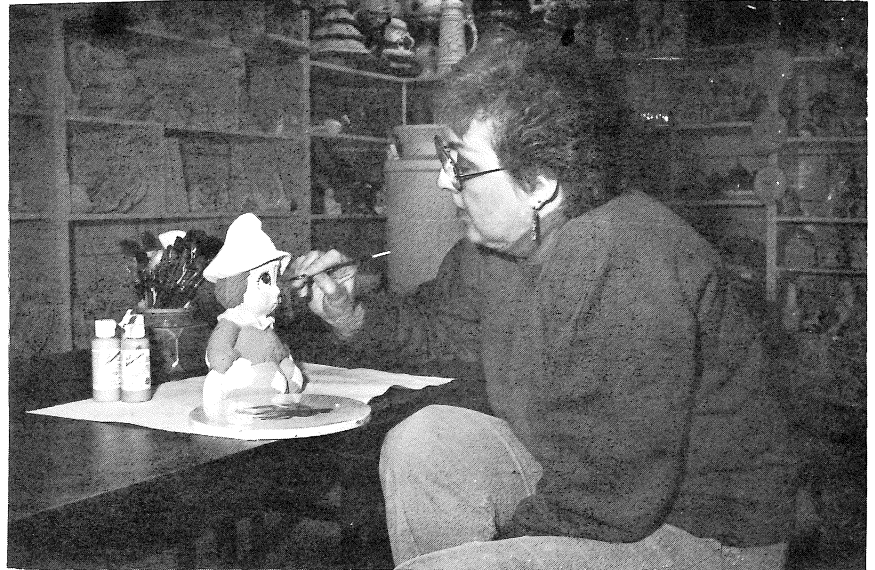


MSC Pullins hammers the back enclosure to the shelving.



CTOC McTernen and ETCM Shaw put the finishing touches on the shelving.

# CIVILIAN SPOTLIGHT



by: Jeannette Glosser

Our civilian spotlight this month focuses on Deo Gordon, a person who is very active at NSGA Winter Harbor as an arts and crafts teacher for Recreation Services.

Deo has taken an interest in all base activities since she came on board in 1980. For example, this past Christmas, as Mrs. Santa Claus in the Children's Christmas pageant, she read stories to all the small children and offered her lap for them to nestle while they patiently listened to her.

Deo was born in Winter Harbor and lived here until she married Russell Gordon who hails from East Sullivan, Maine. Russ joined the Air Force and made it a career. Most of their duty stations were in isolated areas, giving them the opportunity to live with and know the people in each area quite well. They also served a tour in Japan, which impressed Deo very much. During their stay, she learned much about the creativity of the Japanese, their culture, customs and traits. She and her family especially enjoyed this tour.

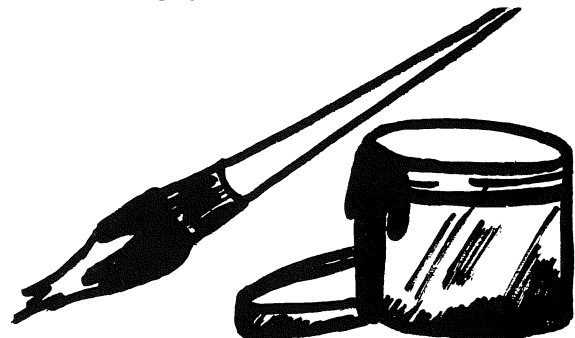
Deo and Russ have three sons, two married and one at home. All three sons were born in different states while Dad was in the Air Force. They also have three grandchildren, one girl and two boys. Deo did not work until they returned to Winter Harbor after her husband's retirement.

Deo is also a certified instructor for Junior Children's bowling. Recently, every Saturday was spent with these children, and she has instructed as many as 180 at one time. Wow!

With Deo teaching, service members and their families have the opportunity to learn the arts of ceramics, tole painting, stenciling, macrame, stoneware, flower arranging, and her latest craft "Porcelain Reproduction Dolls." Deo will even teach on a one-to-one basis. This gives students an extra edge to learn their favorite craft.

Deo is enthusiastic about her work, and she feels especially rewarded when students, who claim they can't, make their first artistic creation. In turn, Deo is greatly admired and respected by many as an expert instructor because she is genuinely patient with people.

We thank Deo for showing us how to spend precious spare time creating items for our enjoyment and that of others.



## Photo Contest Winners



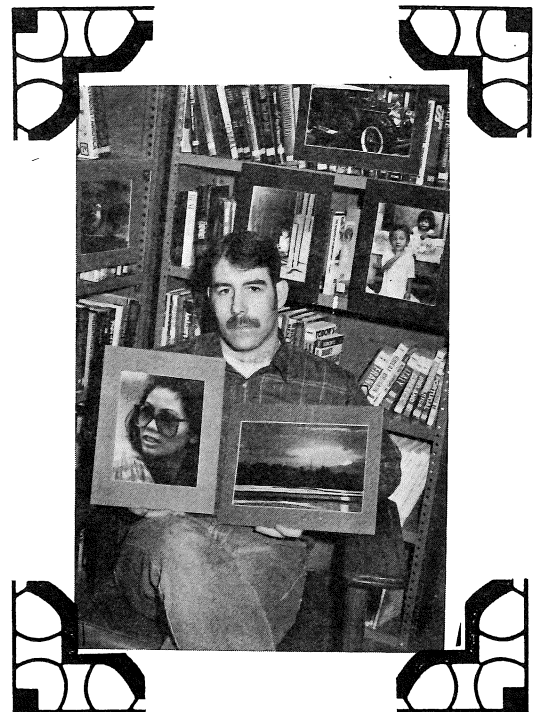
Mark Bonderud has been interested in photography since high school. His favorite picture-taking is scenery. However, he also does portraits and wedding photos. He has his own temperature-controlled color darkroom.

Mark and his wife, Carol, have two daughters, April and Heidi. His first line of work may be electronics but photography runs a close second.

by: Jeannette Glosser

CTT1 Daniel Shaughnessy and CTM2 Mark Bonderud received awards in the recent All Navy Photography Contest, Eastern Regional Level Competition at NAS Memphis. CTT1 Shaughnessy received 1st place for color print in the People category, 1st place for Overall Best Picture in the Juror's Choice category, and 2nd place for color transparencies in the Nature Scene category. CTM2 Bonderud placed 2nd in the following categories: People (black & white), Military Life (black & white), Nature Scenes (color), and Creative Effects (color). Both indicate photography is their foremost hobby and it shows in their award-winning photographs.

Dan Shaughnessy has served in the Navy since 1972. Besides tours stateside, he has also served in the Philippines and Korea. It was during this time that he became involved with photography. He especially enjoys taking pictures of scenery, and also likes to do weddings, other festive occasions, and portraits. He says, "Portraits offer more of a challenge to me." He uses a Canon 35 mm and Mamiya C330, 2 1/4 x 2 1/4.

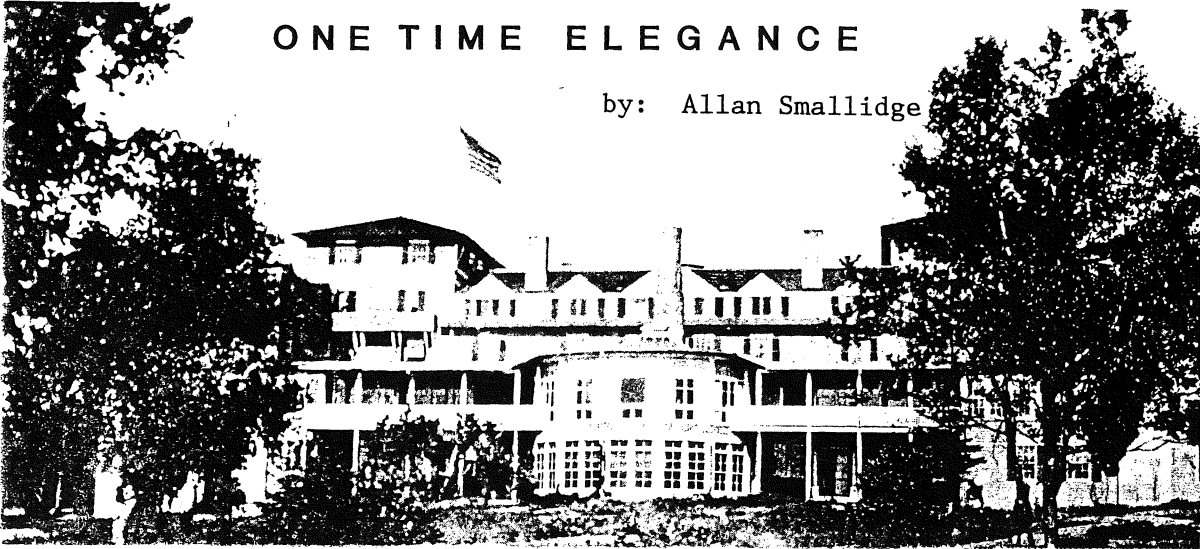


Dan is married, and he and his wife Nida have three sons - Ronel, Michael, and Joe. With 15 years in the Navy, he is a careerist, with his great love for photography as his sideline.

NSGA takes pride in Petty Officers Shaughnessy and Bonderud, two very talented people.

# DOWNEAST WINTER HARBOR'S ONE TIME ELEGANCE

by: Allan Smallidge



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When traveling east out of Ellsworth, Maine on U.S. Route 1, turn right at highway 186, drive a few winding miles down the Gouldsboro peninsula, and you will be in Winter Harbor, a busy fishing village which encompasses Schoodic Point, now part of Acadia National Park, and Grindstone Neck, site of a long-ago struggle for eminence.

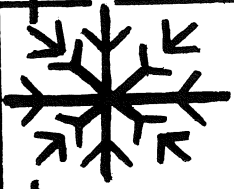
Winter Harbor reputedly derived its name from the fact that its chief harbor, deep to the shores, does not freeze over in the winter and historically has provided year-round mooring for fishing boats. The area has been the subject of two books by Bernice Richmond - Winter Harbor and Our Island Lighthouse - and was the "maverick" town of Louise Dickison Rich's The Peninsula. Its architecture possesses none of the air of mellowed antiquity notable in other coastal towns. Winter Harbor tucks its houses into the landscape, building them small and functional. It wears its new supermarket, post office, and Navy housing development rather self-consciously, like a gray dowager bedecked with costume jewelry.

The people in Winter Harbor, like their houses, are functional and seldom draw attention to themselves. Man-made things need not be elaborate here, since the town is situated amidst spectacular scenery in one of the least commercialized areas of the Atlantic seaboard.

Known as Mosquito Harbor in 1764, the land belonged to William Shaw, whose father, along with Robert Gould and Nathan Jones, was given the original grant by the General Court of Massachusetts. Much of the grant eventually passed into the hands of William Bingham of Philadelphia. In 1795 General David Cobb, a distinguished ex-army physician, representative to the General Court and personal friend of George Washington, was appointed agent of the vast Bingham estate in Maine. General Cobb moved to Gouldsboro and the following year Bingham increased his holdings by purchasing from Shaw 6790 acres of the eastern portion of the grant which included Mosquito Harbor.

David Cobb's dreams for the peninsula were not realized, largely because of the inhospitable soil, unsuited for the extensive patterns of farming which he had envisioned. The pink granite, so esthetically pleasing, is too abundant for profitable farming, while the salt marshes produce only coarse grass and subarctic plants. The soil is thin, and the trees, stunted and gnarled, cling, tenaciously against the Atlantic gales. It is a primordial landscape, pleasant enough on the November morning when Cobb visited Mosquito Harbor Mill, but eminently lacking the long growing seasons that his plans required. Other men were to look upon that landscape later, however, and to see in it possibilities that the practical Cobb could not conceive.

(To be continued next issue)



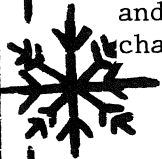
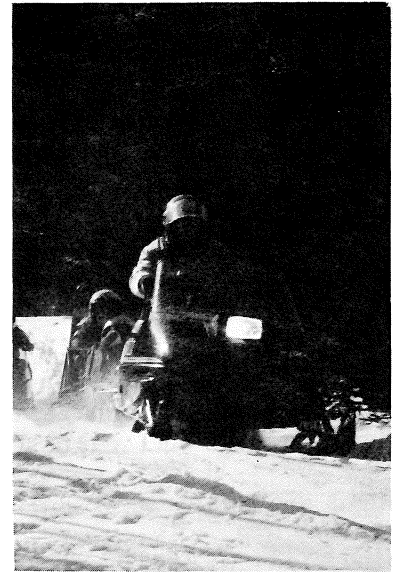
# 87'S

# WINTER

by: Jean Dickson

The NSGA Winter Harbor Winter Carnival was held on a crisp, pleasant February 19th afternoon at Alvey Field. This annual event proved to be fun, exciting and successful. A large jovial crowd of young and old, as well as a group of people from the Air Force Base in Bangor were on hand.

One of the highlights of the day was a brief lesson and history of dog sledding given by Gouldsboro Constable Warren Ahrens, followed by dogsled rides enjoyed by children and adults alike. The Rec. Services sno-softball team proved its self-proclaimed number one status correct when it defeated Supply and the Air Force team to retain the championship.

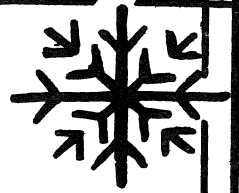


Lunch was supplied and served outdoors by the Galley, as people hovered near the fire for warmth. For dessert, there was a jello eating contest that was great fun for all.



Later in the day, more games continued until the final event, sno-push ball. The tough Air Force Team proved to be too much as they walked away with the win. Perhaps we'll see them next year!



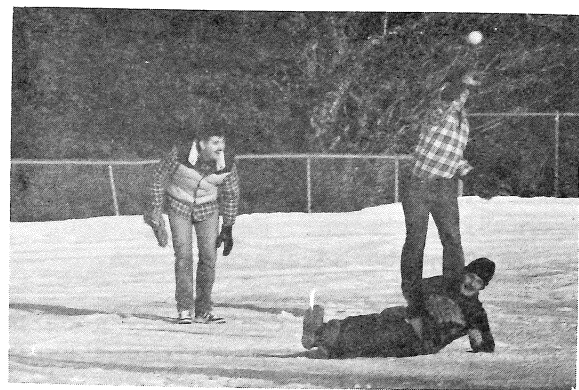


# CARNIVAL



AN EXCITING AND SUCCESSFUL WINTER CARNIVAL -

A GOOD TIME WAS HAD BY ALL!



# Departments, Divisions

## Classic Wizard Training

by: CTT1 K. O'Donnell

With spring fast approaching, all I can say is it's been one heck of a snowy winter. Having grown up in upstate New York, I've seen my fair share of the white stuff, but I can honestly say I can't remember the last time I saw so much snow in such a little time. The piles around the driveway are so high I have to use all my strength, and then some, to heave the next shovel full on top.

Actually, each winter I follow the same ritual. After the first snow, I neatly shovel it around the steps and driveway, vowing to be methodical and neat about the whole mess throughout the season. Then something snaps around February and I, more often than not, turn into a mad woman as I end up just flinging the stuff to wherever it will land out of my way because I can't stand looking at it anymore. So much for neatness.

We have more bits and pieces of news from 60 Department this month.

Hearty congratulations to CTT1 Layne Weir who reenlisted on 6 February for four years and to CTM1 Jim Ashline who reenlisted on 23 February for six years.

In our "gains" category this month we welcome CTASN Joe Zarek from across the hall in 51 Division. May your tour in 60 Department be a rewarding one.

On the "losses" side, we say good-bye to CTM1 Ray Young who leaves us for sunny Diego Garcia and to CTT1 Layne Weir who departs for sunny Guam (we're jealous!). Additionally, CTASN Kathy Anthony is moving to 50 Department to work in Building 85. Gosh, what do we say? All three of these people have

60Dept Wiz's



become very much a part of the 60 Department team and they will be sorely missed. All that's left is to say good luck in the future and we really hope to see you around!

Three classes graduated recently. Congratulations to Analyst Class 86012, who have been here almost as long as I have (about time, guys!), PM Maintenance Class 87030 and CM Maintenance Class 87020. The two maintenance classes had their class party at my home which proved to be very interesting. There I was, one of just a few T-branchers, surrounded by a houseful of M-branchers! Needless to say, I survived (and so did they)! Anyway, good luck to all three classes.

Well, that's it for this month...stay tuned next month.





# ...and more

## "30" Dept

### The Dragon Speaketh



by: CTM1 D. Remsburg

I'm going to start off this month's article with the incoming and outgoing personnel for the department.

INCOMING: Nobody!

OUTGOING:

CTA3 T. Robinson - Tom will be departing in February for civilian life in Philly. Rumor has it that he will be staying with his folks for a bit while looking for a job and enjoying those famous Philadelphia style hoagies. All of us here have a fair idea of the kind of job he is looking for as he walks around practicing, "Attention shoppers, we have a Blue Light Special in the ladies department for the next 10 minutes."

CTM2 R. Pfaff - Ray will be leaving this cold paradise for the warm beaches and sunny climes of Guam. Talk about climate adjustment! Ray will be taking his new bride with him after a short visit to Oregon.

CTM1 H. Leno - Henry and family are headed across the Atlantic to check out the plains of Spain (Rota, that is!).

CTMC T. Weir - Another one headed for the shores of Guam. Looks like most everyone is flocking to warmer climates. Kind of makes you want to tag along.

CTM2 K. Kelley - Headed for Edzell, Scotland. Kevin and his family will be putting in a repeat appearance in that fair land. Sounds nice.

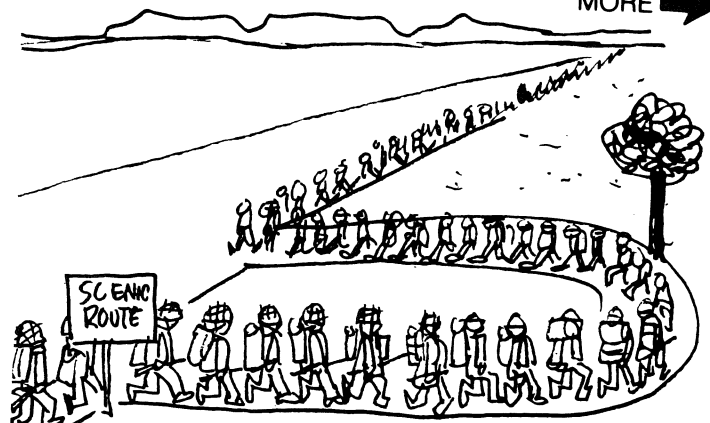
You all will be missed and we wish you the best of luck. Hope to see you again.

We will soon be hearing the pitter-patter of little feet in the Ellis household. By the looks of it, it can't be very long from now. I bet the first words learned by the youngster will be "Yo. Man!"

If you happened to look for the 30 department staff these days, you will have a hard time finding us. We have been scattered about as our old room now looks like a demolition site. The office spaces are undergoing renovation at this time with an estimated completion time of 2 months. 30L, 30M, and 30T are all located downstairs in the drafting room while the NEEO and 30S took over the LT's old office. The LT, M/C, and 30A all are located in the M/C's old office. 30C has taken up residence in the 31 division office in Bldg. 153. Things will be a little cramped for a bit but when all the dust has settled, we should have a pretty nice setup.

Well, I've rambled on long enough. Will close for this month with a wish for a good day today and a better day tomorrow providing you don't run amok the Dragon or feel any sorrow.

MORE →



## 52 Div

by: CTR2 N. Phillips

HFDF division congratulates CTR1 P. McLean who received two Letters of Recognition from the CO recently. The first recognized his nomination for Sailor of the Quarter, and the second letter recognized his nomination for Sailor of the Year. Petty Officer McLean is a very valuable asset to the command in his capacity as Software Configuration/FLAGHOIST System Manager and division training PO. He is most deserving of these honors! He took the CPO exam in January and has the credentials required to meet the challenges of a chief. Congratulations and continued success, Pete!

We regret saying farewell to CTR2 Mike Hamilton who has served in 52 Division for over three years. NSGA Winter Harbor is where he served his total career "in the Fleet." He is a diligent worker and supervisor and played an important role in the overall excellent performance of the division

during the last few years. Mike left for the civilian world on 23 February. Good luck to you and your family! We know that you will be successful in your new vocation (Postman?).

ENS Barksdale, 52 Division Officer, took off on one of his rare leave periods. The Maine ski slopes did not present enough challenge for him, so he headed for New Hampshire. The dispensary has assured us they have plenty of crutches and casts on hand--just in case! Ensign Barksdale is one of several command members who participated in a team endurance run at the University of Maine at Orono recently. Pledges taken by team members will be given to the American Cancer Society. Knowing his endurance record, many of us may be going to Navy Relief to get enough money to pay our per mile pledge! Bravo Zulu to ENS Barksdale and the other members of the team for their selfless contribution to such a worthy cause.

## 53 Div

by: CTO2 C. Lutes

It has been a while since our last article and many things have happened. Awards were received and advancements were achieved by several outstanding people in our division. We swept honors at the end of '86 when CTO1 Tom Jensen was named the Sailor of the Quarter and then Sailor of the Year. CTO2 Dave Stepp was selected Junior Sailor of the Quarter against some fine competitors. We offer our congratulations. Tom does an outstanding job in every respect. He is involved not only professionally but also in the community. Being our Division LPO, he is a valuable asset and highly respected by us all.

Congratulations to the following personnel who were advanced: CTO1 P. Mclean, CTO1 R. Peacock, CTO2 C. Henfry, CTO2 D. Stepp, CTO2 J. Durgin, CTO3 D. Bercik, and CTO3 R. Pearson. For those

who did not make it this time, try a little harder and we will see you on the next advancement list.

You know we all complain about doing PT but this division did more than just pass it; we captured the PT award clock for the best point average per person. 60 department held the clock for the past three PT's but we upset them. To accomplish this task, we had four people who achieved "outstandings" - ENS Barksdale, CTOC McTernen, CTO1 Hanscom, and CTO2 Lutes. Thanks to Ensign and Chief for lunch bought for those who achieved outstandings.

We gained some folks in the past couple of months and lost a few. CTO1 Jolliff, CTO2 Durgin, and CTOSN Fleming were welcomed aboard while CTO1 Hanscom and CTO3 Goodin were wished farewell and good luck. Mike and Terri left the Navy

MORE →

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# ...and more

for civilian life. We have had several changes in the watch section and with the daystaff. ENS Barksdale is currently our Division Officer, and CTOC McTernen is the Division Chief. Streamliner Manager is CTO1 Mclean. The M&R Clerk is CTOSN Ray. Admin runs smoothly with a talented CTA2 Leamy. Our daystaff works hard keeping the watch supported. Section one consists of CTO1 Jolliff, CTO2 Datko, CTO2 Durgin, CTO2 Stepp and CTOSN Fleming.

Section two is made up of CTO2 Shuster, CTO2 Henfry, CTO2 Henfry, and CTO3 Huffman. Section three is comprised of CTO1 Kaplin, CTO2 Civita, CTO2 Monical and CTOSN Washington. Section four has CTO1 Peacock, CTO2 Lutes, CTO3 Pearson, and CTO3 Bercik.

We are all here just wintering it out. Having made it through many snowstorms, we welcome anyone who wants to come up and join the fun. Until next time, Adios.

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## OPERATOR OF THE QUARTER

by: CTC Ronald Anderson

Congratulations to CTT3 Cindy A. Turner for her selection as 51 Division's "Operator of the Quarter" for October through December 1986. Petty Officer Turner reported to 51 division in June 1986 from 60 department where she was an honor graduate in the Classic Wizard Basic Operator course. She was frocked to her current rate on 16 January 1987.

Petty Officer Turner received a Letter of Appreciation which stated, "...you were selected to function as the control data processing supervisor, a position normally filled by a more experienced operator...by your initiative and hard work, you got the job done while training a new operator...your willingness to take on added responsibilities and your selfless attitude toward mission accomplishment are enviable traits of which you can be justifiably proud."

WELL DONE, PETTY OFFICER TURNER!

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## 192nd B'DAY CELEBRATED

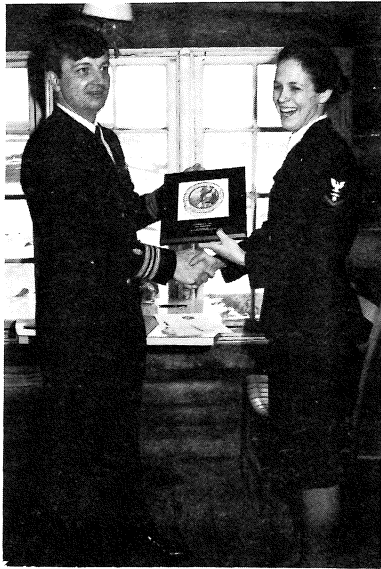


by: LT S. Cain

The United States Navy Supply Corps was 192 years old on 23 February. In honor of that special occasion, members of the NSGA Winter Harbor Supply Department gave a hand in cutting the birthday cake.

l to r: MSCS (SS) Rivers, SK3 McGroarty, SKC Carter, LT Cain, MSC Pullins, SK1 Laverdiere.

# REENLISTMENTS



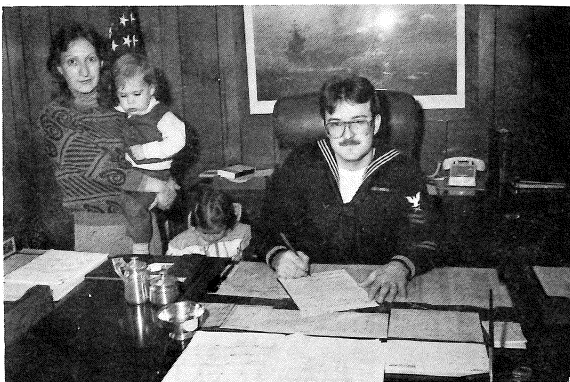
DT3 Rebecca Lyons received a command plaque from LCDR Ludwig at her reenlistment ceremony.



CTT2 Scott Peloquin signed up for a 4-year reenlistment as Mi Lung McKenzie smiled approvingly.



CTT2 Anthony Reeves decides to "stay Navy" and signs up for another 4 years.



CTM1 James Ashline signs up for reenlistment as his family looks on.



CDR Houle congratulates CTT1 Layne Weir on her reenlistment for 4 years.

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# WOMEN'S HERITAGE WEEK

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by: CTT1 K. O'Donnell

Not too long ago there were some rather blatant misconceptions about the reasons women joined the military. There were also some perceptions that women couldn't perform the demanding jobs in the military as well as men and could only be used for secretarial, nursing, and clerical work. These beliefs and many others are what women in the military have been fighting to dispel, and winning, since the turn of the century. As the United States Navy moves rapidly toward a 600 ship, technology-oriented super power, one must look back and reflect on the milestones achieved by the women who have served in the Navy since the early 1900's.

True enough, women played key roles in both the Revolutionary War and Civil War; yet it wasn't until World War I that women began getting recognized as a vital part of the armed forces. The Navy Nurse Corps was established in 1908 just seven years after Congress established the Army Nurse Corps and the official history of women in the armed forces began.

The Navy was the first service to enlist women as other than nurses when they were accepted as clerical workers in 1917 to free men for sea duty. With the outbreak of World War II, women expanded their roles in the military leading to the creation of the WAVES (Women Accepted for Voluntary Emergency Service) in the Navy. Unfortunately, history shows that little progress for women was made during the 1950's and it wasn't until the late 1960's-early 1970's that milestones were again achieved.

Prior to 1967, females could comprise only 2 percent of the total military strength, a ceiling that was lifted in 1967. Also, in that same year, officer ranks above CDR were opened to women for the first time. What becomes most ironic about this period in history, is the fact that women who served in the

W e ' v e C o m e

A L o n g W a y



Vietnam War are just now being recognized as suffering the same horrors and subsequent emotional maladjustments as the men who fought in the conflict.

By 1976, the WAVES were abolished and women were integrated into mainstream of the Navy as "just sailors." It was also in 1976 that the service academies first opened their doors to women cadets.

In 1978, a major milestone was achieved when the Navy allowed women to serve aboard vessels other than hospital ships and transports. Since then, individual milestones have been achieved by female enlistees and officers as they move forward to achieving total equality in the armed services. In 1984, active duty women in the military comprised 9.5 percent of the total armed forces and, at the end of 1985, there were 421 women in the senior enlisted grades (E-8 and E-9).

Women have certainly achieved an impressive amount of equality since the early 1900's; yet one must ask, "Where do we go from here?" There are still milestones to establish and there is always room for progress, and that's probably the answer. Women will just continue to move forward.

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# SPORT SPOTS

Beals Island Wins

2nd Invitational

Basketball Tourney

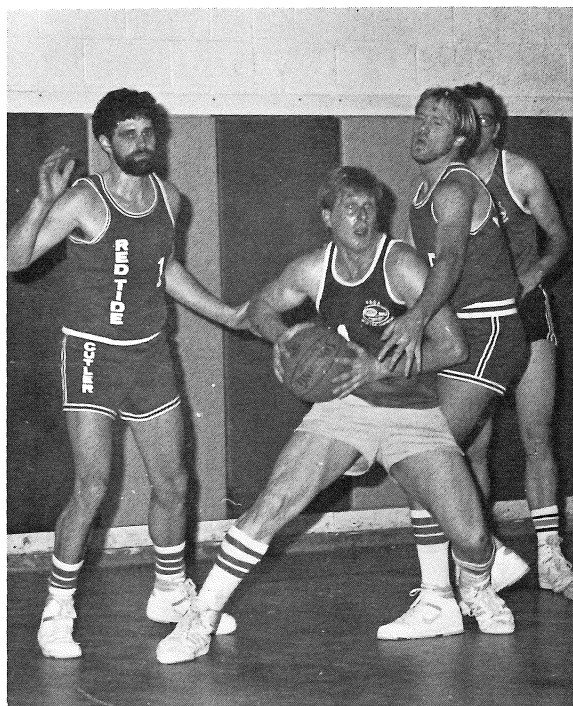
by: Robert Oullette

There was a considerable amount of basketball talent grouped together for the NSGA invitational tournament held on 17-18 January. The downeast area was well represented as teams from Cutler, Machias, and Jonesport-Beals infiltrated our Winter Harbor hardwood for some good, old fashioned hoop action.

The Jonesport-Beals team, led by tournament MVP Mitchell Beal (pictured below) proved to have the right combination of skill, muscle, and height to win top honors. After breezing through their first two games by 110-55 and 99-70 over Bubba's and Red Tide, they were pushed to the limit as the Red Tide fought through the losers bracket and avenged their first loss to Beals by a score of 96-90. The Red Tide could not retain their intensity for the championship game as they bowed to J-Beals 95-72.

Our NSGA varsity team did not fare as well as expected, but proved to be very competitive in losing by narrow margins for their two outings. Tournament results were:

Jonesport-Beals	3 wins	1 loss
Cutler Red Tide	3 wins	2 loss
Bubba's	1 win	2 loss
NSGAWH	0 win	2 loss



Rocky Alley provided some muscle



Mitch Beal provided some height

Putting the two together spelled

Championship for Jonesport-Beals!

## BASKETBALL

by: Jean Dickson

### CAPTAIN'S CUP

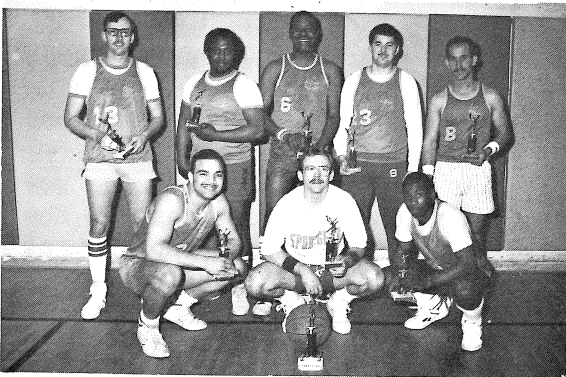
WIZ placed 1st in basketball.



Back row (l to r): Tom Brunnelle, Phillip Spencer, Dave Iveans, Keith Woodson and Chris Gucik  
Front row (l to r): Howie Altman, Michelle Anderson with her father D.J. Anderson, and Troy Krebs

Missing from photo: Gene Walker, Randy Rogers, Paul Philyaw, Ted Rhoades

Schoodic placed 2nd in basketball.



Front Row: Mark Howard, Scott Isaac, & Tim Forehand  
Back Row: Jim Bryant, Maurice Washington, Moses Lynch, Brian Emerson, and Robert Fortis

## RACQUETBALL

The women's January "Frostbite" Racquetball tournament was held January 21 with a small but fiesty group of women who gathered for the event. Lou Ann Kinter played through the tournament undefeated to capture the championship. Sue Spychala, losing only to Kinter, was the solid runner-up in the tournament. Kinter and Spychala played two games for the championship. Kinter came out on top in both, 21-13 and 21-18. Both women will prove tough competition for all in the next ladder tournament.

## POOL

....And Frostbite Tournament it was! With the temperature in the club only slightly higher than the great outdoors the players were warm. The sticks were hot and the Frostbite pool tourney was underway.

A relaxed group of pool players (still no women! Come on ladies!) gathered January 19 at the Schooner Club. John Fleming started the evening on a winning note along with a newcomer to the tourney table, Lou Bean. Both Fleming and Bean were undefeated going into head-to-head competition. Fleming, however, proved to be too much for Bean with an outstanding display of precision cut angles and fine shooting. Jim McGroarty, a quite, steady shooter, then moved steadily and assuredly past Bean to meet Fleming in the championship game. Both played well to the last ball, but it was Fleming again coming out on top. A well-played and enjoyable tournament.

The tournament resulted with John Fleming, 1st place; Jim McGroarty, 2nd place; and Lou Bean, 3rd place.

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## CHALLENGE CUP SKIING

by: SN M. Cornell

Gray skies didn't discourage skiers who participated in the Challenge Cup Downhill ski race. The Giant Slalom race against Cutler took place at Squaw Mountain. Each skier made two passes down the course, and a team total was taken of their times to determine the winning team. There were many spills throughout the day but spirits remained high. Cutler had four skiers while Winter Harbor had only three. But that didn't stop NSGA from doing their best. Molly Tillberg took second place overall in the competition with a time of 35:42 seconds. Winter Harbor lost this one by a time of 13.91 seconds. Although our size and experience slowed us down, our skiers did a fine job. Joe Zarek took a fall during the first run but refused to let up; he went on to finish. A special thanks to Jean Dickson for organizing the race. Thanks also to the team: Molly Tillberg, Joe Zarek, and Monica Cornell. Don't slow down - let's go on to win the Challenge Cup this year!



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## THOUGHTS OF SPRING

by: CTM1 D. Remsburg

Our thoughts, albeit somewhat whimsical and forlorn, are slowly turning towards the wonderment and seasonal happenings of the upcoming spring.



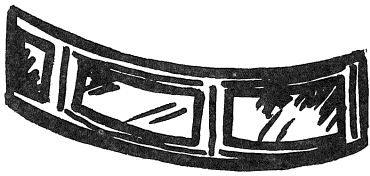
The fields, starting to turn a fresh shade of green between the remaining patches of snow and trees, begin to bud with the promise of new life.

Our fine feathered friends are now returning from their vacations in the south to view the reconstruction of their summer homes, anticipation showing in their excited flight.

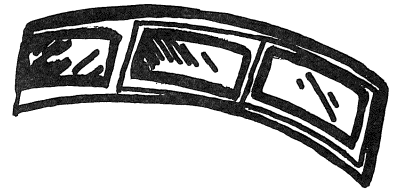
Spring, ah spring, is returning to this great land. We can finally shake off the doldrums of winter and begin to pack away some of our warm clothes. But alas! Old Man Winter, in his unforgiving ways, decides to throw a little blizzard to keep us on our toes. Our thoughts are undaunted by this unexpected turn. We continue to dream.

But, 'tis life in Downeast Maine. And grand it is!





# MOVIE REVIEW



by: CTT1 K. O'Donnell

I have been a fan of Star Trek since I first watched it on television back in the early seventies. Because that was 15 years or so ago, we're moving into a generation that doesn't remember those wonderful episodes which pitted Captain Kirk and the USS ENTERPRISE crew against evils in far-away galaxies. Little did we fans know that we were getting an education in Sociology 101 as well as being entertained with a glimpse of Gene Roddenberry's ideas of what the future would look like. What set Star Trek apart from other futuristic shows of the time was the optimism projected within each story line. It was this sense of good always triumphing over evil that brought true "trekkies" back week after week.

Which brings me to my point in all this. Thank goodness for the Star Trek movies! What was established in the television series is carried forward so that other generations can be "enlightened" by what all us Star Trek fans have been raving about for years.

Star Trek IV is no exception. It has to be the most symbolic movie in the series thus far. Here we see Captain Kirk and the ever-present crew in hiding with a Klingon ship they captured in Star Trek III. Just because they are who they are, they must do the right thing and head back to earth and face military charges for hijacking the USS ENTERPRISE. And here the story begins. The earth is in danger of destruction from an alien probe which is searching for a contact from, of all things, a whale. As if we can't figure it out, there are no whales left on earth because mankind destroyed them all back in the 20th century. So, Kirk and the crew take it upon themselves to go back in time, grab some whales, and bring them back to the future. (Does that sound right to you?) Anyway, there's your story line.

## STAR TREK IV



TO BOLDLY GO WHERE  
NO MAN HAS GONE BEFORE

The way in which the ENTERPRISE crew adjusts to the past and the way inhabitants of San Francisco in 1986 adjust to the future are the most entertaining aspects of the film. My only disappointment with it was the lack of futuristic gadgets we normally see in these stories. Instead, we see the future attempting to interact with 20th century gadgets. This makes for a lot of funny scenes, but I miss the creativity with which things to come are always presented.

Even so, Star Trek IV is an entertaining film. Some critics have been quick to note that we never really get a clear reason why this space probe is looking for whales. Well, the film does explain a plausible theory and I accepted it. All I can say is, who cares? This is supposed to be entertainment, not Sociology 101, right?

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# AMERICAN DENTAL HEALTH MONTH

## Good Teeth for Your Child

by: Branch Dental Clinic



To prevent tooth decay even in a young child still feeding on a baby bottle, there are several "rules" a parent should consider:

- If you must give your baby a bottle at bedtime, it should contain water only. Your child should not be allowed to sleep with a bottle filled with milk, formula, fruit juices, soda, or any other sweetened liquids.

- Dental checkups should be started by age 2 or 3. If you have noticed that your child has dental problems earlier, take him/her to a dentist at once.

- If your drinking water is not fluoridated, ask your dentist or physician about fluoride drops or tablets.

- After each feeding, clean your baby's teeth and gums with a damp washcloth or gauze pad.

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## ABOUT SAFETY

by: Harry J. Voss

Our world would be quite a bit different without all those chemicals we use at work and at home. Chemicals are used to make furniture and clothing, as additives to our food, and as lubricants and cleaning compounds of all types. Daily we reap many benefits from these, but not without a price.

A friend of mine once said, "If a little is good, then a lot is better and too much is juuuuust right!" That may be true in some cases (I can't think of any), but if you adopt that policy when using some of the more common chemicals, such as cleaning compounds, you may be asking for trouble.

All too often we hear a story about someone attempting to do a job quicker or better by using a concentrated solution of some cleaning compound (or some similar one that seems harmless enough). This "harmless" compound then leaves its mark in the form of chemical burns, eye injuries, or even respiratory problems. On rare occasions these stories end in a fatality due to asphyxiation or poisoning.

Many of these chemicals are relatively safe when diluted and used in strict compliance with the manufacturer's directions and proper safety precautions. However, a significant number of them are downright dangerous if used in their concentrated form or in combination with certain other chemicals.

Always read the label before using something new and as an occasional reminder to refresh the memory of what can happen. Don't become a statistic - use your common sense when using hazardous materials, even if they don't seem harmful.

# Briefly...

## New Arrivals

from

CTTC Monroe & family	NSGA Edzell, Scotland
CTR3 Roberts & family	NTTC Corry Station
SHCS Madigan & family	Keflavick, Iceland

WELCOME ABOARD!

## Good Conduct Awards

CTT2 Edward J. Meincke	(1st)
CTT2 Daniel D. Poppe	(1st)
HM2 James G. Hall	(1st)
CTT1 Julie G. McGalla	(2nd)
CTR1 Peter N. McLean	(2nd)

## Photo Contest Awards

CTT1 Daniel E. Shaughnessy  
CTM2 Mark R. Bonderud

## Advancements

CTASA Joseph W. Zarek  
SA Suzanne L. Salamy  
SA Detrick L. Riley

## Letters of Commendation

CTT1 Daniel E. Wilhelm  
Mr. Louis H. Stanley

## Master Training Specialist

CTMC Emilie M. Austin

## Employee of the Quarter

Ronda Saul

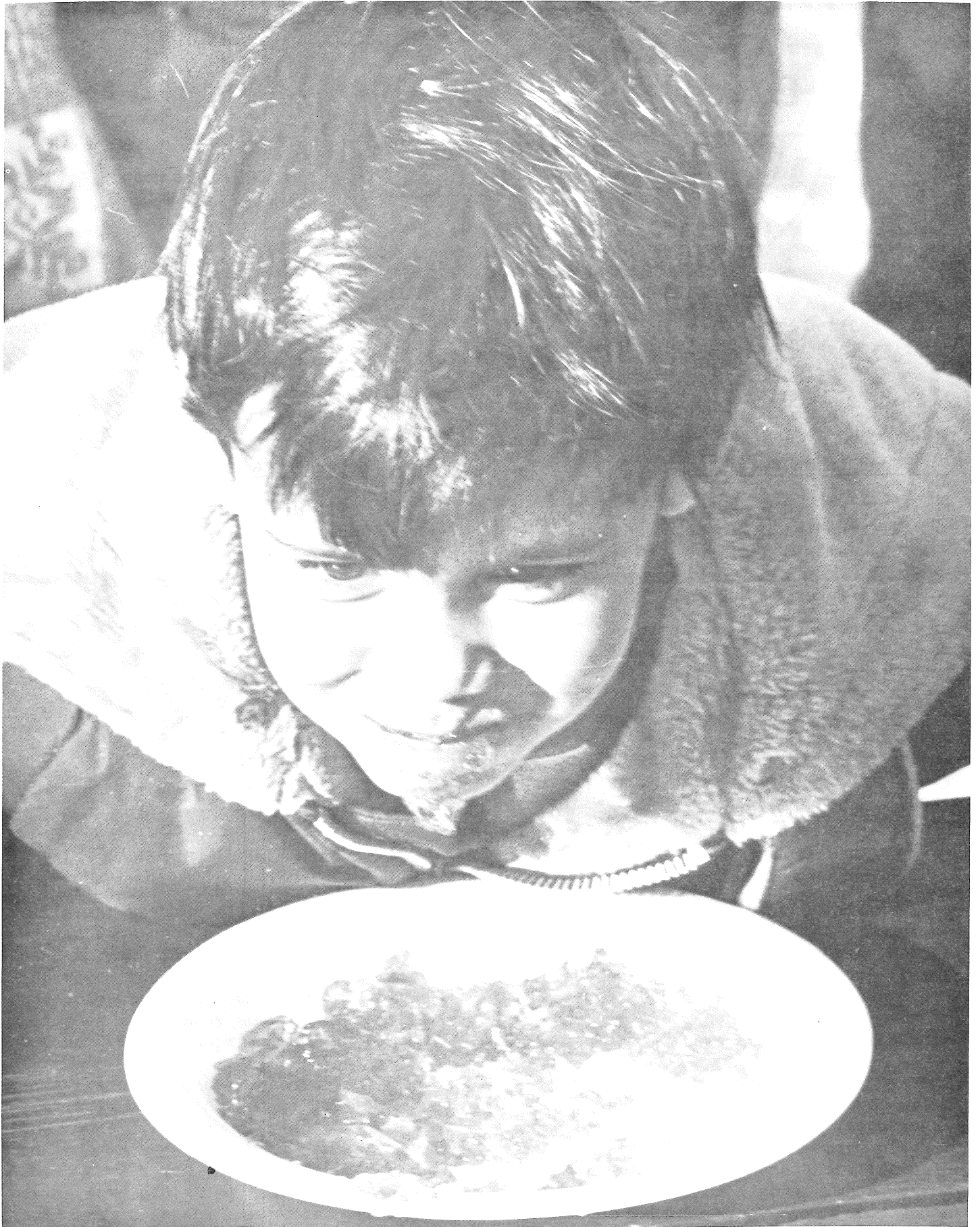
## Frocking

CTASN Linda M. Mundhenk  
CTTSN Thomas L. Brunelle

## Reenlistments

years

CTM1 James W. Ashline	6
ETCM(SS) Robert L. Shaw	3
CTT2 Michael V. Palumbo	6
CTA2 Jacqueline A. Bernardi	4
CE2 Russell W. Brower	6
CTT2 Michael R. Coogan	4



**JOE SHAUGHNESSY WINS JELLO-EATING CONTEST FACE DOWN**