

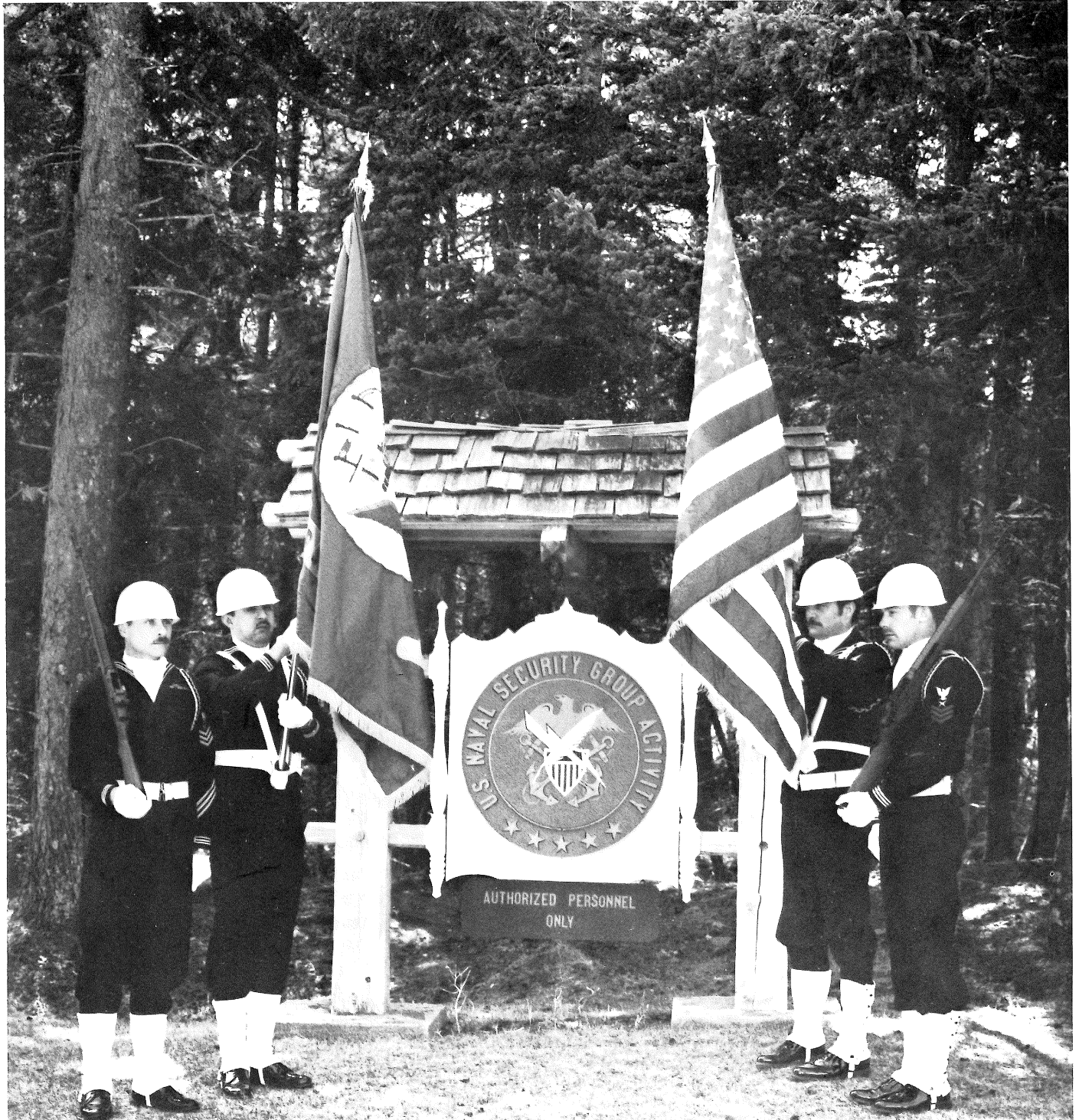
NAVAL SECURITY GROUP ACTIVITY • WINTER HARBOR, MAINE

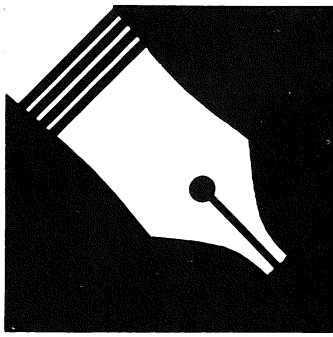
ACADIAN



VOLUME XLIX

MAY 1988





EDITOR'S NOTE

In this month of May, recognition is given to men and women of the Armed Forces and their families. We remember those who gave their lives while protecting our freedom.

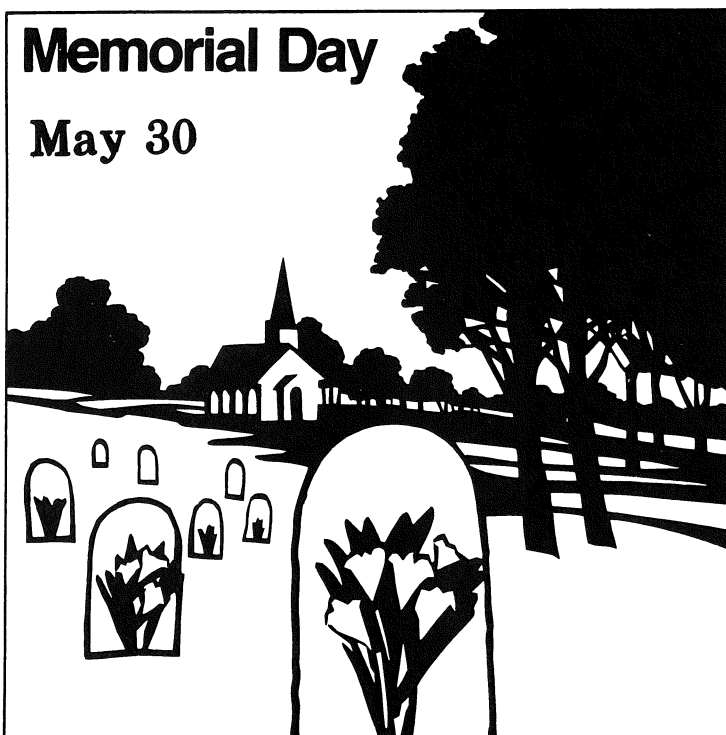
A year ago this month, the USS STARK was attacked and thirty-seven sailors were lost in that tragic incident. Please take a few moments this month to remember them in your thoughts. Remember, too, those who have perished before them and after, in the name of freedom. Hope too, one day Peace will be with us throughout the world.

The Acadian Staff

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On The Covers

Front cover: Four members of our Color/Honor Guard display the colors (see story on Page 9). They are from left to right: CTT1 Dennis Kinton (APOIC), CTT1 Miguel Ortiz, CTT1 Dean Balke, and CTT1 Jim Sperry (POIC).

Back cover: Tidal pool attracts sea gulls.

THE COMMANDING OFFICER'S TURN

Commander W. Whiton



"Close enough for government work..."

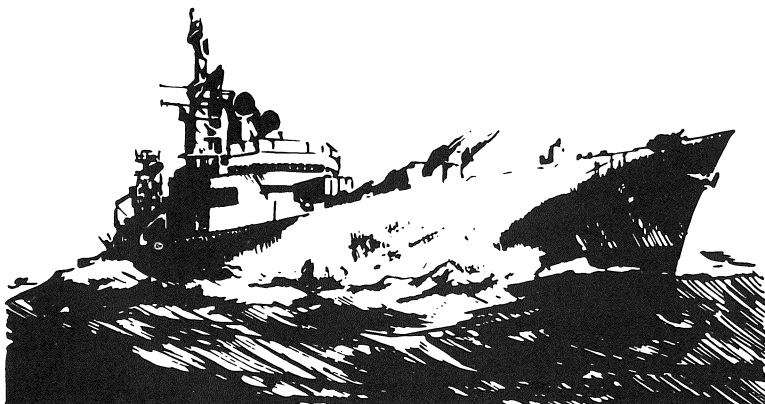
Now there's a phrase that really puts my teeth on edge! It implies something less than the best is acceptable and that government (and by extension defense) "work" is somehow different from (and inferior to) other kinds. BALONEY!

With an election year upon us, rest assured you'll hear a lot about government: its size, its cost and its competence. Don't allow the fuzzy views of those who would have everything, but pay for nothing cloud your thinking. My conversations with friends and strangers out of the government convince me folks understand and appreciate our role.

As recent events in the Persian Gulf have again demonstrated, we live in what has aptly been described as a time of violent peace. In this environment, the accuracy, timeliness, and completeness of support provided to operational commanders are paramount -- 24 hours a day -- seven days a week. Indeed, they may be even more critical than in time of declared war, when the enemy and the threat axis are more clearly defined.

Now, more than ever, our mission is critical, and your role in its accomplishment vital. Close enough won't do. Smack on will. Despite the naysayers, the real news is that you and your civilian colleagues are doing a splendid job --- ask Iran.

So if you hear anyone saying it's "close enough" set them straight. If they don't listen, string 'em up with a shorttimer's chain!



FROM

THE COMMAND CAREER COUNSELOR

CTAC K. Hagen

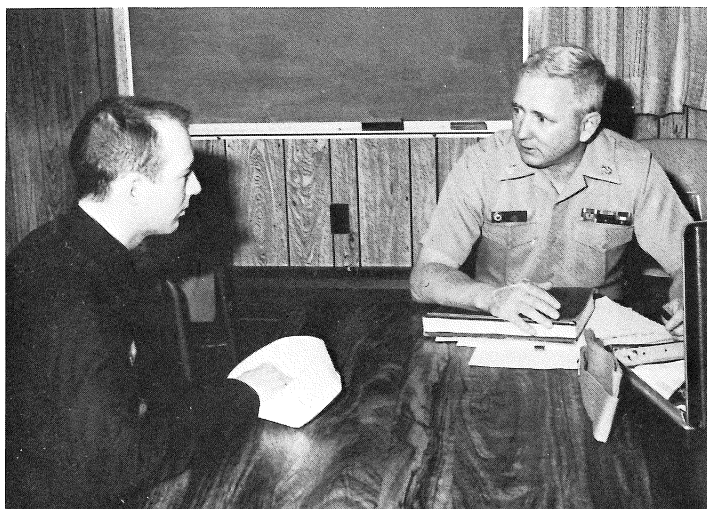
On 11 and 12 April, detailers from NMPC 408 were aboard. LT Ingram, CTTCM Neylon, CTTCS Small and CTM1 Lancaster briefed the Command Retention Team on upcoming changes and what command members can expect as to future growth assignments. The Wizard community can now look, on a case by case basis, to additional assignments in Germany, England, Sebana Seca and Sugar Grove. Command members were encouraged to volunteer for sea duty and instructor duty to enhance their careers.

Senior Chief Small made a presentation on the eve watch with class 88005 and the day watch with class 88003. Emphasis was placed on upward growth assignments and in some cases order modifications. These visits allowed sailors to meet with their detailers and realize they can be of tremendous assistance.



Forty-four people spoke one-on-one with detailers and received orders or had their desires noted for future assignment. Some orders written were to VQ1 Guam, Sebana Seca, England, Ft. Meade, Groton and Adak.

All in all, it was a most beneficial visit for both NSGA and the detailer team.

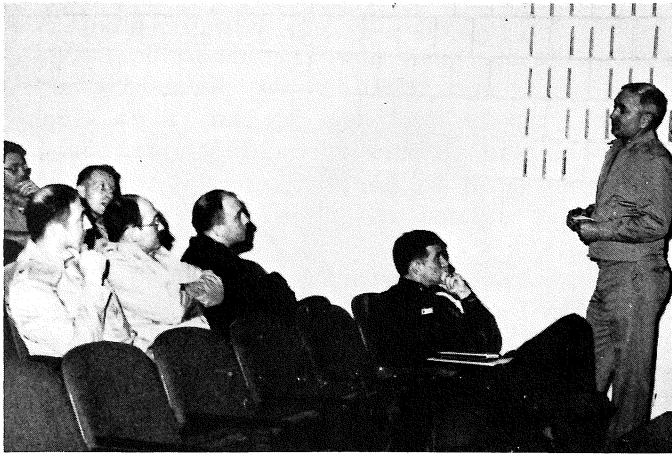


CTT3 Vogel and CTTCS Small discuss assignments.

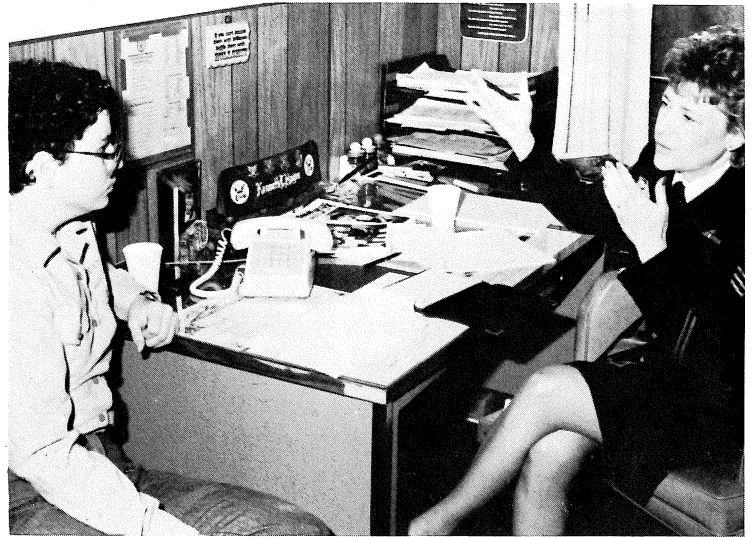


LT Ingram speaks to the Command Retention Team.

MORE →



CTTCS Small addresses the Command Retention Team.



CTM2 Watson and CTM1 Lancaster,



Legal Corner

by: CW02 W. J. Moyer

Two lawyers from the Navy Legal Services Office Detachment, Brunswick recently were on board NSGA to conduct legal assistance. Lieutenant Tom Fucillo and Lieutenant Geoff Good provided legal advice to command members and their dependents. Many took advantage of this visit by having wills prepared or updated and by having their legal questions answered by the attorneys. NSGA sponsors the NLSO Detachment's visits two to three times per year, so people at Winter Harbor won't have to travel to Brunswick to meet with a Navy lawyer. Their next visit is tentatively scheduled for July.



LT Tom Fucillo, JAGC, from NLSO Detachment Brunswick provides legal assistance.



the
**CHAPLAIN'S
NEWS**

"M" IS FOR MARY AND MOTHER, TOO

by: Chaplain J. Weis

There are probably many reasons, but it's certainly a sign of the indomitable spirit in us that looks for ways to celebrate life.

April was the time to celebrate the signs of spring both in a religious way and in a purely secular manner. May offers us the opportunity to turn our thoughts in a special way to our mothers.

In a sense, the theme of springtime renewal is carried over into the honors we give to our mothers. In a religious sense, the experiences of liberation in the celebration of Passover and Holy Week both speak to us of the renewal of life. That renewed life needs to be nurtured and cared for so that it does not grow weak.

The image of motherhood, notwithstanding the many new roles that working mothers have undertaken, is still highlighted as being that unique relationship mothers have toward their children. Even in this modern age, greeting cards continue to acknowledge our mothers' nurturing role far above all their other responsibilities. The Madonna is still the world's image for the security that comes from a caring, nurturing relationship.

As an extension of the chapel's recognition that new life must be cared for and nourished, we have helped several needy families in the area and over the winter have provided additional help to one in particular--a mother of three pre-school children.

As we moved into the month of May, Mother's Day, the 8th, was celebrated in a special way at the chapel this year. For this year, four of our children from the school of religion also received their First Holy Communion on that day. God, as nurturing parent, invited them to partake of His bread of life that nurtures us spiritually.

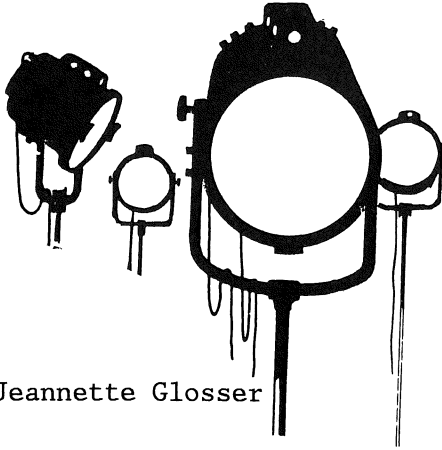
We hope this was a special day for you too. Remember, when you turn your calendars to May that the "M" is also for mothers.



Chaplain Weis says,



CIVILIAN SPOTLIGHT



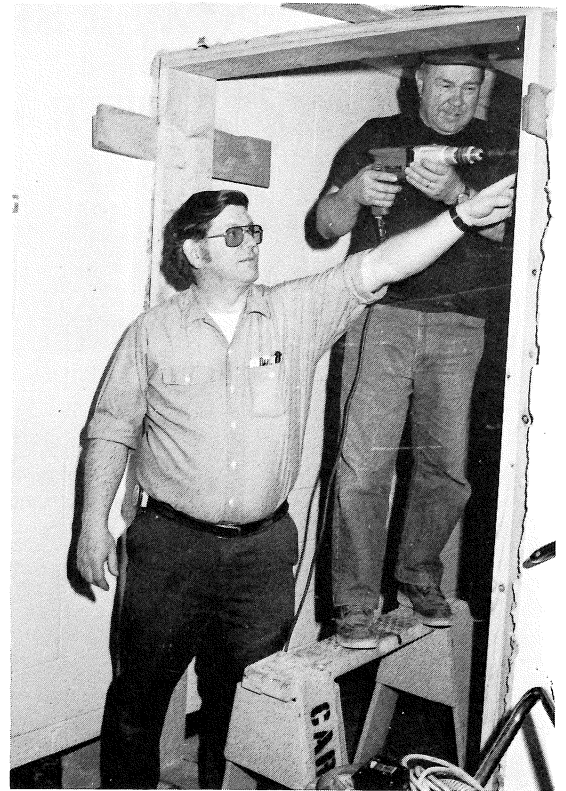
by: Jeannette Glosser

Philip "Phil" Church has an excellent philosophy on life: "Never get too excited." His easy-going personality makes him able to deal with people comfortably--bosses and co-workers alike. A man who worked for Phil for two years described him as "able to solve a problem without creating a new one."

For the past six years, Phil's been employed in our Public Works Department as a plumbing and heating expert. He was promoted from heating mechanic to his current position of Maintenance Foreman in 1985, and is now in charge of ten people. Phil and his staff perform all the maintenance work at Schoodic and Navy housing in addition to various jobs at our Corea site. Any task, whether it be painting, carpentry, plumbing, wiring, or repairing heating units is promptly and diligently accomplished. As foreman, Phil is often called after hours to make emergency repairs.

Phil, a native of Maine, shows a trait found in many local people--he is able to build or repair just about anything. No matter what is broken, he will look it over, say "no problem" and fix it. He has a knack for sizing up a situation and providing a quick and reliable solution. When he is doing a job, he works until it is done; a supply of peanut butter crackers can keep him on the job 15 to 20 hours he says. If he needs a tool or a part, it's usually in the back of his truck; if it isn't, he'll improvise as necessary!

Phil is a licensed plumber and heating mechanic, graduating from



Phil Church (1) checks out a carpentry job.

Southern Maine Vocational Technical Institute in 1970.

Interestingly, his grandfather, Philip Billings, was a coastal captain in the Penobscot Bay area. He had three sailing schooners, two of which he built himself. He hauled ice, pulp wood and lumber from Brooksville to Bangor.

Phil resides with his wife Mariella (Cookie) on Lower West Bay Pond in Gouldsboro. They have two daughters, Marla and Heather, students at Sumner High School. Another member of his family (though Phil won't acknowledge this fact) is a dog named "Snoodle." Phil claims this part schnauzer, terrier and poodle belongs solely to his wife since Snoodle only greets him with a growl.

Phil enjoys playing the bagpipe; he's a former member of the Acadian Pipes and Drums. He likes boating, fishing, ice fishing, swimming, softball and basketball. Phil hopes to get a small pleasure boat for fishing and to return to the Acadian band, "when things slow down a bit" (his favorite saying). We hope your wish comes true, Phil.

SOVIET SEAPOWER SHOW COMES TO WINTER HARBOR

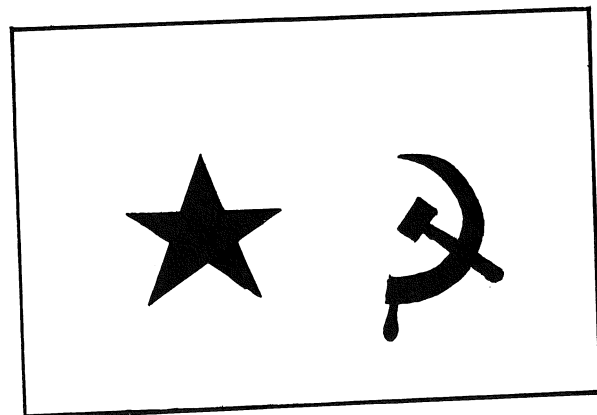
by: CW02 W. Moyer

On 5 and 6 April, over three hundred military personnel and their dependents enjoyed a special event at the Station Theater: The U.S. Navy's Soviet Seapower Team presented two entertaining and interesting sessions on the Soviet navy. The purpose of the "Soviet Seapower" presentation is to educate Navy and Marine Corps personnel and their families about the Soviet Union and Soviet naval doctrine, tactics and motivation. Developed by the Navy and Marine Corps Intelligence Training Center (NMITC) in Dam Neck, Virginia, this program is an elaborately produced, multi-media and highly professional presentation.

Two versions were presented. An evening two-hour show for active duty and dependents was presented on 5 April. A longer, six-hour presentation was provided to active duty personnel the next day. The program was highlighted by a "first hand" look at a Soviet Naval Officer. His comments about life in the Soviet Navy and his observations about the United States were particularly captivating. Team members included four officers and two enlisted personnel.

Those who attended all agreed: The presentations were extremely interesting, captivating and professionally done. People came away with a better understanding of why it is necessary for the United States to maintain a global naval presence.

Kapitan-Leytenant Yuri Ivanovich Korov (LT Tim Duvall) tells U.S. Navy personnel and dependents of life as a Soviet officer.



DO YOU HAVE WHAT IT TAKES?

by: CTT1 J. Sperry

Do you have what it takes to be a member of the NSGA Winter Harbor Color/Honor Guard? It takes dedication, personal pride, respect for your country, respect for the National Ensign, and time. Currently, there are only a handful of people who feel they have what it takes to become a member. Every year our team is called upon to help celebrate national holidays and special local events and to honor the passing of a fellow service member.

Last year, we were called upon to perform at 28 events. Members dedicated their time off and holidays willingly and unselfishly. What motivates these people? PEOPLE. The little boy who stands on the side of the street and waves his flag as we pass or the elderly gentleman who comes to attention to salute, not only the National Ensign but the Guard as well. To see someone with tears in their eyes and hear them say "thank you," just for being there, is a feeling we'll never forget. The following is an excerpt from a thank you note sent by the town of Gouldsboro:

"The showing of the Color/Honor Guard at the Memorial Day parade was one of the most disciplined, effective, and stirring performances we have ever had. So often seemingly insignificant things carry great meaning and give to people

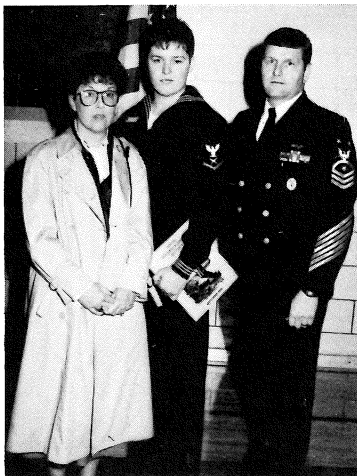


personal dignity. The performance of all the Navy men yesterday did just that."

Our current members are CTT1 Sperry (POIC), CTT1 Kinton (APOIC), CTT1 Rogers, CTT1 Shaughnessy, CTT1 Shields, CTT1 Balke, CTT1 Ortiz, CTM1 Nielsen, SFC Manning, CTT2 Leslie, CTM2 Woodward, CTT2 Ray, CTT2 Evenson, CTT3 Beeman, CTASN Moncada, CTTSN Colon and CTTSN Dean.

If you're interested in finding out more about our professional team, contact me or any of the other members.

Navy Commendation Medal



CTT3 M. Stevenson and parents

Advanced To Third Class



CTTCS Dennis Corkins

REENLISTMENTS

Movin' Up Not Out



Her family watches proudly as CTT2 Teresa Palumbo signs for her four-year reenlistment.



CTA1 John Mason signs up for another four years as CDR Houle looks on.



CDR Whiton administers the oath to CTM1 David Reidel as he reenlists for six years.



Reenlisting for four years, MS2 Brian Emerson accepts a plaque from CW04 Shaw.

ASIAN/PACIFIC HERITAGE WEEK

by: CTAC L. Barrows

Because official immigration records were not required prior to 1820, it is unclear when the first Asian immigrants arrived in America. Some have said that Chinese shipbuilders have practiced their trade here since 1571, and others claim Chinese laborers were living in the West around 1788. Official records indicate one Chinese immigrant in 1820, two between 1821 and 1830, and 758 by 1850. As a result of a drought in Canton Province in China between 1847 and 1850, immigration increased during the 1850's to 41,000 Chinese immigrants to the United States. Japanese immigration began in the 1890's. Between 1901 to 1910, almost 130,000 Japanese arrived in the United States. In 1882, the Chinese Exclusion Act suspended the immigration of Chinese laborers for 10 years and prohibited the naturalization of any Chinese. Immigration of Japanese and Koreans was forbidden in 1907 by the "Gentlemen's Agreement." This policy continued until 1956 when immigration was reinstated via a quota system. Between 1975 and 1980 more than 400,000 Southeast Asian refugees (Vietnamese, Laotians, and Cambodians) entered the United States. In 1985, almost 20,000 Asians were arriving in the United States each day. In 1980, seven states had 100,000 or more Asian-Americans, mostly in the urban areas.

Education is highly valued among Asian-Americans, and in the 1980 census, 35 percent of them age 25 years or older, graduated from college. This was double that of whites.

Families are the nucleus of Chinese culture. The Chinese family and religion are connected because many religious ceremonies are held in the home. Important Chinese traits include a love of nature, patience, frugality, cheerfulness, ancestor worship, and industriousness.

The Japanese-American family is characterized by strong solidarity, mutual helpfulness and patriarchal structure. Their "house" or ancestral clan is an extended family, and they identify with this rather than with a profession or peer group. Their respect for age and seniority is shown by words addressing elders. They emphasize hard work, duty, obligation, frugality, and responsibility.

In 1942, President Roosevelt gave military commanders the authority to exclude any persons from designated military areas. Major portions of Washington, Oregon, Montana, California, Nevada, and Utah were defined as such areas. All alien Japanese and native-born citizens of Japanese descent evacuated to relocation centers. The Chinese wore lapel pins designating their nationality to save them from mistaken identity. In January 1986, the U.S. Court of Appeals reinstated a lawsuit seeking \$24 billion for Japanese interned in relocation camps during World War II. In November 1986, the Supreme Court agreed to consider whether interned Japanese-Americans can now sue the Federal government for compensation for financial losses. It did not agree to revive their appeal of the constitutionality of the internment itself.

Ten Asian-Americans have received the U.S. Medal of Honor, and eight have served as General or Flag Officer rank in the Armed Forces. As of September 1986, there were 45,823 Asian-Americans in the DoD active duty forces. The Navy has the largest percentage of them.

Contributions by Asian-Americans are many and are wide ranging. They have contributed to politics, science, math, medicine, and sports, as well as entertainment. Asian/Pacific Heritage Week takes place in May as a result of Public Law 95-419 and presidential proclamation.

DOWN EAST'S MAINE KILN WORKS

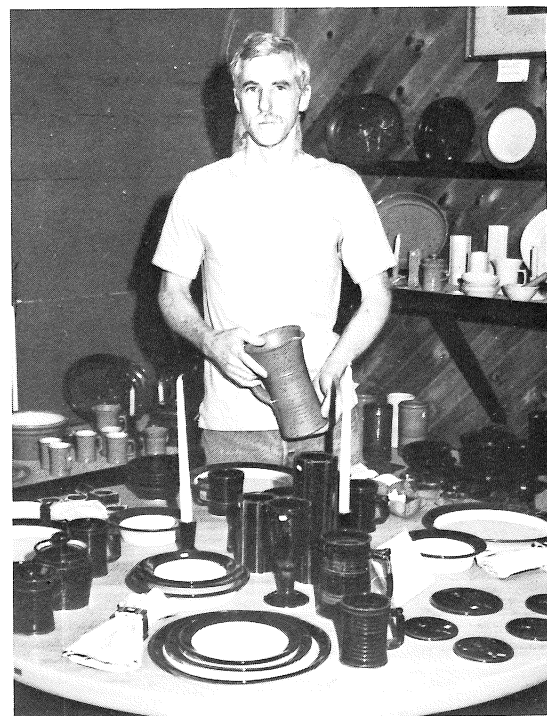
by: Jeannette Glosser

An interesting old building, serving as a shop, work area, and home for Dan and Mary Lou Weaver, is located on Route 186 in West Gouldsboro between Flanders Bay and Jones Pond.

Married 19 years, Dan and Mary Lou hail from Texas. Dan obtained his Bachelor's Degree in Studio Arts and Design at the University of Dallas and his Masters of Fine Arts in Ceramic Design at New York State University. While in New York, the Weavers visited Maine and decided it was the place they wanted to live.

They arrived here 17 years ago and bought the building where they are today. Mary Lou worked with Dan to build up a pottery business. Now she works at the post office in Winter Harbor. Quilting is her major sideline.

The process for creating Dan's ceramics is fascinating. He obtains clay from Pennsylvania. The glazing material he uses comes from the Albany River bed in New York. Clay is mixed with water in a mixer until it has a wet workable consistency. It is then compressed in a traditional potter's tool called a "pug mill" which presses the approximate amount of moist clay for a particular item into a tubular shape. Then, these are "thrown" on the



potter's wheel, and shaped by hand with water. Dan makes it look quite easy. To color he adds cobalt for blue, manganese for tan, iron for black or brown. When dry, his objects must be fired in one of two firing kilns. The size of one kiln is approximately 150 cubic feet and can fire several thousand pieces. The other kiln is about 30 cubic feet in size. The hotter the fire the harder the item becomes. Glazed items require firing a second time.

Dan's craftsmanship stands out in displayed table settings that feature plates, mugs, bowls, goblets, salt and pepper shakers, beanpots, casseroles, tea and coffee pots, decanters, pitchers, sugar jars, candle holders, vases, napkin rings and many other table dressings. Bath accessories are also on display, in addition to sinks, mirrors, and backsplash tiles. He also makes lamps and many other items combining wood and ceramics. On the walls are some of Mary Lou's magnificent quilts, and hanging from the ceiling are a dog sled and canoe which Dan built in his woodworking shop upstairs.

Since most tourists visiting the Schoodic area of Acadia National Park pass their shop, many stop to see Dan and Mary Lou's beautiful creations. Dan works all winter to supply the summer folks with a new array of items.

Why don't you stop in and view firsthand the Maine handicrafts of Dan and Mary Lou Weaver!

TWO SELECTED FOR COLLEGE

by: CTAC K. Hagen

Congratulations to CTT1(NAC) Richard Bansley of 60 Department and CTO2 Lawrence Foran of 53 Division on their selection to attend college under the Navy's Enlisted Educational Advancement Program (EEAP).

The EEAP provides an opportunity for qualified, career-motivated enlisted members to obtain an Associate of Arts/Science degree in twenty-four months or less.

If selected for the program, the selectee receives all pay and allowances less any special pay. They must pay all tuition, fees, books and other expenses that may be incurred while attending a junior or community college. Although not authorized to use the Navy's Tuition Assistance Program, they may use their GI Bill or Veterans Educational Assistance Program (VEAP) if enrolled.

Applicants may indicate a junior or community college of their preference but circumstances may preclude assignment to the desired area. Considerations which affect assignment, in addition to your preferences, are the appropriateness of the desired curriculum, which must be related to your rating or general management area, and your present duty station. Selectees should anticipate attending a college near their present duty station to reduce PCS moves. No-cost transfers are not authorized to accommodate lower expenses and tuition.

To be eligible for the program, you must be at least a third class petty officer with 4 years, but not more than 14 years, of active service. A second class petty officer may have a minimum of three years active duty. Addition-

ally, you must possess a high school diploma or GED certificate, and have a combined score of 110 on the WK/AR or GCT/ARI on your ASVAB test. If selected, you must agree to reenlist or extend to have six years obligated service as of the date of enrollment.

Additional information on the Enlisted Educational Advancement Program can be obtained in OPNAVNOTE 1510.



EEAP Selectee CTT1(NAC) Bansley

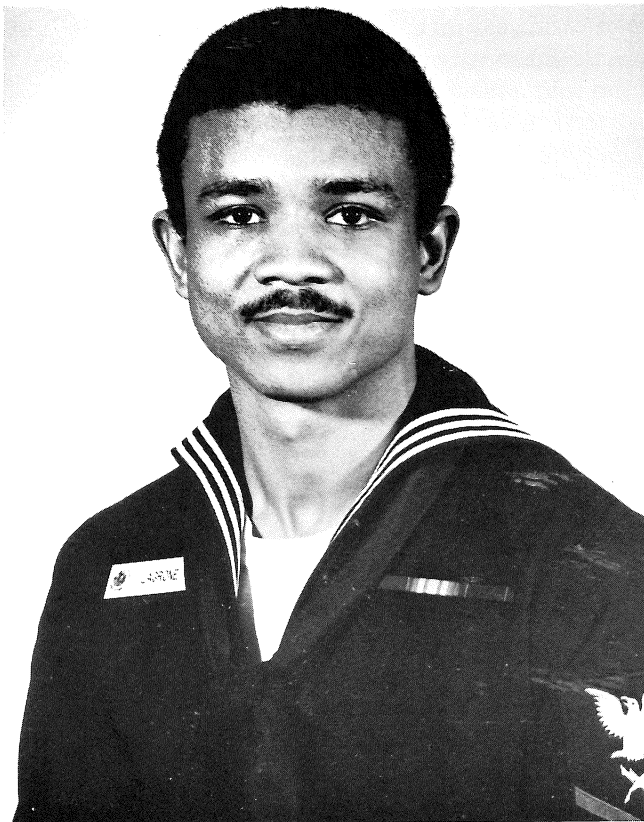
Worth Repeating

"The headline usually goes to the missile, the satellite, or the bomber. But it is the soldier. . . , the pilot. . . , the sailor. . .—and all the backup and support forces to enable them to do their jobs—that make the security system work."

—Gen. George S. Brown

MERITORIOUS

JUNIOR SAILOR OF THE QUARTER



Basic Electricity and Electronics School in Orlando and CTM "A" School in Pensacola, he transferred to Winter Harbor in October 1986 for Classic Wizard Maintenance training and duty.

Petty Officer LaGrone is assigned as a maintenance watchstander in 31 Division. He has devoted much of his off-duty time as a Red Cross CPR Instructor and most recently as a member of the Black History Month Committee. Most noteworthy during his tour here, Petty Officer LaGrone completed his Bachelor's Degree through Navy Campus, followed up with an application for Officers Candidate School.

Bobby and his wife Regina have four sons: Arnold, Omari, Robert and Michael. His hobbies include writing, music and weight lifting. His immediate goal is to obtain a commission, and he hopes to attend graduate school. His dedication and singleness of purpose will certainly ensure ultimate success.

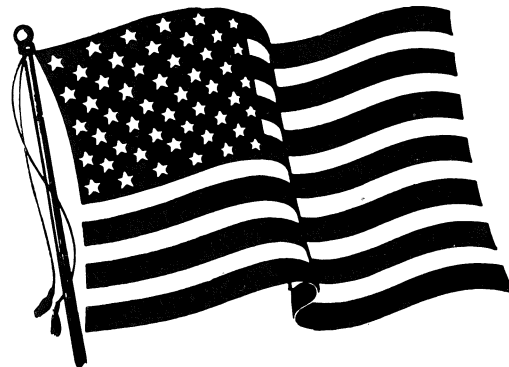
Petty Officer LaGrone is an outstanding example of the caliber of sailor the Navy wants to retain and the educational and leadership opportunities that today's Navy offers.

by: CTMCS B. Bashaw

Congratulations to CTM3 Bobby G. LaGrone, selected as NSGA Winter Harbor's Junior Sailor of the Quarter for January through March 1988.

Petty Officer LaGrone was born in Omaha, Nebraska. He graduated from Balboa High School in San Francisco in 1979 and completed three years of college at San Francisco State University. Joining the Navy in March 1984, he attended Basic and Apprentice Training at RTC Orlando. On completion of training, he was assigned to the USS PAUL F. FOSTER (DD-964) from June 1984 to September 1985 and completed one WESTPAC tour. He requested and was accepted for CTM "A" school. Following

Petty Officer LaGrone, your shipmates salute you!



HONORS TO

SAILOR OF THE QUARTER

by: CTMC J. Ashline

Congratulations to CTM1 Steven L. Nielsen, selected as Command Sailor of the Quarter for the first quarter 1988. Petty Officer Nielsen is assigned to the Classic Wizard Training Department as the Function Head and Senior Instructor of the 17-week Collection Maintenance course. His job encompasses all facets of training, from classroom presentation and laboratory performance testing to maintaining course curriculum and updating test questions. His expertise on the podium becomes obvious when student performance is reviewed. The current class in session has an academic average exceeding 90 percent, due in large measure to Petty Officer Nielsen's personal efforts. Petty Officer Nielsen's expertise is not limited to the classroom. He has also expended numerous hours streamlining and updating course materials ensuring students receive only the most up-to-date and accurate information.

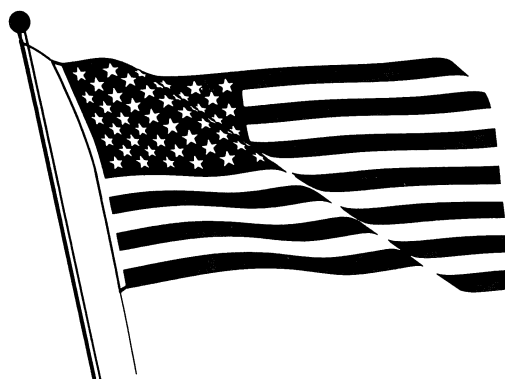
Like all SOQ selectees, Petty Officer Nielsen is extremely involved in the command and community. He presents Drug and Alcohol and Navy Rights and Responsibilities workshops to increase individual understanding of personal and professional responsibilities. An active participant in Captain's Cup sports, he has helped his department achieve top standings. An energetic member of the Petty Officer Association, he was recently elected its president. The Toys for Tots drive, the Navy Day Ball planning committee (he was last year's master of ceremony), and the Winter Harbor Lobster Festival are just a few of the projects to which he has contributed.

Petty Officer Nielsen met his wife Mary when they were stationed here in 1976. They have two children, Jasmine age 9 and Sarah age 6. He is a



candidate for the FY89 E7 selection board and has applied for the FY-90 Limited Duty Officer program.

Congratulations on your selection as Sailor of the Quarter and may you have continued success in your endeavors.



DEPARTMENTS AND DIVISIONS

Classic Wizard Training

by: CTT1(NAC) R. Bansley

60 Dept Wiz's



The news this month includes some changes in 60 Department:

CTA2 Martin returned from 30 Department. Welcome back, Paul. CTM2 Rochelle Woodward moved from 62 to 63 CISO Division to assist in curriculum development for the system maintenance course. We are also looking forward to CTTSN Steve Lowry's arrival from the 88001 course for technical aid assistance.

More good news: there are ten first class petty officers from 60 who are E7 selection board eligible. We wish them luck. Last, we congratulate CTT1(NAC) Richard Bansley who was selected to attend college in the EEAP program. Well done!

GRADUATION

(1 to r)
Front row: CTM1 L. Cox, CTM1 D. Landsteiner, CTM3 K. Wolfia
Back row: *CTMC J. Ashline, CTM3 K. O'Brien, CTM1 R. Robbins, CTM1 J. Davis, *CTM2 R. Woodward



CLASS 88030



CLASS 88001

(1 to r)
Front row: CTTSN M. Lowery, CTTSN S. Sheppard, CTTSN T. Eans, CTTSN J. Cooke
Second row: *SFC E. Mannings, Jr., *CTT1 M. Wallisa, CTT2 K. Vinson, CTTSN Y. Armbruster, CTTSN S. Linson, CTTSN H. Antrim, CTTSN C. Munoz
Third row: *CTT2 J. Evenson, SGT J. Robertson, CTTSN P. Flynn, CTTSN T. Barbour, CTTSN S. Lowry, CTTSN S. Adams, CTTSN T. Slaton, *CTT1 D. Kinton

*Instructor

AND MORE . . . — 10 —

Administrative Services

by: CTACS T. Ferry

The Administrative Services Department is "Small but Mighty." The Admin crew keeps the myriad of paper flowing. We support the Commanding Officer, Executive Officer, Command Master Chief, Librarian/"Acadian" Editor, Career Counselor, Mailroom, Quarterdeck, and help in smooth typing for the Supply Department and Commercial Activities Officer. So you see the paperwork is never-ending. The daily workload of preparing the Plan of the Day, accounting for leave papers, publishing instructions and notices and typing evaluations keeps our small staff busy long past the end of normal working hours. Did you know that all sponsorship messages (Welcome Aboard) are sent from the Admin office? The Welcome Aboard packages are mailed from here too. Need a set of TAD orders typed? Admin is the place. How about a Special Power of Attorney or an Affidavit of Non-Residency? Yes, come see Admin. Need an appointment to see the CO or XO? Uh huh, us again. Have a change to the command roster? How about a photo request? CTACS Ferry, Admin LCPO, is the person to coordinate photo services and these are supplied by PH3 Spray who takes all the photos you get to see in the "Acadian." LPO CTA1 Mason, soon to be a "Recruiter extraordinaire" in Washington, DC, has at any one time two to four people working for him. Currently, CTASN Toth and SN Aiello are the wordprocessing wizzes. SN Cornell works out of the Career Counselor's office and lends an able hand. CTA2 Pierson, the CO's Writer, tries to keep the CO, XO, and CM/C on time for all appointments. PC1(SW) Edwards keeps our mail moving, trains the admin staff as mail orderlies and in addition is the building's 1st Lieutenant, a job he does so well! DM1(SW) Webb is the department's newest addition. As the command's Illustrator/Draftsman, he keeps busy working on the "Acadian," and drafting for the Maintenance Department; he also does the Command engraving and

is our forms control and various computer projects PO. Want to check a book out of the library? Mrs. Glosser will be happy to serve you. She also puts the "Acadian" together each month and the command history each year from quarterly inputs. In addition to all of the above, the Admin Department has the task of keeping track of all those patriotic [red, (white) and blue] bullets that come firing from the "headshed."



VOLUNTEER FIREMEN RECEIVE LETTERS OF COMMENDATION



(1 to r) Back row: PC1(SW) D. Edwards, CTASN T. Faulkner. Front row: EA3 J. Orr, CTM2 D. Ellis, CTT1 B. Hasenbank, SK1 J. Laverdiere

by: CTR2 P. Wilkes

— 52 —

It's spring again and snow and cold weather are a thing of the past? Senior Chief Dean, a Maine native, says you'll know it when he takes his snow tires off (sometime between now and June)!! Along with spring comes the anxiety of waiting for the advancement exam results. Best of luck to all who took the exam. For the CPO candidates, the results are history. Congratulations to all board eligibles, especially 52's own CTT1 Jones. Good luck, Bryan!

I'd like to use the rest of our allotted space for the following story. Although it is presented in a humorous vein, it is basically true...straight from the horse's mouth.

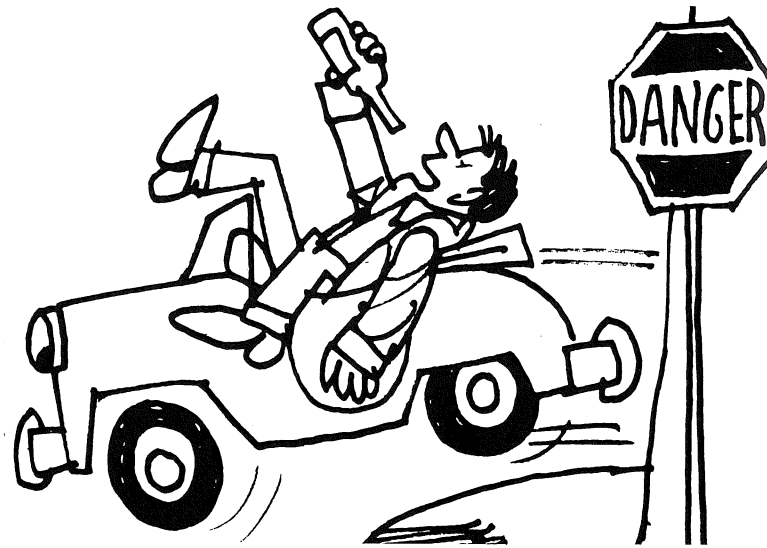
HANCOCK HOTEL

I suppose most of you never heard of the "Hancock Hotel." The reason for this is because it's an alias used by guests who do not pay with cash or credit cards, but with "time." I am talking about the Hancock County Correctional Facility.

The easiest way to get a room at this air-conditioned subterranean villa is to have a blood alcohol content of .15 or higher. Yes, I am talking about driving while under the influence of intoxicating liquor. You will not only spend a minimum of two days or a maximum of 14 days at the "hotel," but also pay a \$300 minimum fine with a 10% surcharge for the fine dining provided. You pay

this no matter what! A limo service is provided because you will be unable to drive home or to work for at least 90 days (the limo is a one-time deal).

Although the time, the money and the aggravation seem to be the biggest problems to deal with, they are not! It is the prestige you lose among your seniors, peers and juniors. This is the hardest to accept and deal with! I know...I was a guest at this "NO STARS" hotel! You've heard these before, but they have profound meaning for me now, and should be on everyone's mind: "DON'T DRINK AND DRIVE!" "FRIENDS DON'T LET FRIENDS DRIVE DRUNK." "USE THE DESIGNATED DRIVER PROGRAM." It could save you time, money, loss of prestige...but most importantly...IT COULD SAVE LIVES!!



by: CTOCS E. R. Greene

— 53 —

The Communications Division was well represented at the recent Sailor of the Quarter board by CTO2 Barry Shuster and CTO3 Cubby Davis who received Letters of Recognition from the CO for being nominated SOQ and JSOQ respectively.

Congratulations to CTO2 Jerry Durgin and wife Becky on their recent marriage. Welcome aboard from your new Navy family, Becky.

Welcome aboard, CTOSR Scott Buhlig from NTTC Pensacola.

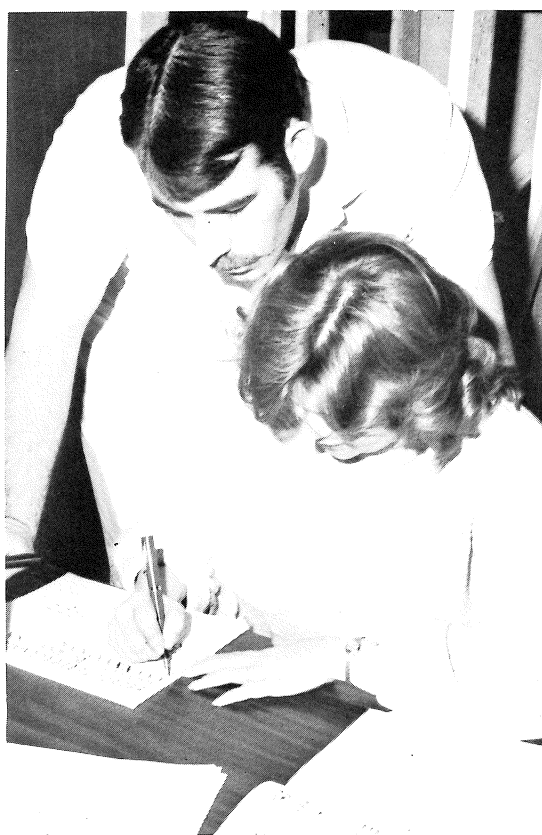
Congratulations to CTO2 Larry Foran who was selected to participate in the Enlisted Education Advancement Program (EEAP).

Letters of Appreciation were received recently by CTA3 Karen Maas, CTO2 Candace Henfrey, CTO2 Mark Henfrey, CTOSN Gregory Medema, CTO3 Cubby Davis, CTO2 Jerry Durgin and CTO1 Roger Jolliff from the CO for professional performances of duty during a recent major failure of the Streamliner system. Well done!

Calligraphy

Calligraphy is defined as the art of fine handwriting. Its meaning comes from Greek origin: Kalos (beautiful) and grapho (to write). In East Asia, by tradition, it is considered a major art equal to painting. In Western culture, the simpler Greek and Latin derived alphabets make handwriting everyone's art. Calligraphy was revived in the United States at the beginning of the 20th century.

Last month CTTI Dan Shaugnessy taught a course on this subject. He taught his students the pleasures of calligraphy are accessible to anyone with pen, ink, paper, perseverance and an appetite for "seeing." Everyone can participate at some level. Even if one's handwriting is poor, calligraphy is within reach. Each character is a series of common strokes assembled in proper sequence, so handwriting is unrelated.



Dan explains proper strokes to Donna Hayworth.

There are four basic styles: Gothic (old English), Italic, Roman and Celtic. Gothic is recommended first since it is easiest to learn and provides instant gratification. Learning the basic strokes, you piece them together and form the letters of the alphabet.

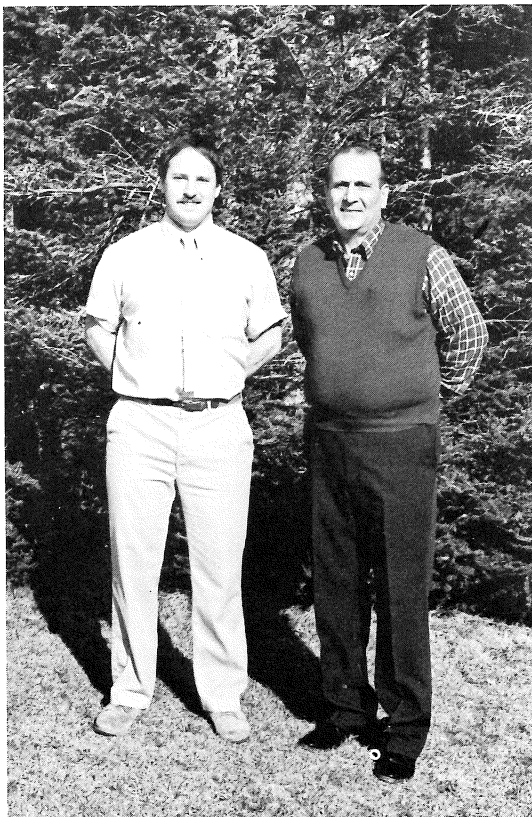
Dan studied this art at Subic Bay, R.P. in 1982. He was taught Gothic calligraphy and then taught himself the Italic and Celtic styles.



Students Judy Conley and Donna Hayworth with Dan display examples of Gothic calligraphy.

RECREATION DEPARTMENT

Introducing Rec. Services Athletic Director And Program Director



We would like to acquaint you with Rec. Services' new Athletic Director, John Marchioni, and Program Coordinator, Bob Shaw.

John graduated from the University of Maine Presque Isle, in 1980 with degrees in Recreation and Leisure Service and Social Sciences, then taught Social Studies in junior and senior high schools. John is retired from the Air

Force in which he served as Director of Athletics. He taught martial arts at various installations after attending the Kodokan School of Martial Arts in Tokyo, Japan, while stationed there. He retired from the Air Force in 1974. John is a member of the Amateur Softball Association of Umpires, International Association of Approved Basketball Officials Board #150, and has been the Northern District Softball Commissioner for several years. He has officiated high school and college basketball and football games and the Eastern Maine schoolboy/girl basketball tournament.

Bob Shaw received a Bachelor of Science degree in Park and Recreation Management in 1984 at the University of Maine. Recently, he was employed as a health club consultant. His career interests lie mainly in outdoor activities. He is enthusiastic about coordinating trips and tours for hiking, cycling, camping, skiing and the like.

John is originally from Philadelphia, Pennsylvania and resides in Winter Harbor. Bob is a Maine native living in Bar Harbor.

WELCOME, JOHN AND BOB!

"Hot Shot Pool Tournament"

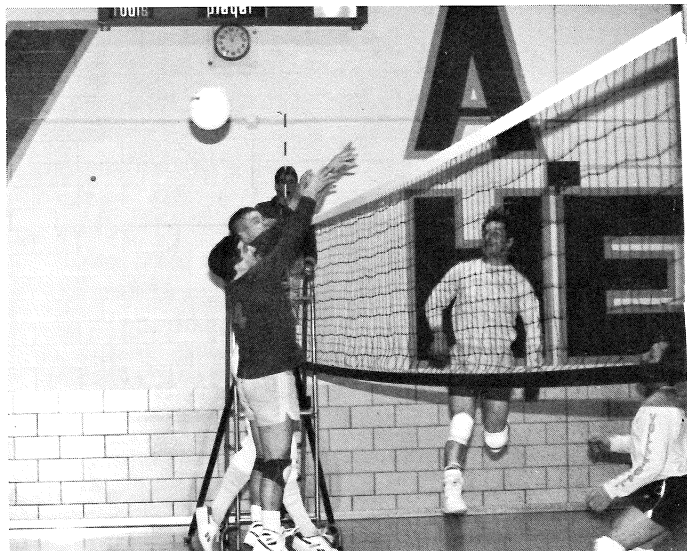
Last month, Randy Peacock rose through the loser's bracket to defeat Mark Countryman in "9 ball" pool action at the Schooner Club. All players enjoyed plenty of shooting in this double elimination best 2-of-3 game tournament. Peacock, a last minute entrant, received a plaque for his accomplishment. Troy Krebs finished 3rd.

SPORTS

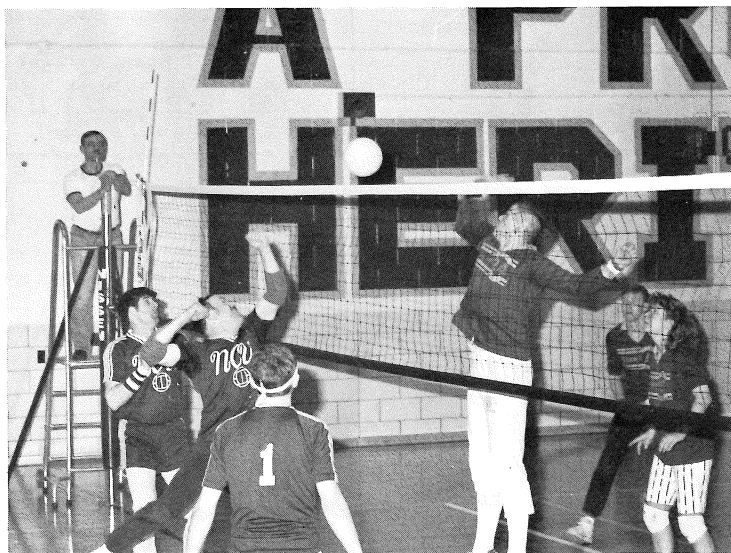
Volleyball Tournament

by: Bob Shaw

On Saturday, 9 April, NSGAWH sponsored a Five Team Invitational Volleyball Tournament. The five teams playing were: Pat's Pizza, Oldtown; Rear Bumpers, Oldtown; Mt Desert Island, Bar Harbor; NCU Cutler; and NSGA Winter Harbor. NSGAWH placed 3rd, with a fine 4-4 overall record. All players performed well and enjoyed a full day of action. We look forward to future tournaments.



The Block!



Tim Slayton spikes the ball vs. Cutler.

"60" AND OPS BLUE LEAD WAY IN CAPTAIN'S CUP

by: John Marchioni

With the completion of Captain's Cup volleyball and wallyball competition, 60 Department and OPS Blue are tied for first place with O's & C's close behind. The standings at this time are:

60 Dept	35
OPS Blue	35
O's & C's	31
OPS Gold	24
30 Dept	17
Schoodic	9

Enjoy These Upcoming Events

Spouse Appreciation Day/Base Birthday
 Hiking and Biking Trips
 Golf Trips and Tournaments
 International Volleyball, USA vs.
 USSR (Portland)
 Baseball - Red Sox Trip

Canoeing
 Camping Trips
 Baker Island Cruise and other sight-
 seeing trips
 Shopping Trips to Bangor and Bar Harbor

OFFICIALS -

AN INTEGRAL PART OF THE GAME

by: John Marchioni

When we think of great moments in sports, we turn our attention to outstanding achievements by the players, but sharing that moment in a quiet, professional manner are the men and women who officiate the contest and insure the game is played in accordance with rules, and neither team is placed at a disadvantage.

Just what is an official? They have been called many things, some of them unprintable; however, an official is someone who loves the game, enjoys being part of the game, and wants to remain in contact with the game. They are ex-players, ex-coaches, teachers, doctors, lawyers, servicemen, and about any other occupation you can name.

The rewards of officiating are measured in numerous ways. Besides the monetary gain, there is the feeling of satisfaction and confidence that goes with being an integral part of the game, and helping in the development of the young aspiring athlete.

Military intramural play is the place to start. I can attest to that having gone from intramural flag football and basketball, to high school and college play. Anyone wishing to enter the wonderful world of officiating need only call ext. 226, then sign up. You will be given excellent instruction on the philosophy of officiating, plus rules and mechanics. You will also play an important part in the development of the intramural program here at NSGA.

If you are one who second guesses the umpire, please call us. We really need your help.



MAINE OUTDOORS

by: CTT1(NAC) R. Bansley

Is is the month of May and everyone is starting to think about enjoying the local lakes and ponds for fishing, boating, and skiing. I know from experience how much fun it can be out there on the lake. The wind on your face, the music going, a special companion with you in your boat.

Something that does not get enough attention is your impact on everyone else. It is your responsibility to consider the other people out there. The father with his little boy in the canoe that you just flew past and left a nice wake for him to worry about; or the guys fishing over at one corner of the lake that you are skiing past every couple of minutes or so; the couple out on their cabin porch enjoying a nice quiet Maine sunset. Everyone has a right to enjoy the outdoors. Including

you! But before you go skiing or boating, or even just fishing, please be considerate. Could you boat just as well on another part of the lake? Do you need to use that particular corner of the lake for skiing? Or do you have to fish at that exact spot at this exact time? Cooperation and courtesy are two items that often get forgotten when people are intent on enjoying themselves.

Another thing to consider is the Maine state boating law. Many of the issues discussed here are also covered in a pamphlet available at the local town hall. Read it carefully and remember that the game warden can and will write out citations for unsafe boating practices.

Be considerate, be thoughtful, and enjoy summer on the water.

LIBRARY'S LATEST

Non-fiction

- | | | | |
|-------|---|--------|--|
| 574 | <u>Animals Without Backbones</u> | 523 | <u>Internat'l Encyclopedia of Astronomy</u> |
| 322.4 | <u>Armed and Dangerous</u> | 615.3 | <u>Jeanne Rose's Modern Herbal</u>
(A practical guide to herbs) |
| 803 | <u>Benet's Readers Encyclopedia</u>
5th Edition | 378 | <u>Lovejoy's College Guide,</u>
18th Ed. |
| 577 | <u>Bones of Contention</u> | 921 | <u>Man of the House</u> |
| 338.7 | <u>Corporate Address Book</u> | 510 | <u>Mathematics for Business</u> |
| 940 | <u>Fodor's Budget Europe, 1988</u> | 599 | <u>Ourselves and Other Animals</u> |
| 959 | <u>Fodor's Southeast Asia 1988</u> | 359.3 | <u>Ships and Aircraft of the U.S.</u>
Fleet 14th Ed. |
| 973 | <u>Fodor's U.S.A., 1988</u> | 959.7 | <u>Shrapnel in the Heart</u> |
| 510 | <u>For All Practical Purposes</u> | 808.81 | <u>Under All Silences</u> |
| 808 | <u>Freelance Writer's Handbook</u> | 100 | <u>What Does It All Mean?</u> |
| 220.9 | <u>Harper Atlas of the Bible</u> | | |
| 306.8 | <u>How to Stay Together When</u>
<u>You Have to Stay Apart</u> | | |
| 362.1 | <u>In Search of Parenthood</u> | | |

Fiction

- | | | | |
|-----------|---|----------|---|
| L'Amour | <u>Californios (W)</u> | Michener | <u>Legacy</u> |
| Grimes | <u>Five Bells and</u>
<u>Bladebone (M)</u> | King | <u>Misery</u> |
| Somerlott | <u>Death of the Fifth Sun</u> | Ingalls | <u>Pearlkillers</u> |
| Barthelme | <u>Forty Stories</u> | Semyonov | <u>Tass Is Authorized To</u>
<u>Announce</u> |
| Elegant | <u>From a Far Land</u> | King | <u>Tommyknockers</u> |

COME IN AND CHECK OUT THE BOOKS AVAILABLE FOR YOUR READING PLEASURE.

SAFETY SENSE

BEWARE THE LAWN MOWER

by: Harry J. Voss

The snow is gone and spring is here. It's a beautiful time of year in Maine--new growth, budding trees, colorful flowers and green grass. Grass that must be cut and cut often if you're going to keep pace with its rapid new growth. All that grass to cut means you will probably be using power mowers.

The hazards of power mowers are demonstrated every year by an alarming number of accidents. About 70,000 operators and bystanders of all ages are normally treated per year for injuries associated with power mowers. These injuries were usually the result of soaring bits of rock, wire or even broken bits of the mower itself or direct contact with the blades or other moving parts.

Here are several ways you can reduce the hazard of injury while operating your mower:

- Read the owner's manual and pay attention to its recommendations before each use. Use it as a check list.

- NEVER allow young children to operate the mower, and keep them far away from the mowing operation.

- Wear sturdy clothing such as safety shoes, long slacks (blue jeans) that fit close. Never wear loose-fitting clothes around any moving machinery.

- Rake or pick up the area before you begin to remove rocks, twigs and any other potential missiles.

- Make sure you know the location of any hard or solid objects such as standpipes, water main covers and tree roots.

- Never add fuel to a mower that is running. Stop the mower and wait for it to cool for a few minutes. Be sure to wipe up any spills before restarting the engine.

- Adjust the cutting height before you start and never while the mower is running.

- Never leave the mower while part of it is still moving.

- If you must clean, unclog, or otherwise maintain the mower, turn it off and disconnect the spark plug wire or electrical plug so the mower can't restart by accident.

- Push, never pull the mower, one frequent accident pattern is that of pulling the mower up over the operator's foot.

- Don't smoke around the mower or gasoline storage when filling or working on the mower.

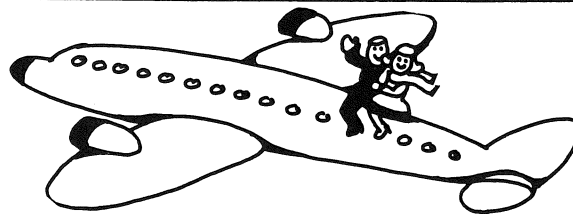
- Replace those loose or broken parts, especially damaged blades.

- Get expert service regularly -- it is much less expensive than the services required if there were a mishap.



A Vacation in Our Nation's Capital - Washington, D.C.

by: CTTC K. O'Donnell



Washington, D.C. is one of the leading tourist stops in the nation and it's really no wonder why. The capital is teeming with history, famous buildings, monuments, gardens, museums and a variety of people from virtually every nation in the world.

As its name implies, the city was conceived by President Washington who picked the original site of the capital some seven years after the Revolution. The plan for the city was a vision of engineer Pierre L'Enfant. It was modified by surveyor Andrew Elicott, and became a final plan with the help of surveyor Benjamin Banneker in 1792. The cornerstone of the Capitol Building was placed in 1793.

It was not until after the War of 1812 that Washington began to grow. By 1860, it was an expanding city with a population of more than 75,000. The Civil War impeded progress for a short time, but since the ground work had been laid by 1846, the city resumed its gradual growth into the city of today. As you circle the Mall, you'll notice no skyscrapers. City ordinance dictates no building will be taller than 13 stories. The tallest in structure is the Statue of Freedom, high atop the Capitol.

Situated between Maryland and Virginia, Washington, D.C. is 67 square miles of land straddling the Potomac River. Today, the city has spilled outside its original border to span a metropolitan and suburban population of over 3 million people.

Transportation to and within the city is varied and abundant. The easiest way to get to it is to fly into the National Airport. Only the bravest people (such as those who work on Nebraska Avenue) drive into the city. Once on the ground, you can take taxis, buses, or use the Metro Rapid Rail System, a clean, economical way of getting to almost every attraction in and around the city.

Where to stay is no problem. Take your pick of every major hotel or motel chain in the world. Remember, you're in the nation's capital and this is where much of the world politics, does business, shops, eats and sleeps. Expect fairly expensive prices for accommodations unless you stay outside "The Capital Beltway," the interstate which circles the city.

Although the city provides an array of fast food eateries, don't pass up the chance to eat at a favorite ethnic restaurant during your visit. Where else can you have dinner in Scotland one evening, in Athens the next, and never leave Alexandria, Virginia?

All right, on to the sights. Perhaps it is easier to list those attractions not available in the capital. But then, it wouldn't be a very long list. Here is where it all is--from the Smithsonian Institute (all 13 buildings), to the Capitol, to the Washington Monument, to the White House, and on and on. Here is the history, the culture, and the future of the United States all wrapped up into one city and presented to the public with a red ribbon. Most of the museums are free; other attractions may charge just a nominal fee. The Mall is where you'll find all the monuments you've read about: Washington, Lincoln, Jefferson, the Vietnam Memorial, the Botanical Gardens, The Smithsonian, and the Capitol. These are all within walking distance. Outside the 1.8 mile long Mall is the White House, the Navy Memorial, the Archives Building, National Zoo, Arlington Cemetery--the list is endless.

So, you're on your way. You may want to visit in spring or fall. The winters are fairly cold and blustery, and the summers are hot. Plan your trip early. This city never slows down and there is no "off-peak" time to take advantage of unless you consider January off-peak. Write to the Washington Tourist Information Center, 14th St. and Pennsylvania Avenue, N.W., Washington, D.C. 20004 for all the information you'll need. Enjoy your vacation in the nation's capital.

NATIONAL BLOOD PRESSURE MONTH

The American Heart Association estimates more than 57 million Americans, children and adults, have high blood pressure or are being treated for this condition by a physician. High blood pressure can shorten your life, but it can be treated and controlled.

Blood pressure is the force of the blood against the walls of the arteries and veins. The pressure is created by the heart as it pumps blood. Each time the heart contracts, it sends a surge of blood into the arteries, and the blood pressure in the arteries increases. When the heart relaxes between beats, blood pressure decreases.

The two numbers recorded during a blood pressure check measure the two levels of pressure: the upper number when the heart is beating (systolic pressure), and the lower number when the heart is resting (diastolic pressure). These numbers are phrased, for example, as 115 over 60.

The more difficult it is for blood to flow through the vessels, the higher both numbers will be--and the greater

the strain on the heart. If the pressure in the blood vessels is 140 over 90 or higher and stays there, a person is diagnosed as having high blood pressure.

In 90 percent of the cases, the cause of high blood pressure is unknown. But researchers have discovered some factors that increase the chances of a person developing high blood pressure. The older people get, the more likely they are to develop it.

High blood pressure has no symptoms, and it can lead to heart disease, stroke or kidney disease if untreated. The American Heart Association suggests you have your blood pressure checked once a year. It can be treated and controlled through changes in lifestyle, and with medication.

This month is High Blood Pressure Month. Have yours checked. As the old saying goes, "it will do your heart good!"

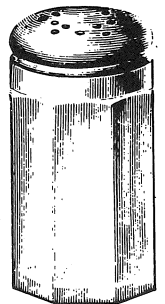
SUPER SALT SUBSTITUTE!

It's a well know fact that too much salt is not healthy for anyone, especially for those who suffer from high blood pressure.

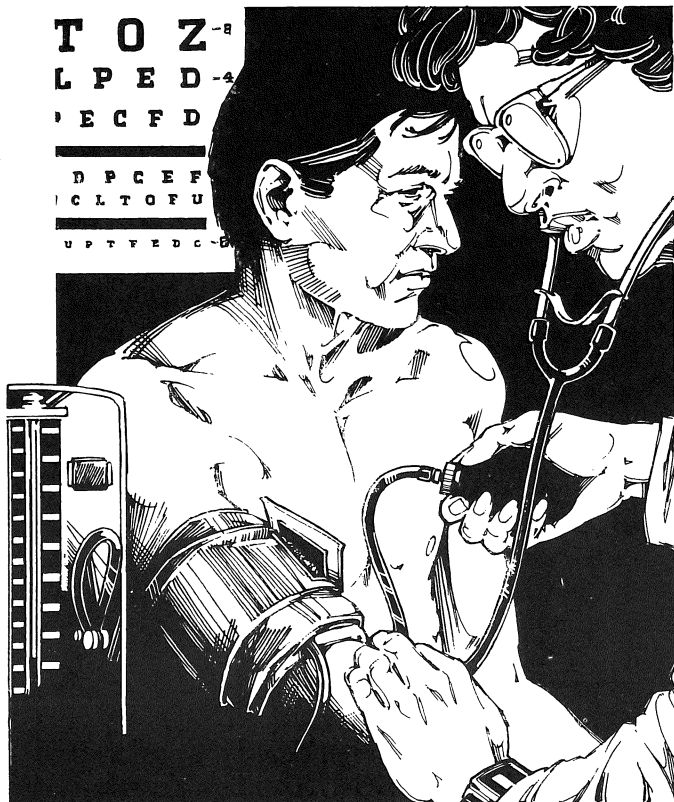
Here's a recipe for a salt substitute developed by the Food and Drug Administration. It's simple to make and could help you reduce your salt intake without feeling deprived. Why not give it a try?

Mix in a blender:

- 2 teaspoons garlic powder
- 1 teaspoon basil
- 1 teaspoon anise seed
- 1 teaspoon oregano
- 1 teaspoon powdered lemon rind



Store in a jar, adding a little rice to prevent caking--and kick the salt habit!



BRIEFLY . . .



NEW ARRIVALS

REENLISTMENTS

Years

	<u>From</u>
CTT1 Dwight Owens	Washington, DC
CTT2 Thomas L. Hilson	Washington, DC
CTRSA Marvin P. Robertson and Wife	Pensacola, FL
CTOSR Scott Buhlig	Pensacola, FL
CTT2 Daniel C. Hahn	Adak, AK
CTM2 Daniel J. Jolin and Wife	Sugar Grove, WV
CTA2 John P. Duvall and Family	Pensacola, FL
CTM2 Bryan H. Ross and Family	NCEP Hawaii

CTA1 John Mason	4
CTM1 David Reidel	6
CTT2 Teresa Palumbo	4
MS2 Brian Emerson	4

GOOD CONDUCT MEDAL

CTM2 Jean C. Cates	(1st)
MSCS(SS) Dolson Rivers	(5th)
CTTCS Dennis E. Corkins	(4th)
CTTCS Lance E. Williams	(4th)
CTM2 David A. Kinter	(2nd)

WELCOME ABOARD!

SAILOR OF THE QUARTER

JUNIOR SAILOR OF THE QUARTER

JANUARY - MARCH 1988

CTM1 Steven L. Nielsen

CTM3 Bobby G. Lagrone

NAVY COMMENDATION MEDAL

NAVY ACHIEVEMENT MEDAL

CTTCS Dennis E. Corkins

CTT2 Deborah L. Parrish

LETTERS OF COMMENDATION, RECOGNITION, APPRECIATION - CERTIFICATES

CWO2 William J. Moyer (LOC)
CTR2 Nathaniel Phillips (LOC)
CTT1 Lori N. Schappert (LOC)

CTT1 Joseph A. Shields
(Beneficial Suggestion Award)
CTM1 Lauren Gigstead (LOR)
CTO1(NAC) Roger G. Jolliff (LOA)

LETTERS OF COMMENDATION - VOLUNTEER FIREFIGHTERS

CTT1 Bruce Hasenbank
CTM2 David E. Ellis

SK1 Jean Laverdiere
EA3 James D. Orr

PC1(SW) Donald Edwards
CTASN Troy L. Faulkner

ADVANCEMENT TO THIRD CLASS

CTTSN Michael R. Stephenson

Also, congratulations to our new E-8 selectees:

CTMC Paul E. Fox
CTMC Paul E. Raub, Jr.
MAC(SW) Patricia A. Huntley



