

NAVAL SECURITY GROUP ACTIVITY • WINTER HARBOR, MAINE

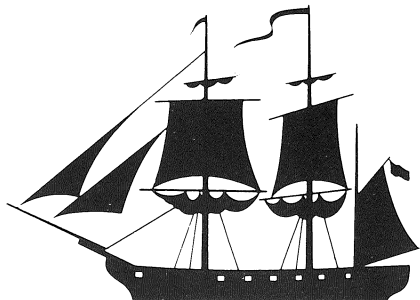
# ACADIAN

VOLUME LIV

NOVEMBER - DECEMBER 1988



# PURELY NAUTICAL



FRIGATE. A name originally designating a class of Mediterranean vessels which used both oars and sails. "The English were the first to use frigates on the ocean for war or commerce."

Naval Customs, Traditions, and Usage.  
U. S. Naval Institute, 1939

## ***Do You Know***

A term used to signify that a ship is properly moored or at anchor and is available for loading or discharging passengers and cargo?

**on berth**

The commodity Chaplain George Jones introduced into the Navy? (He wrote to the secretary of the Navy on Feb. 10, 1842, offering to buy it if the Navy "would furnish conveniences for having it prepared.")

**Coffee**

# ACADIAN STAFF

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Correspondence should be addressed to: The Editor of the Acadian, Naval Security Group Activity, Winter Harbor, ME 04693-0900.

Front cover: Santa has fallen asleep while "checking his list." Pen and ink by Ed Lutjens.

Back cover: The chapel has a beautiful new Nativity scene this year.

# THE COMMANDING OFFICER'S TURN

## CAPT H. W. WHITON

I recently had the opportunity to attend the 1988 Navy/Marine Corps Family Support Conference. It was at once sobering and exhilarating. Sobering because the issues facing the Nation and Navy between now and the end of this century are daunting. This is

particularly true in the area of family services where the demographic data suggests the challenges are increasing as dollars are decreasing. Exhilarating because the caliber of those addressing these issues and strong commitment of Navy's leadership convince me the challenges will be met.

Navy will move to address the Conference's recommendations institutionally. At the same time, we need to take personal stock of our individual roles in meeting current and future challenges. It is not for Navy to assume responsibilities that are rightfully the individual's. Family Services support, but do not substitute

for, personal responsibility in areas like child rearing and finances (or discipline where personal accountability is lacking). My "take" is that NSG is out in front in many key family service areas and the exercise of personal responsibility. Looking at the quality of people in Winter Harbor, I'm convinced we'll stay there.



As another year draws to an end, we have much to be thankful for in Winter Harbor. By staying focused on our goals in security, safety, retention, mission, training, fitness,

and involvement, you've made this an even better place to live and work; not only today, but also tomorrow. I can assure you the leaders of our community are equally dedicated to supporting the quality of life you deserve: now and in the future.

So have a wonderful holiday season - NO ONE deserves it more. Paraphrasing the ad, you've won this right to satisfaction the old fashioned way - you've earned it!

## 89's GONNA BE FINE

# PRESIDENT'S HOLIDAY MESSAGE

This holiday season--Christmas, Hanukkah, and New Year's Day--is a time for celebration and joy. Our country has remained at peace for another year, for which we can be grateful. But it is a sad truth that peace can only be maintained by preparing for war.

You, the members of the Armed Forces, stand at the front edge of the readiness that allows our nation to pause and reflect during this holiday season.

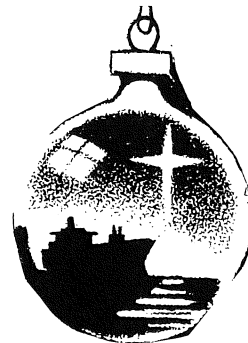
From the days of Valley Forge, our country has asked great sacrifices of its citizens and citizen-soldiers. These sacrifices are felt more deeply this time of year, as some of you spend the holidays away from your homes and loved ones--in many cases for the first time. I want you to know that I am deeply grateful to you, as are Americans everywhere.

I feel great pride as I look back over the eight years it has been my privilege to serve as your Commander in Chief. You are the nation's finest. Your patriotism, dedication, and ability to do your difficult but vitally important jobs have enabled Americans everywhere to stand tall--and free.

Nancy and I wish you and your families a very happy holiday season, and a peaceful and prosperous 1989. God bless you all.



*Ronald Reagan*  
**Ronald Reagan**  
*President*





the  
**CHAPLAIN'S  
NEWS**

Chaplain E. Passero

THANKSGIVING BASKETS OVER THE TOP

A "Bravo Zulu" is in order for NSGA, Winter Harbor for the outstanding response received in an appeal for food for Thanksgiving baskets which was coordinated by the Chapel by the Sea. Twenty families became the happy recipients of rotund turkeys and foodstuffs comprising the makings of many very Happy Thanksgiving meals. Just one more indication of the "can do" spirit and cooperation of the NSGA Winter Harbor community. God Bless you all!

CHANGES IN THE CHAPEL

Religious Program Specialist Johanna Hoffmann, reported to the Chapel by the Sea on 7 November after completion of RP "A" School in Meridian, MS. RPSN Hoffmann says she was lured to the U. S. Navy as an attractive career opportunity for a woman in today's fast changing world. She also wanted to serve in the armed forces of her adopted country. RPSN Hoffmann was born in Helsinki, Finland where women are not allowed to serve in the military. She is looking forward to a full tour in Winter Harbor where she finds the state and the weather much to her liking. RP3 Jackie Weber has left Winter Harbor for a bit warmer climate in Puerto Rico, she will be truly missed.



SPREADING THE WORD

Many of our personnel attend local churches in Ellsworth, Milbridge, Prospect Harbor, and Winter Harbor. The Chapel by the Sea has a bulletin board where anyone is welcome to advertise upcoming events or services of their church. If you wish to use the bulletin board please call the Chaplain's office at ext. 279.





CTRCM(SW) K. A. Sprague

"A Cross-section of Society"

As I read the many publications that relate to Navy life, "All Hands," "Navy Times," "Proceedings," and others, information comes out that would be at the very least interesting in the game "Trivial Pursuit." Beyond that, the statistics and demographic data paint an interesting picture of our Navy. Did you know that of 511,065 enlisted personnel there are 102,600 under 21 years old? There are 187,500 21 to 25, and 106,000 26 to 30. 91% have high school diplomas or GEDs. 45,491 are women, and Blacks, Hispanics, and American Indians comprise 25.5% of the total force. There are 104,000 Third Class Petty Officers and 100,335 Second Class.

Combining the officer and enlisted totals we find that there are 2 Navy members assigned to Johnson Atoll and 17 in the Netherlands. Must be some interesting independent duty! At the other end of the spectrum there are 339,189 sailors assigned to shore duty worldwide, 268,511 of those ashore in the continental U. S. alone and 242,570 "haze gray and underway" in afloat assignments.

When someone says that the Navy is a "cross-section of society" it is certainly easy to support that view. We recruit in the big cities of the East and West and the small towns of the Heartland. With them, those new recruits bring the sophistication of the "Big Apple," the traditions of life in the "City by the Bay" and the grassroots values instilled by generations of hard work on the family farm. The positive values and variety of backgrounds combine and complement each other. As a result, we have built a Navy more educated, better trained,

and best prepared to defend our country. Better than any Navy in the history of the world.

Unfortunately, once in awhile you will hear someone try to explain a deficiency or even a serious problem by making the same "cross-section of society" statement about our Navy. Sure, there are drugs, felons, child abusers, irresponsible drinkers and malcontents in society. With nothing further to base an opinion on, it could be said that the Navy should have a representative percentage of those problems. You and I as dedicated Navy men and women should be offended! If that view is put forth by another member of our Navy or our sister services, probably even angered! After all, we don't recruit felons and drug abusers. We make effective use of Chaplains, family services, rehabilitation programs, leadership training and NR&R workshops.

The spectrum of our backgrounds - religious, ethnic, and economic, is so varied as to nearly defy classification. The one thing that ties us all together is our oath of enlistment. From the moment we raise our right hand and swear to "Support and Defend the Constitution..." we become something more than what we were just seconds before. We're sailors, in the Navy. I saw a desk plaque that said it best: I'M NOT IN THE NAVY - I AM THE NAVY! We are all the Navy, we're what the civilians out in town know of the Navy. Yes, we are a cross-section of society. That's not an excuse for a shortcoming; it's a statement of PRIDE!

# ENERGY CONSERVATION REPORT

By CWO4 G. Shaw

## Consumers Pay

Professor Richard Hill of the University of Maine Mechanical Engineering Department believes the greatest reduction in energy costs occurs when the consumer actually pays the bill for the energy he or she uses.

We should be in good shape here at NSGA Winter Harbor because we consume the energy AND we pay for it. While we don't see our money going directly to pay for the energy we use, our utility bills are paid with our tax dollars. Due to rate hikes, energy is the fastest growing portion of our shrinking budget.

The Navy pays for wasted energy by diverting funds that would otherwise be available for new equipment and material to improve efficiency or for better facilities to improve our quality of life.

## Energy Conservation Inspector Visit

During the week of 14-18 November, an energy conservation inspector visited every one of our buildings. The following suggestions were offered to assist our energy conservation efforts.

- Comfort heating: We should maintain occupied living and working spaces no higher than 70 degrees. When spaces are to be unoccupied, the temperature should be set to 55 degrees.

- Domestic hot water: Except for housing, Galley, Clinic, BEQ/BOQ, and Schooner Club we should set water temperatures at 105 degrees. Homes without dishwashers should be set at 120 degrees; those with dishwashers at 140 degrees.

- Interior/exterior lighting: Visits made during and after normal working hours show we are in compliance in nearly every area. Let's continue our good lighting habits--and carry them



over to other conservation areas as well. One area where we can improve our exterior lighting is by turning off outside lights in the housing areas after use. Don't leave them on all night.

## What you can do!!

A visit by an energy conservation inspector does not reduce energy use. Every one of us who works and lives here at Winter Harbor is a consumer and we need to be conscious of how we are spending our limited Navy dollars.

In addition to lowering thermostats or shutting off unnecessary lighting we can also look for areas needing attention. Is there a building that needs additional weatherization? A space currently being heated that doesn't need to be? Have you seen a questionable energy use that you'd like to report?

Call CWO4 Shaw at ext. 236 with your suggestions, recommendations, and questions. Remember, it's our tax dollars that pay our energy bills. Don't be an ENERGY HOG!

## GETTING OUT SOON?

By CTAC K. Hagen

If you are getting out of the Navy within the next six months, do you know what benefits you are entitled to after separation? Are you aware of the importance of the DD-214?

Pre-separation counseling can be a learning experience. Who needs it? Who benefits from it? All military personnel!!

If you are unsure of the answers, attend the pre-separation counseling conducted quarterly, on station, by RMI John Moreau. Petty Officer Moreau is a pre-separation counselor assigned to the Atlantic Fleet Career Information Team. Petty Officer Moreau has seen many personnel who felt that they knew all the answers, only to realize that the information provided is of value to them.

LCDR Brenda Blackwell, the team director, says the information provided to both officers and enlisted is helpful to them in making a well-informed and intelligent decision about their careers. Information covered at the three hour presentation includes: detailed coverage of the DD-214; the full scope of Veteran's benefits provided by the VA; dental and insurance benefits; Naval Reserve programs and other items vital to separating members. As an extension of the command's retention program, the team supports the Command Career Counselor to ensure that each person is aware of the benefits they have earned by virtue of their Naval service, as well as how to take advantage of those benefits.

The bottom line is: if you are leaving the service, don't leave active duty without fully knowing and understanding your benefits. The Atlantic Fleet Career Information Team offers a professional program ready to serve the fleet. Watch your POD for announcement of the next session.

# LADIES NIGHT AT THE NAVY EXCHANGE



By CTA2 P. Martin

Thursday night, December 1st, was "Ladies' Night" at our exchange, enabling the ladies to shop during a period when the men were not allowed, no doubt so they could be home with the kids! Men's night will be held on Dec 15th. Since the men usually wait a bit longer to do their shopping, it's been suggested that Friday the 23rd would be about right!!

Ladies' Night proved very successful. Over 40 people came in to shop and register for the door prize drawings held every 15 minutes. The first 15 shoppers received free candles. Another interesting service (take note husbands), 3x5 cards are available so wives can leave their gift suggestions for husbands to use during Men's night. This is the NAVEX Christmas version of the "bridal registry" major department stores use for weddings.

Ladies night provided an opportunity for the new "barrier free design" ramp installed on Bldg. 10 to be used, a feather in the cap of NSGAWH, as we had a shopper who was able to shop from her wheelchair for the first time.



# MEDICAL TIPS

## ANIMAL BITES

By HM2 R. Picard (source: JUN 88  
Emergency Medical Magazine)

Animal bites need special attention because they can lead to a variety of problems, ranging from local wound infection to systemic disease. Basic wound care is pretty much the same for all animal bites. If you or anyone in your family is bitten by an animal the following steps should be taken.

If the wound damage is major:

- Protect the wound with a clean, dry bandage (preferably sterile), or cloth if no bandages are available.
- Report immediately to your local medical facility for evaluation and treatment.

If it is a minor wound:

- Clean the wound with soap and water, they not only do a good job of removing debris and bacteria, they are also very effective against the rabies virus.
- Bandage the wound.
- Apply an ice pack to the area to reduce any swelling.
- Report to a medical facility for further evaluation.

Information that you should have available for the medical personnel, if possible:

- Type and breed of animal involved, and place of occurrence. If it is a domestic pet, owner's name, address, and phone, for animal's rabies immunization history
- Victim's immunization history and any known allergies the victim may have.



Although many people are still concerned about the possibility of getting rabies from dogs, 96% of the rabies cases seen in the United States stem from skunks, raccoons, and bats. We see a lot of these in Downeast Maine. Watch local wildlife from a safe distance. The rabies virus is quite fragile and can be killed by a number of things, including sunlight, drying, soap, and immune globulin, so being bitten by a rabid animal is no guarantee that one will get rabies. Regardless, rabies still can be fatal to humans.

After dogs and cats, the animal most likely to bite man is probably man. Human bites account for 1 to 15% of all bites nationally. Contact your local medical facility if you or a family member receive a human bite that breaks the skin.

### PREVENTION:

One of the keys to preventing bites is remembering that animals are territorial; most will not attack unless you enter their territory or threaten to provoke them. Usually they will give some kind of warning sign before they attack. Raccoons generally follow this pattern. Most raccoon bites come while people are feeding them, so the best defense is not to feed them.

**"I believe that every right implies a responsibility; every opportunity, an obligation; every possession, a duty."**

**—John D. Rockefeller Jr.,  
philanthropist**

# AWARDS

## PRT LETTERS OF COMMENDATION

### FIRST AWARD

CAPT WHITON  
 CTMC EVARTS  
 CTMC NIELSEN  
 CTT1 KINTON  
 CTM1 MANNING  
 DK1 STEVENS  
 CTM2 ARNOLD  
 CTM2 WATSON  
 MS2 FORAN  
 MS3 GAINES  
 CTTSN FRASCHETTI  
 CTTSN HAVILAND  
 CTTSN HERRING  
 CTTSN MILSTEAD  
 CTTSN SMOOT  
 CTTSN VIOLETTE  
 CT TSA CROTEAU  
 CT TSA JARVIS  
 CT TSA LEVASSEUR  
 CT TSA POLEET

### THIRD AWARD

LCDR KIDD  
 CWO4 SHAW  
 CTMC GIGSTEAD  
 CTT1(NAC) BANSLEY  
 CTR1 SMITH  
 PN1 ENGLUND  
 CTT2 SCHAPPERT  
 CTM2 CURTIS  
 CTM2 LAGRONE  
 DK2 SNODGRASS  
 CTASN MONCADA

### FOURTH AWARD

CTMC ASHLINE

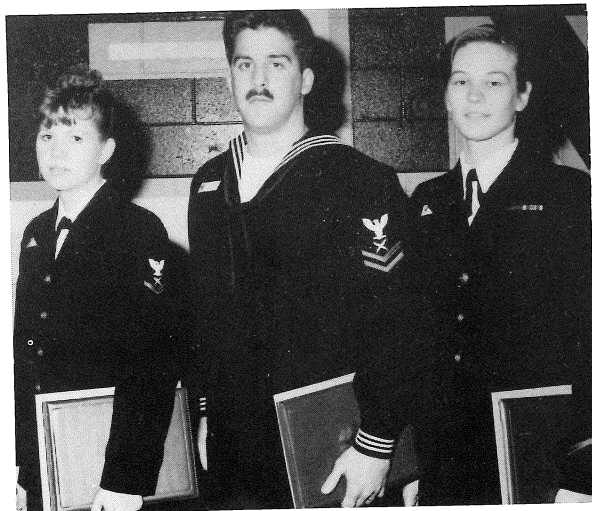
### FIFTH AWARD

CTM1 DAVIS  
 CTR2 PHILLIPS

### SECOND AWARD

CTTCS(SW) WILLIAMS  
 SH2 FORTIS  
 CTT3 BEEMAN  
 CTT3 BANKS  
 CTASN TOTH

## LETTERS OF COMMENDATION



## MOVE UP, NOT OUT



Taking a break from the cake celebrating his reenlistment for two years, PC1(SW) Edwards, with wife Janis, Christopher, and Ashley.



### LMET GRADUATES

Seated: CTM1 Solomon, ET2(SS) Smith, CTM2 Jackson, CTM2 Watson, CTM1 Shea, CTT2 Iveans, SK2 Richardson, CTM1 Bertram. 2nd row: AT1 David (instructor), CTT1 Wilhelm, CTT2 Hilson, CTM1 Credit, CTT1 Jacox, CTT1 Shields, BM2 Huntington, CTM1 Rensburg, CTT1 Camacho, DK1 Juzon (instructor). Back: CTR2 Phillips, CTM1 Young, CTT1 Iveans, CTT1 Walker, CTM2 Jolin, CTA2 Rimel, CTT1 Reagan, CTA1 Leamy, CTO1(NAC) Jolliff, CTO1 Kaplin.

# AWARDS

## SAILOR OF THE QUARTER

CTM2 Kimiko M. Watson

## JUNIOR SAILOR OF THE QUARTER

CTO3 Jason M. Stanchfield

## GOOD CONDUCT MEDALS

CTM1 James M. Trail 3rd  
CTO3 David P. Bercik 1st  
SK3 James C. McGroarty 1st  
CTTSN Victoria J. Rizzo 1st

## LETTER OF COMMENDATION

CTM2 Roman L. Allen  
CTT2 Kimberly J. Champ  
CTT2 Troy L. Krebs  
CTT3 Julie A. Frank  
EA3 Walter J. Pearson



## ADVANCEMENTS

CTTSN Kevin A. Bunch  
CTOSN Sherri J. Dyer  
CTTSN John C. Haviland  
CTTSA Anthony Carrington  
CTTSA Jon M. Carpenter  
CTTSA Yvonne D. Cox  
CTTSA Julie S. Robinson



## ARMED FORCES EXPEDITIONARY MEDAL

CTASN Sharon Taylor

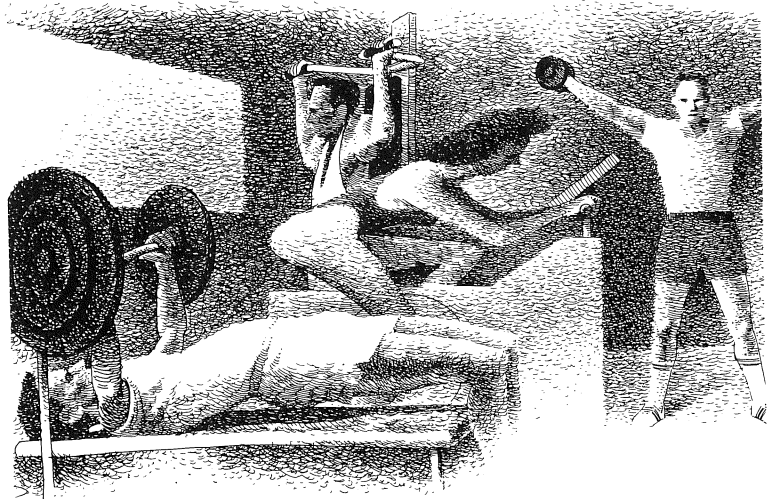
## GOOD CONDUCT MEDALS

# PHYSICAL FITNESS - HERE TO STAY

By CTR2 N. Phillips

With the fall physical readiness testing behind us, now is a good time to acknowledge those that excelled and call upon the marginal performers to "press-on". Physical fitness does not come easy. It takes time, work, and dedication. Exercising just enough to pass your PRT is only cheating yourself. The top performers in the October PRT have raised our standards to new heights. A new record was set in five of the six categories.

The following shipmates have their names engraved on the command physical fitness board displayed in the foyer of building 10:

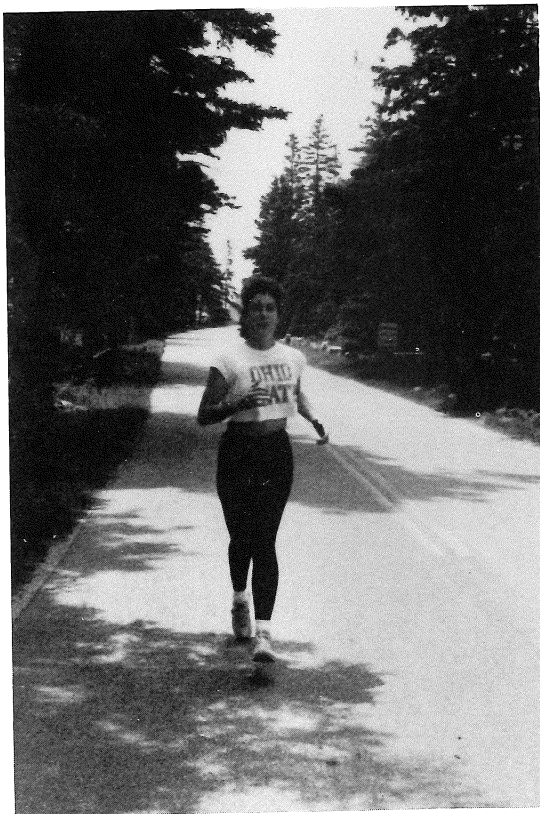


CTM2 CURTIS	136 sit-ups (male)
CTASN TOTH	108 sit-ups (female)
DK2 SNODGRASS	135 push-ups (male)
PN1 ENGLUND	60 push-ups (female)
DK1 STEVENS/DK2 SNODGRASS	7:59 run (male)
CTTSA LEVASSEUR	10:23 run (female)

In addition, DK2 Snodgrass took things a step further as he made the prestigious "300 Club" (accumulating a total of 300 Navy points).

The command competition award went to 60 Department students this time. Their name and Navy point average are on display at the station gym. They dethroned 53 division who had been winning the award since October 1986.

It's a new era in physical fitness at this command. So let's get on board with changing times and use these standout individuals as models that we should strive to emulate. Remember that physical fitness is here to stay and the Captain has challenged us all to meet his standards.



**"Things may come to those who wait, but only the things left by those who hustle."**  
—Abraham Lincoln



CIVILIAN

## SPOTLIGHT

By CW03 Robertson



Mrs. Loretta Perry, "Civilian Personnel Assistant"

Loretta has just celebrated her second anniversary at NSGA and enjoys her job very much. Prior to this job she worked at Elscott Corp. in Gouldsboro as Personnel/Payroll clerk for six years.

Born in North Dakota, she moved to Texas when she was six years old, and calls the Lone Star State "home." She met her husband, Dick, while he was stationed in Texas with the U. S. Air Force. They have lived in his native State of Maine for 22 of their 25 years of marriage. Her husband was a lobster fisherman for over twenty years and she was his "stern-person" for a couple years, and loved every minute of it. Dick now works for a local construction company.

The Perry's have two children - Vicki lives in Lincolnville, ME and Patrick is the Utility Systems Operator here on base.

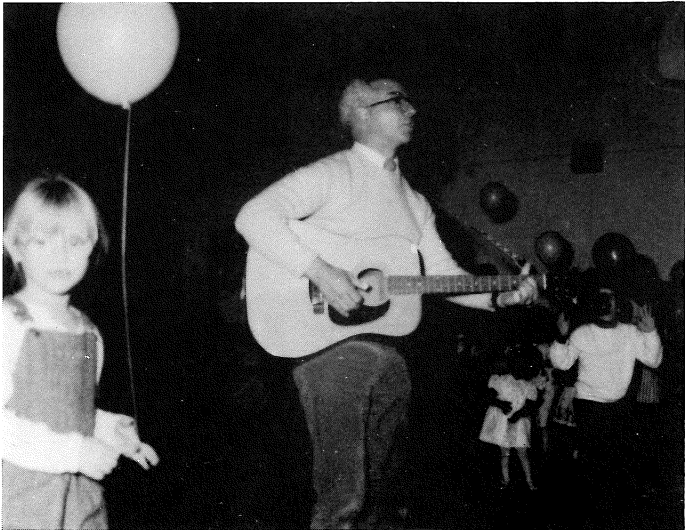
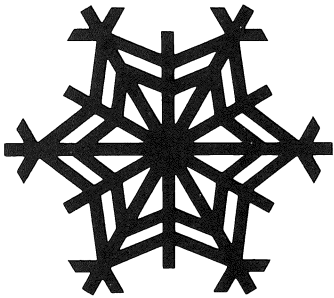
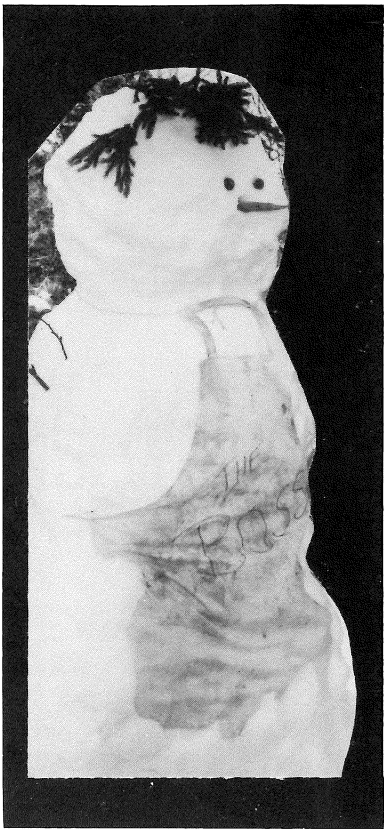
Loretta is an avid fan of almost

every sport. Her favorite professional teams are the Dallas Cowboys and the Boston Celtics. She also likes to participate in sports. In the past she has been active in bowling leagues and played softball and volleyball. Her newest sports are golf and racquetball, and she hopes to add cross-country skiing to the list this winter.

Loretta is active in her church, serving on the church board as Sunday School Superintendent, and is also the church organist.

In her spare time she enjoys sewing, knitting, and crocheting.

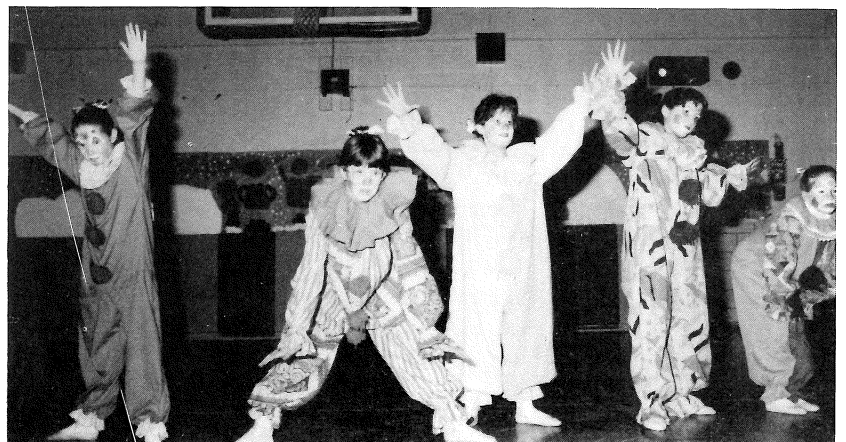
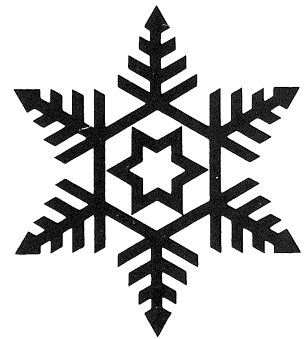
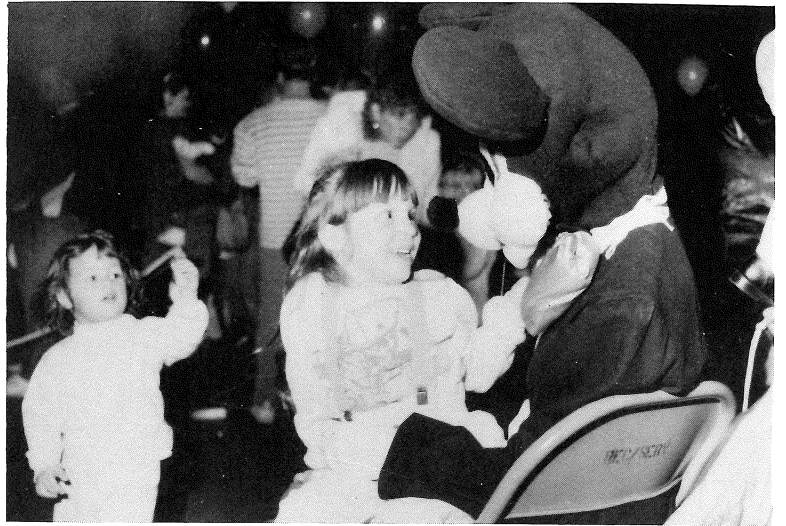
Her job consists of finding answers to questions having to do with such things as civilian benefits, retirement, TAD, training, transfers, payroll discrepancies, and job announcements. She is one of the first to see a new employee and handles all employment and retirement paperwork. Both appropriated and non-appropriated fund employees' records are kept by her office.



Santa's

Winter

Wonderland



# DEPARTMENTS & DIVISIONS

**-30-**

THE DRAGON ROARS

By CTMCS P. Fox

It's been another busy month for 30 Department. CTM1 Mike Soule is headed for the Fleet Reserve and his final commute to New Hampshire. Best of luck in your new career, Mike! CTM1 Dan Remsburg (ace reporter) has had his fill of the "Great White North" for now and is heading for sunny New Orleans and the COMNAVSURFRESFOR staff. He will be departing with a NAM for his leading role in the project to keep the right of way for our power lines clear. CTM1 Dave Kinter is off to the CT home at NTTC Corry Station. CTM1 Dave Reidel and CTM3 Angela Yarbrough are bound for a warmer climate at NCWP Guam. Our final departure for the month was CTM2 Tom Cronin, to "CIVLANT." Good luck to all.

Fortunately we did have a couple arrivals to help fill the newly empty corners. CTM3 Ed McConnell arrived from Adak, and CTM2 Eric Carroll from San Vito (hope you brought the red woolies, Eric), welcome aboard!

This won't be news to "Matmen", but we are some kind of multi-talented folks. In addition to the incredible array of technical skill that 30 department brings to Winter Harbor, we have a number of budding "Hunters." The Marine Mobile Training Team was in town and retrained all us "Andy and Barney" types. LCDR Beard, CTMCS Raub, CTMCS Fox, CTM1 Zilgme, CTM1 Cleveland, CTM1 Herberg, CTM1 Solomon, CTM1 Kinison, CTM2 Jackson, and CTM2 Cameron are all now "Competent Weapons Handlers." We were trained in the legal aspects of security, anti-terrorism, and even some "hand-to-hand," so if you see us running around in our "green pickle suits," rest assured that you are in good hands and sleep well.

**-10-**

By CTA2 S. Rimel

The last few months in admin have been very busy. CTA2 Rimel spent two weeks learning Auxiliary Security Force tactics from the Marine Mobile Training Team, and then on to LMET for a couple more weeks. CTA3 Muller attended the Navy Justice School in Newport, RI, while CTASN Toth went to HARP duty in Ohio. We don't have the statistics on how successful her recruiting efforts were, but can't think of a better representative to help with this important effort. CTASN Faulkner was married in October. We wish he and his new bride, Kris, the best of luck for a long and happy marriage.

CTM3 Mehl went to Classic Wizard Training to help with curriculum writing. Rumor has it that four curriculum writers can't keep up with her typing speed. CTA2 Martin came to us from 60 department to work in Command Training and the Acadian staff. As some of you may know, Mrs. Glosser has been sick. We wish her a speedy recovery and hope to see her back to work real soon. As the old saying goes, "the job's not complete until the paperwork is done". It's true, just ask us. Admin department wishes all hands a safe and happy holiday season.

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Finally, 30 Department has teams active in Captain's Cup Bowling and Volleyball. We're glad someone thought of "participation points." CTM1 Tony "Dr. T" Creditt is sporting a temporary extra leg of the wooden persuasion as a result of his "moves" on the Basketball court, putting forth a real "cane do" attitude. Ken Stites, Ray Zilgme, Bryan Ross, and Ed Cameron are defending our honor at the "daat" board. Force Ten is still tied with Wizard for first place. Point 'em, guys!

That's all for this month.



**-52-****DIRECTION FINDINGS**

By CTR2 S. Fitzgerald

Congratulations to all bulldoggers in 52 division on our recent Letters of Commendation received from the Commanding Officer. To no one's surprise, we remain on top of the Atlantic Net in tips on CINCLANTFLT's high priority targets. "Bravo Zulu" to all!!

Special congratulations to CTTSN Margaret and CTA2 Bill D'Arcangelo on the birth of their son, William James. William was born November 4, weighing in at 7 lb. 4oz. Congratulations also to CTASN Dana Stefanakis and CTT3 Larry Erwin of 51 Div. on their November 5th marriage. The ceremony was attended by many division members. Good luck to you both for a long and healthy marriage.

Last month we welcomed two new DF'ers, CTT1 Margaret Tinto and CTR2 Penny Gray. CTT1 Tinto is from Ukiah, CA. She is married to Vincent Tinto, a former Marine, and they have a three year old daughter, Anna. Her past duty stations include NSGA Kunia, NSGA Misawa, and NTTC Corry Station. CTR2 Gray is from Barre, VT. She very recently married (congratulations) Reginald Alan, also from VT, and they have one daughter Tiffany, age 6. Her past duty stations include NCEP Wahiawa and NTTC Corry Station.

CTTCS Williams, CTT1 Jacox, and CTR2 B. Fitzgerald ("get your finger off the trigger") are the division's designated "trained defenders" as recent graduates of the Auxiliary Security Force training.

In sports, our only basketball game ended with the O's and C's beating Ops Gold by a mere 30 points, (although we don't want to rub it in). Good luck in the future games, where we will hope to see lots of fans out to cheer us on to victory!!

**-53-****COMMS****FROM COMM**

By CT02 C. Henfrey

53 Division has had a busy month here in the basement of Bldg. 85. In our personnel corner we welcome our new Tech Control/Communications Chief, CT0C LeBlanc. Chief LeBlanc is a "Mainer" and comes to us from NAVCOMMU London, England. Also joining us from London is CT01 George Leinbaugh, his wife Theresa and two children, Amanda and John. CT0SA Jennifer Arnott of Deer Park, MD and CT0SR Barbara Russell, another "Mainer," reported aboard fresh from CT0 "A" school in Pensacola. I know they will find NSGA Winter Harbor a challenging and rewarding tour.

Congratulations to CT03 Amy Davis, the 53 Division Communicator of the Quarter for Third Quarter 1988. Amy has been with us since September 1987 and is an outstanding operator.

We are also preparing to say some farewells. CTA3 Karen Maas will head back to Oregon in December. CT03 Dave Bercik and family will be departing during December for NSGA Azores. We wish both of our shipmates fair winds and following seas.

As of this writing, none of our divisions hunters have presented us with any prize Maine venison. Rumor has it that the deer have gone south to escape the eagle eyes of the "O" branchers.

Please remember that as the weather gets colder, driving gets more hazardous. Make sure your car is winterized, and drive intelligently and defensively for a super holiday season.

# PSD HAPPENINGS

By PN2 T. Tuck

PSD would like to extend a hearty welcome to PN2 Karen M. Owens, reporting to us from Keflavik, Iceland. Petty Officer Owens grew up in Florida and St. Albans, VT. She enlisted in March, 1981 and completed recruit training at Orlando. Following recruit training she went to PSD Annapolis, MD where she entered the Personnelman rating. Other tours have included PSD Patuxent River, MD and PSD Keflavik. Karen married Franklin "Tony" Owens on May Day 1982. They have three children and are currently living in Sullivan. Petty Officer Owens will be working PSD's Customer Service and Transfer Desks.

We also extend our congratulations to YN2(SW) Don and Cindi-Sue Cobb on the birth of their son Branden Patrick, November 20, weighing in at 8 lb. 1 oz.

PSD is moving! No, not out of the area, or even out of building 10. The only difference is that we will be a right turn instead of a left at the top of the stairs. Our new location is in the former Supply Department Spaces across from our other half, Disbursing. We will make this move with no interruption in service. Stop by and see the new spaces, and make sure your Page 2 is current while you're here.

Do your legs feel like rubber after standing in long pay lines? If so, it need never happen again. You can sign up for the Direct Deposit System and have your paycheck go directly to the financial institution of your choice. Your pay will be deposited and credited to your account on each payday, no matter where you are, sitting in your recliner at home, between duty stations, or TAD to the North Pole. Wherever you are, you can rest assured that your money is in your account just waiting for you to spend it. Sign up today and dispense with those long lines, possible lost or stolen checks, and even "rubber legs."

## EXCHANGE SHOPPING HELPS YOU

[Navy Exchanges] generate funds that help support the morale, welfare and recreation programs of the Navy. In fact, the exchange mission requires that all profit remaining, after expenses have been paid, are to be contributed to the MWR. The exchanges are non-appropriated fund activities and must be self-supporting. That means they pay all expenses - including the cost of merchandise, employee salaries and renovation or construction of exchange facilities - all from funds received through the operation.

The remaining net profit is turned over to base recreation programs and to the Navy's central recreation fund, which is administered by the Naval Military Personnel Command. Money received from the Navy exchanges helps support the cost of local sports programs, swimming pools, bowling centers, gyms or physical fitness centers, hobby shops, tennis and racquetball facilities and many other special services available at Navy bases.

Funds provided to the central fund help Navywide recreation programs, special team events, entertainment programs and the construction of recreation facilities. These funds are also used to help support recreation programs at smaller commands.

In FY 1987, Navy exchanges contributed \$64 million to MWR and in the past five years the exchange contribution has been over \$269 million. Shopping at the Navy exchange benefits the customers in three ways: good quality products and services, savings below commercial prices, and support of leisure time programs that make Navy life more enjoyable.

# FIRES AT THE SCHOONER CLUB

By CTA2 P. Martin

There has been a rash of fires recently at the Schooner Club... and they will continue. Why? The Schooner Club fireplace is now operational again. Captain Whiton did the honors of lighting it for the first time in several years on October 19th. A glass screen has been added this year for safety and prevention of heat loss.

We would like to thank the Captain for the "donation" of his firewood to make this worthwhile event (and several others like it) possible.

If you can brave the cold and snow long enough to get to the Schooner club, a warm pleasant atmosphere now awaits you in front of the fire, but please bring your own slippers!



## DOWNEAST WORD SEARCH KEY

```

E . . . . . M . . . . . R E E D . . . . .
K . . . . . T . . . . . L . . . . . B K . M D
A . . . . . D . . . . . L . . . . . A . . L C . A N
L . . . . . E . . . . . P . . . . . I . . . . . U E . L O
K . . . . . S . O . O . . W . . . . . D . . . . . E N . C P
N . E . . . . . R . . . . . O . . . . . A . . . . . B E A R S
U R . . . . . C . O R . . . . . C . . . . . E N . . E
T . . . . . U . . T B . B L A C K F L Y . . R O . . N
. . L P . R H . . S . . . . . . . A . . R T . . O
. . I . . . . . O . . . . . D . . R E T S B O L I S . . J
. N G . . . . . B . . . . . L . . . . . N . . E D . . .
E . H . . . . . R . . . . . U . R . . A . . S N . . .
. . T . . . . . A . . . . . O . . N M . R . I . . .
. . H . . . . . . . H . B . G . T H A . . R . . .
. . O . . . . . . . R E S O O M C . S . G . T .
. . U . . . . . S . . . . . A . A . . C N . U . . O . .
. . S . . . . . O . H . . . . . B . O A E . L . U . . .
. R E V A E B . R . . . . . O . L R . L R . . . .
. . . . . . . E . R . . . . . N . . L F . I . . . .
. . . . . T . . S E A G U L L I . S V . . . . P .
. . F L A N D E R S . N . . . . . D T . A . . . . I .
. . . . . I . . . . . . . T . . . . . A . . N . . . . N .
. . . . . W . . . . . S C H O O D I C . A E R O C E .
. . . . . . . D O W N E A S T . . . . . . . . . .
. . . . . . . . . . S F F I L C R E T T O . . . . .

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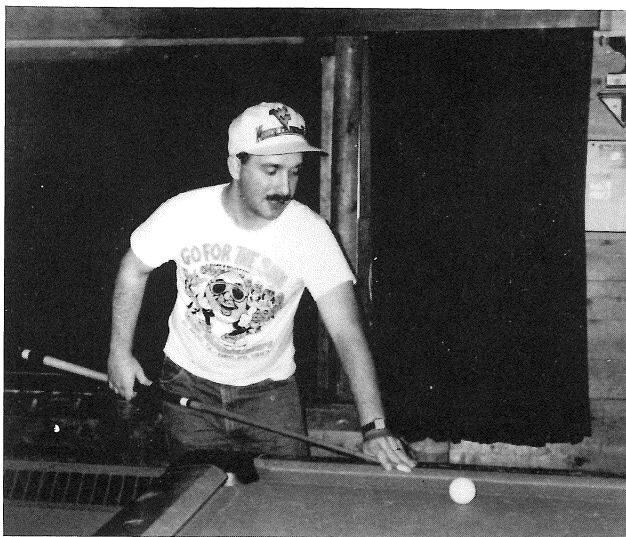
# RECREATION DEPARTMENT

By Robert Shaw

## SPORTS SHORTS

### White-water rafting trip (30 Sept - 1 Oct)

After a refreshing nights sleep at Red Buck Camps, the Fall Foliage Rafting Trip began at the headwaters of the Kennebec River. Under a myriad of bright fall colors we paddled our way down Kennebec Gorge through such runs as "The Alleyway", "Magic Falls", and other exciting white-water obstacles, enjoying every minute of the day-long trip. Congratulations to all successful paddlers: Captain and Judy Whiton, CTM2 Jackson, Pam Schmidt, and trip coordinator, Bob Shaw. It was certainly a magical escape! Next year we conquer the Penobscot, maybe the Colorado after that...



### Pool Tournament at the Schooner Club (26 Oct)

Congratulations to CT03 Jon Fleming, winner of the Top Shot "9 ball" pool tournament held at the Schooner Club on October 26th. Jon outlasted Larry Erwin (runner-up) for the title. As activities move "inside," watch for many exciting programs at our Schooner Club this winter.

After one round of play, CWO4 George Shaw of the O's & C's basketball team leads the league with 3 pointers, having bombed in 20, averaging 4 per game.

NSGA has won the Challenge Cup for the 6th consecutive year, chalking up 9 wins in 13 events. Congratulations to all the people who represented NSGA in the competitions with Cutler.

NSGA Winter Harbor has entered into an Inter-service competition with the Air Force 776th Radar Squadron out of Bangor. First event will be bowling, to be hosted by NSGA on 28 January.

The NSGA cheerleading squad (the first ever at Winter Harbor) is on the sidelines leading the cheers for our varsity basketball team! Making up the squad are: AN Rose Mickelson, CT TSA Julie Robinson, PHAA Nancy Rech, SR Verlynda Knight, SKSA Jacqui Certaine, CT TSN Kerri Hutchinson, and CT TSA Sylvia Davis.

The varsity basketball team got off to an impressive start defeating the 776th Radar Squadron 90-61, and 96-88 at Bangor. NSGA will open their home season on 10 and 11 December at 1900 and 1300 hours when they play host to the Washington County Red Riots. On 13 December they host a team from Old Town, and on 17 and 18 December they host the Airmen from the 776th Radar Squadron. Make it a point to watch our team and help the cheerleaders inspire them to victory.

MORE . . .

## SPORTS SHORTS

The annual Men's and Women's Bowling Tournament will be held the 14th and 15th of January for the women, and 21 and 22 January for the men.

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It is not too soon to be thinking of volleyball. Anyone interested in coaching the 1989 volleyball team is urged to contact the athletic director. Anyone interested in playing should do the same.

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The NSGA Flag Football team finished second to Naval Communications Unit, Cutler in the recent area Flag Football Championships held at Portsmouth. Cutler went on to capture the Navy Regionals. Congratulations to our team for their gallant effort, coming through the losers bracket to reach the finals, only to be defeated in overtime.

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A reminder to our many friends: with the advent of severe weather we ask our patrons to please carry their running shoes or game shoes into the gym. The snow and salt accumulation on shoes worn outside pose a safety hazard and can damage floors and carpets. Help us keep our facility in good repair.

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Congratulations to the following individuals for placing in the recently conducted small games Captain's Cup:

Darts - 1st - Rafael Camacho, Ops Blue  
 2nd - Wynn Allen, O's & C's

Pool - 1st - Jon Fleming, Ops Gold  
 2nd - Phil Russ, Ops Blue

Ping - 1st - Martez Banks, 30 Dept  
 Pong 2nd - Kevin Garcia, Ops Blue

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We are hoping to add a tug-of-war to the challenge cup format. Watch for more information on this.

## Happy 213th USMC



By CTA2 P. Martin

On November 10, CAPT Whiton, Commanding Officer, NSGA Winter Harbor, and SGT Terrance Conery, USMC cut the birthday cake honoring the 213th birthday of the United States Marine Corps. A special thanks goes to SFC Manning, USA, for coordinating and arranging this meaningful ceremony. A true test of Marine Corps dedication was cutting the cake into enough pieces for all of SGT Conery's classmates. Our Corps' professional carried the day.

Congratulations to Dwight Owens, Herb Marzakis, Bryan Ross, and Bonnie Winslow, the latest qualifiers in the "Century Club Program."

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### UPCOMING HAPPENINGS

Jan 1989

Downhill skiing trips  
 Beginning ski trips (special package)  
 Cross country ski trips and clinics  
 Discount lift tickets  
 "Salute to the States"

# OUTDOORS

By CTT1(NAC) R. Bansley

I know it has been awhile between articles, but it's been hunting season. Speaking of hunting, the Maine Fish and Wildlife Department estimates that the deer herd in Maine numbers approximately 250,000 animals statewide. The predicted kill for this year's season is about 27,000 including does, lambs, and bucks. This is up considerably from last year's harvest of about 23,000. The Maine Fish and Wildlife Department is trying to improve the deer management effort and increase herd size by monitoring the kill in each deer management district and adjusting doe permit numbers accordingly. The doe permit system is fairly new in Maine and is still somewhat controversial. It has proven effective in other states and the Maine game management personnel predict that the doe permit system will remain in effect for the foreseeable future.

The cold weather months are here and people will be enjoying them in a wide variety of ways. There are some items that need to be considered when plunging into the wilderness on a cross country ski trip or snowmobile run. One item is dehydration. Remember, cold weather causes the body to dehydrate the same as if you were on a beach in Bermuda. The exertion of tramping through deep snow, and heavy clothing take their toll, both in perspiration and fluids lost exhaling. Drink plenty of fluids to prevent the adverse affects of dehydration. Keep in mind that alcoholic beverages only compound the problem.



While out deep in the woods thirsty, hot, and sweaty you're safe because you can drink from a cool and clear running stream, right? Wrong! Do not drink nice cold, apparently clean, Maine stream water. Animals use these streams, too, and can spread disease through the water. Man made pollution can also be found in many remote areas, so be sure that you include water purification tablets or a small "Sterno" type stove with a metal cup for boiling the water, (or both) in your take-along gear for hunting, fishing, or even cross-country skiing. Why run the risk of getting sick? An ounce of prevention....

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## ***Worth Repeating***

**"Let every nation know, whether it wishes us well or ill, that we shall pay any price, bear any burden, meet any hardship, support any friend, oppose any foe, to assure the survival and success of liberty."**

**—John F. Kennedy**

**"The best organization chart in the world is unsound if the men who have to make it work don't believe in it."**

**—James Forrestal,  
Secretary of Defense, 1947-1949**

# WINTER SPORTS ABOUND IN THE CARRABASSETT VALLEY

By CTTC K. O'Donnell

Winter is almost upon us and the snow will be falling soon. Time to think about how to make the most of the long winter months in Maine. There is a lot to do here. One of the biggest winter ski areas is only three hours away in the Carrabasset Valley and it offers something for everyone.

If your interests lie in downhill skiing, Sugarloaf/USA is the perfect place. Overlooking the Carrabasset Valley, the ski area has over 70 trails providing skiers with all levels of skiing - beginner, intermediate, and expert. They make snow on 80 percent of the trails and have a ski school, day care center, and health club. The area also offers a beautiful lodge for after skiing enjoyment.



Down the road from Sugarloaf/USA is the Carrabasset Valley Ski Touring Center for cross country skiing enthusiasts. This is the largest touring center in Maine and boasts 85 kilometers of trails. Additionally, there is a competition loop for those interested in racing. All the trails are groomed and well marked. There are trails for all levels of expertise and a lodge that provides a waxing area, rental and repair shop, information center, and a snack bar. A skating rink is also located at the center and is open daily and evenings.

The Carrabasset Valley is easy to get to - take I-95 south to the Skowhegan exit, then take Route 2 and Route 27 to the valley. There's plenty of places to stay overnight, although the area is close enough for a day trip. So, what are you waiting for? Pack up the skis and make the most of Maine winter!



# Behind The Quiet Cottage

Transportable FEPOC begins operations  
at Prospect Harbor

By Pat Zastrow, NAVASTROGRU, Reprinted  
by permission from SPACE TRACKS  
Bulletin, Nov 88

A transportable operations center for extremely-high-frequency (EHF) satellite communications was declared operational during an informal ceremony on Sept. 20, at the Navy Astronautics Group's Detachment ALFA in Prospect Harbor, ME.

The facility enables NAVASTROGRU personnel to direct the day-to-day use of the Navy's Fleet Satellite Communications EHF Package (FEP). The first FEP was launched in December 1986 as an adjunct module attached to the Navy communications satellite FLTSAT-7.

The added FEP module is part of a program initiated by the Navy to provide a space-based vehicle to test the capabilities of the new EHF communications terminals being developed for Milstar, the Department of Defense's next-generation satellite communications system.

The Navy, Air Force, and Army are all currently testing engineering development model terminals with the FEP, which is in a geosynchronous orbit approximately 22,000 miles above the equator. FEP contains a significant subset of Milstar features that provide anti-jam, low-probability-of-intercept communications at extremely high frequency.

The FEP operations center, or FEPOC, at Prospect Harbor is used to send commands to the FEP-7 satellite and monitor its health. The facility consists of five mobile shelters each



eight feet wide and 20 feet long. The shelters are connected to form a 40-by-20-foot building. Above the shelters is a six-foot dish inside a radome supported by a steel framework. Inside the transportable FEPOC are two VAX 751 computers and approximately 15 racks of specialized equipment.

The recent ceremony at Detachment ALFA followed a one-week reassembly period and three weeks of thorough testing by Lincoln Laboratory personnel. The FEPOC is currently operated and maintained by NAVASTROGRU personnel--two electronic engineers and two electronic technicians--under the overall supervision of the Officer-in-Charge of Detachment ALFA.

The FEPOC was designed and built by the Massachusetts Institute of Technology's Lincoln Laboratory in Lexington, MA. During its development, the FEPOC was located on the roof of Lincoln Laboratory. After operation and extensive testing at Lexington earlier this year, the transportable operations Center was disassembled and moved to Prospect Harbor on August 16.

A second FEPOC, located at Lincoln Laboratory, will serve primarily as a backup to the transportable FEPOC until the launch of FLTSAT-8 with its own EHF package in mid-1989.



# DOWNEAST

## word search

By CTA2 P. Martin

GOULDSBORO  
 SCHOODIC  
 CLAM  
 BEAVER  
 DEER  
 ACADIA  
 PORCUPINE  
 SORRENTO  
 LIGHTHOUSE  
 SULLIVAN  
 ELLSWORTH  
 LOBSTER  
 BLACK FLY  
 MOOSE  
 CADILLAC MTN  
 OTTER CLIFFS

E G D Y N S U M K S O S M R E E D S B L A R H Z K  
 K A H V E J T C X H L F Z L D A V N I C B K T M D  
 A C L W B D S M O P S M L S L W P A V F L C Q A N  
 L B N C E D I W P M A S R D M G I S D U U E A L O  
 K V M S A O V O B E W X W R H D A B R P E N S C P  
 N L E M G Q R Z S O N I V P A K T Y N A B E A R S  
 U R N C Y C R O R A N E H C F H S J P C E N S M E  
 T D S J U L P T B M B L A C K F L Y O F R O X S N  
 C W L P T R H N P S S U B N W Y H A U P R T Q J O  
 S U I F K V O W R J D Q E R E T S B O L I S W N J  
 M N G R E R Y B C M H L R S T A M N N L E D S A N  
 E T H A C S L A R U C E U G R X P A W B S N O A P  
 V A T G P I U N S A S C Y O U K N M T R N I S H R  
 T U H M S C N T V K H W B K G E T H A X G R M Y O  
 D O O Y G I F G T B F R E S O O M C B S Y G M T S  
 X B U W R F S H C T A P A N C Y C N L U P A O B C  
 Q C S N V L B O N H T D F B P O A E Z L N U L T A  
 N R E V A E B G R Z L T Y M O C L R W L R H P P M  
 N J R C A D B E Q R K T P N U S L F U I B T C T S  
 U S T K B R T S C S E A G U L L I V S V W U F P N  
 S A F L A N D E R S I N L T W H D T X A K C K I I  
 D G J O I W D S N A L H T G S X A F I N M F H N Q  
 P B L W T C W F G S C H O O D I C U A E R O C E T  
 O C W M D P D O W N E A S T N M P H B S B T R S F  
 L G H B W F T O P S F F I L C R E T T O N R R F B

COREA  
 WINTER HARBOR  
 TUNK LAKE  
 PINE  
 BEARS  
 SEAGULL  
 MT DESERT  
 FRENCHMAN BAY  
 BAR HARBOR  
 FLANDERS  
 GRINDSTONE NECK  
 RACCOON  
 BLUEBERRIES  
 TOURIST  
 DOWNEAST

## Good Luck!

answer on page 19

### Captain's Cup Standings 1 Dec 88

60 Dept-----134 points  
 Ops Blue-----106 points  
 O's & C's-----103 points  
 Schoodic-----98 points  
 30 Dept-----95 points  
 Ops Gold-----86 points

### Leading Scorers For Intramural

#### Basketball

NAME	TEAM	GAMES	PTS	AVG	3's
Phillips	Schoodic	5	135	27	7
Shaw	O's/C's	5	114	22.8	20
Roberts	Ops Gold	5	104	20.8	7
Hillson	Det "A"	4	76	19	2
Jones	Det "A"	4	67	16.7	0
Perry	O's/C's	4	60	15	2

### CAPTAIN'S CUP BOWLING STANDINGS

(end of Nov.)

Place	Team	Won	Lost
1	O'S & C'S GOLD #1	23	9
2	SCHOODIC	20	8
3	MWR	18	10
4	O'S & C'S GOLD #2	16	12
5	OPS BLUE	13	15
6	OPS GOLD #1	13	15
7	60 DEPT	11	17
8	OPS GOLD #2	10	18

### Intramural Standings - 1 Dec 88

O's & C's-----5-0  
 Det "A"-----4-1  
 Schoodic-----3-2  
 60 Dept-----1-3  
 Ops Blue-----1-3  
 Ops Gold-----0-5

# SAFETY SENSE

## CHOOSING AND USING EYE PROTECTION

### *Safety Glasses And Goggles*

No matter where we work, flying particles, dusts, fumes, vapors, harmful rays, are apt to expose us to potential eye injury. Fortunately, we can protect against these hazards by using the appropriate protective eyewear for our jobs and by following our companies' established safety guidelines. The following is a guide to the most common types of protective eyewear and the specific hazards they can guard against.

#### Safety Glasses

Standard safety glasses look very much like normal glasses, but are designed to protect you against flying particles. Safety glasses have lenses that are impact resistant and frames that are far stronger than regular eyeglasses. Safety glasses must meet the standards of the American National Standards Institute (ANSI). (Safety glasses are also available in prescription form for those persons who need corrective lenses.) Standard safety glasses can be equipped with side shields, cups, or tinted lenses to offer additional protection.

#### Safety Goggles

Like standard safety glasses, goggles are impact resistant and are available in tinted lenses. Goggles provide a secure shield around the entire eye area to protect against hazards coming from many directions. Safety goggles may have regular or indirect ventilation. (Goggles with indirect ventilation may be required if you are exposed to splash hazards.)

#### Shields and Helmets

Face shields and helmets are not in themselves protective eyewear. But, they are frequently used in conjunction with eye protectors. Full-face shields are often used when you are exposed to chemicals or heat or glare hazards. Helmets are used when welding or working with molten materials.

#### Using Protective Eyewear

You can guard against eye injury by making sure that you are wearing the appropriate protective eyewear for the particular eye hazards you face. It's important to



Safety glasses have lenses that are impact resistant and frames that are far stronger than regular eyeglasses.



Goggles provide a secure shield around the entire eye area to protect against hazards coming from many directions.



Face shields and helmets are frequently used in conjunction with eye protectors.

remember that regular glasses alone do not offer protection from eye hazards. Follow your company's established safety procedures, and never hesitate to ask your supervisor if you have any questions about what you can do to protect your sight for life.





