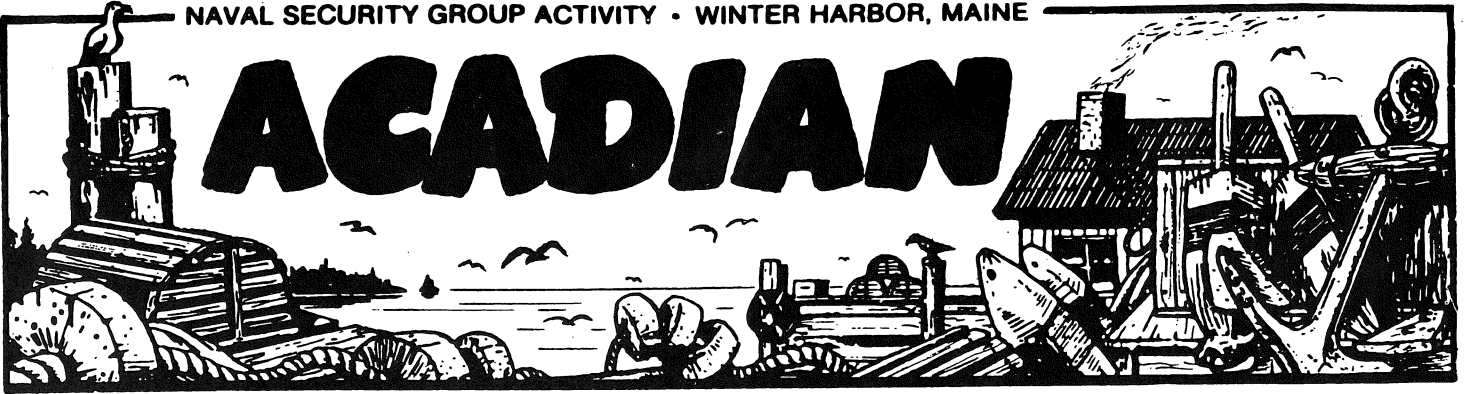


NAVAL SECURITY GROUP ACTIVITY • WINTER HARBOR, MAINE

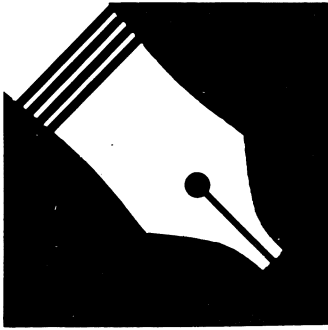
ACADIAN



VOLUME XXXIII

OCTOBER 1987





EDITOR'S NOTE

by: Jeannette Glosser

October is a time for change. It brings cooler weather to the Northeast once more, and the nippy hint of winter chill creeping up our spines. It also brings the colorful peak of foliage; then its dried-up departure from the trees.

Another yearly happening this month is the reversion to standard time. This change snatches an hour and one additional minute of our daylight time each evening until the first day of winter in December. Then the days begin to get longer again.

Speaking of time, there never seems to be enough of it. Many people use it in creative, helpful, or other constructive ways; while others may not spend it so wisely. The choice is up to the individual. Perhaps this short poem might, in a small way, sum it up.

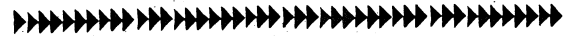
WHAT IS TIME?

Time's a gift that we should treasure -
Ours to do with what we will.
We might use it just for pleasure,
Or make a wise choice to fulfill.

It can be used for work and play -
To smile or be sad and weep -
Time to learn and time to pray -
Time to help and time to sleep.

No doubt, time quickly passes by.
So stamp events from every day
Upon your memory bank and try
Enjoying time in special ways.

THE ACADIAN STAFF



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CDR H. W. Whiton, USN
Executive Officer:
CDR N. A. Houle, USN
Command Master Chief:
CTRCM R. P. Perfetto, USN
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THE COMMANDING OFFICER'S TURN

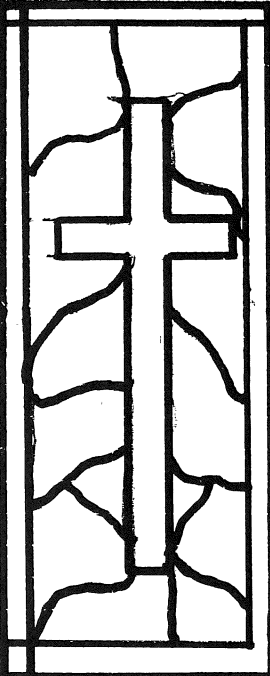
Commander W. Whiton



This past month has been a sobering one. We are thankful the Henfreys and their child were spared in the crash that took CT02 Grady's life and share Dan and Joyce Bierman's relief that their son escaped serious injury in a vehicle crash. But the death of CT02 Grady, killed on the highway through absolutely no fault of his own, tempers this relief with a grief that is hard to express.

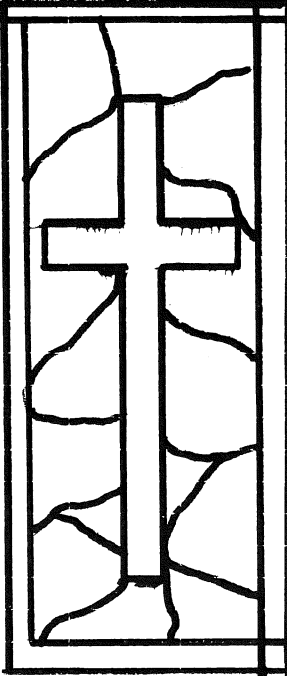
When I wrote to this fine young man's family on your behalf, reviewing his brief time with us and the superb performance that had already brought him three personal awards in just six years in the Navy, my words seemed inadequate, as did the eulogies at his memorial service.

For those of you who could not attend that service, I would commend the words of the great English theologian and poet John Donne. Writing in the 17th century of the very special relationship that binds all men together, and with a greater power, he expressed most eloquently the uniquely close bonds we share in this living institution --- the Navy.



"All mankinde is of one Author, and is one volume; when one Man dies, one Chapter is not torne out of the book, but translated into a better language; and every chapter must be so translated; God emploies several translators; some peeces are translated by age, some by sicknesse, some by warre, some by justice; but God's hand is in every translation; and his hand shall binde up all our scattered leaves againe, for that Librarie where every booke shall lie open to one another.

"No man is an Island intire of itselfe; every man is a peece of the Continent, a part of the maine; if a clod bee washed away by the Sea, Europe is the lesse, as well as if a promontorie were, as well as if a mannor of thy friends or of thine owne were; any man's death diminishes me, because I am involved in Mankinde; and therefore never send to know for whom the bell tolls; it tolls for thee."



The bell has tolled for James R. Grady. It has tolled for us. We are less for his passing. We are better for his life.

I do not have the eloquence of Donne and offer only this simple epitaph:

"He was a terrific sailor and a true shipmate."



FROM THE COMMAND MASTER CHIEF

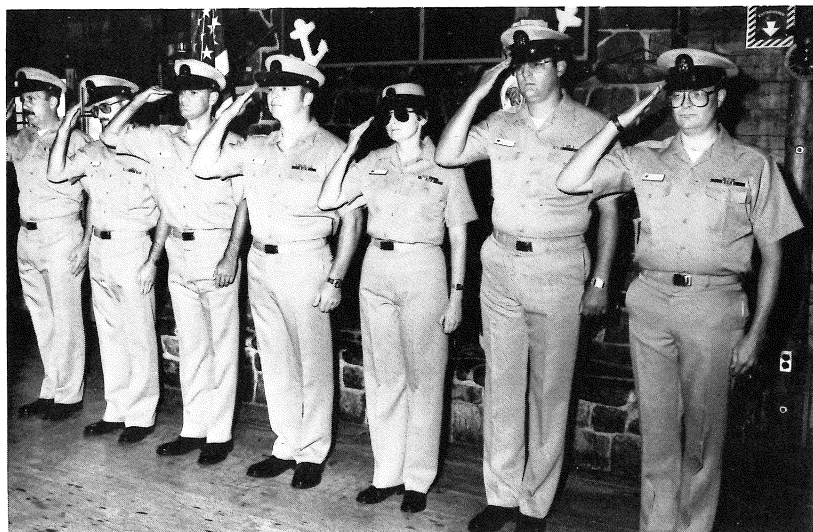


CTRCM R. P. Perfetto

I would like to use this space to present a subject that many folks have often generalized about: the perception that the "Command is doing nothing to solve or resolve a problem." On one specific occasion, a former command member informed me that the command was failing to take care of a specific group in our command by not providing a washer and dryer in their living area. I listened to this person and agreed that the items requested did not seem unreasonable; however, to blame the command for not taking action was not really accurate or fair. I asked the individual if he had reported his concern to anyone else, he said, "yes," but was kind of vague about when or where. I made it a point to follow up on this situation and on my next duty day I contacted the Barracks management staff and explained the situation to them. I then asked if we could take a first hand look at the area in question and discuss a recommendation. They agreed and after about a half hour they said they would submit a work analysis job request. The data compiled from the work analysis would then be forwarded to the command for consideration. I could no longer



restrain myself: I had to ask the obvious question, "Had anyone ever talked to you (BEQ staff) about this subject before?" Answer, "NO." I believe that this request will be handled quickly and favorably, but whether it is approved or not, action has been taken. You see, I am part of the command, as was he. To simply complain and point fingers is the same as doing nothing. I ask you, who failed to take action? The command or a command member? There is a saying, "You can be part of the solution or you can be part of the problem." Where do you stand?



FIRST SALUTE BY NEW C.P.O.'S

(left to right)
MSC James Campbell, Jr. (NCU Cutler),
CTMC James Ashline, CTTC James
Sandlin, CTRC Peter McLean,
CTTC Kim O'Donnell, CTTC Joseph
Hartranft, CTMC Daniel Gigstead



by: Chaplain J. Weis

September was a month filled with many memorable and even heart rendering moments. At the Sunday Labor Day service, special banners were displayed. It was a nice way to welcome back to the chapel those who had been away for the summer and to ceremoniously call us to the return of cooler temperatures and the beginning of seasonal activities.

The chapel hosted Senior Chief Arthur Gowie's retirement ceremony which he celebrated around the Episcopal Communion service of his church. It was an inter-faith occasion and one I hope will be repeated in a variety of ceremonial uses. Celebrating together is important. Celebrating a faith commitment in words and symbols helps us see and experience other dimensions of life that are not fully expressed in other gatherings.

On 10 September, members of the command gathered in memory of shipmate CTO2 James R. Grady. Once again words and symbolic gestures conveyed our feelings about the meaning of life and its brevity. Wine was poured from a silver cup onto coastal stones gathered from Schoodic Point. The words were spoken: "As that life was poured out, so will he rise again to blossom in the light of glory." Two co-workers then brought forth both a bouquet of yellow flowers and a lighted candle. To represent his service and dedication to the Navy, we placed a sailor's white hat and American flag in front of the altar.



the CHAPLAIN'S NEWS

THE CHAPEL -

a place to celebrate

or a place to commemorate

Petty Officer Grady was not with us long, but he formed part of our service family.

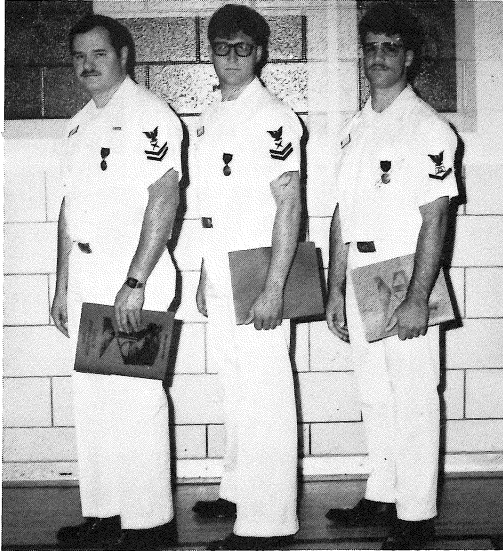
September also marked the beginning of Sunday School and family nights. Once again, we would like to make the chapel Sunday School available to children of all faiths.

Hope you will join in the activities that make being "Downeast" a pleasant place to play and work!



AWARDS

1st Good Conduct Medal



CTM2 D. Carter, CTM2 T. Parent,
MS3 R. Barnes

2nd Good Conduct Medal



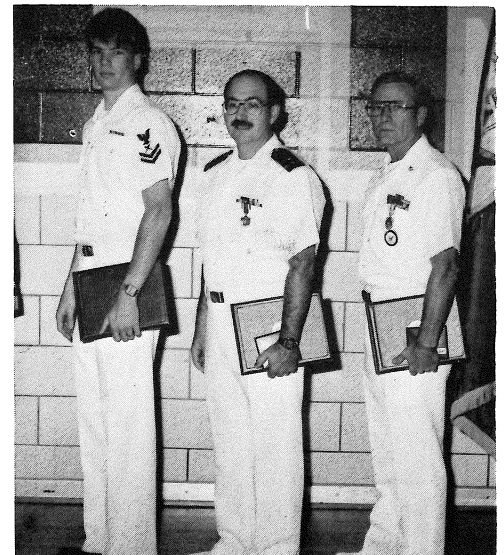
CTT1 M. Wallisa, CTO1 P. McLean,
CTM2 D. Bertram

Congratulations!

Navy Achievement Medal

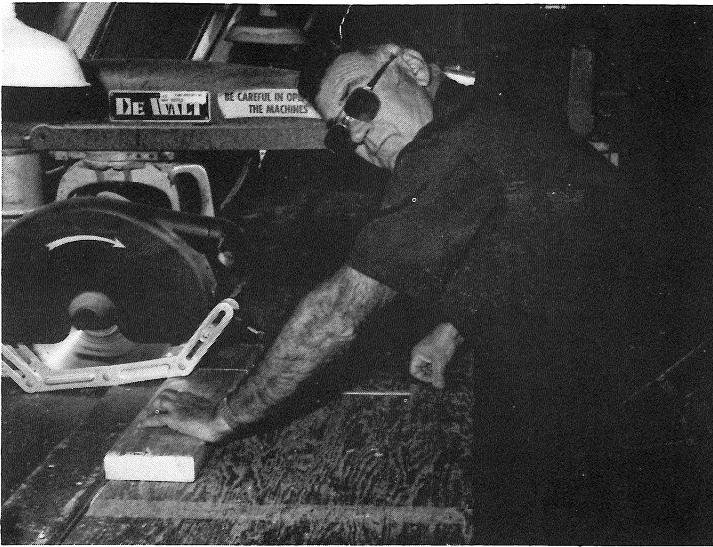


CTTC K. O'Donnell, CTM2 M. Kiesov,
LCDR D. Kidd

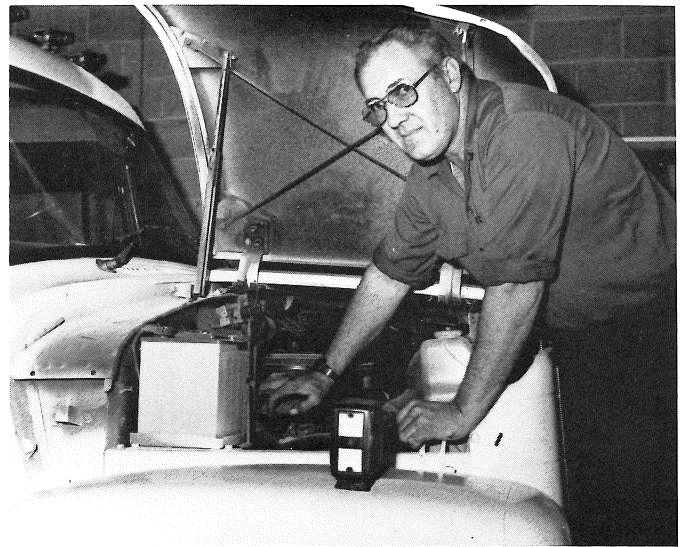


(l to r) CTM2 J. Spencer received a
Letter of Commendation, CWO3 S.
Sutherland earned the Navy Commenda-
tion Medal, and CTAC K. Hagen was
awarded the Joint Service Commenda-
tion Medal.

Letter Of Commendation

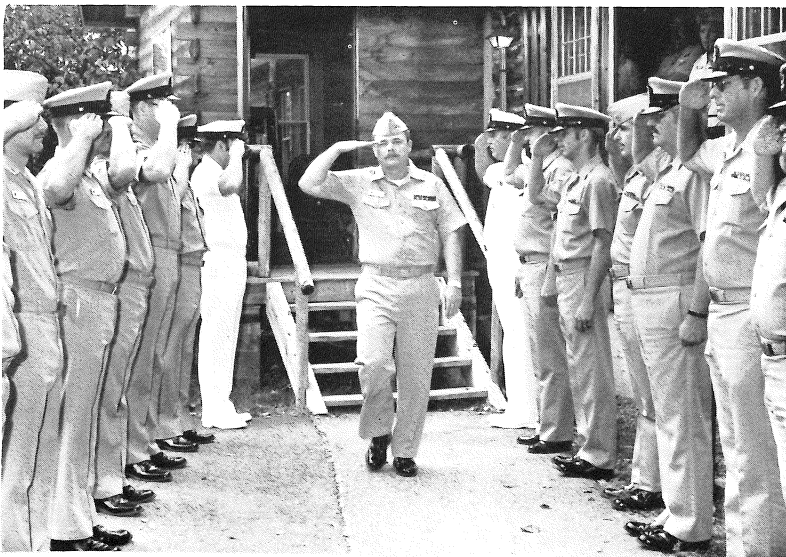


Richard Trombley

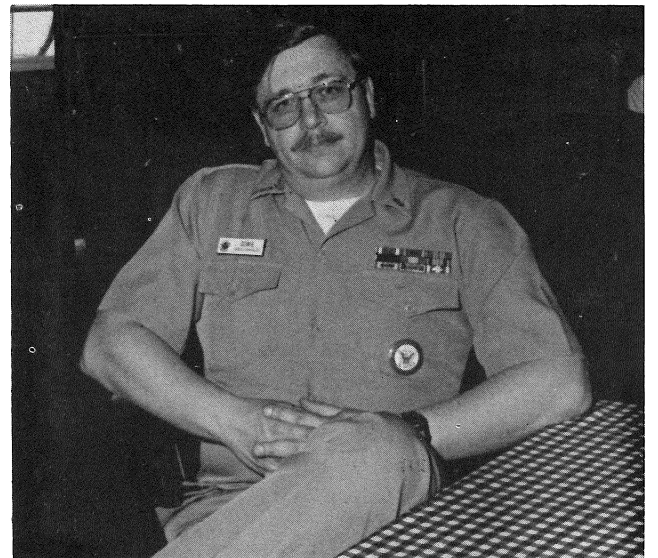


Adin Reed

Fair Winds and Following Seas



CTTC Douglas V. Benoit



CTOCS Arthur Gowie transferred to the Fleet Reserve in September.

CIVILIAN SPOTLIGHT



by: Jeannette Glosser

There's a fireman at our base most of us know by his very broad grin and a hat bearing the letters NSGA. He's been with the Navy for 28 years. His name is Irving "Snookie" Samuel Ray. Snookie, as he prefers to be called, acquired this moniker at age two from an old sea captain, Captain Jess Mitchell, who treated Snookie as his own and took him everywhere. Snookie served the Navy from 1951 to 1955 during the Korean War. He was assigned duty aboard the destroyer USS DENNIS S. BUCKLEY (DDR-808) for a shake-down cruise in the Mediterranean, then finished out his tour as a gunner's mate in the Korean war zone.

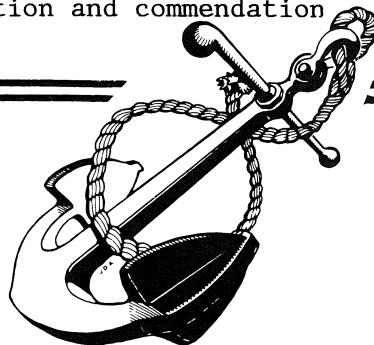
Snookie began his civilian employment at NSGA in June 1963 as a laborer in Public Works. He was promoted in August 1967 to a truck driver position in the Transportation Branch for seven years, and then transferred to the Fire Department in October 1974. During these years, Snookie received many letters of appreciation and commendation

from the command and community. Safe driving and flawlessly maintaining fire fighting equipment were skills for which he was recognized. Always willing to give his time and services unselfishly, he once gave up a Christmas holiday with his family to operate snow removal equipment at this base during a very heavy snowfall. He contributes greatly to morale by dealing with everyone in a friendly and considerate manner. Snookie, it seems, is always smiling.

Snookie and his wife, Althea, have three children. Daughter Roseanne and son Charles are married. Gary lives at home. Snookie and Althea enjoy the same hobbies and love the outdoors, so they spend their spare time at Baxter State Park, Moosehead Lake, Millinocket and many other areas camping in summer and snowmobiling in winter.

Snookie is a very happy and healthy man. (We know he is healthy since he's accumulated 3364 hours of sick leave to date!) And, as long as there are trucks, camping rigs, and snowmobiles, it will be difficult to erase that smile from his face.

October 13
1775-1987



Navy Birthday

A Tradition of Excellence

IN THE WORKS



by: Jackie Lord

At the close of the fiscal year, the ROICC office was extremely busy soliciting and awarding new contracts. There will be many minor projects that you will probably notice throughout the base, and some that aren't so noticeable. For example, we are in the process of getting a new roof on the barracks. Hill Roofing of Bangor has taken on this \$28,000 project. The Building 85 diesel room roof will also be receiving new touches--the contractor

for this project has not yet been determined. Also, some road maintenance will be in order for various areas in Schoodic.

As for interior work, new flooring and carpeting will be installed in several buildings. The Schoodic Gate House will receive new tile and carpeting as well as some areas of Building 153, Building 10, and the barracks. The gym recently had its basketball and both racquetball courts refinished by Hillyard Floor Treatments, and a new glass divider was installed by Portland Glass in the medical facility.

Competitive Communications will be providing new telephone equipment in Buildings 153 and 85; installation should begin this month.

The ROICC Office would like to say goodbye and good luck to Jeff Chabot, the engineering aide we were fortunate to have with us this summer. Jeff was a great help during the two months he was here. He is currently continuing his studies at the University of Maine, Orono.

We welcome back Ron Phillips, our Supervisory Civil Engineer. Ron just completed a two year tour of duty in the contracting office in Holy Loch, Scotland. Before that, Ron worked in the ROICC Office from 1971.

SCHOONER CLUB FEATURES FASHIONS

FROM ALICE'S

by: Mrs. Judy Whiton

Katherine Heidinger, YN3 Grzena and CTA2 Pierson got a lesson in scarf-tying.



Patty Curtis takes a peek at the fashions.



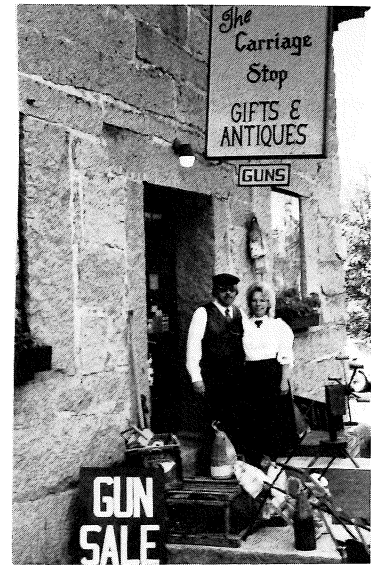
Looking for a Navy Day Ball gown?
Models show off two different styles.

DOWNEAST - THE CARRIAGE STOP

Close to the intersection of Routes 1 and 200 in Sullivan, there's an old granite building now known as "The Carriage Stop," an antique shop owned by Jim and Gail Stamp. It didn't always hold relics of the past. And, of course, it wasn't always known as the Carriage Stop. Its former 19th Century names include "The Old Stone Store," and "The Granite Building." In this, the month of Halloween, we thought we'd bring you a story about the building's haunted past.

The stark-looking building, sited on Route 1, contrasts the spectacular view of Frenchman's Bay. The shop is near Salt Island, a small nugget of land nestled at the mouth of Long Cove. Interestingly, Salt Island acquired its name in the early 1800's from fishermen of large vessels. The island served as a marker for the nearby Old Stone Store, a chandlery where fishermen bought salt for dressing and preserving their catch. We're told the building was ideal for storing salt, because its thick granite walls were not affected by the salt's oxidation. The salt was piled in the building's dungeon style cellar and transported to the ships anchored off Salt Island.

According to the Stamps, as well as neighboring residents, the building has been haunted for some time--and still is! Jim believes anyone who died in the building remains there in spirit and is still seen and heard. He says the first person known to haunt this place was John Cling, a colorful character who sold wares in the downeast area from about 1820 to 1850. He traveled across the countryside by pole vaulting (guess he couldn't get a driver's license). Commuting by pole! Can you imagine? Well, he vaulted for so many years, his arms became deformed (sort of like Popeye's). As he traveled to sell his goods, the items he carried dangling from his belt would bang loudly against one another. This earned John the nickname, "Cling Clang." Despite his peculiarities, or perhaps because of them, people looked forward to his visits. Since there were no newspaper deliveries back then, "Cling Clang" brought the news to his customers.



A Hauntingly Interesting Place To Visit

John never slept indoors, but the old salthouse was one of his regular rest stops. There he would sleep under a window in any kind of weather, with only a rowboat propped against the building for protection. In this spot, John froze to death. Reportedly, his ghost lingers in this area and is seen or heard (cling, clang) from time to time.

Other poltergeists have made themselves "known" to the Stamps. Two indian spirits have been seen wandering on the shore just outside the building. Another ghost is Gail's first husband, Bill, who died in the structure. At a time when Gail was seriously ill, Bill appeared to her. According to the owners, they have seen all these spirits and their appearances were clear as crystal. The Stamps say they've also experienced lights being turned on and off and items moving about the house. When asked if they are frightened about all of this, Jim answered for both: "At first we felt some uneasiness, but now we have become accustomed to our friendly ghosts." After a pause, he smiled and added, "We feel that anyone who dies in the building never leaves; it gives us a nice feeling to know we might be able to remain here where we like it best--forever!"

Forever it may well be. In 1974, the building was recognized by the U.S. Department of Interior, and placed on the National Register of Historic Places. They estimate it has an anticipated lifetime of 5,000 years since it is practically indestructible.

MORE ABOUT SCHOODIC SQUARES

by: CTM1 S. Golden

Last month I said I would tell you how many are attending our fall classes and their progress. But it looks like I'll have to tell you about our summer dance instead, since the class is not starting until after press time.

In June, the area Square Dance Council sponsored a dance, and the attending clubs brought their club banners. In order to promote togetherness and visits to other clubs, the council decided to divvey out the banners. Our club banner was taken home by the Le-Vi Rounders of Hermon (on the other side of Bangor). By chance, it turned out the banner we took home was that of Le-Vi's. To retrieve a banner, tradition is to have a "square" (four couples) attend the other club's dance.

At our summer dance, we had a square from our own club, three couples from Le-Vi's and one couple on vacation from Florida. We also had four callers present, myself included.

While I was calling a set of songs, the other three callers were forming a square with an odd couple. When you're lucky enough to get in a square with three callers, you're in for an interesting time, along with being eligible for a "Purple Heart." You're wrong if you think callers are naturally good dancers. They think they know what is going to happen in a dance but usually get lost. But no one really cares, because it's all for the fun of it!

Next month, the class. Really!

CLASSES OF '87



87007

(1 to r)

Front Row: CTTSN Green, CTTSN Glaeser, CT TSA Joseph, CT TSA Biro, CT TSA Correa
Middle Row: CTT1 Wallissa, SGT Price, CT TSA Reidling, CTTSN Hughey, CTTSN Kerstetter, CTT1 Hasenbank
Back Row: CT TSA Covello, CT TSA LaBounty, CTTSN Gibson, CT TSA Keating, CTTSN Tabron

87009

(1 to r)

Front Row: CTTSN Sweet, SGT Rakestraw, CTTSN Blossom, CT TSA Kampf
Middle Row: CTT1 Kinton, CTTSN Martinez, CTTSN Galloway, CT TSA Jacobs, CTTSN Hayes, CT TSA Helbling, CTT2 Kirkpatrick
Back Row: CTTSN Owens, CT TSA Thomas, CTTSN Tindall, CTTSN Creasman, CTTSN Martin, CT TSA Tressler, CTTSN Whitis



NAMES FOR AEGIS CRUISERS CHOSEN

from: Navy News Service

Secretary of the Navy James H. Webb, Jr. announced the names of four new AEGIS cruisers on 26 August at the Marine Corps League's Annual Convention in Washington, D.C.

HUE CITY (CG 66) will be the first combatant ever to carry the name of a battle from the Vietnam War. Following the North Vietnamese takeover of Hue City during the TET offensive of 1968, U.S. Marines and South Vietnamese soldiers fought bitterly for more than a month to retake the old imperial capital.

"HUE CITY will cause all of us to remember the rewards of courage and the sad legacy of commitments abandoned through the confusion of domestic politics," Webb said.

CHOSIN (CG 65) will also honor Marine battle participants in "one of the great moments in Marine Corps history,"

according to Webb. At Chosin Reservoir during the Korean War, the First Marine Division fought their way out "under bitterly cold conditions, never losing unit integrity, never abandoning their equipment, or their wounded, or even their dead," Webb said.

Two other Aegis cruisers will be named for a Civil War and a World War II battle. SHILOH (CG 67) will commemorate the 1852 Civil War battle in Tennessee; and ANZIO (CG 68) will honor those who landed at Anzio, Italy in World War II.

At the convention, Secretary Webb was honored with the Marine Corps League's Iron Mike Award, which is given annually to an individual who has contributed most to the United States and Marine Corps.

Previous recipients of the award include newsman Howard K. Smith, actor John Wayne, and businessman H. Ross Perot.

Non-Fiction

- 394.2 - Chase's Calendar of Annual Events
- 378 - College
- 808.8 - Fathers
- 342 - Founding

Fiction

- Langley - Churchill Diamonds
- Piercy - Gone to Soldiers
- Kiker - Murder on Clam Pond

In addition to these books, the library also received "Background Notes" on Cambodia, South Yemen and the Federal Republic of Germany and the summer issue of Wifeline.

We invite you to offer ideas on ways to make your base library more responsive to your needs and desires. Since the NEX Mobile Canteen is no longer going to the Corea site, we also need some ideas to better serve you workers of Buildings 85 and 153.



Got a suggestion? Let's hear it.

PROFILES OF NEW

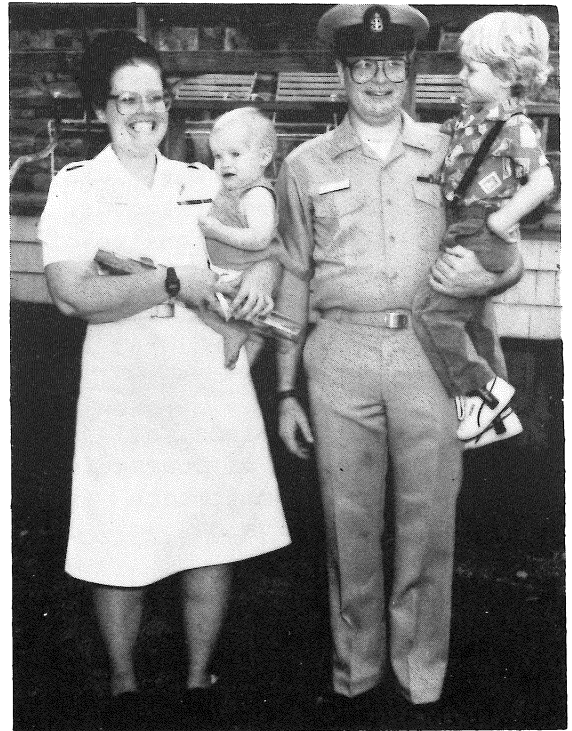


CTTC James Sandlin

Chief Sandlin, his wife Susan, and their two children just reported aboard from NSGA Edzell. Chief Sandlin joined the Navy in 1972 as an SK and served aboard the USS FORRESTAL. In 1980, he converted to CTT. Previous duty stations include Adak and Diego Garcia. He is a Basic Operator Course Instructor in 60 Department and enjoys softball, basketball, and woodworking.

CTMC James Ashline

Originally from Champlain, New York, Chief Ashline joined the Navy in 1977 and has served in Pensacola, Guam, and Diego Garcia. He is married to the former Peggy Seymour and they have two children. Chief Ashline is the PM Function Head in 62 Division. He enjoys reading, playing darts and gardening during his off-duty time.



CTMC Daniel Gigstead

Chief Gigstead is married to CTM1 Laurie Gigstead, and they have two children. During his 12 years of Naval service, he served at Pensacola, Ft. Meade, Adak and Guam. Chief Gigstead is the CM Curriculum Course Manager in 60 Department and he enjoys scuba diving, shell collecting and photography.



NSGA C.P.O.'S



CTTC Joseph Hartranft

Recently selected for EEAP, Chief Hartranft, his wife Donna and their three children, now live in Bangor while Joe attends college. Chief Hartranft is originally from Roanoke, Virginia and had tours of duty in Pensacola, Ft. Meade, Adak and Winter Harbor. He enjoys fishing, sports and reading during his off-duty time.

CTRC Peter McLean

Chief McLean and wife CT01 Paula McLean have one child. Joining the Navy in 1979, Chief McLean served at Pensacola, Rota and Hawaii. He is the Narrowband Function Head for 52 Division. Chief McLean's hobbies include woodworking, water skiing and camping.



CTTC Kim O'Donnell

Originally from Schenectady, New York, Chief O'Donnell joined the service in 1977. Since then she has enjoyed tours in Pensacola, Korea, Ft. Meade, Edzell and Diego Garcia. She is the Basic Operator Course Curriculum Manager in 63 Division and enjoys reading, gardening and cross-country skiing during her off-duty time.



Departments, Divisions

Classic Wizard Training



60 Dept Wiz's

by: CTTC Kim O'Donnell

Well, we've managed to have an absolutely gorgeous September, weather-wise, that is. Actually, it's been a great month all around. CPO initiation has kept the department (and me in particular) jumping, but it's now back to business as usual as we ease into autumn. This is by far my favorite season of the year because it's full of pleasant aromas and brilliant colors. Of course, the northeast is famous for its "fall foliage" extravaganzas as witnessed by many of us here in Winter Harbor. Just take the time to glance at the trees over the next few weeks and you'll know what I mean. Okay! Enough chatting. On with the news from 60 Department.

Lately, it is a rare occasion when I don't have a lot of hellos and goodbyes from the department. This is one of those rare occasions. We say goodbye to Basic Operator class 87009 as they graduate and head out to the world of Wizard. This class was a super one academically, having achieved the greatest number of honor students and highest grade point average of any basic class ever. Congratulations on your

team effort and best of luck to you all. And we welcome CTTSN Chuck Keating, joining the department as our newest Student Aid and CTT1 Miguel Ortiz, joining us from NSGA Adak as our newest Basic Operator Instructor.

The department recently enjoyed a great picnic at Jones Pond and the weather was super (had to say it). CTM1 Wade Hill won the fishing contest by catching the largest bass (4 pounds). Some said it was the biggest they'd seen caught around here in a long time. It must also be noted that Wade's wife, Debbie, caught the second largest bass of the day. Fishing experience must run in the family.

Just one more mention. Thanks for the kudo last month, Skipper, concerning the great weather I've supplied this summer. I'll do my best to make it a mild winter.

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

* * * * *

* REMINDER: It's time to "fall back" to standard time. *

* Set clocks back one hour Oct. 25 at 2 a.m. *

* and sleep in an extra hour Sunday morning. *

* * * * *

... and more

30 Department

by: CTM1 D. Remsburg

It's been a long time since I've written an Acadian article, so I'm glad to be pounding the keys again. I want to thank Sue Spsychala and Paul Martin for putting out the article last month while I was galavanting about the country on an enjoyable R&R bike trip.

Many rays were caught (100 in the shade!), good times were had, but one event was of special interest to me (especially at the time). Halfway across South Dakota, the skies didn't look too friendly when leaving the A and W after lunch. While topping off the tanks, we noticed two tornadoes approximately eight miles away and bearing down on us at an alarming rate of speed! Thoughts of being deposited into parts of South Dakota that were not in our travel plans raced through our heads. The gas station attendant was getting fidgety and was entertaining thoughts of closing, pronto! Understandably, sticking around for the twisters to catch up was not anywhere in my plans either. It was also rather disturbing that they were still in my

STAYING NAVY

LT Bruno reenlists CTT2 Barbara Weed. Barbara left for Guam in September.

rearview mirror 15 minutes later. It took over 200 miles to get away from the storm. What a wild ride in 50-60 mph winds! Here I am rambling on about the trip. Just had a great time! I do wonder though, if Goose "The Slider" has found any kamikaze pheasants lately.

On with the arrivals and departures:

WELCOME ABOARD to -

CTM2 Spencer who comes to us from foggy London. He ought to fit right in here! He is working in the TTY shop.

CTM1 Kinison who left the warmth of Guam to enjoy our fine fall climes and foliage. He is assigned to the Wiz Maintenance Shop.

FAREWELL to CTMCS Clarke and family who are headed for Guam. Best of luck to you!

In closing, from deep within the confines of the Dragon's lair, in the place known as the MatCave, REMEMBER:

You may think it broken;
You don't know why it would fail.
Just summon up the Dragon;
Its magic will always prevail.



THE A-TEAM

by CTACS T. Ferry

Faces in the crowd - A big Winter Harbor welcome to CTA2 Kathleen Pierson coming from Misawa, Japan. Kathleen has been assigned as the CO's writer; CTASA Cathy Beery joins us from Building 85; and last, but not least our new LCPO, CTACS Ted Ferry, coming from the "Land of Frost and Fire," Keflavik, Iceland. Admin also warmly welcomes our other two new CPO additions; CTAC Lee Barrows and CTAC Ken Hagen reporting in to assume duties as the command's HRM Specialist and Career Counselor, respectively. Don't know if the XO will be able to stand the heat from all these "A" branch khakis.

This past month saw Admin having a very successful outing at our "Boss'" home. Ribs, burgers, corn on the cob, potato salad and much more were the order of the day. Even if the weather didn't cooperate, we all had a good time. Another outing is in the planning stages for all the command's "A" team.

Congratulations are in order to SN Marilyn Freeman, our mail clerk, as she was selected to attend RM "A" school and will be leaving in December for the warm weather of San Diego. More good news--SN Ruby Green, quarterdeck receptionist extraordinaire, also has been picked up for the RM school and will transfer shortly after Marilyn. And, last but not least, congratulations are in order for our Admin Officer. CW02 Moyer has been selected for the Navy's College Degree Program. He's looking to finish his studies in Pensacola. We hear he's frantically looking for a relief!

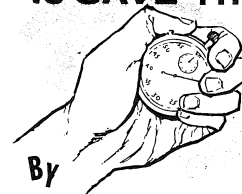
NEW C.P.O. AT NCU CUTLER

by: CTTC K. O'Donnell

MSC James W. Campbell, Jr., also was frocked on 16 September 1987 at NSGA Winter Harbor. Chief Campbell is the Commissary Store Manager at NCU Cutler.



**TAKE TIME
to SAVE TIME..**



**By
DOING IT RIGHT THE
FIRST TIME!**

CLEM NOLAN

RECREATION DEPARTMENT

GHOST-MAKING IN CERAMICS CLASS

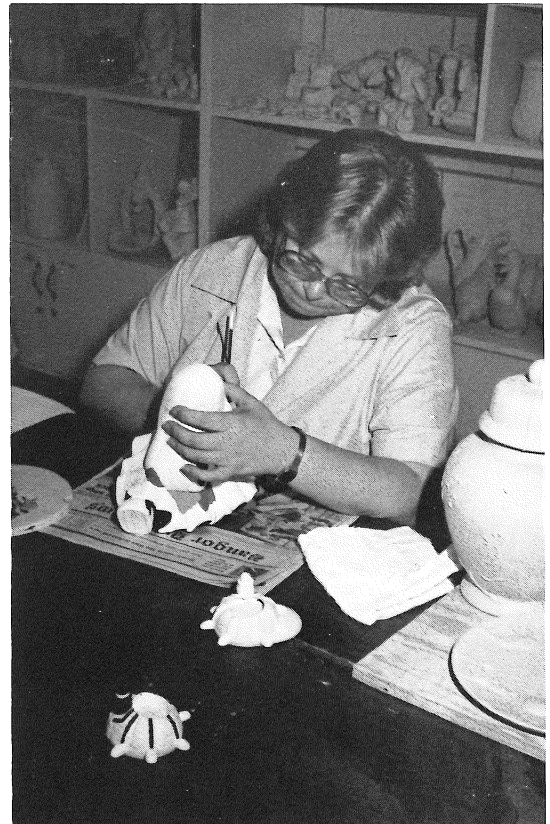
by: Deo Gordon

Peggy Ashline, Linda Ortiz and Kathy Stites (Monique Whitlow not pictured) attended the Ceramics Class scheduled in September. They enjoyed making a fanciful ghost which will be sure to make their "Halloween" a happy one.

This class, taught by Pam Schmidt, ran for four weeks and is one of many craft courses offered by Recreation Services. Next month, they will be making cornucopias for Thanksgiving.

This is a good way to make holiday decorations at a fraction of their cost.

Kathy Stites paints a happy face on her friendly ghost.



The Ceramic Class proudly displays the ghostly personalities of their finished product.

IT'S FOOTBALL SEASON AGAIN



CTR1 Dennis Smith strives and drives for that last yard.



CTRSN John Turner tries to pull the flag.



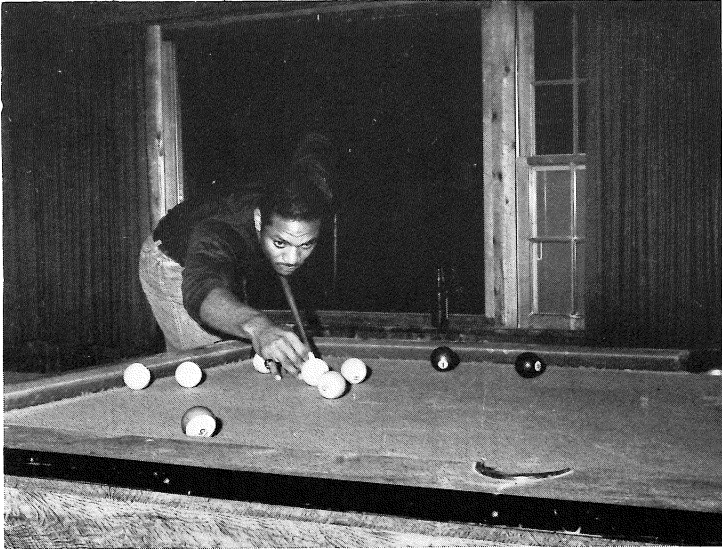
Students in a huddle deciding their next play.

The final score for this game was:

OPS Gold	32
Students	22

Rec. Services' Doin's

by: Jean Dickson



Pool

Last month, Nate Phillips finished in the number one spot with Joe Zarek in second (losing only to Phillips) in the Rec. Services Pool Tournament. As usual, Nate performed in outstanding fashion. Phillips has won several of our pool tournaments. Cubby Davis placed third in the event.

Racquetball

The first women's Racquetball Tournament of the fall proved highly successful with five women playing tough matches. Lou Ann Kinter placed first in the event. Jackie Lord came in second. Both women played hard and were very evenly matched in what proved to be a contest of endurance. Donna Young placed a strong third in the event.

Baxter State Park Camping Trip

Overnight in Baxter State Park, midst the rain and the cold, the moose, the deer, and the bears, proved rewarding for those who dared to brave this wilderness experience.

The crew of five arrived at the park in the dark of night and set up tents and tarps by lanterns and firelight. The air was crisp with northern lights firing and flashing across a clear starlit sky.

All had a good time in one of the most beautiful spots in Maine.



MARKSMANSHIP COMPETITION

by: Rick Fredericks

CAPTAIN'S CUP

MARKSMANSHIP

	<u>Rifle</u>	<u>Pistol</u>	<u>Skeet</u>
1st	Jacox	Bansley	Bashaw
2nd	Carrington	Harrison	Strange
3rd	Bansley	Foran	Pullins

TEAM RESULTS

OPS Gold	14
60 Dept.	12
Schoodic	10
O's&C's	9
OPS Blue	4

CURRENT OVERALL TEAM STANDINGS

60 Dept.	132
O's&C's	122
OPS Gold	80
Schoodic	75
OPS Blue	66
30 Dept.	41

CHALLENGE CUP

Challenge Cup Marksmanship competition was recently held at the Cutler range. Though Winter Harbor was at a disadvantage by not getting in too much practice, our shooters did quite well. Led by MSC Cecil Pullins, Winter Harbor won the skeet competition, while Cutler was victorious in both pistol and rifle.

Overall, the Challenge Cup score is:

Winter Harbor - 8 Cutler - 6

Pistol

	<u>Cutler</u>		<u>Winter Harbor</u>
Derickson	222	Carrington	212
Poff	246	Kaplin	209
Boehm	221	Foran	168
Nye	<u>245</u>	Harrison	<u>210</u>
	934		799

Rifle

	<u>Cutler</u>		<u>Winter Harbor</u>
Boehm	115	Jacox	126
Tobey	117	Carrington	115
Nye	120	Durgin	101
Chestnut	<u>136</u>	Harrison	<u>111</u>
	488		453

Skeet

(Out of 50)

	<u>Cutler</u>		<u>Winter Harbor</u>
Fulmer	30	Weber	24
Lavinski	27	Durgin	17
Derickson	23	Strange	30
Qualls	<u>21</u>	Pullins	<u>41</u>
	101		112

So You Want To Go To Portland?

Around the third week of October, Route 1 is returned to us "Mainers" by departing tourists, and we are all once again able to travel to Maine's largest city with uncongested traffic. Portland is three hours away; although one local person told me any place south of Ellsworth is "down Portland way."

It's two hours (via the Route 90 shortcut just outside of Camden) to Moody's Diner. Moody's is a good place to stop for breakfast (excellent sausage), Saturday night beans or pie at any time (including breakfast).

When you get to Portland, take exit 6A. Once you cross Congress Street, find a legal parking place. You are probably in or close enough to an area called the Old Port, which, in many ways, surpasses Boston's Faneuil Hall Marketplace. Old Port is the site of First Night activities each New Year's Eve. The buildings are the usual brick structures found in every eastern waterfront city that didn't tear them down in the name of urban renewal. Some of the shops cater to the Yuppie trade so you can see what the young professionals of Maine, New Hampshire and Massachusetts are "into."

A few blocks from the Old Port on Congress Street are two Portland landmarks: The first is Telegraph Tower where you can view the harbor, city and the White Mountains of New Hampshire. The second landmark is Levinsky's, a clothing store unlike any other. Levinsky's offers the latest styles, name brands, and widest selections at the best prices I've seen anywhere. It's a must for kids as well as the rest of us. Check out the discount area in the rear downstairs, too.

Around the corner is Amato's, a great place to grab some Italian sandwiches for the ride home. Or you can head across the Million Dollar Bridge to South Portland (3 or 4 miles away) and enjoy a picnic at Portland Head Light. You'll recognize the light immediately even if you've never been there because it has been portrayed by artists, calendar photographers and advertising agencies.

Back to the Port. Just past the Portland Police Station is Carbhur's. If you want to embarrass the "someone special" you're with, order a "Downeaster" and the staff will do the rest. The sandwich is good, but the delivery is what gets everyone's attention. Don't warn them--it's best as a surprise, especially when the band (yes, a band) surrounds the person as the Downeaster is served! The menu is entertaining too, with hilarious names given to sandwiches based on their ingredients.

A few doors away is Model Market. It was around long before the Old Port was rejuvenated. The two owners make it a fun place to buy stuff available in supermarkets. You'll get good advice about cheese complete with samples. They will expertly measure exactly the amount you ask for (within a fraction of an ounce) even though the density of the 50 or more varieties requires skill learned over many years.

Three Dollar Dewey's in the afternoon, is a good spot to try the new ale that's brewed in Portland. The place has dozens of picnic tables where people eat chili or bowls of popcorn and meet and talk--much like an English or Scottish Pub. (No Lite beer served here!)

Remember: Walk (automobiles do not belong in cities). Be adventurous--don't wonder what's inside, go inside!

On the way home, stop at L.L. Bean's. Some of us still call it Leon's and no longer visit it unless it's after 2300 or before 0600. This building has undergone transfiguration during the last few decades, but the business still maintains many of the excellent principles of its founder. Be sure to check out the discount area on the second floor for genuine markdowns of quality L.L. Bean products.

If Moody's is still open (closes at 2300 on Saturdays) another piece of pie will keep you satisfied for the remaining 100 miles return trip. Oh yes, and don't forget Route 90 coming up about 5 miles after Moody's, unless you want to drive through Thomaston and Rockland.

GETTING READY FOR WINTER

It's like driving in a different world when winter arrives and that won't be long. The car starts differently, road surfaces are often different, visibility is different and even drivers are different (not a lack of tourists, rather a change in tempers). Winter won't cause accidents but it will turn a small mistake into a major problem. You should start now getting ready for the snow and ice that will be here all too soon.

Get the car ready NOW. Check the brakes and fluid levels. You may want to change to a lighter weight oil to make the car start easier. Make sure your antifreeze is in good shape and all the belts. Check the tires; check the snow tires, too--you'll be wanting them soon. Don't wait until the night before the first snow to change over to those snow tires either. Look at the lighting systems. Do they all work like they should? Headlights, turn signals, and brake lights are your means of communicating with drivers around you. Make certain the battery and charging systems are working too. The battery will lose its ability to provide some of those amps when it gets cold. Check the exhaust system for leaks. Many people have simply gotten too tired from carbon monoxide to stay awake and died because of exhaust system leaks. It will help to keep a window open a crack while you're driving, too. The windshield and wipers are also very important. Always keep washer fluid on hand and be sure the defroster is working. Lastly, you

may want to tune up the engine before freezing weather arrives. This will make starts easier and the engine will run more smoothly.

Get the trunk ready. Some emergency supplies can make those difficult times less anxious. Check the spare tire and bumper jack. Add some supplies to items normally carried, such as a long-handled shovel, some sand or salt (or both), chains, flares, a flashlight (the days are getting shorter), a tow chain or rope, booster cables, and don't forget the ice scraper. Each one of these could get you out of a jam before the end of winter. Some lock de-icer may also come in handy--if it's not behind the frozen lock.

Get yourself into the proper frame of mind. Start to think in terms of traveling with snow and ice on the road. Think about the extra time needed to warm up the engine, to clear the ice off of the windshield, to shovel the driveway out before you leave for work. Think about controlling that skid **BEFORE** it happens, i.e., never lock the wheels, keep them turning. Think about greater following distances. Know your car's characteristics, i.e., is it front, rear or four wheel drive? Skids vary for each. Think about putting a little extra weight in the trunk to increase traction. Think in terms of last night's low temperature; did it cause a freeze, are there icy patches on the roads today? Think ahead. Plan ahead. Don't let winter driving get the best of you. Get the best of winter driving.

*Drive Safe
Prepare for Winter
in
Winter Harbor*

Positive Thoughts on Tricks or Treats

by: Harry Voss

Summer came and went. It's October already and that means National Fire Prevention Week (October 4-11) and, of course, Halloween. Fire safety is mighty important but so are our children as they go from door to door. Halloween is usually a happy time, filled with excitement and fun but that can change in a split second. Every year many children are injured or worse due to falls, fires, automobile mishaps and unsafe treats.

In an effort to keep Halloween happy, not horrible, consider the following tips:

1. Use makeup to paint on a face instead of a mask. If a mask must be used then be sure that the eye holes are large enough for the wearer to see his or her way at night. Don't forget to think about peripheral vision.

2. Avoid dressing the little ghosts and goblins in long loose clothing. This will help to keep them right side up and on their feet between houses. If they must dress as a ghost or something, make it high-hemmed.

3. When purchasing costumes, be sure they are flame resistant and brightly colored. If you can't find bright colors, use some reflective tape on costumes and candy bags. This will help make the trick-or-treater visible to motorists.

4. Have them carry a flashlight, so they will be more visible, and will be able to see better in the dark.

5. Never let them eat the treats they've collected until they have been examined at home by a parent. Unwrapped

candy should be discarded and any fruit should be washed and cut into fairly small pieces before being eaten.

6. Supervise your children closely when they go out trick-or-treating. Take them (don't send them) to friends and close neighbors or to homes with which you are familiar. It may even be better to take them to some Halloween party than to go door-to-door. It would probably be warmer anyway.

If you keep those ghosts and goblins visible on Halloween, then they'll stay visible all year. So, have a Happy Halloween, as well as a safe one.

***Check the contents
of the Halloween
bag before your
kids take a bite!***





R · E · C · I · P · E · S



American Heart Association

Lazy Beef Casserole

A delicious gravy forms during the cooking of this very easy and tender beef dish. The "lazy" title comes from the slow cooking method. Treat yourself to a little laziness this Labor Day by trying this recipe.

- | | | | |
|---------------------|--|-----------------|-----------------------------|
| 1 lb. | lean beef chuck, cut into 1 1/2-inch cubes | 1 | freshly ground black pepper |
| 1/2 cup | red wine | 1 | medium onion, chopped |
| 1 10 1/2-oz. | can consommé, undiluted | 1/4 cup | fine dry bread crumbs |
| 1/4 cup | all-purpose flour | 1/4 tsp. | rosemary |

Put meat in a casserole with the wine, consommé, pepper, rosemary and onion. Mix flour and bread crumbs and stir into the liquid.

Cover and bake at 300 degrees, about 3 hours.

Serve with rice or noodles.

Yield: 4 Servings

Help Your Heart Recipes are from the Fourth Edition of the *American Heart Association Cookbook*. Copyright 1973, 1975, 1979, 1984 by the American Heart Association, Inc. Published by David McKay Company, Inc.

Lazy Beef Casserole Nutritional Analysis per Serving

206	Calories	75 mg.	Cholesterol
24.9 g.	Protein	14.1 g.	Carbohydrates
4.9 g.	Total Fat (est.)	26.8 mg.	Calcium
2.2 g.	Saturated Fat	300 mg.	Potassium
.2 g.	Polyunsaturated Fat	597 mg.	Sodium
2.5 g.	Monounsaturated Fat		

Baked Vegetable Casserole Italiano

Use fresh vegetables to make this zesty dish. Freeze any leftovers for a ready-made side dish or lunch.

- | | | | |
|-----------------|---|----------------|-----------------------------|
| 1 | large eggplant, peeled and diced | 1 | clove garlic, minced |
| 1 9-oz. | package Italian green beans, defrosted | 2 tsp. | freshly ground black pepper |
| 1 16-oz. | can undrained Italian plum tomatoes, mashed | 4 tbsp. | oregano |
| 1 | zucchini, sliced into rounds | | grated romano cheese |

Combine vegetables into a casserole dish. Stir in seasonings and sprinkle with cheese. Bake 30-40 minutes in a 375 degree oven.

Yield: 6 Servings

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Baked Vegetable Casserole Italiano Nutritional Analysis per Serving

61	Calories	3 mg.	Cholesterol
3.7 g.	Protein	10.4 g.	Carbohydrates
1.3 g.	Total Fat (est.)	81.3 mg.	Calcium
.6 g.	Saturated Fat	412 mg.	Potassium
trace	Polyunsaturated Fat	140 mg.	Sodium
.7 g.	Monounsaturated Fat		

BRIEFLY...

NEW ARRIVALS

	<u>From</u>
CTOSA Medema	Pensacola, FL
CTT1 Ortiz & famly	Adak, AK
CTM1 Russ	Diego Garcia
CTM3 Schubring & wife	Pensacola, FL
CTM1 Kinison & Family	Guam
CTT2 Forster & Family	Adak, AK
CTT3 Holtz	Adak, AK
CTT2 Hagelstein	Orlando, FL

WELCOME ABOARD!

LETTER OF COMMENDATION

CTM2 John T. Spencer
Mr. Richard G. Trombley
Mr. Adin S. Reed

NAVY ACHIEVEMENT MEDAL

LCDR D. W. Kidd
CTTC K. L. O'Donnell
CTM2 M. A. Kiesov

NAVY COMMENDATION MEDAL

CWO3 Stephen R. Sutherlin

JOINT SERVICE COMMENDATION MEDAL

CTAC K. Hagen

ADVANCEMENTS

CTTSN M. L. Jacobs	CTTSN H. R. Helbling
CTTSN C. E. Keating	CTTSN S. M. Tressler
CTTSN M. D. Whitis	CTTSN F. Kampf
CTTSN K. J. Jaszczak	CTTSN W. A. Lovejoy
CTTSN G. L. Barton, Jr.	CTTSN J. Sandoval

CONGRATULATIONS TO OUR NEW CHIEFS

CTTC J. Sandlin	CTTC K. O'Donnell
CTTC J. Hartranft	CTMC D. Gigstead
CTMC J. Ashline	CTRC P. McLean

REENLISTMENTS

	<u>Years</u>
CTM2 Thomas Parent	6
CTT2 Barbara Weed	6
SK2 Scotty D. Steward	4

WELCOME BACK!

GOOD CONDUCT MEDAL

CTM2 T. R. Parent (1st)
CTM2 D. W. Carter (1st)
MS3 R. A. Baines (1st)
CTM2 D. W. Bertram (2nd)
CTT1 M. F. Wallisa (2nd)
CTO1 P. R. McLean (2nd)

ON THE BACK COVER

NSGA Ladies show off "Fall Line"
of antique hats following Fashion
Show luncheon.

