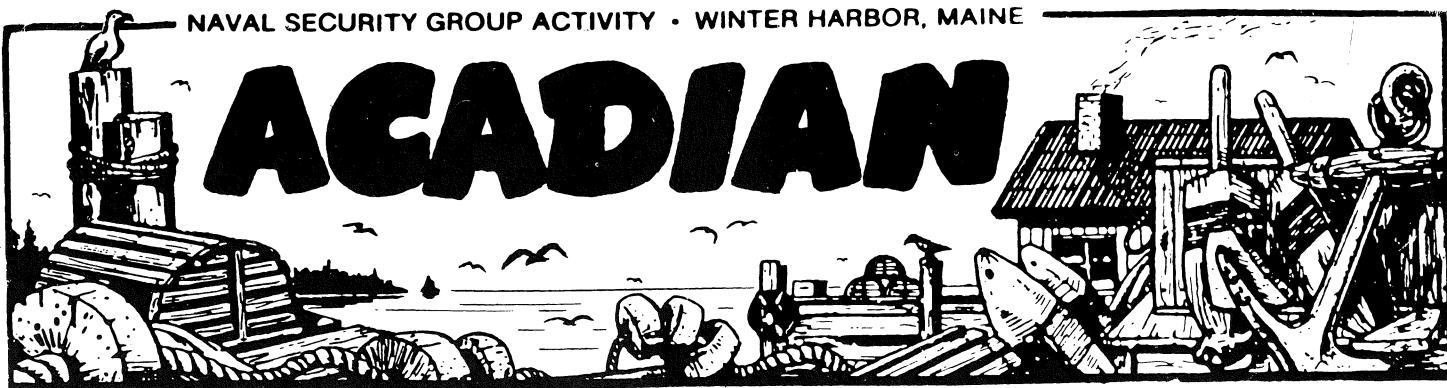


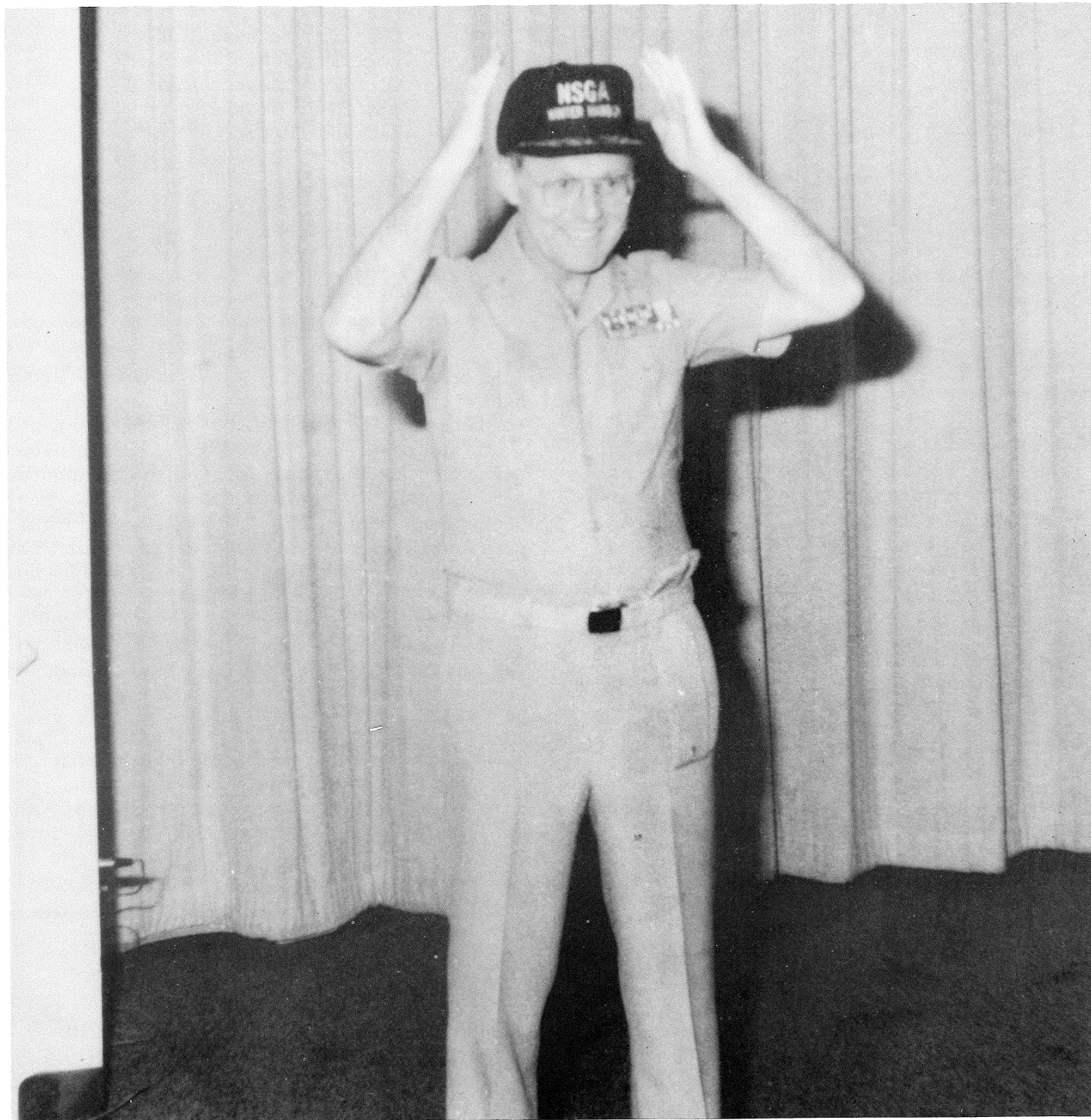
NAVAL SECURITY GROUP ACTIVITY • WINTER HARBOR, MAINE

ACADIAN



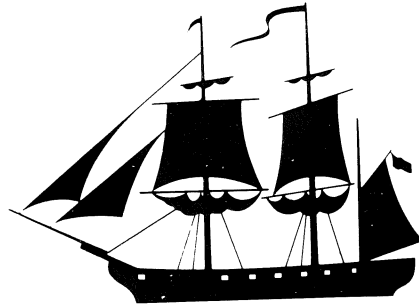
VOLUME LIII

OCTOBER 1988



THE ACADIAN STAFF

PURELY NAUTICAL



Commanding Officer:
 CAPT H.W. Whiton, USN
 Executive Officer:
 LCDR J.S. Davis, III, USN
 Command Master Chief:
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by: CWO3 T. Robertson

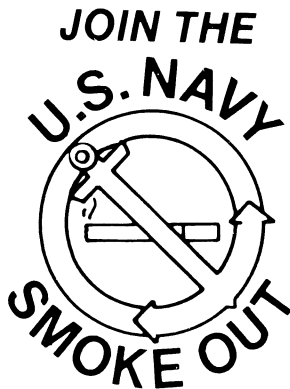
Java or "Jamoke." Used by blue-jackets of the United States Navy to designate coffee. The United States Navy uses more coffee per person than any other military or naval organization in the world.

United Customs Traditions and Usage
United States Institute, 1939

Did you know the United States of America's flag received its first salute by a foreign power 14 February 1778 in Quiberon Bay by French Admiral La Motte Piquet? The flag was proudly flown on board RANGER commanded by Captain John Paul Jones.

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TAKE A DAY OFF
FROM SMOKING
17 NOV. 1988

On The Cover

Front cover -
RADM McFarland dons an NSGAWH baseball hat during his recent visit.

Back cover -
A pilgrim boy and girl created in ceramic class make fine table decorations for Thanksgiving.

THE COMMANDING OFFICER'S TURN

Captain W. Whiton



It's been a super summer, so it's fitting we capped it off with a very special Navy Day Ball. For the second year in a row, the Petty Officers Association did themselves and us proud. Nice job folks. Thanks. Ditto for your help to the town on the Lobster Festival. It was really appreciated.

Hope that the few flurries on the day after the ball - oh, all right a mini-blizzard - hasn't caused you to give up on fall. Lotta good days still ahead of us. However, now is a good time to give a little thought to the coming winter and our "wheels." Are they ready for the driving challenges ahead? Before the holiday season with its competition for disposable cash and travel requirements is upon us, might be a good idea to have them checked out. And what about you? Are you ready? It will soon be time to start early, slow down and BUCKLE UP! Fenders are replaceable - you aren't. A final note, "they" aren't responsible for government vehicles, YOU are! Make sure you check them out before starting your trip. If something needs to be fixed, get it done before you leave base.

It will be some time before we hear the results of the Zumwalt Inspection, but it's not too soon to thank all the BEQ residents for pitching in (or out) and cleaning up. The team said they had never seen a cleaner BEQ. They inspect all the BEQ's in the world, so that's mighty high praise. I know the BEQ staff

appreciated your help, just as I know from your comments that you appreciate all the effort they've expended to make the "Q" a better place to live. Also, the Ney folks just swung through. They had lots of good things to say about improvements in the Galley --- both those that you can see and those you can't. It's nice when the real "pros" give you an up-check. Way to go 70!

While on the subject of "attapersons," the Wizard I3 install was an All Star operation. Everyone in Ops and Maintenance ought to feel good about their role in the smoothest install ever. It never would have happened without you.

Last, the entire base and all the buildings sparkled for SECNAV's and RADM McFarland's visit...and they noticed. Just as they noticed the outstanding professionalism of all hands. In fact, SECNAV's last words to me as he departed the area were, "Your people are obviously very special."

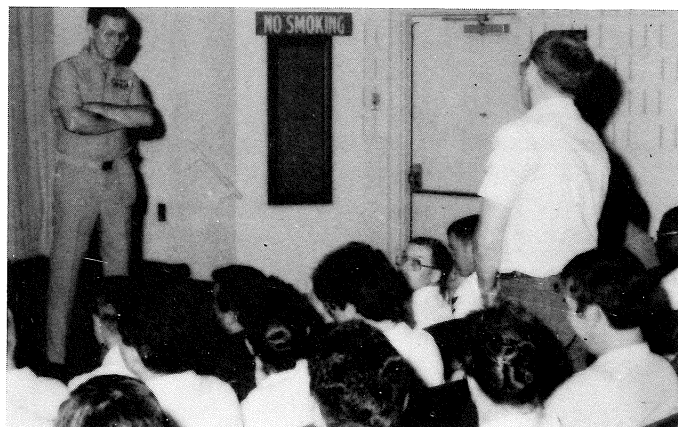
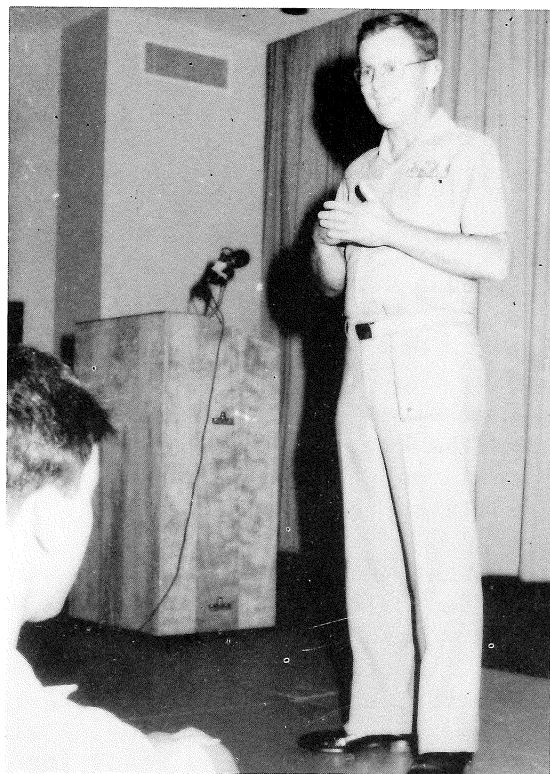
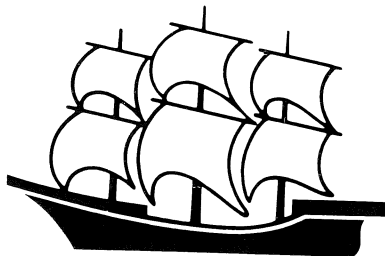
You betcha!

DISTINGUISHED VISITORS

by: LCDR J. S. Davis III

The Secretary of the Navy, the honorable William L. Ball, III, visited NSGA Winter Harbor 24-27 August. He received briefings on and toured Classic Wizard Operations and Training, HFDF, Communications, Maintenance, Schoodic Facilities and Naval Security Group Support Activity Detachment 1. Most importantly, Secretary Ball had a chance to meet NSGA Winter Harbor sailors--the finest in his service. While impressed with our operations, the beauty of our location and the cleanliness of our facilities, he singled out the people as a special group.

Rear Admiral J. S. McFarland, Commander Naval Security Group, Captain J. G. Campbell and LCDR R. L. Delorey also visited NSGA Winter Harbor from 22-25 August. RADM McFarland's party received extensive operations briefings and visited all our spaces. As our people discovered, RADM McFarland asks tough, insightful questions. The sharp answers he received were a credit to the people he met everywhere. When RADM McFarland spoke at both an Officers and Chiefs luncheon and an Admiral's Call, his key point was that professionalism of our people has seen us through past lean times and will be our mainstay during good times in the future. During his stay, RADM McFarland and CAPT Whiton cut the ribbon for the grand opening of the new Community Center classrooms. He also attended a CPOA dinner and was the guest of honor at the operational opening of Naval Security Group Support Activity Detachment 1, a detachment of NAVSECGRU SUPACT Washington D.C. on the 23rd.



XO'S CORNER

LCDR J.S. Davis III

HIGH FIVE

At my last command, I spent a lot of time on the road doing command inspections. I was at the kick off meeting for an inspection of a functional Air Wing command in central California when I saw this sign on the wall.

High Five Rules To Live By
(A philosophy for a Naval Warrior)

1. Work Hard. I love strokers, hard chargers, problem solvers, patriots and warriors (usually one in the same), the people of brave heart and fighting spirit.
2. Have Fun. "If you're not having fun, you're not doing it right" will be the test of how we are doing. If you like hard work that has a good purpose -- you will have fun.
3. Be Positive. Positivism is the infectious quality that is invariably found in an organization that can and

will win. Don't lose your smiley face--it is the emblem of a winner.

4. Live The Golden Rule. "Do unto others as you would have them do unto you." There is no more important axiom for the conduct of your affairs, business and daily routine.

5. Be Proud. Be proud of your country--it is the greatest on earth. Be proud of yourself--you are on a winning team--a team of great reputation--a team that performs tasks vital to our national security and in the execution of our national strategy--to deter war and if it must fight, win. Rear back and strut--you are a warrior of brave heart and fighting spirit."

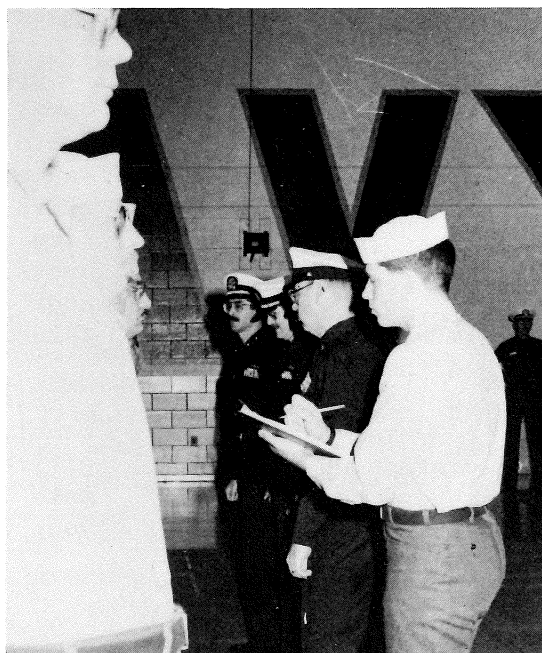
The command passed their inspection with flying colors. Not because of the sign on the wall, but because they believed in the philosophy.

I see the same pride here at Winter Harbor. In the galley, on the ops floor, pitching horseshoes, at the Navy Day Ball, in BEQ rooms during inspection, the winner's strut is there and well earned. This is going to be fun.

PERSONNEL

INSPECTION

FALL '88





CTRCM(SW) K. A. Sprague

On Promotions

Congratulations to five new chiefs--SKC Copley, CTMC Hill, CTMC Nielsen, CTTC Polk, and DMC(SW) Webb. They have achieved one of the most significant goals in their professional career. Each promotion was well-deserved and preceded by hard work and personal commitment. But, did they do it entirely on their own? Of course not!

I have heard supervisors, section chiefs and division officers say "If SN Scoot'ndasher wants to get promoted, he better get going." or "Petty Officer Smith isn't really working up to potential; but hey, it's her career." Nonsense! Reminisce for a moment; the chief that took you into the section, explained your new job and then "chewed you up and down" for the way you did something? Maybe a few chiefs engaged in "chewing" for their own entertainment (good sea story stuff), but what the majority were doing was exercising basic leadership. The lesson was not wasted on most of us! Once calmed down, the chief would explain what was wrong and the correct way of doing it and where to find the proper guidance in the future. That could be through an SOP, a correspondence course or simply referring the expert on that particular subject matter. The chief didn't do the work for me, but he didn't walk away and say, "It's your career!" either. A balance was struck--I was led to the proper source and allowed to exercise my own initiative, and with continuing encouragement from my peers went on to accomplish the assigned task.

In the course of my career, I was never left entirely on my own. A responsible leader once suggested I "ship over" for a school instead of orders to Edzell; take a ship instead of another shore tour--do as much as possible to stand out and be competitive. The "only" challenge for me was to take the assignment and do the best I possibly could.

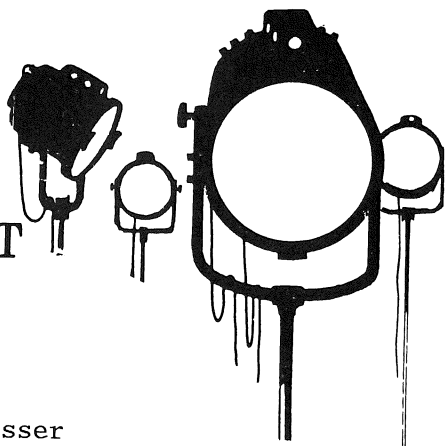
There is a supervisor's saying (not heard enough, unfortunately), "One of your primary goals should be to train a qualified relief." The future of the Navy depends on its senior people applying that practice. The benefits are easily recognized. Sailors that become qualified for advancement to the next higher level of responsibility (and paygrade) are more apt to stay with the Navy team. Therefore, encouraging promotion begets retention--another of the challenges of the 90's.

Supervisors, Chiefs, Division Officers: LEAD. Encourage and demand your sailors be qualified for the next advancement exam. Seaman, Petty Officers third and second, find yourself a positive role model--ask questions--get answers. Resolve to become qualified and get promoted. Then set out with determination to accomplish your goals.

Five reenlistment requests have recently been forwarded through the front office in one week alone! To those who make this decision, thanks to you and your families for staying Navy!

CIVILIAN

SPOTLIGHT



by: Jeannette Glosser

This month our civilian spotlight directs its beam on Colleen Stanley. Born in Hartford, Connecticut, Colleen became a resident of Gouldsboro at the age of six months. This makes her a Maine transplant. She was one of ten children, and many of her family still reside in the area.

Colleen was hired June 1983 to work on a part time basis in the bowling center. She has since worked her way up to Bowling Center Supervisor and supervises two other attendants. At present, the bowling center is open every night. Not everyone can say they thoroughly enjoy the type of work they do, but Colleen can. Basically a sports person, bowling is one of her favorites. As she stated, "I am people oriented, and this job gives me the opportunity to meet many people." Not only does she meet Navy personnel and their families, but military retirees and their families, as well as many civilians.

There was a grand re-opening of the bowling center in August 1988. It is now sporting new lanes and score tables, automatic pin setters, and a snack bar was also introduced. Some of the duties assigned to Colleen and her attendants include oiling and dragging the lanes, stocking and servicing the snack bar, repairing the automatic pin setters, reserving bowling lanes for various leagues, and generally keeping the bowling center clean. Colleen is only five feet tall, but she will tackle any job in the bowling center. Since she is mechanically inclined, she enjoyed attending AMF Mechanic School in Maryland to learn the proper maintenance of the automatic pin setters.

At present, the bowling center has four leagues. There is the intramural, mixed doubles, early bird; and in November the youth teams, age six and up, will start their leagues. Colleen is hoping to attract more people to the bowling center. She is now advertising birthday parties for kids. With the new snack bar, food and drink are available on the premises. A complete birthday party kit including plates and balloons will be offered.



Colleen is married to Lou Stanley. They have a son Gabriel, age 9, and a daughter Kathleen, age 8. The family enjoys the outdoors and, for the most part, spend their vacations camping out in Maine. Colleen enjoys a good game of softball, bowling or volleyball. She also likes to fish; this is her way to relax.

Since she has a talent for singing, Colleen loves music, especially country music. She has entertained professionally in the area. A few years ago she sang for the Navy Day Ball and for the relief of CAPT Stevens, then Commanding Officer of NSGA. Musical instruments are not a part of her talent, so her husband Lou accompanies her with guitar or accordion.

A goal Colleen has set for herself is to attend college accounting and computer classes. She plans to continue working, and these classes would prove to be an invaluable asset for enhancing her career.

"GO FOR IT COLLEEN!"

AWARDS



Master Training Specialist

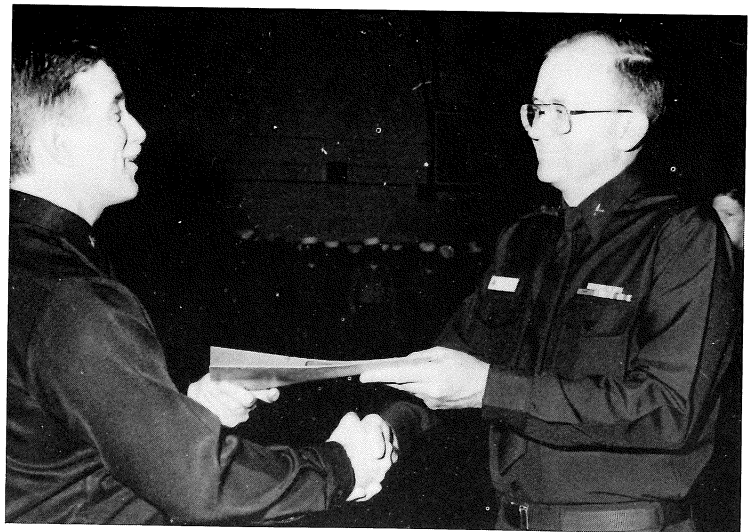
CTMs L. Gigstead

and

CTTC K. O'Donnell

Beneficial Suggestion

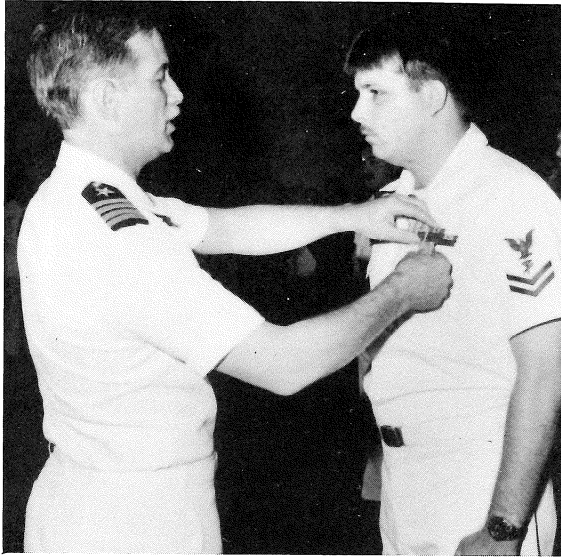
CWO2 R. Rude



Letter of Commendation

Mr. Harry Voss

Navy Achievement Medal



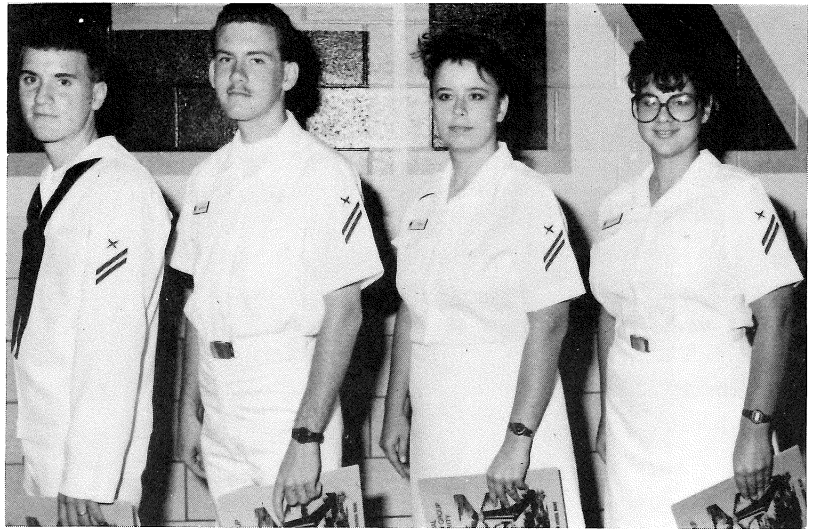
CE2 P. Snyder

Letter of Commendation



Mr. Wayne Lanier

ADVANCEMENTS



(l to r) CT TSA R. Boring, CT TSA S. Clemmens, CT TSA K. Coons, CT TSA S. Hornsby

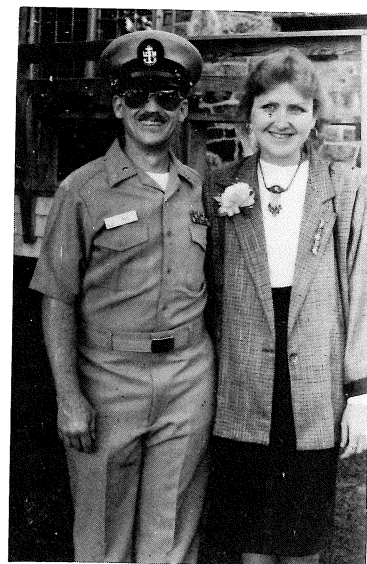
CONGRATULATIONS TO NSGA'S NEW CHIEFS



SKC David Copley with wife Judy and daughters Elizabeth and Becky.



DMC(SW) Jack Webb with wife Rebecca.



CTMC Wade Hill with wife Debbie.



CTTC Valerie Polk accepts flowers from CTT2 Iveans.



CTMC Steven Nielsen, wife Mary and daughters Jasmine and Sarah.

MOVIN' UP NOT OUT



CTT1 David Iveans signs his reenlistment for six years.



CTM1 Gilbert Young with wife Gayle accepts plaque from LCDR Beard as he reenlists for four years.

SAFETY SENSE

by: Harry Voss



Every 44 seconds fire strikes a home somewhere in the United States. These fires kill almost 4500 people and seriously injure about 225,000 people each year. The majority of home fires are a result of thoughtlessness. Some fires start from smoking in bed or falling asleep with a cigarette in a soft chair; other fires may start by children playing with matches; some will result from neglectful procedures in the kitchen; some from faulty electrical circuits in the home; but many fires start by the misuse of a fireplace, wood stove or even a space heater when cold weather arrives.

One way to avoid these problems is to hire a professional for any new installation work needed. A professional installer will be familiar with state and local regulations. Improper installations often result in serious structural damage which costs more to repair than the original installation.

Another step toward safe winter wood heating is regular servicing. Fireplaces, wood-burning stoves, space heaters and other heating units should be inspected and serviced at least once a year. Likewise, chimneys and vents should be cleaned regularly to remove

dangerous buildups of soot and creosote. If there are cracks in the chimney, more serious maintenance may be required to prevent a disaster. Of course, we should never store any flammable or combustible items near the stove or fireplace.

Lastly, the safe use of a stove or fireplace may depend upon the procedures used. To prevent accidents, fires must be contained and controlled at all times. A fire screen should be used any time a fire is built in a fire place to contain spark embers. Never use any form of lighter fluid to start a fire in a fireplace or wood stove and never start a fire with more than the minimum number of logs. This will keep the flames from leaping up the chimney. Never leave a live fire unattended and uncontained. Always allow the ashes to cool completely before disposing of them.

These are only a few tips on safe wood heat. If you're planning to use wood this winter, learn to use it safely and you'll have a warm, safe home.

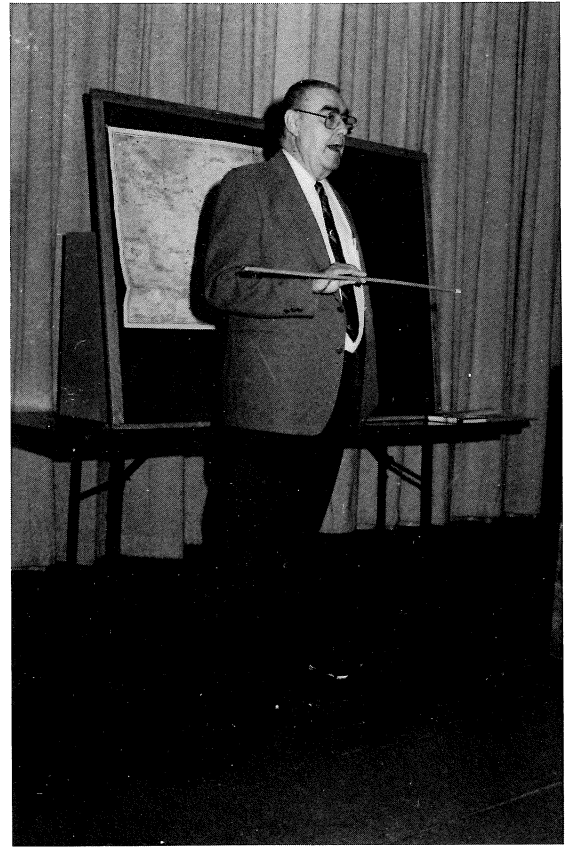
LEADERSHIP

by: CTTC J. Sandlin

In September, Richard M. (Dick) Lockhart, LTCOL USA Retired, visited NSGAWH and spoke on the subject of "Navy Customs and Traditions." Since he had served the Navy during WWII, he touched on some of the events, customs and traditions prevalent during that time. His talk concentrated on the 1946-47 Navy Antarctic Expedition lead by Admiral Richard E. Byrd.

Mr. Lockhart entered the Navy as an apprentice seaman in 1943. Two years later he was commissioned Ensign. During WWII he served on a destroyer escort in the Western Pacific. After the war, he participated in nuclear weapon testing, and from the fall of 1946 to the spring of 1947 he served under Rear Admiral Richard E. Byrd on his last expedition to Antarctica.

This expedition included civilian scientists and the crew of the "USS PINE ISLAND" (AV-12), a seaplane tender. Pictures and a day-to-day log that Ensign Lockhart maintained were available for attendees' review. He highlighted this expedition as one only of a few men were fortunate enough to experience. He ended his speech with the five "Lockhart Principles of Leadership," which are: (1) Do not manage people, lead them. (2) Do not lead by the volume of your voice. (3) Never lose your sense of humor. (4) Never let your desire to obtain credit obscure accomplishment of the mission. (5) A leader must be tactful.



After the expedition, Ensign Lockhart served in several destroyer type vessels and a two-year stint as Operations Instructor at Navy OCS, Newport, Rhode Island. In 1955, he returned to civilian life, and shortly thereafter accepted a full time commission in the Ohio Army National Guard. He retired as a LT Colonel in 1980. His final duty before retirement was Inspector General for the state of Ohio. Later, he agreed to serve Ohio as Director of Emergency Management until his final retirement this year. His awards and decorations include: Legion of Merit; Army Commendation Medal; Asiatic Pacific Medal with Battle Star; Philippine Liberation Medal; Antarctic Expeditionary Medal; and China Service Medal.

Married to the former Jeanne Marie Gibbons, they reside in Delaware, Ohio, and have four children and eight grandchildren. Mr. Lockhart studies civil war history avidly; he also participates in NRA activities.

WHATCHA WANT WOOD SHOP

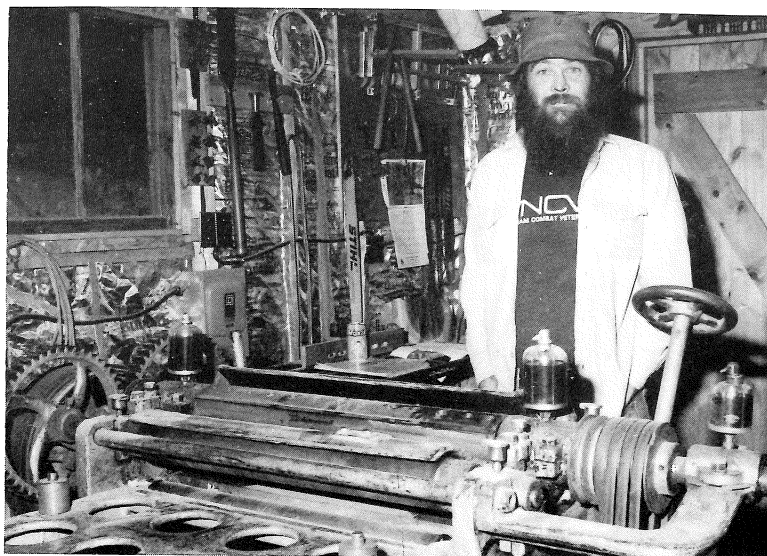
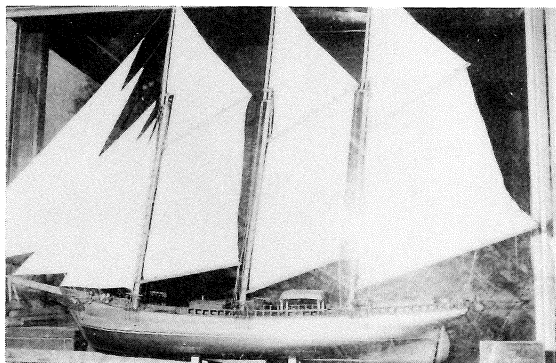
by: Jeannette Glosser

Phil Bowden is a happy man who smiles most of the time; even when he's serious, his eyes twinkle. When he was a small child, he helped his father in his woodshop. Phil and his father shared a common interest--the art of woodcraft.

Born in Maine, Phil has lived most of his life in the town of Hancock. It is there where he now owns his woodworking shop on Mudd Creek Road and his home on a dirt road about a mile from Route 1. He has two pet wolves, Beau and Wonder. These intelligent looking animals resemble German Shepherd dogs until you notice the spacing of their yellow eyes and their huge teeth (traits of the wolf). Phil claims the wolves are very devoted to him, but an outsider best beware.

Phil served eight years in the U.S. Marine Corps--Vietnam was a part of his tour. He worked a few years repairing lobster boats and pleasure cruisers with Carroll Lowell, a well-known boat builder in the area. Phil finally built his own workshop and named it "Whatcha Want Wood Shop." Upon a customer's request, he will build anything (within reason, of course).

The woodshop is well stocked with tools. There are fourteen free-standing machines--band saws, polishers, compressors, shapers and joiners. Last year Phil acquired a Thickness Plainer that had been built in 1882. He is very proud of this 2800-pound plainer because it still produces workmanship of the same quality as the day it was built.



A unique item that Phil built was a motorized ship's wheel that turns and is used as an obstacle at a local miniature golf course. He also built a five-foot replica of the MARION F. SPRAGUE (sometimes displayed at local affairs), a 3-masted fore and aft schooner built in 1889 and used for lumber trade.

Phil has restored furniture that is 500-600 years old as well as more contemporary furniture. Older furniture is more difficult to restore because of its ornate carvings. His album of before and after pictures demonstrated some of the remarkable quality of his woodworking handicraft. He inlaid gold leaf on a guitar and even repaired a wheelchair. Woodworking comes as second nature to Phil.

When his father's house was destroyed by fire, Phil built a new one for him. When it was finished, he started his own house. Phil explained that he did not use one nail in the framework of his house. Instead he used wooden pegs that he made himself to hold the framework together.

Following Phil down the road that led to his home, I took notice that his truck was also an antique. When I asked about it, Phil said in his Scottish, Maine accent, "Well, I built it by taking parts from four other dodge trucks and came up with this 1941 model." We had traveled down a very rutted, dirt road, but his truck handled it with no effort at all.

Phil Bowden is a man who enjoys building things with his hands. When it comes to wood, he truly follows up on his motto, "Whatcha Want is Whatcha Get."



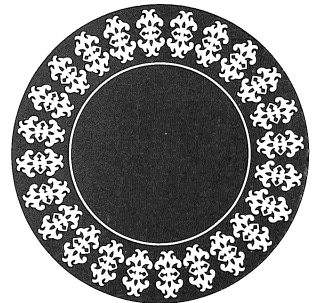
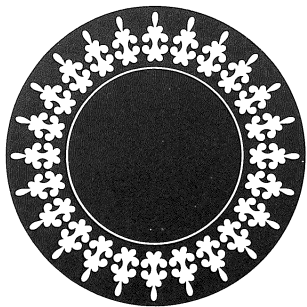
CELEBRATING THE

by: CT02 C. Henfrey

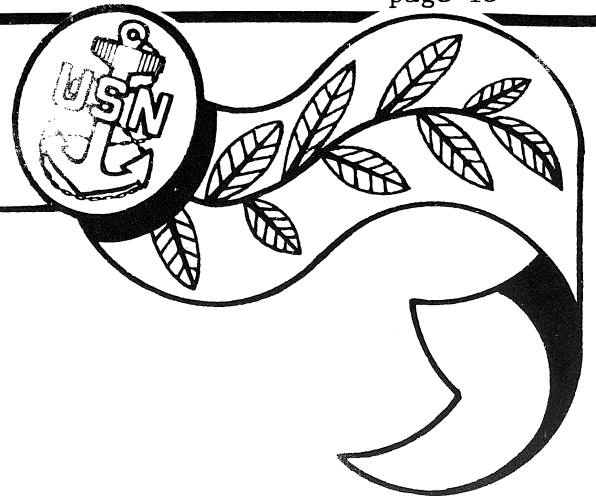
The 213th birthday of the United States Navy was celebrated in grand style by NSGA Winter Harbor. The 1988 Navy Day Ball, sponsored by the Petty Officers Association, was held 7 October at the Holiday Inn, Ellsworth. The guest of honor was RADM J.S. Yow, Commander Patrol Wings Atlantic, and the entertainment was provided by the Northeastern Navy Show Band from Newport, Rhode Island.



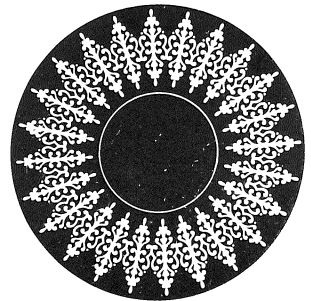
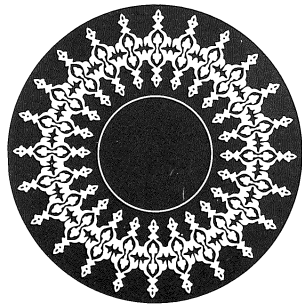
The music was terrific; the food was delicious; and everyone had a good time. All who attended the ball received a special 1988 Navy Day Ball favor--an authentic, slightly undersized Maine lobster trap. This was a birthday party to be proud of and the Petty Officers Association did a terrific job organizing the affair.



NAVY'S 213TH



"Having A Ball"



DEPARTMENTS & DIVISIONS

- 30 -

by: CTM2 R. Cameron

Well, I've had to do it. Turn in my TTY screwdriver, that is. Our department has been busy with installing new, state-of-the-art computer equipment and getting rid of those thundering Mod 28's. Yessiree, gone forever are the days when a mat man could mumble an oath and not be afraid of being overheard; this new stuff is QUIET. It's also going to be hard to find something to fix. I have it on good authority that the stuff doesn't break. Murphy told me so. Actually, I can't wait for the new stuff; I'm a gadget man. Just love to watch those pretty LED displays and twiddle with knobs. Well, I'll get off the subject of equipment and move on to other news.

Darts. Move over Rick Ney. Here comes Ray Zilgme. Ray took first place in the darts tourney held at the club and has become a little hard to live with. Heard the Accudart has a new line of Zilgme signature darts called the "Don't Shoot Against Cameron" series. Available in slightly bent shaft, crooked flight supreme, and 90% bounce out, they are available at local dealers everywhere. All kidding aside, Force Ten is in first place and plans on staying there!

Bowling. Well, not much news has passed my way on Captain's Cup bowling; only real news is this: Come on out to the alley and pitch a few balls for us.

Basketball. All you who are 10 ft. tall and 100 lbs soaking wet are invited to try out for basketball. For those who are less than 10 ft. tall and greater than 100 lbs. soaking wet, y'all come and have a go at basketball. See ya there!

Wrap up: Who can spin a wrench at ten paces? Slap an electron into orbit by batting an eyelid? Leap over tall O-scopes at a single bound? None other than our very own SOQ, CTM2 Watson.

Congrats Kimiko.

- 51 -

by: CTT3 L. Erwin

The last month has been very hectic for our division with new officers coming onboard and others leaving. We welcome CTTC Wynn Allen, our new operations chief from CINCLANTFLT, and his family and LT Fedoriska, our new division officer, replacing LCDR Jack Bruno.

Welcome aboard CTT2 Estabrook, CTTSN Croteau, CTTSN Rini and CTTSN Bunch, who graduated from the last basic class; and Farewell to CTT3 J. Vogel who left for the sunny island of Guam. Good luck, Jim.

Our busy schedule precluded putting a full fledged football team together for Captain's Cup, but we did have a few picked up in the draft--CTT1 Walker, OPS Gold--CTT2 Ray, Schoodic-- and CTT3 Erwin, 60 Department. In other sports action, OPS Blue tied for third place in Captain's Cup golf with CTT2 Troy Krebs taking third. Rec Services recently held a best ball tournament at Bar Harbor Golf Course. Once again it was CTT1 Phil Russ taking top honors, but this time with a new partner, CTT3 Larry Erwin.

- 60 -

by: CTT1 T. Conley

Winter in Maine has a way of creeping up on us. We don't remember the cold days of last winter, but they are here again.

Welcome aboard CTAC Ron Frayo from Roosevelt Roads, Puerto Rico, CTM1 James Trail from Bremerton, Washington, and their families.

MORE →

AND MORE....**- 52 -**

by: CTR2 S. Fitzgerald

We're now in the midst of Fall. Most tourists have gone south and the air is beginning to feel like winter. We hope you had a wonderful summer and Jack Frost won't nip you too much this winter.

Well, we did it. We dined and danced at the Navy Day Ball, huffed and puffed through our PRT, stood tall at our personnel inspections, and were tricked or treated on Halloween.

Congratulations go out to CTT1 Keith Reagan and CTR3 Doug Ewers who were the division nominees for SOQ and JSOQ, respectively. Petty Officer Ewers and his wife are proud new parents of Katherine Anne who was born in September. Congratulations also to CTR2 Sherry Fitzgerald on her selection as Operator of the Quarter.

We wish "Fair Winds and Following Seas" to Chief George Dean who transferred to the Fleet Reserve. He will be remembered for his kindness and knack for conversation.

Welcome aboard to CTT1 Margaret Tinto and family who arrived from Wahiawa, Hawaii. Also coming in from "paradise" is CTR2 Penny Gray and her family. More on these new arrivals next month.

Farewell to LT Barksdale who was recently frocked to his present rank. He has transferred to USS OLDENDORF (DD 972), homeported in Yokosuka, Japan.

Deserving special recognition are CTT1 R. Jacox, CTT2 K. McAllister, and CTRSN K. Keay. CTT1 Jacox and CTT2 McAllister volunteered their time to help at this year's Lobster Festival. The town of Winter Harbor appreciated the efforts of all volunteers from NSGA. CTRSN Keay reacted quickly to an emergency situation recently when he discovered a shipmate unable to breathe due to a blockage in his throat. SN Keay administered the Heimlich maneuver dislodging the object. A hearty BRAVO ZULU to all.

Football season has come and gone. This year's 52 Division personnel on the OPS Gold team entered the playoffs with a record of 1 win-7 losses. To everyone's surprise, we won both playoff games and emerged as champions of the Captain's Cup football season. Seems we were saving the best for last! The team would like to thank the Division personnel for support during their winning season.

Captain's Cup Bowling and Basketball got underway this month and with a look at both teams' rosters, OPS Gold promises to have winning seasons in both of these sports. Also, will keep you posted.

One of our bachelors is a bachelor no more when CTR2 Dave Roberts married the former Ruth Anne Hobbs in September. Congratulations and good luck to both of you.

- 60 -

(Continued)

Congratulations to Warrant Officer Rude promoted to his present rank in September. We also wish to congratulate CTMC Steve Nielsen, CTMC Wade Hill and CTTC Valerie Polk who were frocked to Chief Petty Officer last month.

Farewell to CTT1 Marshall (Pee Wee) Weber, off to sunny Puerto Rico, and CTM1 George (Jeff) Davis who is headed for the beaches of NTTC Pensacola, Florida.

The 88009 class graduated on 12 October. Class 89001 arrived and began indoctrination during October and will graduate in February. Classes 88011 and 88013 continue on schedule, and the 88050 class is still in session. Since everyone is either teaching or preparing to teach, "60" department is quite busily involved. Things are looking good.

A GAME NAMED RUGBY

by: CTO2 Candace Henfrey

Scrum, try, hooker and line-out are terms which are familiar to the average Aussie or Brit, but not to a majority of Americans. However, they are known and practiced regularly by a select group of service member rugby players. The game of rugby originated in England and has been played in this country mostly by Ivy League universities and service academies. But there are also local "rugby clubs" throughout the country. CTO2 Mark Henfrey started playing it at his last command, NCU London. He represented NSGA Winter Harbor on the All-Navy Select Side 1988 team and traveled to Maryland to participate in the September Inter-Service Rugby Championships. All five services were represented. The Navy team was coached by CDR Dewey Meteer, Commanding Officer, NROTC Maine Maritime Academy in Castine, Maine. The players had to be in outstanding physical condition and work out regularly in the heat of the day prior to the championships. Petty Officer Henfrey was one

of four enlisted players, the rest being commissioned officers who had played at the Naval Academy.

The Navy team lost the opening game to the Coast Guard. Petty Officer Henfrey claims to have forgotten the score but admits that it was not close. Their second game that day ended on a happier note; the Navy beat the Marines by two points. The next day, they lost the first game to the Air Force and beat the Army in the second game. Then in the third game of the day, they played the Air Force for third place and won handily. The Marines took first place and the Coast Guard took second. Petty Officer Henfrey points out that the Marines' only loss was to the Navy team.

If you are interested in learning more about rugby, Petty Officer Henfrey would be happy to explain the game to you. Be prepared, it is a much rougher form of football without the helmets and pads. Rugby is more than just a game, it is also a social outing. Petty Officer Henfrey says that the greatest lesson he has learned from his years of playing rugby is the importance of teamwork.

NEW DOCTOR ON BASE

by: Jeannette Glosser

Meet LCDR Donald M. Dermond--our new doctor who arrived in October. Born in Riverside, New Jersey, Dr. Dermond attended elementary and high schools in that area. He joined the Navy in 1980 and specializes in Family Practice.

After entering the Navy, he attended New Jersey Medical School until 1983 under the Health Profession Scholarship Program. He interned at Naval Hospital, Charleston, South Carolina from 1983 to 1984, and served a two-year tour from 1984 to 1986 at the U.S. Naval Facility Argentia, Newfoundland, Canada. Dr. Dermond returned to the Naval Hospital in Charleston in 1986 where he completed his residency in Family Practice.

LCDR Dermond is married to the former Alice Elizabeth (Liz) Heckman; they have a son, Donald Jr., age 3. Dr. Dermond is actively interested in softball and bowling.



WELCOME ABOARD LCDR DERMOND

SPORTS SHORTS

by: John Marchione

- Congratulations to CDR Ernest Passero, SSGT Paul Gurley, CTM2 Bryan Ross for completing the "100" miles in the Century Club. Chaplain Passero and SSGT Gurley both began their quest 19 June 1988, while CTM2 Bryan Ross began 11 July. This gave the Century Club a total of six winners.

- Congratulations to DK2 Kevin Snodgrass, Schoodic, for winning the 11.5 kilometer run with a time of 52.31. Also with Schoodic and finishing second was DK1 Gary Stevens with a time of 52.37. Coming in third was CTT1 Daniel Burkhart (Det A) representing "30" Department with a time of 54.05.

- The first week of October was a busy one for the athletic program since the Captain's Cup Bowling and the new Racquetball leagues got under way. The bowling league will bowl every Monday night; nine teams are participating. The racquetball league will be competing Monday and Wednesday evenings. Karate instruction also got underway on 3 October, with classes being held each Monday evening at 1830 under the direction of Bruce Leighton.

- Chalk up another win for NSGA in Challenge Cup competition. Our marksmanship team defeated NCU Cutler in skeet, rifle and pistol events, and won the Challenge Cup in these events for 1988.

- Captain's Cup Golf Tournament was won by CTRCS S. Sampson, 30 Department, who carded an 89 for the eighteen holes at the Trenton course. CTM1 Davis finished second, one stroke behind with a 90. Third place honors were shared by SHC Richard Watkins and CTT2 Troy Krebs of OPS Blue. Both men carded a 94.

- The Athletic Department is still searching for a Varsity Basketball coach (men's) and any interested person who would like to lead an aerobics' class. We will train anyone who is interested in adding to our ever-expanding athletic program in aerobic exercise.

- The Tuesday and Thursday noon-time fitness is now in full swing. This program is designed for our civilian employees as well as the military personnel, for a "do what you want" type of activity. Come on down to the gym, you'll meet the most interesting people there.

- The bowling center is now open 7 days a week. Drop in and see the work that's been done to make it a real enjoyable place to bowl, socialize and relax. There is also a snack bar operation which you're sure to find enjoyable. Look out for special events, such as Father and Son Bowling, Mother and Daughter, Mother and Son, Father and Daughter, Halloween events, Turkey Shoots (win a Thanksgiving turkey), red pin, and many other special events. Watch the MWR flyers for more information.

- Intramural basketball will be getting underway on 1 November 1988 with games played on Tuesday and Thursday evenings. Basketball practice started in early October. Basketball Officials are also needed; it's not too late. Anyone interested in officiating in the intramural program or working as timer/scorer are urged to contact the Athletic Director, ext. 226.

- The Winter Harbor Officials Association at its organizational meeting elected Lance Williams as President, Dwight Owens as Vice President, and Susan Toth as Secretary/Treasurer. They plan to meet once a month and are dedicated to improving the caliber of officiating as well as providing a quality service for the base athletic program. Anyone interested in becoming a member of this worthwhile group can call any of the above officers or the athletic department, ext. 226.

- Interested in forming a Women's Varsity Basketball Team ?? There is plenty of space at the gym and the bowling alley to accommodate more women's basketball, volleyball, racquetball or bowling teams. Local universities have invited NSGAWH women's teams to participate in off-base competition in these sports. Call the athletic office and make a reservation for your team.

FASHIONS FROM ALICE



On October 12, NSGA Winter Harbor ladies enjoyed viewing fall and formal wear from Alice's Fashions of Ellsworth over lunch at the Schooner Club. Again this year the big question was "How do you tie those scarves?" If you can wait that long, come to next fall's fashion show for the answer.

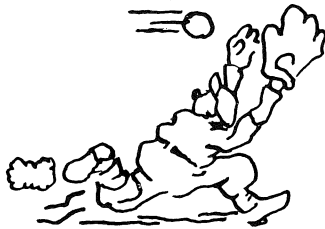


RECREATION DEPARTMENT

by: Bob Shaw

HIKING TRIP

RED SOX VS. YANKEES



One of baseball's finest pitchers, Bruce Hurst, painted the corners as the Red Sox defeated the Yankees 3-1 on Saturday, 17 September. Rec Services sent two dozen people to this game, which was one of the biggest of the season for both teams. Future trips are planned for professional sporting events.

Last month Rec Services sponsored a camping and hiking trip to Baxter State Park. After a campout at Avalanche Field, the group hiked to the highest peak east of the Mississippi, Mount Katahdin (5267 ft.). In spite of the wind and cold at the summit, everyone had a good time. Future trips are planned--even wintertime outings. Keep your eyes open for upcoming outdoor recreation opportunities. Maine is a beautiful state with unlimited resources for enjoying a variety of outdoor activities. Take advantage, you'll be glad you did.

DARTS

In September, a Double Elimination Dart Tournament was held at the Schooner Club. After the last dart was thrown, Ray Zilgme ended up on top of the heap with Rafael Camacho finishing runner-up. Good luck in the upcoming dart season to all.

UPCOMING EVENTS IN NOVEMBER 1988

Movie/Cinema Trips
 Shopping Trips (Xmas) L.L. Bean
 and NEX Brunswick (Ski Equipment)
 Concerts (TBA)
 U.M.O. Football Game
 Thanksgiving and Xmas Ceramics
 Doubles Pool Tournament
 Auto Winterization Class
 Great American Smokeout,
 17 November 1988



SPORTS

by: John Marchione

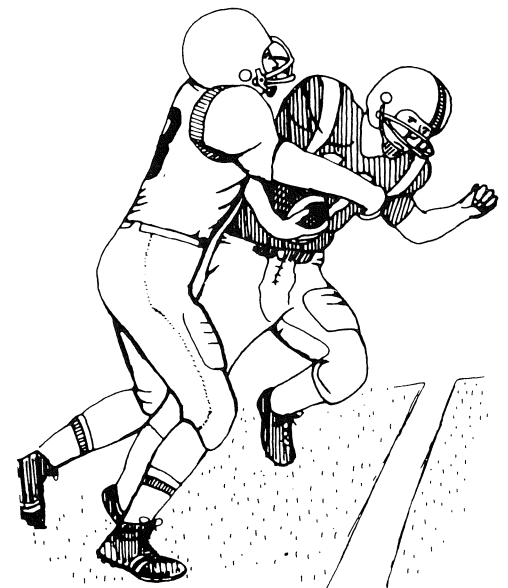
OPS GOLD CAPTURES FLAG FOOTBALL TITLE

In what could best be described as "defying all odds," OPS Gold, after finishing 1 and 7 in league play, came roaring fashion to win the 1988 flag football championship.

OPS Gold played 60 Department in the first game of the tournament and the most exciting game of the year. After the sun went down and the darkness settled, OPS Gold was on top of a 48-26 score. Then they took on the powerful Schoodic team which ran roughshod over the league to finish at 7 and 1. Schoodic, playing without one of its regulars, was no match for the OPS Gold team.

Schoodic scored on their first possession and took a quick 7-0 lead. But from then on, it was all OPS Gold. Stopping the Schoodic attack dead in its tracks and displaying a well-balanced attack of their own, they literally ran up and around Schoodic for a 25-14 victory and the base championship.

Congratulations to OPS Gold and all the players in the league for a job well done and a successful season.



"FIRST FROST" PICNIC

On 14 October, a picnic was held at Alvey Field in honor of the "First Frost" of the season. The weather was a bit nippy, but many people came and had a very enjoyable afternoon.

A tantalizing smell of grilled hot dogs, hamburgers, and chicken surrounded the pavilion. This is a scent that is usually enjoyed only in summer. The crisp fall air made it smell even more enticing. There were also salads and drinks on the menu supplied by the galley.

Many people kept warm playing horseshoes, tennis, and "punt, pass and kick." Quite a few heartier souls engaged in a tug o' war.

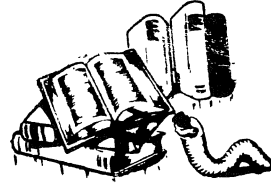


Ashley Edwards welcomes a Scottish Terrier.

The children were delighted by a "hayride" in a cart towed by a tractor.



BOOK REVIEW



Davita's Harp

Author: Chaim Potok

Chaim Potok gives insight to and a dramatic look at the confusion and contradictions of war and suppression as seen through the eyes of an adolescent girl named Ilana Davita Chandal. She is the child of two dedicated communists who work feverishly for America's acceptance of their belief in the worker prior to and during World War II. Ilana goes from a time of complete joy in the loving and safe cocoon of her family to a time of utter despair and helplessness in the stark reality of war.

World events are described as seen by an adolescent girl. The only thing that remains constant in Ilana's life is the small wooden door harp that has always graced the front door of her home. Its cheerful music whenever the door opened or closed served as an anchor for her to cling to as her life begins to change.

Ilana seeks solace in her religious faith. She has confrontations with school mates who ridicule her because of her parents' beliefs. She examines her inner turmoil as those closest to her fight and suffer for a cause that she does not understand. Eventually she reaches back and lays claim to her heritage as a way of understanding events in the present.

The author is a descriptive writer and immediately draws you into the complicated web that makes up Ilana's life. He has a talent for expressive words that make you feel her joys at their highest peak and her sadness at its lowest depth.

This is an enchanting tale, and I highly recommend it to anyone who is interested in the Spanish Civil War, American Judaism during WW II, or the activities of the American Communist Party during the pre-WW II era. Anyone who enjoys reading an exquisite narrative will enjoy this book.

Mr. Potok also wrote The Chosen, The Book of Lights, and My Name is Asher Lev. He is well-known for novels on religious themes.

Men's Varsity Basketball Schedule

1988-1989

4 Nov	U. of Maine at Machias
12-13 Nov	Loring AFB
19-20 Nov	776th Radar Squadron (Bangor)
3-4 Dec	N. Maine Vocational College Invitational
10-11 Dec	Pease AFB
17-18 Dec	776th Radar Sq. at NSGA
7-8 Jan	To be announced
14-15 Jan	Loring AFB at NSGA
21 Jan	To be announced
22 Jan	No. Maine Vocational College
28-29 Jan	Pease AFB at NSGA

Arrangements are currently being made with Husson College, U. of Maine at Augusta and Calais Vocational School. Not shown on the schedule are the Challenge Cup games, as well as the Navy Area and Regional tournaments.

CAPTAIN'S CUP STANDINGS

As Of 21 October 1988

1.	60 Dept	138
2.	O's & C's	96
3.	Schoodic	90
4.	OPS Blue	73
5.	OPS Gold	72
6.	30 Dept	68

NOTE: Starting this year, a runner-up cup will also be presented.



PSD'S SAILOR OF THE QUARTER

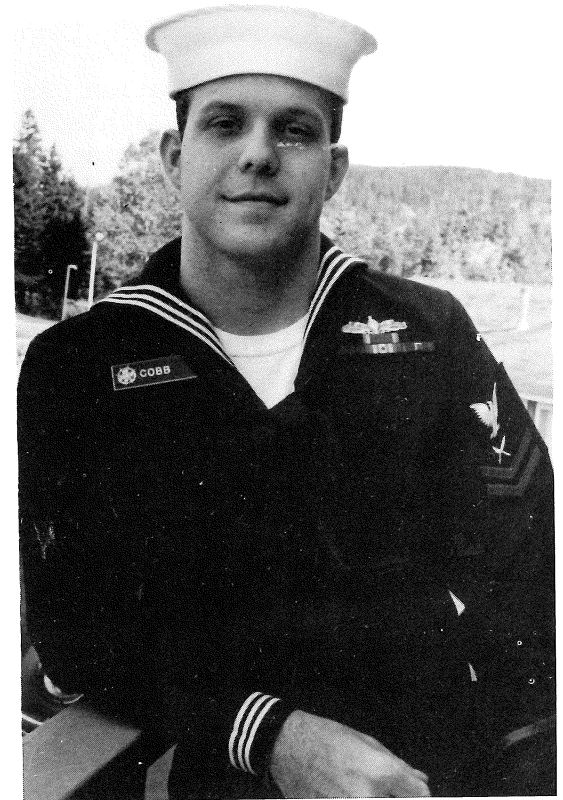
by: PN2 T. Tuck

Congratulations to YN2(SW) Donald B. Cobb for his selection as both PSD Winter Harbor and PSA New London "Sailor of the Quarter." Petty Officer Cobb's selection was based on his exceptional abilities in all areas of administration, superior organizational talents, and his high-powered and aggressive pursuit of excellence as Administrative Supervisor at PSD Winter Harbor. YN2 (SW) Cobb was selected from among 200 sailors nominated to be "Sailor of the Quarter" for the PSA New London network.

Petty Officer Cobb joined the Navy in March 1982. Don and his wife Cindi-Sue were married on 1 January 1985 in Marblehead, MA. Prior to his assignment to PSD Winter Harbor, Petty Officer Cobb served onboard USS JESSE L. BROWN (FF-1089). He then attended YN "A" School in Meridian, MS.

YN2(SW) Cobb is actively involved in intramural sports. He enjoys softball, basketball and football. Don and Cindy-Sue are expecting their first child very soon.

Dependability, fortitude, flexibility, and integrity are among the qualities expressed by Petty Officer Cobb.



PSD and PSA have been fortunate to have such a dedicated professional working for them. Don has orders to transfer to the Naval Justice School in Newport, RI this coming January. Again, "Congratulations, YN2(SW) Cobb."



VETERAN'S DAY

NOVEMBER 11

MEDICAL TIPS

by: HM2 S. McAllister

Increased participation in recreational and competitive athletic activities is leading to a variety of methods to prevent sports related injuries. Unfortunately, injuries are still occurring. The ankle is the joint most frequently sprained during athletics. How can these ankle problems be reduced?

Medical research shows use of low cut athletic shoes on outdoor playing fields has been a factor in increasing the severity of ankle sprains. If there are rocks, divots or moisture on playing fields, it won't matter what type of shoe you are wearing for protection. Well kept playing surfaces reduce ankle injuries.

Most orthopedists and athletic trainers agree that ankle strapping prevents injuries. There are many ways an ankle may be taped for maximum effectiveness. If you believe ankle strapping is for you, consult the Medical Department for instruction in proper application or possible alternatives.

Dorsiflexion or heelcord tightness is the major cause of most ankle sprains. Athletes with tight heelcords are drastically susceptible to lateral collateral, or sprains on the outside of the ankle. Kenny Howard and Herb Waldrop, athletic trainers for Auburn University in the mid 70's, put their players on a daily heelcord stretching routine. They reported that the Tigers suffered no major ankle sprains for many years. The Cleveland Indians underwent a very extensive stretching program in their 75-76 season and suffered almost no ankle sprains.

This stretching exercise is very simple. Position your feet an arm's length or more from the wall. Then lean into the wall with heels flat on the floor and feet pigeon-toed or pointing inward for a period of 10 seconds before resting and repeating. When you feel comfortable, you may increase the stretch by moving further from the wall.

This exercise should be added to your daily stretching routine. Remember, an ounce of prevention is worth a pound of cure!

WHAT THANKSGIVING'S ALL ABOUT

Every year the chapel donates food baskets to needy families in the area. We, who have much to be thankful for, can help those less fortunate.

If you wish, you can donate canned vegetables, potatoes, nuts, stuffing mix or any other non-perishable items that will fill these baskets.

Turkeys (any size) would also be gratefully accepted. All donations should be taken to the Chapel by the Sea."

In the meantime, remember all the things we have to be thankful for. For certain, we can count our blessings.



Let's try to make it a happier "Thanksgiving" for everyone.

