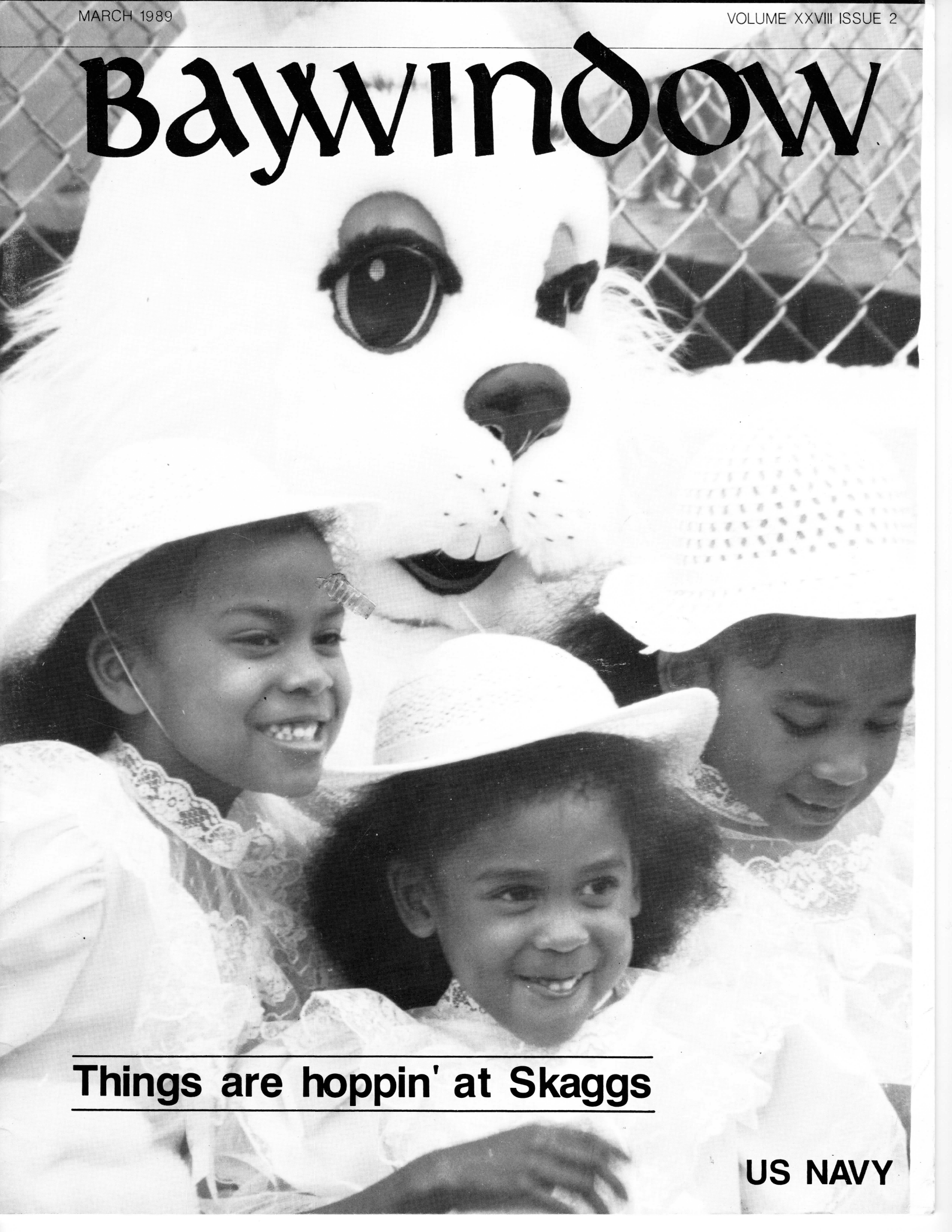


# Baywindow



**Things are hoppin' at Skaggs**

**US NAVY**

# It's Bec

*Master Chief Erickson talks about his*



*I found myself doing the job of Command Master Chief, a job I once thought was far beyond my reach.*

Let me begin by telling you that I have thoroughly enjoyed my 27 year naval career and I will miss it terribly. I came aboard as an E-1/Seaman Recruit in 1962 and I leave having accomplished things far beyond my wildest dreams.

I had set goals for myself along the way and with the help of many super people (too numerous to mention by name), I found myself doing the job of Command Master Chief, a job I once thought was far beyond my reach.

I guess if I were to focus on the factors that allowed me to enjoy my career so much, I would say that good old hard work would be at the top of the list. Secondly, I selected role models throughout my career, people, (shipmates, petty officers, CPO's and, yes, even officers), who impressed me to

the point of my learning from and even emulating their most notable qualities. Qualities such as being respectful toward everyone (virtually everyone) at all times. Always having the time (or making it) to talk to a shipmate.

Being open minded and receptive to new ideas while standing up for those things that are traditional and should not be changed. By being "involved" for the purpose of making your command and/or community a better place to live and work; By showing concern for the military and professional devel-



# en Great!

27 year naval career.

opment of shipmates and subordinates; By showing initiative in all aspects of performance. I could go on-and-on listing those things that helped me enjoy a most rewarding career, but I must admit, it all comes down to the people and ones ability to interface with people of all paygrades, services, religion, ethnic background and personalities.

We're a better Navy now than we were in 1962, not because of me, but because of many thousands of men and women who care enough to make contributions above and beyond their assigned duties. I leave the Navy with great satisfaction that I'll not be missed significantly. There are many hard-charging petty officers, CPOs, SCPOs and MCPOs who will fill my void as if I were never there. That's

the way it should be - none of us is (nor should we feel) indispensable. I want only to be remembered as one of the crew who was fortunate to have superior instruction along the way, strong support from shipmates, and one who tried to make a difference in overcoming problems while getting the job done.

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Facing page, top: CTRCM Dennis Erickson today.  
Facing page, center: CTR3 D. J. Erickson.  
Facing page, bottom right: CTR1 D. J. Erickson re-enlists. Right: CTR2 Erickson.

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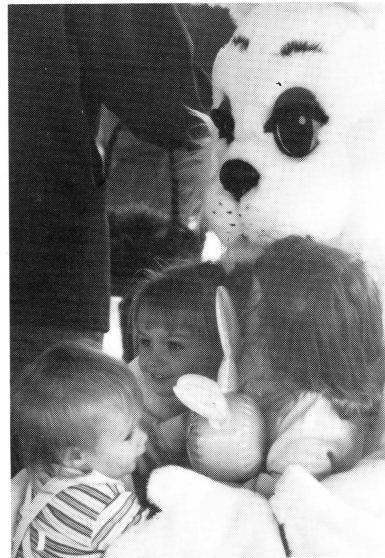
Article written by CTRCM Dennis J. Erickson.



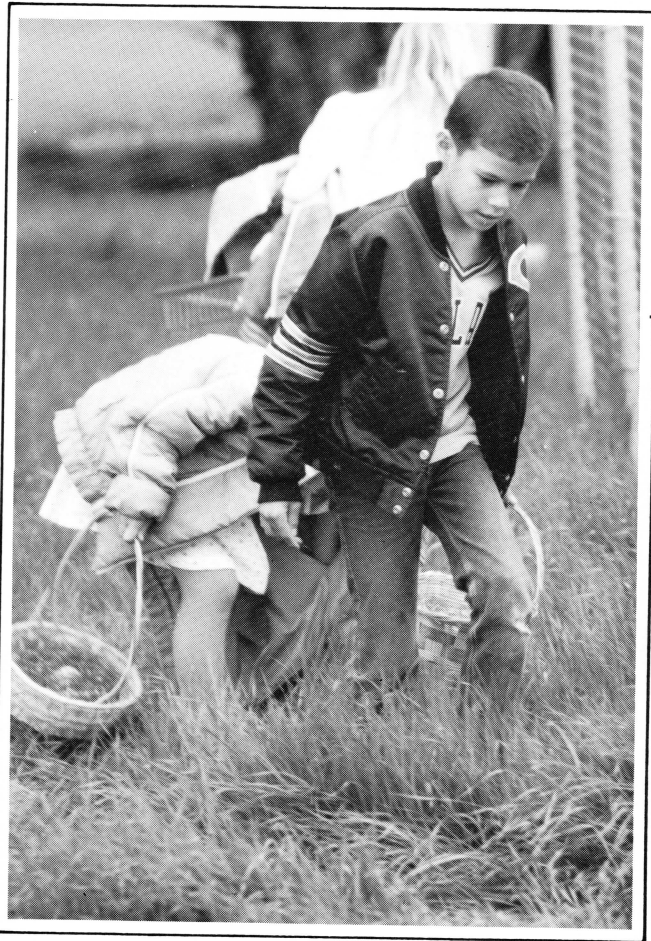


# Hippity-Hop

*Easter at Skaggs Island is a delight when sharing it with our kids.*



The Easter bunny arrived on the fire truck and delighted a cute bunch of kids this year. The Easter Egg Hunt was a huge success and the Easter bunny saw to it that there were little gifts for all.



# Comm Notes

Greetings from the communicators of 20 Department. We would like to extend a hearty Welcome Aboard to our recent arrivals. CTOSR Candi Blease and CTOSR Damon Flinn both arrived via "A" school in Pensacola, CT01 David White Owl from NSGA Kamiseya is Section IV's new supervisor, while Section III's new CWS is CT01 Duane Donaldson who reported in from SIGSEC/RESPA Division.

CAPT Ehret recently presented three awards to three very deserving individuals. CT0C Gerald M. Boone received a Navy Commendation Medal before transferring to Naval Recruiting Station, Des Moines, Iowa, to enlist young men and women in our Navy. CT02 Denise L. Huntington received a Navy Achievement Medal for her dedication and professionalism on our STREAMLINER system. CT02 Thomas

E. Henry received a Letter of Commendation for his outstanding dedication to duty. One more departure is CT01 James Phay who retired in January and has settled in Washington state. As a special feature this month, I would like to introduce you to Section One:

CT01 Michael Walters is our CWS and oversees this fine group of sailors. Petty Officer Walters has accumulated 65 days of leave. We know he has a responsible position, but is that dedication or what?

Our second in command is CT01 Labahn. He is training in Tech Control. Petty Officer Labahn recently purchased a boat trailer. Now that would be just fine and dandy, if he had a boat. I guess he had to start somewhere, didn't he?  
Continued on next page.

## Baywindow

Naval Security  
Group Activity,  
Skaggs Island,  
Sonoma,  
California 95476-  
5000

Commanding  
Officer -  
CAPT H. C. Ehret

Executive  
Officer -  
CDR D. F. T.  
Kretzmann

Command Master  
Chief -  
CRTCM D. J.  
Erickson

Public Affairs  
Office Staff -  
DM2 M. A. McGrath  
PH2 D. W. Jackson

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# Awards \*

Next in line is CT02 Tony Neeman, who is our technical expert and primary Tech Controller. We must give him our congratulations. He will finally "tie the knot" with his long-standing fiancée, Kimberly Jubert in May.

CT02 Jacqueline (Jackie) Short is our Access Control Watch. She is seen often by her co-workers because of the visibility of her position. One might say she's the eyes and ears for Section One.

CT03 Maureen Lydon recently joined our ranks. She came from Norfolk, Virginia. Petty Officer Lydon is in training on STREAMLINER. She recently took some leave to go home to get her car. She made it back in one piece, but her car is now in the shop for repairs. So much for dependable transportation.

CT03 David Wilcoxon is training on the MUSIC system. We can depend on Petty Officer Wilcoxon's knowledge of automobiles. He dared a semi-tractor trailer that was making a turn to back into his car - and it did! Now that takes alot of nerve!

Rounding out Section One is CT03 Marlene Crouch, who is training for TACINTEL operations. She recently bought a new car, but is now having second thoughts about that deal. Marlene was the co-author of this article.

COMM NOTES was written by CTA3 Steve Reiss.

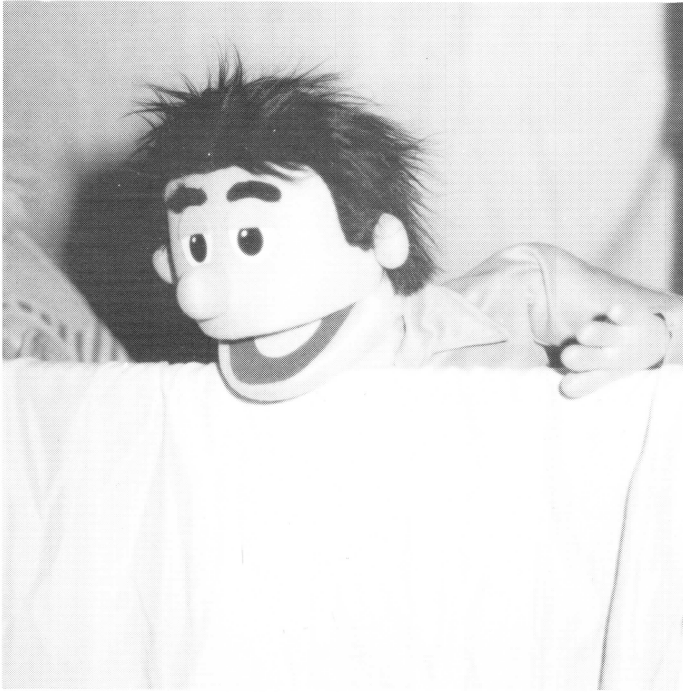


Awardees proudly show off the rewards for their accomplishments. From left to right: CT02 Thomas Henry recieved a Letter of Commendation, CT02 Denise Huntington recieved a Navy Achievement Medal, CT0C Gerald Boone received a Navy Commendation Medal and CTM2 John Fuller received a Navy Achievement Medal. Congratulations to all of you for your hard work!

CTR1 Wil Vaughn receives a Navy Achievement Medal before departing for sea duty. Gonna miss ya', Will!

# Easter Puppet Theater

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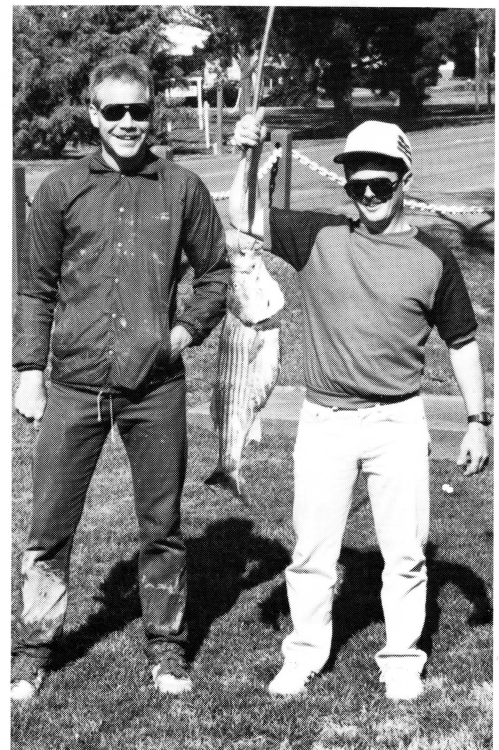


The Skaggs Island Easter Puppet Theater was a success this year. Performed by our own Skaggs Island kids, the theater included a puppet show and a Bible story about the great events that we celebrate at Easter.

# Catch of the Day

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CTM1 Bill Bromley holds his 14 pound Striped Bass, while CTM2 Paul Spitzner exhibits his "mud puppies".





# Training Tidbits

Ah well, Spring is in the air (finally), Princess Becky remains on the throne, and all is right in the world of training.

Before I get into the the individual "goings-on", CONGRATULATIONS go out to the entire Department for their hard work during the recent curriculum review. Both the NCS Programming and HFDF Senior Operator/Flaghoist courses are ready for pilot in June. The NCS Operator and Maintenance courses, having already done pilot classes, are on-line and ready to go. There is even a rumor circulating that the HQ folks liked the OPS /MAINT post pilot evaluation report so well, it will become the basis of the new standard for all CNSG sponsored

courses. So, a hearty Well Done to all! Now on to individual division happenings.

Flash! A new group of NCS Maintenance students have arrived. Course Manager CTM1 Vicki Sawyer was forced to put out an emergency call for additional desks and a structural engineer was consulted to make sure the floor would stand the added strain! Be that as it may, a hearty Skaggs Island welcome to CTM2's Sherry Booher, Raul Bosque, James Cathey, Wayde Haydt, Kevin Henderson, Paul Imbornone, and David Phillips. We wish you an enjoyable and productive stay.

Meanwhile, down in the first deck sweat shop of the NCS Programming Continued on next page.



NCS Operator class graduates show off their pearly whites after a prideful completion of their course of instruction. Front row (L to R): CTT1 Paula A. Wilm (instructor), CTR3 Amy D. Slowe. Back row (L to R): CTR1 Carlton K. Bannister, CTT2 Kelly S. Logsdon, and CTR3 Russell D. Harrie, JR.

Course, CTRC George Adams and CTR1 Jerry Verba are still cleaning up after the curriculum review. I never knew that two guys could tie up five PC's for so long! Jerry, our most recent Command Sailor of the Quarter, was overheard howling for more GENICOM printer ribbons! Watch for the new and improved NCS Programming course on store shelves in June.

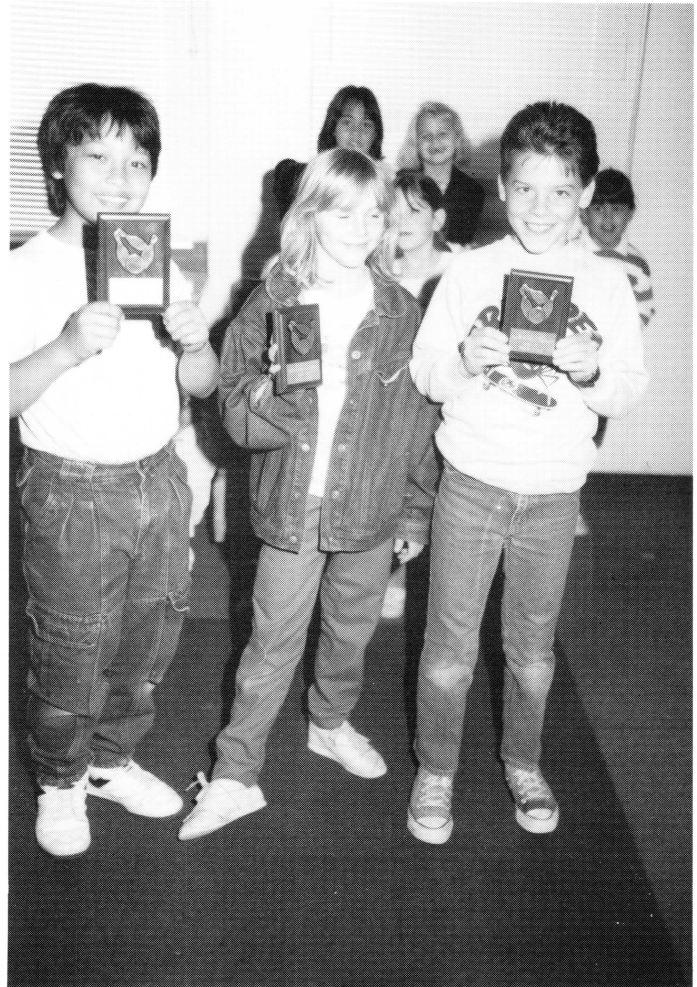
A new NCS Operator class began on 9 January. Welcome aboard to students CTR1 Carl Bannister, CTT2 Kelly Pusateri (nee-Logsdon), and CTR3s Amy Slowe and Rusty Harrie. As this goes to press, the class is in the home stretch towards a 31 March graduation. Hang in there gang. Also welcome to CTR2 Marie Emery who decided to join us a bit early for the June class. The next NCS OPS class convenes on 26 June.

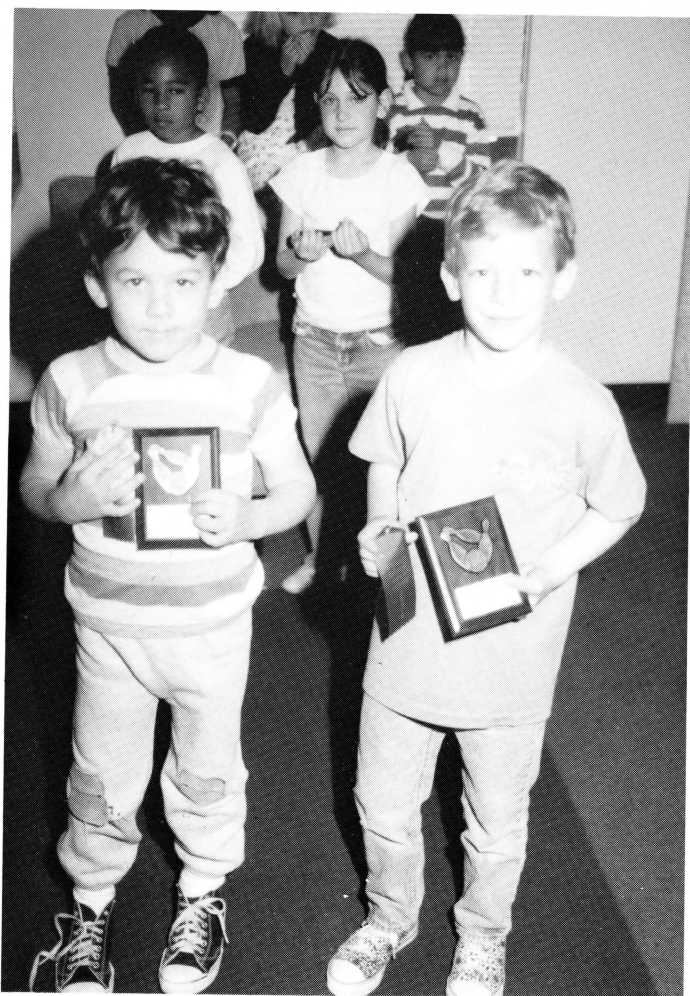
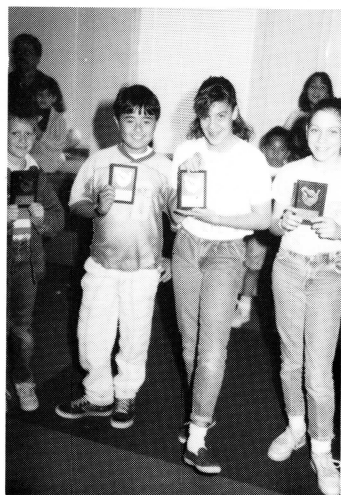
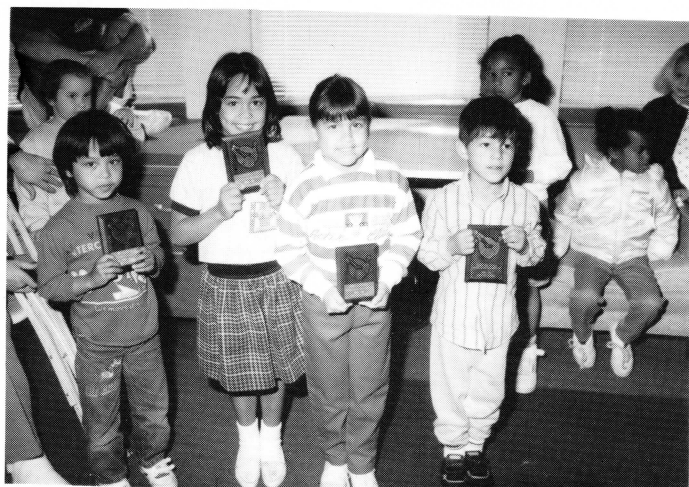
# Youth Bowling Awards

CTMC Tom Rozman and CTM1 Roger Carraway report a new batch of eager faces have arrived for the next OPU Maintenance class. Welcome to CTM2 Axel Mahlmann (from 40), and CTM3s Sean Atkins, Scott Kaas, Douglas Meade, and Fredrick Kissling. Best of luck and enjoy your stay here at Skaggs, guys.

CTRC Don Gales and CTR1 Lee Wilm are breathing easier after surviving CNSG's recent visit. Lee is currently vacationing in San Diego while attending the Curriculum Development course. The first HFDF Senior Operator/Flaghoist class is scheduled to begin on 12 June.

So, from the tired but happy crew in 30, we wish you a fond farewell until next time.





Names listed below are in order according to teams. Facing page, top: Mark Borja, Candiss Holt, Anthony Otero. Bottom Hilary Gales, Pearl Durley, Alex Vorse, Kristin Hagedorn (in back row, sitting). Above, top: Nathan Layne, Kevin Bucy, Aubrey Ogden, Jennifer McGrath. Above, center: Mario Borja, Heather Layne, Aimee Larraga, Jonathon Verba. Above, bottom: Ryan Elrite, Stephen Layne, Jennifer Otero, Rebecca McGrath. Right, bottom, back row: Deborah McGrath (not in photo -

Terri Brown & Chanel Durley). Front row for Bantam's 5-7, taking 1st place: Dustin Bales (not in photo - Wil & Rob Labahn). Right, top for special awards: Most Improved - Heather Layne, Drew Tobias. High Averages -

Steven Layne, Jennifer Otero. (Not pictured - First Place Team

Nathan Tobias, Jerome Hartley, Steffany Atkinson, Lisa Ogden.

# Help Your Heart

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Controlling high blood pressure reduces the risk of stroke significantly, says the American Heart Association. The AHA points out that more than 150,000 Americans die from stroke each year: But the good news is nearly two million people are alive today who have survived a stroke.

Despite the improving survival rates, stroke, also called cerebrovascular disease, remains the third largest cause of death in the United States. It is also the greatest single cause of disability. Stroke accounts for an estimated one-half of all patients hospitalized for acute neurological disease.

High blood pressure is the

most serious controllable risk factor for stroke. In fact, the risk of stroke is directly related to a person's blood pressure. What makes hypertension even more significant, however, is that it is a problem that afflicts a large portion of the population. Women don't tolerate hypertension any better than men, and the effect of hypertension does not ease as a person gets older.

The AHA estimates that currently high blood pressure afflicts 54,990,000 adults and 2,720,000 children aged 6 through 17.

Controlling high blood pressure reduces the risk of stroke significantly. Many people think that the fact that hypertension

is now being controlled more effectively is the key reason why the death rate from stroke has declined over the past decade.

In the 1940s and '50s mortality from stroke dropped at a rate of one percent a year. The rate of decline gradually climbed during the 1960s, and since 1972 stroke mortality has declined about five percent each year. A key reason for this sharp decrease, experts believe, is better control of high blood pressure.

May is National High Blood Pressure Month, and the American Heart Association encourages people to have their blood pressure checked. If it is elevated a physician might outline some lifestyle changes

which can often bring blood pressure under control. These could include reducing the amount of sodium (salt) in the diet or reducing weight. Medication to control elevated blood pressure could also be prescribed.

In addition to elevated blood pressure, there are other stroke risk factors that can be controlled - heart disease and too many red blood cells. A high red cell count can be treated by removing blood or with anti-clotting drugs. Five contributing stroke risk factors that can not be changed are age, sex, race, diabetes and prior stroke.

The AHA says secondary risk factors for stroke include elevated chole-

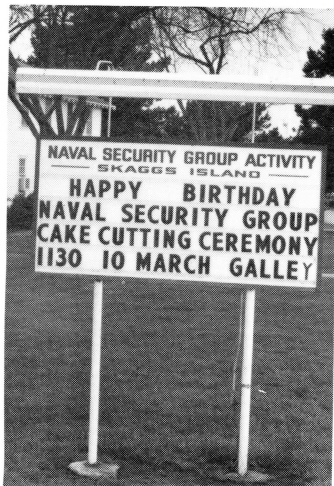
# Happy Birthday, SECGRU!

terol levels, cigarette smoking, excessive alcohol consumption, physical inactivity and obesity. These factors increase the risk of heart disease, which in turn is a primary risk factor for stroke. Women who take oral contraceptives and smoke cigarettes are at a considerably increased risk for stroke.

Stroke can be treated, and its victims can often be rehabilitated, at least partially restoring their mobility and their ability to speak. Patients can be taught new skills to cope with their disability. But, the AHA notes, the best remedy for stroke is prevention.

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**HELP YOUR HEART**  
was published by  
The American  
Heart Association  
and edited/  
submitted by Rudy  
Massenzi, our own  
Skaggs Island  
Safety Officer.



Skaggs Island's Sailor of the Year, CTA1 Augie Larraga, and Acting Command Master Chief, CTOCM Stanley Gonet, cut the cake for the NAVSECGRU's 54th Birthday.



# Room of the Month



MS2 Hugh McFadden and CTM2 Duane Adair (not in photo) are recognized for Room of the Month.

# Pieces of Eighty

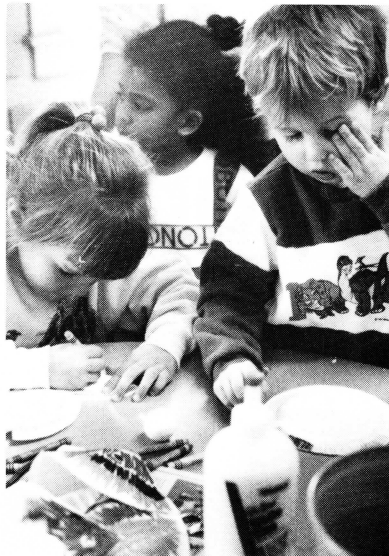
The big news is all the Software Support Snowbunnies got a needed break on a department ski trip at Donner Ski Ranch. Those who attended enjoyed themselves immensely despite all the sore limbs. I could tell you everything that happened, but with a little imagination and personal questioning you

can bring out the truth. However, I will give you a few "hints". The personnel who went on the ski trip were ENS Jim "Double Diamond" Jolley, CTRCS Joe "I Ain't Trying Anything Else Until I Master the Bunny Hill" Martfeld, CTOCS Jerry "Cliff" Bucy, Renee "Flopto Stop" Bucy, CTOC Steve "I Never Fall Get-

ting Off the Lift" (PLOP) Layne and family, CTRC Dennis "Beat the Guy Next To You With Your Poles" Flanary and family, CT01 Bob "I Gotta Go Help My Little Sister" Brooks, Tylean "Little Sister" Mayfield, CTA1 Ed "Left My Poles in the Parking Lot" Stephan, Kiko Stephan, CTR1 Larry "I'm Not

Riding On the Lift With Martfeld Anymore" Norgaard, CT01 Mike "I Told Her She Could Skip School" Westenhaver, Jennifer "I Ain't Skipping School" Westenhaver, CT01 Steve "Blues Brother, These Skis Don't Stop For Nothing" Tobias, CT01 Joe "Born To Live Dangerously" Watters, CT01

# Crafts and Kids



Some of the Skaggs moms get together with their kids to do some crafts. A little bit of paint, a little bit of glue and some crayons and you can make just about any kid completely content.

Gary "Snowplow" Cornelius, CT01  
 Jerry "I Can't Believe You're Not Taking Lessons" Miller, CT01  
 Doc "Belly Flopper" Rosebaum, Kim  
 "He's Not My Husband" Rosebaum, CTM1  
 Rick "OJT" Scutt, CTA3  
 Jack "Honest, Honey, I Can Ski" Burnside, and  
 Cynthia "Sure You Can" Burnside.  
 Afterwards, din-

ner and socializing were done at Cattlemen's Restaurant. Imagine the restaurant's surprise when 30 weary skiers walked in the door unannounced without reservations. They were most gracious however, and all Snowbunnies left with a satisfied grin.

On the sports front, Dayworkers

have Basketball all wrapped up, with 80 coming out with a possible second place if they can defeat the C's and O's. Darts has just gotten started and so far we are 34-10. It's still too early to call this one. For PRT, the members of the Gazelle Squad for this quarter are: CTM1 Paul

Oksendahl, CTM1 Rick Scutt, CT01 Steve Tobias.

Two of the recent personnel changes of note in the department have CTM1 Paul Oksendahl taking over 80 training and CT01 Gary Cornelius leaving 80 for ADP security. Seems Gary was begging for a job where he could play detective for missing

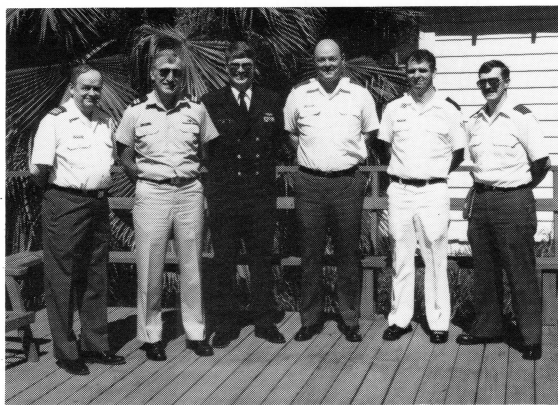
# Crane Reenlists



CTMC Crane took time out this month to reenlist.

## Canadian Forces

Major MacFarlane, Captain Evoy and Chief Warrant Officer Whitlaw, members of the Canadian Forces Supplemental Radio System Career Management Team, visited Skaggs Island, to meet with our Canadian Forces personnel.



floppies.

A realignment within 80 Department has transferred the Base ADP and Mag Media to 01P. The new functions of 81 Division, Systems Management Division, is to manage computer resources, manage computer throughput and usage, make backups, and assist (automate) the Software Sup-

port Department personnel. 81 Division is lead by CTO1 Michael Westenhayer, formerly performing systems management as an 80 staff element. He is helped by the talented CTO2 Brian McMurray and CTR3 Chris Zalenski. CTR3 Zalenski has recently arrived at Skaggs Island with his wife, Beth, and daugh-

ter, Jennifer. Chris hails from Ashfield, Massachusetts. Petty Officer Zalenski's last duty station was direct support at NCS Rota, Spain. Enroute he decided to detour to Pensacola, Florida, and complete the PDP-11 FORTRAN class.

The 82 (NCO programmers) Division's pro-

ject (Version 3.9 software) is finally on the streets. Getting it out the door was like trying to get a cat into a bath. With a NAM in hand, CTR1 Wil Vaughn will be haze gray and underway on the USS ARKANSAS. Congratulations!

Speaking of congratulations, a hearty "Congrats" to Chief



# Removing the Plug



Bob Pratt and Mark Lerch are seen here working hard at getting the drainage ditches unplugged on Skaggs Island.

"Cheech" Esquibel, TACINTEL's technical chief, on his selection to LDO. Watch out world! The past couple of months have kept the TACINTEL Division disassembled and in a continuous loop condition with TAD trips halfway around the globe and right here at home. CTM2 Lester Leroy

"Hambone Hamhock" Hockman had the opportunity to depart the unpredictable winter weather of the San Francisco Bay Area for sunny San Diego, where he completed a software installation. CT02 Steve "Oh me, oh my" Woitalla departed for blustery Bathe, Maine, for another software installation. It

was Steve's first install and although he'd never heard of "Bathe, Maine", he wound up falling madly in love with the state. CTOC Esquibel, CTM2 Hockman and CT02 "My Ankle Hurts" Adams arrived safely in Edzell, Scotland, after flying the friendly skies and "leisurely" sightseeing numerous airport

terminals throughout the country. Rumor has it that they flew up to Portland just to check on the snow levels. Thanks to CT01 Chuck Durley for assistance in planning, performing and successfully acting as Master of Ceremonies in the NSGA Skaggs 1989 Black History Month Celebration. Final-

# Heave Ho



SK2 Jerome Jones gives it the ole' heave ho while moving supplies around the supply warehouse.

SK2 Bob Ward shows off his expertise at handling the forklift while shifting equipment around in the storage area outside the supply warehouse.

ly, TACINTEL bids farewell to CTOC Steve Layne and his family. They will be departing for sunny Rota, Spain. Fair winds and following seas to one and all.

MUSIC has their nose back to the old grindstone with release 2.5 coming up. So far so good, we're right on schedule.

Like the Vampire Hacker says, "We'll be counting the bytes 'til next we meet".

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PIECES OF EIGHTY was written by CTM1 Rich Scutt.

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CTOC Paul Esquibel was recently selected for LDO and was "piped aboard" by his department upon return from TAD.

## A Piping to Remember



# Acey/Deucey

To start we would like to say "Congratulations" to some of our members. First is CTR1 Jerry Verba for making Sailor of the Quarter, and second, but not least, is CTA1 Auggie Larraga for making Sailor of the Year.

For Black History Month the Skaggs Island Cultural Players put on an outstanding play and chorus. The Association supplied the money for the eats and everyone enjoyed themselves. Thanks to all who

made this look into Black Culture possible.

Again, we would like to say, if you would like to help your command and your community, and have some fun doing it, come down and join your Acey/Deucey Association! We meet on the second Friday of every month. Hope to see ya' there.

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ACEY/DEUCEY was written by CTM1 Rich Scutt.

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Captain Mike Shank, COMNAVSECGRU Assistant Commander for Operations, visited this month.



# Wardroom Visitors

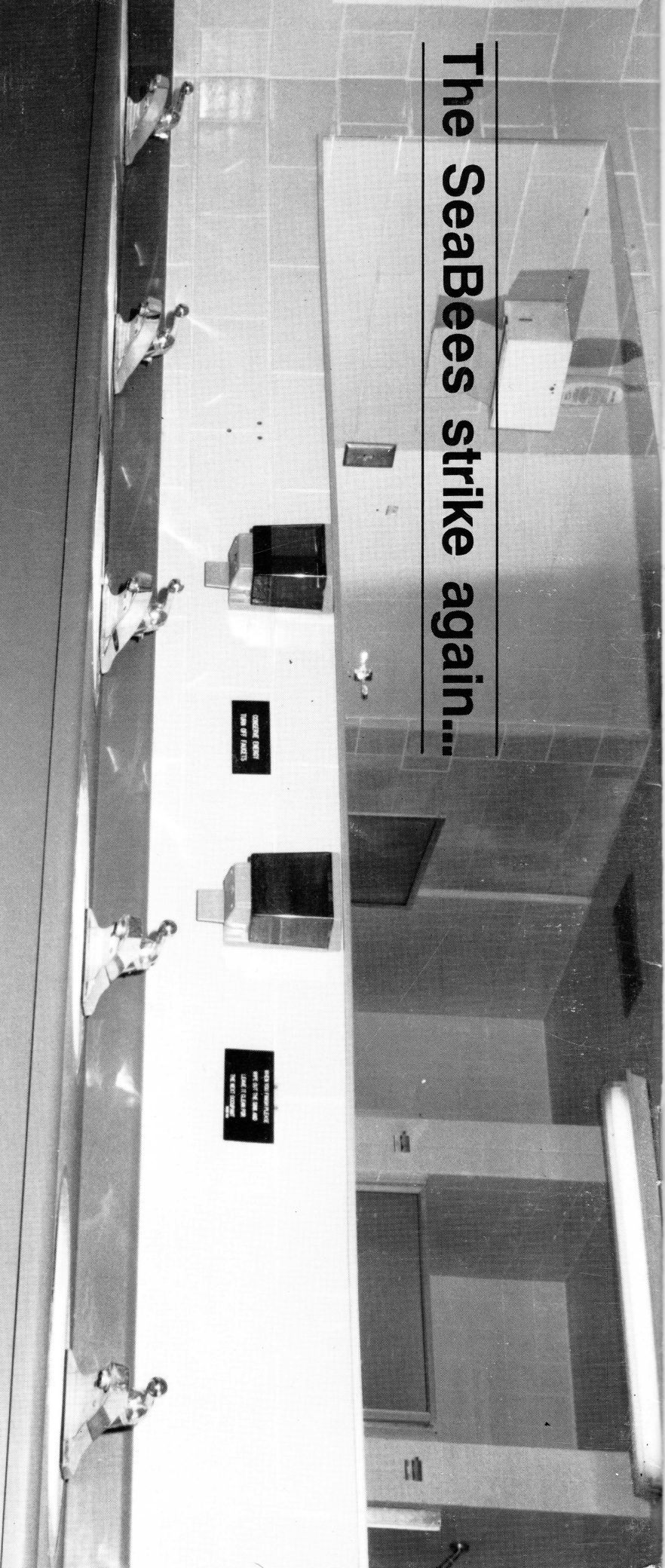


Wardroom poses with Commander R. C. Smith.



Captain Thomas F. Stevens, Director, NAVSECGRUPAC, kept the wardroom and other visitors amused during his visit.

# The SeaBees strike again...



## After...

