



Vol. I, No. 9

USNSGA, Bremerhaven, Germany

August 1969

Best In USNAVEUR

NSGA Annual COMSEC Inspection

On the 8th of July, the Communications Officer, LCDR Jack Haizlip said "It looks like we are ready". Apparently they were, because the Communications Department of NAUSECGRUACT Bremerhaven was evaluated as the best electrical processing Activity in the USNAVEUR area over the last twelve month period. The evaluation was made by the Inspecting Officer, U.S. NAVSECGRUDET, Staff, CIN-

CUSNAVEUR after conducting the annual COMSEC (Communications Security) Inspection for this Activity.

The inspection was to ensure that all precautions were taken by the command to ensure the maintenance of communications security. The procedures for processing, handling, and distributing classified messages were scrutinized as well as the procedures used to ensure physical security, transmission se-

curity, and cryptosecurity of the Communications Center. In addition, the handling of RPS material and equipment and the records maintained were checked very thoroughly.

After two days the Inspecting Officer departed with copies of three instructions prepared within the Communications Department. He stated that he would use them to show other commands "how things should be done."

RPS Custodian Of The Quarter

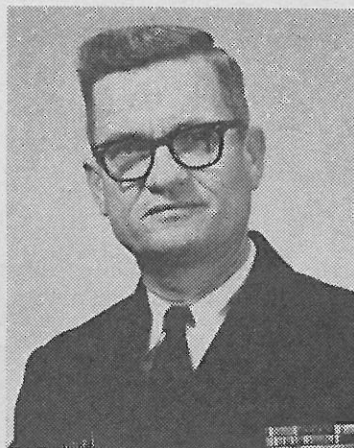
LCDR J. Haizlip has been selected by the Director, Naval Security Group Europe as the Registered Publication Custodian of the Quarter for the European area. The billet of RPS Custodian is controlled by very stringent rules and regulations. In a letter of appreciation, personally addressed to LCDR Haizlip, the DIRNAVSECGRUEUR stated:

"I am writing to express appreciation for your outstanding performance of duty as RPS Custodian for the U. S. Naval Security Group Activity, Bremerhaven, Germany.

"During the period from 1 January 1969 to 31 March 1969, it has been evident that you have consistently demonstrated imagination, initiative, mature judgment, and high professional ability in the management of RPS matters of your command. Your adherence to current RPS practices, regulations, instructions, and directives, plus timely and accurate

submission of your command's RPS 10B to RPI0 London was of great value, for it insured your command of maintaining its correct RPS allowance.

"Your outstanding performance reflects credit to the Navy, your command, and upon yourself."



LCDR Jack Haizlip

'Operation Palette' at Folkfest

"Operation Palette," an official exhibition of over 40 original works of art executed by U.S. Navy artists, will be on public display in Bremerhaven at the American High School during the annual German-American Folkfest.

The exhibition, now touring this section of Europe, will be open to the public from 1400 through 2300 daily.

The paintings in "Operation Palette" were selected from the Navy Department collection of more than 4,000 action

paintings and on-the-scene drawings made by specially commissioned artists since 1943. Most of them are the works of nationally known artists and many paintings are individually famous, having been reproduced in national magazines and books.

The exhibition has been almost continually on tour since 1946, and Navy Department records show that more than 50 million persons have seen it in the United States and overseas.



Dinner-Dance Held For Installation

The annual NORDSEE Branch 149, Fleet Reserve Association Installation Dinner-Dance was held on 15 July 1969 at the NCO Club, Bremerhaven. Immediately following an hour of cocktails the officers-elect were given the oath of office and the past officers relinquished their positions. The incoming officers are: President, CT1 Hesser; Vice President, CTCM Byrd; 2nd Vice President, CTC Sink; Secretary, CT2 Bragdon; and Treasurer, SSGT Gooder.

The incoming Board of Directors are: CTC Berg, CTC Devitt, CTC Donner, PN1 Elmore, CT1 Fisher, CT1 LaFleur, and CT1 Neuman.

A good time was had by all, with plenty of good food, entertainment, and drinks. Special Guests were Captain J. W. Osmer, Jr., CDR and Mrs. T. C. Bosworth, and Major and Mrs. J. L. Neyman. CTCM E. V. Ball was the installing officer.



It's All-Navy Apollo

WASHINGTON—An All-Navy crew has been named for the flight of Apollo 12, which is scheduled to make the second manned-landing on the moon late this year. Navy Commanders Charles Conrad, Jr., and Richard F. Gordon, Jr., and Lt. Cdr. Alan L. Bean could touch down this November or December. Commanders Conrad and Gordon are both space-flight veterans. Cdr. Conrad was in Gemini 5 and 11—the second times with Cdr. Gordon. Apollo 12 will be Lt. Cdr. Bean's first flight. Cdr. Gordon was appointed a NavCad while an AN at Sand Point, while Conrad and Bean are NROTC Grads from Princeton and Texas.



DELTA SENIORS—Members of Delta Section enjoy a "Tug of War," during recent Command Picnic held at the Staging Area.



DELTA JUNIORS—A Command Picnic is not only for the enjoyment of military members, but for their dependents too. The children of Delta section, after watching their Dads in a tug of war, decided to show everyone how a "Tug of War" really should be played.

Bremerhaven Toastmasters 'Prosit' Public Speaking

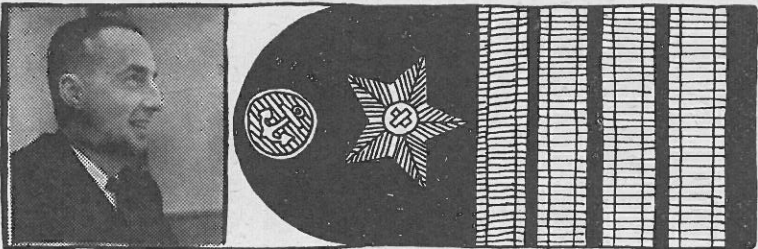
What can Toastmasters International do for you? Its purpose is to help you help yourself in the art of public speaking. Since its inception in 1924, approximately a million men have benefited from the Toastmasters program.

There are approximately 80,000 Toastmasters in 47 countries and territories throughout the free world. Their objective is to afford practice and training in the art of public speaking and presiding over meetings, as well as to promote sociability and good fellowship among members.

"Toastmasters is dedicated to better listening, thinking, and speaking," said Bremerhaven Toastmaster, CT1 Dave Snell of Second Division. "In the midst of international frustration and fear, members of Toastmasters gain hope, confidence and ability to communicate with each

other, by evaluating each other's words and ideas. We are not large in terms of world population but through our humble contribution and example it is not too much to hope that the day may come when men of good will in every nation may have so much in common, may understand each other so well that they will have no desire to destroy each other. . . . Self-improvement is our common goal. Toastmasters International truly needs no other justification than to serve as the instrumentality of this, our collective aspiration."





"You are charged with demonstrating those standards of performance, moral courage, and dedication to the Navy and the Nation which may serve as an enviable example to your fellow Navy man.

★ ★ ★

"Your desire to excel and to guide others must be boundless; your appearance must be a model for others and your performance must be a continual reflection of your sincerity, attention to duty, and moral responsibility."

★ ★ ★

These extracts from the Certificate of Appointment for Petty Officer Third make clear the part that example plays in leadership. Certainly the opportunity to display leadership qualities is greatest for a watch supervisor or a section leader; however, most junior petty officers don't have this opportunity. But every petty officer has the opportunity, at work and on liberty, to set an example that will raise the standards of performance of the Navy—and that is leadership.

★ ★ ★

"Your appointment carries with it the obligation that you exercise increased authority and willingly accept greater responsibility.

★ ★ ★

"Your every action must be governed by a strong sense of personal moral responsibility in order that, by example and leadership, subordinates will contribute their utmost to the effectiveness and efficiency of the United States Navy."

★ ★ ★

Contained in the Certificate of Appointment for petty officer second and first is the requirement for leadership marked by the willing acceptance of moral responsibility. This responsibility applies to all actions of the petty officer, not just the performance of assigned tasks.

★ ★ ★

Ten years ago the Navy had two leadership programs; one Naval Leadership; the other, Moral Leadership. But each program had the same objective of effective leadership and proposed essentially the same means to achieve this objective. These two programs are now combined into one and, in addition to the importance of example in leadership, emphasis is given to the moral qualities of the leader. The actions as well as the orders of the petty officer must be morally right since the petty officer leader is setting the example and because the quality of his actions affect his future effectiveness. If he cannot take pride in his own performance, then what he can demand of himself and his subordinates, particularly under difficult or demanding circumstances, is degraded. This impact does not result solely from his "official" acts; his personal life also affects the value of the petty officer as a leader.

An Open Letter On Tours

August 13, 1969

An Open Letter to All Personnel,

Navy Special Services schedules sightseeing trips and tours with you, the Sailor and Marine, in mind. These tours are arranged at the lowest possible costs so that everyone may enjoy the sights of Europe while stationed at NAVSECGRUACT Bremerhaven.

Many people say they can tour Europe at a lesser cost. But what about the expense of gas, oil, and car maintenance? What about the time and inconvenience incurred when trying to find a good hotel or restaurant? And what about the cost of local tours that always seem to take you to the high priced "tourist traps"?

With your Special Services tours you don't have to worry about any of these. We arrange for transportation, hotel accommodations, and side tours. We're your private ushers, guiding you through the fun cities of the European Theater.

One more thing. We are always open to suggestions. Call 3728-3118 and maybe a tour can be arranged to the city of your choice.

Sincerely Yours,
Special Services Tour Guides

Sailor of The Month



SGT DAVID G. O'BRIEN

Sgt David G. O'Brien of Company "F" has been selected "Sailor-Marine of the month" for the month of August. In Sgt O'Brien's letter of selection, Capt. Osmer stated in part:

"You have been selected as the U. S. Naval Security Group Activity, Bremerhaven, 'Sailor-Marine of the Month' for August 1969.

"Since you arrived at this Command in August 1967, you have consistently exhibited technical knowledge, industry, and initiative that has far exceeded standards. One example of your outstanding performance was evidenced by your participation in the NATO Naval Communications Competition both in 1968 and 1969.

"You have also eagerly sought to improve your stringent personal standards as well as to willingly accept and master new assignments. In addition to your professional accomplishments, your attitude, appearance, and faultless military bearing have greatly impressed all associated with you. The personal example you have set has always been in the highest traditions of the U.S. Marine Corps.

"I commend you for your excellent performance. I am pleased to present you with a \$25.00 U. S. Savings Bond and a plaque commemorating your selection as Sailor-Marine of the Month. Well done!"

Speed to Burn? It's All Wasted

Two interesting experiments with speed took place not long ago in West Germany. A couple of automotive accessory manufacturers took two identical cars, fitted them with instruments that measured every detail of the trip, and sent them out on a 1,000 mile journey. One driver was told to make the best time he could; the other was told to avoid risk and move as the traffic flow permitted.

The speed demon finished 31 minutes ahead of the slow driver after nearly 1,000 miles. He drove for 20 hours and 12 minutes, braked 1,339 times, passed 2,000 cars and was passed by only 13. The slow driver braked 652 times, passed 645 times, and was passed 142 times in 20 hours, 43 minutes.

Unconvinced, West Germany's biggest motor club tried the test themselves over an 800-mile run. The fast car took 16 hours, 52 minutes; the slow one took 21 minutes longer. The fast driver used 10 more gallons of gas than did the slower driver. (National Safety Council)

Focus on Faith

By Chaplain Ervin D. Ingebretson

Have you ever stopped to think how useless power is when it is not harnessed? Steam, electrical energy, and atomic energy provide no benefit unless properly controlled. Until it is brought under control, power also can be very destructive.

Human nature is useless too, and it can be very dangerous, when it is uncontrolled. The most pathetic waste is to see a man live for pleasure only.

To avoid dissipating our energy and ability, we must seek principles and live by them. A principle is a "beginning" or "foundation." As it pertains to morals and ethics it may be defined as "a settled rule of action; a governing law of conduct."

The most destructive force a man will face is temptation. Most temptations come to us without warning and immediately they put to test the principles which control us. In these crises, we either stand or fall. At the moment a decision must be made, we will not have the time or the resources available to suddenly become moral or religious. Life affords very few of us the opportunity of inventing a deliberate strategy against a coming battle. We must fight as we stand.

How do we acquire principles? Virtue develops as a result of training and discipline. Behind every human act there lies a history. The act is the result of that history. Jesus said as much when he declared that men do not gather grapes of thorns or figs of thistles. In short, character rules conduct.

There are two principles upon which we must have a firm grasp: to know that we are accountable to God for our actions and that certain actions destroy not only ourselves but others as well. Principles are powerful!



NAVY ACHIEVEMENT MEDAL — During recent Company "F" Marine Formation, Major James Neyman presents MSgt Jack Mercado with the Navy Achievement Medal with Combat "V", for meritorious achievement while serving in Vietnam in 1966.



COMMANDING OFFICER CAPT J. W. OSMER
EXECUTIVE OFFICER CDR T. C. BOSWORTH
PUBLIC AFFAIRS OFFICER LT. L. C. PAINTER
ASST. PUBLIC AFFAIRS OFFICER... CTC J. J. DEVITT
EDITOR IN CHIEF JO2 LES GOLDBERG
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Greetings Lads and Lassies, I'm back from jolly old England and although I had my face slapped a few dozen times, I still say "mini's" are great, particularly on subways. If I could just learn to look without staring. My chit for 30 days is already in for next summer and I'm buying a months pass on the London subway.

SECGRU's "Soldier for a Day" program is finally over and even the Old Roach had to participate in this (censored). I believe if CINCUSNAVEUR could have witnessed some of those naval "foot soldier capabilities," they might have other thoughts of a first line of defense. LT Heath tried to impress Charlie Section with historical significance in a strong line. "Just look at those lines of defense, the Siegfried Line, the Goal Line and all those other lines." I was standing behind Bob Marron and heard him grumble something about a chow line.

Speaking of "war games" at Garlstedt, how true is it that several chiefs submitted chits to hire mercenaries to go in their place; that isn't cricket, Chaps.

ARM-IN-A-SLING

Ed Stobe claims he broke his arm on a motorcycle, the people at the Rocky-Docky Club say Ed was demonstrating some of the prowess he learned at UDT school to a fair young maiden behind the bar. What's the matter, Ed, didn't the Navy teach you, never lead with the right against a girl who is a karate black belt?

Bremerhaven Cub Scout Pack broke precedence and asked Gunny Stipe to be their den mother. The troop, Walrus Pack No. 24 of course, would you believe it?

Now that Al Wyland is winging his way to Guam, Jack McCutcheon has become the new whatever it was Al was. It'll be easier to find Jack then it was Al . . . just look for the trail of motorcycle parts.

When Bravo section's Tom Sawyer was bowling his first 600 series, his wife Mary wouldn't let anyone mark his score down until after the game. She said she didn't want him to scare himself. Sounds like Scots philosophy to me.

Speaking of Scotch, it's time for me nightcap, mates, so I'm grabbin' my English souvenir and makin' it. Come-on, Daphny, let's go.

VA Benefits

WASHINGTON . . . According to recent Veterans Administration statistics, there are 30,000 veterans under the age of 20 who are eligible for many of the benefits offered by the VA.

Many of these young veterans aren't aware they are eligible to get in on the action.

The most well known VA benefit is the GI housing loan. Age is of little consequence as long as you are eligible in other respects, including income.

Although it is pretty well known that a veteran can apply for financial assistance for college, not too many have heard that the VA also will assist a veteran finishing high school. They may also assist in a program of education outside the United States if it is an approved institution of higher learning.

Veterans are given "preference in job-finding assistance" according to the booklet "Federal Benefits of Veterans and Dependents." Under this program, veterans will be given preference in appropriate training or job openings "with first consideration given to the disabled." They will also be given counseling and testing when needed.

The Booklet can be obtained by sending 30 cents to the Superintendent of Documents, U.S. Government Printing Office, Washington, D. C., 20402.

Other information may be obtained by calling Educational Services at Mil. 3204.



TICK . . . TOCK . . . TICK . . . TOCK—AG1 Donald Shackelford of Fourth Division, gives a lecture and slide presentation on "The Art of Antique Clocks" to members of the Navy Officers' Wives Club during their recent meeting.

Company 'F' Round-up

By CPL D. W. Aldrich

MGySgt Strehl re-enlisted for 2 years last month. The additional 2 years gives him an accumulated total of over 27 years of service to the Marine Corps.

New arrivals and departures from Company "F" include LCPL Francis McLaughlin who arrived from Co "K", Pensacola, and SSgt "Tony" Sanchez departed Company "F" for Viet Nam.

Another arrival to the Company is newborn John R. Lipe, Jr. Congratulations to Sgt and Mrs. Lipe.

At a Company formation on the 22nd of July, SSgt Charles Provincio was awarded the Purple Heart for wounds received in Viet Nam.

First Words

By R. D. Noorda

It might be interesting to note what the average Navy man looks like, especially one stationed at NSGA Bremerhaven. We averaged all the men in CHARLIE section and came up with the following statistics: He is 5 feet 9 inches tall, wears a size 32 trouser, a 15½ shirt and a 9½ shoe. He has brown hair and eyes, weighs 169 pounds, is 22 years, 8 months and 15 days old and has been in the Navy 3 years, 3 months 14 days. Or, he is an average, red-blooded U.S. male with a definite like for German beer.

Foxhole Defenders

Well the field problem and the rifle training are finally over with. It wasn't as bad as anticipated but there were a few corns, blisters, and assorted maladies which were taken back as souvenirs. Those of us who volunteered for the aggressor forces, found it would have been better had we stayed in the moist warmth of a foxhole that afforded rest and a certain amount of comfort than to be out on patrol, or trying to intercept a patrol or reconnaissance from the defenders' base camp. It was tiring to say the least, but fun. And, oh, those C rations!

There have been many changes of section supervisors during the past couple of months, so here is a brief rundown to keep the record straight: CTC Kroll has ALFA, CTC Summers has BRAVO, CTC Kreun has CHARLIE and Gysgt Dunlap has DELTA. See you at the folkfest.

Supply Hot Line

By C. W. Allen

The big news in the Supply Department this month is the departure of two men and the arrival of two more. DK2 Dean Ampacher has been separated from active duty and is now enjoying the life of a reserve at home in York, Penna. SK3 Carl "Tank" Joslyn has also left and is presently enjoying his 30 days leave in the States before reporting to Little Creek, Va. for survival training prior to his departure for Saigon. We wish both of them the best of luck in the future. Arriving this month are DK1 Peters, coming from Morocco, and DK2 Antonio Gumataao, coming from Guam.

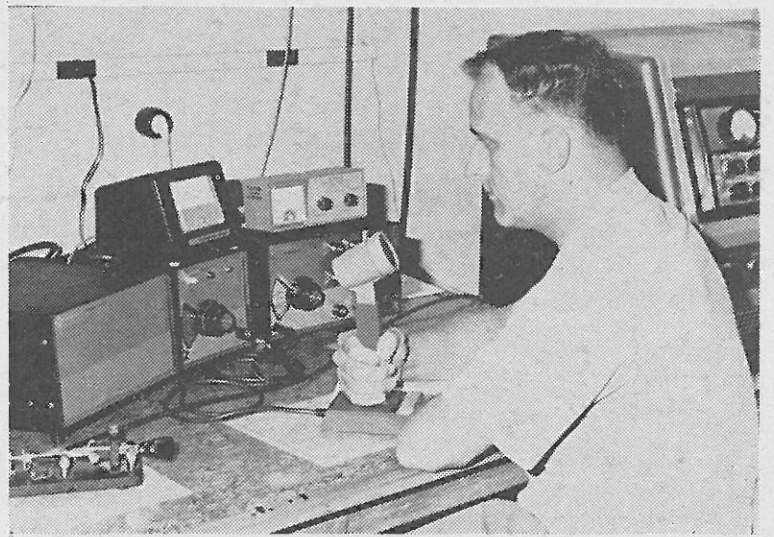
Fatal Shot

DK3 Bob James has just returned from the States where is tied the fatal knot. He and his wife, Susan, were married July 19.

SN Mike Hayes is TAD in Worms, Germany for two weeks completing a computer programming course. Too bad Mike couldn't take his big brother, CTI "Olie" Olsen, along with him.

At the recent Officers-vs-Chiefs softball game, the Officers manager was reluctant to play. After he came to bat, we all found out why . . . nobody strikes out in slowpitch softball, or do they, Mr. Ceo??

LTJG and Mrs. Vlasblom are expecting an addition to their family soon. Supply hopes the event is very soon so that dispositions can return to normal.



CHRISTMAS HAM—During recent North Sea Amateur Radio Club meeting in Navy Building 11, CWO John Moeller of First Division speaks to a friend on the Christmas Islands in the Pacific.

By E. J. Orton

Big Four Grapevine

Many people do not realize it, but hidden in the upper recesses of Building Two is a veritable think-tank. It is there that most of the intellectual activity of the USNAVSECGRUACT, Bremerhaven takes place, that is of course, not counting the Quarter Deck.

The thinkers of 4th Division work daily in an ambience of fear and trembling. They know their talents have not been fully recognized and many outsiders still remain quite unimpressed with their frenzied activity. It is not ego inflating at all to have been called such things as wishy-washy, know-it-alls, and would-be writers. But, despite all the misunderstanding, the 4th Division think-tank remains an island of green in a dull, drab ocean of brown. This eye-refreshing island of green is speckled with flashes of blue, red, yellow, orange, and silver along with a goodly supply of towering evergreens.

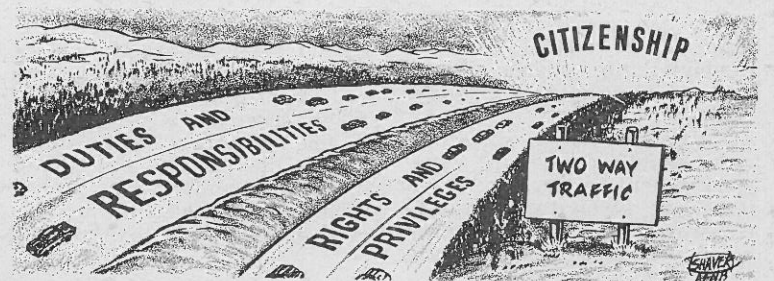
Each flash of color is also an island within itself. There is the cool, calm, rationalizing, fact seeking, determined "blue" of a Lary Jeter. There is the impulsive, lusty, free wheeling, screaming, moon man, down the road "red" of a Walter Quill. And what about the curious, infectious-laughing, collector-of-odds-and-ends, walk-like-a-duck "yellow" of Don Shackelford. There is also the bursting, energetic, on-the-move-from-one-eviction-to-the-other, M.P.-loving, bright-mind "orange" of Ron Johnson. And finally there is the smooth, polished, sophisticated, bullet-determined "silver" of a shining Leo Bergeron.

Psychedelic Bootness

There are many other specks of color just emerging from the fresh green island. They are just developing strong enough roots to withstand the giant winds from above that whip across the surface. But, maybe the next issue these buds may be fully emerged from their secure state of "bootness." I think their almost psychedelic coloring will make them even more interesting to examine. Such are the strobe light flashes of Bob Cain, Ray Rydzewski, Bob Scarborough and "Mother" Kydrick.

Of course, the beautiful 4th Division island would not be complete without those enduring, monumental, never changing evergreens. There is only one constant worry and threat. If too many evergreens cover the surface of the island they have a tendency to blot out the radiant flashes of color beneath them and sap the life giving moisture from the ground. And on top of all that, sometimes the wind blows so hard upon the narrow stems that the small colorful heads are toppled. But, even then all is not lost. The one consolation is that the wind carries seeds which can always find a home in more fertile soil.

Well, more about the think-tank later, I've got to go now—I think I hear a big wind coming. Oh, by the way, 4th Division recently had a party and as the old cliché goes "a good time was had by all." Yes, I think that's how it goes.



A Moment In History

ALEXANDRIA, VA., Aug. 24, 1814 . . . President Madison narrowly escaped capture today as British troops overran our nation's capital.

Thanks only to a valiant last-ditch stand at Bladensburg by the crew of a scuttled flotilla, the president and two of his cabinet were able to flee south into Virginia.

Five thousand government troops broke in half-an-hour in the face of unexpected enemy

artillery but a small band of 501 U.S. Sailors and Marines—outmanned ten-to-one—held fast for almost four hours before their wounded leader, Commodore Joshua Barney, was taken prisoner.

Barney's men had been quartered at the Washington Naval Yard after harrassing the British coastal blockade and then burning their own ships to prevent capture by the British ships now at Benedict.



MISS AUGUST WINDJAMMER—Television and motion picture star Sarang the tiger proves that most lovely girls can be friendly by posing with August calendar girl Marilyn Oliver, Homosassa Springs, Fla.

It Was a Day Of Change for Second Division

The fourteenth of July was a day of change in Second Division. LCDR Edward G. McGrath relieved Lt Robert V. Kephart as Division Officer and LT Jay H. Wilkinson assumed the duties of Assistant Division Officer.

LCDR McGrath and his family arrived from NAVCOMMSTA Morocco where he was the Operations Officer.

LT Kephart and family departed Bremerhaven on the fourth of August for Norfolk, Va., where he will be assigned to the SECGRUDET, CINCLANTFLT. Since reporting to Bremerhaven in August of 1966, LT Kephart initially served as Assistant Division Officer and later as Division Officer.

CWO2 Lawrence C. Schaffer has returned from Operational TAD and has resumed his duties as Technical Support Officer for Second Division.



By W. G. Castle

Since I will be leaving shortly, this will be my last article for the Windjammer. I'm presently running around yelling "short!"

In all my adventures around the command, I have been active in quite a lot of things, mainly, the Port City Theatre which was almost like a second home for me. I actually felt I hadn't missed a thing here, but do you know I have never had the good fortune of playing golf at lovely Windy Acres?

WINDY ACRES

Being an avid duffer and proud of it, I ventured out recently with several friends and gave it a hack of a time. Pro material I'm definitely not, but I enjoy the game. I'm afraid I can't get quite as excited as some of my co-workers, however. CT1 Greg Welch thinks he will remain anonymous and be lost forever in the annals of Windy Acres itself, which come to think of it, isn't very hard to do, but I must expose him for what he is.

I've seen short tempered people in my day, but Greg has to be the topper. First of all let me say, Greg plays a decent game. I for one should be jealous, but it's about this temper of his. Have you ever seen anyone throw a bag of clubs? This is not a recommended habit and should only be witnessed from a great distance. Oh well,

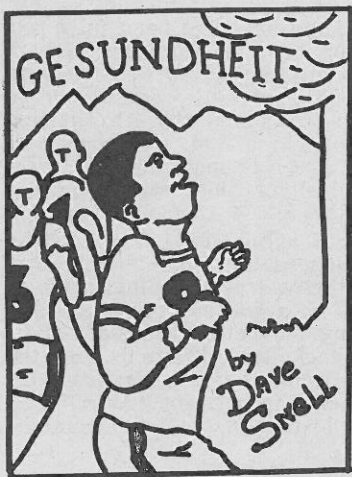
maybe Greg is still taking out his vengeance on whoever totaled his VW several weeks ago.

Truthfully, I myself probably hold the course record for laughs when I practically wiped out the club house just a few days ago. Since that close call with humiliation, I have steered clear of the first hole, much to the manager's delight, I'm sure.

More recently, I actually sunk a 42 foot putt on the seventh hole. It was the longest in my entire career of duffing, I mean golfing. I'm only mentioning it because there were no witnesses and no one will believe me.

NEWEST LTJG

Getting on to more serious matters, I think a belated publically announced congratulations is in order for this command's newest LTJG. Third Division Officer, LTJG Morgan recently replaced several tarnished gold bars for new shiny silver ones. As Mr. Morgan would say, Atta boy . . . sir! Also due to a change in the increment date for advancement to E-5, Bob Maslen and Neil Guestchow became second class, almost overnight. Maybe now Bob can ship all his household effects home a little easier. He was just about to the point of going around the housing area with his guitar, singing for pennings. That could have been disastrous for all of us!



Wouldn't it be wonderful if we could be assured of a long, healthy life of say — a hundred years? Of course one can never be assured of this but many do reach a hundred years and many more could with a minimum of sacrifice of what are often referred to as "the finer things of life."

Life's real enjoyments; swimming, running, walking, are pastimes perhaps, but they add up to exercise, and exercise supported by a blanced diet means longevity.



We adults all too often fend ourselves so wrapped up in our work, so involved in superficial enterprises, we neglect the true "finer things of life" . . . one being good health. Many times poor health can be attributed to neglect while good health is often within our grasp.

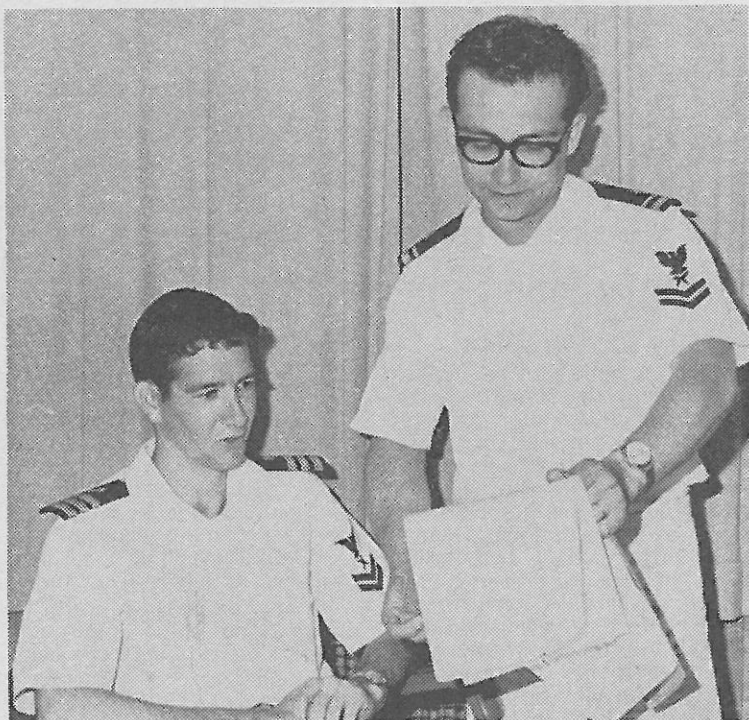
Our problem is not always intentional neglect; we are sometimes just plain lazy. The extra years are given to those who are willing to work for those extra inches, to those who use the last seconds most wisely, to those who persevere, to those who exercise.



We cannot all live or work in a forest or by the sea, although I suspect this is about the healthiest life we could possibly hope to lead. But we can always look forward to retiring. Can we? We can if we plan now and I include in that planning an earnest attempt to exercise. With your own two feet you can walk yourselves right into that beautiful glade of retirement.

Walk — and Live.

In The Year 2525



KEYKO SAYS: As I look into my Windjammer Crystal Ball, I see the year 2525. As my vision begins to settle, I can see . . . oh my gosh . . . Dan Banks as NSGA Bremerhaven Chaplain, and Joe Moyer as NSGA Admin Officer. Keep watching this space in the future issues of the Windjammer, and who knows, you might see yourself behind bars.

Replacement Of Medals

WASHINGTON (NAVNEWS) If you need a large medal to replace one that has been lost, destroyed or rendered unfit to wear, don't try to buy it at the PX or Exchange.

It is illegal for them to sell or order United States Issued medals. Medals issued by other countries, such as Vietnam,

can be supplied by these facilities.

If you need to have a medal replaced, you may do so by writing to the Chief of Naval Personnel, Navy Department, Washington, D. C. 20350. Officers should direct their inquiries to Department E-24, and enlisted personnel to Department E-3.

You should state your reasons for wanting a replacement, and if a new medal is needed through no fault of yours, it will be replaced free of charge. Otherwise, a small fee is required.

This ruling also applies to ribbon bars for the Presidential Unit Citation, the Navy Unit Commendation, the Meritorious Unit Commendation, and the Naval Reserve Meritorious Service Ribbon. Miniature medals, ribbons, rosettes, lapel buttons, and attachments may be replaced at your expense from commercial sources, ships stores, PX's or Navy Exchanges.



Loser Of The Month Award

By EN2 Jim Pederson

For the second consecutive month, Public Works has sponsored a candidate for the "Loser of the Month" Award.

When Boiler Technician Third Class Dennis Griggs recently began studying for Second Class, he found himself in quite a dilemma. Since he is the only Navy Boiler Technician in Germany, no one here is qualified to sign off his Practical Factors . . . and even if someone could he felt he could not pass the requirements due to the fact that the only boilers we have at NSGA are the Charcoal type . . . and they are used for EATING not HEATING.

So Dennis quickly took his problem to Public Works Chief, Gerald Landcastle. Chief Landcastle told him not to worry, because as soon as a U.S. Navy ship comes into Bremen, he would try to send Dennis TAD.

Sure enough, just before the big July 4th weekend, when everyone had their plans all set for leisure and enjoyment, two ships pulled into Hamburg for holiday R&R. On July 2, Dennis suddenly found himself volunteered for sea duty. He spent the glorious "Fourth of July" aboard the USS Plymouth Rock (LSD29) as it sat pierside. Poor Dennis spent all his time standing watches and being a real sailor by overhauling and cleaning boiler room equipment and firesides (which in common lingo means "scraping the sides of the furnaces to remove soot and burned foreign matter").

The trip was a success though, because Dennis did get his Practical Factors properly validated and some good hot experience.

So Dennis, Public Works is proud of you, just as we are proud of last month's "Loser of the Month," Engineman Second Class John Vallance who is now out of the hospital and back to work. Welcome back John, but stay away from those grass cutting machines . . . you know you don't know anything 'bout machinery.

