



Vol. I, No. 12

USNSGA, Bremerhaven, Germany

November 1969

Navy 'On The Air'

NSGA Welcomes 'The Eve Watch'

AFN seemed dark and lifeless on this Monday evening when suddenly an "On the Air" sign bathed the studio in a soft, red glow. A long awaited goal became reality as the AFN listeners in Bremerhaven heard, "Good evening. I'm

Bill Remsing and welcome to the 'Eve Watch.'"

"The Eve Watch," said AFN's Dave Stewart, "is the first Navy produced and staffed radio program to be heard in AFN Europe. With a large percentage of the Port City listening audience

belonging to the sea going service, we at AFN thought the Navy ought to have their own show to air music, news and items of interest to the naval community."

The program is produced by the Navy Public Affairs Office in Bremerhaven with technical assistance from AFN. Hosting the show is CT1 Bill Remsing of Second Division. When asked about the format of future shows, Bill replied, "Plans for the Eve Watch include some easy listening music, a few oldies, announcements of interest to the Navyman, and a special feature interview."

Past guests on the show have included Captain Osmer, Captain Rahill, Chief Devitt, and Chief King.

The Eve Watch, which can be heard every Monday night at 2005, is an outstanding opportunity for members of the naval community to keep posted on events and programs of interest here in the Port City.



THE EVE WATCH—CT1 Bill Remsing of First Division, under the technical advice of Army SGT Dave Stewart, broadcasts "The Eve Watch," NSGA's own radio show produced and directed by the Navy Public Affairs Office.

Invitational Shooting Match Held In Stade and Frelsdorf

In a unique application of Project Partnership, Sailors and Marines from this activity recently participated in an invitational shooting competition in Stade at the German Army's VBK 26 Infantry Regiment firing range.

Winning medals in the day's competition were CTCM Ken Byrd, CT2 Jerry Quigley, CT2 John Bertoline, CT2 Roger Kunz, and CT2 Dick Forster. Four events utilizing the German Army's air-cooled light machine gun and the G-3 rifle were fired. Both weapons are of standard 7.62 calibre.

The machine gun course consisted of two separate events at 25 yards with a 6 x 16 cm. boxed silhouette consisting of the same little man that many here have seen during field problems at Garlstadt. The G-3 was fired at 100, 200, and 300 meters. Competition was not for the highest score but rather for qualifying scores for medal category awards.

The German Army awards medals in three categories; bronze, silver, and gold. Qualifying scores are 3, 4, and 5

respectively out of a total six shots fired in each event.

At ceremonies held at the conclusion of the day's shooting, bronze medals were awarded to CT2 Bertolini, CT2 Kunz, and CT2 Forster. Silver medals were awarded to CTCM Byrd and CT2 Quigley.

That evening found the Navy shooting in Frelsdorf at the town Schuetzenhaus for another invitational match. Quigley, Bertolini, Kunz and Forster comprised the evening team.

Five shot competition was held; the team being armed with beautiful .22 calibre "anschluss" international free-style competition rifles. The Navy team tied for second place with the German Navy team from the Marineschule in Bremerhaven. A sudden death one-man one-shot tie breaker was fired by CT2 Bertolini and a chief from the German Navy team. At closing ceremonies, team captain Jerry Quigley accepted the third place award as Bertolini was edged by the chief with a 7-5 score on the final target.

Vision and Night Driving

Your vision will improve 20 to 30,000 times if you wait a few minutes before driving off into the dark. Fantastic? "Yes, but true," says the British Association of Optical Practitioners.

Although it takes about 15 minutes for a driver's eyes to accustom to the dark, few motorists wait 15 seconds. They come out of a lighted building, jump into the car and drive off. They are, in fact, partially blind.

Why wait? A special substance, sensitive to low illumination, must build up in the back of the eye; this substance is bleached out by the light—so even as your eyes accustom to the dark, on-coming headlight glare can put your vision recovery back. Each set of on-coming headlights represents 5 to 7 seconds more delay in gaining full night vision.

For minimum safety, 17-year-old drivers should wait two or three minutes, and 60-year-olds at least five minutes to accustom their eyes to the dark. But remember, it takes 15 minutes to gain your full see-in-the dark power. (National Safety Council).

Project Heartline Aids German Kids

As the Christmas season approaches again, PROJECT HEARTLINE is reaching out to help unfortunate children in the German community. During the first week of November, four members of the Heartline

Committee visited the crippled children's ward of Seepark Hospital in Langen. Approximately 60 children, ages one year through 16, are full-time "in" patients. All the children are in some way handicapped or impaired with birth defects and require special care and supervision.

During the tour through the clinic, the smiling faces of the children seemed to be thanks enough for taking the time to visit them. The children are well taken care of, but lack many items which make childhood a joy, such as toys, etc. The doctor who conducted the tour, did however inform the members that a few of the children are in need of basic clothing which their parents can't afford to provide. The majority of children come from the Bremerhaven area. However, some do come from as far as Hannover.

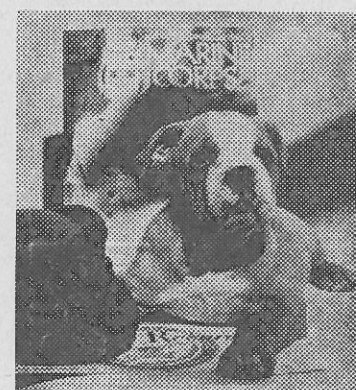
After visiting the children, the members discussed with the clinic director, head doctor and nurse, the feasibility of holding a Christmas Party for the children. They were exceptionally grateful for the Navy's offer to entertain these unfortunate and often "forgotten" children. The party is scheduled for Friday 19 December at 1400 in the Children's clinic of the Seepark Hospital.

As Christmas draws nearer, you will be hearing and seeing much more about PROJECT HEARTLINE through your division representatives. Take the time to help someone who will never have what you have known.



PROJECT HEARTLINE — This young child is just one of approximately 60 unfortunate children at the Seepark Hospital in Langen who will be made just a little bit happier this Christmas by PROJECT HEARTLINE... an NSGA Bremerhaven program to show that we care.

Pvt. Molly Marine On Leatherneck Staff



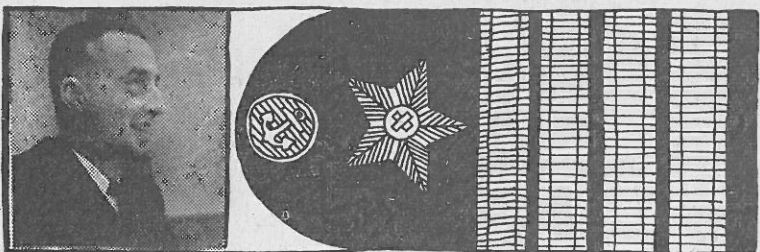
PRIVATE Molly Marine relaxes after her first day as mascot of Women Marines. The first distaff member of a long line of Marine Corps mascots, Molly is the 8-week-old niece of the mascot of Marine Barracks, Washington, D.C.

Monday Holidays Beginning in 1971

On January 1, 1971, the so-called Monday Holiday Law goes into effect.

Following are federal holidays to be observed under Public Law 90-363:

- * New Year's Day, January 1.
- * Washington's Birthday — Third Monday in February.
- * Memorial Day, Last Monday in May.
- * Independence Day, July 4.
- * Labor Day, First Monday in September.
- * Columbus Day (new), Second Monday in October.
- * Veterans Day, Fourth Monday in October.
- * Thanksgiving Day, Fourth Thursday in November.
- * Christmas Day, Dec. 25
- * Inauguration Day (Washington, D. C. area only), January 20.



A few days ago Captain Rahill, after hearing the Gangway Singers, made the statement that NSGA Bremerhaven has not only a number of talented individuals, but also the ability for organizing talent. Both parts of this compliment belong to the men of NSGA and Company F. We do have a number of people with talent; one only has to watch the Port Promenaders, attend one of the Port City Theater plays, look at what the Balsa Busters have done with their club house, ad infinitum, to realize that talented people with imagination, skill, and initiative have put their talents to good use.

However, many of these groups barely have sufficient members to continue in existence or are not doing nearly as much as they could if they had more participation. A few that come to mind are the Navy Wives Club, Toastmasters, and the University of Maryland Education Center.

NAVY WIVES' CLUB

The Navy Wives' Club, an organization of wives of enlisted personnel, continues to be one of the most selfless, imaginative, and energetic groups in Bremerhaven. Not only do they entertain themselves through their activities; they are exceedingly generous and charitable, having done a great amount of work to bring cheer or assistance to the lives of others. But more wives would strengthen the organization and its endeavors.

TOASTMASTERS

Toastmasters is an international organization whose goal is to develop speaking ability through "doing" under pleasant circumstances. The local chapter meets weekly and is open to all: enlisted, civilian, and officer. The ability to say what you mean, clearly, cogently, and persuasively, broadens social acceptance, increases personal satisfaction, and lays a sound foundation for personal leadership. To be able to communicate a thought, idea, or plan orally is invaluable in all walks of life, military and civilian, and many could benefit by developing this talent through Toastmasters.

UNIVERSITY OF MARYLAND

It may seem odd to refer to the Education Center in the context of a group, but it does represent a group whose common interest is the improvement of their educational level. And like most other groups, what the Center achieves is proportional to the number of participants. Like all other groups it flourishes with increased participation (the greater the number of students, the greater the number of instructors the University of Maryland will supply, and thus a greater variety of courses will be offered) or without students, withers (the offerings become extremely limited and repetitious).

Several months ago I was very disappointed to receive a letter from one of our Navy wives telling me what a boring time she and her husband had in Bremerhaven. (It turned out that the letter had been written after the wife had locked herself out of her apartment during a heavy rain storm.) The disappointment was that they were fortunate enough to be college graduates and still had not used their extra talent (advanced education) to seek out and enjoy the unique opportunity of living for a few years in Europe.

I recognize that the watch standing routine, especially the sub-standard routine that has existed for a considerable period of time in the First Division, makes participation in community activities difficult. However, watch standers (including First Division watch standers) are among those who are actively participating in the community. I believe that more people should be willing to accept the fact that they can't make every class, event, or meeting. Life is not a matter of all or nothing; one should be willing to make the most out of the existing circumstances. The University of Maryland classes are an example. Four absences are allowed each semester, and a man who really desires to raise his educational level can do it at the Education Center even though he is a watch stander.



KIDDIE BINGO—The CPO Club in Insum comes to life with the sound of children, as the kiddies enjoy their own Bingo Party every other Saturday afternoon.

Sailor of The Month



CT2 MICHAEL R. MOSS

CT2 Michael R. Moss of "C" Division has been selected "Sailor-Marine of the Month" for the month of November. In CT2 Moss' letter of selection, Captain Osmer stated in part:

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

Since your arrival at this command in December 1968, you have displayed exceptional professional ability, motivation, and initiative. You have become known as a zealous and completely reliable communication operator, and your assertive efforts toward self-improvement have enhanced section effectiveness.

Promoting good morale on and off the job, you have been an active participant in chapel activities and your vocal contribution to the Gangway Singers has provided listening enjoyment to the American and German communities.

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

Company "F" Round - up

By CPL D. W. Aldrich

During the past two months Company "F" has had a considerable change in personnel, and fortunately for working conditions, there have been more arrivals than departures. Recently reporting aboard were SGT Brewer (RAD-BTN), SGT Kanash (RAD-BTN), SGT White (KAMI SEYA), SGT Welsh, and CPL Anderano and CPL Snell (VIETNAM). Those departing last month were SGT Borde, SGT Jaworski (WESTPAC), SGT Buller, and SGT O'Brien (CONUS RELACDY).

The Battalion CO and the Battalion SGTMAJ paid a visit to Co "F" on the 11-15 October. COL Fennel's purpose was a working inspection to familiarize the Battalion with Company "F" working duties, abilities, and conditions rather than the usual Marine Corps inspection such as conducted during the September I. G.

Focus on Faith

By Chaplain Ervin D. Ingebretson

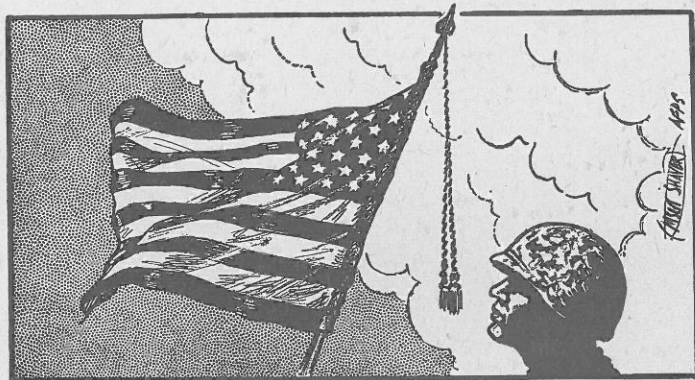
The Golden Rule, "Do unto others as you would have them do unto you," sets forth one of the great principles of life and living. It is the epitome of all commandments which our Lord has summed up elsewhere in the words, "Love thy neighbor as thyself."

From the broad scale of international involvement down to the circle in which you and I live and move, the great problem is, after all, the problem of relationships. How well we get along in life depends upon how we treat our neighbor.

Consideration and respect for others are prime factors in fulfilling the dictum of the "Golden Rule." Is it not true that we delight in finding the weakness or idiosyncrasy of another person and then harrasing him unmercifully? This Rule applies in a multitude of seemingly small ways; for instance, the outlandish volume of a stereo set in the barracks when others may be sleeping or studying, or the heckling directed toward a person whose conduct is different from the social practices demanded in our society. Stairwell living also calls for the utmost consideration of our neighbor.

We live in a circle of relationships in which we place ourselves at the center. It is not enough just to tell us to love one another. As we value our lives, let us remember that the other man also values his life. If our attitude toward our fellow man is right, we will not want to destroy him, but we will be concerned with his well-being even as we desire our own well-being.

It is possible that we may hear the "Golden Rule" and praise it as wonderful and marvelous, but we may not practice it. We cannot treat our neighbor with respect and love unless we see both him and ourselves in the light of God. We must start with God. We can function only in a world of relationships as we are genuinely related to God.



Thankfulness Leads to Thankfulness

THANKSGIVING

From its Anglo-Saxon derivation, our English word thankful is allied to thankful. When we are duly thoughtful, we are truly thankful for the benefits received from our heavenly Benefactor.

As we observe this Thanksgiving season with feasts, may it be a reminder of the continual stream of blessings we receive throughout the year. In all honesty, we will see more black ink than red in the ledger of our lives.

May God give us always an attitude of gratitude.

Apollo Picture Sets Available

WASHINGTON (ANF)—High-quality, 11x14 and 16x20-inch color pictures of the manned APOLLO missions can be purchased from the Superintendent of Documents, Government Printing Office, Washington, D.C. 20402. There is a 25 per

cent discount for orders of 100 copies or more of a set.

The picture sets, number of prints per set (in parentheses) and prices are: APOLLO in the Beginning (7) \$1.25; Men of APOLLO (5) \$1.00; Eye Wit-

(Cont. on Page 3, Col. 3)



COMMANDING OFFICER CAPT J. W. OSMER
EXECUTIVE OFFICER CDR T. C. BOSWORTH
PUBLIC AFFAIRS OFFICER .. CWO-2 L. I. WESTROM
ASST. PUBLIC AFFAIRS OFFICER.. CTC J. J. DEVITT
EDITOR IN CHIEF JO2 LES GOLDBERG

The BREMERHAVEN WINDJAMMER is a monthly publication, printed by Stars and Stripes, Darmstadt, from appropriated funds in accordance with NavExos P-35. The WINDJAMMER is a member of American Forces Press Service. Opinions expressed herein are those of the writer, and are not in any case to be construed as Official or as reflecting the views of the Navy Dept. or the United States Department of Defense. Deadline date for submitting material to the WINDJAMMER is the last Monday of each month. For additional information, call Bremerhaven Windjammer, Mil. 3744.



Weil great news for Rock and Roll fans and bad news for Country and Western fans . . . the favorite AFN program, The "1605 to Nashville," (alias: Hillbilly Ghasthaus) will become the "1505 to Nashville!" Without a doubt Country and Western music became a great favorite in Bremerhaven during a contest conducted locally earlier this year. However a European survey conducted by AFN Europe showed that the music was accepted by only 47 percent of the target audience and this 47 percent included the listeners that checked off the "I can take it" block so you can see a serious drop in popularity here in Europe. Stateside surveys show the opposite; the recent edition of Billboard's World of Country Music shows a great surge for the field with country ballads outselling the screamers by five percent.

I do not see, however, that this program move will affect the Navy personnel because most of you are watchstanders. With the change, the staff at AFN Bremerhaven will put in an extra hour of local broadcast time. The current House of Wax (Mon thru Fri) 1705 show will begin at 1605 and carry through until 1745. This may bring a change in program hosts throughout the broadcast day. Yours truly may move from noon hour to 1605; Mark Beardsley will more than likely become the "On the Town" host, and Bob Vail will remain your "Wake-up" man.

THE EVE WATCH

A dip of the Windjammer ensign to PO1 Bill Remsing, the Host of the local Navy radio show "The Eve Watch" and to PO2 Les Goldberg for his efforts in putting this newspaper together and finding the time to help make the program a success. Program ideas are always welcome, so give Les or myself a call. We've been fighting for two years for you guys to have a program of your own and we want to keep it!!

Normally in this column we include the AFN blooper of the month . . . nothing serious occurred over the airways this past month unless you want to bring attention to Mark Beardsley's consistent boner of wishing everyone a good weekend on his program Monday through Thursday and on Fridays expressing his desire for all of his listeners to have a good day at five o'clock in the evening!!

In closing, "congrats" to the cast and crew of the Port City production "Barefoot in the Park," a professional output on everyone's part, and thanks for the laughs and a pleasant evening on behalf of my wife, myself and the audience. It was a Navy effort well worth mentioning.

The Happening Supply Hot Line

By B. Moquin

It has been suggested that this column reflect Third Division, so here are some reflections:

The Happening's own CT2 Tom Peterson was selected as "Sailor of the Month" for October. It is recognition well deserved. Well done Tom. Recent arrivals to the happy shack include CT1 Massey, and CT2 Turner, Greenwood, and Simler. Welcome, we can sure use you. As mentioned at a recent division meeting, we are to tighten our belts as it is expected that the personnel situation will get worse before it gets better. If we do much more tightening, we will end up wearing just our belt buckles to work. While we are on the subject of belts, we have a man in this division who submitted a work request to have seat belts installed on his chair. What about that, Bobby?

Congratulations to CT2 and Mrs. Hauptly on the new baby girl born September 25. Congratulations are also in order to CT1 Bob Fritsch who tacked on his new crew. He was advanced on the 16th of Nov. Sock it to 'em Bob.

CTC Dick Sorensen mentioned that he has his motorcycle for sale. When queried as to the reason for parting with his off time recreation he said something about being unable to obtain recaps for his training wheels, HuH! That's about all the gossip for this month, prose patrons.

This month Supply acquired two new petty officers, SKSN Robert Johnson and SN Mike Hayes were advanced to SK3. The rating party that followed the last personnel inspection served a twofold purpose for SK3 Johnson. In addition to being rated 16 October, Bob also celebrated his 20th birthday. We'd like to congratulate SK3 Hayes and SK3 Johnson on their promotions, and to SK3 Johnson, we also say, "Happy Birthday!"

One of our shipmates in Supply extended his Navy career this month. SKCS J. R. Bailes reenlisted for four more years. Chief Bailes has over 20 years service with the Navy, and we hope that he will find his next four years "as his past 20 have been."

INDULGING IN CUSTOMS

SK3 Bob Johnson, along with SK3 Steve Hahn and myself, journeyed to the Oktoberfest in Munich last month. We all had a great time indulging in the customs and traditions of the carnival, not to mention the beer tents. All in all it turned out to be beyond our wildest dreams.

In addition to the Oktoberfest, SK3 Hahn also toured the swinging city of London. He said he had a great time, but nothing could beat those beer tents in Munich.

Well, that wraps it up this month. We'll see you in December. Until then, have yourself a "fun one."

COMM-ents

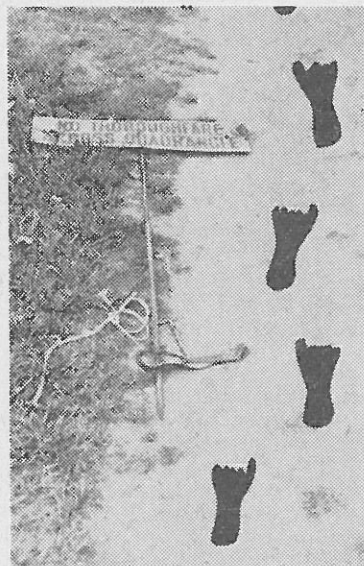
By Pappy and Bob

Congratulations CT3 Carlson, CT3 Niedzinski, CT3 Toft, and CT3 McCormick on your recent advancements. CT2½ Ray Dunlap (CT1 in November) and CT2¼ Jack Brown (CT1 in January) are waiting for their turn to sew on an extra stripe. CT2½ Ray Dunlap had another surprise this month—a bouncing baby girl. Congratulations, Ray.

COMM's Alfa didn't have a chance when they challenged the day workers (unbeaten for over two years) at Paulus Bowling Lanes. The Unbeaten Dayworkers slaughtered them, especially by using CTC Larry Spyker's 201 game. Maybe Bravo will take a chance.

CT3 McDonald returned from his over extended TAD trip. COMM was beginning to think he had left forever. Welcome back, Rick.

A few interesting facts about COMM personnel: (1) 14.3% of the personnel assigned to COMM have college degrees; (2) one man (.9%) has four years college, but lacks a few credits for a degree; (3) two men (1.8%) have well over three years college; (4) 33% have over two years college; (5) for a total of 42 men (35 Navy, 7 Marines) the average education is 1.226 years college per man; and (6) five men in COMM have completed a total of 77 correspondence courses. CAN ANOTHER DIVISION BEAT THIS?



STOP—"Kein Zutritt"

NOWC News

Congratulations to Lt. (j.g.) and Mrs. R. Vlasblom on the birth of a son, Richard John. An 8 pound 8 ounce line-backer???

"The Creative Wife," presented by home economist, Miss Judith Heinsberg, was the highly successful feature of the October NOWC luncheon. Hostesses for the occasion were Mrs. J. J. Ceo and Mrs. J. J. Hull.

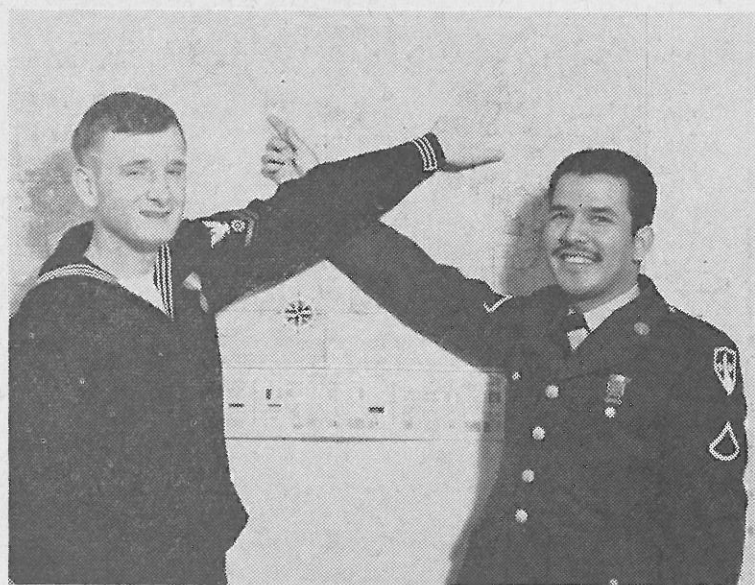
Club officers will be elected at the November NOWC luncheon. Beauty tips and demonstrations by a Max Factor consultant will be featured, and reservations can be made by contacting the hosesses, Mrs. W. W. Parker at 82448, or Mrs. C. W. Smith at 82486.

Apollo Picture Sets Available

(Continued from Page 2)

ness in Space (12) \$2.75; First Manned Lunar Landing (12) \$1.75 and Man on the Moon (1) \$1.00.

Make checks payable to the Superintendent of Documents.



CLASSMATE REUNION—"Whatta you doing here?" That was the question when EN2 Jim Pederson of Public Works recently stopped at the Radio City Bus Stop to give a soldier a ride. It seems the man awaiting transportation was his old high school buddy from Milwaukie, Oregon. PFC Charles Mayes is presently stationed with the First Movements Region here in Bremerhaven.



At this writing, a lot of arm chair commentators are discussing the merits of the first "Navy Hour" radio program . . . "The Eve Watch," aired over AFN on October 21st. Most people agree that it came off with a bang. It's a good thing I wasn't interviewed because I s-s-s-stutter.

There's a rumor that the "Swap Shop" may be replaced on AFN by "Matney's Motors." Another rumor is that "Matney's Motors" may, instead, sponsor the Navy Hour Program. Postal Clerk Ken Matney's hobby is fixing cars up and selling 'em. Just imagine having American Forces TV in Bremerhaven, and "Honest Ken" Matney giving the "pitch" as each of his shiny and completely reconditioned (well almost anyway) cars are driven under the flood lights and up to the microphone.

Mr. Westcoat and Mr. Westrom (no relation I presume) are planning a trip to Hamburg "when the girls go to Paris." Wonder why anyone would want to go to Hamburg when all the girls have left?

Things on my list of things to do:

- * Introduce myself to Frau Witting, the new Legal secretary.
- * Request a transfer to the Legal Office.
- * Apologize to CT2 Jim Flanagan for beating him so badly at paddleball. Although, he shouldn't take it so hard. Chief Crawford beats me and he's twice as old as I.
- * Find all lost service records now that the personnel Office has a brand new lighting system thanks to Public Works and Chief Stuber.
- * Get the story as to why CT2 John Lukeman's orders to Instructor duty were modified to eliminate that part which included Instructor duty. (Wonder if it's because Chief Reinitz hadn't yet, taught him all he knew: or, because Chief Reinitz had?)

* Congratulate myself for making it to the October Captain's Inspection before the Captain. (Forgot my white gloves, but still made it with a whole five seconds to spare.

* Give my condolences to Chief Tebo, who also forgot his white gloves but didn't beat the Captain to the Inspection.

* Give my condolences to PN1 "Corky" Elmore for being assigned a Mid and an Eve JOOD watch back-to-back.

At various times, various people "retreat" to Religious Retreats at various Armed Forces Recreation Centers. BM1 Charles Walker, who is part Ogallala Sioux Indian, feels somewhat left out because he says "They don't have any retreats for Indians!" They have, Charlie. I believe they were called Armed Forces RESERVATION Centers in the old days. Besides, what would Sitting Bull or Cochise have to say if they heard that one of their Braves wanted to retreat!!

That's Absurd!





Ever since being assigned the tedious task of 2nd Division reporter, I have tried to be honest, pursuant and inquisitive as any good reporter should be. Nothing should escape an experienced pressman unnoticed. There is one area I admit having neglected; it's one of those super quiet little sweat operations nobody likes to talk about. Occasionally when I'm not noticed they've let it slip, but clam up when they see me with a cocked ear. Putting two and two together, I decided it was time to don my sleuth jacket, green shade and see what was going on. I wanted to get it first hand and I did. Here is Charles P. Roach's exclusive on one of the 2nd Divisions best kept secrets—FIELD DAY.

FRIDAY INSPECTIONS

A what? FIELD DAY! Is it contagious? Would it be deserving of a "non-violent protest." To the hierarchy, it's the weekly effort to get one's spaces into shipshape order so when the skipper makes his Friday inspection he can rake white-gloved fingers over some obsolete waterpipe that hangs in the highest, almost inaccessible place in the room and not have it turn grey or black as he brings it back. If it returns white they know he'll be happy, probably extend happy-hour at the O-Club and maybe even give ropeyarn (whatever that is). The Ops Officer will be all smiles and the Division Officer will have to quickly slip his blouse off before the buttons burst off. But—if that glove comes back dirty; stand by, all engines back emergency, break out the abandon ship gear, the boat is sinking.

Just who participates in this FIELD DAY? What's it all about? Who runs it? When do they do it?

Hold on! One at a time. In 2nd Division, all the FIELD DAYS are accomplished solely by volunteers, mostly seamen and occasionally some Third Class POs. The men are all volunteers selected for their explosive can-do attitude and according to GCT scores. Those below 70 GCT, forget it! Each section chief volunteers a working party depending on which section is standing the mid-watch on Friday morning when the Ops spaces are turned from a pumpkin to a dynamic shining castle. The clean-up crew is supervised by one of the more talented division day-working First Class POs whom the hierarchy selects for his pleasant manner, singing ability and skill in using 409. Since it's an all night job, these men are eager to grab at the opportunity of volunteering their services.

ALL VOLUNTEER DETAIL

FIELD DAY appears to actually get underway when the crew gathers up in the snack bar to congratulate each other on having been chosen for this voluntary assignment. Smiling faces are everywhere as anxious arms gather up swabs, brooms, buckets, wax cans and buffers. And so it goes throughout the early hours of Friday morning, men smiling, laughing cheerfully, doing their part to keep the glove white; gotta keep the glove white so everybody can be happy.

There are times when I, for one, couldn't understand how the crew could carry on so jovially. Take the guy who gets more wax on his shoes than on the deck, or the one that got his foot under the buffer and watched the machine eat shoe leather and the poor chap that got the nozzle on the 409 turned around backwards so's he sprayed his eyeballs instead of the equipment; how can they stay so pleasant? Gotta protect the glove.

And so it went throughout the night . . . wax, swab, plod and buff, over and over until the place shone like glass. Finally, as with all good times, it was time to secure; the fun was over. They'd protected the glove and they smiled as they trod to their barracks, knowing they'd put one over on those unfortunate guys who didn't get the chance to FIELD DAY. Oops, here comes the guy with the white glove—hey, he's got a white coat too! Let me out of here.

Mat-Men Madness

By The Kidd

The Mat-Men Dayworkers have a bowling team in the Monday night Interservice League. Or should I say that it is a reasonable facsimile thereof! They are called appropriately enough the "Main Shafts". As of this writing they have a sterling Won-3 and Lost-15 record. But it's a long season ahead and if the Mets can do it so can the "Main Shafts".

"A star is born" to coin a phrase. CT1 Tom Tipton had a small but very well executed part in the latest Port City Theatre production "Barefoot in the Park." He played an old man and he fears a bit that he is now type cast. Though his lines consisted of only five words, with brute memory he learned them. Quite possibly in upcoming productions he'll have larger parts now that he is a seasoned veteran of the stage.

CT1 Bob Dreesen is going to night classes. He's learning all he can about baby care. Between now and when the baby arrives, he intends to become an expert in the art of washing, feeding, and burping babies. The diaper folding section of the course is quite controversial. There are those who prefer the football field method of folding and others who insist that the baseball diamond method is best. Bob himself favors the football field fold.

"Willkommen" to CT1 Lee Piottter who comes from Winter Harbor, Main. It looks like a new locale but the weather is not much different. Also, newly arrived aboard are CT3 Sears and CT2 Marlitt.

Compare this following typical menu served aboard the USS PORTSMOUTH in 1894 with the chow you now receive in the Navy:

Breakfast: Prunes, hardtack, molasses, coffee.

Dinner: Plumduff (?), salt horse, hardtack, coffee.

Supper: Crackerhash, tea, hardtack, molasses.

And this was served before Bicarb was ever put on the market.

Gesundheit

By Dave Snell

Seeking an easier way to be physically fit? Isometric exercises may be the answer you're looking for. Life is movement and unless we use our muscles we will deteriorate and become old before our time. Isometrics strengthens the muscles, tendons, ligaments, heart, and improves blood circulation.

Isometrics is a no-movement tension that develops and strengthens the muscle where we need it most. It does this more rapidly and with less fatigue than conventional exercises with movement. An isometric is accomplished by pushing or pulling a certain part of the body while resisting with the hands. By interlocking your fingers behind your head and pushing your head firmly up resisting with your hands you strengthen the neck muscle.

ISOMETRIC PROGRAM

Because repeating an exercise does not necessarily cause a muscle to become larger or stronger, only one muscle contraction is used in isometrics. This routine is neither time consuming nor tiring and each individual can fit the isometric program to meet his own needs.

Anytime is a good time to exercise except immediately after a meal. As in swimming, one should wait at least an hour.

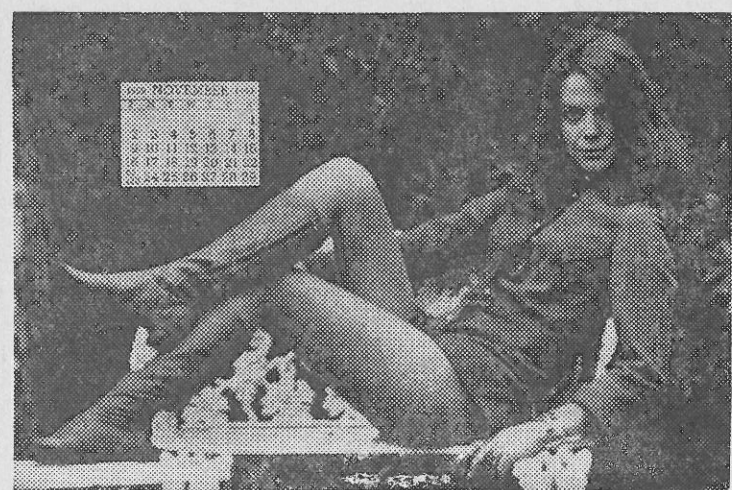
In the beginning each exercise is done by pulling or pushing for 6 seconds using ¾ of your strength. This is to lessen the chance of muscle strain. After a few training sessions you will want to use maximum effort. When beginning maximum effort gradually increase the pressure for the first 3 seconds and hold maximum pressure for the last 6 seconds.

How will you know that isometric exercising is helping you? Test yourself. Before beginning isometric training, record the amount of situps and pushups you can do without straining. After a month, test yourself again and you will be pleasantly surprised at your progress.

A few minutes a week of isometrics will make you healthier and stronger. It will also trim and form your body and give you that "glad to be alive" feeling.



GUESS WHO?—Can you guess who this is? The picture was taken in South Dakota in 1931, when our mystery guest was one year old.



MISS WINDJAMMER—Miss Natalie Wood wins the Windjammer crown this month. Does anyone question why?

The Bremer Ratskeller

A Vintage Journey

By R. D. Noorda

Those who have traveled through the valleys of Napa, Sonoma, and Mendocino Counties in California, with their plush rolling hills blanketed by some of the finest vintage grapes in America, were no doubt captivated by the devotion to wine-making excellence exhibited in the tasting rooms of such wine "monarchs" as the Gallos and Italian Swiss Colony. In Germany, the vintner's art was a tradition among the feudal lords long before the country assumed its structure as a national entity. For us in Bremerhaven, the opportunity to enjoy Germany's finest vintage amid the camaraderie in a Medieval wine cellar is as close as the famous Ratskeller in Bremen.

The main hall, built beneath the imposing Bremer Rathaus in 1409, is a gathering place for commuters who pause there to relax, participate in animated conversation and, particularly to enjoy one of the more than 300 wines that fill the cavernous interior of the Ratskeller. Amid the giant casks with their Baroque ornamentation, a suggestion of Medieval life pervades the Keller's atmosphere. While dining in any of the seven dining halls, the murals and frescos of the artists Professor Slevogt and Karl Dannemann return one briefly to the primitive stoicism which dominated medieval life and art.

Germany's Oldest Wine

Tourists, casual visitors, and the citizens of Bremen together sip an average of 800 bottles of wine a day beneath the vaulted ceilings of this legendary edifice. Among the best vintage consumed may be one of Germany's oldest wines (vintaged between 1653 and 1731) which is guarded in the Keller's "Apostle" and "Rose" cellars. The adjacent cellarage contains racks for 450,000 additional bottles . . . enough to accommodate even the most ambitious "get-together."

The Bremer Ratskeller is indeed a German institution. For generations the town patriarchs entertained royal guests and esteemed visitors in the "Emperor's" and "Senator's" rooms, and now even the passer-by may dine and enjoy the product of an exclusively German wine-making genius in a setting which prompted German poet Wilhelm Hauff to write:

"Of all the castles of our time
There's none can vie with Bremen's
Even the mighty Caesar
Might proudly grace its chambers."

White House Fellows Program

On October 3, 1964, President Johnson established the White House Fellows Program to give a limited number of men and women first-hand, high-level experience with the workings of the Federal Government. In May of 1968, the President's Commission ruled that all Government employees, including military personnel, would not be permitted to apply for the program. The President's Commission on White House Fellows has recently reversed its previous decision and will permit members of the Armed Services to apply for the program.

Past White House Fellows have been afforded special assignments with the White House staff, with the President and with each of twelve Cabinet Officers. In addition to their duties as special assistants, White House Fellows participate in an orientation education program conducted by the President's Commission and White House Fellows Staff. Selection will be limited to career motivated military personnel who:

- (1) Have demonstrated unusual ability, high moral character, outstanding motivation and leadership qualities;
- (2) Show promise of future development;

- (3) Are dedicated to the Institution of the United States;
 - (4) Are between 23 and 35 years of age;
 - (5) Are United States Citizens; and
 - (6) Possess a baccalaureate degree from an accredited college.
- Application forms and additional information may be obtained from Mrs. Stephen P. Strickland, Director, Commission on White House Fellows, The White House, Washington, D.C., 20500.

