

The BREMERHAVEN Windjammer

Vol. II, No. 2

USNSGA, Bremerhaven, Germany

January 1970

USATCEUR Annual Meet

International Basketball Tourney

What better way is there to culminate Port City sports 1969 than with the USATCEUR International Basketball Tournament?

The four day tournament held 27-30 December with teams from Sweden, Switzerland, Belgium, France, Holland, Germany, Austria, Denmark, and the U. S. Army and Navy, proved to be the most exciting sporting event since the USAR-EUR Softball Championship last summer.

With 10 teams competing in the Men's Division

and six in the Women's Division, Sweden and Germany fought their way to the Men's Finals, while France and Holland, both undefeated, won their right to the Women's playoff.

MEN'S FINALS

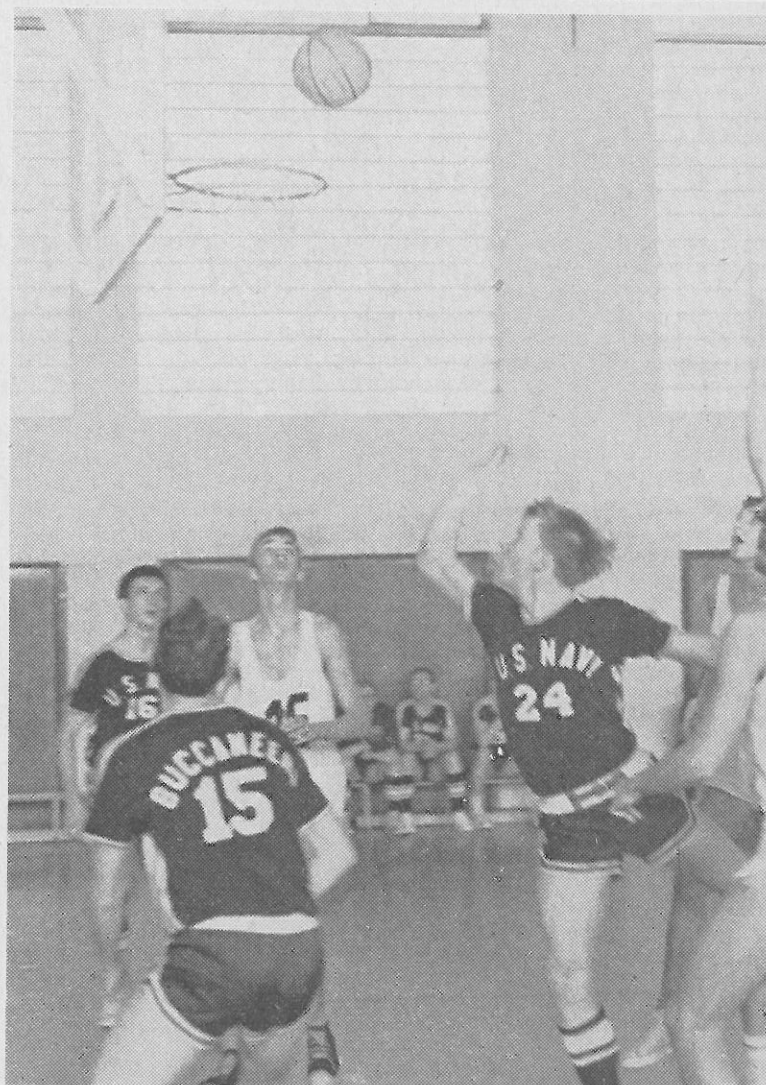
Before a packed house of approximately 700 spectators at Radio City Gym, Germany quickly took the lead over Sweden in the single elimination Men's Finals. Half time found the Deutcher team "sitting pretty" with a 40-19 edge, but they knew this could

change easily.

With the sound of the buzzer, the spectators broke loose and began singing victory chants in German and Swedish. Germany, with the able shooting of veteran center Druger, once again had the ball and was determined not to give it up. Although Sweden came back stronger in the second half, it was not enough to beat the high scoring German team, who finished 89 points against Sweden's 57.

WOMEN'S FINALS

France completely outmaneuvered and out-shot Holland in the first half of the single elimination Women's Finals with a score of 32-16. As tension once again hit its peak, both teams took to the court with Holland making her final bid for the crown. It was consecutive basket-after-basket action, but the tall, hard-hitting French girls took the championship with a 58-41 victory.



UP AND AWAY! During recent four day USATCEUR International Basketball Tournament, CT2 Charles Hoglin of U.S. Navy's Buccaneers makes a bid for points against the German "B" team.

A Man For All Seasons

The Port City Theatre, under the guidance of Entertainment Director Miss Hazel Burnett, will present Robert Bolt's prize winning play "A Man For All Seasons" on January 29-31 and February 5-7.

The play focuses on Sir Thomas More . . . a man torn between his church, family, himself, and his King. Although truly a heroic character, he is a common man who desires to be happy and free with his family and convictions.

Directing the play is CT3 Russel Robbins of First Division, who brings a varied and experienced background to his tasks. He graduated from American International Univer-

sity in Springfield, Mass., with a minor in Drama and has performed in many semi-professional theater and road show productions.

Navy and Marine Corps personnel and dependents in the cast are: CT1 Bob Marron as Sir Thomas More; SGT Jim Stiles as The Common Man; CT1 Tom Tipton as Master Richard Rich; CT2 Bill Eignus as Cardinal Wolsey; CT1 Tom Hall as Signor Chapuys; CT1 Bill Remsing as Thomas Cranmer; Mrs. Tom Hall as A Woman; and Mrs. Larry Jeter—Technical Director.

Reservations for "A Man For All Seasons" can be made by calling Port City Theatre at Mil 3714.



ACCENT ON MOVEMENT — CT3 Russ Robbins, of First Division, director of the Port City Theatre's newest play, "A Man For All Seasons", runs through a portion of the play with cast members CT1 Bob Marron (right), CT1 Tom Hall (center), and SP4 Tim Loss (left).

Sculpturing Friendship

Shakespeare once said, "Thoughts are but dreams till their effects be tried." For Mrs. Jerome Ceo, wife of LT Ceo of Supply Department, nothing could be truer.

After recently completing a German evening sculpturing class at Goetheschule on Deichstrasse, she not only discovered creativity through clay, but being the only American in the class, she also found the opportunity for German-American friendship.

Mrs. Ceo's project for the course was a statue of a small boy sitting on a stone, gazing at a turtle. She was able to successfully complete her sculpture through the careful guidance and instruction of Herr Bernhard Panfil, sculpturer and woodcarver. Herr Panfil has taught sculpturing and other subjects for several years at the German Evening High School in Bremerhaven.

"Because the instructor only speaks German," said Mrs. Ceo, "it is almost mandatory to know the language before signing up for the course. However, 'seek and you shall find,' and



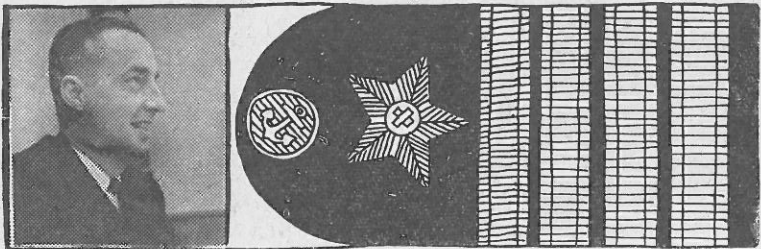
SCULPTOR AT WORK — Mrs. Jerome Ceo, wife of Lt Ceo of Supply Department, applies some finishing touches to her term project during a German evening sculpturing class at Goetheschule in Bremerhaven.

Mrs. Dohrmann of Supply Department volunteered to be my translator for the course. My classmates and I enjoyed our experiences in sculpturing so well, that many of us will enter another class in January. Anyone interested in learning the fundamentals of sculpturing may contact Mrs. Dohrmann at Mil 3170 or 3508. She started me on the road of sculpturing and she's willing to start you."

New Editor Navigates Windjammer

History was made for the Windjammer this month when it underwent its first change of command. Founding editor-in-chief, JO2 Les Goldberg, left NSGA and the Navy last week bound for Brooklyn, N. Y., where he plans to resume his civilian schooling. JO2 Goldberg has been relieved by JO2 Jim Dorman who came here from NTC, Orlando Fla. JO2 Dorman, who is accompanied on his tour by his wife Patricia and daughter Lisa, commenced editorship with this issue of the Windjammer. The entire Windjammer staff takes this opportunity to say "Thanks Les, for a job well done."





The Navy Wives Club came through in style during the past holiday season. Not only did they provide a gift wrapping service, but they also served Thanksgiving and Christmas dinner to the men on watch in the Operations Building. This added a very special touch to the fine holiday meals prepared in the Army Mess hall. (Special thanks to "Navy wife" Mrs. Shires, wife of MP Sergeant Shires, who helped serve Christmas dinner.)

You've probably read the articles regarding the declining use of mess halls in Navy Times. This is a matter of considerable concern here in Bremerhaven, where the use of the mess hall has declined significantly. While the average Bremerhaven sailor was eating 15 days per month in the mess hall a year ago, in November 1969 he ate only 10½ days worth of meals in the mess hall. At the same time as this decline has taken place, the reports taken at the Quarter-deck indicate that conditions in the mess hall have improved. This decline is disturbing since the mess hall is there to serve you. If you are not eating in the mess hall, then you are either not eating at all or are paying for your meals when the government is ready to provide them free of cost.

DISCIPLINARY RATE

One statistic that has been encouraging for the 18 months I have been here is the disciplinary rate. Only two men have been court martialed in this period (and one of them was found innocent), while an average of only 0.36 per cent of the personnel on board have appeared at mast each month. This, I believe, is a very satisfactory rate. However, one obvious conclusion from a review of the charges is that mast could be nearly done away with if people wouldn't drink beyond their capacity, or if having had too much to drink, they would quickly and quietly go to bed, letting someone else do the driving. Sixty-five per cent of the mast cases in the past year resulted from drinking.

PROGRAM PARTICIPATION

The Navy offers a variety of fine programs for the enlisted man; however, they don't get nearly the number of applicants they should. There seems to be a reluctance to apply for fear of not being accepted. This attitude results in a loss to the Navy and the individual. The Navy has less of a field from which to draw the best qualified for each program; while for the individual it is a case of nothing ventured, nothing gained. Three programs that should attract considerable interest are: NESEP, Warrant Officer, and ADCOP. Figures for the last two years are:

	1968		1969		1970
	Applicants	Accepted	Applicants	Accepted	Command Deadline
NESEP	5	1	5	1	1 Aug 70
Warrnt Officer	11	0	5	1	For E-6—15 Jun 70
					For E-7—15 Jul 70
ADCOP	12	2	10	1	15 Oct 70

Another "program" that isn't used as much as it should be is the specialized schooling offered at the Navy's "B" and "C" schools. There is a wide, useful variety to choose from; normally request chits should be submitted six months before normal tour expiration date. See the Educational Services Officer for lists of courses available.

Several months go, I commented on our first term USN reenlistment rate. Having been 12.2 per cent in fiscal year 1968, it rose 50 per cent to 18.33 per cent in fiscal year 1969. I set a very ambitious goal of another 50 per cent improvement for this fiscal year. At the end of the first 6 months of the fiscal year the rate stands at 21 per cent having been dealt a temporary blow by the early-out program. Reenlistment of capable personnel must continue to be an item of primary concern to all officers and petty officers. The Second Division has been leading the way with a first term re-up rate of 28 per cent—the goal can be met!

Deepest Thanks

January 5, 1970

Dear Gentlemen:

I would like to express, in writing, my deepest thanks for the endeavor of the U.S. Navy in giving a Christmas party for our physically retarded German children in the Seepark Hospital in Debstedt.

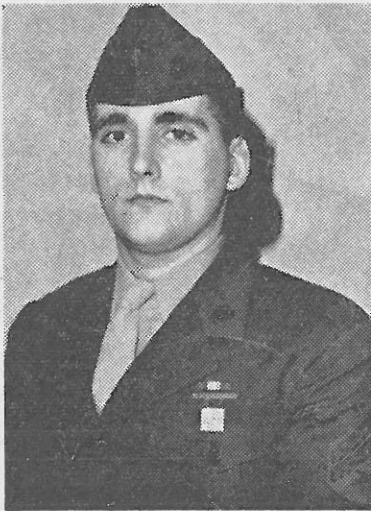
You have created a lasting memory for our children with this pre-Christmas joy, and in addition to the psychological value, you helped in a material way with the gifts, clothes, toys, sweets, and fruit.

A very warm reply is extended to you and your men for this season and the coming New Year — particularly from the children.

Through your convincing work of helpfulness and warm heartedness, you have provided a fruitful basis for the work of the doctors and physical therapists, which should bear fruit over the days ahead with regards to the friendly relationships which develop.

In addition, I would like to wish you and your personnel a Merry and Holy Christmas, a deepening of friendly cooperation, and much success for a peaceful 1970.

Dr. Müllich, Chief Doctor



CPL ROBERT G. CAIN

Sailor/Marine Of The Month

You have been selected as the U.S. Naval Security Group Activity, Bremerhaven, "Sailor-Marine of the Month" for January 1970.

Since your arrival at this command in March 1960, you have become well versed in all aspects of your assigned tasks. The excellent manner in which you have performed your duties is indicative of your perseverance, acute sense of responsibility, and continuing initiative.

You have shown yourself to be highly receptive to new ideas and techniques, and you possess the drive and ambition to see each task through to a successful completion. This is well documented by the fact that you have successfully filled a billet normally occupied by a more senior man.

Through your active role in the German-American shooting matches, you have sought to further "Project Partnership" and maintain a friendly relationship with our German neighbors.

I commend you on your excellent performance. I am pleased to present you with a \$25 U. S. Savings Bond and a plaque commemorating your selection as "Sailor/Marine of the Month."

NOWC News

An election of Club Officers was held at the November NOWC Luncheon. Mrs. L. Schaffer was re-elected as chairman, while Mrs. S. Tassie and Mrs. K. Smith were elected to serve as vice-chairman and treasurer respectively.

The CPO Wives were in attendance at the December NOWC Luncheon which featured a Christmas program. Christmas carols were sung by Mrs. J. Neyman, Mrs. T. Bosworth, and Mrs. E. Ingebretson. Mrs. E. Brown entertained on the accordion, and the B. A. F. Singers complemented the program with a medley of Christmas songs. Hostesses for the occasion were Mrs. F. Jordan and Mrs. V. Nelson.

A Sadie Hawkins Evening has been planned by the NOWC for the month of January. For information, contact the hostesses, Mrs. E. McGrath at 82291 or Mrs. D. McMunn at 82204.

Focus on Faith

By Chaplain Ervin D. Ingebretson

TEMPUS FUGIT . . . The clock of life moves swiftly. Each year, with its experiences, passes as if it were borne on the wings of a jet. Time flies!

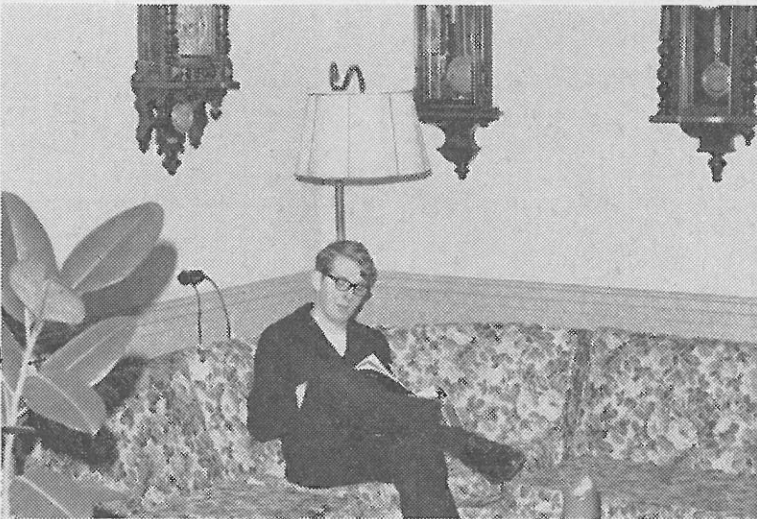
While we stand in awe at the speed of time's flight, we are held accountable for its use or misuse. We must reckon with it and someday give account of its passing. Time is a one-way street from the cradle to the grave.

There are three things we should consider in the wise use of our time. First, we only get so much. When we have used the time allotted, we get no more. We may look back, but we can never turn the clock back. Time once past is gone forever.

Secondly, we do not know how much time we will get. In all of our hopes, dreams and plans for the future, we are entirely dependent upon the fact that tomorrow, next year or ten years from now will be ours. Of this we are not assured.

Thirdly it follows, we are advised to use our time advantageously. We should consider every moment as a sacred trust. It is so easy to fritter time away, letting it slip through our fingers. The familiar expression, "I wish I had," is common to us all as we regret time lost. Time past is time over which we have no control.

If we are to give good account of our time, let us profitably use those minutes which are in our control. If there is a task to be done, however unpleasant it may be, it should be done now. Procrastinating will not make it easier. If there is some deed of kindness or work of encouragement to be expressed, now is the time of opportunity. And if we have not become acquainted with God, to whom we must account for our time, now is that accepted moment.



BEQ OF THE QUARTER — CT2 Ken Tavares, of Educational Services Office, relaxes after receiving notification that his room has been selected as Bachelor Enlisted Room of the Quarter. (Photo by CT1 Bob Fritch)

Radial Tires

Mixing May Be Hazardous

A radial tire is considered one of the contributing factors in a recent private motor vehicle accident which resulted in the death of a U. S. Air Force airman.

According to safety officials, the "death" vehicle was equipped with a radial tire on the right front wheel and conventional tires on the other three wheels.

This combination most likely, report safety officials, caused the automobile to enter a skid, ultimately causing the fatal accident. Leading trade maga-

zines and bulletins distributed by major tire companies emphatically warn that mixing radial and conventional tires is very dangerous.

Without exception, they agree that radial tires should be installed on all four wheels and recommend an additional radial tire as a spare.

If only two radial tires are installed on a vehicle, tire officials state, they should always be placed on the rear wheels. Radial tires should never be installed on the front wheels with conventional tires on the rear.



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 JIM DORMAN
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FRA Houses Enlisted Voice

Fleet Reserve Association, a chain of branch memberships, that encircles the globe and protects the rights and benefits of U.S. enlisted men the world over, recently had one of its links strengthened. The Northern Europe Reps., Nordsee Branch 149 of Bremerhaven is no longer a once a month function since acquiring the old Balsa Busters clubhouse.

"Obtaining a meeting hall of our own," explained branch president CT1 Bob Hesser, "will tend to increase the fellowship within our group and create a more loyal, tightly-knit organization. This, hopefully, will lead to an increased membership."

Prior to obtaining space at Building T-174 on the Staging Area, the group had to meet at various clubs and at the members' homes.

"One noteworthy aspect concerning the acquisition of the meeting hall," said CTC Lee Reinitz, "is that all expenses involved in obtaining supplies, were paid out of the pockets of members and not from the branch treasury. This was because treasury funds can only be used for projects of a community service or charitable nature."

One of the group's most recent projects was the sponsoring of "Operation Speakout," an essay contest designed to promote patriotism and a "pride-in-country" attitude, with the winner being awarded a \$50.00 U.S. Savings Bond. They also contribute to Project Heartline, Navy Relief, and Army Relief, and have aided the victims of

Hurricane "Camille" as well as participating in many other worthwhile projects.

NATIONAL BODY

"A member of FRA," said CT2 Bob Mock, "gains not only from the personal satisfaction of helping others, but he and every other enlisted man benefits materially from the efforts of the national body of the FRA. Forty per cent of all dues collected by over 300 branches such as ours, goes to the FRA national treasury. The national treasury, in turn, supports registered lobbyists in Washington, D.C. that testify before U.S. Congressional Committees, helping to protect the rights and benefits of the enlisted man."

FRA ACCOMPLISHMENTS

Some of the major benefits the Fleet Reserve Association has gained for military personnel since its establishment in 1924 are: increased pay for active duty, fleet reserve, and retired personnel; uniform clothing allowance; commuted rations for enlisted personnel; dependents quarters allowance; Social Security coverage for active duty time; dependents overseas evacuation; Cold War G.I. Bill (the FRA's testimony amended this G.I. Bill to have no cut-off date for benefits, thus protecting the

career serviceman); and cash awards for beneficial suggestions.

BRANCH ROLE

"The local branches contribute directly toward gaining benefits for military personnel," said CT1 Bob Marron, "in that they keep the national body informed of the needs and desires of the enlisted man. When the national body receives large amounts of correspondence from local branches, they can see which problems concern the most members and act accordingly in their lobbying."

An individual having military problems can gain information through the local branch. Career services such as aid with special requests and transfers, correction of military records, representation on veterans claims, and information on Seavey-Shorvey requests are all available to the FRA member.

"To qualify for membership," said CT1 Hesser, "an individual must be a Sailor or Marine with at least four years of Federal military service and have an obligation to serve at least two more years on active duty. Anyone interested in joining FRA may contact CTCM Lloyd Byrd at Mil 3271 or CT1 Craig Fisher at Mil 3217."



IN THEIR NEW MEETING HALL — Members of Branch 149 of the Fleet Reserve Association listen attentively as President CT1 Bob Hesser of Communications Department reads proposed changes in the groups by-laws.



Let's have a resounding round of applause for the new faces in the Admin spaces and a standing ovation for those who have done their thing and are leaving:

The new Special Services-Educational Services Chief, CTC Scott Morris, who was accompanied to Bremerhaven by his wife (Alice), son (Richard), and daughter (Debbie). Chief Morris is CTC John Devitt's relief. John is BuPers bound, and he and his family will depart for the D.C. area sometime in March.

For the Personnel Office—CT1 Bill Kelly, who was accompanied to Bremerhaven by his wife (Francis) and daughter (Kathy). Bill is CT1 Craig Fisher's relief. Craig is Building 2 bound.

Also in the Personnel Office — Seaman Jim Kiraly. "Seaman Jim" was accompanied to Bremerhaven by his seabag. Jim may become one of the world's greatest leave authorization typists. One never knows what hidden talents may be lying dormant within an, heretofore unclaimed, "A" brancher.

And, last but not least, we welcome JO2 Jim Dorman who really has his work "cut-out" for him because he is the new Windjammer editor. Obviously, Jim is relieving JO2 Les Goldberg, who has decided to resume his civilian schooling.

SPECIAL SERVICES

I've learned that Warrant Officer Westrom, the Special Services Officer and Sgt Sandlin's relief on the basketball court, was extremely disappointed over the Christmas holidays because of the cancellation of a special services tour that he had planned. It seems that there just were not enough people interested in taking that trip to Santa's workshop at the North Pole. Cheer up Mr. Westrom, Easter's coming.

Speaking of Special Services, they have a unique system for letting people know of their whereabouts when they have to close the office during normal working hours. The system consists of a series of prewritten notes that can be taped to the outside of the locked door, explaining any absence of the Special Services crew. These notes, by the way, are all taped onto the wall inside the office. Also inside the Special Services Office is a dart board. Any connection between the darts and the notes is purely coincidental, I'm sure!

CHAPLAIN'S DREAM SHEET

Commander Ingebrechtsen, the Chaplain, recently submitted his next duty assignment "dream sheet." Included in this list was his sea duty preference — the (U.S.S.) Noah's Ark. I, for one, would like to be included among its crew, Chaplain. Forty days and forty nights is an awfully long time to tread water!! That's absurd.

CNO Discusses Retention

WASHINGTON . . . In a recent interview appearing in the news magazine, "U.S. News and World Report," the Chief of Naval Operations pointed out some of the problems the Navy has in retaining people but voiced confidence in present and future efforts.

Admiral Thomas H. Moorer said the Navy had no problems getting high quality candidates, both officer and enlisted, but there is a serious problem in retaining them.

"We have now perhaps the highest quality of candidates, both enlisted and officers, that we've had—certainly in my experience," he said.

He cited several reasons for the retention problem including family separation, the necessity for "back to back" Vietnam War deployments, the general public attitude about the war and competition for skilled men by industry.

Asked how the Navy would fare if the draft were ended, Admiral Moorer said he was confident the Navy would continue to get high quality enlistees, though he indicated about one half of current recruits are draft-motivated.



"WHEN IT COMES TO DANCING, I'VE GOT TWO LEFT FEET!!"



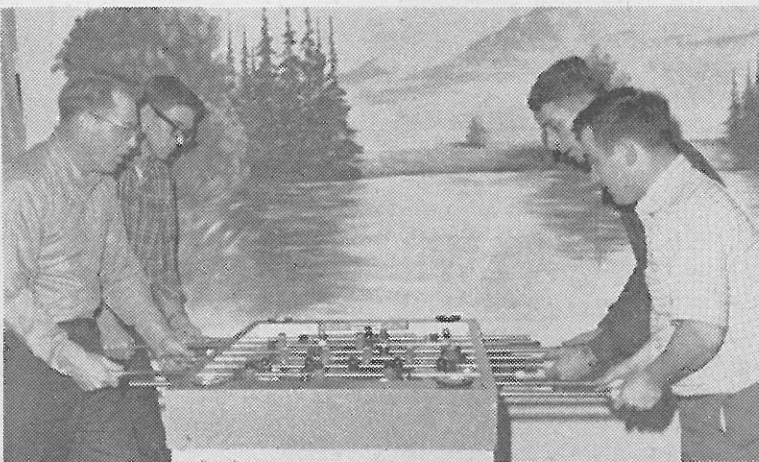
Company 'F' Round-Up

By SGT D. W. Aldrich

Throughout December, Company "F" Marines continued to display enthusiasm and accomplishment as they did consistently during 1969. At two presentation ceremonies, Major James Neyman promoted Larry Bice, Rod Burne, Gene Clancy, Jeff Johnson, Leon Krasniak, Ed Lande, Paul Sanchez, Bob Stewart, and Art Taylor to the rank of SGT. In addition GYSGT Earl Salmons and SGT Lester Monroe received Good Conduct Awards, and SGT Michael Moore, SGT James Stiles, and CPL and Mrs. Maurice Marcotte were presented with Certificates of Appreciation from the Radio City Service Club. SGT Gregory Diamond received recognition for his nomination as Sailor-Marine of the Month.

The record of injuries to the Company "F" football squad was more newsworthy than the season's scores, including the defeat by Delta. However, Company "F" hoopsters came through and defeated Delta 67-56 in the game of the month to even up the score.

December departures included MSGT Jack Mercardo to Camp Lejeune, SSGT Todd Elsmo to Vietnam, SGT Thomas Arstinstall to Brooklyn, and SGT Frank Longano to Washington, D.C. New arrivals to Company "F" included SSGT Algie Joye, SGT Jeffrey Johnson and SGT Robert Demuth.



BREAK TIME — FRA members (from left to right) CTC Leroy Reinitz, PN1 Carlton Elmore, CT1 Craig Fisher, and CT2 Bob Mock show that FRA meetings are not all work and no play.

Supply Hot Line

By SK2 R. Wilson

When Santa Claus stopped by Supply Department on his recent annual visit, he took three second class chevrons out of his bag and said, "Ho-Ho-Ho, guess who these belong to?" Congratulations Steve Hahn, Steve Padgett, and it may not be right to say, but congratulations "Self."

Two of our storekeepers took leave last month. SK1 Carl Allen and family flew to St. Louis to spend the holidays at home and SK2 John "Shipmate" Murray and family went to Scotland to spend the holidays with Mrs. Murray's parents.

When SK1 Carl Allen returns from leave he will be classified by what is known in various circles as a "short timer." He'll have about ten days left to serve in Bremerhaven before picking up his orders to a reserve training ship homeported in Little Creek, Va. We'd like to take this opportunity to wish the Allen family good luck at their new home.

Supply and Public Works held their annual Christmas party last month at the CPO Club in Imsum. All military personnel and their families plus local national employees of both departments attended. Gifts were exchanged, and a fine evening of fun and fellowship was enjoyed by all.

The Happening

By B. Moquin

The Happening lost one of its long time friends when "Henry Aldrich" PCS'd to Fort Meade on the 16th of December. A party was held in the division's spaces with cake, coke, and coffee. Doing the cake cutting honors was CDR William D. Garner. Other personalities at the festivities were LCDR Hugh R. Crane, CWO John A. Moeller, CTCM Ernest P. Dorn, and CT1 Mark "Zeke" Zatterburg. "Zeke Zatterburg was really choked up to see his old friend "Henry" go because as "Zeke" put it, "Henry and I sure have been through many good and bad times together. I hope no one was counting our errors." "Tschuss" to two ace supporters.

The New Year holiday found CWO Moeller in Paris, CTCM Dorn in bed . . . with the flu, and CTC Richard R. Sorensen and yours truly searching ole remedy books for hang-over cures. I'm glad January 1st comes only once a year!



COMM-ents By Pappy

COMM-enting on 1960 . . . "It was a year of many changes." COMM has had almost a complete turn-over of personnel. The men who arrived in Bremerhaven during the first months of 1969 are now, with several exceptions, the veterans of the DEPARTMENT.

DREAM SHEET 1970

During the next year there are quite a few things the men of COMM would like to see, such as: COMM fully painted and all the equipment back in place; Chief G. W. Screws in a happy mood for one whole day; Chief Larry Spyker making "GEE-DUNK" runs again; one of the watch sections beating the dayworkers in a bowling match; five

more men to each section with at least one secure a string for the old timers; beds in the back room for personnel to use on slow watches; a new method for a quick two minute field day to brighten those long week-a quick two minute field day to brighten those long week-end watches; CT1 Bob Hesser going through a week without telling everyone he is too busy; a crying towel attached to the CWO's desk for his personal use; Chief Joel Johnson coming up with a whole new set of procedures for GENSER to make those poor fellows feel better; and each section to have perfect strings all year long to avoid conflict with dayworkers. This is a dream sheet to end all dream sheets.



MISS JANUARY WINDJAMMER—What nicer way to start out the New Year than with Miss Julie Newmar? That is if you can get her away from Columbia Pictures.

Disability Pay

WASHINGTON — A streamlined system for evaluating disability and setting disability payment to sailors is in the offing with the creation of a centralized Physical Disability Agency.

A pre-commissioning detabishment of the 12 tail is now planing the dis-existent local evaluation boards. Cases will instead go directly to the Washington Central Physical Evaluation Board for informal consideration. Written records (personal interview will not be required) will be evaluated, an assessment of disability will be made and payment will be recommended.

If the sailor is dissatisfied with board findings, his case can go to one of three field boards for formal review.

The target date set by the pre-commissioning detail for activation of the agency is July 1, 1970.



I was relaxing in my coke bottle after a rather long midwatch (normally don't stay up for the midders, but with the unusually cold weather resulting in broken urinal pipes I find myself floating in the deep "briney" quite often nowadays). I found my bottle being shaken violently by Gunney Salmons as he was screaming something about a flu shot. Gathering my wits about me I crawled out and ambled up to his shoe. "Now what's all this jazz about a shot," I asked. "Why should I take a flu shot, I don't even need the flu. Last time I had the flu I got stuck in a ladies room for three days and by the time I recovered I was covered with at least half an inch of dusting powder, face powder, baby powder, and foot powder. I went through a dozen cans of deodorant just trying to smell like a decent roach again."

"It's not going to hurt, Charlie" Gunney said, "they use a gun now."

Well, I decided not to go. However, with the assistance of four bruising Marines, I changed my mind and went. I mean after all, they do it with a gun, big deal. Arriving at "O.K. Corral," I see all these guys holding bleeding arms, screaming, moaning, lying on the floor kicking . . . and I says to myself, "But they do it with a gun, only what kind of gun do they use, an eight inch howitzer?" I'm standing there, all six of my knees shaking so bad my antenna is jarring, when this burley corpsman with great hairy arms and a tattoo of a skull saying "Death to All" grabs me by the wing. "You allergic to chickens, feathers or eggs?"

"Yeh, Yeh, I'm allergic to anything which puts me in front of that gun."

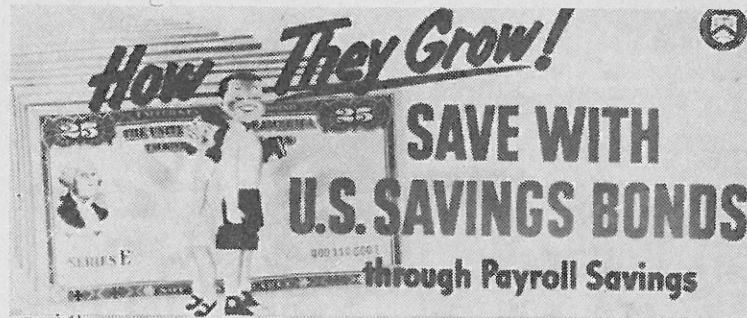
"O.K.," he says, "We have a special shot for you. It requires an eight inch needle and it is not applied to the arm."

"Doc, I just developed an appetite for eggs, lots of eggs, and chickens are some of my best friends."

He looked at me in almost tearful eyes, "I'm powerfully glad cause the last couple of guys to take the needle didn't fully recover. They have difficulty holding water."

Well my friends, I want you to know I am now immune to the Asiatic Flu, European Flu, Icelandic Flu, Caribbean Flu and Measles (I don't know how that one got there, he said something about my not wanting measles if I ever got P.G.).

As I sit here in my coke bottle with a bad case of gun-shot poisoning, I'm going to make a resolution. If I hear, and hopefully I will, of shots being given in any week, I'm donning a life jacket and taking my chances in the foamy "Brine" in the Second Division's head.



Good Health From Exercising

By Dave Snell

Are you one of the millions of Americans who have adopted the "whenever I feel like exercising I lie down until the feeling passes" philosophy? Then you probably also believe exercise is bad for your heart which is as far from the truth as you are from intercepting a Joe Namath pass. Most people now know that exercise will strengthen the heart rather than weaken it, and there is increasing evidence to indicate that the average person should depend upon exercise as well as diet in preventing overweight.

This means that the value of exercise in weight control can no longer be measured solely in terms of calories. When you condition your body with exercise, you also build a chemical defense against the "fat disease."

Eating is essential to health; and if you are to get all the food elements you need for the best of health, you must eat generous amounts of a wide variety of wholesome foods. If you don't exercise, however, the calories conveyed in these foods will be stored as fat.

The body was designed for exercise. Inactivity is just as abnormal as overeating; and when the two are combined, the

results can be disastrous. A person who takes a little regular exercise and eats properly won't have to worry about getting fat.

Sensible eating, a low fat diet, and regular exercise will benefit your heart as well as your body. For exercise to be fully effective in strengthening the heart and reducing the bodyweight it must be performed in high repetitions. If there is not a marked increase in heart rate and respiration each time you exercise, your heart is not getting adequate exercise. Running, swimming, bicycle riding, rope jumping, and other forms of athletic activity involving the legs are best for the heart.

If you don't exercise or diet, you can pull your easy chair up to the dinner table, gorge yourself for a few years, and hasten the development of diabetes, arteriosclerosis, heart disease, and other disorders that seem to be triggered by an overload of body fat.

Me? I'll take exercise, and all the eating privileges that go along with it. And if I'm not run over by a car or shot by an irate husband, I'll be jogging until my last senile day on earth.



AFN Bremerhaven prepared for the New Year with the gusto it is so aptly noted for. After the dust had cleared, it found itself with a new station manager, two new announcers (miracle of miracles) one less chief engineer and one less cleaning lady.

CHANGE OF COMMAND

Starting at the top, in perhaps one of the quickest changes of command in Army history, Staff Sergeant Dave Stewart found himself Station Manager. Heading south to voices added to the airwaves in Northern Germany is that of Specialist Toby "Early Bird" Kirby. Toby is a former staff member at the Adjutant General School, and has worked in the instructional television division of Defense Information School. Sharing the pleasant duty-train ride to Bremerhaven with Toby was Specialist Mark Winship, former MP, who apparently believes the AFN mike is mightier than the crossed pistols because he turned his nightstick in for a headset. Mark is now the Local News and Sports man.

AFN AUTOMATION

The Engineering Staff is presently working night and day to complete the automation system they claim will perform every engineering function except pick up the pay check. The DJ's here believe the engineers could put their talents to better use by designing an automatic cleaning lady.

The AFN Bremerhaven Staff gleefully attacked that task of reading Santa's letters in the weeks before Christmas. Specialist Mark "Grouchy" Beardslee inflamed the wrath of all Bremerhaven by stealing one of Santa's sleighs along with all the left arms for all the dolls. But Navy Journalist Les "Dopey" Goldberg (have you ever heard an elf with a Brooklyn accent) saved the day by retrieving both Grouchy and the arms. Everyone lived happily ever after as the villian Grouchy married Tiny Tears in a tear-jerking wedding ceremony on Christmas Eve. As the wedding march was played by the North Pole Pops, Sergeant Dave "Freddy The Foreman" Stewart quietly lost his mind because 65 more letters happened to turn up and he had to re-tape the show.

The staff of AFN Bremerhaven survived both Christmas and New Year's Eve with lots of good cheer, and looks forward to the coming year with expectation.