

Vol. III, No. 5

U.S.NSGA, Bremerhaven, Germany

April 1971



**CHAPLAIN PROMOTED** — Chaplain (Captain) Ervin D. Ingebretson signs papers accepting his promotion to his present rank as Captain James W. Osmer Jr., commanding officer, looks on. Chaplain Ingebretson is one of few Navy chaplains to have held a command at sea. He commanded an infantry landing craft during World War II before becoming a chaplain.

## Held Command At Sea

# NSGA Chaplain Promoted to Capt.

Navy Chaplain (Captain) Ervin D. Ingebretson, NSGA Bremerhaven chaplain since August 1968, has sewn on his fourth stripe following his appointment to present rank on March 4.

Chaplain Ingebretson came to NSGA Bremerhaven from the antisubmarine warfare support carrier USS Kearsarge where he served as chaplain from June 1966 to June 1968.

A native of Ulen, Minn., he entered the U.S. Naval Reserve in December 1942 while attending the University of Colorado. In October 1943 he entered Midshipman School at Columbia University and was commissioned as an ensign in February 1944.

Chaplain Ingebretson is one of few Navy chaplains to have held a command at sea. During World War II, he served in the South Pacific as executive officer and later commanding officer of the infantry landing craft USS LCI (L) 678 from March 1944 to April 1946. He was released to inactive duty in May 1946.

In October 1954 he returned to active duty as a lieutenant (junior grade), this time in the Chaplain Corps, and attended Chaplain School at Newport, R.I.

From January 1955 to August 1961, he served as chaplain with the Naval Air Station, Miramar, Calif.; Naval Amphibious Squadron Nine; Naval Destroyer Squadron Five; Marine Recruit Depot, San Diego, Calif.; and aboard the destroyer tender USS Prairie.

From September 1961 to June 1962, Chaplain Ingebretson attended postgraduate

school at Harvard Divinity School. Upon completion of one year of postgraduate training, he was assigned to the U.S. Submarine Base, Groton, Conn., where he served until May 1964.

After that tour of duty, he served with Submarine Flotilla Two until May 1966 when he left for duty aboard the USS Kearsarge.

Chaplain Ingebretson holds a bachelor of arts degree in

chemistry from the University of Minnesota, and a bachelor of divinity degree from the Northwestern Schools Seminary of Minneapolis. He has also attended the University of Colorado, the University of New Mexico, and Harvard Divinity School.

Chaplain Ingebretson and his wife, Carol, a native of Minneapolis, have two children. They are Julie Anne, 13, and Charles Lance, 15.

## 86 Rated From Feb. Exam

Eighty-six sailors of NSGA Bremerhaven received word on March 30 that they have passed the February advancement in rating examinations for pay grades E-4 through E-7 and will be advanced over a six-month period.

Those personnel being advanced represent approximately 35 per cent of the total persons taking the examinations.

The first advancements will take effect June 1 and when all advancements have been made, there will be two new first class, 39 second class, and 45 third class petty officers.

There will be no advancements to pay grade E-7 resulting from this examination series. There will be one new

chief petty officer, however, as a result of a meritorious advancement which becomes effective May 1.

In addition to the 86 men mentioned above, another 41 sailors, or approximately 17 per cent of those tested, passed their exams but will not be advanced due to an insufficient advancement multiple. Advancement is based on a total multiple or weighted figure of which the examination score is only a portion.

The examination counts for 43 per cent of the final multiple needed for advancement. Other factors making up the multiple include performance marks (27 per cent); length of service (11 per cent); time in pay grade (11 per cent); and awards (8 per cent).

## 7 German Employees Get Awards

Seven German employees of NSGA Bremerhaven have received awards in recent months for their completion of 25 years of service.

In addition, one employee completed 20 years of service in December and another will pass the 25-year mark in June.

Personnel completing 25

years of service receive a certificate of appreciation, a 25-year pin, and a check for DM 600. An employee completing 20 years of service receives a certificate of appreciation and a 20-year pin.

The following personnel completed 25 years of service during the months indicated:

—Frau Augusta Ehmen-sen of the Navy Officers' Club during October 1970.

—Herr Dietrich Warnke of the Public Work Department during October 1970.

—Herr Werner Lammert of the Supply and Fiscal Department during November 1970.

—Frau Eva Harsleben of the Public Works Department during February 1971.

—Herr Kurt Rolle of the Navy Officers' Club during February 1971.

—Herr Hans Wienholz of the Public Works Department during March 1971.

—Herr Waldemar Breitschuh of the Public Works Department during April 1971.

Herr Bern Eberling of the Supply Department completed 20 years of service during December and Herr Erich Schich, also of the Supply Department, will complete 25 years in June.

## Scout Banquet

Bremerhaven Cub Scout Pack 5 recently held its annual Blue and Gold Banquet at the NCO Club.

The banquet was highlighted by the presentation of various awards including recruiter badges, Friendship Awards, and certificates of appreciation. Mr. Robert Moore, North Star District scout executive, presented Pack 5 with the Council's Round-Up Award for recruiting.

Other ceremonies conducted during the banquet included the introduction of CTC Joel C. Johnson of the NSGA Bremerhaven Communications Department as the new Pack Committee Chairman.

Cubmaster SP5 Michael J. Cooney announced that a vaudeville show will be presented by the Cub Scouts as a special feature of the April 30 pack meeting to be held at the Speckenbuettel School auditorium.

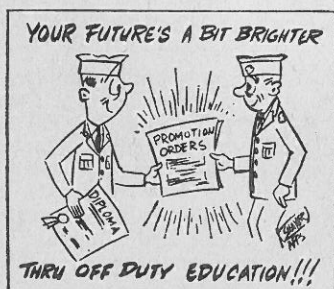
## Toastmasters Meeting

The Bremerhaven Chapter of Toastmasters International will hold its bimonthly meetings next month on May 12 and May 26. The organization meets the second and fourth Wednesday of each month at 6:30 p.m.

The meetings are held at the U.S. Navy Officers' Mess (OPEN), located at the Marine-schule in Bremerhaven.

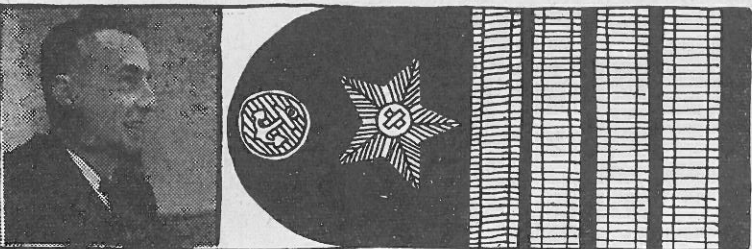
Persons interested in joining Toastmasters are welcome to attend all meetings.

For further information, contact CT1 Kenneth R. McColly of Second Division at Mil. 3544.



**TEEN CLUB RENOVATION** — Construction Electrician Second Class James A. Adams of the Public Works Department installs a light fixture in the dance hall area of the newly-renovated Teen Club located in the U.S. Army Hospital complex. Adams is one of approximately 50 Army, Navy and Marine Corps personnel who have volunteered their time in recent months to add many new facilities to the club which is open to teenage dependents and their guests in Bremerhaven. The Teen Club opened April 4.





The project to improve the heating systems in the Bachelor Enlisted Quarters of Buildings 9, 11, and 13 is now well underway. Building 9 improvements have been completed and work has begun in Building 13. When the latter is completed, Building 11 improvements will begin.

This project not only increases the number of radiators installed, but also increases the size of the supply lines serving the third deck heating systems. The lines previously supplying these radiators were too small and limited the amount of heat that the radiators could produce.

Procurement of furnishings for our BEQs is controlled by the Commander, U.S. Naval Security Group Command. A standard allowance of furnishings has been provided to us, and we have reported our deficiencies to COMNAVSECGRU. He determines the relative priority of the deficiencies at all Naval Security Group Activities and releases funds as they become available for use in the procurement of BEQ furnishings.

The principal items on our deficiency list for the BEQ are: desks, easy chairs, drapes, rugs, wardrobes, lounge furniture, washers, and dryers. At this time approximately \$25,000 has been made available to us, and items already on order include desks, heavy-duty washers and dryers, and rugs. In addition, drapes are being ordered as funds become available and more hall runners will be purchased. Furniture, including washers and dryers, must be shipped from the United States. Consequently, it will be several months before the orders are received.

The limitation on household effects shipments, that was proposed by the Commander, U.S. Naval Facilities and Engineering Command, is still "up in the air." We have appealed the decision and have received favorable endorsements from the Commander, U.S. Naval Activities, United Kingdom and from the Commander in Chief, U.S. Naval Forces, Europe (although I am presently pessimistic regarding final action on our reclama). However, until the matter is resolved, no special limitation is being imposed in Bureau of Naval Personnel orders.



**ROOM OF THE QUARTER** — Communications Technician Second Class David R. Wurst of the Communications Department had his room selected as the NSGA Bremerhaven bachelor enlisted "Room of the Quarter" for the quarter ending on March 31.

## Ombudsmen Host 50 Wives

Representatives of the newly-created NSGA Bremerhaven wives ombudsman program recently hosted approximately 50 NSGA Navy wives to "coffee and conversation" for the purpose of familiarizing the wives with the ombudsman concept.

The affair was held March 3 at the Staging Area Chapel Center and was sponsored by this command's four ombudsman representatives: Mrs. William D. Garner, Mrs. James L. Herrod, Mrs. William M. Sink and Mrs. Kenneth P. Royer.

During the meeting, Captain James W. Osmer Jr., commanding officer, explained the purpose of the ombudsman program and answered various questions that were raised by the wives.

An ombudsman is essentially an official who investigates organizational prob-

lems and makes recommendations.

The NSGA Bremerhaven ombudsmen meet periodically with Captain Osmer for the purpose of discussing various complaints and suggestions and to keep him informed of the viewpoints and feelings of this command's Navy wives.

The program was established here in December as a result of Z-Gram 24 in which Chief of Naval Operations Admiral Elmo R. Zumwalt instructed that an official direct line of communication be established between Navy wives and the commanding officers of the bases where their husbands are stationed.

Through an ombudsman representative, Navy wives are able to voice their complaints, viewpoints, and suggestions to commanding officers and base commanders.

## Sailor/Marine Of the Month



**CT2 Howard L. Mohler**

CT2 Howard L. Mohler of the Communications Department has been selected for the "Sailor-Marine of the Month" award for the month of April 1971. In CT2 Mohler's letter of selection, Captain James W. Osmer Jr. stated in part:

"You have been selected as the U.S. Naval Security Group Activity, Bremerhaven, 'Sailor-Marine of the Month' for April 1971.

"Since your arrival at this command in November 1968, you have shown yourself to be an exceptionally competent and conscientious sailor. You have displayed extreme proficiency and versatility in all aspects of your assigned tasks. You have become known as a zealous and completely reliable communications operator, whose technical expertise and enthusiasm have become a definite asset to this Activity.

"You have shown yourself to be tactful, courteous, and sincerely concerned with the welfare of your shipmates. These qualities have helped to instill a team spirit within your section that is most noteworthy.

"Through your exemplary standards of military department and appearance, you have maintained a standard for junior and senior men alike. The obvious pride you take in your uniform, coupled with your most commendable attitude, is in keeping with the highest standards of the Naval Service.

"I commend you on 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!

## Guess Who?



**GUESS WHO THIS IS** — This month's mystery guest photo was taken in Amagansett, N.Y. in 1942. The sailor pictured is now an officer at this command. Last month's mystery guest was CTCM Charles E. Koenig, the the NSGA Bremerhaven personnel officer.

# Focus on Faith

By Chaplain Ervin D. Ingebretson

## Religious Emphasis Week

Like adding more fuel to a fire, a special emphasis on what we believe and how we live our faith is stimulating and challenging. The community will have the privilege of participating in a "Religious Emphasis Week" this month and the Protestant Chapel congregation has contributed to help make it a success.

The Rev. Edward Washington, a moving, dynamic speaker, and Mrs. Washington, a talented musician, will conduct a "Preaching Mission" April 27 through May 2 at the Staging Area Chapel. Services will take place nightly at 7:00 and at the regular hours of worship on Sunday. Free nursery service will be available.

The Washingtons' ministry to the European area is to conduct meetings, youth camps, and conferences. Having their home in Kaiserslautern, Germany gives them an open door to work with American Forces. They minister in many military chapels and are frequently on the retreat staffs at Berchtesgaden.

They use their musical talent to help advance the Gospel of Christ. Mrs. Washington attended the Juilliard School of Music and plays the piano, organ, and accordian. The Rev. Mr. Washington plays the trombone and the tippie, a unique 10-stringed instrument. The Washingtons sing and accompany themselves on these instruments.

In the face of the problems and demands placed upon us, it is essential that we have a vital faith. This religious emphasis mission will enable us to seek this faith in God and to be strengthened by it.

## Navy Relief Society

Word frequently emerges to the effect that the people who should benefit from the Navy's "own" relief society have no knowledge of its existence. The fact that this organization administers a unique aid to Naval Service personnel and their dependents ought to be known by all who are eligible.

Since Navy and Marine Corps personnel and their dependents are often forced into abnormal circumstances by the exigencies of service life, the need for assistance in some form becomes a necessity. Recognizing the need for help, members of the Naval Service have created and sustained their own organization, the Navy Relief Society, dedicated to assisting fellow members when they find themselves in real difficulty.

The Society provides assistance in time of need to members of the Navy and Marine Corps and their dependents and to dependents of deceased personnel. As a relief agency, the Society is prepared to assist in temporary and emergency needs through financial assistance and counseling. It cannot assist for convenience, general welfare, or the satisfaction of personal aspirations. Consequently, assistance by loan or gratuity is predicated upon real necessity.

As a service to its constituents, the Society provides financial aid, consultation, information and referrals, layettes for newborn babies, loans for education, etc. All financial assistance is given without an interest charge.

The Navy Relief Society makes its annual call for contributions from May 4 through June 6 during the commemoration of the World War II battles of Coral Sea and Midway. When your keyman solicits your support, make it positive. Navy Relief is the Navy's own way of helping its "own."

## Luneburg Heath

One of Germany's most rustic, still extant rural areas is the dreamy Luneburg Heath, between Hanover and Hamburg. And its culture is captured at the Bomann Museum at Celle, one of the larger cities on the Heath. Of particular note is a farmhouse originally built in 1571 at Fallingbostel and moved to the museum some years ago.

The museum has rooms furnished in Early Victorian (which the Germans call Biedermeier), Empire, and other styles. It also has a section featuring an extensive collection of Hanoverian military uniforms from the period 1803-66. In addition, one section features Hanoverian history, depicting with documents and pictures the story of the Royal Family that occupied the thrones of both England and Prussia.

The museum, at Schlossplatz 7, is open 10 a.m. to 5 p.m. Monday through Thursday, 10 a.m. to 1 p.m. Saturdays and Sundays, and closed on Fridays. (Reprinted in part from "Focus On Germany.")



**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 S. L. MORRIS  
**EDITOR-IN-CHIEF** ..... JO2 J. E. DORMAN  
**PHOTOGRAPHER** ..... CT1 R. F. FRITSCH

The BREMERHAVEN WINDJAMMER is a monthly publication, printed by Stars and Stripes, Darmstadt, from appropriated funds in accordance with Nav-Exos 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 view 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. 3044.



## CAMPUS CARULE

BY

CTCS B. MOQUIN



Since a fairly large number of personnel here have already earned a bachelor's degree, I will devote this column to education on the graduate level.

Those of you intent on pursuing a graduate degree will more than likely be required to complete a series of tests known as the Graduate Record Examinations (GRE). The GRE are designed to help graduate schools appraise the intellectual abilities of their candidates and to help fellowship sponsors select the recipients of their awards. The tests offered are as follows:

**The Aptitude Test** is a 3-hour test measuring general scholastic ability at the graduate level. It yields separate scores for verbal and quantitative ability, both of which are important for success in graduate study.

**The Advanced Tests**, each three hours long, measure mastery and comprehension of materials basic to graduate study in major fields. No candidate is expected to be familiar with the entire range of subject matter covered by the test. The Advanced Tests emphasize basic concepts of their subjects and include questions requiring reasoning, analysis, and decisions based on one's knowledge of these principles. They are offered in the following areas: anthropology, biology, chemistry, economics, education, engineering, French, geography, geology, German, history, literature in English, mathematics, music, philosophy, physics, political science, psychology, sociology, and Spanish.

The Army Education Center here in Bremerhaven offers the GRE on three dates each year.

Anyone desiring further information on the GRE should visit the center (located on the second floor of Building 228) or phone Military 3690.

I am presently located on the second floor of Building 11 in Room 227. If I can be of service, please feel free to stop in and see me or give me a call at Military 3555.

## Company 'F' Round-Up

By LCpl J. R. Trunick

Sine there was no "Company 'F' Round-Up" in last month's "Windjammer" I'll begin this month's column with a wrap-up for the month of February.

February was highlighted with military instruction both for and by Company "F" Marines. Instruction was given to the Navy by the sergeants of the Company and dealt with the firing of the M14 rifle and the M60 machine gun. The course was designed to provide practical knowledge regarding the defense of a building during an attack.

With regard to training for Company "F" Marines, the Company's commanding officer, Major Arthur P. Finlon, has instituted a program of forced marches in order to maintain top physical condition in the Company.

To keep the mind in proper condition, a General Military Subjects Test was given to all personnel of the Company. The results of individual tests will be entered in the record books of personnel of the rank of corporal and below. The test aided greatly in establishing an average mark for this requirement.

Personnel inspection, which is always a part of a Marine's life, was held Feb. 5 by Major Finlon. This inspection was immediately preceded by the Captain's Inspection by Capt. James W. Osmer Jr., commanding officer of NSGA Bremerhaven. Two inspections in one day!

Promotions and awards also dominated February activities. Capt. Gilbert L. Nason, executive officer of Company "F," received the Navy Commendation Medal for "meritorious service" while stationed with SUB UNIT ONE, First Radio Battalion, Vietnam. Capt. Nason also received word that he has been selected for permanent Limited

Duty Officer (LDO) in his present rank. To celebrate his new-found security, he broke out a quarter and bought everyone in the Company office an ice cream sandwich. Let's hear it for the big spender!

MSgt Carl M. Stipe has really been taking over the promotion boards. He was selected by the LDO Board in Washington for promotion to the officer ranks as a second lieutenant. Congratulations to a deserving Marine!

Promotion ceremonies were also held Feb. 8 for LCpl Michael Melody who was promoted to his present rank on that date.

New arrivals at Company "F" include Cpl and Mrs. Carlyle W. Engelgau. Cpl Engelgau served with First Radio Battalion in Vietnam and holds the distinction of having been cited for a speeding violation — on the "Ho Chi Minh Trail" no less! What was your hurry, Cpl. Engelgau?

"Old" arrivals back to Bremerhaven were Sgt LeRoy A. Krohn who returned from TAD at Fort Devins, Mass. and GySgt Ronald E. Mattingly who completed TAD in Nicosia, Cyprus. "Gunny" Mattingly also had a few days leave in Greece before returning to Bremerhaven.

Departures from Bremerhaven included SSgt James S. Gooder who left for a school assignment at Fort Devins and Sgt Paul G. Sanchez who reenlisted for six years and chose as one of his reenlistment incentives Language School at Monterey, Calif. Good luck to both men.

"Off the Eve" bowling was big on the sports scene during February with the "Ball Busters" and the "Beer Crankers" taking the high series standing. The "Jek Cheez" are supporting the bottom.

## DDT Studied By Navy Lab

PORT HUENEME, Calif. (NAVNEWS) — Destruction of DDT in fields and waterways before it reaches the ocean and discovery of a substitute for the controversial insecticide are goals of a senior research chemist at the Naval Civil Engineering Laboratory (NCEL) here.

Dr. Harold Vind is testing DDT and 22 other related chemicals in an effort to develop a "biodegradable" substitute for DDT — one that will be sufficiently stable to function for a few weeks while doing its job, yet subject to chemical breakdown to non-harmful products before it accumulates in the oceanic food chain.

At the same time, Dr. Vind and James Muraoka, a senior biologist at NCEL, are trying to isolate microorganisms from pieces of wood that have been impregnated with the experimental pesticides and exposed to sea water. They hope to isolate microorganisms that might be cultivated on a large scale and then disseminated with the insecticides. This would lead to detoxification of the chemicals soon after use.

Dr. Vind says, "The Navy's interest in developing microbiological means to detoxify pesticides is logistically apparent. The Navy manages about 27 million acres of land and maintains more than 100,000 buildings."

He adds, "The Navy no longer uses DDT, but doesn't yet have a good substitute."



## New Re-up Requirement

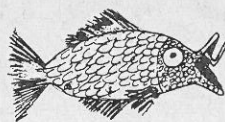
WASHINGTON, D.C. (NAVNEWS) — New reenlistment standards in the area of performance-trait averages will soon be effective.

The new requirement is that petty officers first class and below must have a 3.0 average in each trait in order to be eligible for reenlistment. For men who have less than eight years' continuous service, this will be effective July 1, 1971. For those with more than eight years of continuous service, the effective date will be July 1, 1971.

Requirements for an honorable discharge remain the same: a minimum of 2.7 average overall with a minimum of 3.0 average in the trait of military behavior.

Minimum marks for reenlistment eligibility and honorable discharge for chief petty officers and above remain as published in BUPERSINST 1616.7A.

## 'COMMENTS'



By Fisher

All was peaceful one morning last month when suddenly there arose such a clatter, everyone scurried to see who was the madder!

We arrived at CTC Melvin "Double Data" Norris's recently renovated center of influence, "The Zob Room." There was our AUTODIN Chief racing around his desk and giving his rendition of a Guamanian typhoon. He thrust a finger toward a piece of wire dangling from the recessed area behind the desk drawers.

It seems he had found his middle desk drawer ajar and had become highly perturbed when all attempts to open adjacent drawers had failed. Suspecting a faulty lock, he had removed the middle drawer for replacement and, consequently, discovered the dangling wire. He concluded someone had wired shut the drawers.

He though about initiating a recall, but decided he didn't want to get the CO in on this just yet. He also pondered calling NIS, but then they would only discover that everyone in the division had helped to rearrange the office. "Aha!" he thought, "I'll issue an 'N-Gram,' not just one, but a whole series of them!"

A few days later, CTC Joel C. Johnson returned from leave to find a frustrated Chief Norris prone under the desk.

"Whatcha doin' there," queried Chief Johnson. "Trying to fix this 1/8! 1/8 & 1/4 — 3/8 1/2 3/4 desk," replied Chief Norris. "It won't lock anymore."

"Tell ya what's wrong, ol' buddy. Someone's removed the wire I put there last year to connect up the locking rods."

Needless to say, Chief Norris's final remarks aren't for publication. Later, however, I heard him say "I think I'll take the family to London on an 'O' Branch boat."

Turning to other items, we received a new addition to COMM last month when CT2 Roland B. Ekstrom arrived. It's not every day we see an "R" Brancher converting to "O" Branch. He's about as rare as I am. Welcome aboard, Ro!

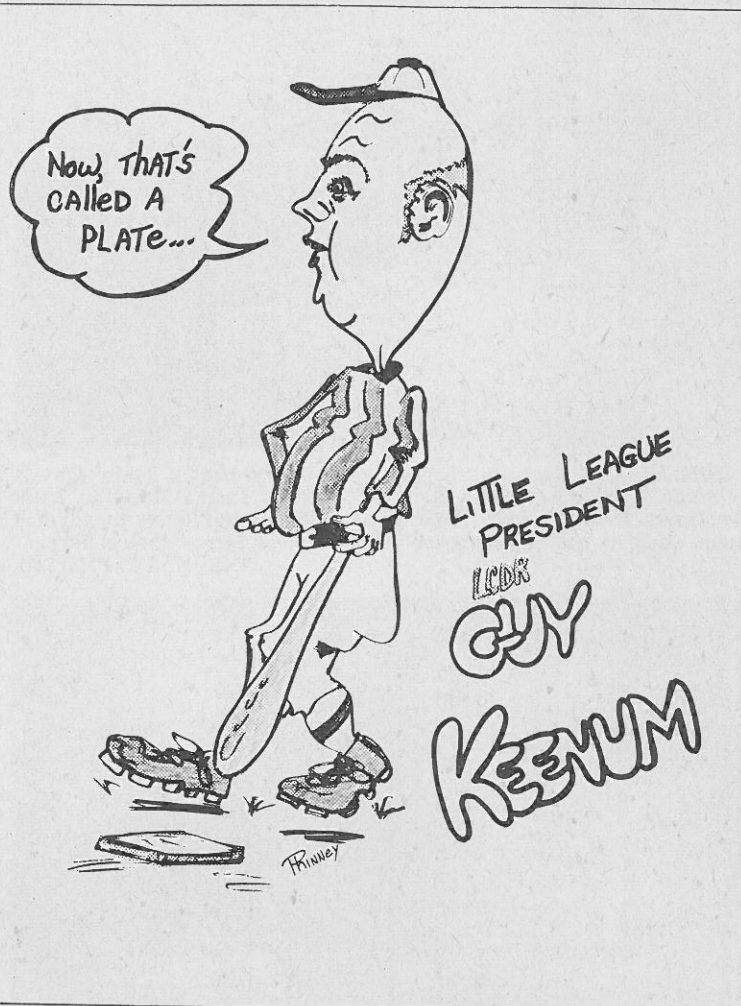
We received some younger blood in COMM recently when: CT3 and Mrs. Thomas H. McCormick became the proud parents of Heather Marie on Feb. 6; CT2 and Mrs. Allen D. Jackson became the parents of Rebecca Lynne on Feb. 24, CTC and Mrs. Joel C. Johnson became parents to Janalee Cindy on March 1; and Jeanne Marie joined CT3 and Mrs. Dennis M. Devaney on March 8. This has to be an alltime record for COMM! Four girls and no boys! Congratulations from the Communications Department.

Congratulations, also, to CT2 Howard L. Mohler on making "Sailor-Marine of the Month" and to CT2 David R. Wurst who received the "Room of the Quarter" award.

I assume all you readers are wondering who the fish is at the top of this column. Well, I've decided to change the end of my column and offer you a "Fish of the Month" from now on instead of the former "Smiler of the Month."

Not that there aren't any smilers left in COMM, but just the opposite. We have so many more that the fish are starting to expose their gills. So-o-o, CTC "G" "W" Screws Jr. has the honor of being the first "Fish of the Month," mainly because I fished him into drawing the fish for my article.

## Phinney-graph No. 3



LCDR Guy Keenum



# DRUGS—Their Variety And Effects

For the 10 to 20 million Americans taking drugs or alcohol as a way of life, there is almost no limit to the chemicals available to them to "turn on" or "tune out."

From the ever-present alcohol to the exotic new hallucinogens, from heroin to sleeping pills, it is a buyers' market.

Never before has there been a broader potential for the drug-seeking personality to find a chemical to meet his needs.

## Hallucinogens

Ancient man gave us a head start on the hallucinogens by discovering many of the main chemicals in plant life.

The "high" produced by smoking or eating the marijuana plant — Cannabis or hemp — has been well known for more than 20 centuries, and something very close to LSD is found in the fungus-produced ergot on rye heads.

The ancient Aztecs in Mexico discovered three groups of mushrooms which they named "toenanactl" (flesh of the gods) and used in their rituals.

One of the mushrooms contains psilocybine and found its way into the latter-day hippie communities of California.

Peyote, or mescal button, is part of a cactus which grows in the Southwest. It has been legalized by the U.S. courts as part of the rites of the 50-year-old Native American Church.

Certain types of flower seeds — another Aztec first — were found to contain LSD-like chemicals in the early 1960s.

Dozens of other plants, native particularly to South America and other tropical areas, contain true hallucinogens but they have not been imported to the United States.

The modern age of hallucinogens began in 1938 when a Swiss researcher, Albert Hof-

man, first synthesized LSD while looking for a headache cure. Five years later, he accidentally ingested some and the world was soon to learn he had discovered not a cure but a headache.

He described the effects in his laboratory journal: "I noted with dismay that my environment was undergoing progressive change. Everything seemed strange, and I had the greatest difficulty in expressing myself.

"My visual fields wavered, and everything appeared deformed as in a faulty mirror. I was overcome by a feeling that I was going crazy, the worst

combat sensations of cold, hunger and fatigue.

The main stimulants — the amphetamines and more powerful metamphetamines — were both synthesized in the 1920s and made available for medical treatment in 1930.

Among their legitimate uses include the treatment of some forms of mild depression, overweight, in fighting fatigue, as an aid to some pain-killing drugs, and to overcome the effects of a condition in which there is a compulsion to sleep.

With small doses, the amphetamine user is given a lift, the feeling of extra energy and his mood is one of well-being.

In a report in the World Health Organization Bulletin, a team of four doctors wrote:

"A unique feature of the amphetamines is their capacity to induce tolerance, a quality possessed by few central nervous system stimulants.

"Although tolerance develops slowly, a progressive increase in dosage permits the eventual ingestion of amounts that are several hundredfold greater than the original therapeutic dose."

Cocaine, another stimulant which causes amphetamine-like reactions, is not physically addicting, although an opposing belief is held by many in the drug enforcement field.

Leading to this misunderstanding is the popular practice among addicts of taking a heroin-cocaine mixture — "speedballs."

Cocaine unmasks psychotic tendencies and gives the user a feeling of great muscular and mental power, frequently causing him to overestimate his capabilities.

According to the World Health Organization, "Cocaine is probably the best example of a substance to which neither tolerance nor physical dependence develops and with which psychic dependence can lead to a profound and dangerous type of drug abuse."

## Depressants

Dependence on the barbiturates and other sedative drugs form one corner in the triangle of depressants — the other two are alcohol and the opiates, such as heroin.

In the field of medicine, the calming effects of the drugs have proved particularly effective in controlling the symptoms of many groups of mental patients.

There are four types of barbiturate abuse:

- Persons who use the sedative effect to deal with emotional stresses, sometimes carried to the degree of almost total oblivion and semi-permanent stupor. This is most common in adults.

- Paradoxically, in some people, the drugs seemingly stimulate and excite by lowering inhibitions.

- Some take the barbiturates alternately with stimulants, soaring and plunging to wild extremes emotionally.

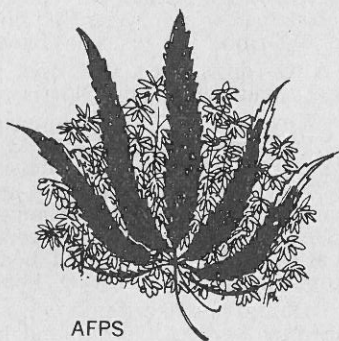
- Barbiturates also are taken with alcohol and the opiates for even greater sedation.

Barbiturate dependence is generally seen in people who lack the personal resources to deal with feelings of guilt, depression, anxiety and a host of other problems.

It is an escape which becomes, with heavy use, a physical addiction in addition to a psychological dependency.

## Narcotics

Narcotics (a legal term, not



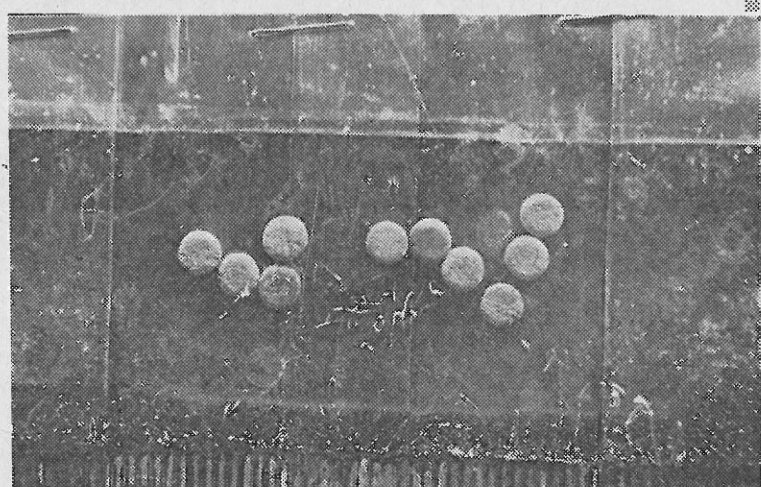
part of it being that I was clearly aware of my condition."

Many of the symptoms of LSD are the same that make up the clinical picture of schizophrenia — particularly a "depersonalization," loss of a sense of personal identity.

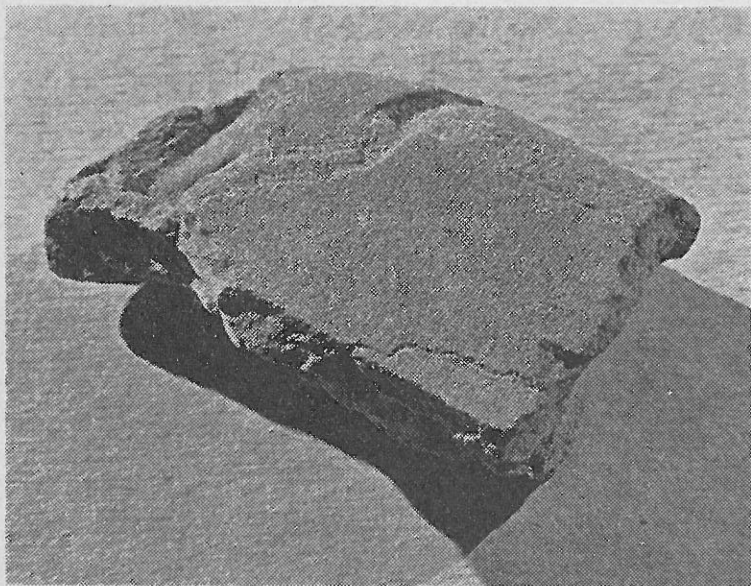
## Stimulants

Like the hallucinogens, central nervous system stimulants have been around for a long time.

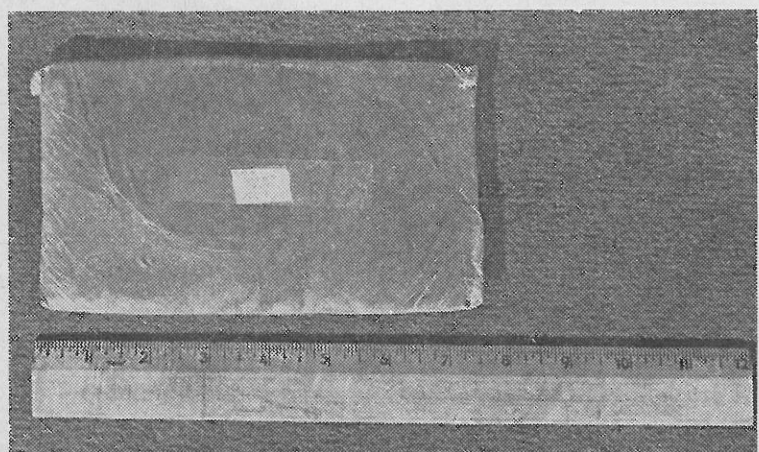
Cocaine, for example, comes from the coca plant — not related to the cacao bean from which chocolate is made — which the Indians of the Andes have chewed for centuries to



LSD—Lysergic acid diethylamide (LSD) is derived from ergot, a fungus that spoils rye grain. Top photo: LSD in tablet form. Below: (clockwise from top) LSD, marijuana, hashish in sheet form, and (center) hashish in block form. The pen shows the relative size of each item. (U.S. NAVY PHOTO)



HASHISH — Hashish or "hash" is the dark brown resin that is collected from the tops of potent Cannabis sativa. It is at least five times stronger than marijuana and can be found in several forms such as the block (top photo) or sheet forms shown here. (U.S. NAVY PHOTO)



a medical concept) are generally considered to include the opium products such as heroin and morphine.

The attraction of the opiate drugs is the feeling of well-being they produce.

But when the effects of a "fix" wear off, fear, anxiety and tension return as the user

two-sided psychological problem.

Opium use, heavy in other parts of the world, is very slight here, although it was popular around the turn of the century.

Youngsters sometimes experiment with codeine cough syrups and paregoric, but these are no longer as freely available as they once were.

Injected paregoric causes major skin ulcers due to its impurities.

One of the dangers in the drug world is that there is little "quality control" of what is sold on the streets.

Marijuana is sometimes mixed with the more potent hashish or even heroin. Some pot sold to youngsters has been soaked with formaldehyde for an extra "kick." This tends to attack and destroy vocal cord tissues.

LSD may be "as advertised," or it can be any of the other hallucinogens substituted.

Particularly with the hallucinogens and amphetamines, the user may have a "good" experience one day and yet "freak out" on an identical dose taken the next day.

Drug-taking, say the medical experts, is like a deadly game of Russian roulette! (American Forces Press Service)

Editor's Note: The above article is reprinted courtesy of "The Detroit News."



worries about getting his next fix and the money to pay for it.

Withdrawal from heroin is accomplished fairly easily, with more psychological than physical distress, and the process is rarely threatening to life.

However, simply taking the addict off heroin does not even approach a cure because of the



# Sports Corner

By CT3 D. M. Devaney

Although the weather in Bremerhaven continues to be the usual cloudy, rainy, and cold drabness, there has been a change of seasons on the local sports scene since the last issue of the "Windjammer."

The 1970-71 basketball season reached its climax with Bravo Section, the Port City Champions, journeying south to Mannheim to participate in the U.S. Theater Army Support Command, Europe (TASCOM) Championship. In a field of teams that included representatives from all parts of Germany, LCDr James E. Carroll's Bremerhaven contingent faced a demanding schedule. In their first contest in the "two loss and out" tournament, Bravo was pitted against the Mannheim MPs. In a physically tough game, the Bravo team played Mannheim to a stand-off during the early going, but saw the strong MP squad gradually pull away to a 93-79 win. Mannheim went on from this victory over Bravo to an undefeated tournament record and the TASCOM crown.

In second round action, the Bravo team, powered by a balanced scoring attack with strong contributions from CT3 Daniel R. Rogers, CT2 Allen D.

Jackson, CTSN Larry G. Vanderschaaf, and CT3 John H. Stewart, broke open a tight ball game in the final minutes to tally an 87-76 victory over 105th Finance.

The third night's match lined Bravo up against KAD of Kaiserslautern. After trading baskets with the "KAD Five" during the first half, Bravo came out for the second half tip-off with cold shooting eyes and fell behind. A late rally fell short as Bravo was eliminated 73-67.

CT2 James L. Fleishman was outstanding on both offense and defense, leading the team in both categories in the losing effort.

March also saw the wrap-up of the Captain's Cup bowling league. The Navy title was captured by the Officers-Chiefs team of WO-1 Leo J. Killen, CTCM Lloyd K. Byrd, CTCM Joel H. Martin, CTCS Martin D. Hockett, CTCS James H. Pearce, CTC William R. Martin, CTC Scott L. Morris, and CTC LeRoy L. Reinitz. After a hard-fought season, the O-C keglers edged Bravo and the Day Workers.

The completion of Captain's Cup bowling has altered somewhat the total standings for all CC com-

petition. The revised standings are as follows:

Team	SB	G	FB	HB	PB	BB	BTH
Bravo	90	100	60	14	0	80	90 434
Delta	80	80	80	22	0	100	50 412
D-W	40	100	90	0	0	70	110 410
Co. F	70	90	70	20	16	60	70 396
Alfa	100	50	100	0	0	50	50 350
Charlie	70	0	50	0	18	100	90 328
O-C	50	60	0	20	28	0	120 278
MSC	0	0	0	12	0	0	30 42

(Sport abbreviations used above are: SB—softball; G—Golf; FB—Football; HB—handball; PB—paddleball; BB—basketball; B—bowling.)

In a special Port City roll-off, the top three Navy league teams met the top three Army league teams to decide the Bremerhaven championship. After a 6-hour, and 50-minute marathon, the young breed from Bravo and the older generation O-C team took things down to the wire. The game was not decided until the last frame of the ninth and final game. Bravo's bowling team, following the lead of the Section's basketball team, stayed tough in the clutch and captured the Port City title by downing the O-C team by only four pins.

The Bravo effort was paced by CT2 Johnny L. McDonald who rolled the team's high game of 243 and by the consistent scoring of CT2 John M. Bidne who averaged 185 for the 9-game run.

Bravo had a high and low team set of 933 and 770 while the O-C team ranged from a high of 978 to a low of 760.

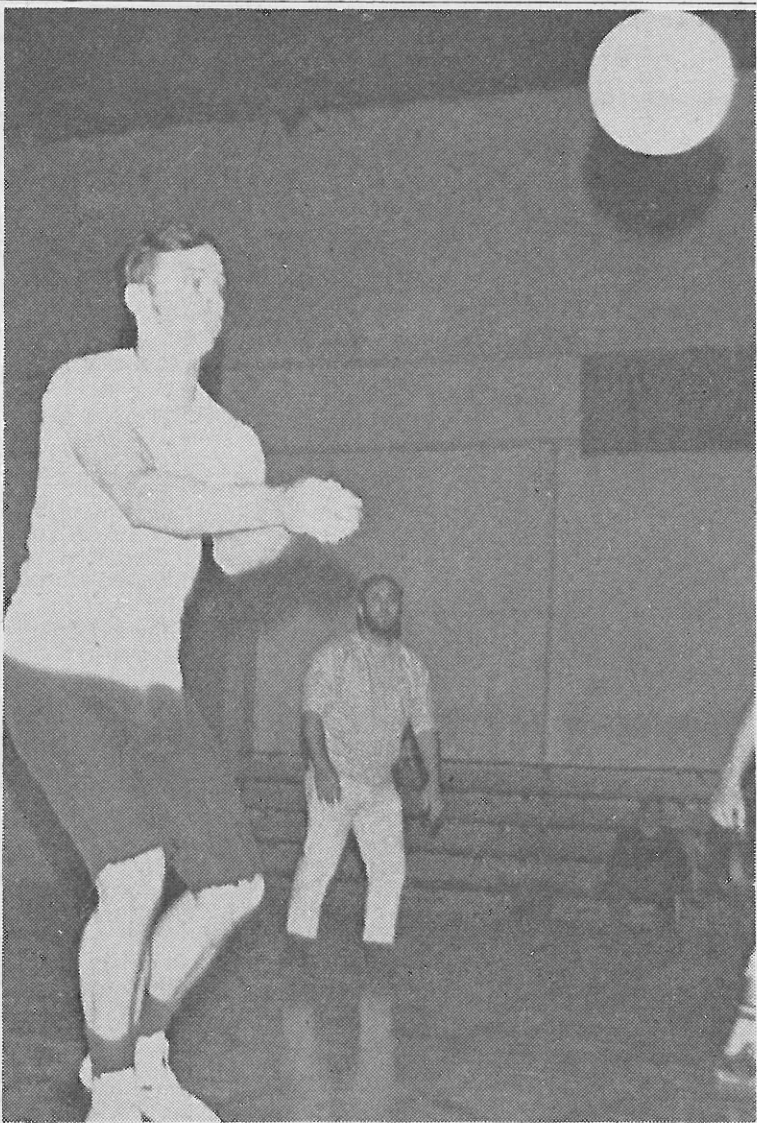
In other developments on the Bremerhaven sports scene, action in the volleyball tournament continues as a going concern with the finals scheduled for the next few weeks. Perhaps the biggest news on the horizon is the upcoming softball season. At this writing, a decision is still pending on a possible combined Army-Navy-Air Force league. But, in any case, at least 10 rosters have already been submitted by Navy personnel. More on this and other news next month.

## Navy Graduates Drug Specialists

The first class to complete the Navy's newly-created drug abuse control training program graduated on April 1 after completing the 4-week program at the Naval Training Command, San Diego, Calif.

The trainees study theory of drug abuse for three weeks, then work for a final week with the police narcotics squad of San Diego, Los Angeles, or San Francisco. The 20 graduates each month are then assigned as instructors to major commands to carry out the Navy's ongoing program of drug abuse education.

Applications to enroll in the course and eventual assignment as Drug Abuse Education Specialists should be made via the individual's commanding officer to BUPERS (Pers B2021).



CHARLIE SECTION — CT2 John D. Bonnell of Charlie Section keeps the ball in play during Captain's Cup volleyball action on April 1 against the Bravo I team. Bravo I took the match by winning the first two games of a possible three. Charlie Section player in the background is CT2 Ernest J. Babin Jr.

## Navy/Marine League Bowling

By CTC W. R. Martin

The Tuesday night Navy-Marine Winter Bowling League completed its 24-week "double round-robin" season on Feb. 23.

The "Mooners" team ended the league in first place with a 73-23 win-loss record. Second and third places respectively went to "Bravo II" with a win-loss record of 60½-35½ and "CPO I" which had 56 wins and 40 losses.

The other nine teams placed as follows:

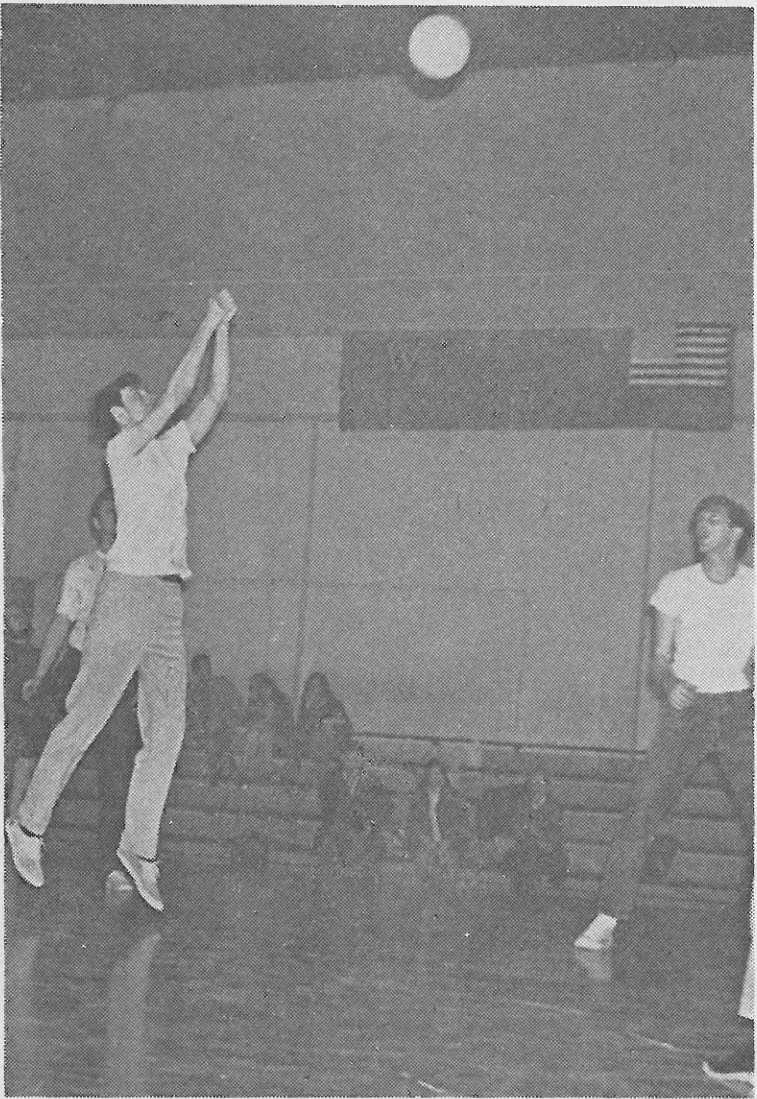
"Hamburgers" (56-40); "CPO II" (50½-45½); "Absurdities" (50-46); "Company 'F' II" (47-49); "Sealifters" (46-50); "Company 'F' I" (43½-52½); "Bravo

I" (35-61); "Degenerates" (29½-66½); and "Bier Burgers" (29-67).

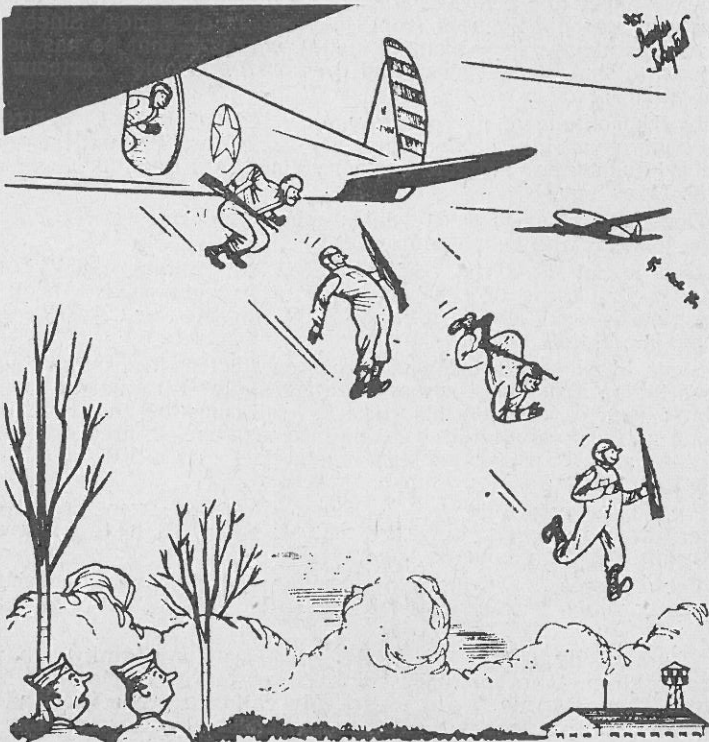
Individual standings are as follows:

1st Hi Average	R.Thomas	183
2nd Hi Average	J.Martin	178
1st High Series (Scratch)	D.Stark	654
2nd Hi Series (Scratch)	L.Reinitz	653
1st Hi Game (Scratch)	R.Thomas	267
2nd Hi Game (Scratch)	C.Michalski	266
1st Hi Series (Handicap)	D.Madison	652
2nd Hi Series (Handicap)	R.Rugg	646
1st Hi Game (Handicap)	R.Blair	262
2nd Hi Game (Handicap)	W.Martin	250
Most Improved Average	Vlasblom	*6.487

For those of you who like to bowl, please keep in mind that the next Navy-Marine Winter League will be getting started in September. Now is the time to start thinking of getting a team together.



BRAVO SECTION — Sending the ball aloft for Bravo I is CT2 Ronald L. Whitby during April 1 play against Charlie Section, as teammate CT3 Walter J. Pressnell looks on. Bravo took the first two games for the match with scores of 15-11 and 15-13.



"They say they don't need any parachutes—they're Marines!"



# The Big Beat

By SSgt David B. Stewart

Just when I was thinking that someone "up there" had forgotten me, lo and behold, relief appeared in the form of a young man by the name of Specialist Robert M. Cohen, the newest "pronouncer" addition to the AFN Bremerhaven staff.

John arrives from the Bronx (sometimes pronounced Bwonx), New York, and he is already elbow-dep in work. He holds a bachelor's degree from Rutgers University, and his arrival on the scene caused Sergeant Daniel "Toby" Kirby and me to heave a great sigh of relief.

This month I would like to take a closer look at some of the artists that are currently on top of the music scene.

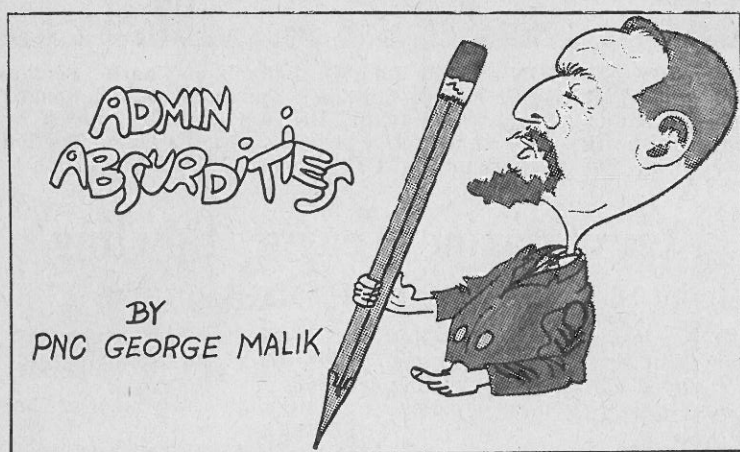
In the world of hard rock, John Mayall has reunited many of the now famous musicians who previously performed with him. His forthcoming double LP is entitled "Back To The Roots" and will feature Eric Clapton, Mick Taylor (now with The Rolling Stones), Jerry McGree, Harvey Anel, Larry Taylor, Steve Thompson, Keef Hartley, and Paul Lagos. Mayall toured Europe in March with Randall's Island.

Elsewhere on the LP scene, there was a brand-new package released this month from Detroit called "The Motown Story" and it could just have correctly been named "The Success Story." "The Motown Story" is a 5-record set chronicling the phenomenal success of that company over its first ten years of existence. Fifty-eight cuts are contained in the set ranging from Brett Strong's "Money" to the Diana Ross hit of "Ain't No Mountain High Enough." Other artists that are represented are Smokey Robinson, Marvin Gaye, The Four Tops, Stevie Wonder, and the Jackson Five.

The Partridge Family is currently riding high both on TV and discs. Their latest LP, "Doesn't Somebody Want To Be Wanted," sets the pace for an assortment of tunes which are sure to find a ready welcome among the group's millions of fans.

Well, that about wraps it up for this edition of the "Big Beat." Have a good month and I'll be back in May when, hopefully, we'll have some nice weather and sunshine.

windhammer page3 22 cic center



Trials, errors, and frustrations are integral parts of our everyday lives. Accordingly, it is always good to have some harmless outlet through which our pent-up hostilities may be released. Psychologists call this displaced aggression and I would imagine, if the truth were known, some of us have some surprising outlets for our hostilities.

For example, can BM1 Lloyd "Saint" St. Amant shed some light on why he goes down to the Chief Master-At-Arms storage locker in the Keller of Building 11 and turns on AFN's "1505 To Nashville," with the volume up full blast? He must surely know that the Chief Master-At-Arms strictly forbids country and western music in any of the "Boat's Force" spaces.

Most people who know CT1 Richard L. Phinney, know him as a master paper and pen impressionist. He has an uncanny ability to draw a person's likeness from just one brief glance. Since his drawings always show exacting detail, why is it that he has been known to shut himself away and draw "stick people" cartoons of Naval Reservists?

In the solitude of his quarters, does CWO-2 Lyle I. Westrom gleefully count his overdue library book notices? I've noticed that he is much more amiable since reading "A Friend Is Someone Who Likes You."

Does YN3 Charles O. Reynolds spice YNC Harmon H. Day's pipe tobacco with beard trimmings?

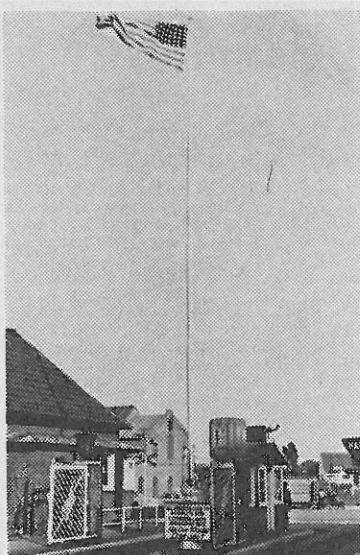
Has anyone read the book "What Makes Sammy Run?" We have a first class CT "A" Brancher who could write a book. I imagine he would entitle it either "T.C. And Me" or "The More I Run, The More I Gain."

Some of us even rebel against our own edicts. Guess who was seen taking a short-cut across the quadrangle? I'll give you a few hints: They say he gets his kicks by confusing the guards at the main gate who must match his picture with one of three different cars — a jazzy pea-green Mustang, a pale, faded VW, or a jet-black, official U.S. Navy sedan.

We adults would do well to take a few tips from the "wee ones" with respect to releasing our tensions. All it takes is an uncomplicated imagination.

For example, my 8-year-old daughter wrote a paper in school recently which was entitled "I Am A Jelly Bean." It went like this:

"I am a jelly bean. I live in the school with my family. I have two children. I am red. My children are black. I love my children. They love me. I am a girl. My children are a girl and a boy and we live together. We are in school now. I smell like a jelly bean. I look like a fine Easter egg. My children look like fine Easter eggs. One day my child said, 'Why do we look so fine?' I could not answer that so I said, 'Because you look so fine.' Then after I said that, a girl ate us up. The End."



**LOOK FAMILIAR?** — If an American flag flying over the main gate of the German Marineschule looks out of place, it's due to the fact that this photo was taken in 1955 before the base was returned to German control. (Photo courtesy CTCM C. E. Koenig)

## Matmen Madness

By "Jake the Snake"

April is here; can spring be far behind? Old timers here know that spring won't come until June if it comes at all. Some of the old "farm boys" in the Electronics Department have scoped out the ground hog for his shadow to determine the arrival of spring. On Feb. 2 I saw CT3 Dennis W. Hebdon crawling around the golf course looking for ground hogs.

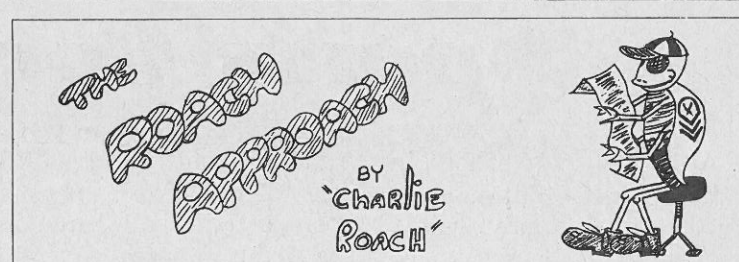
All of us city slickers in "E" Division know of an easier way to determine when spring is on its way. We know spring isn't too far off because CTCS Donald R. Loveless has shed his winter coat of face fur.

Well, the results of the February advancement in rating examinations have been posted and, if you are planning to participate in the August exams, the time to start preparation for them is now. Remember that the summer also includes a field problem and infantry training which we all enjoyed so much last year (yech-h-h!). Thos of you prone to shell shock might not recover in time to study for your exam.

A Mat-wives get-together was held last month at the home of Mrs. Dennis J. Clementz. All who attended got the chance to meet the new Division wives. It is hoped that this kind of activity among our wives will continue in the future.

A new incentive for making E-7 has been created. If and when you make "the hat" you will become eligible to smoke cigars, cigarettes, or a pipe in Room M-3. I understand that this will be officially promulgated at a later date under the classification of career incentives.

Did you know that: CT2 Wayne H. Seely gives frizzbee lessons during eve watches . . . or that CT2 and Mrs. Daniel J. Zywicki are expecting a new addition to their family in October . . . or that CT2 Robert M. Orr Jr. and CT3 Daniel Bramble inspect the burn bag in the shop before and after each watch . . . or that the only way to trap CT1 Leon H. Piottter is to sprinkle salt on his shoulder . . . or that CT2 Serio J. Rossi Jr. speaks German with a French accent . . . or that LCdr Donald D. Hands has enrolled in "Seely's School of Frizzbee, but CT2 Seely is the one who is benefiting from the lessons?



In a rapidly changing military world where the emphasis is on the theory "Here today, gone tomorrow," there is one element which continues to hang on to tradition and has changed little since Hammurabi crossed the Alps way back when; that element is The Military Policeman.

Being a well-traveled roach, I have watched these benevolent men, whose strength and aspirations to glory are found in that little metal badge on the chest, or in the armband. Their duties are so varied that, while today he may be found protecting the female troupe of a USO road show, tomorrow he may be out patrolling a lonely, ice-covered road on some remote military reservation.

Since their comrades are reluctant to do it for them, all the wonderful yarns of glory of military policemen are recorded in their own logs. After all, someone has to toot their horn.

In my days of military service, I never could understand why I couldn't be lucky enough to catch the red-light district patrol in exotic Port Watchamacallit instead of the lousy pier watch or the butt-kit cleaning detail.

When I read the qualifications for police duty in the military service, I expected to see such fine adjectives used as "devotion," "dedication," "motivation," "tact," and so forth. Instead the manual listed one qualification — "volunteer."

One example of the outstanding devotion possessed by a military policeman can be found in the record of a certain Marine now attached to NSGA Bremerhaven. The record reads, believe it or don't, as follows:

"It was a steaming hot night and the rain had drenched everything and everyone. In the jungle not 20 yards from camp lurked the 'Charlies.' The V.C. do not make a great number of attacks at night in this area due to the tight perimeter employed by the Leathernecks, but when dawn comes, look out!

"Our Marine in question is sitting in his truck waiting for that first ray of sunlight when he knows he will be making a run up the 'Ho Chi Minh Trail.' He's ready: a bazooka in his back pocket, grenades strapped to his ankles, a .45 in each shirt pocket, and several Claymore mines dragging behind him.

"Finally it comes, that crack in the purplish dawn. His quick fingers hit the ignition switch and his foot falls heavily on the accelerator. Letting loose with all the vehicle has, our Marine heads up the Trail for a rendezvous with fate.

"Not far from camp he meets fate. Military Policeman PFC James Fate, that is, who has been lurking behind a rubber tree with ticket pad and pencil in one hand and gripping his motorcycle throttle with the other. The MP, hitting his siren, immediately pulls in behind our Marine and motions for him to pull over.

"After handing the bewildered Marine a ticket and a lecture about the seriousness of speeding on the trail, the MP heads on down the Trail in search of another wicked speeder."

I wonder if the MP ever had any trouble getting the VC to "pull over?" Well, you'll just have to ask Cpl Carlyle W. Engelgau the answer to that one, since he was the Marine in question.

Now the facts may have been stretched a bit, but the record still shows a speeding ticket issued by a U.S. Army military policeman to Cpl Engelgau — on the "Ho Chi Minh Trail" in Vietnam. You just can't win!



**MISS WINDJAMMER** — April's "Miss Windjammer" is lithe-some Cheryl Frassa, shown here lounging in a Las Vegas swimming pool. She apparently needs no lifeguards. (Las Vegas News Bureau Photo)