

SPEAR

POINTS

PUBLISHED  
BI-MONTHLY

SPEAR  
FOR  
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VOL. 2 NO. 20

20 SEPTEMBER 1960

# CONGRATULATIONS

NEWLY ADVANCED PERSONNEL



# From The Captain



There are two areas where we on L.Y. SPEAR need to take immediate and continuing action. They are in the areas of SAFETY and DAMAGE CONTROL.

Because we have a safety team does not mean that the responsibility of all hands to follow safety procedures is reduced. The Safety Team's job is to assist us and assist you. Safety starts with each individual on the ship operating equipment or doing work in accordance with approved procedures and using proper protective devices or clothing. We owe it to ourselves and other dependents to be alert to ensure we are aware of violations a safety rule or procedure. L.Y. SPEAR will only be a safe place to live, work and serve on when safety becomes everyone's job. To think accidents only happen to someone else is the first step in attitude which could lead to injury, disfigurement or even death. Let all of us put safety at the top of our daily priority list.

The area of Damage Control is another difficult task on L.Y. SPEAR. Damage Control equipment and crew training is an all hands responsibility and just that of DC Division and the departmental/Divisional DCPNs. Like safety Damage Control requires constant work by all hands to maintain equipment and training standards/crew lists to start when a casualty occurs.

I believe that a higher level of awareness by all hands is urgently needed NOW for L.Y. SPEAR to reach and maintain adequate safety standards and Damage Control readiness.

\*Of several uniform items and an officer exposed to a minor head lye splash the US Navy destroyer WAINLEY, all except the officer equipped with superior attire. According to navy officials, the related men were protected by a degree by their plain cotton uniforms, while the officer, clothed in a more fashionable 100 percent double-knit polyester ensemble presented among higher ranks, ignited instantly and was forced to death as his permeation-based uniform melted around him. AP contributed by Christopher Smith.

The SPEAR POINTS is an authorized official publication of the USS L. Y. SPEAR (SS-564). The contents and news content of the publication are not necessarily the views of the Department of Defense, the Department of the Navy or the Command and should not be considered as such. The SPEAR POINTS is published bi-weekly for the crew every two weeks, and is printed in the L. Y. SPEAR print shop with non-proprietary funds in accordance with NAVYFAC P-3. We solicit items of interest from the Officers and Crew, but reserve the right of editorial control. SPEAR POINTS receives material from the Annual Forces Press Service and materials obtained by the AFPS may not be reprinted without written permission of the Annual Forces Press Service.

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# DEADLINE

The deadline for submitting news articles to this office for publication is the first and third Fridays of the month. If you want news from your division or special interest stories to be included in the paper, please have it in the editor's office at least two to three days before the deadline.

The SPEAR POINTS Staff welcomes and encourages any input from the crew to be edited, reviewed and printed in future issues. Any human interest stories, special events or something original the poetry will be accepted. Please keep articles short, clear and informative.



## S.M.L.

Each fiscal year every step in the store is subjected to the Supply Management Inspection. SPEAR'S Supply Department was inspected during the week of September 14 through 18. The department is judged as how well they provide services and abide by the laws set down for all supply departments. The inspection was held by the Force Supply Officer or CONSULANT for the Commander of Submarine Squadron 213.

There are three categories in which discrepancies can exist:

1. MAJOR
2. MINOR

3. Discrepancies collected during the inspection.

We were observed in our manner of uniforms as a whole and noticed outstanding marks in all areas. We had the lowest category count found on any CONSULANT leader for the fiscal year 1982.

In 1978 when we came out of the yards we were given an unsatisfactory and had to be re-organized. Great strides have obviously been made in corrections and betterment of our supply department, because this year we were the best in the fleet.

We were commended in our food service abilities and for winning the Nap Award for being the No. 1 Large DOD school.

This inspection became a primary factor in earning the Supply Efficiency II which in turn is part of the determining factor in the SPEAR being awarded the Battle II.

Congratulations Supply Department for a job well done!

## SPONSOR CLUB

The L.Y. SPEAR Sponsors Club will be meeting at 1900 in the Hobby Shop at 808 every second Wednesday of the month.

Members of the club would like to express their appreciation and thanks to all who participated in the Homecoming Rally. They will be holding a special Homecoming Sale and set sale on board October 28, 1982. The price for the set sale will be only \$1.00.

A meeting is being planned to get volunteers to help with a special children's Christmas party for the children of SPEAR command. If you are interested in helping get your kids together with others from the ship to meet old Grand Ma, further information can be obtained from the SPEAR POINTS office 413.

Men are always welcome in attend all meetings. Welcome to our SPEAR from the Sponsors Club!

## FIND FAULT WITH A CHILD LONG ENOUGH AND HE'LL FIND FAULT WITH HIMSELF.

Emotional abuse is a form of child abuse much more insidious than it sounds. It waxes children's minds and creates mental problems that will affect them the rest of their lives. Thousands of children are emotionally abused every year, as are thousands who are physically and sexually abused or neglected. It's not hopeless. Most child abuses can be helped. We know what to do but we can't do it alone.

**Abused children  
are hopeless.  
Unless you help.**



**SPEAR CARE-COUNTRY**

A country group called the BACKGARDEN BOYS was formed on board L.Y. SPEAR during our recent Indian Ocean exercises. It's members came together as a means of education and also because of a mutual enjoyment of country (Hilligoss) music.

Upon SPEAR'S return to Norfolk, the group remained together and showed a tape of their music to the NAMS Marine White Mountain Country Band Command just for fun. They were quite surprised to learn that they were selected as one of the five bands to perform at this year's Virginia Beach King Neptune Festival on the 27th of September. The prize consist of NBC Dancy on (rehearsing) poles, 50000 Books on (rehearsing) traps, 100 Eggs on (rehearsing) poles, and LCDR Thompson on (rehearsing) guitar. Continued good luck from L.Y. SPEAR to our own BACKGARDEN BOYS.



# A CLOSE LOOK

## BY BRYANSON SPICER

The largest division on board SPAR is R-1 division, with nearly six people assigned. The Department Head is Commander Norstrom and their Division Office is Flight Control. BTC Bolten is the Division Leading Chief.

Several different shops make up R-1 division, among them is 11-A, better known as the Environmental Shop. BTC Lane acts as Work Center Supervisor and BTC Miller serves as his assistant. 11-A shop is tasked with the job of fabrication and manufacture of brackets and sheet metal fixtures and any other items along these lines needed by the submarines. Most of the time this shop, like most of the others in R-1 work round the clock to give adequate service to the submarines. These people are faced with a tremendous work load, as this very vital department of talented and motivated workers spend many extra hours ensuring their tasks are completed.

The Lugging and Thermal Insulation Shop, 11-B, lag steam pipes and are qualified asbestos abatement and meet environmental requirements of maintaining insulation. BTC Fife is the Work Center Supervisor.

This shop is essential and production of a twenty four-hour team to support lugging requirements for all MA work. Their chain of command was called while in the Indian Ocean. They were given the maintenance of replacing the latrine's fan motor. This required being on shift work, interrupting liberty call and working many extra hours. A letter of appreciation was given by the Captain for their professional performance and support.

The Pipe Shop or 16-A, involves high pressure pipe welding, fabrication and testing of pipe systems. They were also very instrumental in submarine upkeep and repair while in the Indian Ocean, which earned them individual letters of appreciation from the Captain.

30-C is the Plating Shop and Hydrostatic test shop. 11-A's Work Center Supervisor is BTC Blanton and they are the Ship Fitters Shop. This group is responsible for fabrication, and repair of all plating on hull structures for submarines. This job includes the manufacturing of supports, brackets, plating installation with 1/8" to 2" plate metal. This shop was also very instrumental in the upkeep of submarines during our stay in the Indian Ocean.

Keep up the good work. R-1, we now realize your importance and appreciate your job!



# DENTAL DIRECTIONS



There is a direct relationship between diet and tooth decay. Eating excessive amounts of fermentable carbohydrates, especially sugar, is a direct invitation to tooth decay. These carbohydrates are especially harmful if they are eaten in sticky forms (sticky) that adhere to the tooth surface.

Bacteria in your mouth quickly turn sugar into acids that attack tooth enamel. Each time you eat a sugar-rich confection, your teeth are attacked by acids. Therefore, the less frequently you eat these foods—the less tooth decay you will have.

If you wish to reduce decay, cut down on sugar-containing foods in your diet. If you do eat a sweet occasionally, brush your teeth immediately afterwards to remove as much sugar as possible before the oral bacteria turn it into acids. If brushing is not possible, rinse your mouth thoroughly with clean water.

W. S. BARRETT  
D.D.S., M.S.D.

## GET SMART

Education is the key to your future. Watch for the "GET SMART" corner in both young issues of this newspaper. Details, facts and everything you wanted to know about education but didn't know who to ask.

## FAMILY CAR SAFE IN LIGHTNING

WASHINGTON (WNS) . . . No place is absolutely safe from lightning, but being in an enclosed car is your best bet, according to an expert with the National Oceanic and Atmospheric Administration (NOAA).

Meteorologist R. Michael Magill, a specialist in severe weather occurrences with NOAA's National Weather Service, says that lightning that strikes an enclosed car usually travels along the outer metal skin of the vehicle and then jumps to the ground.

He emphasized that you are not safe from lightning because they are insulated from the ground by their rubber tires. "Believe me—the misconception, by itself, could lead some to think they're safe from lightning because they're wearing rubber-tired shoes."

No so, according to Magill. A person in a car is not protected by insulation, but by the vehicle's shell which diverts the lightning's killing energy.

## WHAT IS AN ORCHIDARIANT?

Acting as a liaison between orchidists and women on ships and their families with their command, the Orchidarians are of great help in many ways.

When serious people encounter problems with their charts, medical, housing, mail and almost any other area, or difficulties you or your family might have, you can turn to the Orchidarian organization for a helping hand.

Meetings are held the first Thursday of every month at SP-17 Building across from the Officer's Club (starting again). They last for about two hours. President Bonnie Gandy invites you and/or your spouse to come out and learn from the speakers featured each month. You will find the speakers always armed with information to help you and your family.

There's really a free day each month is offered in May and September. In the last seven great speakers were from the Red Cross, Portsmouth Hospital, There were classes on legal problems, child abuse, historical sites, and the GAO program. What to do in the case of a serviceman's death, family claims, etc.), and other informative and helpful subjects.

For more information or for help call Ms. Doris Gray at 444-2178 or Mrs. Waller at 444-4262.



## LET SPLASH ORCHESTRAL BAND BE LOOKING FOR YOU!

This spring the SPLASH started an instrumental band to give two important functions: to give people who played some sort of instrument the opportunity to "make music", and to provide a band for some events in the local area. The instrumental band played at we call for Stage Events, and at we-come home. It also presented the National Anthem on the 4th of July eve! The IMC knows people through it was a happening, it was real live music!

Thursday, 30 September 1980, the SPLASH BAND plays for the decommissioning of the USS CLEMSON (AG-16). BUREAU SIX has expressed an interest in having the band play for sub arrivals. Other possible opportunities for future activities.

Right now the band needs musicians, especially sax, trumpet, and brass players, and drummers. You don't have to have played in the last few years. Several of our members picked up an instrument they hadn't played in quite a few years. If you would like to be a part of our band get in touch with Captain Miller at extension 441.

## FROM THE MEDICAL DEPARTMENT

### WHITE CELL DISEASE: AN INHERITED CONDITION

"In the overwhelming majority of cases, people who have sickle cell disease can lead, work and play as well as those who are not afflicted. People with the sickle trait are perfectly healthy in every respect."

"Unfortunately, the general public, as well as many sickle cell sufferers, either do not know their facts or refuse to recognize them. Thus, many persons with the disease, or even the trait, are discriminated against and feel isolated."

These words, spoken by an official of the National Association for Sickle Cell Disease, crystallize the dilemma facing those involved in the battle against sickle cell.

According to an Association spokesperson, "The key to it all is making people aware of what we are up against with sickle cell. Education is our primary activity."

What is this mysterious, often misinterpreted, disease called sickle cell? Briefly, sickle cell conditions occur when red blood cells have an abnormal amount of hemoglobin relative to the amount of oxygen in the blood. In, instead of retaining their normal configuration, cells become "misshapened," causing a variety of uncomfortable, sometimes painful, symptoms.

The condition is hereditary, as is sickle cell trait. However, the trait is simply that. A gene for sickle hemoglobin is inherited from one parent and a gene for normal hemoglobin is inherited from the other. The sickle cell trait carries no health problems whatsoever for the person who has it.

For that matter, sickle cell disease is far from being as debilitating as many people assume. Those with sickle cell can have families, and the vast majority of sickle cell children live to become adults. Also, the amount of play activity a sickle cell child engages in need not be restricted or restricted. Children learn when it is appropriate to stop or slow down.

One of the most important facts for employers to remember is that sickle cell disease in no way affects intelligence. Individuals with sickle cell are capable of handling painful employment, while being thoroughly enjoyable lives. The only jobs for which these people are not equipped are those which entail heavy manual labor.

General enlightenment is increasing, often slowly. For example, a 1976-77 NAACP study found that most of America's 100 largest insurance firms "provide 50 percent of standard premiums for persons with the trait, less than a dozen require a sickle cell test, and several will provide, under certain circumstances, 50 percent for persons with sickle cell."

"This is a distinct change from the situation a decade ago," the report continued, "when sickle cell trait was often regarded as a threat to personal health, and individuals with the trait were sometimes advised life insurance coverage." The change in attitude can be traced to the education and advisory program conducted by NAACP and its affiliates in 60 communities, resulting in 112 subscriptions across in 20 states, the District of Columbia and Puerto Rico.

"There may not be a cure for sickle disease yet," stated one NAACP member, "but there certainly is a strong weapon against unnecessary fear of it. That weapon is truth."



Officer, pointing to cigarette butt on desk:

"Yes, is that yours?"

Smoker: "That's all right, sir. You see it first."

\*\*\*

The little mother waggled her lip at a passing policeman and said, "Warning, what a thief!"

"That," corrected the mother smiling, "is a case of people."

\*\*\*

Tenant: "The people upstairs are very noisy citizens. Last night they stomped and banged on the floor all night."

Landlord: "Did they keep you awake?"

Tenant: "No, as it happened I was still up practicing my trumpet."

\*\*\*

"My wife is very nervous and jumpy," one husband said. "The more she's riding another off."

"You're lucky," said his friend. "Mine's a self-starter."

**DEBARRING PROBLEMS?**

Appointments are now being taken in the debarring office for members of I.N. SPEAR and their spouses to come to the debarring office and speak with one of their qualified clerks and PFC Alexander about problems or questions concerning your pay check or your pay record. This particular system is set up to allow you and your spouse to better understand the navy's pay procedures and answer your's and your spouse's questions. Often our system is difficult to explain to someone not affiliated with military procedures. Hopefully this session will help solve any problems you may have and make available the services of people familiar with the subject to aid you. Sessions, December 4, 1980, will also be planned to be set aside for these services.

Also planned is a Debarring Refit for SPEAR personnel. This will begin with identification and resolution of long standing problems. If you have a problem which has not been resolved, contact PFC Chaplain for an appointment.

Later in October, the second phase of the Debarring Refit will begin. This will consist of a lecture type presentation, to begin with the first forty people on the active listing. The Leave and Earnings Statement will be explained, eventually including all personnel in the classes. If after you attend the class, you have any questions concerning your individual I.R.R. appointments will be taken to discuss your problems with someone in the debarring office.

Further information will appear in the 27 October issue of Spear Points.

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## SEND SPEAR POINTS HOME !

FROM \_\_\_\_\_  
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4 PAGES 100

COVERED 100



TO \_\_\_\_\_  
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**A LOVER'S DREAM**

I look ahead and wonder,  
 back, and finally remember.  
 There are no more constants  
 no less, but never all,  
 So often, when I think of you  
 with wonder in my soul,  
 How long and bright were dream nights,  
 before time and distance took their toll?  
 A man upon my memory of who I long to hold,  
 no being with me along the road.  
 The essence of your kiss,  
 could it be that you and I  
 can share a world of bliss?

R.L.R.

### CLASSIFIED AIR

ITEM #1 DESCRIPTION: \_\_\_\_\_

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