



Spear Points

VOL. 4 NO. 2 / 20 OCTOBER 1981

Captain's Line



"If you don't know where you are going, any road will take you there." That's an old saying some of you have probably heard before and it is especially true in reference to setting objectives in organizations. It is, however, equally applicable to individuals. Frequently as I talk with the younger members of the crew, I discover that many have not set any specific goals for themselves in either their professional or private lives. I believe that this is a mistake because it deprives that person from the satisfaction that comes from achievement after the goal has been reached. Goals need not always be particularly difficult to attain and can be as simple as qualifying upon a watch station by a certain date or gaining out a space to improve the appearance. Others you might consider are making out the first time up or qualifying for the Surface Warfare Designation. One thing to remember is that whatever within the Navy will undoubtedly become activities in civilian life too. Even if you have decided not to make the Navy a career, go on for in the Navy as you can. It will pay off for you now and in the future.

We will soon be enroute to Port Lumbahala for a liberty call. I hope you all enjoy yourselves while in port. Remember to take advantage of the time of sea to complete practical factors or other projects that are difficult to do in port. Our days at sea are very limited in the upcoming months so we must utilize our days at sea wisely.


CAPTAIN J. KELLY
COMMANDING OFFICER

The deadline for submitting articles to this newspaper is ten days prior to each pay day.

The SPEAR POINTS newspaper office is located forward on the enlisted dining facility, 1X 2205.

SPEAR POINTS is an authorized unofficial publication of USS LST, SPEAR (LST-244). The editorial in this publication are not necessarily the views of the Department of the Navy nor of this command and should not be considered as such. The SPEAR POINTS is published bi-weekly and is reproduced by the LST, SPEAR Print Shop with non-appropriated funds in accordance with NAV EXCISE P-31. The purpose of this newspaper is to act as an informative and entertaining bond between crew members.

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WELCOME ABOARD!

The SPEAR Points Staff would like to take this opportunity to welcome a new member, 1955 Kathryn McConnell, who brings with her a degree in journalism.

Kathryn McConnell will be working primarily with the CTV system (CITV 1 and 2) but will also be a contributing editor to the SPEAR Points on a regular basis. We welcome her new ideas and fresh approach to putting together our paper.

the staff

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The Mailbox

Dear Editor,

Recently, I had a most unpleasant and unskillful experience in the Cafeteria Dining Facility. The dining facility was crowded, all the tables that had been put up were full except one, reserved for PFI. On several of the tables, there are signs that say "Reserved For PFI". Well, I had my tray and since there were no other tables available, I was going to sit there. I was told that I couldn't sit there by a First Class sitting at another table. I was told to go get a New Forum and have them set up another table. In the meantime, my lunch was getting cold and I had duty so I didn't see any sense in doing this. Anyway, I found an empty seat. Not all the time that I sat there, that table stayed empty, in certain 20 minutes. How many First Classes stand duty on weekends and holidays, that would warrant so many tables being placed in reserve? The First Class that was giving me such a hard time eventually got up and left. I was surprised, because he was greatly overweight, his stomach had "shedded" over his belt, his uniform was unkempt, pants were hanging past his knees and he looked like one of all appearance was totally unacceptable by Navy standards.

The point that I am trying to make in this, if enough seating arrangements are not available, why can't we use available seating space without getting hassled? It does not mean any disrespect for personnel of higher rank but let's face it no one should have to spend their lunch time trying to find seating.

A CONCERNED SEAFARER



"For a long time I have watched the few people who rise, give up and walk their hands in the whole situation because they constantly get "kicked in the teeth."

Commissioned workers who have honestly tried to impress upon others and lead in them the value and importance of being held for their actions, are destroyed by the negative attitudes of peers and "leaders" who have earned their positions by default or with age, but not necessarily wisdom. How can positive people remain so when they are constantly surrounded by people who are comfortable in the attitude that work is a word from a foreign language, responsibility is an affliction of the mind, and initiative is relative to "apple polishing"?

Why are these people allowed to be put in a position which gives them the opportunity to combine the promising careers and positive attitudes of people who will rise? The only solution, I really state, would be to keep your pride, associate with those who share your attitude and do not let the bad factors of the path hinder you. You are above their circles of jealousy and immaturity, do not let them enter your domain.

We must cultivate our own positive attitudes and decide for ourselves that we will recognize the negative as that the positive is ever accentuated by our actions.

Do not dwell on the actions of the ignorant. Though we can not follow behind them and correct their mistakes we also do not have to join them in their ineptitude.

You have no doubt heard the quote... "It's hard to see with eyes when you work with turkeys!" I finally believe you can overcome their impudence and indeed see by above them. (I believe in you!)

GETTING INTO DEERY'S SHORTS

The other three and I have received quite a response to my last letter to the editor. Was I wrong? Should we?

We share the attention our shorts get us. (No later modesty here!) Just think of the attention we'd get without them.

It's not the reason to be getting into the subject of these shorts. Water is slipping in so you won't be seeing those hairy down legs for awhile. We will be outside, in and around the icy water, toes thawing out our fingers and toes. All the while thinking about our beloved UOI shorts and how half the chicks complain about them. It's this cruel winter that gets us out of our shorts, folks.

Jonathan
and The Deep Sea Divers

THE EDITOR

THE MEDICAL RESPONSE TEAM

Most of the crew only see computers for minor complaints such as a cold, cut, strain or headache. However, when there is an emergency onboard USAR, the Medical Response team is prepared to treat anything from a fracture to a heart attack.

"In an emergency, we are a team," stresses ENS Joseph S. In, intubator. "Not just our person's knowledge is at work on the patient, but an accumulation of several people's medical experience."

The war year and a half team is headed by LT B. A. Reid MC USNR. The team leader is ENS Benjamin J. Miller. Other team members are: ENS Jerry S. Robinson, ENS Stuart L. Roberts, ENS Carl J. Stevy and ENS Joe DeCristoforo.

When an emergency is reported to the Medical Department, two team members are immediately dispatched to the scene to stabilize the patient and assess injury. If bleeding is stopped, the patient's airway is opened and he or she is prepared to be moved either to the ship's medical ward, Seavert's Point Beach Clinic, or Naval Regional Medical Center, Portsmouth.



In a few minutes, the rest of the team reaches the patient, with an "emergency box", medication cart and intravenous equipment.

The Medical Response Team also will respond to emergencies on the pier. When necessary, they work with medical personnel from neighboring ships and the base.

All team members are certified for Cardio-Pulmonary Resuscitation (CPR) and most have had Cardiac specialized

training. Sometimes after January 1, volunteer team leader ENS Miller expects to be trained as an Emergency Medical Technician at Portsmouth Naval Hospital.

Everyone knows emergency happens often, as well as during working hours. The Medical Response Team is ready to respond anytime. Notes ENS Stevy, "We are a good team. We do our job well because we all have a need to help people."

COULD YOU HAVE IT?

The Grip, old Joe, the drip, it's been called a hundred different names through the years but the name that fits it best is "the Friendly Disease". Yes, we are talking about Gonorrhea. Unlike other diseases Gonorrhea doesn't discriminate between social or economic classes. It doesn't discriminate between landlubbers or aye, hammockers or betweenland, male or female.

Gonorrhea is nothing to laugh about. It is a very contagious venereal disease that can cause serious irreparable damage if not properly treated. The sad fact about Gonorrhea is that it can be treated with antibiotics. And, because people don't realize this fact. Some people believe that it is a disgusting, dirty, socially unacceptable disease, untreatable and that they "couldn't get that". Sometimes these beliefs cause people with the symptoms to avoid treatment and continue spreading the disease.

If you think you could possibly have been exposed to venereal disease, let your mind don't hesitate to go to Medical. The proper personnel will treat your problem with the utmost care and confidentiality.

Remember, you are only having prevent and very possibly the cure you have by not seeking treatment.



"Maybe you should sit down..."

on the cover

SEASIDE VEGE

Supervising the laundry operation for SPEAR can be a challenge, especially when you add several other responsibilities along with it. SS3 Santos Vega is presently holding this position.

Petty Officer Vega joined the Navy in Puerto Rico at the Navy Recruiting Station, Mayaguez. Of all the exciting things that have happened to him since joining the Navy the most pleasant was making Supply Sailor of the Month (July 1980).

The positions he has held since being assigned to S-3 have provided him with experience in public relations, assuming responsibility and gaining basic technical knowledge related to operating procedures for various pieces of equipment. The experience gained in the area of human relations and leadership techniques will certainly look good on future references.

When asked what he would like in full retirement, Petty Officer Vega says, "By the best you can do matter what job they give you."

Thanks for a job well done, your services are appreciated.



A SPEAR PERSONALITY

WELCOME TO FLORIDA

Warm, sandy beaches and interesting sights await the USS L.Y. SPEAR in Fort Lauderdale, Florida.

Touching the Atlantic on the edge of the Everglades, Fort Lauderdale has a semi-tropical climate. According to the National Weather Service, average temperature for early November are 80° during the day to 60° in the evening. Calm winds and little or no rain make this still a good time of year for fishing and beach hanging, a Weather Service spokesman said.

As a tourist area, Fort Lauderdale features a variety of attractions to be enjoyed on liberty.

Sports are abundant in the city known as the "Feminine Capital of the World" and home of the Swimming Hall of Fame and a professional jai-alost team.

The Fort Lauderdale Chamber of Commerce maintains excellent listings to visitors such as wildlife parks and museums, an outdoor center offering fish, water-skiing and fishing and dining centers.

Also, there are about 18 golf courses, 250 restaurants and numerous night spots. Florida's drinking up is 14.

Walt Disney World is three hours north of Fort Lauderdale.

The ship's Special Services Office is working with the Navy League of Fort Lauderdale to identify possible charter bus trips to some popular attractions. Further information about trips and maps of the area will be provided before docking.

Civilian clothes will be permitted to be worn off the ship, according to LCDR R.S. Thompson, Public Affairs Officer. However, the Navy League says the Navy has a strong positive image in Fort Lauderdale and uniformed sailors on liberty are often afforded special treatment and privileges.

The Commanding Officer, CAPT R. F. Kelly, reminds the crew that the "hunky system" is always the safest way to enjoy liberty, especially at night.

Several on-land tours can be anticipated. Back on the ship and in Fort Lauderdale, all hands have the opportunity to present another community with a favorable impression of the Navy and the USS L.Y. SPEAR.

SEASIDE!

The USS L.Y. SPEAR's deployment to Fort Lauderdale will be the first opportunity for some crew members to deal with seasickness. BMCJ Jerry R. Holcomb offers some preventative advice.

"Most important, eat something at every meal," stresses Holcomb. "Don't eat heavily, but always keep something solid on your stomach. Drink as many liquids as you usually drink. And be sure to get outside once in awhile for fresh air."

While going out to sea, Holcomb suggests looking in the horizon instead of directly into waves. This is because some people become dizzy from watching water movement.

Holcomb says if you are unable pills provided by the Medical Dept. take the medication as directed. There are two types of seasick medication and the effectiveness of each is determined by how it is taken.

Finally, Holcomb notes that anticipating seasickness can itself cause queasiness. By relaxing your attitude about seasickness, you relax the knots in your stomach and will be able to better enjoy your time at sea.

Division Spotlight





From doing to docking, from patterns to plaques, no corner is left unturned. Any one of these many talents can be found in the Sub Division we heard SPEAR. This Structural Repair Division is comprised of six different workstations with a total shop force of 63 people under the guiding hand of SLC Evans.

The Carpenter Shop, 444, composed of 12 men and 1 woman is where they work with various wood projects, small boat repairs, and various docking material.

The Pattern Shop, 446, has a roster of 6 men and 2 women and they are responsible for the construction of patterns for almost anything from plaques to ice caps.

After a pattern is made it is sent to the Foundry, Shop 81A, where it will be rammed up for pouring. But the talented men and women of the Foundry are not only limited to plaques. They can pour just about anything they have a pattern for.

The Canvas Shop, 744, is made up of 4 men with the talent to fabricate and repair canvas material and to roughen/alter anything with naphthalene from chairs to beach coats.

Shop 72A, the Rigging Loft, is comprised of 9 hard working men whose job is to assist other shops and Divisions in rigging large pieces of machinery or components for repair. These men can be found working long hours and quite often three times of odd times of the night.

Last, but not least, is the Diving Locker, 718, where the 12 men of this shop can be found doing anything from operating the Decompression Chamber to working day and night to complete a screw change job on time. They are a special breed of men who can be found hard at work in the water whether it be scuba diving hot outside or the dead of winter.

To Sub Division and their dedicated people, SPEAR salute you.
By RTJ W. D. Doherty

THE DAMAGE CONTROL DIVISION: TAKING CARE OF BUSINESS

Damage Control Division is made up of 25 Hull Maintenance Technicians (HTs) who carry out numerous tasks, doing their part to keep the ship safe, comfortable and ready to fulfill its mission. There are four work centers within D.C. Division, each having specific tasks but being dependent on the others. The General Workshop is responsible for all piping and structural repair throughout the ship and, in addition, fabricates and installs everything from ventilation ducting to structural bulkheads and doors. The CO2 Shop is tasked with the responsibility of maintaining the ship's Respiratory Lockers, Foam generating systems, Twin-Agent stations, Fixed CO2 stations, Water washdown system and the Firemain system. The CO2 Shop is also responsible for recharging all 15-B, CO2 extinguishers and hydro-testing of all fire hoses aboard SPEAR and of those aboard all submarines in the Squadron. The DCPD work center is one which many are familiar with, for it is here that the Divisional Damage Control PMS requirements are addressed,

scheduled and maintenance is provided in maintaining fire stations, deck drains, water-tight doors and ventilation blowers, all of vital interest to the health and safety of the crew. Chemical Warfare Stations is the supply center for Damage Control Division and

SPEAR's 30 DCPD's. Without the full-time effort of D.C. Division's Supply Petty Officers, the lack of support would be noticed ship-wide in a very short period of time.

In summary, D.C. Division is a service division, here to meet the needs of the crew, as they apply to D.C. Division's area of responsibility. All Departments can help D.C. Division to help you by keeping the following things in mind:

1. When placing trouble calls, ensure you number and retain your trouble call number.
2. When drills, etc., need to be moved for you, don't wait until the day before the ship gets underway to submit the work request.
3. Replace CO2 bottles as they are needed, not all at one time.

4. Ensure Damage Control PMS is accomplished as scheduled and that the division PMS card is submitted no later than 1200 on Thursday of each week.

5. Should you discover Damage Control discrepancies around the ship, place a trouble call, contact the division concerned, or inform the Damage Control Assistant (DCA) at X-194.

6. Remember, the sewage system onboard SPEAR is not designed to handle coffee grounds, cloth, paper towels, spoons or paint . . . all of which have been found and recovered from the system.

7. Prior to lifting out a table or placing a trouble call for minor work, ask yourself if the job could be handled within your division. The General Workshop will provide screwdrivers, pliers, etc. for this type of work.

8. If your division has had work pending in excess of 30 days, don't assume it's been scheduled, follow up.

9. SMOBY is only seven weeks away. D.C. Division's assistance is required call NOW . . . we're here to help.

Contributed By
EPO M. Thain



WHEN YOU GOTTA GO

It seems that a little old English school teacher was looking for rooms in Switzerland. She asked the local village schoolmaster to help her. A place that suited her was found and the lady returned to London for her baggage. She remembered that she had not received a bathroom, so, as she called it, a water closet. So she wrote to the schoolmaster and asked if there was a W.C. in or near the house.

The Swiss schoolmaster, who did not know the English language and culture, was greeted by the initials W.C., never dreaming, of course, that she was asking about a bathroom. He finally asked the help of a parish priest, who decided that the initials W.C. must stand for Wayside Chapel.

You can imagine what effect the following letter from the schoolmaster had on the mind of the little old school teacher:

Dear Madam:

The W.C. is located nine miles from the house in the center of a beautiful piece of forest. It is capable of holding 150 people at one time and is open on Tuesday, Thursday, and Sunday of each week.

A large number go during the summer months, so it is suggested that you go early, although there is plenty of standing room.

Some folks like to take their lunch and make a day of it. The accomodations are very good and everyone can leave even the slightest amount.

It may be of interest to you to know that my daughter was married in our W.C., and it was there that she first met her husband.

We hope that you will be here in time for our luncheon to be held very soon. The proceeds will go for the purchase of glass seats, which all the folks agree are a long felt need, as the present seats of bare logs in them.

My wife is rather delicate, therefore she cannot attend regularly; it is six months since the last time she went. Naturally it pains her very much to be unable to go more often.

I will strive now with the desire to accommodate you in every way possible, and I will be happy to see you a seat either down in front, or near the door, whichever you may wish.

Yours sincerely,



SPEAR RUNS IN USA RELAY

From Fort Story to downtown Virginia Beach, a group of about two hundred runners jointly Tidewater Striders ran in the USA Relay. The Relay, which kicked off the annual King Neptune Festival, took place on 2 October 1968. This four mile run was the final leg of a journey which had started earlier in Washington, D.C. to promote the Tidewater Striders and the King Neptune Festival. Among the local club members is L.S. SPEAR's own GSC Shell.

As the Striders crossed the finish line thousands of balloons were released, a high school band played and fireworks exploded into the sky. To greet the runners upon completion of their task were Senator John Warner, Congressman C. William Whitcomb, Mayor Henry Welby and MC Dick Lane.

Any SPEAR member who would be interested in joining or starting a running club is invited to contact GSC Shell at 3281226.

SHARE THE ROAD

Are you one of the lucky ones who has an auto? Fine! Fine, when you're stuck without wheels, it can get pretty depressing.

If you do have transportation, have you thought about sharing the expense with a neighbor? Much of the cost of fuel can be delivered by car-pooling and car-sharing.

Drivers, who don't have transportation but rely on someone else, should remember a few rules of courtesy.

1. Be at the appointed place at the appointed time. Don't inconvenience your ride by making them wait.

2. Don't expect the driver to make little stops, (like bank, drugstore, etc.) along the way.

3. Some people don't like to talk when they drive. Be aware of this fact and respect the driver's wishes if he needs to concentrate.

4. Don't smoke in the car, or even ask to, if the driver doesn't smoke.

5. Show your appreciation by picking up the tab for gas, without being asked for your share of the expense.

With everyone being encouraged to share the ride and resources our ever depleting natural resources, it's a really good idea to share your wheels!

You get back all that you put out ten fold, so I suggest you either start being nice to people or take care.

STILL WATERS

Halloween is that time of year when we are strange and selected costumes and laugh at the variety of false faces. We enjoy deceiving and being deceived by the mask that hides true identity. This is done in fun and brings enjoyment to children and adults alike, because we know the false faces to be just what they are—FALSE. It becomes a sad and serious matter, however, when we wear "false faces" in everyday life—false because the impression they create and the image they project are not congruent with the inner being of that individual. The real person behind the face is quite different from what the face would lead you to believe. A few faces adapted from an anonymous verse entitled *My, My Mask*, and I will provide a clue to this theme that will speak to many of us.

"Don't be fooled by the mask I wear, for I wear a thousand masks, masks that I'm afraid to take off, and none of them are me. I give the impression that I'm serious, that confidence is my name and confidence my game, that the water's calm and I'm in command—but don't believe me. My surface is my mask. Fearful death the real me is confident, free, and anonymous. But I hide this, I grieve at the thought of my weakness and nervously bring myself around. So I wear a mask—I sophisticated, sophisticated facade to shield me from the glance that knows. But with a glance is precisely what I need—that is if it's followed by acceptance, if it's followed by love. But I'm afraid to tell you this, I'm afraid you'll think less of me, that you'll laugh at me, and your laugh will kill me.

So I play my game, my desperate game, and my life becomes a lie. I'd really like to be genuine and spontaneous, and me. You can help me break down my walls and remove my mask. Each time you're kind and gentle and encouraging—each time you try to understand because you really care—I will grow stronger and more secure. Love is stronger than walls and in this my hope lies.

Who am I? I am someone you know very well for I am every man and I am every woman you meet. Help me take off my mask.

Chaplain J.D. Cook

CAREER COUNSELOR'S CHOICE

ENHANCED OPPORTUNITY FOR OFFICER SELECTION AND TRAINING (BOOST)

BOOST is: (a) an opportunity to prepare for NROTC and the Naval Academy;
(b) an opportunity to earn a college degree;
(c) an opportunity to become an officer.

* **NROTC:** applicants shall not have reached their 21st birthday by 31 March 1981. Candidates with active service in the Armed Forces prior to entering BOOST School may be granted a waiver on a month-for-month basis up to a maximum of 27 months. All candidates must be under 28 years of age as of 30 June of the year entering BOOST School.

* **USNA:** applicants shall not have passed their 21st birthday on 1 July 1981, shall be unmarried and shall have no dependents.

Interested personnel are encouraged to contact their Career Counselor or Educational Services Officer (ESO). Applications must be received by the Chief of Naval Education and Training no later than 1 December 1981 in order to be considered for admission to the BOOST class for 15 months beginning in June 1982 at San Diego, California.

HOLIDAY WISHS

Once again the Norfolk Chapter of Commanders is offering the opportunity for interested military personnel to dine with civilian families during the holidays. Several SPLASH crew members who could not go home for past holiday seasons, have enjoyed the hospitality of nice families.

All interested personnel are invited to contact the Chapter of Commanders at 688-5515 or Command Master Chief YNOM LANTZ (N30).

BETTER TO REMAIN SILENT
AND BE THOUGHT A FOOL,
THAN TO SPEAK UP AND
REMOVE ALL DOUBT.

-BEN FRANKLIN



ROUND FARELLO!

Once upon a time there was a little red hen who scratched about the backyard until she uncovered some grains of wheat. She turned to the other workers on the farm and said, "I've planted this wheat, we'll have food to eat. Who will help me plant it?"

"We never did that before," said the horse, who was the supervisor.

"It's too busy," said the duck.

"It's not my job description," said the goose.

"Well, I'll do it myself," said the little red hen. And she did.

The wheat grew tall and ripened into grain.

"Who will help me reap the wheat?" asked the little red hen.

"Let's check the regulations first," said the horse.

"I'd lose my velocity," said the duck.

"It's on my lunch break," said the goose.

"Out of my classification," said the pig.

"Then I will," said the little red hen. And she did.

By fall it came time to take the harvest.

"Who will help me take the harvest?" asked the little red hen.

"That would be overtime for me," said the horse.

"I've got to run some errands," said the duck.

"I've never learned here," said the pig.

"If I'm to be the only helper, that's unfair," said the goose.

"Then I will," said the little red hen. She lured the horses and was ready to give them to the farmer when the other workers stopped up. They wanted to be sure that the farmer knew it was a group project.

"It needs to be shared by someone else," said the horse.

"It's calling my Congressman," said the goose.

"I demand equal rights," yelled the goose.

"We'd better file a copy," said the pig.

But the little red hen turned to the farmer by herself. When it came time for the farmer to reward the effort, he gave one loaf to each worker.

"But I reaped all the harvest myself!" said the little red hen.

"I know," said the farmer, "but it takes too much paperwork to justify giving all the harvest to you. It's much easier to distribute it equally, and that way the others won't complain."

In the little red hen shared the harvest, but her co-workers and the farmer wondered why she never asked any more.

THANKS TO
EMILY GIBBS MATHREY



JUST FOR PRACTICE

Recently one of our Dentists, Dr. Rayden, was called on to perform a required routine operation.

Chief Gully and his wife, Cynthia, adopted a litter of baby squirrels about a year ago. The squirrels were found abandoned on the ground with their eyes still closed. After finding homes for the others, they decided to keep one for a pet.

His, Gully tended to spoil the little guy by cracking his nuts and generally preparing his food as he wouldn't have to work so hard. He was remembered that squirrels' front incisors must constantly be worn down as they will keep right on growing, running back into the pulley and eventually killing the animal.

Such was the case of "Rocky". However, after being saved for by the expert skill of Dr. Rayden "Rocky" is back to cracking his own nuts and leading much better.

I wonder if Walt Disney World would be interested in the music rights!

Congratulations!

—ACHIEVEMENTS—

ENS Roberto Garcia for five years, ENS Joe DeCristoforo for five years, ENS George Brenner for six years, USI Donald Chambers for six years, ETC Michael Loken for six years, USI Earl Foklander for six years, ENS Edward Jones for six years, ETC John Nordberg for five years, ETC Judith Eisenhower for six years.

To congratulate you on your achievement and wish you much success in your next tour.

SPEAR POINTS SCORE

The L.T. SPGAR recently successfully completed the annual Radiological Control Features Evaluation (RCFE) conducted by the Commander in Chief, U.S. Atlantic Fleet. This inspection evaluates all areas of the command in its administration which can affect radiological control practices or have some effect upon the operation, security, or personnel associated with the nuclear support facility. A "well done" is extended to the ship's crew and especially to R-5 Division Personnel.

Contributed By
L.T. Garcia



Send Spear Points Home!

FROM:

8 PGS. 18¢
12 PGS. 26¢



NO _____

FOLD IN HALF AND STAPLE ON ALL 3 SIDES TO MAIL