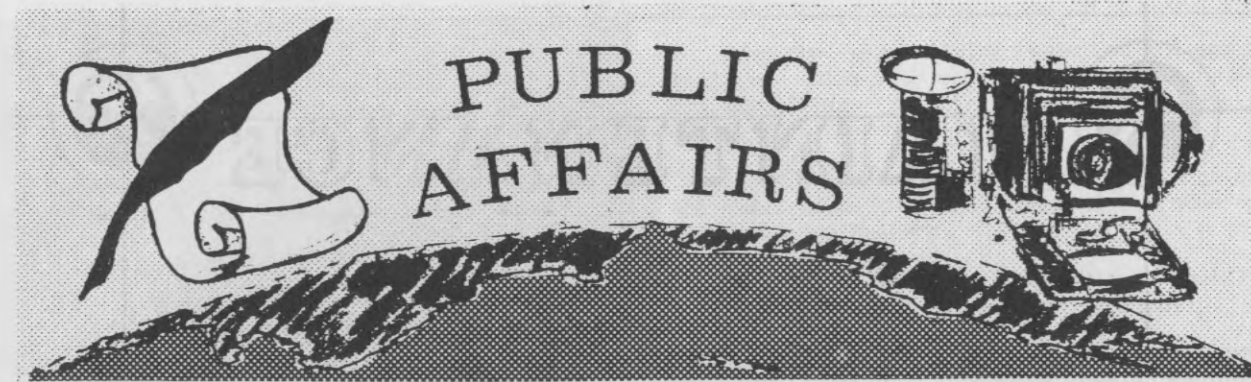


Are Editors Playing Taps Over Our Releases??



Why Releases Don't Get Printed

Being a Public Affairs Officer for your ship is often times a rewarding job. For, if the job is done properly, your ship and the men aboard will receive recognition in newspapers, radio and possibly, television.

But, have you ever wondered why your release was never used by the local media? Below is one editor's opinion of most Navy news releases. It was expressed by Scott Matthews; Armed Forces Editor of the Stockton, Calif. Record; in EDITOR AND PUBLISHER.

From the releases that crossed his desk, Mr. Matthews recorded the quality and made several suggestions as to how to improve chances of your release being used.

You may feel his remarks are a bit strong and slanted, but remember, it is he, and editors like him, who are reading and rejecting our releases. In this respect we have to play by their rules to get our news into print.

"Some copy is a month old by the time it gets to the newspaper, and when it concerns maneuvers, leaves, and other matters having time-value, this delay kills it. Mailings are often duplicated, and a good deal of carelessness is evident in factual details. A consistent error has a certain virtue (at least it may look right to the unknowing), but as many as three versions of the same name sometimes appear in a single handout.

"Too many releases of the fill-in variety use the name of the person the paper is interested in as a hook to hand a long and useless disquisition on the glorious history of the unit of which that person is a transient member, or to introduce a rhapsodic description of the facilities of the station at which he may be spending six weeks for training.

"One such release was put out to report completion of basic training by women at a WAC training center. It ran to 303 words. Of this total, 60 pertained properly to the person who

was the subject, and were all that any paper would be likely to use. The remaining 243 words (80% of the total) went off on an ecstatic tangent dealing with the beauty of the center, its resemblance to a college campus, the fact that another training command is headquartered at the same fort, structural details of the buildings, air circulation and heating arrangements, apportionment of rooms to various functions (including laundry and drying), and the existence of a band and an explanation of its mission (34 words, no kidding).

"But the most terrible vice of military publicity is its utterly shameless spotlighting of officers generally, and of commanding officers in particular. In many pictures, all you can see of the hero is what shows from behind some general or admiral pinning the medal on him. In other instances, the picture or story is hogged by some gold-braided buffoon 'inspecting' or 'giving a well-done' to a project whose existence he was ignorant of until the press arrived.

"Those few commanding officers who have sense enough to retire to the background are often pushed to the fore by their sycophantic press agents. Papers in towns where there are permanent military establishments must continually edit the commanding officers, who have only a technical connection with much of the news those establishments produce, back into proper perspective, and crop them out of pictures where their presence is superfluous, not to say obtrusive.

"And so before the long, slow notes of Taps echo over hill and dale, evoking a nostalgic touch of nausea as they call to mind the procession of commanding officers who have lent their effulgence transitorily to Fort Fumble, let us offer a new creed for the military tub-thumper: Most military releases would be the better if, like Caesar's Gaul, they were divided into three parts, and two of those parts were thrown away."



MAINTENANCE



VACUUM CLEANERS FOR BOILERS

As a result of the work done by a Work Study Group in the Atlantic Fleet, it has been recommended by BUSHIPS that the addition of an industrial type vacuum cleaner to ships with main propulsion boilers would materially aid in the fireside maintenance program on board ship. By using a vacuum cleaner prior to waterwashing or whenever firesides were open, a majority of the loose soot and small clinkers would be picked up thus making the waterwashing more effective. In addition, by not washing this material into the bilge, the clean-up after waterwashing will take less time and reduce the possibility of acidic corrosion in the bilge area. The Boiler and Turbine Laboratory tested several models and recommended the model available in the stock system as the best for the purpose. Action has been initiated to add the vacuum cleaner to the allowance list or increase the number allowed if already on board.

As approved by the Type Commander, each ship with main propulsion boilers should order on board one vacuum cleaner, stock number FSN 7910-267-1207 for aid in fireside maintenance in advance of the notification of allowance list change.

POTENTIAL HEALTH HAZARD

The use of incorrect materials in the automatic ice cube maker, model 26H5-709A, has resulted in salt water leaks into the fresh water reservoir, thereby causing contamination of the water and ice. This contamination constitutes a health hazard. The parts involved are the flange couplings where the sea water supply and drain lines are connected to the ice cube machine.

Ships having Carrier units installed are requested to replace the connecting parts with 90-10 copper-nickel, ASTM bronze or monel fittings at the earliest convenience. If desired, these connection fittings may be eliminated and the internal sea water piping extended and brazed directly to the supply and drain piping.

BOILER ECONOMIZER VESTIBULES - SOOT TRAPS

The economizer vestibules on main propulsion boilers are often soot traps because it is a dead space area. While efforts are made when designing this area to make it soot free by pressurizing with air and use of soot seals, they are not completely effective and soot accumulates. When this soot is moistened by water from condensation or leaking joints, the acid attack occurs, eventually resulting in a perforation and tube failure. Although existing instructions require cleaning of firesides every 600 hours, some corrosion can take place between cleanings.

In order to protect the exposed metal parts of the economizer, economizer return bends and tube ends in the economizer vestibules and the exposed metal parts of the economizer not used as heat transfer surfaces, coat all exposed metal in this area with two coats of silicon resin and aluminum paint, complying with Military Specification MIL-P-14276. Areas to be coated shall be wire brushed clean. A 24-hour drying period between coats shall be used. The paints can be obtained under Stock Numbers 8010-815-2692 for 1 gallon cans and 8010-857-1938 for 5 gallon cans.

CLEANING FEEDWATER HEATERS

Materials Required

Scale Removing Compound (MIL-8-21614-SHIPS 16 May 1961) - Sufficient quantities of this compound to fill the applicable systems as well as to provide a reservoir in the mixing tank of the descalant solution at a ratio of one pound of scale removing compound to one gallon of water.

Sodium Carbonate (Soda Ash) - For neutralization of the coils, eight pounds of sodium carbonate per 100 gallons of water will be required. For neutralization of the "spent" acid before disposal, 100 pounds of soda ash solubilized in water will be required to neutralize 500 gallons of the descalant.

Preparation for Cleaning

Remove flanges on the fronts of the feedwater heaters.

Remove the coils from the heaters. Remove or blank-off all gages, valves, etc., that may be connected to the coils. External surfaces of the tube coils may be mechanically cleaned.

Equipment Required

Acid Pump - Ship's Pumps - Cannot be Employed
Mixing Tank

Neutralizing tank (if port regulations require the neutralization of the partially spent descalant before disposal).

Acid Hose - Sufficient amounts for attaching from the acid pump to the inlet side of the coil and from the outlet side of the coil to the mixing tank.

Steam (for heating purposes).

Water and Hoses (for compounding descalant solution as well as for flushing purposes).

Procedure

To the mixing tank (located dockside) add water and heat to 160F (NOT HIGHER) by utilizing steam. During heating, slowly add the scale removing compound at a ratio of one pound of this compound to one gallon of water.

After ascertaining that the descalant is completely solubilized at 160F, pump it into the coils until full. Recirculate through the coils for five minutes and check acid concentration; if spent, renew acid. Allow to soak for 55 minutes. Continue this procedure of alternate soaking and recirculation for an additional five hour period and then dump.

If port regulations require neutralization, dissolve about 100 pounds of sodium carbonate in water and pump the partially spent descalant into this solution. (About 500 gallons of the descalant can be neutralized in this solution). Exercise care and follow all safety precautions during neutralization.

Make certain the descalant is completely removed from the coils. Flush thoroughly with water. Dump the water.

Inject a neutralizing solution (eight pounds of soda per 100 gallons of water) into the coils and recirculate through the system for about ten minutes.

Dump the neutralizing solution and again fill the coils with water. Thoroughly flush and dump. Make certain coils are completely empty.

Mechanically clean the outer surfaces of the coils as well as the internal surfaces of the feedwater heaters.

Reassemble feedwater heaters and install all valves and fittings removed previously.

Safety Precautions

No smoking will be permitted in the area of the cleaning operation. Post signs to this effect.

Personnel engaged in this operation will be required to wear adequate safety clothing such as rubber gloves, face masks, goggles, and other foul weather gear.

Provide water hoses around the mixing tank in the area of the coils being descaled to provide for washing spillage of the descalant.

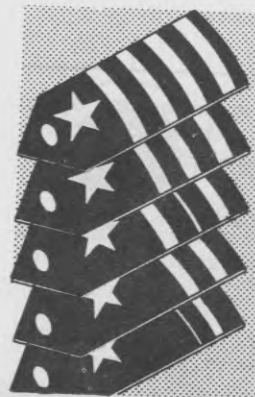
Check for hydrogen gas in the space where the descaling operation is being conducted. Ascertain that none is present.

Maintain a log of the entire operation.

MAINTENANCE PROBLEMS

Problem: Maintenance of antenna systems

Comments: There have been numerous instances where maintenance of antenna systems is obviously inadequate. Paint and an excessive amount of soot are found on insulators. Broken or chipped insulators and broken strands in antenna wire are also noted. Megger readings of insulation resistance to ground are often low. Megger readings should be taken at least once per month. Insulators should be cleaned as often as required to keep them clean. Special attention should be paid to those insulators directly in the way of stack gases. All cognizant personnel should become familiar with antenna maintenance and installation requirements in SHIPBOARD ANTENNA DETAILS, NAVSHIPS 900, 121A, EIMB, EIB and Chapter 67, BUSHIPS Technical Manual. Antenna system checks should ensure that safety links are installed where required, that downhalls are provided for the more inaccessible antennas, that guards are installed to protect personnel from accidental contact with transmitting antennas and that safety power disconnect switches are installed and operable for all rotating radar and ECM antennas.



PERSONNEL



Education Opportunities Unlimited

The following article, is but the first in a series of articles, concerning educational opportunities available to members of the United States Armed Forces, with special emphasis being placed upon the educational opportunities available to the Navyman.

This issue of the COMSERVPAC Bulletin will concern itself with the educational opportunities available directly from, and through the United States Armed Forces Institute (USAFI).

Over 200 courses are available direct from USAFI in elementary, high school, college, and technical subjects. For an initial \$5.00 fee a student may enroll in his first USAFI correspondence course and thereafter continue to take other USAFI courses at no further cost as long as his progress proves satisfactory. Course offerings available direct from USAFI cover a wide range of subjects from which to choose including: business, English, literature, foreign languages, mathematics, science, social studies, and technical subjects.

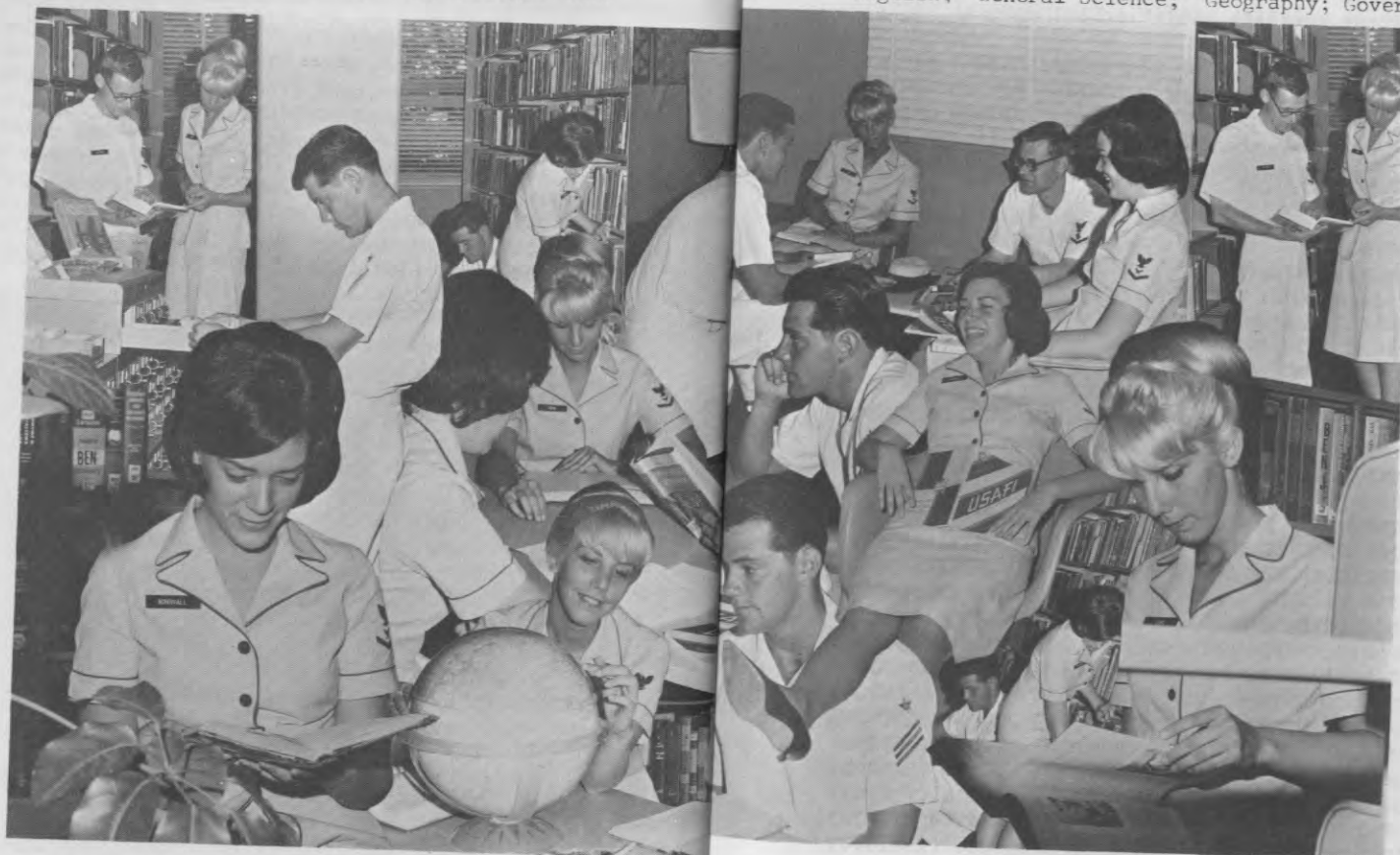
Courses available direct from USAFI may be taken by one of two methods of study - correspondence study or group study. The correspondence method of study provides for lesson service from USAFI. The student sends the completed lessons to the appropriate USAFI for review and grading. The graded lessons are returned to the student with instructors comments and suggestions concerning the work. Some advantages to USAFI students for submitting lessons to USAFI are: (1) the correspondence teacher is highly qualified and provides fully explanatory corrections to the work submitted, (2) the correspondence teacher gives attention to individual needs and ability and provides the guidance and assistance necessary to promote learning. In the group study method, courses are conducted in much the same way as formal school courses, with highly qualified and experienced instructors in charge of regularly scheduled class meetings. Such classes provide for schedules of instruction, specific assignments, test administration, and personal guidance throughout

the course.

Over 6,000 correspondence courses are available through USAFI, from 48 participating colleges and universities.

Courses available through USAFI from participating colleges and universities include high school, college, and technical subjects. When the student enrolls through USAFI, the Government pays for the lesson service, the student pays only an enrollment fee covering the administrative cost of the enrollment and the price of textbooks and materials.

Courses offered by participating colleges and



universities through USAFI include the following fields of study: (1) COLLEGE COURSES: Accounting; Agriculture; Anthropology; Archaeology; Art; Astronomy; Aviation; Biology; Building; Chemistry; Commerce; Composition English; Drama; Economics; Education; Engineering; English; Geography; Geology; Government; Health; History; Home Economics; Hygiene; Industrial Relations; Insurance; Journalism; Landscape Architecture; Languages, Foreign; Law, Business; Library Science; Literature; Mathematics; Methods of Teaching; Music; Nursing; Philosophy; Physical Education; Physics; Political Science; Psychology; Radio; Religion; Rhetoric; Science; Social Work; Sociology; Speech; and Writing. (2) HIGH SCHOOL COURSES: Agriculture; Art; Aviation; Building; Law, Business; Business; Economics; Engineering; English; Geography; Government; Health; History; Home Economics; Journalism; Languages; Library Methods; Mathematics; Music; Psychology; Radio; Religion; Science; and Sociology.

Courses offered by participating colleges and universities through USAFI may be taken only by the correspondence method of study.

USAFI courses are available in the following fields of study: Accounting; Arithmetic; Business; Biology; Chemistry; Composition English; English; General Science; Geography; Govern-



ment; History; Languages, Classical; Languages, Spoken; Law, Business; Literature; Mathematics; Physics; and Secretarial Subjects.

Military personnel in the Armed Forces of the United States are eligible for USAFI courses and services if they are on active duty with the Army, Navy, Air Force, Marine Corps, or Coast Guard, or, if they are a Reservist or National Guardsman called to active duty for 120 days or more.

Acceptance of an application for a course with a college or university is the privilege of the school offering the course. USAFI reviews an application to check the students military eligibility and to determine the accuracy and completeness of essential data entered on the application form. USAFI reviews the remittance to verify the amount with the cost of the course shown in the catalog and to check the remittance for acceptability by the school. After these reviews, USAFI transmits the application and remittance to the school for consideration. When the student has been enrolled, all lessons are submitted directly to the appropriate institution for review and grading. These courses are entirely under the direct administration of the participating colleges and universities.

Initial enrollment in the correspondence method of study is limited to either one USAFI



correspondence course or one participating college or university course. Upon satisfactory completion of initial USAFI correspondence course or a participating college course students may enroll in a maximum of two correspondence courses at a time. Students may enroll in group study courses at the same time they are enrolled in USAFI correspondence or participating college courses. Satisfactory completion of a group study course establishes a student's eligibility for enrollment in one correspondence course.

Students are allowed 12 months in which to complete a USAFI correspondence or group study course. Twenty-four months are allowed to complete a participating college or university correspondence course.

If a student is planning to complete a participating school course for academic credit, he should inquire at the particular school from which credit is desired to determine whether completion of the course will be acceptable for credit toward his diploma or his degree. The inquiry should be directed to the accrediting school.

In addition to courses offered directly by, and through USAFI, the education minded serviceman should avail himself of the advantages afforded by the USAFI administered General Educational Development (GED) Tests.

The high school level GED test is used by departments of education and civilian schools

as a basis for granting diplomas and certificates, or for awarding credit to persons who did not complete a high school course.

College level GED tests are used by many colleges to predict chances of success in college work and are sometimes used as a basis for granting standing beyond that of the ordinary entering freshman.

The Navy accepts successful scores on the high school GED test as the equivalent of a high school graduate, and successful scores on the college level GED test as the equivalent of one (1) year of college.

Welcome Aboard

CAPT J.A. GRAY Jr	USS HALEAKALA (AE25)
CAPT N.P. FOSS	USS CHARA (AE31)
CAPT E.O. PROCTOR	USS TAPPAHANNOCK (AO43)
CDR H.J. LYON	USS JAMESTOWN (AGTR3)
LCDR H.H. BOYLES	USS CHASE COUNTY (LST532)
LCDR J.C. STERLING	USS HICKMAN COUNTY (LST825)
LCDR C.C. STEWART	USS PULASKI COUNTY (LST1088)
LT N.R. WEST	USS TOMBIGBEE (AOG11)
LT G. ESTOCK Jr	USS HITCHITI (ATF103)
LT J.W. QUICK	USS TAKELMA (ATF113)
LT D.H. WHITCOMB	AFDM 5
LT B.C. NEWBY	USS CADDO PARISH (LST515)
LT F. CLEMENT	USS CHESTERFIELD COUNTY (LST551)
LT F.P. O'KEEFE	USS LUZERENE COUNTY (LST902)
LT A.T. MASON	USS MADERA COUNTY (LST905)
LT W.S. ARBUCKLE	USS MAHMONEN COUNTY (LST912)
LT C.W. CLARK Jr	USS MONMOUTH COUNTY (LST1032)
LT W. FLANNERY	USS NEW LONDON COUNTY (LST1066)

COMSERVPAC INFORMATION BULLETIN



Communications Improvement

Commander Service Force, U. S. Pacific Fleet notes with concern the steady flow of Communications Improvement Memoranda received from Naval Communications Stations reporting cryptographic violations by Service Force ships. These reports indicate that personnel concerned are either not fully aware of, or are not following the instructions concerning cryptographic procedures, particularly off-line procedures. Increased use of on-line equipment does not relieve the command of the responsibility for having a thoroughly trained Crypto-Board. Use of the check-off list contained in CSPM-1C, 1-32 by the encrypter and check decrypter is mandatory. Perhaps a review of your Crypto-Board training program is in order. Only a very active interest on the part of each Communications Officer will ensure secure, reliable, and rapid communications.

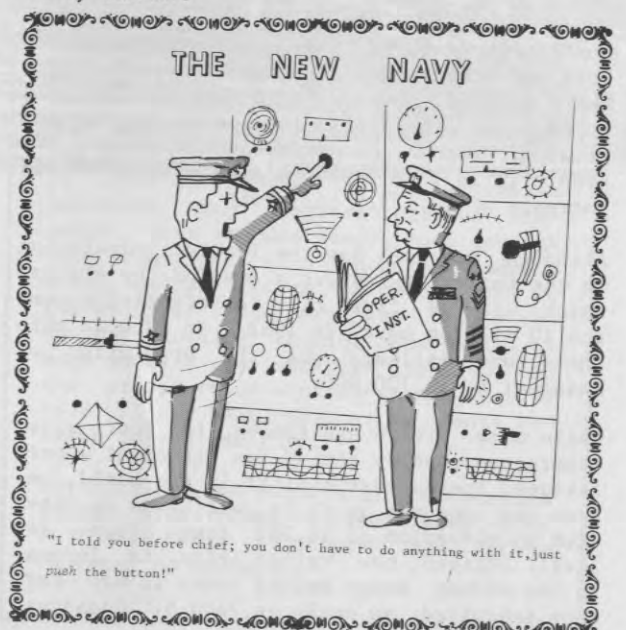
Security Training visits

All commands must ensure that at least one communications security (COMSEC) training visit is conducted annually. Normally this will be prior to each deployment as prescribed in Art. 301 of COMSERVPAC OPOD 201-65. COMSEC training visits should also be conducted subsequent to extended overhaul periods. In addition, COMSEC training visits should be one of the first orders of business for newly commissioned ships and those arriving in the Pacific area from the Atlantic which may not be familiar with current or recent directives and procedures that are effective in the Pacific area of operations. Such visits fulfill the administrative requirements set forth in NWP 16, Art. 548 and KAG 1(C), Articles 6109 and 6110, but much more valuable than the simple compliance with another rule is the informal training afforded ship-board communicators. Naval Security Group personnel conduct training visits on a basis of improvement and correction rather than inspection. Schedule your next training visit with a positive outlook and be prepared to ask questions on any and all points where you feel uncertain of exactly what is required.

A Salute

Communications personnel have the responsibility of serving command and facilitating administration, however at times it is difficult to determine the precedence of these two functions. With the present traffic load being approximately four times the amount we normally processed a few years ago, it is scarcely possible to keep up. Of course new and better equipment has been developed that enables us to cope with this tremendous increase, and procedures have been revised to improve the passing, handling and filing of mountains of paper.

Amidst this tumult of new equipment and new procedures and more and more messages, stand the communicators. Officers, petty officers, non-rated men all with a common interest, to "Serve Command" and "Facilitate Administration." The old saying, "Conspicuous in Failure, Unnoticed in Success" certainly holds true for these men who are frequently lambasted with lamentations about incompetence and idiocy and all too infrequently told, "Well Done, Sailor."



For Your Information

AMAZING FACTS ABOUT CITIES



If you're a city slicker, you have more company than you may realize; 63% of the entire population of the United States lives in the 212 metropolitan areas with populations of 50,000 or more.

New York City has the largest population -- 7,891,957 in 1960 -- and combined with Jersey City and Newark, New Jersey, it makes up the world's largest metropolitan census area with a population of 14,759,429 according to the 1960 census.

While New York has the largest population, Los Angeles is the most spread out with a land area of over 450 square miles. The highest state capital is Denver, Colorado. "The Mile-High City," where the altitude on the steps of the capital building is exactly 5,280 feet! Our newest state capital is Honolulu, Hawaii, which also has more city-owned parks than any other -- 3,000 of them!

Juneau, Alaska has the distinction of the northernmost capital and the coldest city in the U. S., with an average annual temperature of 40° F. The city with the largest boom is Los Angeles, which put up a record 141,526 housing units alone in 1963.

The growth rate of large cities such as New York and Los Angeles over the past decade can't compare, however, to a much smaller city which takes the honors for being the fastest growing. Warren, Michigan jumped from 727 people in 1950 to 89,246 a decade later -- an increase of 12,175.9 per cent!

Although New York has the largest population in the United States, it's dwarfed by Tokyo, which was the first city to officially pass the 10 million mark in 1962. In 1964 an off-the-record estimate put the population of Shanghai at 10,700,000.

While some cities are famous for their size, others are equally famous for different superlatives. The highest capital in the world, before the conquest by China, was Lhasa in Tibet with an elevation of 12,087 feet above sea level. Jericho, now called Ariha, in Jordan, is the oldest known walled town; it may have been inhabited as early as 7800 B.C. Damascus,

Syria has been continuously inhabited since 2000 B.C.

Cities, both ancient and modern, derive their character and atmosphere from their public buildings. Still favored for its beauty and durability, as well as economy, is the oldest construction material known to man -- stone! Today, we are experiencing a modern Stone Age. Some of the most interesting examples of ancient cities that were carefully laid-out can be seen in the remains of the Mayan Cities of Central America and the Hittite Cities of Asia Minor. While parts of Athens and Rome, for example, were given a good deal of thought, the residential areas of these two cities were allowed to develop as they would.

Unfortunately, most cities, here and abroad, sprung up willy-nilly. But such American cities as Buffalo, Detroit, and Washington, D.C., benefited from early planning.

Also known as the "City of Magnificent Distances", Washington is famous for its wide avenues and scenic vistas. Constructed on the site approved for the new capital by President Washington, the city was designed by a French engineer who had fought in the American Revolution. Pierre Charles L'Enfant.

Today, the modern Stone Age is reaching into every city regardless of its size. Sights to delight even the most blasé Sidewalk Superintendent are all around you, and no matter what city you call home, you can be pretty sure that the big build-up will reach greater heights.



COMSERVPAC INFORMATION BULLETIN

DON'T CANCEL G.I. INSURANCE

Persons thinking about cancelling the new \$10,000 group life insurance should "think twice," according to Defense Department officials.

Once the coverage is cancelled, a complete physical examination is required to reinstate it, an official explained. A doctor's certificate will not suffice.

The physical examination must be evaluated by the prime insuring company and meet civilian insurance medical standards, the spokesman said.

He pointed out, "You may be qualified for military service; however, not qualified for reinstatement by virtue of the civilian insurer's medical standards."

The DOD spokesman emphasized, "You must be in good physical condition, and a heart condition, diabetes, or other illness may prohibit reinstatement."

The official also said that if a person's beneficiary is someone other than noted on the "Emergency Data" form, the personal affairs office should be informed.

He re-emphasized that before any cancellation of other insurance, especially a permanent plan with cash or loan value, the personal or unit insurance officer should be consulted.

Times Change



Enlisted member of gun crew in typical working dress -- Revolutionary War.

Your America

BY CLARK KINNAIRD



It was recorded that when Charles Carroll affixed his plain signature to the Declaration of Independence, he overheard a man behind him say to another Congressman, "There could go a few million pounds, but there are many Charles Carrolls, and the British may not know which one it is." Mr. Carroll took back the engrossed copy and added "of Carrollton," so the British would have no doubt of his identity. He subscribed wholly to the matchless oath of loyalty taken by the signers of that charter of independence: "We mutually pledge to each other, our lives, our fortunes and our sacred honor."

The signature of Mr. Carroll, who was the richest of all the Carrolls in Maryland and perhaps the richest man in the 13 Colonies, was not put on the engrossed copy of the Declaration until 190 years ago, Aug. 2, 1776. That was when the then members of Congress affirmed the action taken July 4th; the original document bore only the names of John Hancock, the president of the Congress, and Charles Thomson, secretary of the Congress.

That copy was lost, possibly messed up and discarded at the print shop of John Dunlop, who put the text into broadsides for distribution to patriot officials and generals in the 13 new States. What we treasure today is the engrossed parchment copy Congress ordered prepared. When it was ready, more courage was required to sign than was needed a month before. Prices had been placed on the heads of these men who boldly renounced loyalty to King George III. A rope menaced any who were captured, and the prospects of victory in the Revolution had not been enhanced by events between July 4 and Aug. 6.

Nevertheless, 54 members of the Congress signed bravely Aug. 2. Two signed later -- Thomas Keane in October and Mathew Thornton in November.

MEDICAL

HEALTH OF THE FORCE - 1965

A measure of the general health of SERVPAC personnel in 1965 has been obtained by compiling statistics from Medical Services Reports of SERVPAC ships and floating drydocks.

Sick Call Visits

There were 170,067 visits to sickbays afloat made by 17,804 (average monthly strength) shipboard personnel, for an average of 9.58% visits per man during 1965. This represents an increase over the previous year when 155,330 visits were made by 17,161 (average monthly strength) personnel for an average of 9.05% visits per man.

Admissions vs. Visits

The majority of the 1965 visits were for complaints of a minor nature as evidenced by the comparatively low admission rate. There were 1,915 admissions to the sicklist of which 1,316 persons were "referred for admission" to the sicklist for 1965 representing 1.11% of total visits. During the previous year (1964) 1,744 admissions represented 1.12% of total visits.

Venereal Disease

Venereal disease incidences in the Force increased sharply from 1964. Venereal disease continues to be a problem of considerable concern. All SERVPAC ships and units must maintain a fully effective preventive venereal disease program. This point should be stressed strongly to crew members during VD group training periods and in conjunction with leadership discussion sessions, especially immediately prior to and during WESTPAC deployments.

Miscellaneous

The health of SERVPAC personnel continues to be safeguarded by means of routine immunizations for certain types of diseases. During 1965; 105,601 routine immunizations were given.

Reported blood donations in 1965 (an additional reporting requirement on the Medical Serv-

ices Report, NAVMED 1454 for SERVPAC ships and floating drydocks) shows a total of 3,189 pints of blood contributed by personnel in SERVPAC, an increase of 2,092 pints over 1964.

HEART ATTACK - IT COULD BE YOU!

Most of us are aware of an apparent increasing frequency of severe disabling illness or actual sudden death due to heart disease. This observation is emphasized when it has involved a relative or close friend. It has been estimated that between 9 and 10 million of our country's population have heart disease. Many more have changes occurring in their bodies which may lead to heart trouble, i.e., obesity, sugar diabetes, kidney trouble, hardening of the arteries and so forth. Heart attacks are far more common in the middle or older age groups.

What are the signs?

Common symptoms of heart disease include chest pain, shortness of breath, chronic cough, rapid or irregular pulse, bluish color of lips or fingernail beds, and swelling of the ankles. Heart disease usually develops gradually and the symptoms appear in a mild form first only to become more frequent and more severe as the disease progresses. In this type of "chronic heart disease" the patient usually has ample warning to enable him to place himself under the care of a physician for treatment and to learn what to do in the case of a severe acute attack.

Unfortunately, in the case of "coronary heart disease" (due to gradual hardening and narrowing of the small arteries that supply nourishing blood to the muscle walls of the heart), the patient may not be aware of any problem until the moment he experiences a sudden severe heart attack resulting from the final blocking off of one or more of these arteries.

'All of a sudden...'

Symptoms in this case come all of a sudden and are predominantly severe shortness of breath, severe gripping pain behind the breastbone which frequently travels up to the left shoulder and down the left arm, and the other signs

of severe shock. Sometimes the pain may seem to be more in the pit of the stomach and be accompanied by nausea and even vomiting so that it may be confused with acute indigestion, stomach ulcer or gall bladder disease.

First aid will depend on whether the patient has already been under the care of a physician. If so, the first-aider should assist in administering prescribed medicine and in carrying out any other measures previously advised by the physician. If this is a first attack and the patient has not been under medical care, advice of a doctor should be sought at once, meanwhile postponing transportation.

What can you do?

For faintness, the lying-down position is best, usually without a pillow. Raising the legs may be helpful. For shortness of breath, raise the head and chest to a position most comfortable by using as many pillows as needed. Loosen all tight clothing, particularly ties, collars, waistbands and belts. Provide adequate fresh air, avoiding drafts and cold. When pain is acute, the lying-down position again is best.

Frequently, the pain is so severe and the patient is so fearful and excited that his cooperation cannot be obtained at first. On no account should you use forceful restraint. Be content to try and tactfully persuade him without further scaring him by talking of the dangers of exertion in heart attacks.

Ounces of prevention

Prevention or minimizing the dangers of heart disease in the first place is of course, the best thing. Averting heart disease relates to way of life as well as to special measures. (1) Weight control is of primary importance, (2) Do not smoke, (3) Be very moderate in drinking of alcoholic beverages, (4) Moderate healthful exercise is encouraged but strenuous exertion should not be attempted by persons not accustomed to it, particularly as they become older.

DIRECTIVES AND PUBLICATIONS

"CONTROL OF COMMUNICABLE DISEASES IN MAN", Tenth Edition, 1965 is now available at a cost of \$1.75 each and can be ordered from: The American Public Health Association, 1790 Broadway, New York, N.Y.

BUMEDNOTE 6820 of 23 December 1965 - notifies that 17 chapters of the Handbook of the Hospital Corps, U. S. Navy (1960) are now available in the Navy Supply System.

BUMEDNOTE 6230 of 23 December 1965 - provides current information concerning the availabil-

ity of poliovirus vaccine and supplements BUMEDINST 6230.1D.

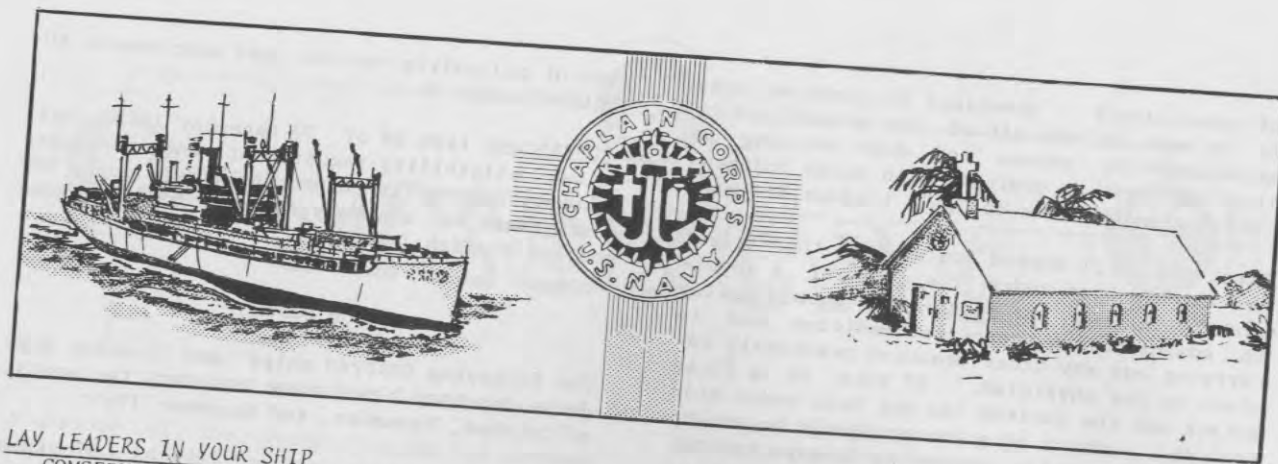
BUPERSINST 1120.38 of 30 December 1965 - outlines eligibility requirements and procedures whereby Navy enlisted personnel may apply for assignment to the Navy Enlisted Dietetic Education Program (NEDEP).

BLOOD DONORS

The following SERVPAC ships and floating drydocks reported blood donations for the months of October, November, and December 1965:

POLLUX	AKS 4	97 pints
KENNEBEC	AO 36	92 pints
DELTA	AR 9	88 pints
VEGA	AF 59	86 pints
CASTOR	AKS 1	85 pints
NECHES	AO 47	82 pints
PICTOR	AF 54	77 pints
ZELMA	AF 49	75 pints
MARKAB	AR 23	75 pints
COCOPA	ATF 101	70 pints
MARS	AFS 1	69 pints
HECTOR	AR 7	49 pints
GRAFFIAS	AF 29	47 pints
CIMARRON	AO 22	45 pints
NAVASOTA	AO 106	40 pints
MT KATMAI	AE 16	38 pints
	ARD 30	35 pints
CALIENTE	AO 53	33 pints
CONSERVER	ARS 39	30 pints
TILLAMOOK	ATA 192	29 pints
MT BAKER	AE 4	25 pints
CHIPOLA	AO 63	24 pints
AJAX	AR 6	24 pints
UTE	ATF 76	24 pints
PROCYON	AF 61	22 pints
SIUOX	ATF 75	22 pints
KAWISHIWI	AO 146	21 pints
GENESEE	AOG 8	19 pints
SERRANO	AGS 24	16 pints
ARIKARA	ATF 98	15 pints
HASSAYAMPA	AO 145	12 pints
RECLAIMER	ARS 42	10 pints
	ARD 29	10 pints
PLATTE	AO 24	9 pints
GRAPPLE	ARS 7	7 pints
TOMBIGBEE	AOG 11	6 pints
GRASP	ARS 24	6 pints
BOLSTER	ARS 38	6 pints
BELLATRIX	AF 62	5 pints
EASTMAN	YAG 39	5 pints
HALL	YAG 40	5 pints
SURFBIRD	ADG 383	4 pints
	ARD 22	4 pints
MOCTOBI	ATF 105	3 pints
	AFDM 8	3 pints
TAWASA	ATF 92	1 pint
		TOTAL 1,550 pints

The efforts of everyone who contributed to this commendable record are sincerely appreciated.



LAY LEADERS IN YOUR SHIP

COMSERVPAC's policy on the use of lay leaders aboard his ships is very well set forth in his instruction 1730.1A of 26 October 1961. In part, it states:

"Commanding officers of Service Force ships which do not include a Chaplain in their complement shall, insofar as possible, appoint religious lay leaders for the Protestant and Roman Catholic Faiths, and where warranted, for the Jewish Faith. Such appointments shall be in writing and shall be made in accordance with the provisions of BUPERS INSTRUCTION 1730.6 of 22 September 1960. Lay leaders shall be afforded the opportunity to conduct worship services for personnel of their respective faiths when the ship is at sea on Sundays or religious holidays or away from homeport. Notification of the name, rank and serial number of designated religious lay leaders shall be forwarded to the Force Chaplain, COMSERVPAC."

SELECTION OF LAY LEADERS

The rules governing the selection of lay leaders are contained in BUPERS INSTRUCTION 1730.6 quoted above and it has this to say: "Care must be exercised in the choice of lay leaders to insure that those who conduct lay services are officers and men who have proven themselves effective and responsible persons and who are respected by their shipmates. Untold damage to the religious life of a ship or station and to religious faith can be caused by an unqualified lay leader who may use the position to expound original theories or singular views."

SUPERVISION OF LAY LEADERS

How the lay leaders are to be supervised is set forth in the same BUPERS INSTRUCTION which states: "Commanding officers will insure that lay leaders receive instructions and guidance from the appropriate chaplain and that regular and adequate chaplain supervision is provided."

In this regard the Force Chaplains at Pearl Harbor stand ready to give any instructions needed by lay leaders. It is advisable that all newly appointed lay leaders receive instructions and visit the Force Chaplain's Office. For those not in the Pearl Harbor area

it is suggested they visit the local chaplains for help and guidance.

LIMITATIONS OF LAY LEADERS

The lay leader, of necessity, is restricted in the exercise of his functions as a religious leader. The limitations are clearly laid down in the above quoted BUPERS INSTRUCTION which states:

"Personnel of the Navy and Marine Corps, except for commissioned chaplains will not administer sacraments aboard naval ships or activities.

Lay leaders will conduct an orderly service but will refrain from formal preaching, specialized counseling and other activities which presume ordination by a religious body."

REGISTERING THE APPOINTMENT OF LAY LEADERS

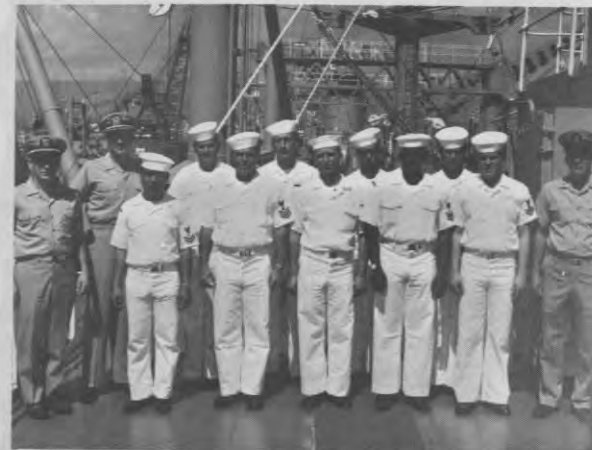
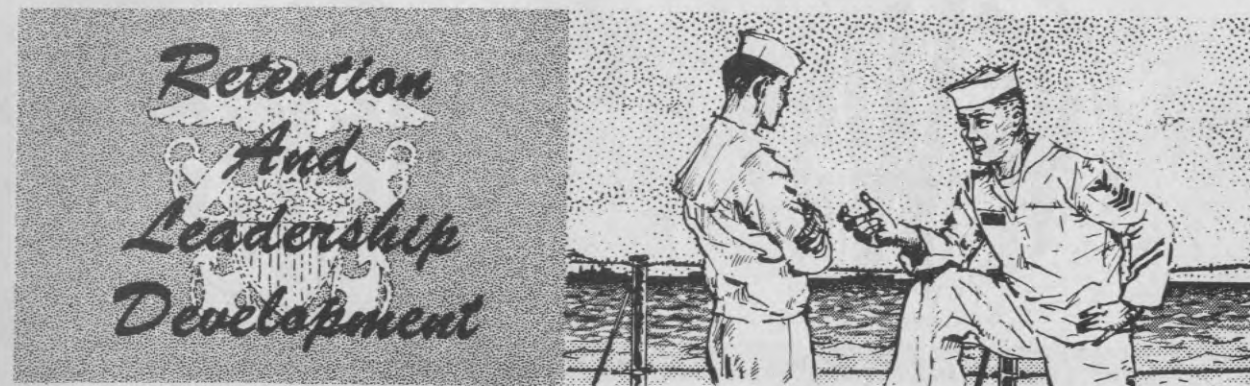
COMSERVPAC INSTRUCTION quoted at the beginning of this article states that notification of the designated lay leaders be sent to the Force Chaplain. The Force Chaplain has on file the names of the lay leaders of each ship in SERVPAC. However, on recent examination, it was found that some of the ships have not sent in any reports for this year. It is suggested that all ships have their lay leaders registered with the Force Chaplain if they have not done so already.

SUPPLIES FOR LAY LEADERS

The Force Chaplain's Office carries a supply of articles which could be of assistance to the lay leader in conducting his Service. These include New Testaments, hymn books, Catholic missals and rosaries, altar kits and pamphlets. Tape Recorders are also available on a loan basis to ships making a WESTPAC cruise. Lay leaders should feel free to contact the Force Chaplain on any items needed.

Force Chaplain CAPT J. J. TUBBS, CHC, USN
 Ass't Force Chap. CDR J. A. KEELEY, CHC, USN

Your Force Chaplain's Office is located at the Commander Service Force, U. S. Pacific, Headquarters, Building 251, Makalapa Area, Pearl Harbor, Telephone No. 55210 or 59222.



USS Hassayampa's career counselors: (left to right) LCDr C.A. Taylor, XO; Capt W.G. Coulter, CO; F. Cayan, SH2; R. Staton, MM1; J. Vanepps, BT1; R. Lindsey, SF1; R. Meadows, BT1; H. Harshberger, EN1; G. Brown, GMG1; D. Shackman, SM1; D. Jackson, EM2 and J. Padgett, GMGC.

Career Retention Efforts

Boom On Hassayampa

Career retention efforts are in full swing aboard the Pearl Harbor based fleet oiler USS Hassayampa. The key to this energetic drive -- a boost in the retention rate of first term enlistments in the Navy -- is individual counseling.

According to Capt William G. Coulter, Hassayampa's commanding officer, a retention program can only be as successful as the effort put into it. "When we all put our heads together," he said, "we're bound to get results."

The Commander Service Force, U. S. Pacific Fleet Retention Officer has found that this is entirely the case. He has visited many Service Force ships in the last few months, finding several with excellent career counseling programs in effect. But, he also noted that the success of a program was only a reflection of the interest taken by the Captain, ship's officers and senior petty officers.

Missing The Boat ?

Too many qualified men today are missing the boat simply because they are not aware of the paths of opportunity that are open to them.

You could be a midshipman at the U. S. Naval Academy next year training for an engineering degree and a commission as an officer in the U. S. Navy.

The Naval Preparatory School was established to help you qualify for entrance to the Naval Academy. Each September a new class enters the Preparatory School. The majority of these men are in the regular Navy, but reserve personnel needing preparatory work are permitted to attend on a space available basis.

Qualifications are listed in BuPers Notice 1531 of 24 February 1966 and include that applicants be between 17 and 20, a high school graduate or have completed enough high school courses that credits earned at the preparatory school will enable his secondary school record to show the necessary 15 credits required for entrance to the Naval Academy, a combined GCT/ARI of 118, and 24 months active obligated service.

The ultimate goal upon appointment and graduation from the U. S. Naval Academy is a commission as an Ensign in the U. S. Navy with a future of unlimited opportunity. Are you missing the boat????

- WANTED -

Missing NavPers 736 (Career Counselor Report) from over 100 ServPac ships and shore stations. All ServPac commands are reminded that the NavPers 736 is forwarded to ComServPac, Code 11 upon reenlistments or separation.

Any supervisor must be constantly aware that his position as a supervisor obligates him to be a good citizen, set a good example; to consider the interests of those he leads as well as the interests of those who lead him.

NEWS IN VIEWS

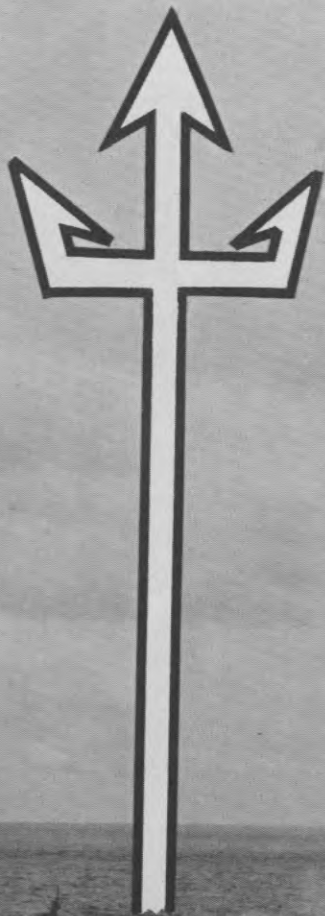


Men of fleet oiler USS Hassayampa lash down a dummy space capsule during training exercises in the art of retrieving it. Hassayampa was on station in the Mid-Pacific waters when "Gemini 8" made an unprecedented splash down near Okinawa. - Photo by Jim Dewater, J02

EVERYBODY IN THE PACIFIC



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