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SPEAR

POETRY



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4 JULY, 1980

INDEPENDENCE DAY

JULY



4TH

WHAT DOES THE NAVY RELIEF FUND DO FOR YOU?

Active Navy, Marine and retired personnel including Fleet Reservist, and dependents of living or deceased personnel listed, can apply for financial aide from the Navy Relief Organization. Since our deployment, the L. Y. Spear personnel and dependents who needed assistance received a total of \$2,870.00 from this fund.

The money for the Navy Relief Fund is derived from contributions by active Navy and Marine Corps personnel. Annual Fund drives are held to collect these contributions that go entirely to the assistance of personnel and their dependants. If there is a real need, single persons are also eligible for aide with such things as essential car repairs, help with emergency transportation, budget counseling, assistance when pay records are lost.

For married personnel the list is tremendous, with help being needed for everything from layettes (junior's seabag) to funerals. Educational loans for dependent children and vocational training for widows are among the many services provided to you by the Navy Relief.

Now that you know a little more about the Navy Relief Fund, wouldn't you like to make an investment for the day you will need them?

Thanks to the print shop and DP2 Maycroft; CWO2 Derricote and divisional representatives have gotten the L. Y. Spear fund raising campaign going full speed ahead. Among the many activities planned are raffle ticket sales and an anchor pull. If you have ideas concerning increasing our funds, or if you want to make a contribution contact your divisional representative.

THE NAVY RELIEF FUND IS FOR US AND WE MUST KEEP IT GOING!



JULY 4TH

The SPEAR POINTS is an authorized unofficial publication of the USS L. Y. SPEAR (AS-36). The editorials and news content of this publication are not necessarily the views of the Department of Defense, the Department of the Navy or this Command and should not be considered as such. The SPEAR POINTS is published by and for the crew every two weeks, and is printed in the L. Y. SPEAR print shop with non-appropriated funds in accordance with NAVEXOS P-35. We solicit items of interest from the Officers and Crew, but reserve the right of editorial control. SPEAR POINTS receives material from the Armed Forces Press Service and materials credited to the AFPS may not be reprinted without written permission of the Armed 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 like poetry will be accepted. Please keep articles short, clear and informative

Chaplain's Corner

THE FOURTH OF JULY IN THE INDIAN OCEAN

I for one never expected to spend the Fourth of July in the Indian Ocean. If I were home I would have enjoyed the day off, spent it lazing around the swimming pool, and probably gone to a cookout. Out here, we've taken the time for an "old fashioned" Fourth of July picnic. And yet, even in the middle of the picnics and the holiday routine we can see the reason for our being here just by standing on the weather decks, those grey ships to port and starboard.

We all know that those ships have been steaming up north, and that most of them anyway, will return there when they leave. It is one thing to be a part of our nations "foreign policy" sitting at Pier 22, with all of the ordinary things we take for granted. It is another thing entirely to be sitting in Diego Garcia and to know that what we do here directly affects the ability of the battle group to continue operating effectively or, in the case of the Davidson, even to be able to go anywhere under her own power.

The battle group is not simply a neat publicity stunt on the part of the President and Defense Department. Rather, it is an acting out of the Fourth of July. It is an action which states our determination that men and women in all countries should be able to enjoy the basic freedoms which we declared to be our right two hundred and four years ago. It is our statement that we will challenge all who oppose those freedoms at whatever cost in money, manpower and the inconvenience of distance. It is a declaration that the American hostages have not been forgotten, that the Afghan people have the right to live in peace.

We have declared ourselves to be "the land of the free" for over two centuries. The past months Cuban Sealift has shown once again that when given any chance at all, people will do anything to live in freedom. Our being out here does not directly affect our own freedom as a nation but our being out here does ultimately make an impact. If we are not willing to defend another's right to freedom we are in danger of not being able to defend our own.

Dietrich Bonhoeffer, a German Porter executed by the Nazis wrote:

"The Nazis came for the foreigners and I did not protest. They came next for the Jews and I did not protest. They came for criminals, and still I did not protest. And then they came for me-and there was no one left to protest."

Perhaps as a result of this Fourth of July, we will have a better appreciation for the heritage of our nation, our way of life.



CAPTAIN'S CORNER

We have come a long way since last winter in Norfolk. As we complete our last few days in Diego Garcia and make our way home, I see a changed crew; more professional, better qualified, successful in all our challenges to date and working so much better together as a team.

There are a few things left to do which I feel will contribute to L.Y. Spear being one of LANT-FLEET'S best ships; cleaning and presentation. We have made large strides in this area; however, there are a number of substandard areas to be completed. Also it is important that each of us clean up after ourselves to maintain the cleanliness and appearance of spaces already completed. Next we have to help all our newly reported shipmates in their PQS qualification for 3M, damage control, watch qualifications and work center qualifications. This is necessary because of the large turn over in personnel we will have had since March through August (over 25% of the crew). If we are ever to regain a five section capability in port, we need everyone qualified.

The pre-deployment preparations period, and this deployment have been very long and demanding on all of us. We can be proud of our efforts which have been so successful. We have done what not one of us would have thought possible just a few months ago. In these accomplishments we have gotten to know one another better, to work closely with all departments and to realize how each of our individual efforts contributes to the success of our mission.

Well done!

NEW FOUND PASS TIME

Upon arrival in Diego Garcia one of the first things we noticed when we reached the beach was shells. The warm tropical waters of the Indian Ocean are home for numerous types of species of shells.

Several of our shipmates have donated some of their collection to share with us in the ship's display of shells collected on the island. (The display is located in the Ship's Store window.) We have all enjoyed viewing your special finds. Thank you for sharing them with us.

Spear Points would like to extend their appreciation and thanks to HM3 Neil Cummings of the Medical Dept. for co-ordinating the USO Shows on Spear.

Well done NEIL!

REFLECTION OF THE FOOD SERVICE DIVISION

USS L. Y. SPEAR THE 1980 NEY WINNER

NUMBER 1 LARGE E. D. F. AFLOAT

We would like to share with the rest of the crew of L. Y. Spear what it really means to all of us to win first place in this years Ney competition. It was an honor and a feeling of great achievement for all of us; but most importantly, it was the realization that in order to win this outstanding food service award and being number one in the Navy, we have given our shipmates, the patrons of the Enlisted Dining Facility, the best service we could provide. Our goal was to get everyone involved, the command for it's financial and moral support, the patrons who actively supported us and let us know how we could improve service to them. Our objective was simply to provide the best possible service to our patrons on a daily, meal by meal basis. Our motto was "Do it right every day, and Ney inspection will be just another day." Every meal was a stepping stone towards our ultimate goal of providing the best service and, in the process, winning the Ney award.

We also will share the winning recipe:

Recipe for a Ney Award

Yield: One NEY Winner

Ingredients	Measures	Method
Competitive Spirit	Displayed by all hands	Spread evenly throughout the Food Service Division
Team Work	Large pull in the right direction	Insure that all hands are working toward the same end
Leadership	Leading MS to the newest food service attendant	Involve leaders completely; make sure they know what is going on and why
Personal Pride	As much as possible	Instill in the leaders; it will blend smoothly troughout the division
Local Records: Galley Worksheet Meat Breakout Chart Meal Production Chart Frequency Chart	As many as it takes to be effective	Blend together with special attention to detail
Training	All personnel involved	Give all hands a loarge portion regularly
Command Interest	All you can get	Make this a two-way street. You get what you give.
Records and Returns	Required amount plus whatever else is needed	Measure accurately
Sanitation	Impossible to have too much	Add systematically. Without sanitation this recipe will fall under pressure
Self-Help	As needed	Document what you do with pictures as well as words.

Note: Always dream and shoot higher than you know you can reach. Don't bother just to be better than your contemporaries and predecessors; try to be better than yourself.

FOOD SERVICE DIVISION
USS L. Y. SPEAR





POST OFFICE UP CLOSE

Four designated personnel operate the L. Y. Spear Post Office. LTJG Miller, acts as their division Officer and they are all a part of X-Division. To keep the Post Office operating at a proficient rate an additional four persons are required to assist in sorting the large number of bags of mail we receive every other day. PC1 Morrison, PC3 Jackson "Stamp Champ", PC3 Wrzeszcz and SN Donovan are presently assigned to the Post Office. Every day these four people are seen leaving the boat, "come rain or shine", to go over to the Diego Garcia Post Office to deliver off going mail. When they arrive they often have to go to the Air Terminal to pick up mail and/or exchange it right at the terminal.

A moderate mail run will consist of anywhere from twenty five to forty five bags, each weighing an average of forty pounds. The bags are loaded into the postal van and taken to the pier where they are off loaded onto the pier, down the ramp, then onto the awaiting boat. This takes a considerable amount of time and effort. Upon arrival at the Spear, the eight hand working party and volunteers are called away to bring these bags of mail to the Post Office. Usually people on the boat who are hoping for a letter at the upcoming mail call, are more than happy to lend a helping hand. After the mail arrives in the Post Office it is sorted by division into sections, to be distributed at that mail call. When a letter arrives with no division included in the address it is routed through the directory mail. It often is distributed at the next mail call, since it takes extra time to locate the division this person belongs to.

Our Post Office offers almost all the services a civilian Post Office does. We do not except COD mail services, but stamps, money orders, certified mail, registered mail, certificates of mailing, special delivery and special handling are all sold daily.

Have you ever wondered just how much business the Post Office has? We sell approximately \$500,000.00 in money orders and \$10,000.00 in stamps every quarter.

If you have wondered about packages you want to mail home, we do not supply the paper. We can furnish the proper type of tape, do not use masking tape. You are encouraged to properly wrap all packages so that the contents will arrive in good condition. Normally customs X-rays all packages, but they can open them at any time for random checks.

Many of you have asked why we can not have mail call everyday. All mail to this area is routed through Clark Air Force Base in the Phillipines. Due to the drastically increased number of ships and submarines now in the area it takes approximately two days to route all of the mail that arrives.



FAREWELL "DUCKY"

In the Spear Point's growth, she is always changing and rearranging her staff and contents. RM2 "DUCKY" Hall is leaving us for the civilian world so SHSN Susan Street will be putting forth the effort to match the endeavors Hall has displayed in the past. The long hours of dedication shown by "DUCKY" will always set an outstanding example for those who have worked with her. Thank you "DUCKY" for helping us to attain the high quality of newspaper we have become so proud of. We wish you success in everything you do.

HM2 Evans still remains in the position of Editor. All incoming articles and ideas from the crew are essential and always welcome. It is your newspaper and without your continued efforts and interest it will be difficult, if not impossible to extend the fine quality of newspaper we have become so accustomed to.

We, the staff, are determined to bring to you the best ship's newspaper in the fleet. There is such an award, proclaiming outstanding journalism and composition and we are always striving for that end result. As in everything the Spear has done, we fully intend to carry on in our fullest capacity to remain the best.

MANAGING EDITOR
SHSN SUSAN STREET



HOMEWARD BOUND

In only a few days USS L. Y. Spear will be pulling out of the Diego Garcia Lagoon, bound for Norfolk. A varied selection of feelings are shared among the crew concerning the trip we have taken and our return to the States.

Some of you have formed new and lasting friendships with the people stationed around us. Others have found Diego Garcia is an excellent place to escape for awhile and explore the jungles and beaches. In the peace and solitude of strolling down a deserted beach, you can discover an interesting individual: yourself. Hopefully, while taking a good look at yourself, you found someone you can understand a little better and present with pride.

In our absence from home, many have seized the opportunity for self improvement. Whether it is a new tan, weight loss, or a new experience, we will all have something to boast about. After many weeks at sea, each of us has grown by learning to accept and work with people on a close daily basis.

The crew has worked hard, accomplishing a great deal. When we go, we will leave with pride, knowing that, to replace the L. Y. Spear in the capacity she has filled, will be very difficult.



ARE YOU PUTTING ANY OUT???

What's wrong with letting the people back state-side savor a little Navy life? Did you consider that friend on another floating city??

What about the pictures of you, your ship-mates, the places we have visited and our home away from home? Try it, send a Spear Points home today, they might like it. We would like to hear their comments about our newspaper and the work we do here and around the world.



NEW MASTER CHIEF OF THE COMMAND

As of May 28, 1980, HTCM Lewis was relieved as Command Master Chief by TCMC Ragan. HTCM Lewis was stationed aboard the Spear for three years and served as Command Master Chief for fifteen months. While holding this job, Master Chief Lewis represented the crew as a liaison between the crew and the Captain and Executive Officer. He has been instrumental in presenting our problems and gripes in a successful manner, to render positive results.

HTCM Lewis leaves the Spear for COMNAVSURFLANT. Upon our arrival in Norfolk he will return for a short period to relieve Master Chief Ragan for leave. HTCM Ragan has been on the Spear for two and a half years, working in weapons.

Anyone with a problem or suggestion that could improve our command, contact the Command Master Chief at extension 397 or see him in his office 01-34-2-L.



HOOKED



On 15 June 1980, ENFN J.T. Prolo of the elevator conveyor shop went fishing in the evening, off the second deck fantail. About 2000 he felt a tug on his line which he more than likely thought was a large snapper or a clumsy angel fish. For the next half hour he struggled with his line to find out he had hooked a four foot, ten inch, thirty five pound baby hammerhead shark. EN1 O'Dell was on hand to help bring the prize fish in. Once Prolo had the shark at the water line O'Dell gaffed it to bring it aboard.

Prolo was using a fresh water reel with 20 pound test line and red snapper for bait. This definitely had to be another Spear first.

Way to go ENFN Prolo!

REPAIR SAILOR OF THE QUARTER

Congratulations to MLFN COOPER. He has been selected as L.Y. Spear's Repair Department Sailor of the quarter, third quarter 1980. He was selected from nine candidates. His selection was based on his outstanding industriousness and dedication to duty. The following candidates are also to be commended for representing their divisions in the competitions: HT1 Jones, BM2 Kimble, MR2 McCook, MMFN Hill, IC1 Traylor, MM1 Cox, MM1 House and HT2 Hebert.

Health Hints

ASBESTOSIS? . . . SAY WHAT? . . . ME!!!

Have we caught your eye? Hope so, 'cause what you're about to read might be of benefit to you.

Breathing asbestos dust may be hazardous to your health. Asbestosis means Fibrosis of the lungs . . . lung damage! Asbestos can also cause Malignant Mesothelioma . . . tumors . . . cancer!

All personnel who have been significantly exposed to asbestos are to be included in an Asbestos Medical Surveillance Program (AMSP).

Just what is the AMSP? Why was it initiated?

The AMSP was promulgated in OPNAVINST. 6260.1A (Control of Asbestos Exposure to Naval Personnel and Environs). While present engineering and environmental controls and personnel protective equipment prevent personnel from being exposed to hazardous levels of asbestos dust, continued periodic medical surveillance is required to assure the continued adequacy of control measures and/or detect early asbestos related changes in the worker's health.

How are we, in the Medical Department, going to implement this program?

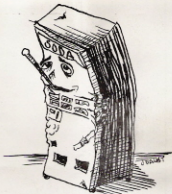
First, we will have to identify personnel with present and past asbestos exposure history. This will be accomplished by an asbestos screening questionnaire. All hands will be required to fill this out. Note, the success of this program will rely on everyone's full cooperation. It is imperative that all questions are answered. These questionnaires will be disseminated by your Division Officer.

If you do not get one, they will also be available in Medical. All questionnaires, whether a positive or negative response, are to be turned in to Medical for review. After this has been accomplished, and the person has been determined to be included in the AMSP, He/She will undergo a comprehensive history of their occupations and any respiratory symptoms.

Next, He/she will be scheduled for an asbestos related physical examination, including pulmonary function studies, chest X-Ray, and any other tests warranted by the program.

The L.Y. Spear asbestos Medical Surveillance Program is a little over due, so, again, it will be necessary to get full cooperation from all hands to make it a successful program. It is important that Department Heads, Division Officers, and Supervisors at all levels make the program cognizant to their respective personnel.

If you have any questions concerning this program you can contact HM2 Rosko or HM2 Evans at 506.



COKE OR BUST

Since our arrival in the hot humid climate, our five operating soda machines have indured continuous use. They are filled once every day. (Their average intake for two days is \$700.00!) The endless task of refilling and general maintaining of cleanliness belongs to S-3 Division. SH3 Navasca and SKSN Gregory are the people who make sure the job is done. They are consistent in their work, but consider the continuous use of our soda machines.

If you do lose money, please do not give the already battered machine a karate chop. You can be reimbursed in the S-3 Office located at 1-42-2-Q, from 0930 to 1030, Monday through Friday.

Stealing from or pounding on the machines only decreases your chances of receiving a soda the next time you are hot and thirsty.

In A Day's Time

A lot goes on during a given period of time in the body of an adult of average size. Here's what you accomplish in just 24-hours:

- You heart beats 103,689 times.
- You breathe 23,040 times.
- You inhale 438 cubic feet of air.
- You eat 3.25 pounds of food.
- You drink 2.9 quarts of liquids.
- You lose .87 pounds of waste.
- You speak 4,800 words
- You move 750 muscles.
- Your hair grows .01714 inch.
- Your nails grow .00046 inch.
- You exercise 7,000,000 brain cells, more or less.

Think about it. All this activity and you do it as easily as falling off a log. But don't. All this activity can be stopped never to start again by an accident that can happen in a split second.

Accidents are caused by people. People like you can prevent them.

NEW PARK ON THE ROCK

We no longer have to borrow the Seabee's Park for our ship's parties. When they began the work, there was a thick grove of palm trees and undergrowth. After many long tedious hours of working in the rain, we can now boast of a new "Fleet Recreation Park" on Deigo Garcia.

There are still plenty of palm trees, but we now have a place of our own to hold parties and picnics. Your group or division is welcome to utilize this space. It is located only a few yards to the left of Seabee Park.

A grill and tables are being added, and the beach is being cleared. There is ample space for volleyball nets and other games to be set up.

To LTJG BURKE and all of you who volunteered your liberty time and hard work to make this park possible, we extend a heartfelt THANK YOU. You did well, and we are proud to leave behind the excellent job you have done as a dedication to the fleet, from USS L. Y. SPEAR.



3 X 3 WORD SEARCH

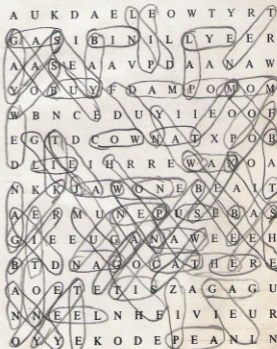
BY SK3 BLOMDAHL

Here's a real word search puzzler's delight. It looks easy at first, but wait until you get into it. First, I haven't given you a word list; you have to make your own. Second, you're only looking for three letter words, and three letter words only. Third, I've crammed 130 (That's Right) 130 words into this small puzzle! You may be able to find more if you try hard.

The prize for this puzzle is the 1980 Edition of "Guinness Book of World Records" (paperback edition). All persons solving this puzzle will be eligible for this prize. I will hold a drawing for those eligible on 5 July. All puzzle solvers must contact me no later than midnight 4 July to be eligible for the prize.

Please list the words you found and put them in alphabetical order and turn them in to me. I can be reached at extension number 207 or 279. Ask for SK3 Blomdahl.
GOOD LUCK!

****THE WINNER OF THE LAST CONTEST**
CONGRATULATIONS TO MS2 BLOMQUIST!**



SEND SPEAR POINTS HOME!

FROM

M. Shannon
E Division USS Ly Spear
7PO Ny Ny 09547



TO Mr. + Mrs. C. N. Shannon
362 Old Jeep Rd
Brunswick, GA 31530

FOLD IN HALF AND STAPLE ON ALL 3 SIDES TO MAIL



THE NEST