

USS STERETT (CG-31)

# FAMILYGRAM

July/August 1989

*Serving Family and Friends of Sterett*

Vol. 2 No. 4

◉ THAILAND ◉

LAND OF THE FREE







PULLING INTO THAILAND. THE ANCHOR  
DETAIL IS READY.



THAILAND, WELCOMES THE U. S. NAVY.



ONE OF MANY PLACES TO STAY IN PATTAYA BEACH.



YOU CAN FIND SOME GOOD BUYS BAR-  
GAINING WITH STREET VENDORS.





DEPARTMENT OF THE NAVY

USS STERETT (CG 31)  
FPO SAN FRANCISCO 96678-1154

13 September 1989

Dear STERETT Family and Friends,

The ship has been gone a considerable amount over the past quarter, and it certainly is nice to be spending the first part of September at home in Subic. We're also getting some necessary maintenance work done before setting out to sea again.

July was a very busy month for us. We began the month anchored off Pattaya Beach, Thailand, where we and the other ships of our battle group were enjoying some rest and relaxation following exercises in the South China Sea. The sights and the shopping were delightful, and wading ashore from the liberty boats in that pier-less port is truly a memorable experience. We were all deeply saddened during the visit, however, by the illness and subsequent death of our shipmate, BT2 Jim Kenney, and by the death of our Ombudsman, Mrs. Verna Alexander, in an automobile accident here in the Philippines. We miss them both very much.

On the way back from Thailand we rescued 48 Vietnamese refugees from a small boat with a jury-rigged engine. They had run out of drinking water and were down to a half bag of rice for food. It was an uplifting experience for all of us to help them arrive safely in the Philippines.

After a few days home in mid-July, and leaving Subic a day early to avoid Typhoon Gordon, we steamed northward for this year's U.S.-Japanese midshipmen exchange cruise. We had the opportunity to work closely with a Japanese oiler and submarine as well as with two Japanese destroyers. We visited Eta Jima, Japan, on the Inland Sea near Hiroshima, and also spent three days in Yokosuka.

We enjoyed a 10-day upkeep period at home in early August, and then went to sea to link up with the carrier Midway and the other members of Battle Group Alfa for exercises in the Philippine and South China Seas. During this period we worked with the Royal Thai Navy and Air Force and embarked two Thai officers for four months of training aboard. On the way back home we again encountered Vietnamese refugees, this time six men and a woman whose boat engine had broken down and who had been out of water for two days. As before, we delivered them safely to the appropriate authorities in the Philippines.

STERETT continues in the forefront of important exercises and other events in the Western Pacific, and your support continues to be key to our effectiveness.

Sincerely,

A handwritten signature in cursive script, reading "Barry M. Plott", is written over a horizontal line.

Barry M. Plott  
Captain, U.S. Navy

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## **USS STERETT (CG-31)**



### ***Familygram***

SERVING THE FAMILY AND  
FRIENDS OF USS STERETT.

COMMANDING OFFICER  
EXECUTIVE OFFICER  
EDITOR

CAPT B.M. PLOTT, USN  
LCDR J.S. LAMBERT, USN  
LCDR M.H. WILSON, CHC, USN  
LT J.D. PUTTLER, CHC, USNR  
LTJG B.A. RILEY, USNR  
RP3 M.V. KRAUSS, USN  
LCDR M.H. WILSON, CHC, USN

PUBLIC AFFAIRS OFFICER  
LAYOUT/TYPING  
PHOTOS

STERETT FAMILYGRAM IS PUBLISHED BIMONTHLY.



## FAIR WINDS AND FOLLOWING SEAS

A time comes when each member of the STERETT Family moves off to new duty stations, new friends, and new adventures. PAALAM.

\*\*\*\*\*

Lieutenant Commander Meretle H. Wilson detached in August with his wife, Rosa, and three children, Juliette, Lisa, and Meretle II, and will report to Marine Corps Base, Camp Lejeune, North Carolina for duty.

\*\*\*\*\*

Lieutenant Commander Richard F. Wicker III transferred with his wife, Maria, and little girl, Sofia, in July and will report to U.S. MLO Detachment, Rio De Janeiro, Brazil for duty.

\*\*\*\*\*

Lieutenant Junior Grade Kevin Sudbeck detached with his wife, Helen, in August and reported to Naval Aviation School Command, Pensacola, Florida for duty.

\*\*\*\*\*

Lieutenant Junior Grade Joseph V. Sanchez transferred in August and reported to Naval Station, Treasure Island, San Francisco, California for separation.

\*\*\*\*\*

Boiler Technician Senior Chief William Stallard transferred with his wife, Bertha, and three children, Jennifer, William and Valerie, to the Fleet Reserve in St. Joseph, Missouri for retirement.

\*\*\*\*\*

Boiler Technician Chief Honorio Videna detached in July with his wife, Zenaida, and two children, Christine and Christopher, and reported to Shore Intermediate Maintenance Activity, San Diego, California for duty.

\*\*\*\*\*

Electronics Technician First Class (SW) John Hall transferred in July and reported to Treasure Island, San Francisco, California for separation.

\*\*\*\*\*

Machinist's Mate First Class (SW) David Stone detached in July and reported to the USS RANGER (CV 61), home ported in San Diego, California for duty.

\*\*\*\*\*

Fire Controlman First Class Neal Goff transferred with his wife, Gertrude, and three children, Kevin, Jeanby, and Rolando, in July and reported to Weapons Station, Concord, California for duty.

\*\*\*\*\*

Fire Controlman Charles Stapleton transferred with his wife, Elizabeth and son, Charles Jr., in July and reported to Service School Command, Great Lakes, Illinois for duty.

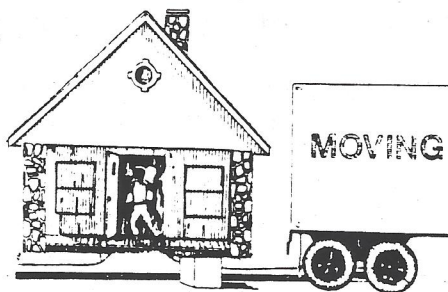
\*\*\*\*\*

Boatswain's Mate First Class (SW) Lane R. Baumgartner detached in August and will report to Naval Recruiting District, Minneapolis, Minnesota for duty.

\*\*\*\*\*

Boiler Technician First Class Jeffrey Dyer transferred with his wife, Marilou, and two children, Maria and Jason, in August and will report to the USS Missouri (BB 66) for duty.

\*\*\*\*\*





\*\*\*\*\*

Electronics Technician Second Class Thomas Morris detached in July and reported to the USS NIMITZ (CVN 68) for duty.

\*\*\*\*\*

Fire Controlman Second Class John Miller transferred in July and reported to the USS LONG BEACH (CGN 9) for duty.

\*\*\*\*\*

Boiler Technician Second Class Timothy Bratten transferred with his wife, Marie, in July and reported to Naval Recruiting District, Milwaukee, Wisconsin for duty.

\*\*\*\*\*

Machinist's Mate Second Class Richard M. Rollison detached with his wife, Tama, in July and will report to Naval Base, Seattle, Washington for duty.

\*\*\*\*\*

Electrician's Mate Second Class Carlito Q. Manlangit transferred with his wife, Susan, and two children, Carlson and Carol in July and will report to the USS PLUCK (MSO 464), home ported in San Diego, California for duty.

\*\*\*\*\*

Boiler Technician Second Class Glenn F. Domingo detached with his wife, Marites, in July and will report to Ship Repair Facility, Subic Bay, Republic of the Philippines for duty.

\*\*\*\*\*

Boatswain's Mate Second Class Kenneth Owens with his wife, Maria, transferred in August and reported to Treasure Island, San Francisco, California for separation.

\*\*\*\*\*

Gunner's Mate Second Class Jarvis Johnson detached in August and reported to Commander U.S. Facility, Subic Bay, Republic of the Philippines for duty.

\*\*\*\*\*

Boiler Technician Second Class William Masters transferred in August and reported to Treasure Island, San Francisco, California for separation.

\*\*\*\*\*

Operations Specialist Second Class Mark Ryan Timmons detached in July and will report to Commander Patrol Wing, Pacific Detachment, Adak, Alaska for duty.

\*\*\*\*\*

Fire Controlman Second Class Frank Ross transferred in August and reported to the USS FOX (CG 33) for duty.

\*\*\*\*\*

Operations Specialist Second Class Houston B. Hatchett detached with his wife, Aurelia, in July and reported to the USS WILLIAM H. STANDLEY, home ported in San Diego, California for duty.

\*\*\*\*\*

Storekeeper Third Class Eric Eugene Ward with his wife, Lynn, transferred in July and will report to the USS Harold E. HOLT (FF 1074), home ported in Pearl Harbor, Hawaii for duty.

\*\*\*\*\*

Boiler Technician Third Class Carlos P. Villareal detached with his wife, Rosanlinda, and children in July and reported to Shore Intermediate Maintenance Activity, San Diego, California for duty.

\*\*\*\*\*

Boatswain's Mate Third Class Mark Root transferred with his wife, Luz Pabillon, in July and reported to Treasure Island, San Francisco, California for separation.

\*\*\*\*\*



\*\*\*\*\*

Machinery Repairman Third Class Daniel L. Nehrenberg detached in August and reported to the USS ACADIA (AD 42).

\*\*\*\*\*

Yeoman Seaman Karriem "Schooly" McQuiller transferred in July and reported to Naval Air Wing, Pacific Maintenance Unit One, Cubi Point, Republic of the Philippines for duty.

\*\*\*\*\*

Hull Technician Fireman Terry McMillan detached in July and reported to Naval Station, Great Lakes, Illinois for separation.

\*\*\*\*\*

Fireman Brian T. Arnold transferred in August and reported to Treasure Island, San Francisco, California for separation.



## MABUHAY! WELCOME ABOARD

The STERETT Family is constantly changing with new faces arriving each month. STERETT extends a Mabuhay to the newest members of the crew that have arrived since May-June 1989 Familygram was published.

\*\*\*\*\*

Lieutenant James D. Puttler reported for duty from Naval Training Station, San Diego, California.

\*\*\*\*\*

Lieutenant Dan Almazan reported for duty from the USS BAGLEY (FF 1069).

\*\*\*\*\*

Lieutenant Junior Grade Warren T. Judkins reported for duty from the USS CAYUGA (LST 1186).

\*\*\*\*\*

Boiler Technician Master Chief Jackie Delucas reported for duty from Surface Readiness Support Group, Pacific, San Diego, California.

\*\*\*\*\*

Boatswain's Mate Chief Kenneth Cox reported for duty from Recruit Training Center, Great Lakes, Illinois.

\*\*\*\*\*

Data Systems Chief Vincente Infante reported for duty from Mobile Technical Unit 13, Subic Bay, Republic of the Philippines.

\*\*\*\*\*

Electrician's Mate Chief Ramon A. Mangahas reported for duty from Navy Recruiting District, Seattle, Washington.

\*\*\*\*\*

Gunner's Mate First Class James H. Clark reported for duty from Naval Station, Subic Bay, Republic of the Philippines.

\*\*\*\*\*

Sonar Technician Second Class Chad Griffith reported for duty from Fleet Anti-Submarine Warfare Center, Pacific, San Diego, California.

\*\*\*\*\*

Operations Specialist Second Class Joseph C. Lantzy reported for duty from the USS REEVES (CG 24), home ported in Yokosuka, Japan.

\*\*\*\*\*

Aviation Maintenance Administrationman Second Class Randy Lavine Sesser reported for duty from Commander, Naval Air Force, Pacific, San Diego, California for duty.

\*\*\*\*\*

Sonar Technician Third Class Randy Cunningham reported for duty from Fleet Anti-Submarine Warfare Center, Pacific, San Diego, California.

\*\*\*\*\*



# WELCOME ABOARD!



\*\*\*\*\*  
Ship's Serviceman Third Class Jesus C. Garcia reported for duty from the USS SHASTA (AE 33).

\*\*\*\*\*  
Boiler Technician Third Class Ronilon C. Barcelona reported for duty from the USS BRONSTEIN (FF 1037).

\*\*\*\*\*  
Machinist's Mate Third Class Gregory D. Dunn reported for duty from the USS DIXON (AS 37).

\*\*\*\*\*  
Fire Controlman Third Class John W. Hull III reported for duty from Combat Systems Technical School Command, Mare Island, California.

\*\*\*\*\*  
Electronics Technician Third Class Edwin Provan reported for duty from AESD School, San Diego, California.

\*\*\*\*\*  
Operations Specialist Third Class Eugene Carr reported for duty from the USS TRUXTUN (CGN 35).

\*\*\*\*\*  
Seaman Darryl Baker reported back on board from Transient Personnel Unit, Naval Station, Norfolk, Virginia.

\*\*\*\*\*  
Radioman Seaman Craig S. Dennis reported for duty from Recruit Training Command, Orlando, Florida.

\*\*\*\*\*  
Mess Specialist Seaman Apprentice Jesse J. Palato reported for duty from the Overseas Home-port Unit, Fleet Training Center, San Diego, California.

\*\*\*\*\*  
Operations Specialist Seaman Recruit Emiliano D. Arellano reported for duty from Fleet Training Center, San Diego, California.

\*\*\*\*\*  
Machinist's Mate Fireman Recruit Eric S. Wahl reported for duty from Service School Command, Great Lakes, Illinois.

\*\*\*\*\*  
Boiler Technician Fireman Recruit David B. Williams reported for duty from the USS SPHINX (ARL 24).

\*\*\*\*\*  
Radioman Seaman Recruit Wesley Risinger reported for duty from RM"A" School, Naval Technical Training Center, San Diego, California.

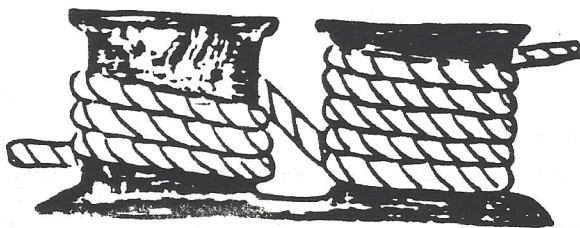
\*\*\*\*\*  
Fireman Recruit Denny Johnson reported for duty from Service School Command, Great Lakes, Illinois.

\*\*\*\*\*  
Seaman Recruit Eric Finch reported for duty from Recruit Training Command, Naval Training Center, San Diego, California.

\*\*\*\*\*  
Seaman Recruit Wayne Matthews Jr. reported for duty from Fleet Training Center, San Diego, California.

\*\*\*\*\*  
Fireman Recruit Myles Reukema reported for duty from Service School Command, Great Lakes, Illinois.

\*\*\*\*\*



# BITTS & Piece

\*\*\*\*\*

## ADVANCEMENTS

Congratulations to the following crewmembers who were advanced to their present rank: DS1 Henderson, SH1 Hale, MM1 Black, FC1 Martin, OS2 Langill, OS2 Mantooth, OS2 Sterner, SK2 Rietz, ET2 Warren, ET2 Zullo, IC2 Elliott, MS2 Flores, QM2 Huskey, BM2 McCormick, EM2 Nava, STG2 Swan, FC2 Kiszak, FC2 Lauck, FC2 Ciocco, and FC2 Ross, OS2 Staten, PN3 Chandler, DC3 Berry, MM3 Edwards, AW3 Faulkner, YN3 Neeley, IC3 Rhinehart, BT3 Patterson, OS3 Rhodes, BM3 Seghers, SK3 Williams, EN3 Gomez, AE3 Lawson, HT3 Marcucci, RM3 Baber, MM3 Devito, BT3 Grimes, MM3 Hernandez, BT3 Northup, BM3 Ross, DK3 Oliver, HT3 Jackson, MM3 Temple, MSSN Rogers, QMSN Lawson, FN Reynolds, OSSN Ogilbee, YNSN Sagun, MMFN Bartashus, OSSN Burnwatt, SA Banuelos, SA Avila, MSSA Wooten, MSSA Hiatt, BTFA Witte, FA Thompson, FA Johnson, SA Lane, SA Tennel, and OSSA Arellano.

\*\*\*\*\*

## REENLISTMENTS

MSC Joseph Gobaleza reenlisted for four more years in the U.S. Navy.

DS1 Noli Beltran reenlisted for five more years in the U.S. Navy.

FC2 James Janda reenlisted for six more years in the U.S. Navy.

\*\*\*\*\*

OS2 Kenneth Cannon reenlisted for five more years in the U.S. Navy.

EM2 Cezar P. Nava reenlisted for six more years in the U.S. Navy.

GMM2 George Provencher reenlisted for three more years in the U.S. Navy.

HT2 Ronald Burch reenlisted for five more years in the U.S. Navy.

ET2 Kevin Zullo reenlisted for four more years in the U.S. Navy.

GMM2 Sammy Simpson reenlisted for four more years in the U.S. Navy.

\*\*\*\*\*

## SAILORS OF THE QUARTER

The Sailor of the Quarter is chosen for his sustained and outstanding performance, exemplary behavior, and unselfish contributions to the ship and crew.

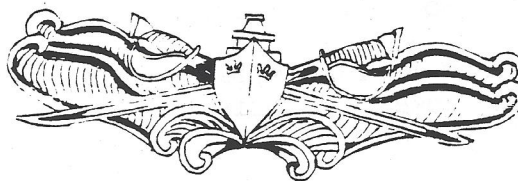
The Junior Sailor of the Third Quarter FY 89 is:

PN3 Ronald Chandler

The Senior Sailor of the Third Quarter FY 89 is:

HM2 (SW) Charles Bond

\*\*\*\*\*





\*\*\*\*\*

## ENLISTED SURFACE WARFARE SPECIALIST

The following individuals have distinguished themselves through the significant achievement of earning the qualification of Enlisted Surface Warfare Specialist (ESWS). The ESWS program is a self-initiated study and training program in which a thorough understanding of the ship's weapons systems, propulsions, and operational capabilities is achieved by the candidates. Their final qualification is obtained in an oral board headed by the Commanding Officer and several Chief Petty Officers. The designation as an Enlisted Surface Warfare Specialist is one of the most significant qualifications in one's career and authorizes the wearing of the Enlisted Surface breast insignia. Congratulations to the following personnel: BM1 Lane Baumgartner, AMS1 Rolando Quingua, and STG2 Mark Fuller.

\*\*\*\*\*

## CPR COMPLETION

On STERETT we recognize the importance of CPR and have initiated a program with a long range goal of qualifying the entire crew. The CPR program is continually keeping up with new crewmembers coming aboard STERETT. The following personnel are the most recent CPR graduates: EN1 Wright, YN1 Collins, DC1 Western, MS1 Navarro, GMM2 Parks, BM2 Norman, FC2 Fulbright, BM2 Perkins, FC2 Hughes, SK2 Rietz, AZ2 Shenefield, MS2 Peterson, BM2 Bennett, BT3 Miller, RM3 Davis, GMG3 Becker, SH3 Leung, EM3 Beltran, BM3 Lacy, AW3 Faulkner, BT3 Autry, FC3 Roberts, PNSN Ferland, MSSN Dowell, SN Holder, QMSN Lawson, PCSN Guyton, and YNSN Hernandez.

\*\*\*\*\*

\*\*\*\*\*

## AWARDS

Congratulations to the following personnel who received awards for outstanding performance and excellence during their military career: OS2 Dewveall (Good Conduct-First), GMM2 Provencher (Good Conduct-First), FC2 Lauck (Sea Service Ribbon-First), OS3 Coore (Sea Service Ribbon-First), ET3 Renbarger (Good Conduct-First), ET3 Meim (Sea Service Ribbon-First), EW3 Freeman (Sea Service Ribbon-First), BT3 Autry (Sea Service Ribbon-First), GMM3 Schwichtenberg (Sea Service Ribbon-First), MM3 Aquino (Good Conduct-First), BM3 Ross (Good Conduct-First), BT3 Rozyozko (Good Conduct-First), HT3 Purtell (Letter of Commendation), RMSN Dennis (Good Conduct-First), MMFA Bartashus (Sea Service Ribbon-First) and YNSN Hernandez (Sea Service Ribbon-First).

\*\*\*\*\*

## NEW STERETT FAMILY MEMBERS

Congratulations to RM3 Robert and Susana Poniente on the birth of their baby boy, Michael, 6 lbs. and 3 ozs. at 0504 on 13 July 1989.

Congratulations to MM2 Florencio and Maria Obillo on the birth of their baby boy, 6 lbs. and 15 ozs..

\*\*\*\*\*



## ***Thai this on***

USS STERETT was one of the eight ships that visited Thailand (TY land) 30 June - 5 July 1989. While in Thailand crew members took advantage of the tours to shop in Pattaya Beach and Bangkok, and to visit the Emerald Buddha Temple, Rose Garden, and the Bridge on the River Kwai.

The country was called Siam until 1939, when it became known as Thailand. Its name in the Thai language is Muang Thai, which means Land of the Free. It is the only nation in Southeast Asia that has never been ruled by a Western power.

Thailand is a constitutional monarchy. The nation's Constitution of 1978 provides for a monarch, a prime minister, and a legislature called the National Assembly. A law was passed in 1980 that allows either males or females to serve as monarch, a position previously held only by males.

Of the more than 54 million people 84 percent live in rural areas. Nearly 7 million reside in Bangkok, the capital. Thai is the official language spoken by 90 percent of the people.

More than 95 percent of the Thai people are Theravada Buddhists. Buddhist custom dictates that men over the age of 20 are to serve in the Buddhist monkhood for a few months. However, only 40 - 50 percent actually do.

Although more than 85 percent of Thailand's people 15 years of age or older can read and write, only 10 percent have graduated from high school and about 1 percent are university or teachers college graduates. The government operates free elementary schools throughout the country, and all children are required by law to attend school for at least six years. Most of the high schools are privately owned and charge tuition. Thailand has 14 universities, 43 teachers colleges, and 179 vocational schools.

LCDR Dennis Smith, STERETT's supply officer, reported to STERETT after a three year tour in Thailand.



## A DAY IN THE LIFE OF AN ELECTRICIAN'S MATE

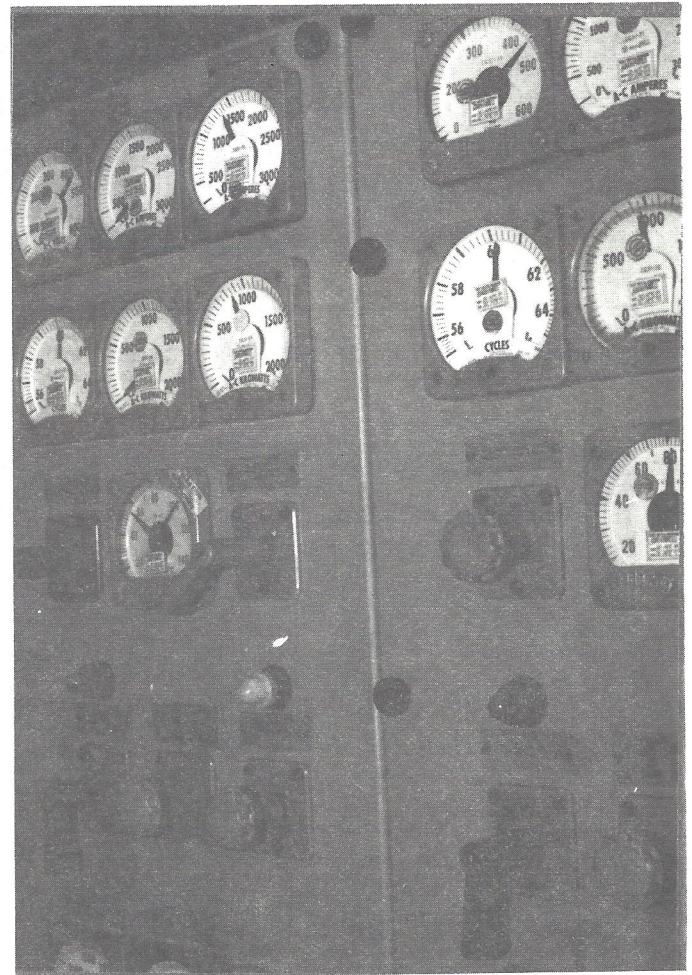
An Electrician's Mate (EM) has no typical day. The Day begins at 0315 as he is awakened to prepare to go on watch. He stands watches in the engine rooms, keeping track of electrical needs of the ship. His job is to make sure that current is supplied continually and

overloading is prevented. The EMs are also responsible for electrical tool issue. Each electrical tool is checked



EMI LIMPIADO IS WATCHING THE SWITCHBOARD IN THE FORWARD ENGINE ROOM.

and tagged for safety. They also check electronic equipment brought on board by STERETT's sailors to make sure that it is safe to use on board. They also make repairs to the electrical units on board and replace blown fuses. Bulbs and fluorescent tubes are obtained at the electrical tool issue shop.

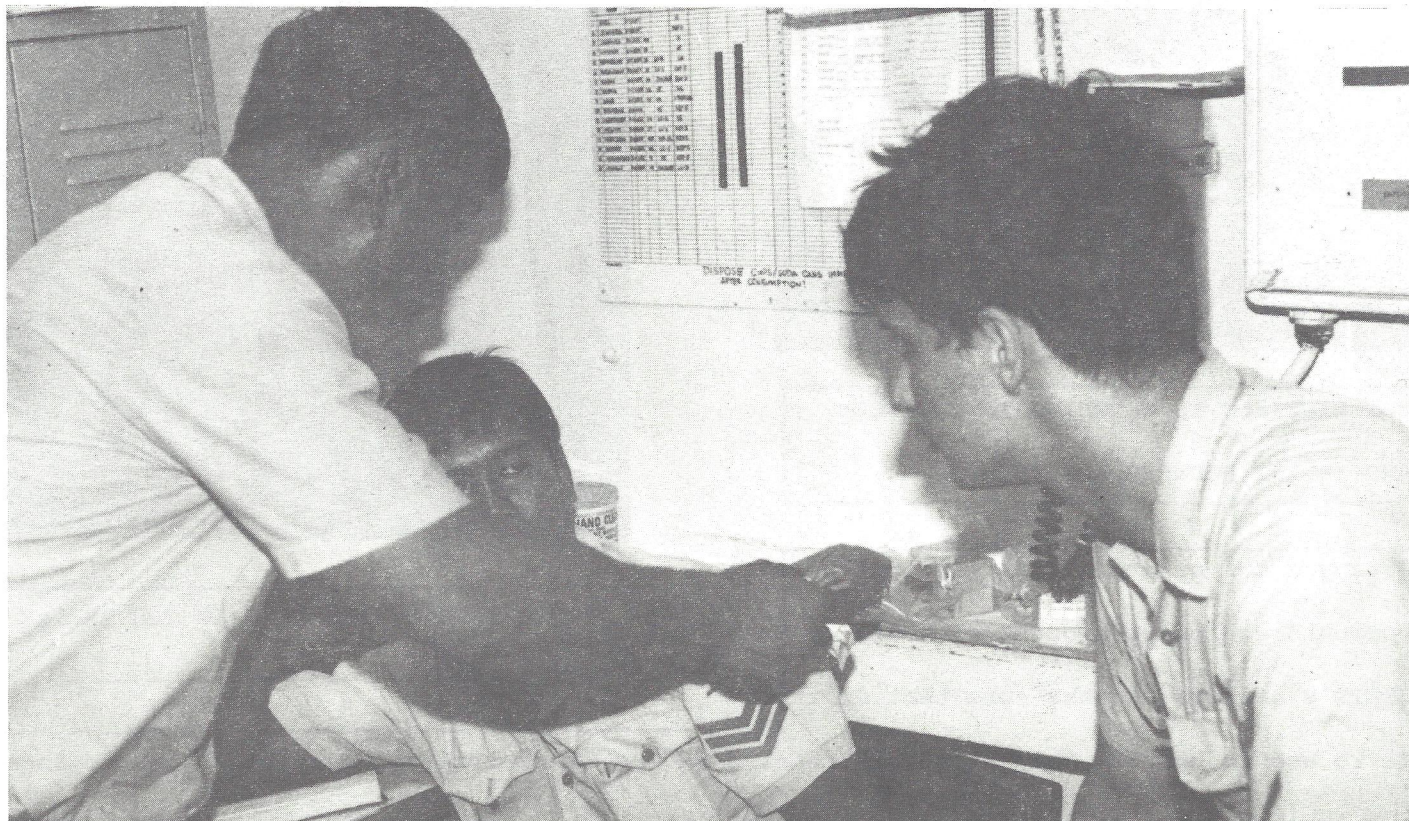


THIS IS A SWITCHBOARD IN THE ENGINE ROOM.





EM3 MERCADAL IN THE ELECTRICAL TOOL ISSUE SHOP.



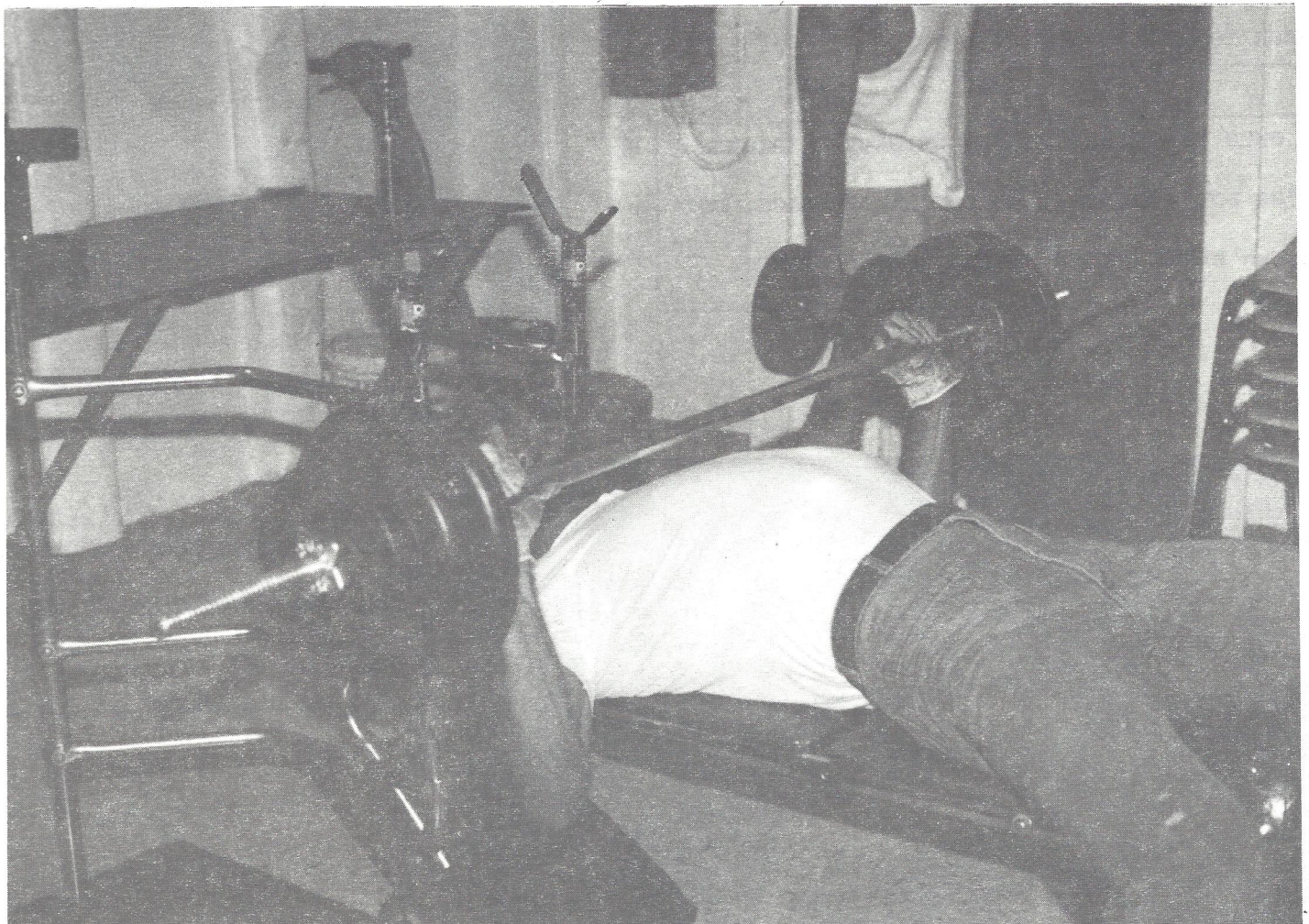
EM2 EBBAY AND EM3 CARPENTER RECEIVE THEIR ASSIGNMENTS FOR THE DAY FROM EM1 CANDALIZA.



## LIFE AT SEA ON STERETT

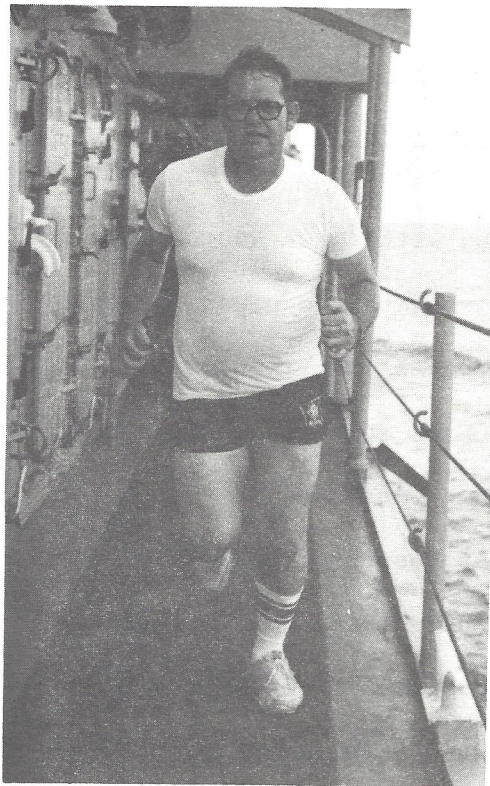
Each ship is a self-contained unit and a small community in itself. Living on a floating piece of iron and steel 50 feet wide and 500 feet long with about 500 sailors challenges even the hardest of sailors. The ship makes its own water to power the ship, water for cooking, drinking, and bathing. The ship cooks and bakes over 1500 meals a day. There is a medical staff aboard to aid the sick and injured. Each ship is a self-contained unit, a community within itself. And this community learns to work and get along together. The following are vignettes of some of the things that happen at sea.

The U. S. Navy mandates that each command encourage its members to stay fit. On a ship smaller than a battleship or aircraft carrier that has limited space it presents a great challenge to keep in shape. Some of STERETT's sailors have found a way to stay in shape.

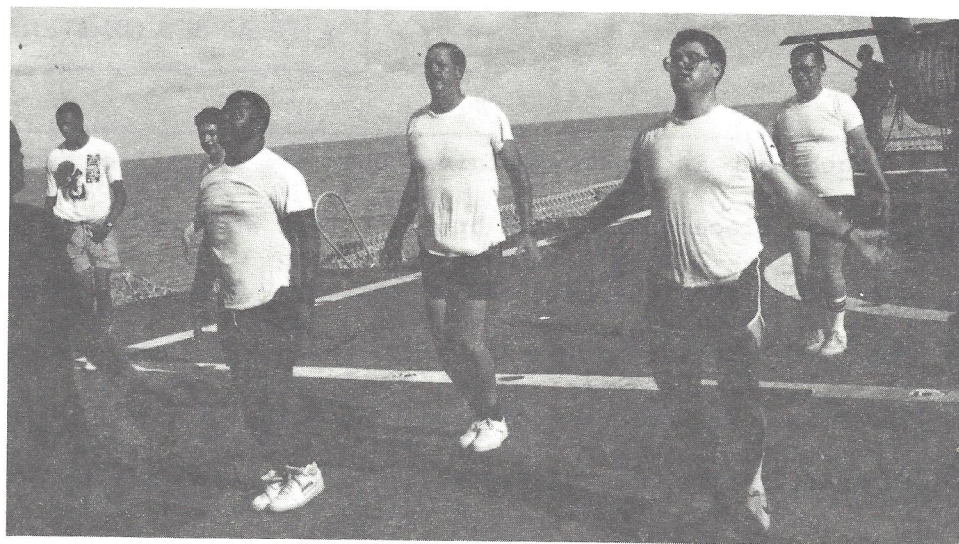


FC3 SHAPIRO PUMPS IRON IN THE UPPER FLAG MODULE. SOME OF STERETT'S SAILORS BROUGHT THEIR OWN WEIGHTS ON BOARD.



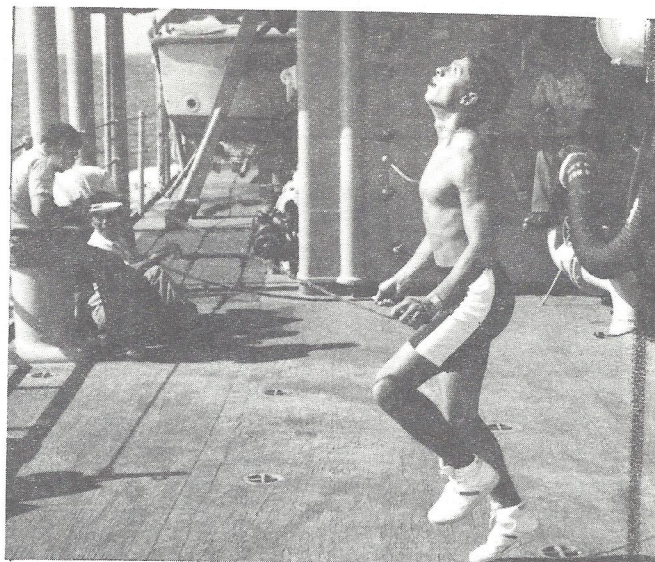


DAMAGE CONTROLMAN CHIEF  
HARMON LEADS A PACK OF RUN-  
NERS TO BURN EXCESS CALORIES.

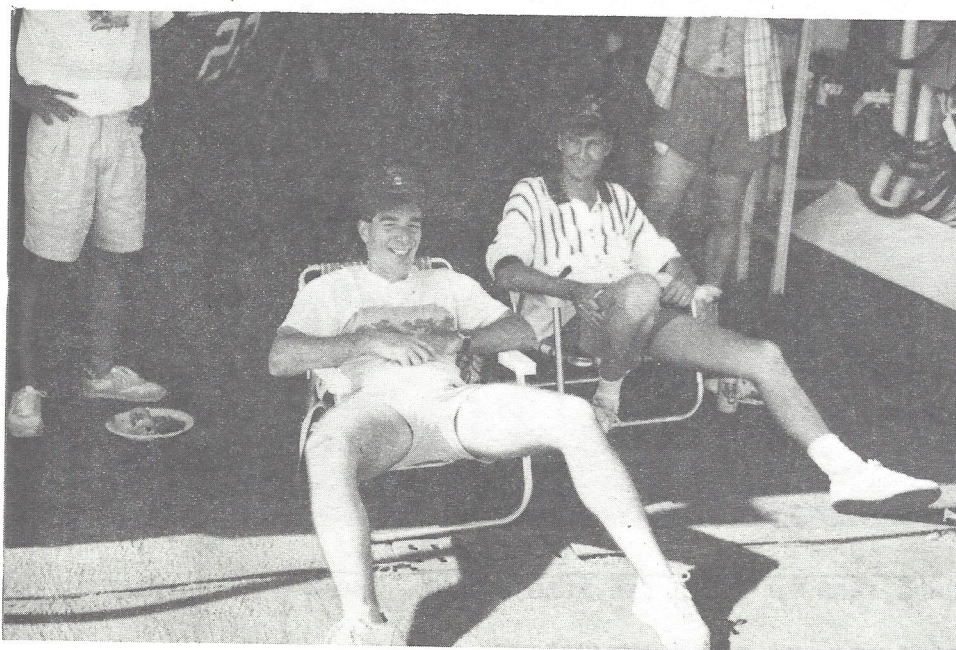


AEROBICS ANYONE?

ONCE IN A WHILE AT SEA WE HAVE A "PICNIC."  
WE'RE NOT ABLE TO GO TO THE SANDY BEACH, BUT  
WE CAN EXPERIENCE A "STEEL BEACH" PICNIC.



JUMPING ROPE SEEMS TO BE RADIOMAN  
THIRD CLASS PONIENTE'S FORTE.



LIEUTENANTS BEEL AND MORGAN  
ENJOYING THE "BEACH" ATMO-  
SPHERE.





**FIRST, THE BARBEQUE...**



**...NEXT, THE FIXINGS...**

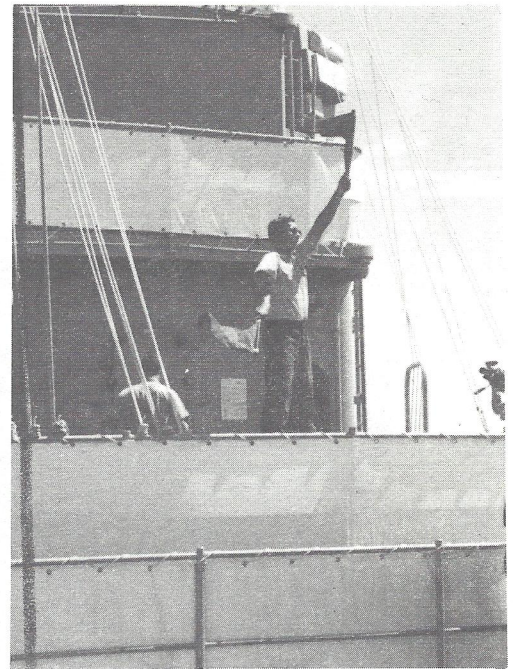


**...THEN, THE EATING.**

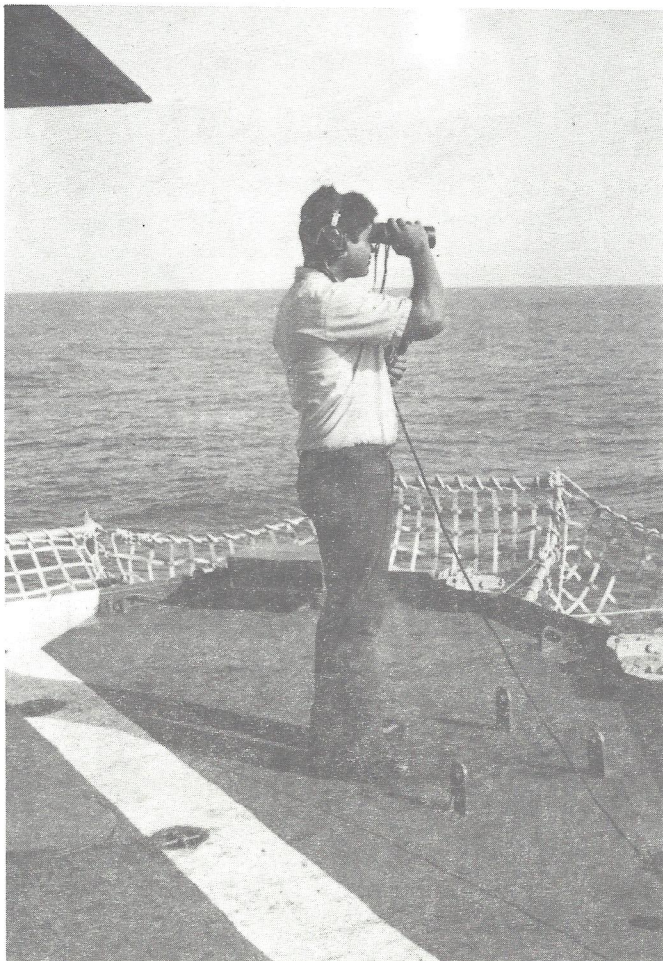




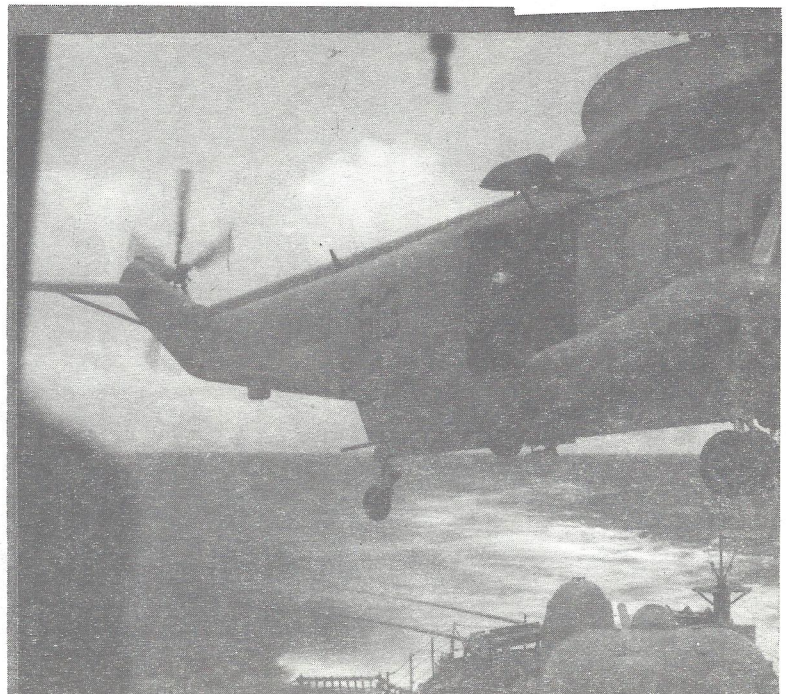
**"ALL ENGINES AHEAD FULL!" EVERYONE ON THE BRIDGE HAS HIS JOB.**



**COMMUNICATION MESSAGES  
SHIP-TO-SHIP WITH SEMAPHORES.**

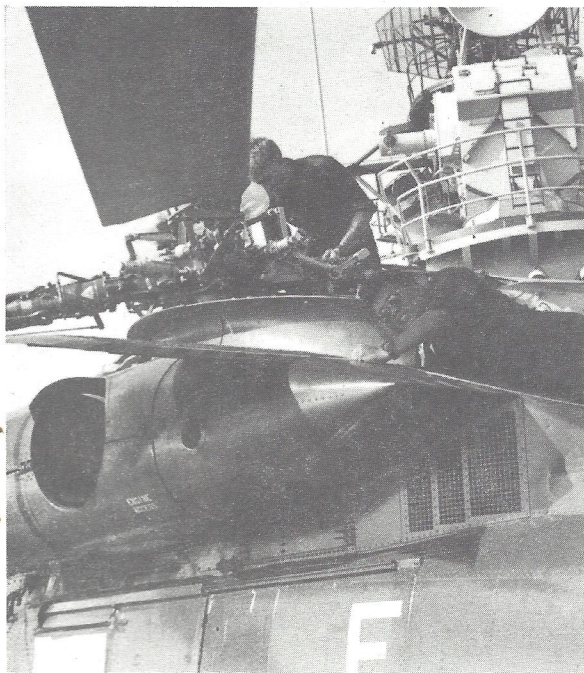


**AFT LOOKOUT WATCHING FOR SURFACE  
VESSELS.**

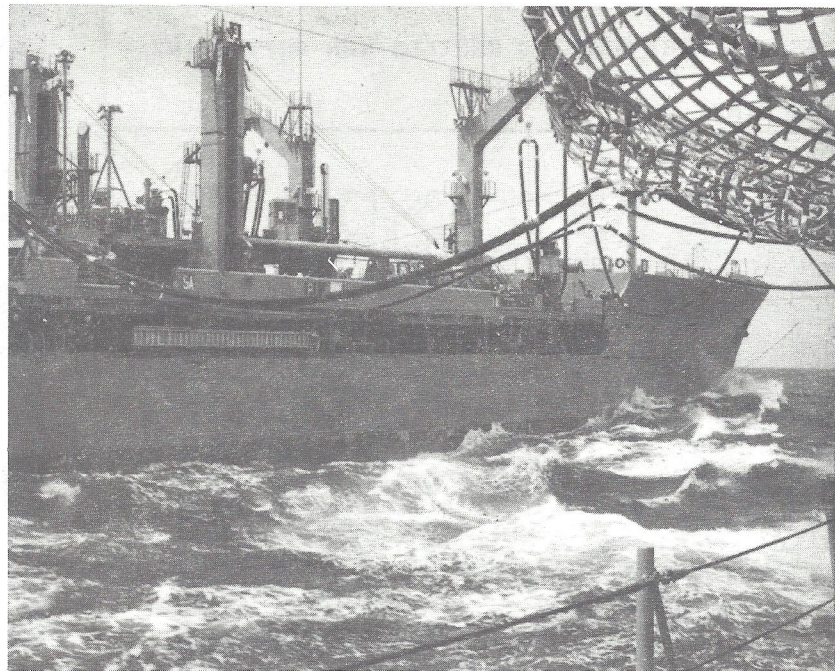


**HELICOPTER BRINGING MAIL FROM THE USS  
MIDWAY.**





STERETT HAS ITS OWN HELICOPTER  
DETACHMENT. AD2 DELEON AND AW3  
HAGA READY THE HELICOPTER, SEA  
SNAKE 22.



REFUELING AT SEA WITH THE USNS ANDREW J. HIGGINS.



LCDR LAMBERT REENLISTS OS2 CANNON.

OTHER AWARDS SUCH AS THE NAVY ACHIEVEMENT MEDAL  
AND GOOD CONDUCT ARE ALSO AWARDED WHILE AT SEA.

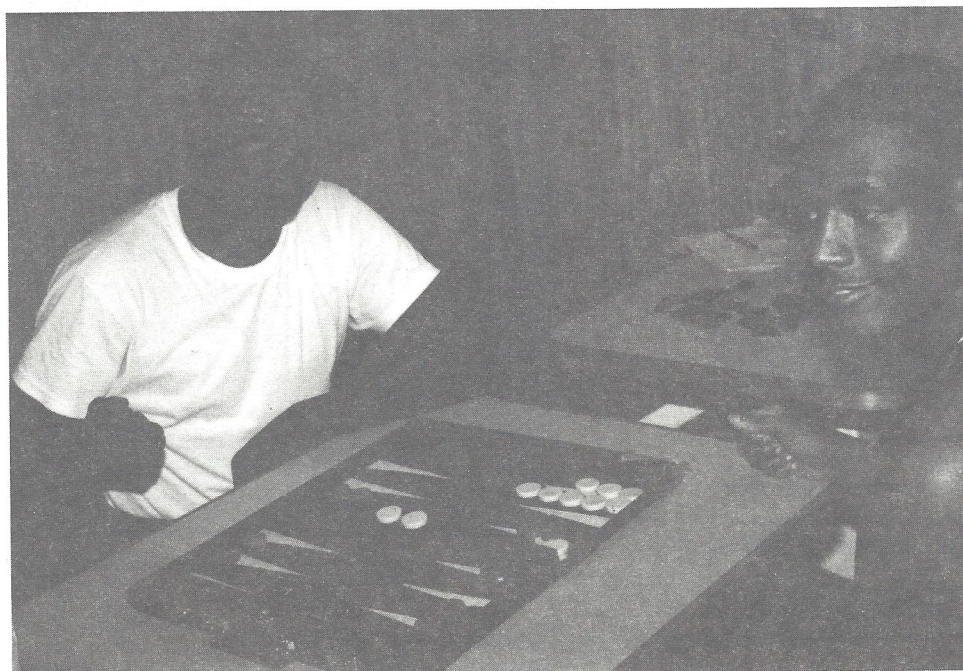
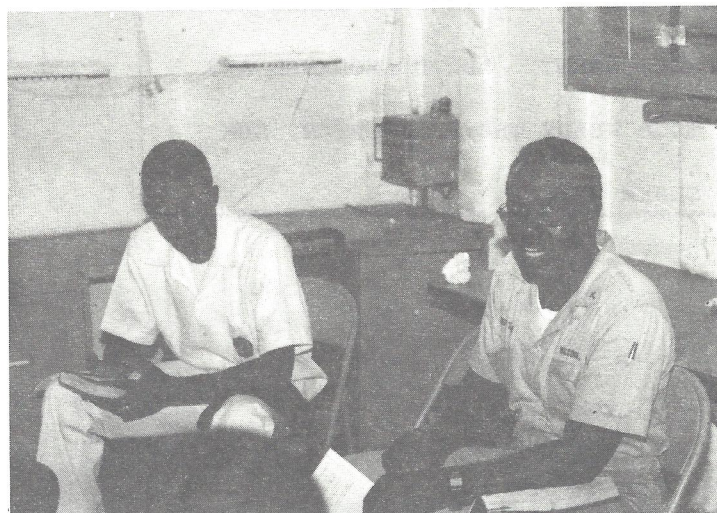


BT1 WATERSON RECEIVES A MERITO-  
RIOUS UNIT CITATION.



**RIGHT: SH3 SMITH CUTS YN1 COLLINS' HAIR.**

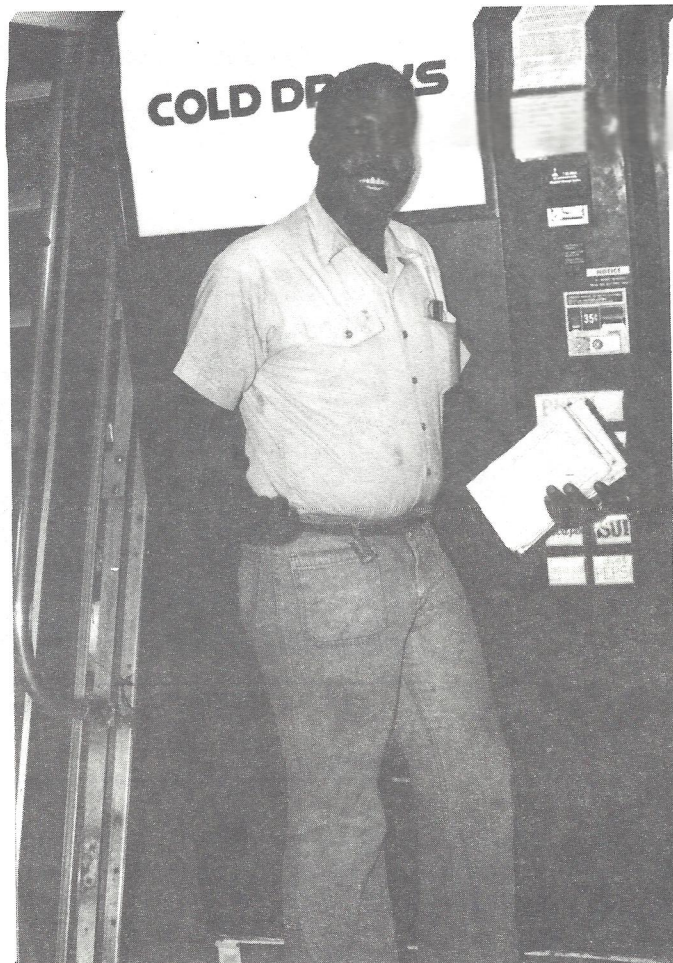
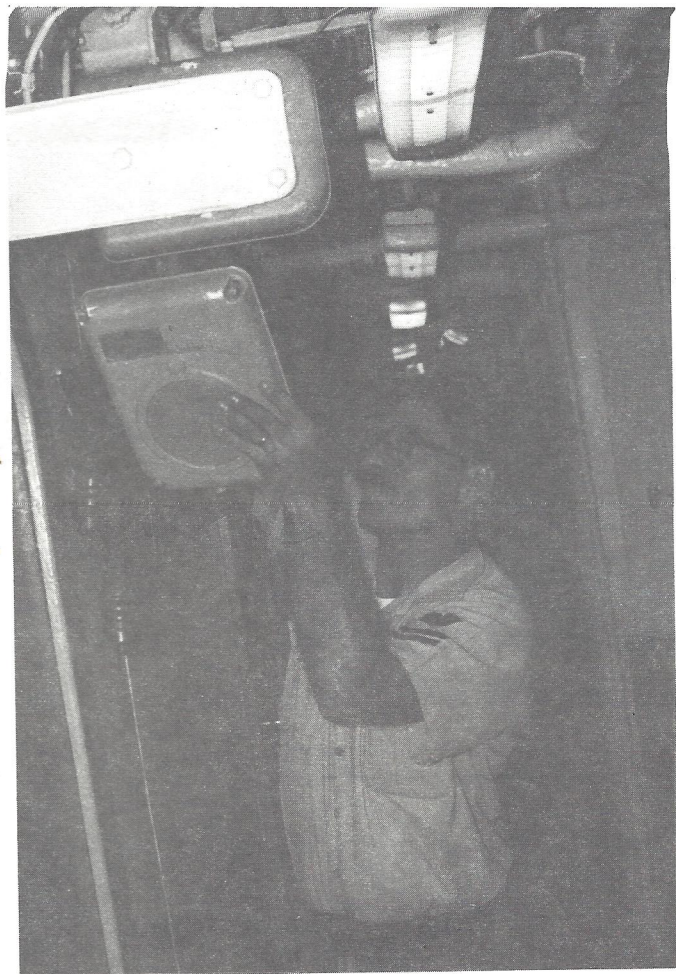
**BELOW: SH3 WATKINS REFILLS THE SOFT DRINK MACHINE.**



**ABOVE: CHAPLAIN WILSON IS CONDUCTING A BIBLE STUDY.**

**LEFT: "I CHALLENGE YOU TO A GAME OF BACKGAMMON."**





ABOVE LEFT: IC2 ELLIOTT REPAIRING A SPEAKER IN ONE OF THE PASSAGEWAYS. ABOVE RIGHT: DC2 HORNSBY TAKING A BREATHER FROM HIS MAINTENANCE DUTIES. BELOW: UPON LEAVING THAILAND AND WHILE PARTICIPATING IN BATTLE GROUP OPERATIONS, STERETT CAME UPON SOME VIETNAMESE REFUGEES. WE TOOK THEM ON BOARD AND UPON COMPLETION OF THE OPERATIONS, WE BROUGHT THEM WITH US TO SUBIC BAY.

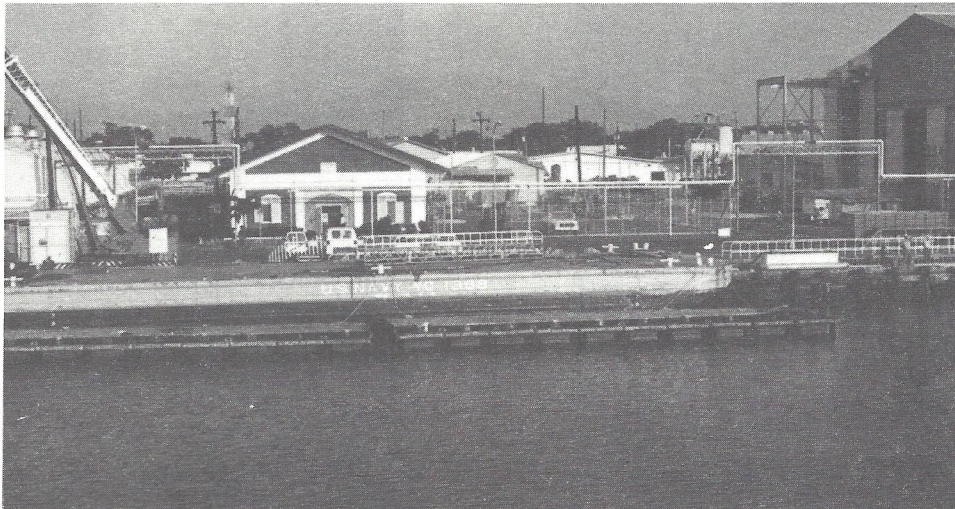




COMING HOME!

COMING HOME!

BRAVO

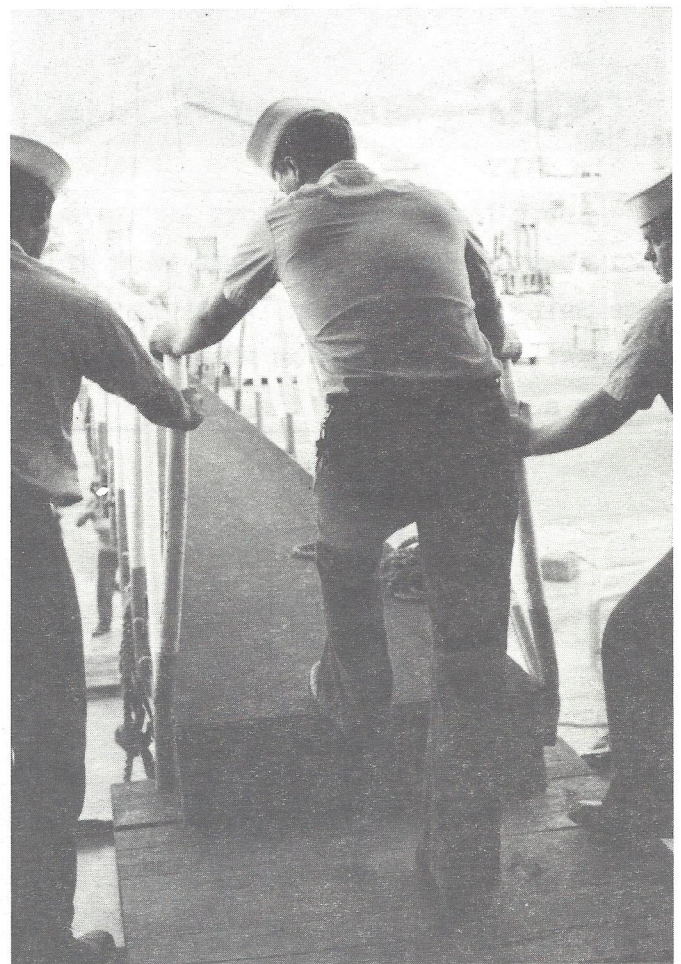


PIER!

BE IT EVER SO HUMBLE, THERE IS NO PLACE LIKE HOME SWEET HOME.



STGSN CAPPS READIES TO THROW THE LINE TO THE PIER.



BOATSWAIN'S MATES OWENS, BOSICK AND NEAL PUT THE BROW IN PLACE. THEN WE CAN GO ASHORE.



## MIDSHIPMEN SUMMER TRAINING

Each summer STERETT hosts midshipmen from the U.S. Naval Academy and Navy Reserve Officers Training Corps units from various colleges throughout the country. They spend approximately two and a half weeks learning the various aspects of the surface Navy.

During July and August STERETT hosted third class and first class midshipmen. Third class midshipmen have finished their freshmen year in college and enlisted men are selected as their running mates. They eat, sleep, and work at the same station as their running mates. They are totally integrated into the ship's schedules and duties and get an experiential understanding of the work of the enlisted men aboard ship.

The first class midshipmen have completed their Junior year and they are assigned a junior officer (an ensign or lieutenant junior grade) as a running mate. During the cruise each first class midshipman is given a portion of a division and learns to function as a division officer in his own right. All midshipmen participate in all drills and evolutions conducted on the ship. For the first class midshipmen this is the last summer cruise they are involved in before being commissioned as Navy or Marine Corps Officers.

During our transit from Eta Jima, Japan to Yokosuka, Japan, eighteen Japanese first class midshipmen embarked STERETT while the American midshipmen were assigned the Japanese Maritime Self-Defense Force destroyer MATSUYUKI and YAMAYUKI. It was an opportunity for operational exercises between the two navies as well as a valuable professional and cultural exchange.

Upon completion of their summer training the midshipmen return to the Naval Academy and colleges to complete their academic requirements to become naval officers.



## STERETT SPORTS

When we visited Eta Jima July 20 - 21, STERETT sailors had opportunities to engage in sports contests with the Japanese Navy. The three sports were tennis, volleyball, and softball.

In the tennis doubles, it was practically a no win contest. The Japanese teams won the first four games. The STERETT tennis members were SMSN Unold and QM3 Bray on one team and RP3 Krauss and SHSN Carr on the other.

The STERETT volleyball team played the first match against JDS MATSUYUKI (DD 130). The first game went to MATSUYUKI, 15 - 13. STERETT took the second game easily, 15 - 4. However, MATSUYUKI came back and won the third game, 15 - 13.

The second match was played with JDS YAMAYUKI (DD 129). The YAMAYUKI played the USS R.M. Davis in the first match winning easily. They easily won the first two games against STERETT, 15 - 3 and 15 - 8.

The Volleyball team consists of LTJG Torreon, ENS Galusha, IS1 Clapp, HT2 Burch, EW2 Mennel, STG2 Swan, EW3 Otterson, GMG3 McDonald, GMG3 Becker, and STGSN Kordylas

Two Softball games were played--the first was fast pitch and the second was slow pitch. STERETT was up first and took the lead with four runs batted in. The MATSUYUKI came to bat and with the bases-loaded drove in four runs with a home run. With singles and two more home runs they distanced the score - MATSUYUKI 10, STERETT 4.

The second and third innings were scoreless for both teams. Neither team had more than four men in the batter's box during these innings.

In the fourth inning STERETT was able to squeeze a run pass the Japanese team. When their turn came to bat STERETT held them to only three runs.

The sixth inning brought one run from each team. Final score: MATSUYUKI 14, STERETT 6.

The second game ended in a tie with both teams scoring only one run each. Everyone had an enjoyable day and joined in the refreshments after the games.

The softball team consists of DCC Harmon, OS1 Tomlin, HT2 Unverdorben (Coach), OS2 Dugan, SM2 Madison, BT2 Phenis, MR2 Buzzell, MR2 Nehrenberg, MM3 Nelson (Coach), MS3 Hall, MM3 Temple, GMM3 Switchenberg, FCSN Garcia, SN Robinson, PNSN Lewis, and BTFR Crittelli.



## FAMILY SERVICE CENTER NEWS

### ENCOURAGEMENT IN A MARRIAGE

Encouragement is the force that builds a happy marital relationship. What does it mean to encourage another person? By our words and actions we communicate to the person, "I accept you if..., I understand, but..., I value you unless..." Encouragement is unconditional love. By encouraging, we allow each other the freedom to express thoughts and feelings without fearing rejection. We free each other to think our own thoughts, have our own feelings, and make our own decisions.

When our marriage doesn't meet our expectations, we become discouraged. Normal challenges begin to appear overwhelming. When one or both partners are discouraged, a marriage relationship is especially vulnerable, but discouragement can be replaced by encouragement. The process is challenging, and it requires time and patience.

Encouragement should become a way of life in a marriage relationship. It is a process that can be applied in any situation. It is impossible to give too much encouragement! By accepting, valuing, and affirming your partner you exercise the most powerful skills available to you. Let's examine the characteristics of encouragement:

ACCEPTANCE. When we accept a person, we place no expectation on the person to improve or be different. Acceptance is complete and unconditional, giving the person the freedom to choose to grow or to stay put. Given this option, the individual often chooses to move ahead.

SHOWING FAITH. We encourage each other by having confidence in each other. We choose to believe in our partner even though at times there may be little concrete evidence to support our faith. When you believe in someone, you trust the person to do what was promised.

RECOGNIZING EFFORT. We communicate encouragement by recognizing and commenting on our partner's effort and improvement. Encouragement recognizes not only superior accomplishment, but any kind of positive movement. It is important to note effort as it occurs.

FOCUSING ON STRENGTHS. Encouragement is a powerful tool in helping an individual become aware of strengths and resources. As an encouraged person, you identify undiscovered talents. As you communicate the strengths you observe, your partner will become more aware of personal assets. As partners learn to affirm each other's resources, there is an increase in self-esteem for each other. The marriage relationship is strengthened, giving the couple the feeling of togetherness they desire.

(taken from Time for a Better Marriage by Don Dinkmeyer and Jon Carlson)



### CHASING THE BLUES AWAY!

Ship's deploying and you're feeling blue? Here are some hints for feeling better on blue days:

1. Do one small project. Straighten out a closet or put photos in an album (a nice opportunity to remember happier times.)
2. Keep a log of successes--your own personal milestones, things that have been difficult for you. They can be as simple as introducing yourself to someone new at wives' club function or church, or waxing the car.
3. Do something you do well, but haven't done for a while. If you make great lasagna, make it and invite a friend to enjoy it with you.
4. Volunteer! A stimulating project will remind you that you are capable of doing something beyond child care and housework. It is also an opportunity for you to meet new friends.
5. Really treasure the present and don't always wish for time to pass. Watch a sunset. Better yet, invite a friend or a child to enjoy it with you. Find things that give you specific pleasure such as travel, activities, or socializing and pursue them.
6. Medication and/or alcohol does not cure loneliness. People do. Don't substitute food for friends; treat yourself to a good friend instead! Or treat yourself to a good church. It provides ties to the local civilian or base community while giving moral and emotional support for your family. It may represent a tie with your past as well.



## FOSTER CARE PROGRAM NEEDS HOMES FOR CHILDREN

The Family Advocacy Center (FAC) occasionally finds it necessary to shelter abused and neglected children in a foster care home "until action concerning the family can be completed" (COMUSFACSUBINST 6320.1)

The need for foster homes in most military situations is met through individual state foster care programs. However because of being overseas it is necessary to look within our own base communities for foster care provider families. In order to meet our periodic need for foster homes we are formally initiating a Subic/San Miguel Foster Care Program by introducing and explaining our procedure for having a home identified as a foster care provider. "It is recommended that the family ombudsman, base chaplains, wives club, etc., be requested to assist with contingency planning." (COMUSFACSUBINST 6320.1)

\*\*\*INTERESTED FAMILIES WILL RECEIVE ORIENTATION AND TRAINING\*\*\*

\*\*\*THERE IS A PRE-SCREENING PROCESS FOR APPLICANTS OF FOSTER CARE\*\*\*

\*\*\*FOSTER HOME CARE PROVIDERS WILL RECEIVE A LETTER OF APPRECIATION

UPON DEPARTURE FROM SUBIC BAY, PHILIPPINES\*\*\*

To apply call 384-3961 or 384-3661

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## NAVY RELIEF SOCIETY NEWS

### VOLUNTEER VISITING NURSE PROGRAM

The Navy Relief Society, in conjunction with the Cubi Hospital, has started a visiting Nurse Program.

The Visiting Nurse makes rounds at the OB Ward every Wednesday. The volunteer nurse is also available to do follow up home visits to mothers and their new born infants. Doctors may also make referrals, to the Visiting Nurse for home visits to other patients. All home visits will be coordinated with the patient and visiting nurse.

At this time the Visiting Nurse can only make home visits, to on base military families, in Subic, Cubi, and San Miguel. They cannot make visits off base.

Nurses interested in keeping their skills up and interested in volunteering to help with this program, can call the Navy Relief Office in Subic, at 384-8672/3424.

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## A STRESS TEST FOR CHILDREN

It's obvious that when a close member of the family dies, a child suffers from stress. A child's birthday party, however, can also be stressful. The key is change - events and emotional demands that are out of the ordinary.

The following scale estimates the impact of various changes in children's lives that stress them. The test is taken from the "The Hurried Child: Growing Up Too Fast Too Soon," a 1981 book by David Elkind, a Boston-area child psychologist.

Total the points for the changes you or your children have experienced in the past year.

If your child scores below 150, his or her stress load is about average. If the score falls between 150 and 300, he or she has an above average chance of showing stress symptoms. A score above 300 suggests that the child will more than likely display a serious change in behavior or health.

<u>Stress Source</u>	<u>Points</u>
Parent dies.....	100
Parent divorce.....	73
Parents separate.....	65
Parents travels as part of job.....	63
Close family member dies.....	63
Personal injury or illness.....	53
Parent remarries.....	50
Parent fired from job.....	47
Parents reconcile.....	45
Mother goes to work.....	45
Change in health of family member.....	44
Mother becomes pregnant.....	40
School difficulties.....	39
Birth of sibling.....	39
School readjustment (new teacher or class).....	39
Change in family financial condition.....	38
Injury or illness of close friend.....	37
Starts new (or changes) extracurricular activity (music lessons, Brownies, etc.).....	36
Change in number of fights with siblings.....	35
Threatened by violence at school.....	31
Theft of personal possessions.....	30
Changes responsibilities at home.....	29
Older brother or sister leaves home.....	29
Trouble with grandparents.....	29
Outstanding personal achievement.....	28
Move to another city.....	28
Move to another part of town.....	26
Receives or loses a pet.....	25
Changes personal habits.....	24
Trouble with teacher.....	24
Change in hours with sister or at day care.....	20
Moves to a new house.....	20
Changes schools.....	20
Changes play habits.....	19
Vacations with family.....	19
Changes friends.....	18
Attends summer camp.....	17
Changes sleeping habits.....	16



CHAPLAIN'S CORNER--

School days, School days,  
Good ole fashioned school days,  
Readin' and 'riting and 'rithmetic...

It's time to get ready for school again. Some will have children entering college. Others will have children attending school for the first time. Whether for the first time or not, preparations are being made--buying school clothes, pencils, paper, and other school paraphernalia.

Learning, however, can take place apart from formal schooling. Hopefully everyone learns from experiences in life. Parents are the child's first teacher. Parents can teach the child that he/she is valuable and has worth. Parents can teach their children the value and right use of time. Parents can teach by example that honoring God and helping humanity is worth striving for. Respect and courtesy can be learned at home as well as respect for the property of others. Among the most important lessons a child can learn are the common duties of the home--washing dishes, cleaning floors, washing and ironing clothes, and even simple repairing and sewing on of buttons. Parents can require their children to bring exactness and skill into their everyday duties. Parents, take up your responsibilities, doing the best you can to set before your children an example worthy of imitation.

As the child's first teachers parents can teach him/her how to get along with others and work together. Allow for a child's mistakes, but encourage and praise him often for his efforts. Make sure he knows he is loved, respected, and valued.

School supplements the learning which the parents begin and continue. The school should not be expected to do what the parents failed to do. Therefore the parents should become involved in the formal educational process and, in cooperation with the teachers, maximize the child's educational progress.

Vacation is almost over now. The recess is about to end. Though we take a much needed vacation from school, education nevertheless continues.

A fellow parent and student,

Meretle H. Wilson  
LCDR, CHC, USN



Coach Pepper Rogers of the UCLA football team was having a bad year. His Bruins were getting beaten by every other team in the conference. When he would walk on the field the students would hiss, throw food and other objects at him. The faculty made jokes about his coaching ability. Even the alumni began grumbling. At the end of his rope one evening, he approached his wife and said, "Nobody likes me anymore. I only have one friend in all the world and that's my dog. Don't you think a man ought to have at least two friends?" Whereupon she immediately went out and bought him another dog.

There may be times in our lives when we feel we have no friends. Loneliness sets in and separation comes. Our loved ones go to sea. We say to ourselves, "Don't you think a person needs at least one or two friends?"

I hope that you can say you have many friends in Subic Bay. As I become your Chaplain, I hope that I can become a friend to many of you.

Do you want more friends? Then be a friend to others. Be bold enough to reach out to someone else with a hand of friendship.

"Friendship is the gift of the gods, and the most precious boon to mankind."-Disraeli

FROM CHAPLAIN JAMES PUTTLER



## RECREATION, ATHLETICS, HOME SAFETY

### POISONS: A REAL CHILD KILLER

BY DIANA L. KRIEHN

"Keep medicines out of the reach of children!" We hear these words, but are we really listening to them? It doesn't seem so, since accidental poisoning is the nation's fourth leading cause of injury to children under the age of five.

The American Association of Poison Control Centers cites over a million cases of accidental poisonings during 1987. More than 62 percent of the victims were children 5 years old and under. About 250,000 of them were poisoned by household medicines. Twenty-two children died. Aspirin alone, is responsible for three of those deaths.

The number of accidental poisonings of children has decreased greatly since childproof packaging was mandated by the federal government in 1972. However, even though you may buy products with childproof packaging, that may not be enough to prevent your child from being poisoned. How and where you store those products is very important. You should also be aware of where toxic substances are stored in the homes your children visit.

Petroleum products and cleaning agents are the next leading cause of death from poisons to children five and under. These products include automobile polish, spot removers, floor polish, and other household cleaning products. Where do most people store poisons? Right under the sink where they are most accessible to naturally curious crawlers and toddlers! A label that says, "Danger-Poison" means nothing to someone who cannot read.

Children can't protect themselves from accidental poisoning--it's up to parents to prevent accidental poisoning. Now would be a good time to review the following poison-prevention rules:

1. Ask for child-resistant tops on all prescription and nonprescription drugs, and store them out of reach, preferably in a locked cabinet.
2. Keep household cleaners, bug sprays, medicines and garage products out of reach and out of sight of your child. Lock up these products whenever possible.
3. Keep potentially dangerous plants out of your child's reach.
4. When discarding a household product, rinse out the container and dispose of it in a covered trash can.
5. Always store medicines in their original containers. Flush leftover or out-of-date medicines down the drain. Rinse out empty containers.
6. Don't take medicines in front of your child--children love to imitate mommy and daddy.
7. Never call medicine "candy."



8. Read the label before taking medicine. Never give medicine intended for someone else to a child. Never give unlabeled medicine. Never give or take medicine in the dark.

9. If you are called away to the phone or door while you are using a household product or giving medicine, take it or the child with you. It takes only a few seconds for your child to get into trouble.

10. Anticipate your child's curiosity and abilities according to his age and development skills. For example, if you have a crawling infant, keep household products stored above the floor level, not beneath the kitchen sink.

11. Be alert for repeat poisoning. A child who swallowed poison is more likely to become poisoned again within a year. Most children are poisoned on Saturdays, midmornings and late afternoons, while parents' attention is diverted.

12. Never transfer a poisonous product from its original container to another container, such as a soft drink bottle, cup or bowl. Children automatically assume that these containers hold something to eat or drink.

13. Buy potentially poisonous products only when you need them and in the amount required for a specific job.

14. Many labels and antidote charts give incorrect or insufficient information. Keep the phone number to the Poison Center or your physician right by your phone. Always call for advice--almost 75 percent of poisonings can be treated at home.

15. Keep Ipecac syrup on hand in case the Poison Center or your physician recommends that you induce vomiting when a poisoning occurs.