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Monterey, CA; Naval Postgraduate School

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the

# Quarterdeck

a weekly publication serving  
the Naval Postgraduate School



Volume 3 Issue 8

February 28, 1986

## PERSEREC established in Monterey

Last week the Deputy Secretary of Defense signed a DOD directive establishing the Defense Personnel Security Research and Education Center (PERSEREC). The center will be located in Monterey.

PERSEREC is a research and educational organization whose function will be to perform security research and analysis for DOD. Part of its research and analytical resources will be devoted to evaluating and improving personnel security procedures, programs and policies.

The Secretary of the Navy will act as executive agent of PERSEREC, which will be an off-campus NPS tenant activity staffed with seven civilian personnel. A director is expected to be named in the near future.

## First black employee visits NPS

In 1950, Pope McDonald added another note to the history of NPS, becoming the first black employee to join the school's staff.

In the beginning of his 27-year career, McDonald held a variety of positions, finally settling in the public works department. McDonald retired in 1977.

During a recent visit, RADM R. H. Shumaker met personally with McDonald, showing him the school's museum and the panoramic view of the grounds from the tower.



Pope McDonald, the first NPS black employee, shares a toast with RADM R. H. Shumaker during a recent hour-long visit with the superintendent.

## In brief...

The Navy Manpower Engineering Center Detachment from San Francisco will hold a workshop covering the "mechanics" of manpower and SHOROC management.

The workshop will be held all day Mar. 10 and half day Mar. 11. Attendance is limited to 30 people. Contact LTJG Gallup at ext. 2789/90 for more information.

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Vehicles stored at the NPS Golf Course for which no owners can be found have been determined to be abandoned and are about to be impounded.

If you have a vehicle stored at the golf course which you believe could be considered abandoned, contact the security office immediately at ext. 2555.

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The Dudley Knox Library is receiving complete sets of unclassified and unlimited DOD directives and Naval instructions/directives on microfiche.

These sets will be updated on a regular basis by supplements during 1986 and will be available for use within the library.

For more information, contact the reference librarian at ext. 2485.

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In order to effect feeder "C" improvements, the entire base will be without power from 0000 to 0800 on Sunday, Mar. 2 and Mar. 9.



## From the Chaplain

by CAPT R. E. Barcus, CHC, USN

### Communication

Recently I was reminded of a poster I had seen a long time ago. It catches the imprisoning fears and self-doubts that keep us from any depth of relationship with other people. The poster read: "I am afraid to tell you who I am because, if I tell you who I am, you may not like who I am and that's all I have."

Isn't that really the way it is as we relate to other people? We always keep a little of ourselves protected in case the image we project to others meets with rejection. And rejection is something most of us find impossible to handle. We build defenses in order to prevent the pain and hurt of rejection.

The next time you are with other people, try to become aware of their defenses and try to gain insight into your own defenses. The person who seems distant and aloof might just be afraid of being hurt should someone find out how insecure they really are.

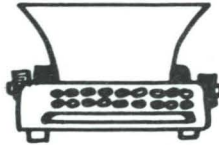
One great thing about our Christian faith is that Christ will never turn you away in rejection and expose your helplessness and loneliness. He cares, and those who claim Him are challenged to care. Give it a try.

## CAPT Dully at WOPA meeting

The Women Officers' Professional Association (WOPA) will hold a meeting Mar. 12 at 1630 in the La Novia Room.

Guest speaker for the meeting will be CAPT F. E. Dully, USN, who will speak on the methods of managing stress.

For more information, contact LCDR Maddox at 375-5284.



## Letter to the Editor

To the Editor:

Having retired honorably from the Armed Forces, I felt a reply was in order to the remark made in a recent issue of "The Quarterdeck," where, in assigning priorities, the Navy came after the family.

The remark appears to innocently be the result of a relaxed peacetime attitude, wherein the Navy becomes just another 8 to 4:30 job. This is a serious misconception that, if allowed to permeate during peacetime, would tend to carry over and severely undermine the primary role and mission of the military in time of hostilities.

Certainly no one will deny that the family does play an important role in the Navy. But, the first and foremost priority of any member in the military should be to the military. While in the military you belong first to Uncle Sam -- lock, stock and barrel!

Bonifacio S. Paz, USMC (ret.)

Guidelines for letters to the editor are:

1. The letter must be signed by a person attached to the command or their dependent.
2. The subject matter must be relevant to the command and of sufficient interest to warrant publication.
3. Letters must be 100 words or less.
4. Personal attacks will not be published.

## Campus notes

by John Sanders

A chair of financial management, sponsored by the Comptroller of the Navy, will be added to the administrative sciences department this year. The memorandum of understanding was signed two weeks ago, said Dean Kneale Marshall, and NPS has begun to recruit for the position.

Among the prominent operations research scientists to attend last week's conference, "New Directions in Mathematical Research" was Stanford professor George Dantzig. Dantzig was a pioneer in the area of linear programming.

According to meteorology chairman Bob Renard, the storms which caused an estimated \$300 million dollars damage in Santa Cruz County and other areas of California did not significantly rewrite the record books in Monterey.

And the damage on campus and at La Mesa was "relatively minor," public works officer LCDR Dick Burgoyne said. Clean up of the trees felled by the wind and rain will take another four to five weeks, Burgoyne said.

Do you remember Prof. "Big Al" Shaffer? Well, the meteorology faculty do, and four times each year they recall Shaffer's unique wardrobe with a "Quarterly Big Al Shaffer Commemorative Tacky Tie Day Contest".

The Navy made a clean sweep of the awards in the "Big Al" competition held last week with CDR Forrest Williams (ret) selected for the tackiest tie, LCDR Scott Bullfinch the tackiest combination and LCDR Larry Warrenfeltz the best supporting shirt.





## Helpful tips for fitness test

When was the last time you ran 1.5 miles or completed at least 40 sit-ups? If you're in the Navy and you say the last fitness test, that time is approaching again.

The semi-annual physical fitness testing will begin at NPS Mar. 31. If you haven't been working out, now is the time to start.

In an effort to help those establishing a workout program, "The Quarterdeck" will begin publishing a series of articles on getting in shape.

The following are some physical fitness hints for the beginner:

**Don't follow fads.** Before you begin a program, be sure you are mentally prepared to participate and do include activities that are fun.

**Begin slowly and easily.** Exercise moderately and gradually increase in activity. Some muscular soreness should be expected early in the program, but extreme soreness and pain are not required for fitness and can be damaging.

**Follow a varied routine.** Become involved in different exercise programs, but always include stretching periods for warm-up and cool-down.



## Standings

### Basketball

#### "A" League

|               |      |
|---------------|------|
| T.O.G         | 10-0 |
| 360's A.D.T.  | 9-1  |
| Cyclones      | 5-5  |
| Wizards       | 5-6  |
| Pips          | 4-7  |
| Parallel Pros | 3-7  |
| FNOC          | 0-10 |

#### "B" League

|                     |     |
|---------------------|-----|
| M.E.                | 9-0 |
| Membership          | 7-1 |
| Pubs I              | 5-2 |
| Pubs II             | 5-2 |
| Thunder & Lightning | 5-3 |
| Ballhawks           | 4-4 |
| Subjects            | 4-4 |
| Red Dogs            | 3-4 |
| NSA Skywalkers      | 3-4 |
| Killer E's          | 2-5 |
| Snipes              | 1-6 |
| Bees                | 1-7 |
| Warriors            | 1-8 |

Information was obtained from the Family Fitness Handbook, November 1984 (Department of the Army Pamphlet 350-21).

## EM club

"Ice," a live top-40 band will perform at the EM Club tonight, 2000-2400.

## Classified ads

1959 MORRIS MINER 1000, asking \$1200. Call 384-5015 after 1700. Ask for Raymond Aviles.

**CARPETS FOR SALE** Beige plush, 12' x 18' with 3' x 18' runner, \$150. Green shag 10' x 9 1/2', \$50. Rust plush, 10' x 13', \$75. Charcoal indr/outdr, 10' x 12', \$50. Call 375-7631.

**FOR SALE: 90' OF FENCE & GATE** for La Mesa housing, \$75. Screen door, \$50. 646-0830.

**FREE: NEUTERED MALE CAT** w/food dish, travel cage, Xmas stocking, etc. Call 375-6162.

**19-INCH MAGNAVOX COLOR TV** excel. cond. \$200. Call 384-1679 after 5.

'79 PLYMOUTH VOLARE 318 4-dr, a/c, like new. Call 375-9469.

## Rec news

The rec office has Disneyland Military Days tickets available for \$13.25. Tickets are valid weekdays through June 20, excluding Mar. 22 - 30. \* \* \*

Ft. Ord has four tickets available for Hearst Castle on Mar. 15 for \$18 and San Francisco on Mar. 8 for \$13. For more information call 242-3092. \* \* \*

If you are an "A" or "B" tennis player and would like to compete with local tennis clubs, call LCDR Bill Roeting at 373-5477. \* \* \*

It's time again for socko. To be eligible for league play, you must have an athletic membership card.

All civilians must sign a waiver before they may participate in league play. Applications may be picked up at the rec office or the gym. \* \* \*

Women's basketball play-offs begin Sunday, Mar. 2, 1300-1630. Go out and support the team.

**FOR SALE:** Tandberg 9241XD tape deck. Sound-on-sound, echo, Dolby, 3-spd, etc. Orig \$1049, sell for \$375. Sansui SE-8b graphic equalizer, 10+10 bands, fluorescent display etc., \$85. Call 375-1178.

'79 MONTE CARLO "T" roof, am/fm cass, ac, pwr str/brakes, single owner. Call Sam 646-3268.

**FOR SALE: '77 MG MIDGET,** am/fm cass, new tires, tonneau & car cover incl. Low mi, excel cond, serv recs avail. 375-7442.

**WANTED: SECOND-HAND SCREEN DOOR** Call 649-6793 afternoons or evens.

'85 VW WESTFALIA CAMPER, good as new, factory warranty, am/fm cass, etc. \$15,800/offer. Call 649-5779.



## Official travel flying benefits not for personal use

Free tickets or discounts earned through airline "frequent-flyer" programs while travelling on official orders may not be acquired for personal use.

NAVCOMPT INST 4600.1B states that certificates, coupons and/or tickets must be turned in upon completion of a particular trip. Travel club memberships are also prohibited unless they're used strictly for personal travel.

All benefits received due to mileage accumulated during official travel must be used for future official travel. Questions regarding these regulations should be addressed to the Personnel Support Detachment.

## Safetyline

Last month, NPS personnel experienced four injuries, bringing the total number of injuries reported to the safety office in FY86 to 18.

Injuries reported in January include a servicemember who suffered a foot fracture during a sporting event; a civilian cook suffered back burns from spilled soup; a civilian vehicle operator pinched his finger between a truck side stake and the bed of a trailer; and a civilian electrician suffered back strain from crawling under a building.

A total of 20 working days have been lost due to injury in FY86.

**Tip of the Month:** Under the Occupational Safety and Health Act (Public Law 91-596), you have certain rights. Under the same Act, you also have certain responsibilities. Don't expect one without the other.

## Military Academy celebration Mar. 9

The 184th anniversary of the founding of the U. S. Military Academy will be celebrated Mar. 9 at the Fort Ord Officer's Open Mess beginning at 1730.

Among the guest speakers for the Founder's Day dinner will be BGEN Peter J. Boylan, Jr., Commandant of Cadets, USMA.

For more information, contact 1ST LT T. J. Redmann at 242-6833/5485 or 1ST LT Jeff D. Smith at 242-6833/5284 no later than Mar. 3.

## Socko tourney

The recreation department is sponsoring a pre-season socko tournament Mar. 28-29 at Sparks Field.

Awards will be presented to the first- and second-place teams.

A \$30 entry fee will be charged per team. Entry forms may be picked up at the rec office or the gym. Registration deadline is Mar. 20.

## Local area training courses

| Title                               | Date   | Eligible Employees | Cost |
|-------------------------------------|--------|--------------------|------|
| Secretarial Seminar                 | 06 Mar | Clerical           | \$96 |
| Meeting Management                  | 13 Mar | Supvsrs & Mgrs     | \$10 |
| Time Management for Secretaries     | 17 Mar | Office             | \$85 |
| Stress Management                   | 27 Mar | Supvsrs & Mgrs     | \$10 |
| Stress Management for Professionals | 27 Mar | Supvsrs & Mgrs     | \$45 |
| Coaching & Counseling               | 10 Apr | Supvsrs & Mgrs     | \$10 |
| Leadership & Teambuilding           | 14 Apr | Supvsrs & Mgrs     | \$85 |

For more information, contact Liz Clark at ext. 3052.

## Calendar

### MARCH

-3-

PRAC COMPTROLLERSHIP  
SHORT COURSE  
(POC: LCDR DUKE,  
EXT 2884)

-4-

1515  
SUPT'S GUEST LECTURE  
RADM J.T. PARKER, JR,  
COMMANDER,  
OPERATIONAL TEST &  
EVALUATION FORCE  
KING HALL  
(POC: CDR MERICKEL,  
EXT 2514)

-7-

0930  
TRAFFIC SAFETY  
COUNCIL MEETING  
MEZZANINE CONF ROOM  
(POC: LCDR ANDERSON,  
EXT 2236)

-10 TO 11-

MANPOWER WORKSHOP  
IN-369  
(POC: LTJG GALLUP,  
EXT 2789/90)

-12-



WOPA MEETING  
GUEST SPEAKER  
CAPT F. E. DULLY, USN  
"METHODS OF MANAGING  
STRESS"  
LA NOVIA ROOM  
(POC: LCDR MADDOX,  
375-5284)



It says here the "world's biggest paper-clip" is right in here someplace...



# ~ El Prado ~ Commissioned Officers & Faculty Club Calendar ~ March 86 ~

| SATURDAY   | SUNDAY   | MONDAY   | TUESDAY   | WEDNESDAY  | THURSDAY  | FRIDAY   |
|--|--|--|---|--|---|--|
| 1. WESTERN BUFFET<br>1730-2030<br>BAND-2100<br>PATTY KISTNER | 2. CHAMPAGNE BRUNCH<br>1000-1300<br>\$5.75   | 3. EL PRADO-CLOSED.<br>ESSENTIAL FEEDING-<br>1700-1930   | 4. EL PRADO-CLOSED.<br>ESSENTIAL FEEDING-<br>1700-1930  | 5. FAMILY BUFFET<br>FRIED CHICKEN-<br>AND/OR<br>BARON OF BEEF<br>\$6.00  | 6. EL PRADO-CLOSED.<br>ESSENTIAL FEEDING-<br>1700-1930  | 7. ITALIAN STYLE<br>BUFFET<br>1730-2030<br>\$7.00                              |
| 8. EL PRADO-CLOSED.<br>ESSENTIAL FEEDING-<br>1700-1930       | 9. CHAMPAGNE BRUNCH<br>1000-1300<br>\$5.75   | 10. EL PRADO-CLOSED.<br>ESSENTIAL FEEDING-<br>1700-1930  | 11. EL PRADO-CLOSED.<br>ESSENTIAL FEEDING-<br>1700-1930 | 12. FAMILY BUFFET<br>ROAST TURKEY -<br>AND/OR<br>BARON OF BEEF<br>\$6.00 | 13. EL PRADO-CLOSED.<br>ESSENTIAL FEEDING-<br>1700-1930 | 14. SEAFOOD BUFFET<br>\$7.00<br>1730-2030                                      |
| 15. EL PRADO-CLOSED.<br>ESSENTIAL FEEDING-<br>1700-1930      | 16. CHAMPAGNE BRUNCH<br>1000-1300<br>\$5.75  | 17.  TRIDENT<br>HAPPY HOUR<br>1600-1800<br>FREE<br>HORS D'OEURVES | 18. EL PRADO-CLOSED.<br>ESSENTIAL FEEDING-<br>1700-1930 | 19. FAMILY BUFFET<br>FRIED CHICKEN<br>AND/OR<br>BARON OF BEEF<br>\$6.00  | 20. EL PRADO-CLOSED.<br>ESSENTIAL FEEDING-<br>1700-1930 | 21. GERMAN BUFFET<br>\$7.00<br>1730-2030                                       |
| 22. EL PRADO-CLOSED.<br>ESSENTIAL FEEDING-<br>1700-1930      | 23. CHAMPAGNE BRUNCH<br>1000-1300<br>\$5.75  | 24. EL PRADO-CLOSED.<br>ESSENTIAL FEEDING-<br>1700-1930  | 25. EL PRADO-CLOSED.<br>ESSENTIAL FEEDING-<br>1700-1930 | 26. FAMILY BUFFET<br>ROAST TURKEY<br>AND/OR<br>BARON OF BEEF<br>\$6.00   | 27. EL PRADO-CLOSED.<br>ESSENTIAL FEEDING-<br>1700-1930 | 28. SHRIMP-A-PEEL<br>BUFFET<br>AND/OR<br>BARON OF BEEF<br>\$10.95<br>1730-2030 |
| 29. EL PRADO-CLOSED.<br>ESSENTIAL FEEDING-<br>1700-1930      | 30. EASTER BUFFET<br>1200-1700<br>\$8.00<br>CHILDREN \$4.00<br> | 31. EL PRADO-CLOSED.<br>ESSENTIAL FEEDING-<br>1700-1930  | CHILDREN -<br>HALF PRICE EXCEPT<br>SHRIMP NIGHT         | TRIDENT BAR<br>OPEN DAILY-<br>1600-2300<br>SAT-2000-0100<br>SUN-CLOSED   | DISCO- EACH FRI.<br>EL PRADO<br>2100-0100               | FOR RESERVATIONS<br>OR INFO. CALL-<br>372-1339<br>OR<br>646-2170               |



 - Easter Sunday Dinner ~  
- El Prado - March 30 @ 1200 - 1700 ~

iced Relishes / Deviled eggs / Melon Baskets / Three Bean Salad

fresh Spinach and Mushroom Salad / Molded fruit Salads

Homemade potato salad / Cucumbers in Sour Cream Dressing

Glazed Baked Ham / Chicken Oriental / Curried Rice

Polynesian Pepper Steak / Delmonico Potatoes / Harvard Beets

Dilled Carrots / Brussel Sprouts and Water Chestnuts

Pineapple fritters / Syrup

Hot Cross Buns, Raisin Muffins, Whipped Butter & Jam

Assorted Pastries / Mints

This fabulous menu will be served from 1200 to 17:00 ~ reservations  
are a must. The price is a low \$5.00 ~ Children under 10 ~ \$4.00

Won't you join us?

~ 372-1339 or 646-2170 ~

