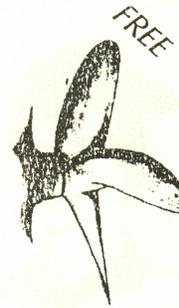
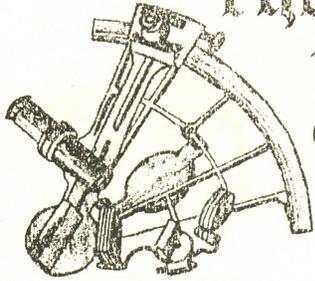


# the Binnacle<sup>®</sup>



CAL MARITIME

MAY 1988, Vol. 1, No. 3

CME JOB FILE

Have you ever wondered what is out there for you when it comes time to graduate? What can you do with that 3rd mates license or that 3rd assistant engineers license? The Job File of Individual Companies, located in the CME department at CMA in the Admin. building, is a job search resource referred to as the "job file" and it can help give you some choices. This file consists of individual folders of information on domestic and foreign companies from a broad spectrum of businesses and industries, including shipping, maritime and maritime-related activities. These companies have indicated an interest in employing CMA graduates, and many of them do.

The job file is continually updated and new companies are added each year. A typical company folder may contain such information as financial reports; company history; company studies and reports; in-house publications; press releases from newspapers, magazines, etc. If you are interested about what is out there for you, take a few minutes or a lot of minutes and go check out the job file in the CME department soon.



## THE BALL IS ROLLING FOR SAILING CLUB

Spring is here. That means sailing in San Pablo Bay is at its best. High winds and high waves make sailing fast, wet, and wild, (the kind of conditions required to have fun). If you are interested in the Sailing Club, things are happening. If you want to get involved, now is your chance. Whether you want to sail a laser, an FL, or the big boats, the sails are open to your wind. Contact Niles Baker or Kevin Garnier...Don't miss the boat.



CORP POWER!

As of April 15, 1988 new blood has been circulating through the officer positions at CMA. That's right, a whole new front four, a new set of divisional officers, and all new Corp officers. The following people will be those fearless leaders we will all look up to for another year in the life and power of CMA students.

Corps Commander	Scott D. Quaintance
Corps Executive Officer	James P. Major
Corps Chief Engineer	Chris E. Seaman
Corps Chief Mate	Andrew J. Merrill

1st Asst. Engineer	DC Henderson
2nd Asst. Engineer	GS Ball
3rd Asst. Engineer	TO Martin
Drill Team Commander	WJ Westrem

### Division 2D

DC DJ Nagy	DC RH Lucas
XO D McVicar	XO RH Orender
SL WC Shiff	SL HR Marron

### Division 2E

### Division 4D

DC MJ Carolan	DC TP Callaham
XO SP Teague	XO KA Ward
SL JW Dorfmeir	SL H Mond Noor

### Division 4E

Deck Admin Officer	JP Stokvis
Eng. Admin Officer	WT Hoelscher
Corps Navigator	VL Terrell
Electronics Officer	PN Braden
T-Boat Skipper	CR Christiansen

### Division 1D

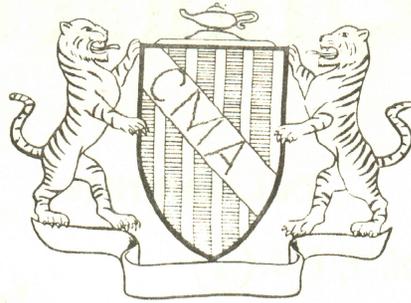
DC JM Abrahamson	DC CR Weinman
XO RT Gregory	XO MA Chilton
SL JC Nowlin	SL OJ Castro

### Division 1E

### Division 3D

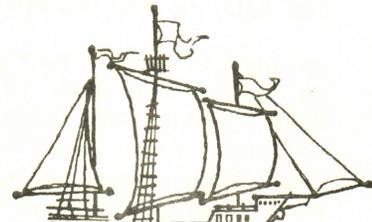
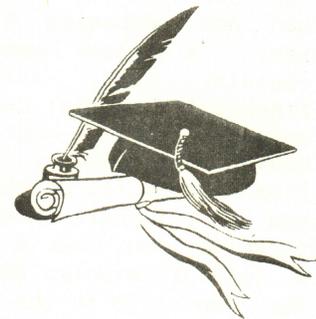
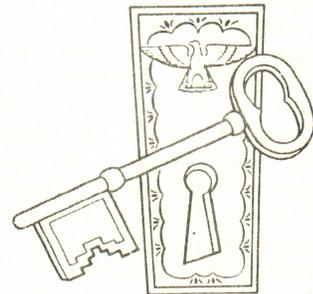
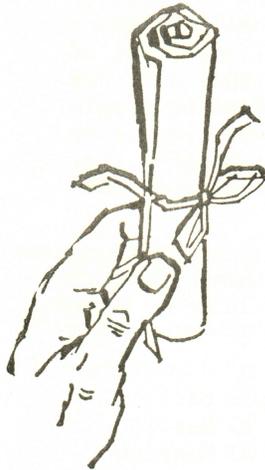
DC RM Nagramada	DC SR Reichardt
XO JH Bloomingdale	XO PJ Ebaugh
SL FB George-Tay	SL MC Badger

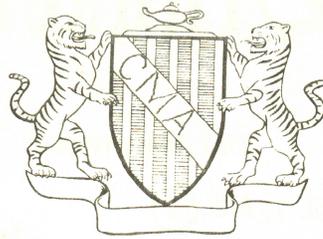
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SENIORS

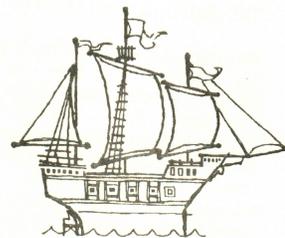
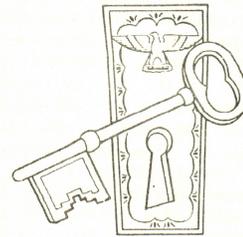
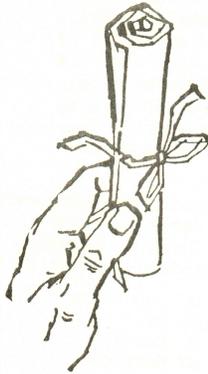
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### SENIORS

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# Information

WHAT YOU SHOULD KNOW--VIETNAM



As an increasing number of books and movies focus on the Vietnam conflict, a surprising number of Americans know little about the conflict that preoccupied America for 16 years. Take the following quiz and see if you know as much as you thought you did.

1. How many Americans served in Vietnam between 1959-1975?
2. How many Americans lost their lives as a result of Vietnam?
3. How many Americans still remain unaccounted for?
4. True or false: Vietnam veterans were more likely to have gone to college, own their own homes, and earn \$30 thousand or more a year, than their peers.
5. What was the average age of Americans that fought in the conflict?
6. When did the first American troops arrive in Vietnam?
7. How many troops did America have fighting during the peak of the conflict?
8. How many Americans won the Medal of Honor for heroism in Vietnam?

## THE PROPELLOR CLUB

The Propellor Club movies kept us entertained this last winter tri, and they are at it again! Movies are still being shown every Wednesday night in room 110. If you have a movie that you want to see or have any ideas concerning movies feel free to contact Chris Hochschild.

As the new tri begins, the Prop Club swings back into action with meetings and ideas. A meeting was held Tues. 4-26-88 at Straw Hat Pizza. It was a fund raising committee effort to come up with innovative ideas for this spring.

## ANSWERS

1. 2.7 million
2. 58,132 lost their lives
3. 2,436 are unaccounted for
4. True
5. 19
6. March 1965
7. 550,600 troops
8. 238



## ENTRANCE MAKERS

### B-101 THE BIBLE AS A THIRD LANGUAGE

My morning began at 0345 with a roving watch; at formation I got demos for missing Management. I have to see Lt. Simms, I failed my physics exam, and I'm ready to give up. I wish there was someone or something that could help me!

Did you ever have a day when you thought the world was ending and you just wanted out? Well, the Bible Club doesn't have the way out, but they do meet every Monday night at 1830 to not only discuss the Bible, but also to create a fellowship so that all those days you thought you couldn't go on there will be someone there.

The Bible Club has activities too! Two weeks ago the club went to a first showing of a Billy Graham sponsored movie, CAUGHT. The movie was about a boy "caught" up in the crime and drug scene in Amsterdam, and how a man from somewhere on the other side of the world helped him find out who he was and who God was. Those who went enjoyed the movie and had a really good time.

Currently the club is planning to go to the amusement park, Great America, for a special Christian concert and usage of the rides May 20, 1988. All those interested should contact Rick Line.

TOURS, TOURS, TOURS. The Propellor Club wants to show you what you may be doing in a few years. There are several tours planned for the spring including the Exxon Refinery and Crowley Tugs. It is time to take a look at the maritime industry. All those who are interested are all those who are welcome.

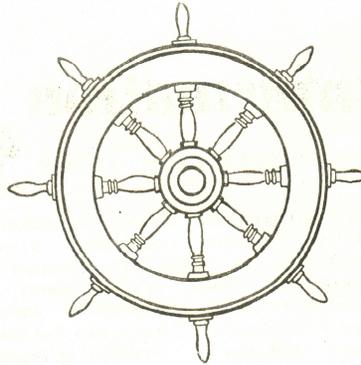
The Prop Club also has monthly luncheons with the Port of the Golden Gate in San Francisco. These meetings are designed to keep all Propellor Club members up-to-date on the happenings in the maritime field. Upcoming meetings are May 20, the Annual Event of Maritime Day, and June 22.

## FUNDING OF MARITIME ACADEMIES

Each year a small amount of money is figured into the Federal Budget for the nation's maritime academies. In 1987, all academies received the amount of nine million dollars, the same as previous years. Last year, however, the President provided no funding in his proposed budget. Well...maybe he forgot. But, thank heaven for the American system, Congress and the Legislature overwhelmingly disapproved this, so, eight million was granted. Congress still feels this is inadequate, understanding the necessity of a strong U.S. Merchant Marine. They feel ten million is necessary. So, when they battle it out, it should stick to the original nine million granted each year.

Meanwhile, we at CMA would like to know how we personally are going to be affected. Well, we are affected, and it is right in the backbone of CMA--The T.S. Golden Bear. Yes, she is getting a trifle old (ahem) AND it is time to think about getting a replacement. Admiral JJ Ekeland has given us a probability scale: Certainty of having T.S.G.B.--1989 cruise-100%, 1990 cruise-99%. The Admiral stated that by 1991, we must begin to "think about getting a replacement." Currently, MARAD is conducting a study of the feasibility of operating the five academies with three ships. The academies would operate under a "ship-sharing" MODE WITH TWO ON THE

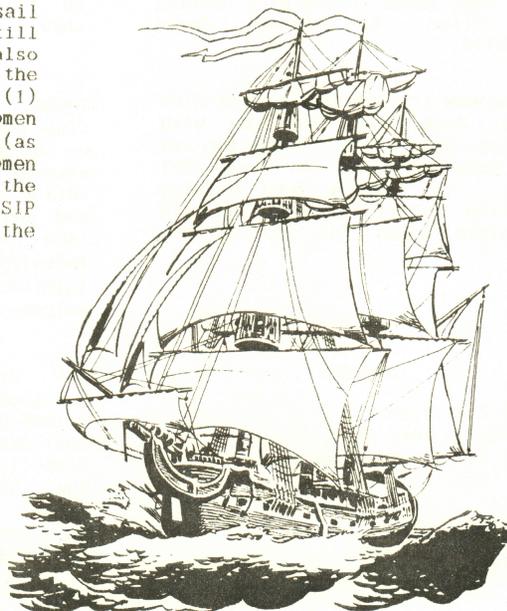
"ship-sharing" mode with two on the east coast and one on the west. The academies would use the ships at different times during the year and it shouldn't affect our sailing time. For instance, Texas may sail in the summer, while we would still leave in the winter. MARAD is also planning to allow no access to the funds appropriated unless we (1) Utilize ship-sharing, (2) Midshipmen required to get USCG license (as they are now), and (3) Midshipmen would be required to take the reserve commission and/or the SIP would be considered a loan if the



M/S did not accept the commission. The Admiral does not feel this is feasible, and when it has been introduced to Congress (which it hasn't yet) he thinks they will find it "irrational."

Meanwhile, Adm. Ekeland is looking for support to replace the GOLDEN BEAR with a brand new ship, a ship built specifically as a training ship. He estimates approximately \$23 million to have the ship built overseas and reflagged to America. As an example of how wise of an investment this would be, Mass. Maritime had a ship built for \$25 million and has used it only once in the past four years! Ours would not only cost two million less, it would be used every year, indefinitely!

Nothing is certain, but the Admiral is "optimistic and hopeful." We should know by September what the budget is for the fiscal year 1989. We should also know the content of the study MARAD will present to Congress and be able to start some long-range planning. Be assured that this will in no way affect our tuition.





### NAVAL SCIENCE NEWS

Are you a SIP recipient? If your answer is yes, here is a quick look at what to expect on your precommissioning physical day. As most of you are probably aware, your first physical will be given at the beginning of your second year as a SIP recipient. You will be given a schedule of upcoming exam dates by the Naval Science Department. After reviewing the dates available, you will select a date most suitable to your own schedule. At this point, the Naval Science Dept. makes your appointment with the Military Physical Exam Center in Oakland. Basically, you now have no option but to follow through with this scheduled appointment. Of course, no one is pointing a ballistic missile at you, and you have not signed your life away yet; however, the fact remains, you're going to piss off a lot of nice people if you are a no show.

For convenience, let's pretend that today is the big day, the day of your first Navy Physical. You wake up at "D-DARK-30" and muster in the Nav Sci office at 06:00. Together with the rest of your comrades, you will leave the parking lot in a CMA van at 06:30. At approximately 07:30 you will find yourself sitting at a desk in the Physical Exam Center, Oakland, CA., filling out a medical history form. Most of the people around you, probably over 100 of them, will look at you and your uniform and assume that you are already some kind of Naval Officer. Not to worry, the chances are that you will never see these people again.

### OPENING DAY ON THE BAY

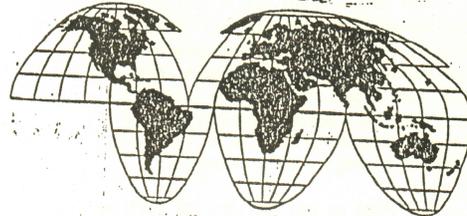
It's that time of year again, and all the crazies will be out sailing for Memorial Day. Memorial Day weekend is the official opening of the bay sailing season. The CMA Sailing Club is trying to participate as many boats as possible in this festive occasion. The weekend is notorious for water balloon fights and wild parties on Angel Island and the surrounding Raccoon Straits. If you want to be part of the fun, contact Sailing Club skippers or myself, George Burkley, for a slot on the boats. Preference will be given to club members.

After filling out your medical history, and signing a permit for an AIDS antibody test, you are ready to get your physical started. You will have your eyes tested, your ears tested, your nose looked at, and your mouth looked in. You will proceed to X-ray and hear "take a deep breath and hold it." And then you are off to the doctor's office where you'll hear him say "bend over and cough." Don't laugh ladies, you can expect a quick pelvic exam. They will even see how many pounds you can lift from a squat position. Last, but not least, they'll take your blood and ask for a urine specimen. They will be testing your urine for things that shouldn't be there, sugar and drugs. If you ate 10 candy bars last night, the sugar will be out of your system by now. But, in fact, if you did any drugs last night, they are likely to stay with you for a good thirty days. Well, that's about all there is to tell about a Navy Physical. You can expect to be back to school some time around 13:30.

In anticipation to the great response to this article, the schedule for exams during the month of May is printed below. The class of 89 can begin signing up at your convenience.

### Physical Dates

May 11, 13, 18, 20, 25, and 27.



### SAILING - PACIFIC CUP

Anyone interested in a sleigh ride? A crew of seven will be the recipients of a two thousand mile sleigh ride to Hawaii, on the school's new boat, the MARY JANE. MARY JANE is a high tech luffe 44 built in Holland in 1985. Her hull design and ample rig should make her one of the more competitive boats in the Pacific Cup. The race begins on July 4 at San Francisco and finishes at Kaneohe bay, Hawaii approximately ten days later, although the length of the race depends on the weather and boat speed. The crew picked as of the present are: Staff Advisor Mr. Keefe, Bob Gregory '89, Drew Aune '90, and John Morehouse '90. That leaves three billets left for the race. So, if you feel that you have the right stuff to be a part of the team, come down and go sailing for tryouts at the Vallejo Marina. Practice and tryouts are at 1600 Wednesdays and Fridays at the A dock, near the crew shed, Vallejo Marina. ALOHA!!!

# When You're Ready To Get Serious,



## LOVE AND GERM WARFARE

Lately, we have all heard a little more about condoms than perhaps we'd like. Unfortunately, that good old latex condom is still the only thing between you and AIDS; however, for those of our readers who are involved in a monogamous relationship, there are new methods of rug rat prevention approaching the market. The following short quiz is designed with education and entertainment in mind.

1. Scientific research indicated a sperm antibody producing vaccine will hit the market within 10 years.

True \_\_\_\_\_ False \_\_\_\_\_

2. An all new Copper T 380-C IUD is scheduled to hit the market in June 1988.

True \_\_\_\_\_ False \_\_\_\_\_

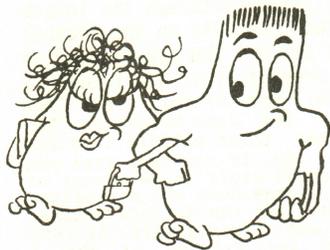
3. Sterilization is the #1 method of birth control among married couples in the United States.

True \_\_\_\_\_ False \_\_\_\_\_

answers: all true

Well now, are you just a little curious about the new vaccine? The vaccine is currently being developed by a Northwestern University research team. The team's goal is a vaccine that will last up to six months. After receiving the vaccine, the production of sperm antibodies will begin in the woman.

For those of you that are not familiar with the Copper T, read on. The Copper T 380-C will be taking the place of its preceding IUDs, intrauterine contraceptive devices. After the manufacturers of the Dalcon Shield, a plastic IUD, were faced with 12,000 law suits in the early 1980s, almost every IUD was removed from the market. The Dalcon Shield was held responsible for a remarkably high incidence of pelvic inflammatory disease and sterility in the women using them. What is truly remarkable is that women still want to use IUDs. The new Copper T 380-C



# THE BEST

## SEXUALITY AT CMA

Sexuality, competition between the sexes, in jobs and in life, is definitely here at CMA. Here it is a problem that is upscaled. CMA is a male dominated school, and that is why it has a problem. Who is afraid of being inferior to who?

A woman has to have a lot of guts to come to this school or enter an industry that is practically all male. So, she has a feeling of inferiority due to she is a minority. But, if she survives the four years, she is somehow better than the normal man who makes it. The reason seems to be linked to the prejudicial treatment she receives.

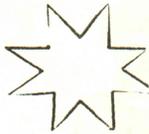
Some men believe that women are not physically competent to do a job in an emergency or under pressure. Look at a woman working, one may ask a woman if she needs help, and the answer is normally no! If it is a yes, it is even heavy or hard for us males. So, what is the problem, THE males. So, what is the problem, the inferiority by males?

The feeling of women being inferior is evident by the amount of females attending this school. They think differently and could bring some great ideas to this male dominated lifestyle. Don't be ignorant, we all have the capacity to look beyond whether one stands or sits when they use the head.

Written by a male student



boasts safety and what the company calls effective use. In a one year study, a "mere" 1 in 100 women became pregnant. I can't speak for the reader, but the writer doesn't think that those odds are that great. The company also lists the following precautions: 1. They are only recommended for those persons involved in a strictly monogamous relationship. 2. They are only recommended for women over 25. 3. They are only recommended for women that have children already. Is the company beginning to make you paranoid? Those persons opting for the use of an IUD should give the IUD and its alternatives a lot of consideration first.



IN THE STARS



## SLIGHTLY OFF CAMPUS

WHAT'S UP ELSEWHERE

**SAGITTARIUS**-Surprises will be around every corner for you this week. Balloons and lollipops are your themes for this week. Don't be surprised if the surprises come with a few strings and bows attached.

**AQUARIUS**-Water is good for you this week, but remember to keep your head up in survival swimming and don't hit the rocks while sailing.

**PISCES**-Congrats to you for being such a good sport. Even though you don't always win, you always play the game. Personality and charm will get you more than luck or love.

**ARIES**-Watch out this coming weekend for falling rocks. Some things could be heavier than they seem.

**TAURUS**-Big winds are likely to carry more than just your sails. Keep a watchful eye and heart open in the upcoming week. Love isn't in your vocabulary, but sex and money are.

**GEMINI**-Things are looking up in your direction. The next couple of days could be a little hectic, but when the waves are high the fish come in close to the shore.

**CANCER**-Sorry Charlie! This just isn't going to be your week. Things aren't going to be their best, but they will get better. Keep your chin up, just don't drown when the rain starts to fall.

**LEO**-Just like the lion, you have a tendency to roar. Remember the hand that feeds you and make sure your roar is worse than your disposition.

**VIRGO**-You better be careful this week. This is your time for big romance and your time to be swept off your feet.

**LIBRA**-Good luck with your diet this week. Chocolate cake will be screaming for you and diet soda will taste like piss water.

**SCORPIO**-What a sting. Deadly you have a tendency to be, but sweet as honey is how you come off at times. Be cautious of other scorpions this week, their honey may taste just as sweet, but they are still just as

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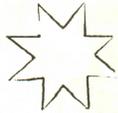
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**ANNUAL CITY TENNIS CHAMPIONSHIPS** scheduled for Sept. 3 and 4--Labor Day weekend. Men's and Women's "A", "B", "C", and "D", singles. "A", "B", and "C" doubles. Entry forms available at main object.

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**SLENDEROBICS** is being offered Monday through Friday from 6-7 pm. The class is taught by Ameena Iverson at Napa Valley Community Center.

**KARATE (SHOTOKAN)** meets Tues. and Thurs. 5:30-7 pm at Norman C. King South Vallejo Community Center. Register on the



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**CAPRICORN**-Content with things you are not. Contemplate the more positive things in your life rather than just watch television and drink your beer.



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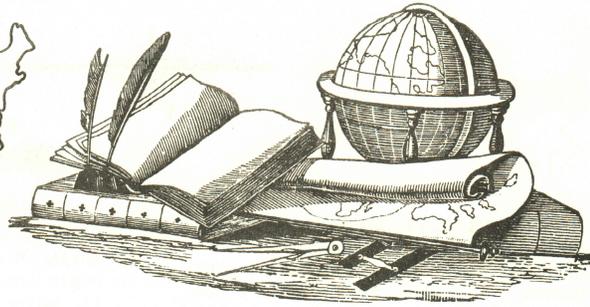
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**SLENDEROBICS** is being offered Monday through Friday from 6-7 pm. The class is taught by Ameena Iverson at Napa Valley Community Center.

**KARATE (SHOTOKAN)** meets Tues. and Thurs. 5:30-7 pm at Norman C. King South Vallejo Community Center. \$25.00 a month. Register on the first Tues. of every month.

**THE VALLEJO FISHING PIER** is free and open to the public. The pier is located on Wilson Ave, adjacent to Highway 37 bridge. No state fishing license is required for fishing from the pier.



The American government today is nothing like the one founded in Philadelphia; nor is it headed by men who believe in those early principles.

The income tax made it legal for the government to treat citizens unequally, and now groups are treated unequally in Court. The various regulations over every aspect of human activity have created a licensing jungle that leaves virtually no function unregulated bank and medical records are no longer private. Anything that requires the use of money must be recorded. A move is underway to create a cashless society - because cash makes men free - and freedom is out of fashion.

The crisis, the inevitable crisis - will arrive when the credit of our government at home and abroad is exhausted. The citizenry is nearing the end of its credit capacity - and so is the government. On the surface, we appear to have inexhaustible wealth. We have mansions, and luxury hotels, clouds of airplanes, and tens of millions of cars, televisions and radio sets, mountains of clothes and food. The staticians tell us that we have reduced poverty to 15 percent of the population.

But the deeper reality is that this is an unhappy country with a pro-Soviet media. We have undertakers of our values digging diligently away on every side. We have pornographers in educational administration and opportunists rising in politics.

The worldwide revolutionary tide continues to flow. It does more than lap at our shores: It has seeped into our Congress, as it long ago entered our media, our universities and even our mainline churches.

The revolution has reached congress. Congressional demagogues coordinate their arguments with the radical Left in the media and the universities and with "social activist" groups. In the space of a single year this chorus pushed our government into making an enemy of South Africa, although we are dependent on that nation for essential minerals without which our industries military cannot survive. Despite warning from the Office of Strategic Resources, both the President and Congress have chosen to place severe sanctions against that strategically important nation. Not to expect retaliation from South Africa would amount to relying upon people whom we have injured not to injure us. Only the United States is that unworldly or masochistic.

Make no mistakes about it: The process underway in Congress is revolutionary in nature. We have men in America as hungry for supreme power, as ruthless and determined, as any in any other society. But we also have the largest number of educated, skilled and determined citizens ever collected in any society in all history. Once aware of the true danger, we Americans will end what the revolutionaries among us are already calling "Our Revolution."

The present generation holds the future of the United States in its hands. What we do today determines tomorrow - if God wills.

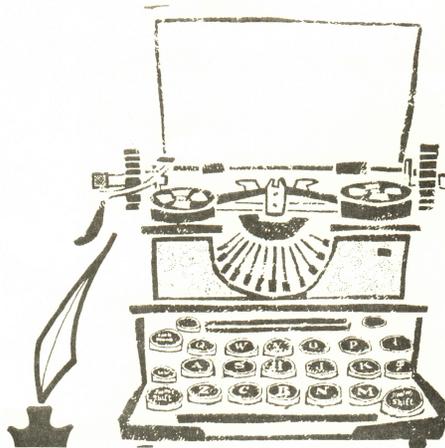




IN PROSPECTIVE

As graduation is just one step ahead, the Binnacle thought you might like to know where the jobs were last year at this time and CMA's track record for last year. Last year, CMA had a graduating class of 46 licensed Engineers and 43 licensed Deck graduates. Out of these numbers, 98% of the Engineers were employed by companies like Barber Ship Management, Chevron, Exxon, Factory Mutual Engineering, General Electric, and the U.S. Navy. The Deck graduates went to work for companies like Chevron, Crowley Maritime, Exxon (as Able Seamen), Matson Agencies, Mobile Oil, and MSC. Out of the graduating Deck students, 86% got jobs. A breakdown of the CMA scope includes the following: Afloat employment for Deck students (1) deep 50%; (2) Domestic 12%; (3) research 5%; (4) Military 7%; (5) Maritime related ashore 14%; (6) Non-Maritime 2%; (7) Unemployed/Undecided 10%. Afloat employment for Engineers (1) deep 26.5%; (2) research 2%; (3) Offshore Oil 2%; (4) Military 13.5%; (5) Maritime related ashore 54%; (6) Graduate school 2%.

With this years graduating class, the hopes of similar results are expected. Although the industry is changing, it looks to be in a positive direction.

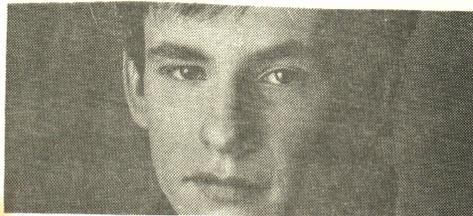


THE BINNACLE STAFF:

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Sitting Editor: Shelley Ward  
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Maritime Funding: Brenda Key  
Seniors/Corp./Vietnam: Shelley Ward  
Sailing Club: Niles Baker

Missing Reporters: Sean McNiece  
James White

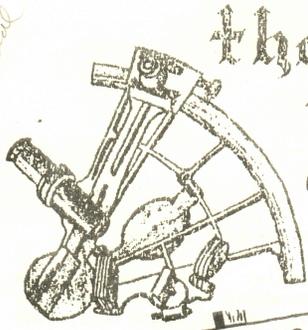
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**A Man's Gotta Do  
What A Man's Gotta Do**

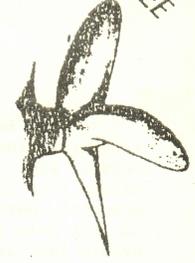
All young men have one responsibility in common. They have to register with Selective Service within 30 days of their 18th birthday. It's quick. It's easy. And it's the law.  
A public service message of this publication and Selective Service System.

Paul



# the Binnacle

FREE



JUNE 1988,  
Vol. 1, No. 4

CAL MARITIME



## WHAT IS INNERTUBE WATERPOLO?

The sport of kings? No, No, it's really quite a nasty business. But, as with football, that is where the beauty of innertube polo lies. To play the game one must be firmly seated in a car type innertube. Although from there the number of rules rapidly decline. The object of the game is to put a small yellow ball in a big blue goal without being drowned or dismembered by the opposing team. The favored tactic is to flip one opponent out of their tube, thereby temporarily removing them from the game. This can only be done to a person if they have the ball; any other brawling would be considered a foul. For every goal made by a male player, one point is awarded and, for every goal made by a female, two points is awarded. Thus, in years past women have been used in key positions in a teams offense. Historically the game has drawn large crowds and has become very divisionally competitive. Let's make this year the best; support your division's innertube polo team.

## HISTORIC TALL SHIP

The Californian, a full-scale recreation of an 1848 revenue cutter and California's official Tall Ship, cruised into the Carquinez Strait for docking at Vallejo and Benecia from Monday through Wednesday, of the week of the 13th. With a cannon salute and welcoming performances by drill teams, color guards, and a marching band, the Californian cruised into Vallejo ferryboat dock, Mare Island parkway at 4:30 P.M. on Monday. Boat owners were asked to greet the Californian in open waters and escort the tall ship to the dock. In addition to the pomp and ceremony at the dock, vintage carriage rides and a greeting by Marine World animals were offered. Tours of the ship were available in Vallejo on Tuesday. The ship then sailed from Vallejo on Wednesday afternoon, to the Benecia Marina with the tide at approximately 4 P.M. The Californian is owned and operated by the non-profit Nautical Heritage Society at Dana Point. Fully certified by the U.S. Coast Guard, she is a replica of the first Coast Guard vessel to come to the west coast in 1849. According to local Port Capt. Ward Cleveland, the ship is dedicated to continuing the tradition of tall ship sailing throughout the state. Operating out of 27 ports in California, the ship offers a variety of experiences for nautically-minded visitors. The Californian also sponsors a cadet training program.



## TREASURE

Treasure? The very word raises the pulse, makes the common man quiver. Alas, the fever has spread to the Academy! Mates one and all pay heed to this note for it shall unfold the events that are to come. Midshipmen, pirates perhaps, are assembling an entourage to search for treasure and merriment on the weekend of the 17th, 18th, and 19th. These gentlemen of fortune have planned to take two, or possibly three, of the school's monomys on their adventure with them. This craft shall be rigged for sail, armed with water ballon cannons and include a crew compliment of ten per vessel. Destination of the vessels is, of course, confidential due to the sensitive nature of the mission. interested hands may contact ships master m/s Boyle, ships master m/s Merrill or masters mate m/s Burkley. Trip organization is



### THE PROPELLER CLUB, TODAY

Elections were held a while back and the new club officers were chosen. The officers are as follows:

President.....Alicia Powers  
Vice President.Jake Vivian  
Secretary.....Erin Mcgrath  
Treasurer.....Andy Killion

Since the election the propeller club has sent ten members to attend the last two monthly luncheons sponsored by the Senior Port of Golden Gate Propeller club. At the luncheons the members listen to a guest speaker and are able to converse with professionals in the maritime field.

The tours are still going strong with recent most tours being the USNS Higgins tour and the Exxon refinery tour in Benicia. Both tours well according to a few members and left some impressed.

The car wash was a success. The money made, according to the club president, will go to help send ten members to the next National Convention in October to be held in Galveston, TX. The last convention was held in Oakland, CA.

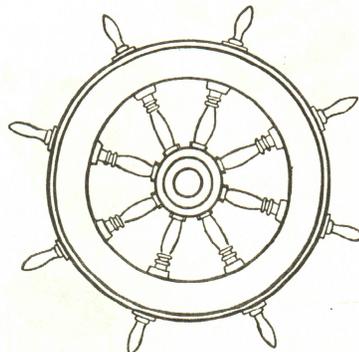
Look for upcoming Propeller club events!

## CMA GRADUATE HONORED

The Propeller Club has selected Diana Chaudhary as the Propeller Club, Port of the Golden Gate, 1988 Maritime Woman of the Year. A 1983 graduate from the California Maritime Academy, holding a third mate's license, Ms. Chaudhary works as a traffic management specialist at the Military Traffic Management Command, headquartered at Oakland Army Base.

Exceeding the tough standards for this prestigious award, Ms. Chaudhary was nominated based on "her substantial contribution to the Dept. of Defense sealift program. As the command's primary sealift planning officer for major Joint Chiefs of Staff-sponsored exercises, she has displayed the skills, competence and foresight indicative of a true professional. Team Spirit, for example, is an annual exercise demonstrating the resolve of our alliance with South Korea and is the largest exercise in the free world. For Team Spirit '88, Chaudhary coordinated sealift schedules for the many vessels moving military cargo from the ports of Beaumont, Port Huenene, Oakland, and Tacoma to Hawaii all the way to Far East ports and back again. All the vessels or those under MARAD and were crewed by American merchant marines.

Chaudhary is the first non-operational/sea-going nominee to be chosen. She will represent the club at various times throughout the year and plans to become one of the next members in the Propeller Club of the United States.



**THE TRUTH ABOUT  
CAFFEINE  
--MORE THAN A QUICK  
PICK-ME-UP--**

Americans drink 500 million cups a day and consume more coffee than any other country in the world. Four out of five Americans have two to four cups of coffee every day, while 25% qualify as true caffeine addicts by drinking more than five cups in a 24 hour period. Coffee isn't the only source of caffeine; it is in cacao, chocolate, aspirin, cold remedies, diet aids, etc.

Caffeine makes sense for a number of reasons, but perhaps the most important is that caffeine is medically classified as a poison. Around ten grams of caffeine - as much as can be found in 75 cups of coffee - can be fatal.

**SIDE AFFECTS:**

Caffeine has some beneficial effects. It stimulates the central nervous system to help keep people alert and increase their stamina. It can relieve certain types of headaches by constricting the blood vessels in the brain and can reduce muscle tension by increasing blood flow to the muscle cells. Adverse effects can include the inability to sleep, mood changes (anxiety, depression, and irritability), irregular heartbeats, heartburn, and increased headaches. Cardiac disturbances which include irregular heartbeats and temporarily increased blood pressure have been documented with coffee consumption. Whether caffeine can actually cause heart disease, and/or heart attacks, is a hotly debated issue, with no conclusive evidence. But be careful and watch how much caffeine your body takes into it; it could be a matter of "awake" or death.

**Coca-Cola**  
REG. U. S. PAT. OFF.



**CARQUINEZ STRAIT  
SWIM**

For he who missed the strait swim in fall '86, this is the chance to redeem yourself. The CMA council of The Navy League is this year's proud sponsor of the swim. And is tentatively scheduled for early July. To be eligible for the swim, a midshipman must be able to successfully swim 25 laps (50 lengths) in the pool. The purpose of this is to ensure safety for all involved. If you don't intend to swim your help can still be used. If you have a sailboat, are a crew member of a sailboat, or want to be crew a Whaleboat you can function as a captain/pilot while the swimmers traverse the mighty Carquinez. T-shirts might be available for all swimmers... What other incentive do you need? Yes, the water is cold (between 56°-60°) and neoprene or swim caps are advisable. Be one that can rightfully say that he swam the strait. Sign up on the board outside the messdeck, or see John Stokvis. Let's have a sane and safe swim.





## IN THE STARS

### \*HOROSCOPES\*

Gemini-Getting tied down is not something to mess around with this first half of the month. There are some things you may not want to fool around with this month; otherwise people could get their wires crossed. Cancer-Make a big splash in everything from colors, cars, and dates to water skiing, sailing, and just plain old fun in the pool. This month is for you to relax and kick back. don't take on any new work loads that may turn out to be more than you bargained for.

Leo-Stand up and take notice. You may be in the spotlight if you play your cards right. Gable you may this month, but be careful to know what the stakes are. Love may be more than you bargained for in the month of June.

Virgo-Easy does it, don't get to bogged down with work, studies, and school that you lose that know-how of how to have fun. a small trip for a weekend away may be just what the Doctor ordered.

Libra-Caution is your word for the month of June things have been slipping slowly from your grasp. Living on the edge can be fun until suddenly playing Road Runner turns into more like Wiley Coyote. Day-Dreaming can be hazardous to your health this time around, especially on your next date.

Scorpio-Size and style are your words for the month - Take them how they come. Prepare yourself for financial stability within the next few weeks, but it wont come without a little work.

Sagittarius-itch that old flame and start scanning the beaches for nothing more than fun in the sun.

Blondes are out for you this month. Your stars are outta' line, sorry toots maybe next time!

Capricorn-This just isn't your month Keep your priorities intact! To much fromping around can cause relationships to diminish and financial setback,not to mention.

Aquarius-Twiddle Dee and Twiddle Dumb/this month you are the lucky one! surprises lurk around unsuspecting corners. Take it all in stride, but beware of people who are as rough and deadly as a double-edged dagger. You know these people socially, but exert caution when you go one on one.

Pisces-Alcohol has new meaning for you. After the last one you had, you swore never to drink again. Stick by that pledge. ou will start feeling more self-confident.

Aries-Crack the books for the first few weeks, you need that extra work. Then after you are done treat yourself to 31 flavors-sampling all of them!

Taurus-Do something different this month. Go sailing for the first time, or skiing, or even pass Mr. Park's Calculus tests or Mampacy's micro tests. It could straighten out things at home as well as those things in your mind. GO FOR IT!!!!!!!

### GALVESTON

The National Convention of the Propeller Club of the United States will be held in Galveston next October. The Propeller Club of CMA has set a goal of sending ten representatives to the National Convention. The student members of the Propeller Club realize the importance of the organization and have begun a huge fundraising effort. We are selling bumper stickers, sponsoring a carwash and are begining a shuttle service. (Attention midshipmen: We hope to have the shuttle service run from the TSGB to the Old Residence Hall and the Upper Parking Lot for people getting off Ship's Ops.) Midshipman Mary Martin has undertaken the project of presenting a fashion show at the Academy this trimester. We also plan to earn money at the Whaleboat Regatta and Homecoming.



U.S. AID TO ISRAEL--How is our tax money being spent?

DID YOU KNOW....

..that Israel is by far the largest recipient of foreign aid in U.S. history, receiving the equivalent of \$42.3 billion since 1948?

..that the illegal Israeli settlements in the West Bank and Gaza could not be built without U.S. subsidies?

..that Israeli's 1982 invasion of Lebanon was subsidized by U.S. aid, costing approximately \$2 billion?

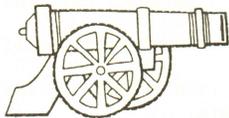
..that one half of all U.S. military aid between 1978 and 1982 went to Israel?

..that U.S. aid has made the Israeli army the fourth most powerful in the world?

..that U.S. aid has made Israel one of the top five arms exporters in the world?

..that Israeli arms go to repressive regimes throughout the world, such as apartheid South Africa, Honduras, El Salvador, as well as to the contras in Nicaragua?

..that for the past five years, U.S. aid to Israel has averaged nearly \$7.4 million a day--and that comes hard to a nation that is concerned more about its pocketbook than anything else!



The throb of my engines is the heartbeat of the nation.

I am life to our forces warring in distant lands.

I bring food for the starving, aid for the sick and needy.

I am commerce, pleasures, protection to our shores.

Without me nations die, trade ceases, men hunger.

I battle wind and rain; storms do not dismay.

I keep the four freedoms burning, the light shining.

When my flag flies, kings pause and ponder.

I hold my head high.

I am a LIBERTY ship.

## MEN, MEMORIES, AND A SHIP JOIN FOR BAY CRUISE

When the SS Jeremiah O'Brien, the lone survivor of more than 2,700 Liberty ships built during World War II, embarked on a six-hour cruise of San Francisco Bay Saturday (May 21) it had aboard several hundred former merchant seamen, including a large contingent from California.

They are part of an estimated 80,000 still living ex-merchant sailors whose ship came in., figuratively speaking, recently when they gained recognition as World War II veterans for service more than 40 years ago. As such, they will receive some token benefits, including the right to be buried in a military cemetery. They are too old for such GI benefits as college tuition.

Those from these parts who will benefit, albeit minimally, from the Defense Department decision include Sacramento's James A. Jolly, Fairfield's Henry Kowalski, San Jose's Al Hadad, San Francisco's Delmar Calwhite and James Sadler, Santa Rosa's James L. Logsdon, Nevada city's Bill Decker, and 91-year-old Cliff Morehouse of Grass Valley.

Of some 250,000 merchant seamen who served their country in World War II, 5,662 lost their lives or were declared missing in action. Another 600 were prisoners of war. Their casualty rate of 2.8 percent was exceeded only by the 2.9 percent among the U.S. Marines.

In the first three months of the war, German U-Boats sank 145 merchant ships in American waters, killing 600 seamen. By V-J Day, 733 merchant vessels had been sunk by enemy action.

Most dangerous of the runs was the one to Murmansk. Of 800 ships that made the arduous journey between 1941 and 1945, 97 were sunk by bombs, torpedos, mines, and the elements. Of 33 ships in one convoy, only 11 made it to the Russian Port.



LANGUAGE DIFFICULTIES

"The captains note to the chief officer:" Early tomorrow morning there will be total solar eclipse at 0900 hrs. This is something that cannot be seen every day, so let the crew line up in their best clothes on deck in order that they may see it. To mark this rare phenomenon I will myself explain it to them. If it is raining the crew will not be able to see it clearly. In that case, they will meet in the messroom.

"The chief officer's note to the first officer:" On the captain's orders there will be a total solar eclipse tomorrow at 0900 hrs. If it is raining, we will not be able to see it clearly from the deck in our best clothes. In that case the sun's disappearance will be fully observed in the messroom.

"The first office's note to the second officer:" On captain's orders, we shall fully observe in our best clothes that the sun will disappear from the messroom at 0900 hrs. The captain is going to tell us if it is going to rain.

"The second officer's note to the bosun:" If it is raining in the messroom early tomorrow, which is something that does not happen every day, the captain in his best clothes will disappear at 0900 hrs.

"The bosun's note to the crew:" Early tomorrow at 0900 hrs the captain will disappear. It is a pity that this does not happen every day.



THE LAST VOYAGE

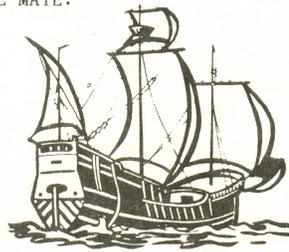
They are not dead who live  
In hearts they leave behind.  
In those whom they have  
blessed  
They live a life again  
And shall live through the years  
Eternal life and grow  
Each day more beautiful  
As time declares their good,  
Forgets the rest and proves  
Their immortality.

H. R. Orr

MR. FALL GUY  
(ALIAS THE CHIEF MATE)

If the ship begins to roll, call the Mate.  
If the cook runs out of coal, call the Mate.  
If the Old Man goes to bed, if you see a squall ahead  
If you need the sounding lead, call the Mate.  
If the running lights are out call the Mate.  
If your latitude is in doubt, call the Mate.  
If the wind begins to howl, if the sailors begin to growl  
If the whistle cord gets foul, call the Mate.  
If your coming into port  
If your night lunch runs too short, call the Mate.  
If the cargo starts to shift, if the skiff is going adrift  
If the fog begins to lift, call the Mate.  
If you want to drop the hook, call the Mate.  
If your looking for the cook call the Mate.  
If you run a light abeam, if the Chief won't give you steam  
If the Steward has no cream, call the Mate.  
If you need a hand on deck, call the Mate.  
If the gangway is a wreck, call the Mate.  
If the capstan's on the blink, if a drunk falls in the drink  
If you don't have time to think, call the Mate.  
If the boxes won't defrost, call the Mate.  
If the Chart Room key is lost, call the Mate.  
If the windlass won't work, if the reefers gone berserk,  
If the Night Mate is a jerk, call the Mate.

Yes, that's who the fall guy is:  
All the petty griefs are his--  
That poor old bird never gets a  
pleasant word  
Thank the Lord I'm only the "Third,"  
NOT THE MATE.



### SIT STILL AND TRUST HIM

Stonewall Jackson and his sister were crossing a treacherous torrent just below the mighty Niagra Falls. The Current so rocked and tossed the boat that the woman became terrified. Jackson took her firmly by the arm and turning to one of the two boatmen said, "How often have you crossed here?" "Continually, sir, for the past 12 years." "Did you ever meet with an accident?" "Never, sir." "Never capsized and never lost a life?" "Nothing of the kind, sir." Turning to his sister, Jackson reassuringly replied, "you heard what the boatman said. Unless you think you can row better than he does, just sit still and trust him like I do."

Similar words of reassurance are what spiritually troubled Christians need to hear when tossed by the billows of doubt and uncertainty. Jesus has never lost a soul entrusted to his care. We are safe in the refuge of God's love, secure for time and eternity because of his grace!

If Christ is our savior, we will reach harbor no matter how weak our faith or how boisterous the waves of doubt and trouble. Our salvation is His responsibility. Our responsibility is to trust and obey. God begins the good work and has promised to "complete it until the day of Jesus Christ" (Phil. 1:6). This gives the trusting child of God a lasting peace and the assurance that he will make it safely to heaven's harbor.

Cast your full confidence on him. He will keep you in His care both now and for eternity. --H.G.B.

Though Satan should buffet, though trials should come, let this blessed assurance control. That Christ has regarded my helpless estate, And has shed His own blood for my soul. --Spafford



### MORE CRIME IN U.S. THAN IN EUROPE

You are at least four times more likely to be raped, robbed or murdered in the United States than in Europe, according to a recent study by the Bureau of Justice Statistics.

The study said in 1984 the U.S. had 7.9 homicides, 35.7 rapes and 205.4 robberies per 100,000 people. In the same year, Western European nations had 1.5 homicides, 5.4 rapes and 49.1 robberies per 100,00 people. The 1984 figures are the latest for which comparative figures are available.

Rates for other crimes were also higher in the U.S. Burglary was 20% higher than in Europe, while rates for auto theft and larceny were about double the European average.

The number of U.S. and European crimes committed comes despite the fact that crime rates are falling here and rising overseas. All offenses, except rape, declined between 1980 and 1984 in the U.S.

A total of 41 nations were included in the study, which found the average crime rates for Western Europe, Canada, Australia and New Zealand increased for all crimes except murder.

As you give people more freedom, you will have more people who abuse it. Is what some have said.

What it seems to imply is that America has exchanged increased individual freedoms for increased crime.



### SUGAR-SWEET BY ANY OTHER NAME

As a nation, Americans consume more sugar than any other food additive - over 125 lbs. per person each year. Unfortunately, this excess sugar consumption can lead to both tooth decay and obesity. Many of us believe that some sugars are better for us than others, but the fact is that sugar - sucrose, glucose, fructose, lactose, dextrose and all of the ones - have little or no nutritional value. In fact, the only thing sugar offers is 4 "empty" calories. The following is a list of common sugars to be aware of: 1. sucrose 2. lactose 3. total invert sugar 4. fructose (or levulose), corn syrup, Dextrose, Maltose 5. sorbitol, manitol.

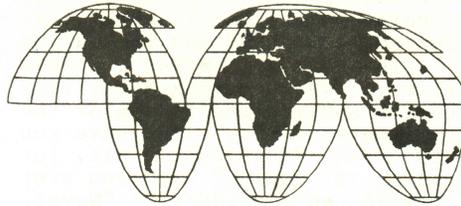
### TRADING DOWN UNDER

Australia and New Zealand are two of our Pacific rim trading partners with whom the balance of trade is in the favor of the U.S. This is a comforting fact, though small, at a time when U.S. imports are greatly exceeding exports in the Pacific trade.

The trade balance between Australia and the United States is roughly 2 to 1 now. The total exports to the U.S. for the calendar year of 1987 were U.S. \$3.19 billion. New Zealand trade is about equally balanced, but slightly in favor of the U.S. When invisible payments, such as interest are taken into account.

Australia and New Zealand have always enjoyed close economic relations. In trade they are becoming more like one. The New Zealand/Australia Free Trade

Agreement, which ran for about 20 years. Built up a lot of rationalized production of components for manufactured items. During the past few years, New Zealand has been pushing for a free trade agreement that may achieve with Australia some of the European Community approaches in trade. Called CER(Closer Economic Relations Treaty Agreement),it is breaking down trade restrictions and import licenses and the two countries are trading as almost a single entity. It is somewhat similar to the proposed U.S.-Canada pact, and both North American countries are watching what happens "down under".



Both Australia and New Zealand are members of the British commonwealth, but there are as many differences as there are similarities between the two. Australia is nearly the size of the continental U.S., with only 1/15th of the population, or 16 million. The land is mostly flat and 70 percent is so arid that it has been called uninhabitable. New Zealand, on the other hand, is hilly and mountaineous. New Zealand is th size and population of Colorado, 3 million. Both Australia and New Zealand are productive countries, whose major exports are agriculture. While ther U.S. is Australia's number 2 trading partner(after Japan), we are currently New Zealand's number 1. On the import side, in addition to counter seasonal fruit, New Zealand imports the high tech products from the U.S., namely computers. These computers seem to head the list. Both Australia and New Zealand have gained a lot of attention recently through events and promotions. Australia is particularly "hot" right now, following the America's cup races last year and this years bicentennial celebration. Promotions of Australian food, drink, and tourism is riding on the waves of popularity. Is ther anyone who hasn't seen Paul Hogan slaying crocs or putting shrimp on the "barbie"? We have seen it's effects already on increased trade. New Zealand has been gaining it's own attention with the government's ban on nuclear ships in it's ports. This has altered the defense agreement between Australia/New Zealand/U.S. and brought wide recognition for it's independant stand.

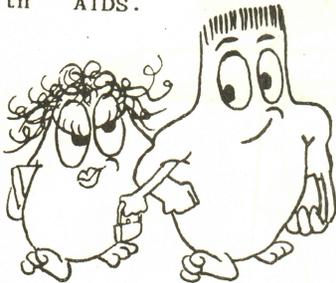
Since 1983, the Bay Area has captured an increasingly larger proportion of this trade from New Zealand and Australia.

According to preliminary figures in 1987, 44% of Australia/New Zealand imports entering the West Coast came into the Bay Area, while 24% of the exports left via the Bay Area.

# Information

## THE WORRIED WELL

Who are the "Worried Well"? The young woman who had unprotected sex on a vacation to Europe last summer now wakes up every night wondering if she has been exposed to the AIDS virus is one of the worried well. Another member of the worried well is the young man, once socially active, who is so afraid of exposure that he has lost his sex drive. He no longer dates and he isn't making plans for the future. Being sexually active in the eighties can be worrisome, and probably most of us have lost a little sleep thinking about AIDS. For some people though, worrying about AIDS takes on a new perspective. They are not people who have tested positive to the antibody test or who are at high risk. They are the people who have become so worried about AIDS that their worries interfere with their lives. Often people with such experiences have difficulty concentrating, or perhaps somewhat socially isolated or hyper-sensitive to minor illnesses. Sometimes simple education about AIDS and risk behavior can help alleviate the symptoms although for some the causes are more deeply seated and more extensive counseling is needed. It is becoming increasingly likely that, in the course of the next few years, each of us will be impacted personally with AIDS.



## CONDOMS

Not so very long ago, condoms (rubbers or prophylactics) were things we didn't talk about very much.

Now, they're discussed on the evening news and on the front page of the newspaper, and displayed out in the open in your local drug store, grocery, and convenience store.

For those who are sexually active and not limiting their sexual activity to one partner, condoms have been shown to help prevent the spread of sexually transmitted diseases. That is why the use of condoms is recommended to help reduce the spread of AIDS.

Condoms are the best preventive measure against AIDS besides not having sex and practicing safe behavior.

But condoms are far from being fool proof. You have to use them properly. And you have to use them every time you have sex, from start to finish. If you use a condom, you

should remember these guidelines:

(1) Use condoms made of latex rubber. Latex serves as a barrier to the virus. "Lambskin" or "natural membrane" condoms are not as good because of the pores in the material. Look for the word "Latex" on the package.

(2) A condom with a spermicide may provide additional protection. Spermicides have been shown in laboratory tests to kill the virus. Use the spermicide of the tip of the condom and on the outside of the condom.

(3) Condom use is safer with a lubricant. Check the list of ingredients on the back of the lubricant package to make sure the lubricant is water-based. Do not use petroleum based jelly, cold cream, baby oil or cooking shortening. These can weaken the condom and cause it to break.





### ISRAELI APARTHEID

**Apartheid for Palestinians:** Over one thousand military orders have been proclaimed since 1967 to strip Palestinians of their national culture, economy, and identity. These orders institutionalize in minute detail a system of discrimination against Palestinians. The discriminatory orders range from those necessary to maintain Israeli apartheid, such as severe travel restrictions, to the most absurd punitive regulation of Palestinian life.

In Palestine, you can be imprisoned For singing a national song.

For wearing or displaying the colors red, green, black, and white together, even in a painting, because they are the colors of the Palestinian flag.

For owning a book about Palestinian history or poetry.

For picking Thyme, "Zattar," an herb growing wild in the hills of Palestine, which has been a staple in Palestinian cooking for centuries.

For holding a peaceful campus demonstration if you are a student at a Palestinian university.

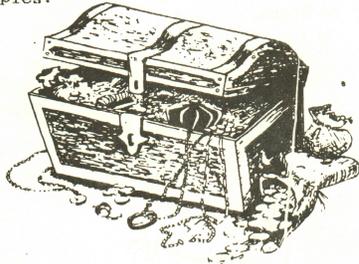
For leaving your village in the day or even leaving your home after dark if you are one of the more than 150 thousand Palestinians under house/town arrest.

For walking in public without an official identity card.

For throwing a stone whether or not it actually hits anything or does any damage; such an act is punishable by up to 20 years in prison.

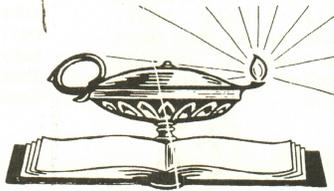
**Palestinian Prisoners - numbers tell the story**

Over three hundred thousand Palestinian men, women, and children have been imprisoned since 1967 for violating military orders, the majority of which have never been published or posted in the occupied West Bank and Gaza and are even unavailable to lawyers who have repeatedly requested a complete set of copies.



Over three thousand five hundred Palestinian men, women, and children are currently held as prisoners of conscience in Israeli prisons. Of those, one thousand are serving long term sentences (25 years to life). One thousand are serving 10 to 25 years. The remainder are serving 1 month to 10-year sentences. These figures do not include the routinely arrested without warrant, detained and interrogated for months at a time, finally released without charges.

The Palestinians are the indigenous, Arabic speaking people of Palestine - the lands known today as Israel, and those occupied by Israel in 1967, the West Bank and Gaza Strip. Over many generations the Palestinians created an enduring society, building cities, orchard vineyards, and a vital culture. Today there are 4 million Palestinians, most of them Moslem and Christian. Six hundred thousand live within the pre 1967 borders of Israel; over 1 million live under Israeli military occupation in the West Bank and Gaza Strip; and over 2 million in refugee camps in neighboring countries or scattered throughout the world.



ASME? WHAT?!! WHO?!!

All right! If you've read this far, I've got your attention. Here are some words on a new club on campus and if you're an engineer it might pay to be interested. The club's the ASME and that stands for the American Society of Mechanical Engineers. A student section of this professional organization has started here and it promises a lot.

What is it? Well, the ASME is actually an organization of professional engineers that get together to discuss topics relevant to their work. They hold technical conferences and social events to exchange ideas. One topic that they are very concerned about is the quality of future engineers (that's you pal). To give us fellows some exposure to professionals out in the industry they began a student branch of the organization. The ASME diverts quite a few resources to this cause. That means design and plant engineers taking time out to talk and money out for design contests and scholarships to student members.

This isn't just for mekies! either! MET's can benefit too. Some of the companies that are represented in the ASME are Alfa Lava, eslie, and Babcock & Wilcox. You can meet the guys that are actually designing and improving the equipment you're going to be using. Not a bad idea, eh?

So what has the ASME done here? I'm going to tell you. We've been getting the club off the ground and on its' feet. The ASME recognized our curriculum last December and the Bear left in January. Thus, we never had a chance to be officially installed. Using our vast resources (the bulletin and work of mouth) we summoned the the engineers of the corps. Grand thought!! Twentyone showed. That is our membership now. The first Officer's meeting was the following week. We vowed to make our presence known to the rest of the ASME.

Our first action was to attend the San Francisco Section's monthly meeting. The guest speaker's topic: Can America survive the outbreak of peace?" The speech discussed our economy's dependence on military contracts and was quite good. Five twentyfive year awards were awarded that evening. One of them graduated from CMA in the 1940s. In any case, all six of us there enjoyed it.



The following Saturday, April 16, Mr. Davis (our student advisor) and myself went to the annual regional student conference. I had a good time with the design contest. Also I got a fair idea how the society runs. The day was somewhat historic because our section was officially installed into the ASME. It was pretty exciting in that we were the first section to be installed in quite a while.

Having accomplished this I promptly decided to twiddle my thumbs for a while. This was not so for our mighty chairman. Persuing his never ending beer fetish he began a new quest: to get us a tour of a brewery. The Anchor-Steam Brewery tour fell through but John pushed on. He set up a tour of Anheuser-Busch's refrigeration facilities (just when you thought this was getting boring). It's happening on Tuesday June 21, at

10:00, in Fairfield. There we will take a look at their large ammonia absorption system!! Sign up in the Commandants office. What an opportunity!! ASME members have already heard about this. Don't you feel like a sap?!!

Let's see what else you might miss!! We're planning trips to California Cogeneration Systems Facilities in Berkley and Aerojet Strategic Propulsion Systems in Sacramento. Now you know you're a sap!!

In short, ASME is giving CMA some publicity and you exposure. It's never too late to join(that's right! You can still save yourself from a life in'the closet). Show up to the next meeting or talk to John Vronay, Rodrigo Avalos, Alden Cramer or myself. We'll be glad to give you the straight scoop.

Patrick J Murphy  
Student Section Vice-Chair





## When You're Ready To Get Serious,



### LOVE AND GERM WARFARE

This week's quiz is definitely on the informative side. In fact, taking the following quiz will probably prove to be more rewarding than sleeping through a class in Microeconomics or trying to stay awake in Management or even trying to portray a high level of interest in Accounting. Yes readers, this week's quiz is educational and fun, and it may even take the stress wrinkles out of your forehead. So, with out further delay, have at it.

1. The legendary lover, Casanova, reportedly ate 50 oysters each evening to increase his sexual stamina. What important sexual nutrient is found in oysters?  
a. iodine      b. protien  
c. zinc      d. all of the above
2. According to recent research, what percent of women experience orgasm regularly during sex?  
a. 45%    b. 55%    c. 65%    d. 85%
3. Women who have sex regularly also have:  
a. lower blood pressure  
b. higher level of estrogen  
c. more regular menstrual cycles  
d. higher grades on tests
4. Who said the following on alcohol's effect on sex: "It provokes the desire but it takes away the performance."  
a. Shakespeare    b. Dr. Ruth  
c. Dean Martin    d. the Reg Book
5. How many calories can you burn in 20 minutes of active lovemaking?  
a. 50    b. 200    c. 500    d. 700
6. Up until his late 30s, the average man think about sex:  
a. 3 times a day  
b. every 5 minutes  
c. 6 times a hour  
d. every waking moment
7. Men are more orgasmic than women?  
a. true      b. false
8. More than 1/3 of the girls in the U.S. have had sexual relations by age:  
a. 16    b. 17    c. 18    d. 20

9. Men have better orgasms after a period of abstinence?  
a. true      b. false
10. Women fantasize about sex most often between the ages of:  
a. 16-20      b. 25-30  
c. 30-34      d. 38-42
11. The rubber condom was introduced to the public in:  
a. 1790    b. 1876    c. 1920    d. 1945
12. How much blood does the average woman lose during a menstrual cycle  
a. 4 tablespoons    b. 1 cup  
c. 1 pint    d. 1 quart
13. Men are at their sexual peak at what time of day?  
a. in the morning  
b. in the afternoon  
c. no special time  
d. in the evening

### ANSWERS

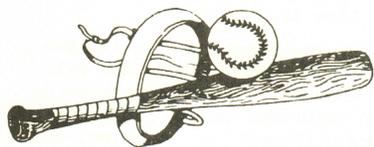
1. (d) all of the above according to Sex Food, by Logan Gray Jr., MD. Iodine is good for the thyroid gland, protein stimulates the release of hormones, zinc helps maintain a healthy sex drive... for those of you that can handle swallowing them - enjoy!
2. (a) various studies show that only 40-50% of women reach orgasm regularly during intercourse -- not a pretty picture.
3. (c) Studies indicate that:  
Regular sex = A shorter more regular cycle
4. (a) From Macbeth, Act 2, Scene 3, line 34.
5. (b) twenty minutes of active sex can burn approximately 200 cal. For those of you that exercise to burn calories, sex is right up there with running, swimming, and rowing...go for it!
6. (c) In her book, What every Woman Should Know About Men, Dr. Joyce Brothers reveals that up to age 35 - 40, men think about sex 6 times a hour. In his 40s, he cuts this number way back to two times a hour, and after 55 most men only think about sex 1 time a hour.
7. (b) According to Masters and Johnson, females have almost unlimited orgasmic potential while men can't physically have a rapid succession of ejaculations.



CALIFORNIA MARITIME ACADEMY  
INTRAMURAL SOFTBALL SCHEDULE  
1988

8. (a) The definition of sexual relations here is sexual intercourse. Studies show that at least 1/3 of the girls and 1/2 of the boys are participating by the age of 16.
9. (a) True, Men have longer and stronger orgasms after a period of abstinence; however, do not assume that the same is true for women. The longer a woman goes without it, the easier it is to go without it.
10. (c) A woman in her thirties is likely to be day dreaming about sex as often as a man of the same age, actually more often.
11. (b) America was proud of that first rubber condom. It was displayed in public at the Philadelphia Centennial Exposition, 1876.
12. (a) Though most women will probably profess to losing half of their blood supply, the usual loss is 4 tablespoons and it rarely exceeds 8 tablespoons.
13. (a) When they awake in the morning, men are at their sexual peak. Men's hormonal level is high by the morning and this is why they frequently wake up with an erection.

Well, that's the facts, Jack. Parts of this quiz were taken in part or in whole from: Lenon, Rosemary. "So You Think You Know Everything About Sex." *New Body*, May, 1988, pp. 82-85.



**A Man's Gotta Do  
What A Man's Gotta Do**

All young men have to do it. And so do all men. They have to register with the Selective Service System within 30 days of their 18th birthday. *It's simple. It's free. It's the law.*  
A public service program of the Selective Service System.

JUNE

6	Mon.	1E - 2E
7	Tues.	3E - 1D
8	Wed.	2D - 4E
13	Mon.	2E - 3E
14	Tues.	3D - 4E
16	Thurs.	4D - 1E
21	Tues.	1D - 4D
23	Thurs.	3D - 2D
27	Mon.	Playoffs If needed for 1st Place



## SLIGHTLY OFF CAMPUS

### COLUMBUS LINE HONORED

The Integrated Global Ocean Service System (IGOSS), a world-wide oceanographic data collection and dissemination service under the United Nations, recently presented a commendation to Columbus Line for its participation in the IGSS Ship of Opportunity program. Under this program, commercial ships are used to drop temperature probes. Known technically as expendable bathythermographs or XBT's, at sea relay the data to a receiving station. Columbus Line has participated in the program since its inception ten years ago. Five Columbus Line ships, operating in the East and West coast routes between the United States and Australia/New Zealand, are currently being used. Worldwide, over 300 volunteering vessels have become "ships of opportunity". By piggybacking on commercial ships, U.S. Navy vessels, university and NOAA research ships, the program is able to save almost 99% of the data-gathering costs.

Probe launchers and temperature recording instruments are fitted on board each participating vessel. The probes are dropped at sea at regular intervals and measure the temperature and salinity, and information on currents.

Ocean temperatures are used to make long range weather predictions, monitor the atmosphere's "greenhouse" effect and a secondary indicator to the extent of acid rain contamination. This data is an invaluable aid to commercial shipping. By being able to chart a ship's courses at optimum temperature, operating costs can be substantially reduced.

Columbus Line Pacific Coast operation is headquartered in San Francisco since 1962 and currently operates four fully cellular ships in its West Coast service.



June 25 - 26 Gun & Knife Show  
Sonoma County Fairgrounds  
Sat. 9-5PM, Sun 9-4PM  
Hunting and Fishing Displays  
Exhibits and Sales \$3.50/day

June 24 German Dinner/Dance Show  
Traditional and Modern Dance  
Isis Oasis Theater, 20889  
Geyserville Ave, Geyserville  
7pm Dinner Reservations only  
Dinner show \$15, Show \$5.00

June 22 - 26 Petaluma, Sonoma-Marin  
Fair (PETALUMA FAIR GROUNDS)  
livestock, carnival, Jazz, food,  
Wed & Thur 12-12AM,  
Fri & Sat 10-12AM.  
\$3.50 general adm.

June 25 Cruising Petaluma River  
Sponsored by Sonoma County Museum  
Explore waterways to San Francisco  
Historical guide on board the yacht  
hornblower. Includes lunch  
9-5:30PM #579-1500 \$64.

June 25 Sunset Paddle On The River  
Call by 6/21, 576-5116  
Canoeing on the Petaluma, ends  
Gilardi's with optional post-  
paddle & eve of live music  
incl: canoe & equipment \$ 27.

June 26 FITCH MOUNTAIN FOOTRACE  
Healdsburg, from town Plaza  
10K & 3K races, plus 1.8 mile  
run/walk. Prerace entry (6/20)  
\$11./w T-shirt, \$8. without  
late reg. price up \$3.  
info:431-3301 begins 8AM

June & CABLE CAR WINE TOURS  
July normally \$52, for this time  
38.50 per person. 544-WINE  
Continental breakfast, motor-  
ized cable car ride, private  
tours, wine tastings, gourmet  
lunch. Departs Swensen Bldg  
630 3rd St. 10AM/Daily

July 1 - 3 WATER CARNIVAL WEEKEND  
MONTE RIO BEACH, FEATURES:  
individual and group compet-  
ition at the beach. Volleyball  
canoe sprints, innertube water  
polo. for a small cover charge  
music at night. call 865-2487

July 8 -10 BANDIERA CELEBRATE SONOMA  
3-day showcase featuring Sonoma  
County's visual and performing  
artists, wine tasting, arts and  
crafts, music, dance.  
Fri. 6-10:30PM, Sat. 10-10PM,  
Sun. 1-10PM. Adm. \$1.  
info:527-7006

THIS IS A TEST

This is a test. Do not attempt to tune out or ignore this message !!

For the next 30 days this student body will be conducting a test of its Emergency Rack Mode System, ERMS.

We remind you that this is only a test. Rackers from other colleges in your area in cooperation with Local, State, and Federal Authorities have devised this test to keep you apprised of any impending Emergency Rack Situations.

Had this been an actual emergency, Broadcasters in your area would announce the locations of emergency rack shelters in your neighborhood.

Thank you for your attention, this concludes this test of the Emergency Rack Mode System, ERMS.

IS THAT SALT SHAKER HAZARDOUS TO YOUR HEALTH?

Current research is providing two different answers to that question. For some people, large quantities of salt have absolutely no detrimental effects; however, for other people too much salt can lead to fluid retention, high blood pressure, and stroke. A signal of salt sensitivity is waking up in the morning with puffy eyes or possibly swollen hands, especially after a night of beer and pizza.

The first problem with sodium is that you can't cut it out of your diet altogether. Your body requires 1100 to 3300 mg a day. The second problem with sodium is that the seemingly harmless little teaspoon of salt that you routinely sprinkle over your food contains a whopping 2000mg. For those persons that are salt sensitive, a teaspoon of salt is more sodium than their system can handle in a day. A typical fast food cheese burger contains 1400mg of sodium and that pseudo-healthy chicken sandwich you are eating instead has even more sodium. Aside from the more obvious foods that contain sodium, there are a lot of foods that contain sodium naturally. An 8oz glass of milk contains 140mg of sodium and natural cheeses contain about 200mg per ounce. ~~Then there~~ on the slightly processed side, there's yogurt yielding a 190mg per serving and cottage cheese containing 400mg per 1/2 cup.

Most Americans consume 4 times the required amount of salt per day. If you are concerned about your sodium intake, start reading the ingredients labels on processed foods. Pay particular attention to the order in which sodium falls on the list. The closer that sodium is listed at the beginning of the list, the higher the sodium content of the product. Ninety percent of the processed foods that we eat contain sodium.

Cutting back on sodium is difficult. We like what it does to the flavor of our food and we have developed a taste for it. Should you decide to cut back, give your taste buds 2 - 3 months to adjust. You may decide that you really can do without all of that salt.

A ship is a living thing. It pulsates with life. It has most of the organs and elements of a human being and functions as such. But what gives it life is not the metal or fuel or water, but the men on board.

There are many of us. Each has a job to do. Each job is important to the welfare, the well-being, to the very purpose and life of the ship itself. With our dreams standing firm on guard, we shall reach our destination.

We the Binnacle staff would like to say thank you to the following for allowing the paper to be a part of campus life once again:

Faculty Advisors:

H. Millett  
R. Viargues  
C. Hartwell

Faculty Representative:

Dr. Mampaey

Staff:

Shelley Ward  
George Burkley  
Mary Martin  
Jennifer Gormley

The opinions and articles expressed in this paper are not necessarily those views of the staff or anyone associated with the Binnacle.

A special thanks also to the Duplication Dept. for putting the newspaper to print for us.