



# THE HELMSMAN

Volume #83 Issue #5

USS CANOPUS AS-34

OCTOBER 1983



# 'One picture... thousand CANOP

PH1 Michael "BLUE" Harrison is a ten year naval veteran and has been on board CANOPUS for three years. Being one of only four "airdales" aboard CANOPUS he is the LPO of the "CAN-DO" Photo Lab. The majority of the lab's photography is of a PAO (Public Affairs Office) nature: ship's pictures, portraits, change of commands, retirements and reenlistments. Petty Officer Harrison commented that the lab does mainly "standard" Navy photography.

Petty Officer Harrison holds an 8196 NEC for cam-

era repairman, he is one of only three-hundred Navy photographers to hold this NEC.

Petty Officer Harrison is scheduled to transfer to the USS CORAL SEA (CV-42), stationed in Norfolk, VA, at the end of October. He is looking forward to duty aboard an aircraft carrier so he can use his NEC.

Petty Officer Harrison's naval goal is to one day become Commander of the Audio Visual Command (Atlantic Fleet).

During his off duty time he enjoys working around and with horses. After his naval career he plans

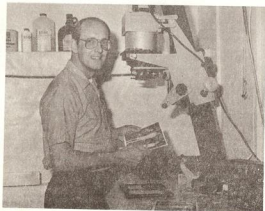
to own a horse stable in Georgia. Petty Officer Harrison is married and has one son.

PH2 Shane Smith is transferring to Motion Picture School, (MOPIC), in Pensacola, FL. Upon completion of the sixteen week course at the Naval Training Center he will report to the Mobile Photographic Unit, Combat Camera Unit, in San Diego, CA. After arriving in San Diego Petty Officer Smith will undergo intense combat SERES (Survival, Evasion, Resistance & Escape) training for four weeks.

Petty Officer Smith has been on board CANOPUS for 16 months and has been in the Navy for five years. Before coming to CANOPUS he was stationed at Naval Intelligence Support Center in Washington, DC.

Petty Officer Smith stated that the lab has to adjust and be very flexible to the ever changing workload required. When not printing color pictures, repairing equipment or shooting a job Petty Officer Smith enjoys seeing Charleston's many tourist attractions.

He commented that if he could change one thing before he left it would be to improve the transportation for Site IV personnel on & off the base.



words'--

# US Photo Lab worth billions



PHAN (Photographer Airman) Micky Roach is the newest addition to the "CAN-DO" lab. He arrives from Photographers "A" school, in Pensacola, FL.

Airman Roach is working in the black & white processing room. He is the ship's PAO photographer.

He is interested in possibly entering the Photo Journalism field. As a hobby he shoots and makes color photo slides.

Though on board only a short time, Airman Roach commented that he enjoys working in a small black & white lab. He hopes to see the lab updated with more special effects equipment and more modern equipment throughout.

Airman Roach is married and has no children.

PH1 Blaine "BJ" Sites is a native of Maine, this somewhat accounts for his love for the ocean and his steady attendance at area beaches. Petty Officer Sites enjoys crabbing, fishing and outdoor sports in general.

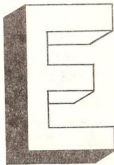
Petty Officer Sites has been in the Navy four years and has been on board for 27 months. He is interested in the Motion Picture field and would like to attend Motion Picture School in the future.

Petty Officer Sites is

impressed that a custom lab, when required, can do the work of a high production lab.

Petty Officer Sites is the supply petty officer for the Draft shop, Print shop and the Photo lab. He also process color and black & white pictures and shoots photographic jobs.

When asked if there was anything he would improve on Site IV Petty Officer Sites said he would like to see more busing for Site IV personnel on and off the base.



# CANOPUS'

## First woman moves on

Although fleet sailors reporting aboard CANOPUS sometimes are amazed at finding women stationed aboard, enlisted women have been an active part of the CANOPUS crew since March, 1980.

The first woman aboard CANOPUS was HMI Angel L. PARIS. She was a member of the CANOPUS medical team, and also served in such varied collateral duty positions as departmental representative to the Human Relations Committee, member of the Command Training team, and assistant Substance Abuse Coordinator for the ship.

Paris was also made an honorary submariner for her public affairs contributions aboard SSBNs James POLK and John ADAMS.

In bringing the first group of females aboard CANOPUS, Paris faced a task she was equal to in

every way.

Coming to an all-male billet was "Exciting," she remembers. "It was a challenge."

The articulate corpsman tells her story:

"I came aboard in January (1980) to check out the ship prior to bringing aboard the first group of females. We were definitely considered an oddity. Reactions like 'Wow! There really ARE women on board' were common.

"Berthing was not set up for females. They had just cleaned the space out. When I came back in March, there were still bare walls with no racks. But, within the day it was fixed.

"One of the first incidents which occurred tells how it was for us—

"The first week we were aboard, we had a security violation. We had been thoroughly briefed on how to behave during a violation. The violation happened during chow. The women were standing in line in the passageway. The Marines came running. When they saw the females, they went into a total panic. They didn't know how to react to us. They flattened themselves against the wall and inched past us. They had been warned about fraternization—no talking, no touching. It was like we

weren't supposed to be here, but we were here.

"The biggest complaint from the women was 'They make me feel like there's something wrong with me—like I have a disease.

Petty Officer Paris brought 14 women with her in to the CANOPUS on that first trip. All together, 60 women reported aboard.

As to the crew adjusting to the presence of women, Paris laughed, "I don't think they're used to it yet."

A major factor in the acceptance of women as shipmates came from the women's attitudes about themselves. Paris explained, "I believe they (the male crewmembers) learned we weren't here to take over their jobs or billets. The women's attitude was 'we're here to do a job, not here to compete.'

"Maintaining professional attitudes," she continued, "had a lot to do with the changes."

The one thing that helped the adjustment most of all, Paris asserted, was "Open communication."

"Talk about it when something is wrong, and when something is right."

She adds, "More pats on the back will get things done. Recognition of a job well done (is necessary)

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# CO Notes: Special Shipmates

When I reported to CANOPUS I was like many of you. I had never served on a tender or any other big ship. I never even expected to. Like you, I had to learn my way around and get used to the routine of the ship. Most of all, I had to learn about my new shipmates. My shipmates are very different from those I had on submarines.

I had not been shipmates with warrant officers, LDOs, lawyers, doctors and dentists before. I was amazed to find that the warrant officers and LDOs in our ship were responsible for much more than the junior officers on submarines were.

For example, the Engineer, Weapons and Deck officers each have

more people in their departments than any department head in the submarines, destroyers, or cruisers. When I was a department head on an SSBN I had about 40 men in my department. Many of our division officers have more than that. When I was Commanding Officer of a submarine, I had 145 men in my crew. Most of our department heads have more than that. I am amazed at how well these officers are doing. I recently told our new Group Commander that there was no way a tender like this could be effective if the warrant officers and LDOs were replaced by submarine and surface junior officers.

At the naval academy we had far more doctors, dentists and lawyers with far fewer cases to deal



with than we have on CANOPUS. We had a lieutenant commander who was the legal officer for the Commandant of Midshipmen. He handled about 20 cases a year. Our legal officer handles five times as many.

I had not been shipmates with many of the rates we have in CANOPUS before. HTs, MRs, BTs, OMs, SHs, IMs, GMTs, DKs, DPs, and many other rates were new to me. In our submarines, most of the crew arrive with nearly two years of training in Navy schools. Most of you in our crew have had far less training. Yet the depth and breadth of the production and support tasks in this ship are enormous. The rate at which Navy men and women learn new skills is amazing.

Look around your shop or division. How old are your shipmates? How much education have they had?

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# Naval Birthday Celebration



## HAPPY BIRTHDAY

The 208th Birthday of the U.S. Navy will be celebrated 13 October 1983.

Several special events will be held throughout the area to commemorate the event.

"Navy Family Day," Oct. 15, will offer tours aboard a nuclear fast attack submarine at the NAVAL BASE, Pier M for Navy personnel and dependents who possess valid Navy ID cards. Also offered will be tours on board the destroyer USS O'BANNON at Pier N and on the newly commissioned guided missile frigate USS KLAKRING, now homeported here. Diving and

other static displays will be featured on both piers.

Navy Balloon Team demonstrations and rides in a hot air balloon will be available, and there will be other entertainment and refreshment stands at various locations on base.

Special dinner/dances will be held at the Naval Station clubs for the celebration of the Navy birthday.

The Enlisted Navy birthday ball will be held Oct. 9 at the James E. Williams Enlisted Club for Navy enlisted personnel, E-1 to E-6, and their guests.

For complete information contact YN1 Secoy at 3-2969.

The CPO Navy birthday ball will follow, Oct. 14, at the Chief's Club, beginning at 1830 with cocktails, followed by dinner of prime rib or shrimp at 1900.

For more information, call the CPO Club manager at 3-5526 or RMCM(SS) John Lookabill at 3-2636.

A Navy League sponsored dinner dance will be held Oct. 15 at the Naval Station Officers' Club and will feature a floor show and dancing.

Reservations are required and may be made by calling Ens. Robin Horne at 3-4518 or 3-2636 no later than Oct. 10.

Special Services, both here and at the Naval

Station, are sponsoring a series of athletic competitions, to be held at the Naval Station. Included are:

1000--Golf, Naval Station course

--Running, 5k run from marina

1100--Volleyball, picnic grounds (6 per team)

1130--Horse shoes, singles

--Swimming, indoors at Sterett pool

1200--Basketball Free Throws, Sterett Hall

1230--Football Accuracy Throw, picnic grounds

1300--Tug-O-War, picnic grounds

1400--100 yard dash

## JOG TODAY



## LIVE TOMORROW

# WELCOME ABOARD

The following personnel joined the CANOPUS crew during the last month:

MSSA David R. DAVIDSON reported to S-2. The Warner Robins, Ga. resident's last station was Sub Group Six, here in Charleston.

PC2 Herman GARRISON, from the USS WAINWRIGHT, reports to Admin-Post Office. He is a native of Brooklyn, NY.

MS3 Angela Delorse BAILEY goes to S-2. The Charleston native comes to us from NSA New Orleans, La.

MSSR Randall Wade FLEMING reports to S-2. The Opelika, Ala. resident just left NTC, San Diego.

PM3 Stephen BUSH will work for R-6. His last station was aboard the USS YOSEMITE, and he hails from Memphis, Tenn.

ET3 M. John LANDERS, Jr. will work in R-4. He is a resident of Lockport, NY.

DTC Lester G. HANKINS reports to dental from the Navy Regional Dental Center in Newport, R. I. He is originally from Oklahoma City, Ok.

ENFN Andre MOORE will work in A division. The Los Angeles, Cal. native last served on the USS MULLINNIX.

EM3 Scott A. COMBS reports to R-3 from COMSUBGRU SIX. He is from Phoenix, Ariz.



SK3 Robert A. COLLINS comes to CANOPUS from the USS MULLINNIX. The Chattanooga, Tenn. resident will work in S-1.

HT2 Douglas C. COCHRAN reports to R-1. The Hammond, Ind. native comes to us from the USS RALEIGH.

PHFA Mickey D. ROACH reports to R-0 division, photo lab, from the Navy Photographer's School in Pensacola. He is from Owensboro, Ken.

BM2 Cheryl CANNON reports to 1st division from NSA Naples, Italy. Her hometown is Cleveland, Ohio.

MS2 Julio HERNANDEZ reports to S-2. The New York, NY native comes to us from the Weapons Station.

DTG3 Audrey E. WASKIEWICZ reports to CANOPUS from Parris Island. The Philadelphia, Penn. native will work in Dental.

ET2 Richard A. MIMITZ reports to R-4 from the USS PREBLE. He is a resident of North Hampton, Mass.

PNSN Gary WEANING reports to personnel. The Brooklyn, NY native last served aboard the USS JOHN RODGERS.

SR Susan E. FORD reports to X Division. The Winchester, Ind. native recently completed recruit training in Orlando.

BTFN Darrin Lee WHISMAN reports to B division. The Decatur, Ind. resident just finished school at NTC Great Lakes.

RMSA Edward GREGORIC reports to communications from RM "A" school in San Diego. He is from Manchester, N. H.

SN Charles Mack BROWN, Jr. reports to X-MAA from COMSUBGRU SIX. He is a native of Highland Park, Ill.

SHSN Cheryl A. HEFFNER reports to CANOPUS from the Submarine Rescue Unit, NAS North Island, Cal. She is a native of Lexington, Ken. and will be working in S-3.

ET1 Jeffrey D. MAY reports to R-4 from NAS Lemoore, Cal. He is from Mason City, Iowa.

BTFN Darryl Larson reports to B division, and is a native of Tuscola, Mich.

HMB3 George P. COMMISSLONG reports to the medical department. He last served at third FSSG PMF PAC, and is from Brooklyn, NY.

DESR Larry WATTS reports to S-4. CANOPUS is his first duty station. Watts is from Meridian, Miss.

ENFN Betty J. WILKS reports to E division. This native of Memphis, Tenn. comes to us from SSC/NTC Great Lakes.

## HT3 McABEE

Petty Officer 3rd Class JAMES McABEE, JR., was selected as CANOPUS Sailor of the Month for July 1983. He reported aboard CANOPUS in May of 1981, after graduating from Hull Technician Class A School in San Diego.

He is assigned to the Damage Control Division and works in the ship-fitter's shop.

His primary duties involve welding of metal and installation of pipe systems. Additionally, he is a member of the ship's fire fighting detail and trains new personnel in fire fighting and damage control.

McAbee has received two letters of appreciation since reporting aboard. Both letters cite superior performance of duties and a most positive "Can Do" attitude.

His efforts have been instrumental in completion of several major inspections of the propulsion plant, general status of ship's material condition and level of training of the crew.

Petty Officer McAbee is highly respected by his juniors and seniors, and has also been noted for his outstanding military appearance.



## Chaplain shares article

I want to share with you an article from the August/September issue of CREDO NORFOLK newsletter. It speaks of the persons next to you - your fellow shipmates on CANOPUS.

"Who is the person sitting next to you? You might say a name, and describe how tall he is, and the color of his eyes and hair. But none of these things are what the person is. A person is invisible activities. Who then is this person sitting next to you? The person sitting next to you is suffering. He is looking away at problems.

He has fears. He wonders how he is doing. Often he doesn't feel too good about how he is doing; and he finds that can't respect or be a good friend of himself. When he feels that way about himself he has a hard time loving others. When he doesn't feel good about himself and finds it hard to love others, he suffers...

The person sitting next to you has a right to be a person; that is: he has a right to choose and decide, to have a private life of his own. He also has a right to be understood. And unless he can be understood by other people, he is thwarted from being a person.

The person sitting next to you is an inexhaustible sort of existence. Within him are energies that have only been partially awakened. Nine-tenths of his possibility has not been touched off. There is all kind of good struggling to be born from way within the person. There are also worries, fears, hates, that are struggling to get themselves expressed. Sometimes if only these could be expressed, he would be free to love other persons.

Thus, the person sitting next to you is a cluster of memories

### 3M Review

EDITOR'S NOTE: In the last issue of the HELMSMAN, featuring the Admin Department, the 3M office was overlooked. Here is a description of their function, and a list of their personnel:

The 3M (Maintenance, Material and Management) office is responsible for coordination and direct supervision of all facets of the ship's 3M program, including liaisons with department heads, division officers, departmental 3M assistants and work center supervisors.

The 3M office is run by EMC William E. FRUITT, the ship's 3M Coordinator, and his yeoman, FA Amy A. EAST.



# Evolution of Enlisted Ranks

by HTCM DUKE

The Navy will be 208 years old this month. On October 13, 1775, the Second Continental Congress authorized the purchase of two ships; this date is considered to be the birth of the United States Navy.

In the early years, the manning of ships rested primarily with the Commanding Officer. Each ship sought its own volunteers. Many merchant seamen joined the new navy, and the captain organized his ship as he deemed necessary.

Not until 1794 did a non-commissioned structure exist. In that year, Congress passed a bill which established the numbers and ranks of officers, enlisted men and marines to man the ships of the navy.

The ranks of Petty Officer and Seaman were introduced. Petty Officers were to be appointed by commanding officers to the following ratings: Masters Mate, Captains Mate, Boatswains Mate, Gunners Mate, Carpenters Mate, Armorer, Steward, Cook, Cooper and Master at Arms. Petty officer and seaman were all inclusive titles and were not divided into rates as first, second or third class.

At this time, there was no particular uniform or rating badge as such. This was changed in 1841,

with a new edition of the Navy Regulations. A cloth, distinctive mark was authorized for petty officers, consisting of an eagle placed above an anchor. Some POs wore it on the right sleeve, others on the left, depending on their rating.

The next major change in the enlisted structure was in 1885, when Navy regulations circular number 40 was issued. This directive established the ranks of Seaman 1st class, 2nd class and 3rd class, and also divided the rank of petty officer into three different classes. The ratings of Boiler Maker, Water Tender, Oiler, Musician, and the fireman rate were added.

Steam power began having an impact on the manning of the Navy. New technology would require people trained in the field, so new ratings were introduced when necessary.

The term Chief was used in the Navy for many years as one of function or title, however, a person could be called Chief but actually be a first class petty officer. The chief petty officer rate was not established as a separate and distinct rate until February 1893, when President Benjamin Harrison issued General Order number 409. This order actually took effect on 1 April 1893.

In 1949, the Navy put an end to the left/right sleeve rating. A uniform appearance was established which required all rating badges to be worn on the left.

In March 1956, an Advisory Committee was created to study a possible adjustment to the existing pay structure for retention purposes. This committee recommended

that the paygrades of E-8 and E-9 be created for all services. In 1958, Congress passed the necessary legislation to establish these pay grades. The first senior and master chiefs were advanced 16 November 1958.

Pay scales have changed much over the years. Occupational skill or rating was the primary basis for pay purposes, not the rank.

For instance, a 3rd class carpenter's mate was paid \$30 per month, and a 3rd class cook was paid \$25 in 1893. Another example, a chief master-at-arms made \$15 more per month than a chief gunner's mate.

As you can see, the history of the enlisted structure and pay has undergone some significant changes. However, each of us is heir to a prestigious history.

Happy Navy Birthday to US!

# Command Training Team Defined

MTC HARVEY, HGO 421/7829

The Command Training Team is an essential element of a self-sustaining Equal Opportunity Program. The Command Training Team is comprised of highly motivated and productive personnel with high personal and professional integrity. Personnel serving in pay grades E-6 and above are eligible for this demanding and rewarding duty. A minimum of one year on board CANOPUS is required to participate.

Currently on board we have the following members:

MTC HARVEY--Human Goals Officer  
 MT1 KILBURN--Weapons  
 TM1 BRITTON--Weapons  
 TM1 KIBLER--Weapons  
 ET1 FAULCONER--Weapons  
 EMC THOMPSON--Eng  
 DK1 WATERS--Supply  
 DP1 WILSON--Supply  
 SK1 MONHEIT--Supply  
 BM1 CONRAD--Deck  
 NM1 SIGMIN--Repair  
 OM1 BAST--Repair  
 MTC DOUGLAS--Repair  
 HT1 CLOUSER--Repair  
 SM1 VACHON--Ops  
 SKC ROBERTS--Supply (POIC only)

The Command Training Team provides training to the crew in Military Rights and Responsibilities, Cultural Expression in the Navy and Petty Officer Indoctrination Course. The following are brief descriptions of these workshops/courses:

## MILITARY RIGHTS AND RESPONSIBILITIES

The purpose of this workshop is to increase understanding of the obligation to support the Navy Chain of Command and the responsibility of the chain of command for the enforcement of all laws, regulations and customs. It is designed to provide sufficient information about the rights and responsibilities of each individual within the command so that he or she will be able to realistically exercise those rights and responsibilities. The purpose is to assure that problems are solved at the lowest possible level in the chain of command. Appropriate application of rights and responsibilities enhances command climate and leads to greater levels of effectiveness and efficiency.

The workshop differentiates among rights, responsibilities and privileges. Since these are dependent upon one another, this relationship is explored so that members of the crew can begin to accept responsibility for their own behavior as well as develop the ability to understand the behavior of others. Participants have an opportunity to learn or re-learn the grievance procedures and the appropriate channels for both oral and written communication.

## CULTURAL EXPRESSION IN THE NAVY

The Cultural Expression Workshop is designed to help all personnel to accept cultural differences in others and to express cultural preferences in ways that do not hinder mission accomplishment. Participants (1) review the Navy's policy on cultural expression, (2) learn how diversity creates strength, (3) identify specific examples of cultural expression and (4) discuss responsibility and accountability of cultural expression in the Navy. Finally, participants have an opportunity to identify concerns in areas of cultural discrimination for consideration in the Affirmative Action Plan revision process.

## PETTY OFFICER INDOCTRINATION COURSE

This course is required for all personnel being advanced to third class petty officer. Areas discussed in this course are the Roles and Responsibilities of a Petty Officer, Developing Leadership and Management Skills, Basic Needs and Human Behavior, Communicating with Others, Standards in the Navy, Counseling, Discipline, Military Justice and the Petty Officer, and the Navy Resource Management Support System.

# AA

Alcoholics Anonymous is a worldwide fellowship of recovering alcoholics who help each other maintain sobriety. Through a relationship of shared experiences, strengths and hope, we work to solve our common problem.

The only requirement for membership in AA is a desire to stop drinking, and joining a group is usually only a matter of attending meetings. AA members find peace and sobriety in a program of Twelve Suggested Steps that aid their recovery from alcoholism. AA is concerned solely with the personal recovery and continued sobriety of individuals who turn to the fellowship for help.

AA is the most powerful, most effective means of reaching and maintaining sobriety ever devised. Well over a million members in more than 42,000 groups in 110 countries are finding hope and serenity through a new life in AA.

Your first introduction to AA may have come with treatment, or you may have attended AA meetings before seeking professional counseling or treatment. In either case, you now have the

opportunity for a life of freedom in sobriety by following a proven road, marked by the Twelve Steps. Most of us in recovery followed these suggested steps.

Members of the fellowship come together in group meetings. Each group is autonomous except in matters which may interface with another group or with AA as a whole. Groups are guided in operation and direction by the Twelve Traditions of Alcoholics Anonymous. For more information about AA see the Substance Abuse Coordinator or your divisional SAC.

**SELF QUIZ**--A "yes" answer to any of the questions below indicates that you should make an appointment as soon as possible.

## WHO ME?

1. Have you ever tried to stop drinking for a week (or longer) only to fall short of your goal?
2. Do you resent the advice of others who try to get you to stop drinking?
3. Have you ever tried to control your drinking by switching from one alcoholic beverage to another?
4. Have you taken a morning drink during the past year?

5. Do you envy people who can drink without getting into trouble?
6. Has your drinking

problem become progressively more serious during the past year?

7. Has your drinking created problems at home?
8. At social affairs, where drinking is limited, do you try to obtain "extra" drinks?

9. Despite evidence to the contrary, have you continued to assert that you can stop drinking, "on your own" whenever you wish?
10. During the past year, have you missed time from working as a result of drinking?
11. Have you ever "blacked out" during your drinking?
12. Have you ever felt you could do more with your life if you didn't drink?

**FACT...** Alcoholism is our number one drug problem. There are 9,000,000 Americans addicted to alcohol (as compared with thousands addicted to heroin).



## Periodontal disease--silent destruction

Even though the advances in dental research and technology justify growing hope that the dental profession is turning the corner in its intensifying battle against periodontal or gum disease, experts predict that it will be some time before this most destructive of all oral disorders is conquered.

Gum disease begins its destruction silently. There may be no sign, or a prime symptom--bleeding gums during tooth-brushing--may seem nor-

mal. Bleeding should always sound an alarm that something is wrong, but there are many cases of periodontal disease in which the bleeding is not obvious and must be seen with other symptoms or discovered by your dentist.

Often it is extremely difficult to detect the early stages of periodontal disease, and impossible for the patient to do so. It is a sneaky disease. The teeth can be wobbly and almost beyond recall before the disease is recognized.

The first stage of gum disease is gingivitis, a superficial inflammation of the gum tissue caused by bacterial plaque. Bacterial plaque is the thin colorless film that constantly forms on teeth. Gingivitis is common even in school-aged children. It does not hurt and develops slowly.

Bacteria invade the sulcus (the space between the gum lining and the tooth). If they are not removed by brushing and

flossing, the sulcus will become diseased (a periodontal pocket). At that point, the process is reversible if the plaque is removed properly.

But if the disease goes deeper, it begins to destroy the bone that surrounds and supports the tooth. When the bone starts to resorb, the disease is called periodontitis. The pockets are deeper and contain more bacterial plaque.

Shiny, swollen, or puffy gums may indicate bone breakdown. Other signs include teeth that feel loose or start to protrude or spread apart. Gums may recede from the crowns of the teeth and a painful abscess can develop when the pus that is always being formed in the periodontal packet cannot drain out. Persistent bad breath may be another symptom at this stage.

The progress of the disease can be slowed or stopped by a combination of good oral hygiene--brushing and flossing to remove plaque--and professional dental care.

## Chaplain

of the past and expectations of the future. He is really a whole colony of persons, of people met all during a life. Something of those people has entered into this person forever, so that the person sitting next to you is really a city-community. In that community live the father and mother of this person, the boys and girls with whom he played most, the people with whom he went to school; all the live things of this world that came and interacted with this person. They are still deep within.

The person sitting next to you is the greatest miracle and greatest mystery that you ever met. The person sitting next to you is sacred."



"Ye know Charlie. Just ONCE I'd like to go on vacation by ourselves."

**WHAT'S YOUR "PAIN IN THE NECK?"**

- RED TAPE?
- DUPLICATIONS?
- DELAYS?
- POOR PLANNING?
- WASTE OF MATERIAL?
- INFERIOR PROCEDURES?

**Suggest A Better Way!**

## Department of the Navy ENERGY AWARENESS WEEK 24-30 October 1983

This Proclamation, in announcing Department of Defense Energy Awareness Week, 1983, recognizes the need for all services to achieve energy savings and eliminate energy waste.

The Department of the Navy's Energy Awareness Week program, now in its sixth year, continues to

stress the need for energy efficiency in all operations. Energy efficiency is the key to sea power, fleet readiness and sustainability. This year's DON Energy Awareness Week Slogan, "Fuel for the Fleet-Every Drop Counts, reminds us that the energy we save, whatever the amount, will

make for a stronger Department of Defense in support of this nation.

The proclamation is signed by Secretary of

Defense Caspar Weinberger, and the Department of Energy's Assistant Secretary for Defense Programs, Herman Roser.

## A PROCLAMATION

Energy is a vital ingredient of national security. An adequate and secure energy supply is necessary to maintain our peacetime defense and to meet our worldwide commitments. Our national energy sources must be exploited in the most efficient way possible to further national goals.

The Department of Defense is the United States largest single energy user, responsible for more than two percent of the Nation's energy consumption. It is incumbent on the Armed Forces, therefore, to seek energy efficiency as a major priority in all military operations.

Acknowledging the importance of energy to military readiness, Department of Defense Energy Awareness Week presents an opportunity for all military service personnel to improve the management and use of our Nation's energy resources. Army, Navy, Marine Corps and Air Force activities worldwide can use this week to exchange energy management ideas and to encourage energy conservation actions throughout their military and civilian populations.

Now, therefore, we do hereby proclaim the week beginning October 24, 1983, as the next Department of Defense Energy Awareness Week and we call upon Defense personnel worldwide to observe that week with appropriate ceremonies and activities.

# Hearing Protection

The following is a summary of the most common areas of concern about hearing protection devices (HPDs) expressed by supervisors and employees, and information about curing those complaints.

## COMPLAINT:

Hearing protectors are uncomfortable.

## RESPONSE:

HPDs are often uncomfortable initially, but hearing loss due to noise exposure is "uncomfortable" permanently. Like a new pair of shoes or glasses, hearing protectors do require a reasonable period of adjustment. Since not all hearing protectors adapt equally well to all head shapes and ear canals, it is important to give the employee the final choice in what he or she will wear. If after a couple of weeks of daily use the employee is still experiencing difficulties or discomfort, the protector should be resized and/or refitted, or another hearing protector should be issued.

## EXCUSE:

I don't need hearing protection; I am used to the noise.

## RESPONSE:

Ears do not get used to noise—they "get deaf" (and unfortunately a deafened ear may offer SEEM to get used to the

noise). Repeated exposure to noise does not toughen ears nor does having an existing noise induced hearing loss prevent you from losing the hearing you have left. Although individual susceptibility to hearing loss from noise exposure varies widely, there are currently no standardized tests that can detect the more noise sensitive members of the population.

## QUESTION:

I've already lost some or most of my hearing; why should I have to wear hearing protection?

## RESPONSE:

The existence of a noise induced hearing loss does not protect one from losing further hearing due to noise exposure. Although HPDs cannot restore a noise induced hearing loss, which by its nature is permanent and irreversible, they should prevent additional losses from being incurred. Proper use of HPDs will prevent employees from developing a temporary hearing loss, and allow temporary losses to recover before they become permanent.

## COMPLAINT:

I can't hear my fellow workers if I wear hearing protectors.

## RESPONSE:

When the ear is bombarded with high level

sound, it overloads and distorts, reducing its ability to accurately discriminate different sounds. Wearing HPDs reduces the overall sound levels so that the ear can operate more efficiently. The effect is similar to the improved vision that sunglasses provide in very bright, high-glare conditions.

For those with normal hearing, HPDs will usually provide improved communications when sound levels are greater than approximately 85 dBA. For moderate to severely hearing impaired indi-

viduals the situation is more complicated; for them, hearing protectors may not provide a communications benefit and actually be a liability. But, if these individuals do not protect their hearing, they may suffer additional impairment and then will have even greater difficulty communicating regardless of noise level.

## COMPLAINT:

My machine sounds different to me when I wear hearing protectors.

## RESPONSE:

True, machines will sound different, out for the reasons outlined above, most employees

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## Hearing

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will still be able to effectively monitor their operation. Once employees become accustomed to the new sound of their machine, changes in its operation will usually be as easy to detect as without the HPD. Also, since they won't be acquiring progressively increasing amounts of temporary hearing loss throughout the day, employees will be able to hear their machines as well at the end of their shift as when they started in the morning.

### QUESTION:

Do earmuffs block out noise better than earplugs?

### RESPONSE:

No. The misconception that earmuffs are better than earplugs at reducing noise is partly due to the "bigger is better" school of thought. Actually, whether or not an earmuff or an earplug is better is dependent upon the device and user in question.

Although some earmuffs do outperform some earplugs, it is not true to state that all earmuffs outperform all earplugs.

### QUESTION:

Once I put on my hearing protector, can I forget about it until I take it out for my break?

### RESPONSE:

No. Hearing protectors may work loose or be jostled out of position and need readjustment.

Certain pre-molded and user molded inserts are particularly prone to this problem and must be periodically reinserted or resealed.

### QUESTION:

Will I hurt my ears if I blow my nose while wearing an earplug?

### RESPONSE:

No. Since an earplug is inserted in the external ear canal, which is separated from the middle ear by a membrane (the eardrum), it will not affect the pressure changes in the middle ear which may arise due to blowing of the nose.

--Excerpted from an **EARLOG** article written by Elliott H. Berger, Manager Acoustical Engineering, E-A-R Division of Cabot Corporation.



P.O. KIL O. WATT

**ENERGY WEEK**  
24-30 October 1983

**T**ime and again, you've heard it said, "To make money, you have to have money."

The truth is, you have to know how to save money before you can think about making more.

That's why more and more people are joining the Payroll Savings Plan to buy U.S. Savings Bonds. That way, a little is taken out of each paycheck automatically.

In no time, you'll have enough Bonds for a new car, your child's education, even a dream vacation.

Whatever you save for, Bonds are the safest, surest way to gain capital.

**Take in America.**  
stock



# CO Note

continued from page 5

Yet they know how to do so much. Where can you find so many young men and women with so many skills? The flexibility and adaptability of our shipmates is really remarkable. Nearly 70% of us reenlist. Nearly 50% of us are on board under one year. Nearly 20% of us are advanced/promoted each year. Even though the Navy is a big, inflexible, bureaucratic organization to work in, we have been able to adapt so well that we enlist at record rates. Even though our working hours are long and the working conditions for most of us are not great, we get satisfaction, and we get better and better at what we do.

Finally, the women in our crew were new to me. I had not served with women until I returned to the Naval Academy for du-

ty. I had great respect for the women there because I could see that it was especially tough for them. They lived in a man's environment, in a high-pressure environment, and in one where they were in the "fish-bowl" all day long. I found that the women in our crew are in just as tough a situation. Yet they have done extremely well.

In an environment where it is easy to be uncooperative and selfish, our shipmates cooperate with each other and with the submarines and squadron extremely well.

In an environment where it is easy to be angry and frustrated, our shipmates are amazingly happy and proud of themselves and their command.

Look around at your shipmates. They are a very special and professional group of people. I know of no other tender with a crew that is doing so well.

## HOLD YOUR FIRE



Fire prevention week begins Oct. 9, and local fire departments, mainly volunteer units, are planning displays throughout the greater Charleston area to help inform the public what fire equipment is available, and to teach fire prevention techniques. Some of the demonstrations and displays are shown below, for additional information, or questions about fire prevention, contact Mr. Dick Waite, at 553-0043.

Oct. 10--Oakbrook Plaza in Ladson, 1830 to 2100.

Oct. 11--Naval Base, 0900 to 1100 and K Mart Plaza in Goose Creek, 1830 to 2030.

Oct. 12--Mt. Pleasant, 1900 to 2100.

Oct. 13--Charlestowne Mall, 1800 to 2100.

Oct. 14--NWS Exchange, 1500 to 1700.



### SAFETY CHECK YOUR TIRES!

Even though Carolina winters don't usually have much snow, cold weather can have an effect on the performance of your tires. Remember these three tips for cold weather driving:

\*Every time the outside temperature drops 10 de-

## Cold Weather Driving

grees Farenheit, the air pressure inside your tires goes down about one psi. So, check your tire pressure more frequently during cold weather, and add the necessary air to keep them at recommended levels of inflation at all times.

\*Never reduce tire pressures in an attempt to increase traction on snow, ice, or in mud. It doesn't work and your

tires will wind up seriously underinflated.

\*If one of the drive wheels becomes stuck, never race the engine because the free spinning drive wheel will spin at twice the speedometer

reading. This develops tremendous centrifugal force which could cause the tire to explode or disintegrate and cause personal injury.



# First woman

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regardless of whether who's doing it is male or female."

Paris foresees continuing problems with male/female working relationships. "I don't think you'll ever get away from the threat to the community of a female working in a male environment."

That problem manifested itself in the early days, with the male sailors' wives. Paris reports, "There were minor problems. They didn't know what to expect, what kind of women were coming."

One solution was exposure, she said, "A lot of the divisions invited the wives to picnics, parties, outings so that everyone in the division got to know the wives. That helped out." In addition, she said, "A lot of the senior males aboard made it a point to take a female home—that gave the wives a chance to find out who they (the husbands) were working with, and realize that the females weren't out to grab their husbands."

There will always be problems, with men and women working together, she believes. An answer is to solve the problems quietly, she asserted.

"You don't bring it out to the front. If you bring it out, people start to notice, make the

situation worse."

Paris enjoyed her years aboard CANOPUS, "There's a lot of good people on board," she said. "A lot on board who don't look at women as females. They look at them as sailors. They give them good positions, good jobs. As long as they get the job done, there's no difference be-

tween male and female."

She said her farewells, enroute to the Naval Medical Research Institute in Bethesda, MD. "I've made a lot of good friends aboard. That's the hard part."

"I've learned something from all of them and that's what I'll take away with me."

## \$ IT PAYS TO STAY IN \$

-MT1 NEAL of W-6 reenlisted on 17 Aug for four years.

-HT1 REED of R-1 reenlisted on 16 Aug for three years and will receive an SRB of 15,957.

-HTC LANGDON of R-1 reenlisted on 15 Aug for three years and will receive an SRB of 7,849.

-BM2 VELEZ of X-MAA reenlisted on 15 Aug for four years and will receive GUARD assignment to the Brig in Rota, Spain.

-BM3 ESPINO of Medical reenlisted on 12 Aug for four years and will receive GUARD assignment to NAS Kingsville, Texas.

-ET2 TRASS of R-4 reenlisted on 19 Aug for six years and will receive Electronic Cal School under the STAR program, and an SRB of 16,000.

-PH2 SMITH of R-0

reenlisted on 19 Aug for four years and will receive GUARD assignment to Motion Picture School, then San Diego, Cal.

-BM3 HAWKINS of 2nd reenlisted on 26 Aug for four years and will receive GUARD assignment to the USS ORTOLAN.

-SH2 KELLY of S-3 reenlisted on 29 Aug for four years.

-EMFN YOUNG reenlisted on 5 Aug for four years and will receive an SRB of \$15,246.

-ET2 WALTERS of O-E reenlisted on 9 Sep for six years and will receive Ground Control School (Shore version) and an SRB of \$16,000.

-HT2 GASSETT of R-1 reenlisted on 9 Sep for four years and will receive GUARD assignment to USS DALE and an SRB of

\$9057.

All reenlistees receive 96 hour liberty, head of line privileges, CANOPUS ball cap and jacket, and a ship's plaque.

— SAVE ENERGY —



CAR POOL

# ESCAPE!

Does your family have a fire escape plan? If not, here are recommendations from the National Safety Council:

\*To plan a fire escape route, draw the actual layout of your home. Mark the exits and sketch in the escape options you have if the main hall or stairway is blocked.

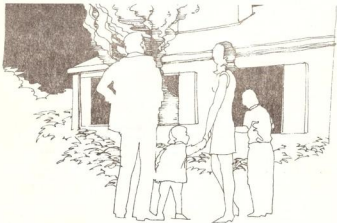
\*Is there a deck or porch roof that can give

temporary refuge? If not, have you considered escape ladders from second story windows? Can windows be easily opened?

\*Conduct drills so that the emergency actions become second nature to the household. Remember, in a crisis it is difficult to think clearly unless escape options have been identified in advance and drills have

been conducted.

Your plan should include an outdoor meeting place so you can make sure everyone is safe. If anyone is missing, leave the job of going back inside to the firefighters. Would be rescuers should be aware that lethal quantities of odorless gasses are often present—causing the rescuer to become a victim.



fuel for the fleet ... every drop counts



### RUNNING

Several running contests are coming up in October and November in Charleston and the surrounding area. Anyone interested in representing the CANOPUS in any of the events listed below should contact Mr. Mikell (ext. 414) or the Special Services desk for complete information. CANOPUS representatives can check out a special racing uniform for the contests. Refunds are also available for up to 50% of the entry fee for most races.

OCT 8: James Island Race--20 miles; moderate pace.

OCT 8: Cotton Pickin' Road Race--10 miles; Bishopville.

OCT 9: James Island Run--3 miles; fast pace.

OCT 15: Ashley Hall School Run--1 and 5 mile races; 1 mile family fun run.

OCT 15: March of Dimes

Beaufort Bridge Run--7.7 miles, across two bridges; and 1 mile fun run across one bridge.

OCT 16: Downtown Charleston Road Race; slow to moderate pace.

OCT 22: Myrtle Beach Autumn Toys for Tots Race--10k.

OCT 29: 1st Annual Summerville 10,000 meter Halloween Run--Build the ARC (Association for Retarded Citizens), Doty Field.

### FOOTBALL

Players are still needed to play for CANOPUS. Let's try our very best to win another championship! Some of you have the talent and desire to help us do it again in a big way. Call Special Services today.

### BASKETBALL

CANOPUS has definitely got the talent to field award-winning teams for both men's and women's basketball. Those of you out there who have consi-

dered playing on the teams that represent our ship--let's get together now and show the other ships what we've got this season.

Coaches are badly needed to help our basketball teams win some of the same glory attained by our football and softball teams this past season. Anyone interested in coaching basketball, please contact SHC BROWN, or leave your name at the Special Services desk. We need you now!

Start planning now to participate in the 3-man noon basketball league at NAVSTA Charleston. For more details, contact Special Services.



Don't let the high cost of heating get you down.

## HALLOWEEN

Before your children go out trick-or-treating, set up boundaries and a time for them to be home (if the children are very young, you should go with them). Children should only go into neighborhoods where they are known.

Here are some further recommendations from the

### National Safety Council:

\*Do not block a child's vision with a mask. Use make-up instead. Make sure at least part of the costume is light in color; if not, attach bright reflecting tape to the child's bag or costume.

\*Do not allow children to carry candles or sharp instruments. Do have them carry a flashlight.

\*Tell children not to go inside a house if invited. They should walk only on sidewalks, not in the street.

\*Tell children not to eat any candy until they are home. Check carefully to make sure candy has not been tampered with. If you are unsure, don't take a chance—throw the candy away.

## Special Services Expanding

### REC SERVICES

--by CDR Flatley

The Recreation Services Department aboard USS CANOPUS is excited about the ship's move to NAVSTA Charleston. CANOPUS personnel have always had the opportunity to participate in the entertainment events, athletic ac-

tivities, and special programs our ship has offered us, but now our horizons will be widened to an even greater extent. We all will have the chance to use any and all recreational facilities at NAVSTA Charleston. We look forward to your increased

participation in intramural sports and also anticipate the fun and excitement of inter-ship competition.

For your convenience, a summary of facilities and hours of operation is listed below. These are your facilities--use and enjoy them.

## FACILITIES

### ATHLETIC EXPRESS SHOP (Bldg. 42)

Monday - Friday 1900 - 1900

#### BOAT RAMPS

Open 7 days a week

#### CHILD CARE CENTER

Monday - Friday 0630 - 1700

Sat. Sun. Holidays CLOSED

#### GEAR LOCKER (Bldg. 1542)

Monday - Friday 0630 - 1730

#### GOLF COURSE

Summer Hours: 1 March - 27 November

Tuesday - Sunday and Holidays 0800 - SUNSET

Mondays CLOSED

Tuesdays following a Monday that is a holiday the course will be closed

Winter Hours: 28 November - 28 February

Tuesday - Friday 0600 - SUNSET

Sat. Sun. and Holidays 0800 - SUNSET

Mondays CLOSED

Tuesdays following a Monday that is a holiday the course will be closed

#### GYMNASIUMS

Harris Center (Bldg. 48)

Monday - Friday 1100 - 2100

Sat. Sun. and Holidays 0800 - 1900

Shaw Hall (Bldg. 100)

Monday - Friday 1100 - 2100

Sat. Sun. and Holidays 0900 - 1900

Handball/Ping-pong Ball (Bldg. 48)

Monday - Friday 1100 - 2100

Sat. Sun. and Holidays 0800 - 1900

#### HOBBY SHOPS

Auto Hobby Shop

Monday - Friday 1100 - 2100

Sat. Sun. 1000 - 1800

Holidays CLOSED

Parts Store

Wednesday - Friday 1200 - 2000

Sat. Sun. 1000 - 1700

Wood Hobby Shop

Tuesday - Friday 1500 - 2000

Saturday 0900 - 1730

Sun. Mon. and Holidays CLOSED

#### LIBRARY (Bldg. 48)

Monday - Saturday 0900 - 2000

Sun. and Holidays 1300 - 2000

Christmas and New Years Day CLOSED

#### MARINA/BAITING CENTER

Summer Hours: April - October

Monday - Friday 1000 - 1900

Sat. Sun. and Holidays 0900 - 1900

Winter Hours: November - March

Wednesday - Sunday 0900 - 1700

Monday - Tuesday CLOSED

#### MOVIE THEATER (Bldg. 160)

Daily 1900

#### MAY MOTION PICTURE EXCHANGE

Monday - Friday 0100 - 1815

Sat. Sun. and Holidays CLOSED

#### PICNIC AREA

Daily 0800 - SUNSET

(call 743-5223 for reservations)

#### PROGRAMS (Shaw Hall, Bldg. 160)

Monday - Friday 0800 - 1830

#### PUBLICITY (Bldg. 42)

Monday - Friday 0800 - 1630

#### SEA LANES RECREATION CENTER (Bldg. 644)

Monday - Saturday 0800 - 2400

Sunday 1100 - 2400

Pre Shop

Tuesday - Saturday 1200 - 2000

Sun. Mon. and Holidays CLOSED

#### SHORT STAY

(Lake Moultrie on Monrovia Corner, SC)

Open daily year round (reservations must be made at Ticket Office in Sea Lanes Recreation Center, Bldg. 644)

#### SWIMMING POOLS

Outdoor Pools: Officers Club, CPO Club and Pool Area - June to Sept.

Indoor Pool

Sept - May

Tuesday - Friday 1130 - 2000

Saturday 1200 - 1900

Sunday 1200 - 1900

Monday CLOSED

#### TENNIS COURTS

RM - 1262 Marine Bldg., Shaw - SUNSET DAILY

11700 UCHIE ANS48, NAVSTA BKS.

Sunup - SUNSET DAILY

#### TICKET OFFICE (Bldg. 644)

Monday - Saturday 0930 - 2130

Sunday and Holidays 1100 - 2230

(all reservations for Short Stay must be made before 2100)