

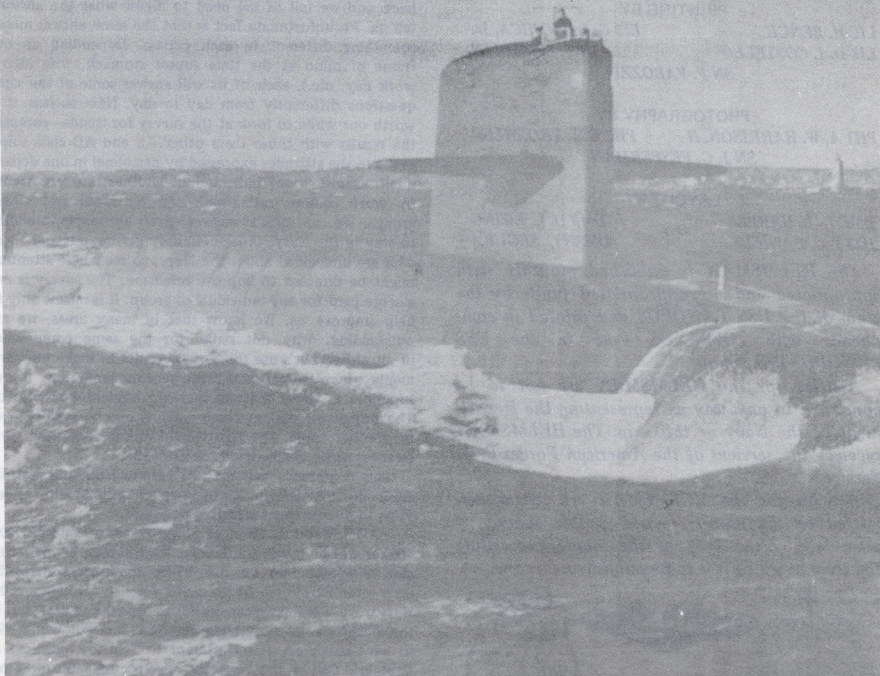


THE HELMSMAN

USS CANOPUS (AS-34), ROTA, SPAIN, VOL. 13 NO. 3

March, 1978

Happy Birthday SUBMARINE FORCE



78 years of proud service



THE HELMSMAN

COMSUBRON SIXTEEN

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EXECUTIVE OFFICER (AS-34)
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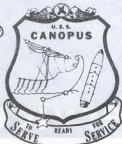
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Captain's Call

by Captain John M. Will, Jr.

This is our year for people. Not that every year isn't. It's just that in the last year, priorities demanded that we show our ability to do the vital job we were assigned at SITE II. This year it is necessary to do the same job better, but provide more consideration and devote more time to the people who perform that vital assignment. There are many things happening in support of this theme.

Human Resources Management Survey: The survey is back and we (all of us) need to digest what the answers tell us. An unfortunate fact is that the same answer means something different to each person. Depending on our frame of mind at the time (upset stomach, wife angry, work day, etc.), each of us will answer some of the same questions differently from day to day. Nevertheless, it is worth our while to look at the survey for trends—compare the results with those from other AS and AD class ships; evaluate the attitudes expressed by personnel in one department against those indicated in another; analyze trends by work centers, rating/rank and by racial and ethnic groups. We can look at answers given by people intending to stay in the Navy, those definitely getting out and those who are undecided about the Navy, to see where attention might be directed to improve retention. The survey is not a score card for any individual or group. It is meant only to help improve us. We know that in many areas, we are outstanding. Why not strike for the same competence in all areas? Let's use the survey results to make improvements where we can and make recommendations to our superiors in those matters that are beyond our control. The process of making recommendations to seniors leads to another topic: the CINCUSNAVEUR Retention Conference, which is scheduled for April 13-14.

This conference will be held here in Rota and is to include all Navy Jefes in Europe and from the Mediterranean Fleet to discuss items affecting retention.

VADM Watkins, Chief of Naval Personnel and MCPON Walker will be at the conference. We will issue an invitation and, if possible, we will have them aboard to address the crew over CCTV (to be recorded for use throughout the Navy). We will have more on this as time draws near, but in the meantime, be assembling questions that you would like to have answered. I will attempt to field the questions at Captain's Call if the retention group's schedule prevents them from accepting our invitation to visit.

con't. on page 13

SAILORS.... the people who put the "CAN" in CANOPUS

What is a sailor? Perhaps a better question would be, "What is a typical sailor?"

I checked the dictionary and it said: Sailor--one who serves in the Navy or makes his living by working on a ship, especially an ordinary seaman. This may be a fine definition of the "word" sailor, but I wanted to find out what a real live sailor was.

...on the way to find a sailor

Since the dictionary said that a sailor made his living by working on a ship and since I just happened to be on a ship at the time, I thought I would go out and try to find a typical sailor. I wasn't really sure what a sailor was, so I thought I would ask. The first ten people I asked were all wearing blue work-type uniforms, passing boxes to each other and putting them into a storeroom. They all denied being anything that looked like a sailor, so I kept on going.

I saw another group of blue clad men. These gents were moving a very large torpedo on a hoist. When I asked if there were any sailors present, one guy said that he thought he was, but couldn't be sure.

I still can't find a typical sailor!

I remembered the dictionary said...especially an ordinary seaman...so I went up on the main deck to try to find a sailor. I found one young seaman grinding an area of the deck. I asked him if he was a sailor. He grunted, stopped the grinder and asked me if I was on something and if I was, to please let him try some of it. I told him I wasn't on anything and with that, he started his grinder and went back to work.

While I was on my way to find the typical sailor, I realized that in the past few minutes, I had talked with guys from nearly every part of the states. I had also talked with Filipinos, Orientals, Latin Americans, descendants of nearly every part of the globe and a couple who claimed to be Martians. They were black, white, brown, red and yellow. Some of them mastered two or three different languages. They were of all different sizes and preferences. Some wore khaki while the majority wore blue. They

Chaplain's Corner

by Commander Jack Peters



I have been reading A History of Judaism, from ancient to modern times, by Silver and Martin. One brief sentence arrested my attention. "The word of God never began: 'I told you so.'" When Israel sinned, and when sin necessarily brought judgement, God grieved over his stricken people. He did not gloat over them. "To err is human, to forgive is divine," runs an old adage.

Scripture insists that God cannot lie. God is also the unglorious God. Because He cannot lie, God warns us of the impending punishment which menaces us if we sin. Because He does not gloat, if we sin and fall, He pities, evokes repentance and bestows forgiveness.

By contrast, people all too often prove that they can lie and they will gloat. Lacking compassion, some person's first instinct when another suffers disaster is to say smugly, "you should have listened to me. I told you so." To someone whose folly has pulled the house down around his ears, such arch self-vindication is very cold comfort.

Love's reaction to a fallen brother is not, "I warned you this would happen," but, "How can I help you up."

SAILORS...con't.

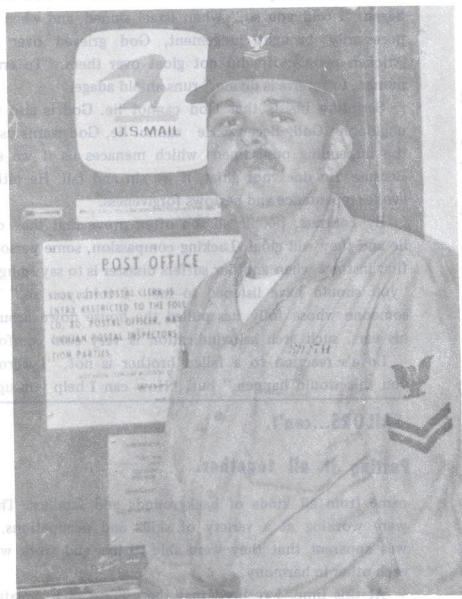
Putting it all together.

came from all kinds of backgrounds and families. They were working at a variety of skills and occupations. It was apparent that they were able to live and work with each other in harmony.

At this time, I realized that there is no such creature as a typical sailor. He does not exist, so if you ever get the urge to look for him, I will tell you from experience that he is not on the CANOPUS. He is not even in the Navy.

We are all different and this is a fact that must be accepted if we are to get along and work together. When you talk to another sailor here on the CANOPUS, take into consideration that he has experienced things that may be unfamiliar to you. Accept this fact and you will be well on the way to understanding your fellow shipmate.

"I wanted to go back to Scotland, so I reenlisted for it."



"The weather is not the greatest, but the country is beautiful and the people are among the friendliest in the world. I think that makes up for the weather."

Postal Clerk Second Class Earl L. Smith reenlisted under the Guard II Program. He reenlisted for four years for guaranteed orders to Edzell, Scotland and a \$1600 bonus, after taxes.

"I like my job in the Navy and I feel I have given 100% to the Navy and in return, they are guarantying a duty station that I want."

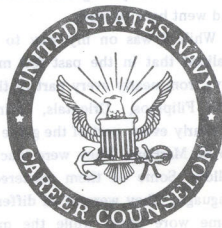
PC2 Smith spent 14 months in Scotland and he met his wife, Isabel, there. That is just another reason he chose to return to Scotland.

"My job in Scotland will be just like a civilian job, working 8 to 5, with no additional duty."

The Navy wants to keep its good people. If you are willing to do for the Navy, the Navy is willing to do for you.

**see your
Career Counselor**

IF YOU'RE GOOD, IT PAYS TO STAY IN.



from the desk of the COMMAND CAREER COUNSELOR

We have already covered the Post Korean Conflict and Vietnam War Era G.I. Bill for those people who became affiliated with the military prior to January 1, 1976. I would now like to cover the G.I. Bill for those who entered the military after January 1, 1976. This program is called the Contributory Educational Assistance Program.

Eligible persons are veterans who served and servicepersons currently serving who (a) First entered active duty after January 1, 1976 (b) Were released under conditions other than dishonorable conditions or continued on active duty but have completed their first obligated period of service, (or six years of active duty, whichever comes first) and (c) Have satisfactorily contributed to the program. Satisfactory contribution consists of monthly deduction of \$50 to \$75 from military pay, up to a maximum of \$2700, for deposit in the special training fund.

The contributory plan permits the member to voluntarily participate in a plan for future education or training in which the participant's savings are administered by the government.

At the time the eligible participant elects to use the benefits to pursue an approved course of education or training, the VA will match the contribution at the rate of \$2 for every \$1 made by the member. Participants receive monthly payments for the number of months they contributed, or for 36 months, whichever is less. The amount of the payments is determined by dividing the number of months benefits will be paid into the participant's training fund total. A participant may leave the program at the end of any 12 consecutive month period of participation and those who do so may have their contributions refunded. Participants have ten years from the date of their last discharge or release from active duty within to use

these benefits. The Pre-Discharge Educational Program, PREP, is available to Navy persons eligible under these benefits, although it may only be pursued during the last six months of the participant's first enlistment. The educational loan program is also available to participants.

For more information on this or any other educational assistance program, see your Educational Services Office, the Navy Campus for Achievement Office in Building 1 on the Naval Station or the Command Career Counselor.

This concludes the series on educational assistance programs that are available to you. In the next issue, I am going to cover the various reenlistment guarantee programs.

One thing to remember is that there is no such thing as a dumb question. If you don't know something, ASK; just be sure to ask the right person.

by NC1 Jerry Buczkowski

"CUMSHAW" and "JURY RIGGING"

Is it worth the risk?

by LT Bruce A. Gustin, III

Many LPO's, when faced with the "pressure situation" of a mission regarding material deficiency, resort to "cumshaw" and "jury rigging" as a remedy if the approved parts aren't available from supply.

Possibly, the reason parts and or special tools aren't available is that in the past, they were "cumshawed" and therefore reflected no demand on the supply system. No demand; no allowance; no parts. So, once again the LPO resorts to the "cumshaw" route perpetuating the cycle.

A situation will probably arise when parts aren't readily available from any source, not even "cumshaw." Then, what does the LPO do to expedite a repair? Jury rig it, of course; hold it together with "spit and bailing wire" like those "smart cookies" did in the war hero movies.

Certainly, any responsible and prudent person knows that "spit and bailing wire" are a risky substitute for sophisticated repair parts and that it is probably going to take more than a screwdriver and a pair of pliers to install them.

Even so, some LPO's, through a misplaced sense of pride, will take these shortcuts to expedite repairs. Is the "attaboy" REALLY worth the risks? CNO doesn't think so! The Accident Prevention Manual, OPNAVINST 5101.2A of June 29, 1976 is all the justification any LPO needs to take the time to do it right. The "fringe benny" is that with proper corrective maintenance, we only have to do it once. Remember that "cumshaw" and "jury rigging" is risky business that can result in an accident.

MESSCOOKS ARE HUMAN, TOO!

by SK2 William Caley

I would like to take this opportunity to present to the crew the mess cook side of the food service story. First, I would like to make it known the efforts of the entire food service team. It is obvious that it would be very difficult to accomplish their goal of service to the crew without the support of all hands. Also at this time, I would like to congratulate MS3 Larry Jones and MS3 Dennis Sheldon on their advancement to third class.

The food service assistant's job is considered by many to be one of the lowest forms of work on the ship. The average FSA goes mess cooking for 90 days in a TAD status. It is not a permanent billet, unless he wishes to strike for it. The work is hard and long. Most FSA's realize their efforts are necessary, especially when they get out of mess cooking, because they will expect good service too.

The average day for a food service assistant starts at 0530 and ends at 1930 or 1400, depending on what duty section he is in. Sometimes, the day can start at 0400 for the men who work in the issue room. FR Tommy Smith tells us that there are six dry storerooms and four freezer rooms that have to be completely unloaded, cleaned and swabbed between T-AK's. Many times, the men who make the food breakouts don't have time to eat, due to the amount of work to be done. A submarine load-out may start at 0400 and last into the afternoon, plus food must be issued to the different messes on the CANOPUS. The day will usually end around 1800.

A submarine load-out consists of three periods. In the first evolution, 75% of the food needed for a ninety day patrol is loaded on the boat, with the other 25% being loaded in the second evolution. The third evolution, or "top-off," provides the boat with items needed during the up-keep period and with gee-dunk type goodies. An ORSE pack is sent by tug boat to the sub one day prior to their arrival and a CARE pack, a load of fresh provisions, is sent to the boat when it comes off patrol. That amounts to quite a bit of work!

FR Thomas Meconnahey has been working in the issue room for two and a half weeks and says the thing he likes most about the breakouts and T-AK's is when they are over. FA Marvin Markham says that on the last T-AK, they worked Monday and Tuesday till 2330 and finished late Wednesday morning. He says the worst thing that can happen to the guys in the issue room is if a conveyor breaks down and everything has to be carried by hand.

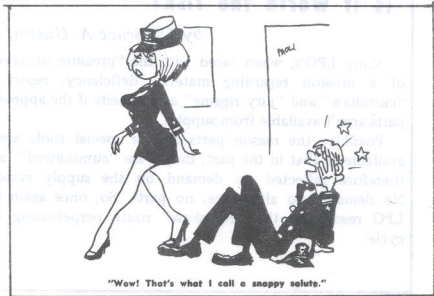
Any time of day, one might pass by the galley and pop his head in to look around. There, washing cooking utensils in the deep sink might be a man like PCSR Ray Johnson. This job is referred to as 'deep sink diving.' He has been working there for eight days and says he doesn't like mess

cooking and that if he knew it would be like this, he never would have joined the Navy. It seems that some guys change their minds about the Navy during mess cooking. SHSA Marvin Clemons also works at the deep sink and on the serving line. He says that most people he encounters from day to day are OK and nobody bothers him. He says that his only problem at times is determining what size a ration should be.

FA Luis Fune works in the First Class Mess and does all the things necessary to keep it in shape in time for meals. He is liked so much that he has been asked to stay on nad become an MS, but he wishes to pursue his designated career. SKSR David McMullan works in the Vegetable Preparation Room where the salads are made. He finds his job very demanding, with little time for relaxation. During his off duty hours, he likes to travel around the area, sample the food and go to the discotecas.

MRFA Gary Szermeta runs the milk and juice island. He says the crew doesn't give the mess cooks enough credit and only notice when things go wrong. When other shipmates spill food on the deck, some of them do not bother to clean it up. Most of the food service assistants seem to agree upon one thing: Teamwork is needed, especially from the crew. When the mess decks are secured after meal hours, many shipmates don't have enough consideration to go around. Most of the FSA's want to provide good service, without having to be maids for the crew. BTFSA Steven Alenamy works in the scullery and says that some people constantly leave their trays on the tables, especially on the port side. This kind of behavior is inexcusable and everybody should make some effort to help instead of hinder. It seems like when we work together, a common goal like service to the crew can be accomplished much easier than if we all go our separate way.

Remember these points the next time you eat on the mess decks.



Red Cross Month**Red Cross--- An Ever-Helping Hand**

The Red Cross provides a special helping hand to Service members---whether they are stationed across the country or half-way around the world.

Last year, more than 718,000 Service men and women or members of their families had problems too big for them to handle, so they went to the Red Cross.

Sometimes, a wife, left behind with small children, finds that being both a mother and father presents problems she can't handle.

Sometimes, a Service man or woman is concerned about a parent's health, but is too far away to make a personal visit.

And sometimes, a major crisis hits---a Service member receives word that a close family member is dying. He or she has to get home in a hurry, but he doesn't have the money and payday is a week away.

Who helps solve these problems? The Red Cross.

Trained Red Cross volunteers and staff are on duty at military installations at home and abroad and in thousands of Red Cross chapters in the United States.

The Red Cross chapter caseworker is there to advise and help the young wife left alone with the children. They are there to contact the doctor to find out the condition of an ailing parent. They are there to provide the Service member with an interest free loan to finance going home to see a dying parent.

The Red Cross brings good news, too, such as announcing the birth of a healthy baby to a Service member far away from home or the welcome tidings that a loved one has recovered from surgery.

Fast communication between home and overseas is accomplished through the Red Cross Communications

Center in Washington, D. C. The Center uses highly sophisticated equipment which receives the message from a chapter, processes it to conform to military coding and feeds it into the rapid military communications network for relay to field directors with the U. S. Armed Forces overseas. Last year, more than 704,700 of these messages were sent.

Providing communications and other assistance to members of the Armed Forces is a responsibility given to the American Red Cross by the U. S. Congress, but the Red Cross offers many more services to military members and their families.

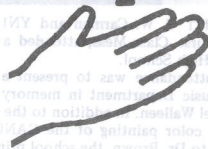
The Red Cross teaches many courses in first aid, safety and health care, many available on military installations or in the adjacent community.

The organization collects, processes and distributes more than half the nation's blood supply and there is never a charge or replacement fee.

Nearly 37,000 times last year---every 14 minutes---trained Red Cross disaster workers responded to emergency situations which included flash floods, blizzards, tornadoes, fires, transportation accidents and explosions.

Services to veterans and their families are another operation of the Red Cross. Through a network of more than 3,000 chapters, the Red Cross helps veterans and their families receive the benefits to which they are entitled.

Red Cross daily "good neighbor" services to military members and their civilians are too numerous to mention. Each year, the President of the United States proclaims March as Red Cross Month. The U. S. Armed Forces salute the Red Cross in March and throughout the year.

REMEMBER:**TWO FINGERS AND ONE WORD****ARE BETTER THAN****ONE FINGER AND TWO WORDS****Give
till it
helps.****Red Cross
is counting
on you.**

ELECTION TIME NEARING

VOTING: a right & responsibility

It is just around the corner. If the CANOPUS were back in the states, it would be very evident. There would be commercials on radio and T.V., ads in newspapers and magazines and the familiar posters tacked up on every empty wall and telephone pole in town.

What is it?

IT is the election season, the perfect example of democracy in action. It is your chance to cast your ballot for the way you want your country, state, city, etc., to be governed.

This year, all but 14 states will have gubernatorial elections and all states will be voting for either U. S. Senators or Representatives. So, even though this is not a general election year, there

are some important offices on the ballot. If you are not particularly pleased with the Congress, don't complain! Vote to put your candidate in office.

The dates for the primary elections will vary throughout the summer and early fall. You should check on the dates for your state. Election Day will be November 7th, the traditional first Tuesday in November.

If you would like to take part in this essential right and vote in your state and city elections, you can do this easily with an absentee ballot. An absentee ballot allows you to vote for your home area elections without having to be there. Each city and dresses, procedures and dates to receive the ballot. There

will also be specific deadlines to turn the ballots.

In addition to receiving the ballot, you should also ask your family and friends in the states to send you information on the candidates and issues that will be on the ballot. This will help you make better use of your vote.

The HELMSMAN will keep you posted on any important information concerning voting throughout the election season.

While it may be your right and choice to vote, it is also your duty. How can you expect to get anything out of the election if you don't put your 2cents in?



On March 8th, 1978, HTI T. W. Carman and YN1 J. L. Jones, representing the CANOPUS First Class Mess, attended a student assembly at David Glasgow Farragut High School.

The purpose of their attendance was to present a monetary contribution to the Arts and Music Department in memory of Captain Will's father-in-law, Mr. Hans Axel Wallen. In addition to the cash contribution, a reproduction of a water color painting of the CANOPUS, painted by Mr. Wallen, was presented to Dr. Brown, the school principal.

Remember...

VOTE!



**DON'T MAKE
APATHY THE
WINNER!**

ET1 Jack Nussbaum

Taking one half of the Sailor of the Month award for January was ET1 Jack Nussbaum. The Chewelah, Wash. native joined the Navy in March of 1967. After basic training, he reported to San Francisco for ET "A" school before reporting to the USS PATRICK HENRY (SSBN 599) ET1 Nussbaum has also attended the SSBN Nav Aids School in Dam Neck Va. and the C-3 Poseidon Instrumentation school.

While serving with the Naval Ordnance Testing Unit at Patrick AFB, ET1 Nussbaum earned an Associate Degree from Florida Junior College in Jacksonville.

He served on the SIMON LAKE before reporting to the CANOPUS.

ET1 Nussbaum and his wife, Ann, are the parents of two daughters, Stephanie and Bridget.

ET1 Nussbaum enjoys a variety of sporting activities and he and his wife are members of the marriage encounter group.



SK1 Joe Ellis

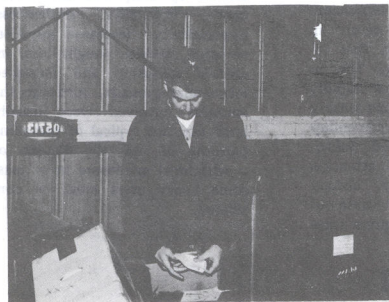
Sharing the January award with ET1 Nussbaum is SK1 Joe Ellis. The Ft. Smith, Arkansas native joined the Navy in August, 1966. He served on the USS PIEDMONT (AD-17) before reporting to SK "A" School. He then served at NSD Subic Bay before reporting to the Underwater Swimmer School in Key West, Fla. He remained at NAS Key West until the station was de-commissioned.

He reported to the SIMON LAKE and cross-decked to the CANOPUS.

SK1 Ellis and his wife, Myra, have a seven year old son, Bobby.

SK1 Ellis is working toward a Bachelor of Arts degree through the University of Maryland,

He also enjoys a variety of sports activities.



MM3 Ken Crockett

Most of the February Sailor of the Month's friends call him Davy. "Davy sounds natural, now," says the Nevada, Missouri native. He joined the Navy in 1969.

Most of his naval career has been spent on destroyers. He reported to the USS WAINWRIGHT (DLG-28) after basic training and has served on the USS ROBERT McCARD (DD-822) and the USS DAVIS (DD-937). MM3 Crockett says he likes the CANOPUS better than the destroyers because of the difference in at-sea time. He also says the destroyer work spaces were much smaller.

After separating from the Navy, MM3 Crockett worked at a variety of jobs before coming back in 1975, reporting to the DAVIS.

MM3 Crockett and his wife, Bonnie, have one daughter, Starburst Shell, and they are expecting, hopefully a boy, in about three months.

MM3 Crockett and his wife enjoy Spain and the Spanish culture. His hobby is photography.



MARIJUANA...A few facts about the elusive weed.

Cannabis sativa L. is in wide distribution throughout the temperate and tropical regions of the world.

The plant has been cultivated for centuries for the hemp fibers of the stem, the seeds which are used in feed mixtures and the oil as an ingredient of paint, as well as for the biologically active substance contained in the leaves and flowering tops.

The plant is grown extensively in Jamaica, Colombia, Mexico, Africa, India and the Middle East. It is considered by most botanists to be a single species with many varieties.

The principal psychoactive substance in cannabis is thought to be delta-9-tetrahydrocannabinol, (THC), a unique chemical found no where else in nature. THC is produced occasionally in the laboratory for purposes of research, but no synthetic THC has so far been found on the illicit market. In addition to delta-9-THC, cannabis contains other cannabinoids and chemicals, the biological effects of which have not yet

been determined.

As a psychoactive drug, cannabis is usually smoked in the form of loosely rooled cigarettes, joints, although it can be taken orally. It may be smoked alone or in combination with other plant materials. Low doses tend to produce initial restlessness and an increased sense of well-being, followed by a dreamy, carefree state of relaxation; alteration of sensory perceptions including an illusory expansion of time and space; a more vivid sense of touch, sight smell, taste and sound; hunger, especially a craving for sweets; together with subtle changes in thought formation and expression. Moderate doses may result in a state of intoxication that intensifies these reactions. The individual may experience rapidly changing emotions; shifting sensory imagery, a flight of fragmentary thoughts with disturbed associations, a dulling of attention and impaired memory, accompanied by an altered sense of self-identity and commonly a sense of enhanced insight.

Even at higher doses however, this condition of intoxication may not be noticeable to an observer. High doses can result in distortions in body image, loss of personal identity, fantasies and hallucinations. Very high doses may precipitate a toxic psychosis. This state will clear as the drug is eliminated from the body.

Despite preliminary reports to the contrary, there have been several papers in scientific journals since 1971 that document the dependence-producing properties of cannabis. The reported withdrawal syndrome is characterized by sleep loss and disturbance, irritability, restlessness, hyperactivity, decreased appetite, sweating, sudden weight loss, increased salivation and increased intraocular pressure. Although the amounts involved were usually large and not typical of prevailing patterns of use, the dangers of a withdrawal syndrome in at least some heavy users must be considered.

Pot is bad for your health

... "Is marijuana safe?"

"No!" says the National Institute on Drug Abuse in its sixth annual report on marijuana recently submitted to Congress by the Department of Health, Education and Welfare (HEW).

Marijuana smoking can lead to motor function impairment, decreased levels of male sex hormones, psychological disturbances and brain damage, according to the report. Marijuana is also alleged to increase susceptibility to birth defects in children and diseases such as cancer.

Although the number of people who have tried marijuana is

constantly rising, overall use of marijuana is declining. Statistics show that many people still experiment with the drug, but more than half of those who have tried marijuana have quit using it. A growing number of people have never used marijuana and do not intend to try it.

Because most marijuana users smoke low potency material and smoke only occasionally, many have not yet experienced specific health disorders. But even occasional use can result in intoxication as hazardous as that caused by drinking alcoholic





*OSC Gunnell
X368 HRMS Office*



*HT1 Russum
X363 Planning & Estimating*



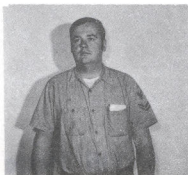
*MR1 Stocking
X227 3M Office*



*HT2 Wilson
X441 Shipfitter Shop*



*HT2 Wilson
X254 Weld Shop*



*ET2 Miller
X573 Nav Repair*



*GMT3 Herndon
X451 REB Shop*



*GMG2 Campbell
X583 Ship's Armory*



*TM2 Cassidy
X423 Mk 14 Shop*

YOUR DRUG EXEMPTION REPRESENTATIVES

It is the policy of the Department of the Navy to eliminate drug abuse by all effective methods. The Exemption Program was established to encourage individuals with drug abuse problems to seek rehabilitative assistance through voluntary disclosure without fear of punishment. Members of the naval service who make voluntary disclosure will be granted exemption from disciplinary action. Disclosures will enable the drug abuser to obtain needed rehabilitative assistance as appropriate. Drug disclosures also alert the command to take appropriate action to insure that drug abuse activity by personnel of the command has not or will not adversely affect the command's operational capabilities. A military member may not be subject to disciplinary action under the UCMJ or administrative action leading to a discharge other than an honorable discharge for drug use, solely because he has volunteered for treatment under the Exemption Program. Under no circumstances will the Exemption Program be used for the purpose of developing informers. This does not preclude the pursuit of investigation, however, on the basis of information provided in an Exemption disclosure. For more information, contact your Exemption Representatives.

CANOPUS Wives----This is for you!

The USS CANOPUS has been in Rota, Spain for over a year now and many of the wives may not be aware that they have a representative, a wives ombudsman.

You, too, have a place to go if you feel that you have been treated unfairly. Your representative, Susan Ames, attends meetings monthly, in order to attempt to resolve any problems causing concern to wives in the various commands. One of these meetings is used for pooling queries; another is scheduled with Captain Charles W. Roe. In addition, meetings are held with Captain John Will.

Your ombudsman also attends the NEX/Commissary Advisory Board meeting held monthly. At these meetings, the concerns and problems presented by you, the shopper, are discussed and hopefully solved.

If you are worried about a problem which you have not been able to solve relating to bad treatment by any group or organization, please do not hesitate to call me at 2710 or by leaving a note in the special box located in the SITE II Rec Center.

A Wives Information Board has been placed at the Pier Sentry Post on Pier 2, near the telephone. Please look for information relating to upcoming events organized by the SITE II Enlisted Wives Club and for notices from your ombudsman.

Many of you may be interested in attending the SITE II Enlisted Wives Club meetings, held the first Wednesday

by Mrs. Susan Ames CANOPUS Wive's Ombudsman

of each month at 1 p.m. at the SITE II Rec Center. Interesting guest speakers enlighten the club each month. The most recent guests were Mr. Earle King, from the Customs Department and Sr. Martin Arroyo from HRMD, who spoke about the Semana Santa. You may have a speaker or particular area of interest in which we can all share.

Last year, the club sponsored an Easter Egg Hunt at Pioski Park, decorated for the Submarine Ball, sponsored the SITE II Women's Softball Team, enjoyed shopping trips and a ferry trip from Puerto to Cadiz, participated in flea markets, held a caseta at the July 4th celebrations, gave a Halloween party plus numerous other activities.

So far this year, the club has been to Seville, the doll factory in Chiclana and is preparing for the coming Easter season and Submarine Ball in April. Come along and join in the fun and companionship. The club will provide free babysitting services at the Base Nursery if you plan to attend the meetings.

I look forward to receiving your questions and doing my best to resolve them for you. Your problem may be related to housing, hospital and dental facilities, Special Services, NEX/Commissary or Security.

Don't just sit around and complain, try to have your problem solved. It is up to you.

Keep busy and enjoy your stay in Spain.

FERIAS and FIESTAS for 1978

April 18—23

Seville

April Fair

May 3—7

Jerez

Fair of the Horses

May 11—14

Rota

Spring Fair

May 18—21

Puerto

Spring Fair

May 25—28

San Lucar

Spring Fair

June 1—4

Puerto Real

Spring Fair

June 10—18

Algeciras

Spring Fair

June 16—23

La Linea

Spring Fair

August 6—13

Rota

VIII Fiesta de la Urtu

SEA STORIES

I was on an oiler, the USS ASHTABULA, during the Korean War. Our convoy's mission was to re-supply the fleet. We were to re-fuel the ships, sailing in a pattern around a small island before turning back.

Not only did we carry fuel for the ships, we also carried high octane aviation fuel for the carriers aircraft.

We were sailing toward the island with a carrier along one side and a cruiser along the other. The ships were re-fueling from us.

What happened in the next few minutes goes to show that clear and proper communication is an absolute necessity. It also shows an example of how the communication system can be broken down by a simple misunderstanding.

The bow lookout reported to the bridge lookout, "LAND DEAD AHEAD."

Somehow, the message that the bridge phone talker received was very much different than the one that the lookout had sent. He turned to the captain and

by *HTCM B. B. Lyle*

casually reported, "MINE DEAD AHEAD," without realizing what he had said.

Being an oiler, we were filled with the fuel oil and high octane aviation fuel. We had the carrier along one side, the cruiser on the other, with more ships in the area, so, we had no where to go. The mere thought of a mine in the water dead ahead of us meant that we could end up as a sailing fire-bomb.

This thought did affect the captain. Upon hearing the word from the phone talker that there was a mine in the water ahead of us, he fainted. The commanding officer of the USS ASHTABULA had passed out cold.

The duty corpsman was called to the bridge. Very luckily, the OOD was very level headed. He asked the bow lookout to repeat his last message. Again, the bow lookout reported "LAND DEAD AHEAD."



WE NEED SEA STORIES!
Regardless of rate or rank, if you have a favorite yarn about your adventures on the Seven Seas, **LET US KNOW!**

I am sure there are plenty of interesting, exciting and just plain hilarious Sea Stories here on the **CANOPUS**.

We would like to make this a regular feature in the **HELMSMAN**, but we need your help. If you have a Sea Story, contact **JO3 Jim Daniels** in the Public Affairs Office at extension **230**. Start thinking!

Captain's Call con't.

Thinking about the Retention Group reminds me of another important policy enforcement change that may be hurting morale and the attitude of many outstanding CANOPUS sailors. I am referring to the weight control program. I don't think there are many obese persons who wouldn't rather be slender. I also know that metabolisms, childhood eating habits and the sedentary jobs that many of us have makes the system seem unfair. I know about the Navy programs to help people with other kinds of problems and I also believe that a strong program should be instituted to help the overweight sailor get within the prescribed limits. **WE NEED IDEAS!** We are presently attempting to come up with ways that will help guarantee

that no CANOPUS sailor misses out on an opportunity for either advancement or for a happier, more physically fit life. There are literally hundreds of sailors on CANOPUS who have belonged to health clubs and attempted (and in many cases, succeeded) to shed pounds. The weight/height requirement is intended to keep us all a healthy, well conditioned part of our Nation's defense. Support the CANOPUS effort to make the program work. Give us your ideas and make staying within the limits a challenge. Take the same pride in success in this area as you do in good performance in your assigned tasks and there will be no obesity on CANOPUS.

notes from: SPECIAL SERVICES

As SITE II nears another softball season, maximum effort is being made to get our fields in shape. This year, we are getting a big hand from Base Special Services who have already spent several weeks turning and burning. Field One is ready for action and the entire area will be nicer with the new roof on the pavillion. (This one will be metal so the drunks can throw things on it without destroying it.) Work continues on Fields Two and Three, which should be as good if not better than Field One. We should not have the trouble of everyone trying to reserve the "good field" like we did last year.

We have a lot of new ball gear on order and we expect it to be here by the time the season opens. This includes new gloves, bases, bats and balls. Last year's equipment took quite a beating, so when the gear arrives, if you have the occasion to use it, use it lightly. Until the new gear arrives, we only have three bags of ball gear. We do have more than enough balls and bats to go around, so if you don't need the gloves, please don't check them out. To give the ball gear maximum use, bags will only be checked out for use on SITE II fields. Gear must be returned the same day it is issued. This should allow more people to use the gear.

With any luck, the next month should see the com-

pletion of work on the Rec Center. It has been a long haul and it has a long way to go, so we can't make any promises.

This month, we are running a bus to Arcos for the Running of the Bulls. We had also hoped to run a bus to Seville for the Semana Santa for military personnel only. It now looks like it won't go. We intended the trip for SITE II military personnel only, to make it fair for all. If we let dependents go free, those with many dependents would be hurting the single men. If we only charged dependents, it wouldn't be fair, either, so we had to make a cut somewhere.

This summer, probably in mid-August, we are planning a tour to Edinburgh, Scotland. We don't have a price, yet, but it should be about \$250. The CANOPUS Delayed Payment Plan will be available to those who desire to use it. A little closer will be the Spanish Grand Prix, which should be in May. It was very popular last year and should be again. If you are interested in any of our tours, check the latest Que Pasa.

That's all for this month. Keep your eyes open for events in the softball league. Opening day should be Saturday, May 6th. See you there!

**Schlow me da
way to go home
(hic!)**

The USS CONSTITUTION, Old Ironsides, as a combat vessel carried 48,600 gallons of fresh water for her crew of 475 officers and men. This was sufficient to last six months of sustained operations.

However, on July 22, 1798, the USS CONSTITUTION set sail from Boston. She left with 475 officers and men, 48,600 gallons of fresh water, 7,400 cannon shots, 11,600 pounds of black powder and 79,400 gallons of rum. Her mission: to destroy and harass English shipping.

Making Jamaica on 6 October, she took on 826 pounds of flour and 68,300 gallons of rum. Then, she headed for the Azores, arriving on 12 November. She provisioned with 550 pounds of beef and

64,300 gallons of Portuguese wine. On 18 November, she set sail for England.

In the ensuing days, she defeated five British men of war and captured and scuttled 12 English merchantmen, salvaging only their rum. By 27 January, her powder and shot were exhausted.

Unarmed, she made a night raid up the Firth of Clyde. Her landing party captured a whiskey distillery and transferred 40,000 gallons aboard by dawn. She then headed for home.

The USS CONSTITUTION arrived in Boston on 20 February, 1799, with no cannon shot, no food, no powder, no rum, no wine, no whiskey and 48,600 gallons of stagnant water.

VARSITY SOFTBALLERS PREPARE

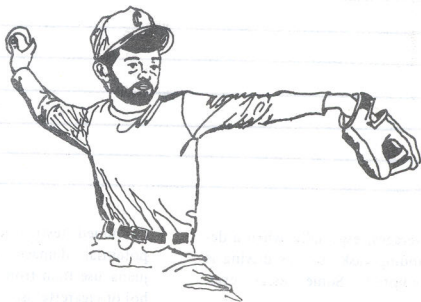
After the successful season last year, TCMC Ray Waldhauser and his CANOPUS Varsity Softball Team are looking forward to the upcoming season. "We are better than we were last year. We have more hitting, speed and depth," says Coach Waldhauser.

With the NAVSTA League starting on May 1st, the team is busily preparing. "We hope to play teams from the fleet in the first two weeks of April and we will play an exhibition season with the base teams during the rest of April," adds Coach Waldhauser.

The anticipated games with the fleet will be played on the SITE II field. The exhibition games will be played on the base fields.

Assisting Coach Waldhauser with the team is FTMC Mel Miller, until his June 1st retirement, and BMC (DV) Everett "Buddy" Murray.

The staff says that there has been a lot of good ball players out for the team. Since they are only allowed 15 players, some tough decisions have been made. The coaches would like to express their appreciation to all individuals who did try out for the team.



Looking into the team's schedule, the NAVSTA League will run from May to July, the NAVEUR Tournament, to be played in Naples, will run from 27-30 July, with the winners advancing to the Navy Finals in Port Hueneme, California, from 1-11 August.

The coaches would like to compliment SITE II Special Services for getting the fields in such good shape.

The Varsity team's schedule will be published in the HELMSMAN and the POD as soon as it is available.

VOLLEYBALL-INFO

VARSIITY

The CANOPUS Varsity Volleyball Team will be participating in an invitational tournament with the Air Force teams in Madrid. The tournament will be held over the April 1-2 weekend.

On April 4th, the team will be departing for the NAVEUR Volleyball Tournament in Naples. This event is scheduled for 6-9 April.

The team's record is currently 5-2.

INTRAMURAL

In intramural volleyball action at the end of the first half of the season, W-1 is in first place with a perfect 9-0 record.

Rounding out the first half standings are;

R-1 and R-8 tied for second, R-1 defeated R-8 in a tiebreaker match.

Supply 2, R-7 and S-3 finished tied for third. In tie-breaker matches, Supply defeated both R-7 and S-3. R-7 Defeated S-3.

Supply 1 finished seventh with R-2 and Deck tied for eighth. R-2 defeated Deck in their tie-breaker match.

Rounding out the standings was R-4.

Looking forward to the second half of the season, R-2, Deck and R-4 have dropped out of the keague. R-5 will be represented in the league for the second half of the season.

All matches will be played in the DGF High School Gymnasium.

GOOD LUCK TO ALL!

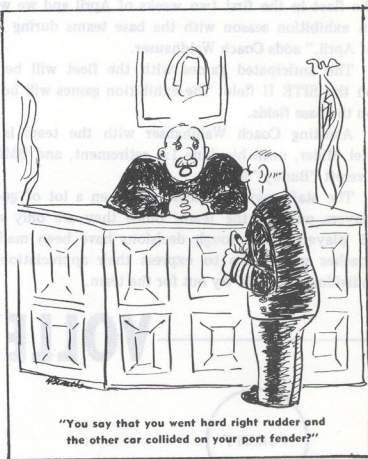
Dear, _____

beverages, especially when a demanding task such as driving is attempted. Some users even undergo changes in perception which can result in acute anxiety or paranoid reactions.

Chronic users risk more permanent damage since a growth in their tolerance to marijuana often leads to more frequent use and stronger doses. As a result, a physical dependency develops with actual withdrawal symptoms during periods of non-use.

The National Institute on Drug Abuse stresses that symptoms may differ from person to person and many people can smoke marijuana with no adverse consequences. However,

continued testing reveals **more** potential damage from marijuana use than from either alcohol or cigarette use.



From _____

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USS CANOPUS (AS-34)
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