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HELMSMAN



PEACE ON EARTH. . .





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HELMSMAN

COMSUBRON 14

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BMCS W. E. Rogers is shown here with two objects of which he has a particular interest. The Captain's picture at his right is framed by a bit of fancy rope work which Chief Rogers made. The cannon at his feet was a gift from Captain Brooks. The Captain came into possession of the cannon, had it refurbished and mounted and has left it on the quarterdeck in the personal care of BMCS Rogers.



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EDITORIAL

Somewhere during the social whirl that envelopes us during the holiday season we usually find a few quiet moments to reflect on what we have been doing and to consider what has happened to us during the past year. At a time like this we may ask: What have I accomplished? Have I done any good in the world? Am I happy? The answers to these questions must be answered by each individual for himself. Hopefully everyone will be able to find something from which satisfaction may be gained.

We should also apply this questioning to our professional lives. Those of us in the Navy can look back and ask: Am I helping my command to fulfill its mission? Am I a professional? Do I take pride in my work? If the answers are yes then we should resolve to keep up the good work. But should the answers be no, then a resolution to improve our performance may bring more satisfactory results in the new year.

The HELMSMAN staff wants to wish all of our readers in Holy Loch a Merry Christmas and may each of you find "peace on earth" in your lives.

ON THE COVER



...GOOD WILL
TOWARDS MEN

Chaplain's Corner

by Lt. Albert P. Connelly

In Christmas we celebrate the birth of Christ or the Incarnation which means God became Man. It is a holiday which should cause us to reflect upon our own new birth into Christ, or at least upon the possibility of that new birth which is available to us all.

Birth means tearing forth into newness. It is always traumatic and it always involves changing from the old. But on the other hand it makes possible new alternatives that would never have been except for the process of birth. Through his birth Christ brought us new and invaluable alternatives. In the Christmas event God also caused new and diverse possibilities to come into being in the relationship between Himself and mankind.

For us the new possibilities include coming into a true and right relationship with God. Our past can be forgiven no matter how terrible it may seem to us. We can also be victorious in life—a winner, instead of a loser. In surrendering to the love of Christ we even gain power over death, and you cannot get much more victorious than that!

Historically, the Christian Church has made three statements about Jesus Christ: (1) Jesus is divine; (2) Jesus is human; and (3) Jesus is one person who is God and Man. This is what we celebrate in the Feast of the Nativity or Christmas.

A story is told about Sir James Simpson, the Scottish scientist who contributed largely to the development of surgical anesthesia. Asked one day by a student at Edinburgh, "Sir James, what do you consider your greatest discovery?" The surgeon replied quickly and with deep emotion, "That I am a great sinner and that Jesus Christ is a great Savior."

So to us in our sin and frustration, God comes in Christ with forgiveness and new life. By Christ and His cross we are set free from our sin and released to the freedom which belongs to the sons of God. This is the plain truth of 2,000 years of Christian experience. This is made possible by the birth of Jesus Christ—the Christmas which we celebrate.

NAVY WIVES CLUB BULLETIN

On the 17th of November the Navy Wives' Club of America No. 247 held a Christmas Bazaar. There were many items available including a large assortment of children's toys, housewares and baked goods. Over \$500.00 was taken in as a result of this event to be used for various club funds.

COMPLETION IN SIGHT FOR NEW HOUSING

Completion is finally in sight for the housing units at Ardenslate and Sandbank!

As a result of a meeting in the Commodore's cabin on Canopus in October between the major holding company (financier), a representative of the U.S. Air Force (the project manager and director of construction), Commander U.S. Naval Activities United Kingdom and Commodore A. L. Kellin there was a reappraisal of the completion date for the housing. It was announced that the first units would be ready for occupancy by early summer 1973.

In a recent interview with the HELMSMAN the Commodore stated that this date is realistic and he was especially pleased that the first units would be available prior to the summer transfer. These units are being built by a British contractor but will be made available to Navy families in Holy Loch on a "guaranteed rental" basis.

Another new development in the housing situation in Holy Loch is a Housing Referral Officer who has been recently employed by NAVACTSUK Detachment. Further information about this office will be promulgated as it becomes available.

A breakdown of the number of units presently under construction is as follows:

At Ardenslate: (Enlisted personnel only)	
76	two bedroom units
60	three bedroom units
136	Total
At Sandbank: (Both Officer and Enlisted)	
Enlisted	
26	two bedroom units
24	three bedroom units
20	four bedroom units
70	Total
Officer	
26	two bedroom units
14	three bedroom units
4	four bedroom units
44	Total



SAILOR-OF-THE-MONTH



E3 TIMOTHY C. BIRX

From "A Gang" comes November's Sailor-of-the-Month, Engineman Third Class Timothy C. Birx. It's the A Division men who are responsible for maintenance of Canopus' small boats and Petty Officer Birx is the spark plug who sees that the work gets done.

According to the people he works for: "Birx has a group of small boats and a crew of men assigned to him. He does an outstanding job of keeping his boats running. He assigns work that needs to be done and makes sure

that it is done correctly. He is extremely effective in his work, follows orders with a good attitude and is always willing to work late on any job that has to be done. Birx is a great benefit to the Navy."

"Petty Officer Birx is a member of the Canopus Human Relations Council representing A Division and played a large part in seeing that heat was installed on the YFNB. He spends his off duty hours taking advantage of the opportunity to see Scotland and has made lasting friends among the Scottish people. He is an ideal American ambassador overseas! Petty Officer Birx has firm religious convictions and every Sunday he helps operate the Sunday School held in the YMCA."

Birx is originally from Glen Burnie, Maryland. He attended the University of West Virginia in Morgantown where he received a Bachelor of Science Degree in Forestry. After joining the Naval Reserves in April 1970 Birx was called for active duty in March 1971. He attended Engineman "A" school before being assigned to Canopus. Birx is scheduled for release in March 1973 and plans to return to work in forestry for the state of Maryland.

Also in Birx's future plans when he gets out of the Navy is marriage. In June he will marry Phyllis Johnson of Grays Lake, Illinois whom he met while attending "A" school in Great Lakes. How's that for a happy ending?

Are You Culturally Deprived?

Taking this test should give you some idea of how much or how little you know about Afro-American or Mexican-American history and culture.

1. According to recent national surveys, the designation acceptable to the majority of people of African ancestry in America is:
a. Black b. Afro-American c. Negro d. Afram e. Colored
2. "Soul on Ice" is about the life of:
a. "Rap" Brown b. Stokely Carmichael d. Malcolm X
d. Eldridge Cleaver e. Martin Luther King, Jr.
3. A soul-food dinner would most likely include all but one of the following:
a. Collard greens b. Candied sweet potatoes c. Corn bread
d. Chitterlings e. Green peas and carrots
4. The term "the man" has frequently been used by black people to refer to:
a. Any member of the white establishment b. The police
c. Local authority d. Any white man e. All the above
5. The man who by his pronouncements and influence on education and race relations provoked much controversy among black people in the United States during the late nineteenth century was:
a. Ralph Bunche b. Booker T. Washington
c. Benjamin Franklin d. Geo. Washington Carver
6. The people of African ancestry who were brought to America in 1619 served as:
a. Workers with the Spanish explorers b. Traders
c. Slaves d. Indentured servants

7. Translate the following paragraph: Man, I just seen Joe, talk about rigid. Somebody eased into his crib and swung with tne vee, all his vines, and even his sides.
8. Black is to Negro as Chicano is to:
a. Chinese b. Latin c. Mexican-American d. Chicano
9. On May 5 Chicanos celebrate:
a. Mexico's independence from Spain b. The battle of Puebla
c. Chinese New Year d. The death of the Frito Bandito
10. To Chicanos "carnal" means:
a. Butcher b. Used car salesman c. Sports car d. Brother
11. "La Jura" refers to:
a. An Anglo Jury b. A popular people's song of the 20's
c. The cops d. A freedom fighter in Mexican history
12. The 12th of December is:
a. Cesar Chavez's birthday b. Mickey Mouse's birthday
c. The anniversary of the "pachuco" riots in Los Angeles
d. The day of the Virgin de Guadalupe
13. A "Frajo" is a:
a. Short handed hoe b. Cigarette c. Car
d. Drink made with tequila
14. Of the four-year college enrollment in California about..... per cent consists of Chicanos:
a. 02 b. 15 c. 20 d. 05

ANSWERS: 1. (b), 2. (d), 3. (e), 4. (e), 5. (b), 6. (c), 7. Man, I just saw Joseph, and he was angry! Somebody broke into his apartment and stole his television, all his clothes and even his records. 8. (e), 9. (b), 10. (d), 11. (c), 12. (d), 13. (b), 14. (a).

DRUG ABUSE EDUCATION SPECIALIST

I AM NOT A "NARC"!



by PNI Dave Martineau

Okay, if I'm not a narc then what am I? My official title is Drug Abuse Education Specialist (abbreviated DAES). As the title suggests, my primary concern is to help people educate themselves about drugs.

There are two approaches to drug abuse. Because drug abuse is illegal, one approach must be detection and law enforcement. I am not connected with this aspect. I am not out to "bust" drug users. The other approach is to promote a more realistic awareness of all personnel, both user and non-user. The Navy presently has three major programs in operation to combat problems which may be connected with drug usage, they are:

EXEMPTION: For people who qualify, this program grants freedom from disciplinary action for voluntary disclosures of previous drug usage and makes available assistance for those who seek it.

EDUCATION: A stated Navy goal in drug education is to "ensure that every man has the facts he needs to make an intelligent personal decision concerning drug use." Scare tactics and myths have no place in any type of decision on drug usage. Objective awareness is the ultimate aim.

REHABILITATION: It is easy to sober up an alcoholic. We only have to remove him from alcohol. But when he walks back out the door the same reasons he initially abused the drug will walk with him and the alcohol will still be there. If the individual can discover why, or what needs drugs fulfill, he is better able to deal with it.

These programs, though under different titles, are closely related and dependent upon each other. While all of them will help the Navy, they are all primarily concerned with assisting individuals. If anyone has questions concerned with drug abuse or, better yet, if anyone has suggestions on running these programs, come to my office. Like the title—Human Relations Office—suggests we are here to help you and the best way we can is if you tell us how.

International Reenlistment

When a sailor reenlists he likes to have his family and friends attend. But what if your friends are sailors on a Dutch warship and your family is in Rothesay, Scotland?

Hull Technician First Class John Lavallee of DC Division was faced with this dilemma when he chose to reenlist for two more years this month. He solved the problem by holding the ceremony on board the Dutch Navy ship *Onverschrokken*, a torpedo recovery vessel, which was berthed at a pier in Rothesay.

The Stars and Stripes, the Union Jack and the Dutch flag flew alongside each other in Rothesay when Lavallee took the oath as administered by Lt. David Renwick. Also attending the ceremony were EMC John W. Hans, career counselor on *Canopus*; LCDR R. Rouffaer, commanding officer of the Dutch ship and Lt. John McLees, Royal Navy, commanding officer of the Submarine school at Rothesay.

Petty Officer Lavallee's wife and son were also on hand for the event. The Lavallee's will leave Scotland soon for the States as John is being transferred to shore duty in Mayport, Florida.



Lt. John McLees, Royal Navy, HTI J. Lavallee, LCDR R. Rouffaer, Lt. D. Renwick, and EMC J. Hans pose before the flags of the three countries following Lavallee's reenlistment.

BREAK THE HATE HABIT!

Hate Blacks! Hate Whites! Hate Jews! Hate Gentiles! What sane person needs any of that noise? So how do you turn it off? With love. And all the caring, kindness and consideration that love means. Start today!

Break the hate habit: love your neighbor.

"...and I can't get a job!"

The following letters are reproductions of actual correspondence received from former servicemen requesting reconsideration of their discharges. They are printed here to show what problems can occur as a result of separation from the Navy under less than honorable conditions.

"I want my case to be reviewed, because I want an Honorable Discharge. Can't get a good job with a General Discharge. I would like to work for the government, but I can't, because my discharge isn't good enough to work for the government. All I want is a chance to start my career. I have been going out and looking for work and they would ask me what kind of discharge I got, when I tell them, they say got no openings. I have been out of a job for months because of my discharge. PLEASE REVIEW IT."

"I was not mature at time of entry to Navy, and was involved in a mistemeaner civil charge. I had just become adjusted to military life when discharge was received.

I lead a very respectable civilian life and am a good citizen.

Having a general discharge from the Navy when I was 17 is very discouraging at the age of 24.

I feel that this will cause more difficulties for me in future life and would like a review for honorable discharge."

"I would like to receive an honorable discharge because in the short time since my separation, I have been refused employment on two occasions due to the nature of my present discharge, and I am planning on attending law school in the future where an honorable discharge is required.

I have never done anything to damage the Navy, and I don't feel the Navy should damage MY future in this manner. Thank you for your consideration."

"While I was serving in Vietnam, I did a very immature act, by trying marijuana. I cannot really tell why I did it, but by being caught, I feel it stopped me from trying stronger and worse drugs. I always tried and I felt that I was a good Marine. I never was in trouble at all, in nearly three years that I served in the Marine Corps. I liked the work I did in the Marines very much. I learned my lesson concerning drugs from my experience in Vietnam and I know that it is not worth it, to use them. But do I have to pay for it, the rest of my life, for this childish act I committed? I hope not, because I do want to do my part in our society and be a citizen of good character."

"Sir:

I am writing to request a review of a General Discharge, which was previously reviewed in September, 1964. At that time, it adjudged that the discharge did not warrant change or that I may be allowed to enlist or reenlist into Military service.

In the past eight years, I have found it very difficult to be accepted in Civil Service, Government, or any other city employment because of a less than Honorable discharge.

I would like to serve in a reserve military organization; or any way possible, to receive a full honorable discharge.

Yours truly,"

*"To: Navy Discharge Board
Washington, D. C. 20370*

Dear Sirs:

Please give me another chance in life and give me an honorable discharge. The couple of good jobs I had after I was discharged from the Navy was too far apart to do me much good, and I had to lie about my discharge to get them jobs. I have suffered because of my misconduct in the service and now I want to correct my life and do good and contribute to my country. Thank you very much for giving me this time to hear me.

Respectfully,"

DECEMBER PROMOTIONS



Advanced on 1 Dec. were: EN3 R. Zudony, MM3 T. Underwood, MR3 M. Curran, MM3 E. McNair, MR3 D. Higgins, EN3 M. Ozen, and HT2 R. Matthays.



Congratulations to: IM3 T. Wilcox, PN3 D. Brault, SK3 R. Lebrun, PN3 G. Testagroosa, GMG3 N. Moodie, SH3 C. Palocy, and IM3 T. Ledford.

DECK DEPARTMENT

It's cold in Holy Loch at six in the morning! But that's the time Deck's duty section musters to get the liberty boats running in order to bring the crew on board before eight o'clock. And then, after everyone is on board and working in their snug, warm offices and shops, the guys from Deck continue their work outdoors regardless of wind, rain or freezing temperatures.

CWO3 Hackett presides over four divisions in the Deck Department: 1st, 2nd, 3rd, and the Diving division. (The divers won't be included in this article but will receive coverage in a future edition.)

1st Division's responsibility is for hull preservation. To quote BMCS Rogers, Ship's Bos'n and Material Assistant to Mr. Hackett, "This division is the ship's janitors." They are responsible for more cubic space than any other division on Canopus. When you hear the announcement "Divisions concerned prepare to receive submarine alongside" over the TMC, these are the guys who are out there missing their breakfast until the sub is securely berthed. BM1 Burns is in charge of 1st Division.

2nd Division's chief job is to operate the ship's cranes. Canopus has six cranes—four traveller cranes and two missile cranes. Forty hours apprenticeship plus passing a written exam is required before a man is qualified to operate a crane. BMCS Rogers, 2nd Division officer, also states that one of their duties is to operate the ship's incinerator where classified, burnable material is destroyed. This division also includes the gunner's mates who take care of the armory and Canopus' rapid fire three inch 50 caliber guns.

CWO2 Wilhelm is in charge of 3rd Division. It's their responsibility to transport 160,000 men per month. (This requires 1,900 runs each month.) Unfortunately most of the liberty boats are old—some have been here since the site was first established in Holy Loch back in 1962. However, this situation will improve when several new boats that have been ordered arrive this Spring.

The Scottish climate also has an adverse effect of the attempts of Deck to do their job. 3rd Division's coxwains must fight fierce Holy Loch winds that make the boats difficult to handle. 2nd Division can't operate their cranes when the wind is blowing too hard; and if it is raining—as it often does in this area—how can 1st Division do a good paint job on the weatherdecks?



SA Phillips stretches high on a ladder to paint an inaccessible section of the overhead.



SA Lynch and SN Dameron fasten a crane hook to a cable in preparing to lift cargo with one of the ship's travelling cranes.



SN Motter at the helm of the Box-L as SN Longest throws over a line to an unidentified seaman from 3rd Division.

New Facilities at Ardnadam

Things are looking up at Holy Loch! This area is beginning to see improvements in facilities that will make a tour here more enjoyable for Navy men and their families.

In addition to the EM, CPO and Officer's clubs, the bowling alley, snack bar, gymnasium, and medical department already in existence; Commodore A. L. Kelln recently cut a ribbon to open a new dental facility for dependents at Ardnadam. A week later he cut another ribbon to mark the opening of a recreation lounge for both sailors and dependents.

Credit for the completion of the dental clinic in its present form must be given to Commander Robert Douglas. (Commander Douglas is the dentist at Ardnadam.) At his insistence, the plans were changed at the last minute to include an extra operating room and an improved dental fluoride room plus a more pleasant waiting room for patients. All these changes were made without increasing the budget. And, where the old dental clinic in Greenock was operating nearly two years behind schedule, Commander Douglas feels that with the new facility he will be caught up in six months.



Mrs. T. J. Smith, president of the Officer's Wives Club; Commodore A. L. Kelln, commanding officer of Submarine Squadron FOURTEEN; Mrs. Barbara Demain, president of the Enlisted Wives Club; and Mrs. Edith Counts, president of the CPO Wives Club hold the ribbon they have just cut to open the new dental facility for dependents at Ardnadam. The wives' clubs were instrumental in seeing that the dental clinic was moved from Greenock to its new location.



Commander R. J. Douglas prepares to work on Ricky Halvorson as the patient's sister, Donna and his mother, Mrs. Peggy Halvorson look on. Ricky wasn't sure whether being the first patient at the new clinic was an honor or not.

The new recreation lounge opened at Ardnadam last month includes two very large pool tables, a television set, shuffleboard, and card tables (including the cards). While it is true that this will not accommodate many of the 3600 Navy people at Holy Loch, Commodore Kelln who's interest and initiative helped bring these changes about, said, "It's better than we've had. . . we must take the first step in doing something for the Navy man at Holy Loch."



Commodore A. L. Kelln prepares for the first break at the new recreation lounge at Ardnadam. Rear Admiral P. J. Early prepares a bit of sabotage. Also on hand for the ceremony were Commander R. J. Douglas, the Navy dentist at the new Ardnadam clinic, and Lieutenant G. W. Uhlencott, officer-in-charge of NAVACTSUK. (Incidentally, the Commodore made two balls off the break!)

HOW TO FIND A HOUSE

by LCDR J. A. Roach

Although a tour of duty in Scotland can be a pleasant time for a Navy family, I have found that many married men become soured initially by housing problems. This article contains some advice which will help to avoid many common difficulties.

Finding a house is the first problem. The best places to start house-hunting are the offices of estate agents and solicitors. Two major estate agents in Dunoon are W. & J. Chalmers, 47 Argyll Street and the Cowal Estate Agency. The four solicitors' offices in Dunoon are: Corrigan, Ritchie & McLean, 122 Argyll St., McPherson & Disselduff, 160 Argyll Street, Stewart & Bennett, Bank of Scotland Buildings, Argyll Street and K. W. Pendererch, 11 Hillfoot Street.

If you have your family with you, you should insist on a written lease. There is no magic in a written lease (an oral lease is usually just as binding), but it shows both tenant and landlord just what each is obligated to do. If the lease is for a long term, most commonly a year, you will gain the security of knowing that you cannot be evicted as long as you obey the terms of the lease. My office has form leases for furnished apartments which you are encouraged to use. In any case, you should have a "military clause" in any agreement you make.

What do you do if your prospective landlord refuses to make a written lease for a long term? Well, if you want the apartment badly enough you will have to go along with him. In this case you will have an oral lease which obliges you to pay rent at a certain interval. What is that interval is, that is the amount of notice you and the landlord must give each other before you move out or he evicts you. This is not a very stable situation if you have a family to worry about.

Before you move into a house or flat, be sure that the electricity and gas meters are read or that you make a record of the readings on the day you move in. Verify with the outgoing tenant that he has made provisions to pay all utility charges including the telephone bill. If the house has nice furniture in it, you should have an estate agent or valuer make a descriptive inventory of the furniture and the condition of the interior.

Many Americans feel they are being charged an excessive rent. You must remember that you may bargain with the landlord to make improvements or lower the rent. The housing crunch which we experienced 6-8 months ago has eased considerably and an owner can no longer count on always filling his house immediately. So, try to talk him

down to an equitable figure. If the rent does seem excessive after you have signed your lease, you may apply to the Rent Tribunal for South Argyll & Bute, 70 Wellington St., Glasgow, C.2, which is empowered by the Rents Acts to inspect your flat and fix the maximum rent payable. Application forms and information are available in the Legal Office. Americans should make use of this very effective remedy rather than merely complain bitterly to each other about high rents.

If your newly rented dream flat turns out to have mice in the larder, leaks in the bedroom, holes in the floor and cracks in the walls you may get some help in requiring your landlord to make repairs by contacting the County Sanitary Inspector in the County Offices, Hill Street, Dunoon. He will visit your flat and order the owner to make such repairs as are necessary to bring the house within the building code.

UNIVERSITY OF



MARYLAND

UPDATE

The University of Maryland afloat education program continues turning sailors into scholars. The second semester currently in progress includes classes in Math, History, and English. Sixty-one students are taking advantage of this opportunity to educate themselves under the direction of two teachers, Mrs. Grigorio of the University of Maryland who teaches English and History and Mr. Murphy of the University of Glasgow who teaches Math. The third semester will begin early next February. Students who successfully completed the first semester are:

Donald Anderson	Mary Buckley	Byron Botts
Robert Chadwell	Wayne Bushey	Harry Cummins
Ben Dacuba	Edward Daniels	Steven Dill
Earl Gates	Paul Eanes	Greg Hlinka
G. Gwiazdowski	William Kearon	Wilson James
Tim Mills	Duane Nelson	James Jones
Eddie Murcer	William Philmon	James Pratt
Marshall Reed	Lawrence Sanchez	Ernesto Sajor
John Spangler	Berdill Sanders	G. Testagrossa
William Spindler	John Touhill	Thor Thorson
R. Werowinski	Greg Wagner	

Travels in Scotland

by Scotty Hulse

FOR SALE! Beautiful estate nestled in the serene countryside of Peeblesshire near Innerleithen. Going cheap! Only 70 Scots Merks (approximately £3,791). This estate 120 miles south of Edinburgh) contains some 200 acres of excellent hunting land and a gorgeous four story mansion including secret passageways and its own brewery.

It is called Tranquair House and is the oldest inhabited house in Scotland. You couldn't buy the house now for the price mentioned above (that price wouldn't even get you the door knocker today); but for a full tank of gas you can catch a ferry to Gourcock and drive to Peebleshire to have a look at this house of history.

Perhaps no one visit to a single place in Britain can give you as much enjoyment and teach you so much of



the Scottish history as Traquair. The house has been in existence since 950 AD and played a major role in Scottish history since 1107. In its 1000 years of history 27 monarchs have ruled from, entertained at or took refuge in Traquair House.

From the women's point of view, nowhere else will you find such a complete collection of furnishings from as far back as 1200—all of which are still in use today as the Stuarts still live there with their children.

Of interest to the drinking man is the brewery, which though 200 years old, is today putting out an ale that is five times as strong as ale sold in the pub in town. If it's not Sunday you can buy a bottle of the ale on the property.

When leaving, don't forget to take a picture of the Bear Gates. During your tour you will undoubtedly hear



of how in 1745 the fifth Earl of Traquair shut the gates as Bonnie Prince Charlie left and vowed that they would remain sealed until a Stuart was returned to the throne. As they never were, the gates have not been opened for 200 years.

Traquair is open to the public from May through July on Sunday afternoon, and from July through September it is open every afternoon except Friday. If you will still be in the area next summer plan to visit this exciting monument of Scottish history. Don't forget your camera, you may not be back again.

OFFICER'S WIVES CLUB NEWS

by Jennifer Byrd

The Officer's Wives Club has become quite involved in the local community recently. Every Tuesday two of the group along with three ladies from Sandbank visit the Inverclevie Evetide Home. We take woolen yarn for the patients to knit squares for diversional therapy. These squares are then sewn into blankets and sent to the Red Cross headquarters for distribution to the needy. Anyone who would like to donate yarn or help sew the squares into blankets is encouraged to contact Marlese Hubbell at Sandbank 427.

Priscilla Lewis works alternate months with another local Red Cross worker distributing library books to those unable to leave their homes. At the moment we are also asking for paperback books to be donated to the Bethania Home. These donations should be turned into Kathleen McArthur in her office at Ardnadam.

This fall we have organized a panel of wives to speak at local women's groups. The first assignment they were given was to give a demonstration and talk to the Electrical Women's Association on October 24. The ladies chose to show their favorite electrical appliances from the U. S. They were warmly received and enjoyed themselves very much. The next visit will be November 30th when the panel will attend Kinn Wive's Group for a demonstration of Christmas decorations and crafts.

SPECIAL SERVICES NEWS

by Robert Ottman, Jr.

December is the month that brings the year to an end and as we look back at our activities in Special Services during the past year we hope that we have given the personnel of Site-One the kind of service they deserve.

We have had excellent participation in our activities. For tournament competition we had darts, checkers, pinocle and the Thinking Man's Tournament. Right now we are in the process of finishing up the chess and Battleship competition. Over \$200 worth of trophies have been given away for these contests.

Looking forward - we have an extensive continental tour program planned. Barcelona in January, Norway and Sweden in February, Dublin in March, Amsterdam in April and Rome or Paris in May. How's that for a full bill-of-fare you travellers.

Many of you may be reading this issue of the HELMSMAN on your way back to the States aboard Special Service's Christmas Flight—have a good trip! For those who couldn't make it—sorry about that! But to every one Merry Christmas and Happy New Year from the Special Service's staff.

VARSITY BASKETBALL

SONICS NEAR SEASON'S END



The Sonics, the Navy's varsity basketball team at Holy Loch, moved into third place in their division by defeating Perth 69-64 on 10 December. With only one game to go in the season the Sonics can only hope that Edinburgh (1st place) or Penilee (2nd place) lose and allow them to take over the number one spot. The final game of league competition is scheduled for the 17th of December in Ardnadam gymnasium against the PO Eagles. (By the time this issue of the HELMSMAN goes to press the game will be finished.) The Sonics won't be finished however. They are scheduled to play in several tournaments throughout Scotland and one in Dublin, Ireland later this year.

CPO's WIN

VOLLEYBALL TOURNAMENT

In the finals of the CSS-14 sponsored Intramural Volleyball League held in Ardnadam Gymnasium on 7 December the Chief Petty Officers defeated Admin for first place. The best-out-of-three series went to three games as Admin won the first game 13-4. However, the CPO's came back and won the next two games 9-5 and 6-4. Admin was the defending champions from last year's tournament. W-4 Division finished third and in fourth place was B Division.



Members of CPO's volleyball team: Standing—MM1 R. Reek, TM3 D. Duncan, HTC J. McDougall, DPSN C. Frantz, MMC B. Boots, DTC J. Counts, DPI K. Brown and CWO2 B. Thrift. Kneeling—RMC D. Aikens and SKC R. Ducaba(coach).

NAVACTSUK SPECIAL SERVICES

by Lt (j.g.) N. P. Burroughs

Don't you think it's time that you got back in shape? Whether you are a health nut or just someone interested in staying fit, think about using your Weight Room. The Weight Room, recently reopened, is located in the Ardnadam Gymnasium 0900 to 2200 Monday through Friday, 1100 to 2000 Saturday and Sunday.

The Weight Room offers a complete range of equipment including an eight station Universal Gym Conditioner with weight banks of up to 750 pounds. Striking bags, cycling machines, and Olympic Weight sets are all available to you as part of the Special Services program which operates to benefit you!

If you haven't tried it yet come on in, "You'll like it." Start a periodic physical fitness program this week, you'll be better for it! See you in the Weight Room soon.

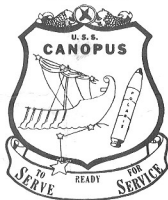
The ship's emblem represents in symbolic form the character of the ship. The CANOPUS emblem is a shield signifying the defensive and protecting function of the ship as opposed to the aggressive cutting edge of a combatant.

The Greek ship and the star cluster represent the Argo Navis constellation which the star CANOPUS resides. The big star connecting the scroll and the shield is CANOPUS.

Flying through the void of space beside the constellation is the POLARIS missile guided and watched by the Helmsman, the big star. The smiling dolphins above are symbolic of our primary mission to cheerfully tend our undersea brood.

The crossed rifles, encircled, recall the heroic stand of the embattled crew of CANOPUS I, AS-9 on Bataan. The motto set in a banner of the bottom pledges our dedicated readiness to serve in the CANOPUS tradition of determined performance.

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