

Tom Seebury  
1/69 to 8/71  
A Gary

JULY 1971

THE  
HEELSMAN



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## Answers to the most frequently asked questions about **DRUG ABUSE**

### What Is Marijuana?

Marijuana is Indian hemp (*Cannabis sativa*). The parts with the highest tetrahydrocannabinol (THC) content are the flowering tops of the plant. The leaves have a smaller amount. The stalks and seeds have little or none. THC is believed to be the active ingredient in marijuana. Many other compounds are present in marijuana, but they do not produce the mental effects of the drug.

### Does Marijuana Vary In Strength?

Yes. Some marijuana may produce no effect whatsoever. A small amount of strong marijuana may produce marked effects. The THC content of the plant determines its mind-altering activity, and this varies from none to more than 2 percent THC. Because THC is somewhat unstable, its content in marijuana decreases as time passes.

The plant that grows wild in the United States is low in THC content compared to cultivated marijuana, or the Mexican, Lebanese, or Indian varieties. Climate, soil conditions, the time of harvesting and other factors determine the potency.

### What Is Hashish?

Hashish (hash) is the dark brown resin that is collected from the tops of potent *Cannabis sativa*. It is at least five times stronger than marijuana. Since it is stronger, the effect on the user is naturally more intense, and the possibility of side effects is greater.

### Is Marijuana An Addicting Drug?

Marijuana does not lead to physical dependence. Therefore, it cannot be considered addicting. Chronic users become psychologically dependent upon the effects of marijuana. Thus, it is classified as habituating. The fact that a drug is not addicting has little relationship to its potential for harm, since dependence, whether psychological or physical, is a serious matter.

### Is Marijuana A Stimulant Or A Depressant?

Because it affects the individual's self control, the effects of marijuana vary so widely that it can be either a stimulant or a depressant. THC is a strong hallucinogen with some sedative properties. Occasionally, a person intoxicated with marijuana will become stimulated and overactive. (AFPS)

# The HELMSMAN

COMSUBRON 14  
**CAPT P. J. EARLY**  
 COMMANDING OFFICER  
**CAPT R.M. HOOVER**  
 EXECUTIVE OFFICER  
**CDR. J.H. BROWNLEE**  
 MANAGING EDITOR  
**LTJG R. M. COLMAN**  
 COMPILING & LAYOUT  
**KLAUS PETER STUHLIK**  
 PHOTOGRAPHY  
**PH1 F.G. TRAVIS**  
**PH2 C.W. BLANKENSHIP**  
**PHAN A.H. JONES**  
 PRINTERS  
**LIC J.E. BROWN**  
**LI I.H.E. WALTERS**  
**LI3 V.J. ANZALDI**  
**SN R.T. ANTOSH**  
**SN M.E. BURBA**  
**SN K.A. KLIPPEL**  
 CONTRIBUTORS  
**RMC AIKENS**  
**TED KOLLAR**  
**D.P. OKANE**  
**JOHN C. PETERSEN**  
 WITH SPECIAL ASSISTANCE FROM  
*David A. Babal SN of the*  
**RS DIVISION DRAFTING SHOP**

## THAT'S A FACT



AND HER NAME WAS **SAMPSON!**  
 RECONSIDERING AS A MAN,  
**REGORAN SAMPSON** SERVED IN THE  
 CONTINENTAL ARMY FOR  
 THREE YEARS AND WAS  
 WOUNDED  
 TWICE!

**SAVINGS MINDED?**  
 IF YOU ARE, CONSIDER THE  
 ADVANTAGES OF ENROLLING  
 IN THE PAYROLL SAVINGS  
 PLAN AS A PAINLESS  
 AUTOMATIC WAY TO  
 ACCUMULATE A NEAT-ESS  
 FUND FOR EDUCATION, NEW HOME -  
 OR RETIREMENT. REMEMBER -  
 BUYING U.S. SAVINGS BONDS  
 IS A PROUD WAY TO SAVE!  
 ○○○○

**HAIR RAISING!**  
 THE LONGEST BEARD EVER  
 RECORDED WAS GROWN BY  
**HANS N. LANSETH** OF N. DAKOTA.  
 AFTER 34 YEARS IT REACHED A  
 LENGTH OF 11 FEET & 4 INCHES!



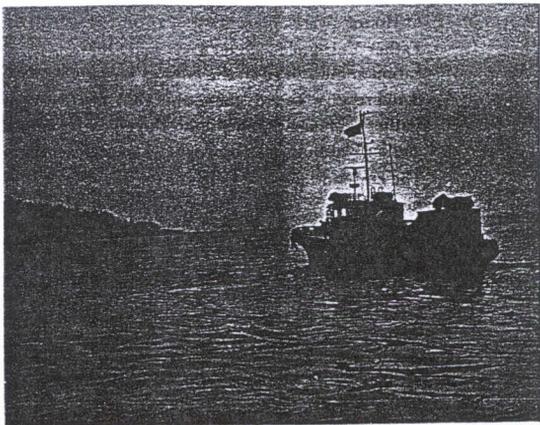
## On The Cover

On a Clear Day . . . you can see forever . . .  
 but on a cloudy day you need only look within  
 yourself to see who you really are; as this young  
 lassie is doing.

(Cover Photo by PH2 C.W. Blankenship)

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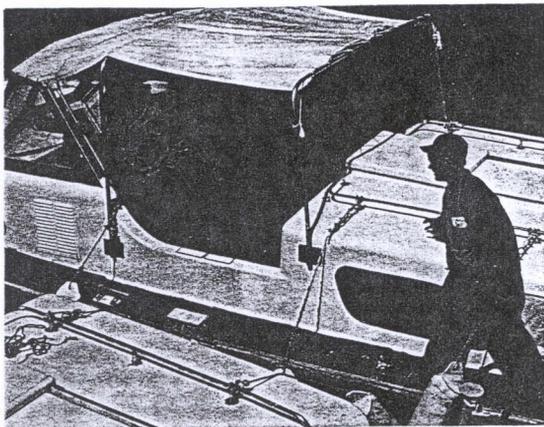
# BOATS are BEST



"Do you know the way to Cardwell Bay?"

Official U.S. Navy Photographs this page by

PHAN JONES



Ss Zola & EN3 Frontera work together on OMB.

# BOY SCOUTS HOLD

The Holy Loch area Boy Scouts of Troop 431, recently conducted Court of Honor awards presentation, at the Scout Hut at Queen St. Dunoon. Father McDonald, of Our Lady and St. Muns Parish, Dunoon gave the Invocation and outlined to the group the many religious awards that Scouts could receive. One of these, the Ad Altare Dei award was presented by the Father to a man that he had worked closely with, Ronald Masters a Star Scout and an Instructor in Troop 431. The presentation was a proud moment for all. The coveted rank of Tenderfoot Scout was awarded to the following young men:

T. Bailey, R. Cheek, S. Hall, R. League, J. Nahas  
R. Stevens, E. Whittaker, & R. Yuenger.

Warrant Certificates were also awarded, they were presented by CDR: Stevens of Canopus to: R. Masters, Instructor and Senior Patrol Leaders Warrant; J. Stevens, presently the Senior Patrol Leader, Senior Patrol leaders Warrant; and R. League, Assistant Senior Patrol Leaders Warrant.

Chief Rube of Ardanadam Public Works was given a plaque of appreciation, which startled him to a degree, for his fine work in obtaining a permanent home for the Troop.

Following the Benediction by Chaplain Murray of Canopus, refreshments were served and slides of the last camp-out were shown. A Mr. Gully of Electric Boat Co. announced tentative plans of his groups, to select a Scottish Scout to be sent to the States and have him participate in Scouting with American Scouts

Information for the above story  
contributed by Troop 431  
Scoutmaster D. P. O' Kane



Father McDonal presents the Ad Altare Dei award to R. Masters



Cdr Stevens awards the Senior Patrol Warrant to John Stevens

# AWARDS PROGRAM



Lto R Scoutmaster D. O'Kane, R. Masters, R. League, SKI J. League, Joe Nahas, Chief Nahas, Bobby Stevens.



Lto R Mrs. Whittaker, Chief Younger, Eric Whittaker, Ricky Younger



Lto R John Stevens, Randy League, Bobby Stevens, Ricky Cheek, Tom Bailey

RMC AIKENS

The Intramural slow pitch soft ball tourney has been in full swing now for the past eight weeks and the players, as well as the appreciative fans, all agree it has been a rousing success to date. Much of the success can be directly attributed to our having our "own" ball field at Rashfield Farm, which has been transformed from a cow pasture to a reasonably smooth playing surface. Only the return of the former tenants tends to detract from the pleasantness of playing on occasions, but these obstacles can usually be avoided although never entirely overcome. The weather too has cooperated for the most part and only in recent weeks have some games been postponed due to inclement conditions.

Commodore McMullen and Captain Hoover teamed up to form the first battery on May 3rd. to inaugurate the new field and to get the season underway. The large crowd on hand to witness the first two games played that evening were rewarded by two fine well-played games and that set the stage for the brand of exciting ball that was to carry through for the remainder of the season.

Now with the regular season drawing to a close and the playoffs approaching, attention has been focused on those teams striving to gain either a first or second place within their respective divisions and in so doing advance to the playoffs. In the American League the issue has already been settled, as W-1 boasting a 5-0 record with yet one game to play, and the Los Alamos standing at 5-1, have clearly outstripped their competition and will represent that division. It is another matter though in the National League where a three way tie is conceivable. Only E division has clinched a playoff berth having completed all of their games and standing 5-1. Their single loss came at the hands of Operations who presently boast a perfect 4-0 record, and would have to lose both of their remaining games to R-4 and the Wardroom to be eliminated, while R-4 with its fine record of 4-1 would have to lose its last game with Operations to be forced to the sidelines.

Regardless of which team claims the eventual championship by capturing the playoffs, there is certain to be a new champion crowned as last year's winning team from D.C. Central presently occupy the American League cellar with a record of 0-5 this season. Several of the team members were heard to mutter something to the effect that bright sunshine and dry playing fields were not to their liking and afforded undue advantage to those teams boasting little or no talent. I wonder!?!

# CANOPUS SPORTSLIGHTS

## Softball Tourney Termed Success



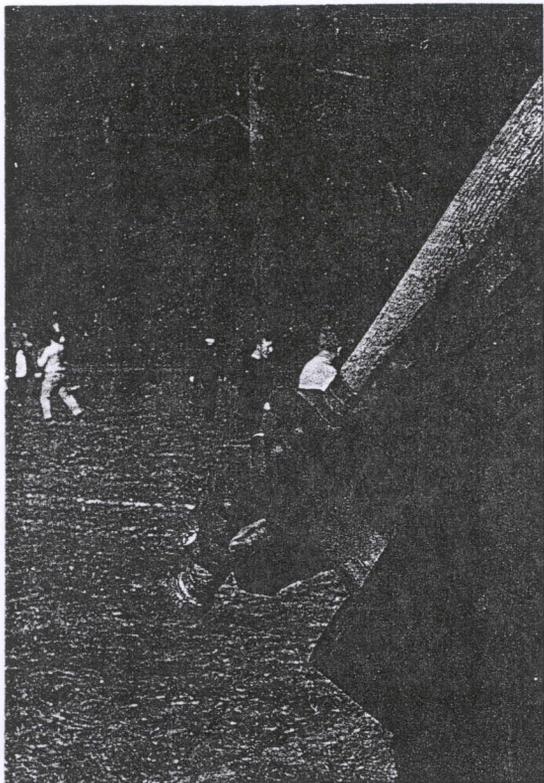
Spectators of all ages enjoy the game



It's a Home Run!



Strike 3 'er out!



Batter UP . . . !!

STANDINGS AS FOLLOWS  
Effective to July 6, 1971

NATIONAL LEAGUE

TEAM	WON	LOST	PERCT'
E Div	5	1	.800
OPS	4	0	.1000
W/R	2	3	.500
R-4	4	1	.750
R-C	0	5	.000
W-2	3	3	.400

CSS-14 Forfeited Out

AMERICAN LEAGUE

W-1	5	0	.1000
Los Alamos	5	1	.800
R-2	2	3	.500
A Div.	2	3	.500
S-1	1	4	.250
W-4	2	3	.250
DC	0	5	.000

**PHOTOS taken by  
LTJG R.M. COLMAN**

# *murray's mysticisms*

I read a great story about a violinist named Paganini the other day. He was and amazing man. It is said that one night, when he was playing before a distinguished audience, somewhere in Italy, when suddenly a string POPped, interrupting the melody. The audience was startled. The maestro continued to play on the remaining strings, when still another one broke the audience was filled with apprehension. Still Paganini kept on playing, now a 3rd. string broke on him, the great audience was aghast. But this did not worry the virtuoso violinist Paganini. If it did, he never showed it. He believed in himself, and was a quiet, confident man. Raising his Stradivarius up high, shouting "One String--and Paganini!!", and proceeded to play on that one string with such exquisite skill that the audience gave him a tumultuous standing ovation.

There are times in life when this seems to happen. All the strings break, and we feel that everything is going against you. But it is possible to be quiet and confident, realizing that this is still God's world and that His purposes are working out.

But in order to achieve this, you have to know God, and sense His presence. Brother Lawrence, a great Spiritual Genius of the Middle Ages, called it the practice of the presence of God. It is not easy in this day and age to have this faith, but it is still possible, even here in Scotland, far from home and family, to be a happy Christian. I sure can't play a violin like Paganini, and I'm not always successful in living the Christian life, but I'm trying to live a life of fellowship with God and His people. Because the memory is still fresh in my mind, of what the "Broken String Life WAS Like"

by

Chaplain George Piersol Murray USN

## A Daughter's Faith

"I just didn't believe it could really happen to our family!" That was the feeling of an 11 year-old girl when she heard from her mother in 1966 that her father, an Air Force pilot, was shot down over Laos.

But over the next five years young Debi Wood found faith. Her father, Maj. Don C. Wood, is still listed as missing in action and it has meant much spiritual suffering and many sacrifices for her mother and five younger brothers and sisters.

Now as a 16 year-old high school student, Debi is reinforcing her faith by keeping her father's memory alive and those of other American servicemen who are listed as missing in action or as prisoners of war.

"I think that the main thing is for American people to show concern for the prisoners of war and those missing in action—to let the North Vietnamese know we are concerned about our men and want them returned home in safety," Debi said.

Debi has written a poem that describes her feelings and perhaps those of other "waiting" families. Here is Debi's poem:

### "Please Bring Him Home"

By Debi Wood  
I don't know what he suffers there,  
I cannot feel his grief, despair—  
His agony is only known  
To men who have been caged — alone  
I only feel a selfish pain,  
A fear that I might pray in vain  
And never see again his face  
or feel again his strong embrace.  
I need his love while I am young  
With many fears to walk among.  
I need his help to guide me through—  
To him, the dangers are not new.  
For how long must I wonder when  
My father will be mine again?  
How many years can he survive?  
Is he, even now, alive?  
Before it is too late to try,  
Before my life must pass him by,

Please, bring him home, and I'll be then  
My father's little girl again.  
—as appears in the  
Congressional Record,  
February 5, 1971



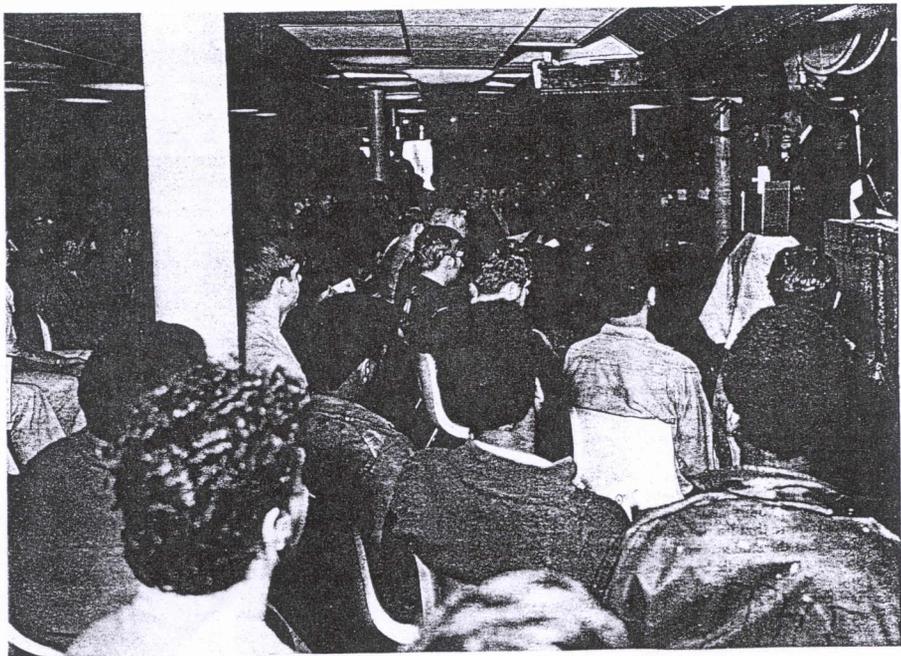
# MEMORIAL SERVICE HELD

On May 31 1971, a good friend of the Canopus crew, was critically injured in a motorcycle accident at the corner of Edward and John streets in Dunoon. Robert Martin O'Neil , after lying in a Coma for 9 days, passed away in a Glasgow Hospital. His Mother and Sister were their.

Captain Hoover, Commander Brownley and Chaplain Murray presided at Memorial services for him the 16 of June on the Mess Decks.. The service was transmitted to the crew via the IMC throughout the ship and on the mess decks.

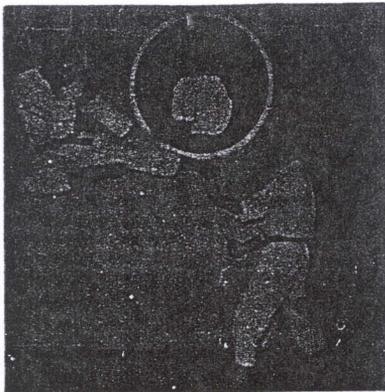
The Chaplain gave spiritual enlightenment to the crew with the reading of the 23 Psalm and the 91 Psalm. Captain Hoover also read a passage from his favorites Psalm which has provided "a source of inspiration and guidance, in times of confusion and darkness.

It is hoped that the O'Neil family can derive some comfort in their loss by the knowledge that Bob was well loved by his friends on board the CANOPUS.



Capt Hoover Presides at Memorial Services for Bob O'Neil

# KARATE TAUGHT AT Y



## SELF-DEFENSE LEARNED

Of all the man clubs, in the Holy Loch area, none can be as beneficial to military personnel and to their dependants, as the Karate School, located at the Dunoon YMCA.

Karate is a beautiful and quite destructive art that requires years of training to attain the many different belts, that indicate the level of experience attained by the exhibitor.

The first Karate club in the Holy Loch was founded by a Willie J. Baker a 3rd level Dan Black Belt in Kenpo Karate, and was assisted by todays instructors : Armando P. Carandang and Francisco J. Labalan who are both 1st. Dan Black Belt and are experienced in other forms of Karate.

Karate lessons held at the YMCA begin at 5:45 and run 'til 7:30 on Monday and Thursday's.. The classes are open to all Naval and Marine personnel and to military dependants ages 12 years (Male & Female) and older. The training begins with a formal opening, and physical exercise which is quite vigorous. Next one step sparring is conducted with emphasis on the fighting techniques, the Kata or form is practiced next this gives one the experience in putting the fighting techniques together. These exercises consist of hand, foot and body shifting movements essential in the kicking, punching and blocking maneuvers of Karatefighting.

These techniques are based on the principle of having approximately 4-8 imaginary enemies on the attack. This provides practice in meeting attacks from any quarter of the body. A certain bodily discipline is practiced by Karate Ka's. The rules require that no physical exercise be done outside the class, that the student receive a minimum of 8 hours of sleep a day , no alcoholic beverages are to be had, and a diet of good protein foods is to be followed. Karate is revered by its disciples and it is to be feared by those who intend to harm either a student or his family.



# PHOTO of the MONTH



All Right WHO Stole MY 'Wubber Duckie????!!!!!!!!!!!!

# MARINES PLAY WAR war games hell but fun

The scene is the Holy Loch in 1974, several years after the collapse of the Heath government in Great Britain. A Scottish Nationalist Government has seized power and set up a "Workers Republic", all Scottish and American Forces have been expelled and all HM Forces in Scotland have moved "South of the Border. A "Mutual Peace Pact" with the Soviet Union has been drawn and entered into by Scotland.

It is not long before Soviet Economic assistance has a strangle hold on the government, and a Pro- Soviet "Puppet" government is set up. Signing of the Warsaw Pact leads to the arrival of a fleet of Soviet Missile Submarines and a Sub Tender.

Loyalist Scottish Units, under the direction of the Scottish Assembly in Exile, prepare to free Scotland. It is decide to launch a full-scale airborne assault in the area of the Sub Base. The aim of the mission is the sinking of the Tender , and its stock of missles, and destroy and Submarines alongside.

This was the scene, recreated by a unit of the 44th. Paratroop Regiment, specifically involved was the 15th. Scottish Volunteer Paratroop Battalion out of Glasgow, and members of the USS CANOPUS Marine Detachment. The CANOPUS Marines were said to have done an excellent job, playing the Soviet defense guerilla unit, they , they thwarted the Scottish unit by capturing two of the Sections.

This maneuver, which consisted of 15 Marines , split up into 4 patrols, was done on these Marines' liberty weekend. Capt. Plunkett of Mar Det, said " These guys knew what they were getting into, and volunteered to work, to actually give up their liberty weekend, three weekends in a row. The following personnel were involved:

PATROL 1	CPL J.A. BRANDES LCPL C.R. PHAGAN LCPL L. GUNSAULEY
PATROL 2	CPL R. ZAZUETA CPL G.D. KOSSUTH LCPL C.B. JOHNSON LCPL A.A. MEHRER
PATROL 3	LCPL L.W. MILLER LCPL C.E. BIRCHFIELD PFC D.O. BULK PFC R.L. SMITH
PATROL 4	CPL M. FORD LCPL J.S. SERAFIN LCPL C.F. STEPHENS PFC R.D. WEABER

The maneuvers lasted from 12:00 Friday, 11 June, until 11:30 Sunday 13 June. When asked what he thought of the maneuvers, one gallant marine said " In three words 'It was HELL!' " and then he added " But it was Fun and worth it".

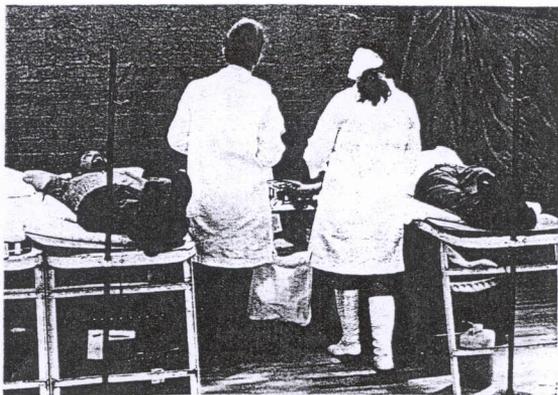
# CANOPUS SAILORS VOLUNTEER BLOOD



*Remember walking to the Ardnam Gymnasium a few months back? You were called out, to donate to a worthwhile cause, with a valuable contribution, a pint of your precious life's liquid. Yes, YOU those 168 of you who thought not of your own safety or well being, but decided to sally forth, and lie down for half and hour, what could be easier? And have one precious pint of blood drained, not sucked by vampire people, And as you thought only of those poor people, that would benefit by your worthy contribution, and not of the half a day off you would receive in compensation for your noble effort in the interest of humanity. A hand reaches out to you, a handshake and a hearty well done. But the time off is Really very nice, but then you realize that its back to the same old grind again.*



**Official U.S. Navy photos this page by  
PH2 BLANKENSHIP**



Lovely Dunoon Nurses attend to the Donors every Need.

# FROM ANCHORMEN

*Back in the good old days, when the CANOPUS was still young, a Rock & Roll group known as the ANCHORMEN, was created. It's goal was to bring the finest entertainment possible to the CANOPUS listening area. It was made up of 9 talented musicians. But as people who are in the Navy do, the members of the Anchormen left and others took their place. Throughout the years the style of music played by the Anchormen went through a change. Even in the*

*past the Anchormen have played a variety style of music. But as the good musicians are transferred or as they leave the service the wants of the band change.*

*So out of the woodwork of that original group of Anchormen, we hear a vibrant and steady beat a new beat, our ears encounter a new style of music, we are in the threshold of a new era in Rock & Roll. And in the distance we hear the old fade, it is replace by the throbbing strains of the new and mighty beat of :*

## TITANIC

Titanic is the New Sound of the younger generation. Everything about Titanic is better, the change has made it better, the members of the band are content in being able to play their kind of music. The morale is better. The sound is better due to the new and better equipment that the band has signed for (\$3,500 worth). The band is really doing a better thing now because they do love music. The band consists of :

*John (Super Ollie Star) Consiglio  
playing BASS and he even Sings!  
Ted (Mickey Mouse) Kollar  
ex-trombonist and drummer  
now Lead Singer, Rythm Guitarist  
and Harmonicist(?)*

*Tom (SUPER SOUL) DeLaPena  
Lead Guitarist and manages to sing  
Steve ( King Kong) Killoran  
Drummer and Songbird.*

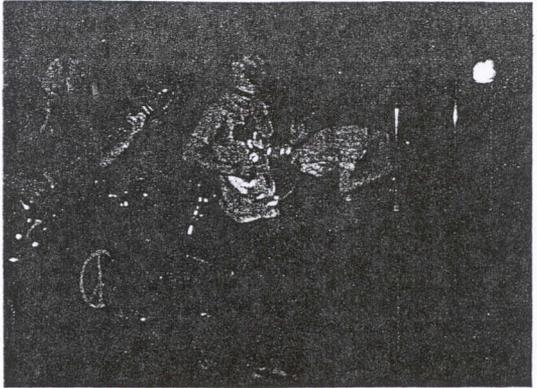
*Titanic Mascot is STANELY Laurel  
as performed by Charles Thibeault.*

# TO TITANIC

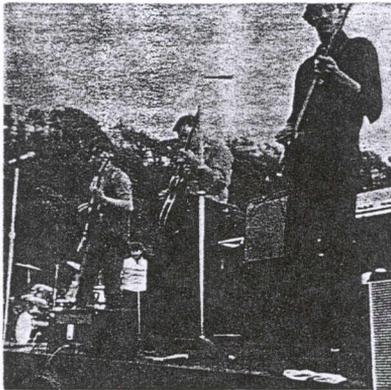
All the guys in the band look forward to getting out of the service and going into the BIG TIME . The band is kept going it seems from their love for music, because they sometimes don't play for money. Transportation is donated mostly by good souls who also love music.

This is really a shame , cause the band is good for morale but the band could use some support from those who are in a position to do the most, with the least effort.

As you can see TITANIC is really new but the love of music that the *Anchormen*, had is still with us, and the desire to bring good sounds to Canopus Land is also here. The music has changed but the thoughts are still there.



Titanic performs at 'Y' Charity Dance From L. Tom DeLaPena, Ted Kollar, Steve Killoran, John Consiglio



Titanic are the Hit of a Rock Festival in Gourrock

*Titanic in CONCERT*  
*at Argyll Gardens*

*July 26*

# Submarine Ball Well Attended Well Liked

Following accounts of the  
Submarine Birthday Ball  
written by

LTJG R.M. COLMAN

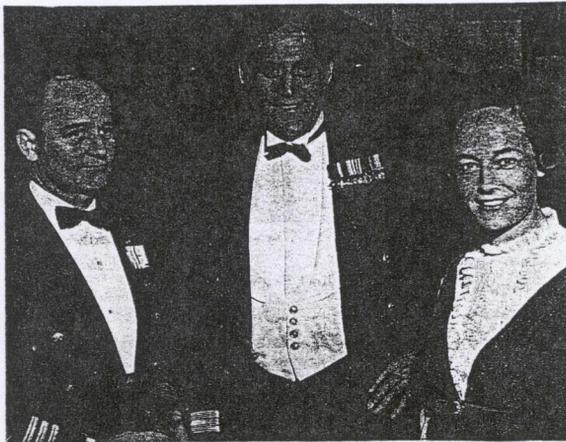
Each year during the month of April, members of the United States Navy's Submarine Fleet gather together for joyfull recollections of past experiences and fun memories-otherwise known as telling sea stories! This ritual is given the glamorous title of a Submarine Birthday Ball-a fitting description since the celebration marks the time 71 years ago when the U.S.Navy originally purchased their first submarine, the Turtle, from its designer.

There are few similarities between modern, speed oriented submersibles and the original Turtle (a fitting analogy). The one common ground between submarines past present or future, is the men involved who devote much of their lives to the "boats", whether propelled by rubber band or nuclear power, the men are ever present.

The Holy Loch, Scotland version of the Submarine Birthday Ball was celebrated on three consecutive evening, April 21-23. The first two evenings saw enlisted men, their ladies and guests gather at the Queens Hall in Dunoon, to a total of 800 strong. The evening of the 23 was reserved for Officers and guests, numbering 250. It is yet to be determined which group told the best or the biggest sea stories, depending on your point of view, but it is certain that all in attendance, enjoyed the festivities, highlighted by Commisaryman Chief Toti's crew of Culinary experts. Enjoyable sounds were provided for dancing, and for once the atmosphere was pleasure and relaxation, rather than work. Birthdays can be fun!



Cdr A.C. Bivens (Left) with LCDR A.R. Hunt Royal Navy



LtoR Cdr. Tate, Commodore Clyde Peter E.C. Berger with Mrs. Berger.



The Devil and his Friends reflect the mood of the moment.



Chef (Boy Ar Dee) John E. McDonald, doing his thing.



The Executive Officer, John Brownley, enjoys himself at the Ball.

Official U.S. Navy Photos this page by

PHAN JONES

The ship's emblem represents in symbolic form the character of the ship.

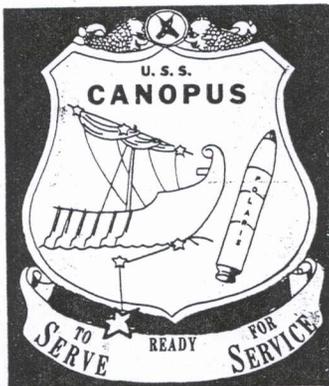
The CANOPUS emblem is a shield signifying the defensive and protecting function of the ship as opposed to the aggressive cutting edge of a combatant.

The Greek ship and the star cluster represent the Argo Navis constellation in 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.



FROM: \_\_\_\_\_  
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 USS CANOPUS (AS-34)  
 FPO NEW YORK 09501

PLACE  
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