

The



HELMSMAN

LEGISLATIVE



JUNE 1973



Retiring in full military uniform
(Scottish, that is)



The HELMSMAN

COMSUBRON FOURTEEN CAPTAIN A. L. KELLN
 COMMANDING OFFICER CAPTAIN W. A. BROOKS
 EXECUTIVE OFFICER COMMANDER T. J. SMITH
 PUBLIC AFFAIRS OFFICER CWO2 L. J. FLOOD
 EDITOR YN3 DOYLE

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LEGISLATIVE AFFAIRS

The Navy's concern for legislative affairs encompasses many things, not the least of which is the general topic of appropriations. A rundown, however, on how the Navy acquires funds for a specific program will help explain the Navy's part in the legislative affairs process.

Putting a Navy-sponsored bill through Congress is a long and involved process that starts with recognition of the need for a bill's passage, then moves to numerous approvals and revisions, and finally culminates in presidential consent.

In 1972 the Navy, on behalf of the Department of Defense, supported a bill for "special pay for nuclear-qualified naval submarine officers, nuclear-qualified surface officers and certain nuclear-trained enlisted members." Once recognized as a need, a proposed draft bill and "Speaker Letter" were sent to the Navy's Office of Legislative Affairs (OLA). The attached Speaker Letter explained the need for the bill, its purpose, and its cost.

The OLA then sent the proposed bill to pertinent departments within the Navy, requesting their comments and recommendations. When those concerned agreed on the bill's purpose, it then required approval by the Secretary of the Navy.

The Army and Air Force were also requested to comment and approve the contents of the bill. The special-pay bill then went to the Office of the Secretary of Defense for permission to submit it to the President's Office of Management and Budget (OMB) for review and approval.

Upon OMB approval, the Secretary of the Navy signed the Speaker Letter and sent it and the bill to the Speaker of the House; another Letter went to the President of the Senate. After being introduced in Congress, the bill was referred to a special congressional committee.

The special-pay bill moved from committee to a subcommittee where hearings were held. At these hearings, witnesses testified both for and against its passage. The bill was then reported out of committee and sent to Congress, where it was voted on.

Congress passed the measure, called an "enrolled bill," and sent it to the President for his signature. Finally the President signed the bill, thereby making it a public law.

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ON THE COVER

On the occasion of his retirement, TM2 William T. Jones wore a tartan uniform, indicating his close affiliation with the Scottish people. The "piping over" ceremony on 8 June almost stopped operations - what with bagpipe music on the 1MC, all other noises were temporarily drowned.



Chaplain's Corner

by Lt. Albert P. Connelly

In June we celebrate Pentecost, a festival commemorating the time that the Holy Ghost descended upon Christ's disciples and gave them power to do the work He had chosen for them. The key word here is "power." They had a task to perform, but without the power of the Holy Spirit, they could not execute their assignment. The power of the Holy Spirit was revealed in their lives by the healings, preachings, evangelism and strange utterances which were manifested in their ministries. Through the power of the Spirit they were able to cope with the tasks set before them.

This same power is available for us today. Each of us wants to ally himself with the forces of God. However, it takes more than just wanting such an alliance. We must have power to honor it and to do what God would have us do. Through power and commitment of ourselves to God we are provided the indomitable power of His Holy Spirit. There is no power on earth greater than God's, and we can claim it through our faith in Jesus Christ.

This power is manifest in our lives when we live for Christ. But when we live for ourselves, it quickly slips away from us. All too often we view the success of our lives from our own point of view, and not from God's. For example, we become angered if we fail of selection or promotion. We view it as a defeat too frequently, and not as a newpoint of change in our lives.

In Christ there is no defeat. The power of His Spirit assures us that in life and in death we are victorious. Because of this victory we have reason for joy. And joy is the life to which we are called. In all our daily tasks we ought to always pray diligently for the power of the Holy Spirit. A person whose life is directed by the Holy Spirit discovers that real meaning comes only when he is doing what God wants him to do. All else is nothing.

Divine services are conducted on board in the Conference Room, 0-2 level, each Sunday as follows:

1000 - Catholic services

1100 - Protestant services

HANS HELPS

THE OLD NAVY



by EMC John Hans, Career Counselor

August 1973 can be a pay raise month for a lot of men on Canopus - if you crack those books! This Navy of ours is in need of good petty officers in every rating. We want to see those chevrons on your sleeves, but you are the guy with the load on his back to get those stripes. Only you are to blame if you don't make the grade. So, pay attention, all you hard-chargers. Get hot on those books and pass that August Exam. Here's what you'll get: Knowledge, Prestige, Personal Satisfaction, Extra Privileges, and every payday you can say to yourself, "It sure was worth that extra effort!" And if those reasons aren't enough, drop by my office and I'm sure I can come up with a few more!

From time to time you hear someone saying, "The old Navy wasn't like this." How right they are! This modern Navy has it over the "old Navy" ten to one. Sure, some of the old-timers will disagree with me; so let's go over some of the things we have now that we didn't have then.

Now if you remember back 15 or 20 years, did you have a First Class Mess, or an Acey-Deucey Club to go to? Or, remember, if you will, how much fun zone inspections, or locker inspections each Friday were, and then following the inspections (if everything was OK) you got your long weekend off after Saturday morning's personnel inspection?

In the "old Navy" every seaman had a bucket of water and a rag to field-day with. Now, we have plenty of 409 and sponges. Or, what incentives for shipping over did you have then? I'll tell you. \$60 per year. Nobody ever heard of VRB or the \$10,000 max. And if you started talking about STAR, NESEP, SEAVEY, CHAMPUS, or Pro-Pay, twenty years ago, everybody would have wondered what kind of nut you were.

Yes, I liked the "old Navy" myself. But this modernized new Navy has it over the old one by a mile. That's why I shipped over again for four more. Anybody having questions about advancement, re-enlistment incentive programs, schools, or retirement, please call me at 527, or better yet, stop by my office and I'll try to get answers to all of your questions.

SAILOR-OF-THE-MONTH



PETER T. HOWARTH

Engineman First Class Peter T. Howarth of the Engineering Department is Canopus' April Sailor-of-the-Month. As the Leading Petty Officer of A Division's Hydraulic Shop, EN1 Howarth supervises the many extensive repairs on the

A COLLEGE DEGREE in 15 years

Chief Dental Technician Paul E. Robinson of Canopus' Dental Department was one of 217 recipients of Regents External Degree Associate in Arts degrees conferred by the New York State Board of Regents on 27 April 1973. This associate in arts external degree requires a minimum of 60 credits, 48 in specific areas of the arts and sciences, and 12 in free electives.

Enrolling in his first college course in 1958, Chief Robinson has finally realized a lifetime goal. Since enlisting in the Navy in August 1956, he has constantly utilized his off-duty time completing college courses. In his educational endeavors, he has attended the University of Illinois, East Carolina College, Inter-American University, Roosevelt University, and USAFI, and finally received his degree from the University of the State of New York.

The New York State Board of Regents External Degree Program was made possible by several grants in 1971. Then in March 1973 the Regents received two more grants: one to complete development of the associate degree in nursing and another to begin an external bachelor of arts degree. External degrees are awarded by The University of the State of New York.



Receiving the Canopus plaque from Captain Brooks ship's conveyors, elevators, and cranes. LCDR J. F. Ford, Engineering Department head, states that Petty Officer Howarth, as an aggressive leader, "never shirks a tough job."

Petty Officer Howarth, who received an Associate of Arts degree at the State University of New York, Farmingdale, continues his education while in the Navy. In addition to completing several Navy service schools, he has completed courses with the Universities of Hawaii and Maryland. A veteran of six years' naval service, Petty Officer Howarth has been recommended for the Warrant Officer Program.



In a unique ceremony on board Canopus, Captain Brooks presents Chief Robinson his associate of arts degree.

This associate in arts degree is the culmination of countless hours of hard work voluntarily and diligently applied by Chief Robinson. The support received from his superiors within the Navy's Dental Corps has been primarily responsible for Chief Robinson's opportunity to be of greater value to the Navy.

MOTOR CYCLE HELMETS

by LCDR J. A. Roach

The Motor Cycles (Wearing of Helmets) Regulations 1973, recently was passed by the United Kingdom Parliament, and became effective on 1 June 1973. The delay in passing the new law was due to difficulties in defining what is an "approved" helmet design under the regulations.

According to these new regulations, "protective headgear" means headgear which is either a helmet complying to relevant British standards, or "a helmet which by virtue of its shape, material, and construction could reasonably be expected to afford to persons on motor bicycles a degree of protection from injury in the event of an accident" similar to or greater than that provided by a helmet outlined in British standards.

In addition, "protective headgear" means headgear that is securely fastened to the head of the wearer by means of the straps or other fastening provided for that purpose.

It is anticipated that these Motor Cycles (Wearing of Helmets) Regulations 1973 will be strongly enforced. A fine of £50 is mandatory for convicted drivers and passengers of motor cycles. The primary purpose of the compulsory helmet when riding a two-wheel motor cycle is to save lives, quite possibly yours.

AWARDS PRESENTATION



Captain Brooks presented the indicated awards to the following men on 14 May 73: SN Barry L. Boadles, letter of appreciation; ETI Keith W. Larson (center) and CS2 Rolando M. Lopez, letters of commendation.

Personal appearance and conduct of the Navy man and woman are limited by specific guidelines commonly characterized by the phrase "... that would reflect great credit upon oneself and the Navy." To maintain this favorable image, both at home and abroad, the individual cooperation of each man and woman in the Navy uniform is required.

Today's modern Navy allows great latitude in dress and grooming standards, both of which have been updated to coincide with the standards of society at large. It is the individual's responsibility, however, not to misinterpret nor to purposely extend or ignore the guidelines. Blatant disregard for these rules can result in reprimand or disciplinary action.

With the added privileges enjoyed by today's sailor, it behooves him to respect the new "liberties." Civilian clothes aboard ship, longer sideburns, moustaches, beards and bouffant hair-do's are just a few policies implemented by the Chief of Naval Operations to make Navy life more enjoyable for all hands.

The advent of the new enlisted dress blue uniform places even more emphasis on good grooming. Excessively long hair is immediately evident when wearing the white shirt. Untrimmed beards or moustaches will detract from one's overall appearance.

It's a changing Navy - in size, in customs, and in personal appearance. One facet, however, has generally remained constant - that of conduct.

From the time one enters boot camp, this term becomes important in the vocabulary of every Navy man and woman. In its simplest form, conduct means behavior, and in the Navy, only "good" behavior is acceptable; it is an absolute must.

To function properly, the Navy depends on its people to mesh their respective jobs in an efficient and effective manner. A "slacker," or someone who otherwise performs improperly, deters from timely accomplishment of the Navy's mission.

The Navy cannot function if it tolerates bad conduct on the part of anyone. To ensure compliance with its laws, the Navy indoctrinates every new member in the rules contained in "Navy Regulations" and in the "Uniform Code of Military Justice."

It is noteworthy when a man or woman complies with the Navy's standards of personal appearance and conduct. It is especially commendable when one does it out of pride in self and the uniform he or she wears. The Navy's standards are "minimum" requirements; we, as individuals, can aspire to "maximum" allegiance. (AFPS)



The formation prepares for the inspection by LCDR W. W. Wilson, Officer in Charge



A discrepancy is found!

QUARTERLY COMMAND INSPECTION

US Naval Activities

United Kingdom

Detachment Holy Loch

The personnel inspection for NAVACTSUKDET Holy Loch was held on 18 May 1973 in Ardnadam Gymnasium. Because of operational commitments and widely-varying geographical working locations involved, the detachment gathers as a group only four times a year. This inspection was enhanced by the appearance of a contingent of wives.



With the inspection ended, exceptional performers are to be recognized. Presented the Good Conduct Medal are (from 1): SKCM George E. Holt, SK1 Donald A. Sassen, HM1 Gerald L. Smith, and HM2 James F. Renn.



Happy recipients of the indicated medals are: Master Chief George E. Holt (left), Navy Achievement Medal; LCDR W. W. Wilson (center), Navy Commendation Medal, and Chief Billie H. Newman, Navy Achievement Medal, presented at NAVACTSUKDET Holy Loch command inspection.

Some background of

BEEF PRICES

In these days of high beef prices, it might be of interest to know that beef cattle have been in America for nearly four centuries.

Juan de Onate supposedly brought the first permanent herd of cattle along the Rio Grande in 1598. Thereafter, cattle spread very rapidly. A vital role was played by the Catholic missions in their encouragement of livestock-raising. Every mission outpost had its herd and native vaqueros.

By the time the first Anglo-Americans settled along the



An OMBUDSMEN meeting in the Commodore's Cabin on board Canopus 7 June 1973. From left are Captain Brooks, Linda Heddon and Sue Clutter, both from NWCA; Georgia Goodman, CPO Wives Club; Cynthia Schultz, Officer's Wives Club; and LCDR Wilson with his back to the camera.

Brazos River in 1821, lower Texas swarmed with cattle. Many of the early settlers became cattle-raisers out of necessity. In 1860 there were nearly four million head of cattle in Texas.

People fed up with the high prices of beef today might be interested to know that back in 1866 a buyer looked over a herd of 3,500 Texas steers, bought the best 600 at \$6 each and a second 600 at \$3 each. He thus got 1,200 cattle at an average of \$4.50 a head, or about 40 cents a hundred weight!



MTC Gordon Oliver conducted a ship's tour on 10 June for this group of men from the 8th Greenock Company of Boys' Brigade, led by Mr. William Peaston.



At the invitation of Commander Adler, Commanding Officer, USS ULYSSES S. GRANT (SSBN631), the 8th Greenock Company of Boys' Brigade toured his ship alongside. Here Commander Covell, Executive Officer, leads the men on their tour while Commander Adler and Chief Oliver complete their briefings.

RACE RELATIONS

by SKC Ben Librojo
and HTI Roger Watkins

Good communications is critical to improving race relations. Even though communications by itself isn't going to solve the race problem, it is a necessary part of almost any solution. When a problem can be talked about, there is the possibility that it can be solved; when you can listen sympathetically to the problems of your men, you can earn their respect. When the reasons behind a course of action are explained, misinterpretations and rumors are less likely to develop.

And, we have found that when minorities and whites can talk to each other about what bugs them about each other, they have taken a big step toward resolving their problems. One of the most obvious problems today is that there are poor communications among minority and white sailors, and in general, between all sailors and their leaders. Let's look at some of the ways you might improve communications with your men, among other men, and up and down the chain of command.

Don't believe those who say that talking about race and racial problems stirs things up and causes problems to exist which did not exist before. It is ignoring such problems and remaining apparently blind and indifferent to their real existence which really stirs up trouble and increases tensions. Almost never will you make matters worse by a sincere effort to get issues out in honesty and openness.

We've stressed that we should listen carefully to the complaints of our men and discuss what we've heard and learned with them. Suppose you find that when you approach the minority sailor in your division you are rejected: he doesn't trust you. Maybe your rank and position make him suspicious, or even the fact that you are white. Or, if you are minority, maybe he'll think you won't be able to see eye-to-eye with him on his problems. In many cases, be prepared to be rejected. But don't let this defeat you.

If you can keep in mind that simply talking is only a part of what communicating is all about, and that the other half, which is equally if not more important, is listening and learning, you will have made a big step toward gaining the trust of your men. In addition, communications efforts of all types must lead to action and results. Sailors will completely lose faith in your effort to improve communications unless they can be made aware that their suggestions, problems, and grievances are being acted upon.

Apes have a very low crime rate. They pay no taxes, never go to war, never go into debt.

They have no population explosion nor any threatened food shortage.

No one has to spend big ad dollars to tell them, "Never put bananas in the refrigerator."

They don't need a beautification program because they don't spoil their surroundings.

They don't pollute their air; don't waste their water.

Their government is a model of efficiency and simplicity.

True, they don't have California wine, cellophane, jet planes, ice cubes or pro football, but they have established a balanced equilibrium with their natural environment.

A hundred million years ago, an ape-like creature came swinging out of the trees and said, "I'm going to stand on my own two feet, call myself Man, and build a BETTER world."

Isn't it time we got started?



Adapted from "The Original Swinging Society," NEWSWEEK, in TO LIVE IN FREEDOM, by George Henderson, University of Oklahoma Press, Norman, 1972, 36.



Petty Officers Third Class effective 1 May 1973 are (Front, l to r): TMO3 Ralph D. Ellis, IM3 Frederick Copithorn, IM3 Harry McWreath, DP3 Michael Landis, HT3 John C. Milligan, EN3 Joseph R. Hart, LI3 George McCormick, and YN3 Robert F. Ottman. (Center, l to r) EM3 John R. Buhman, DM3 Ruben T. Walker, ML3 Gale J. Reardon, PM3 Stephen Gilligan, DP3 Charles Cretton, DP3 Charles W. Frantz, MR3 Otto J. Kruse, EN3 Eugene Groszek, EN3 Michael K. Roddy and OM3 Dan L. Holmes. (Rear, l to r) TM3 Philip K. Schilb, TM3 Harry A. Smith, YN3 Robert A. Mottram, PC3 William C. Tevebaugh, PN3 Gary W. Traxler, DM3 Raymond Donley, SK3 David L. Youngren, CS3 Jerome E. Mowka and DTG3 Edwin G. Reams.



Petty Officers Second Class effective 1 May 1973 are (Front, l to r): SD2 Edgardo Cabalfin, BM2 Roger D. Edwards, DT2 Manuel Gonzales, GM2 Frankie R. Varda, TM2 John Beers, MR2 Daniel Thornton and HT2 John M. Wallock. (Rear, l to r) ET2 James L. Barlow, OM2 Dennis J. Brown, PH2 Richard W. Collins, ETN2 Dennis Flowers, DS2 Howard K. Jaecks, FTG2 James A. Simon, TM2 Richard L. Smalley and CS2 Richard J. Tarbox.

NWCA #247

by Jane Jago

During our regular monthly meeting on 6 June 1973, a new president and chaplain were elected. Linda Heddon will assume the duties of president, replacing Sue Clutter whose husband is being transferred shortly. Pat DeVault was elected to replace Linda Heddon as club chaplain.

During the same meeting, the club completed amending the by-laws, planned a wine-tasting social for 20 June, and discussed plans for the year's Christmas Bazaar. The club also scheduled a "Mother's and Children's" picnic for the July social.

The Jason Morris Charity Ball, held in Ardnadam gym on 18 May, was a complete success. Not only did everyone have a grand time, but a profit of \$827.00 was made to help defray little Jason's medical bills. "Thank You" to everyone who helped on this project.

Our recent raffle for Jason Morris was also highly successful. The proceeds from the raffle exceeded \$200.00. Again, "Thank You" for your hearty participation.

"GRANNY KEMPOCK"

One of the more noteworthy aspects of Gourock is the Kempock Stone, known locally as 'Granny Kempock.' In olden Gourock it formed a conspicuous object on the barren hillside, but today it is hidden behind the houses on Kempock Street. To reach it you take the first passage-way on the left in Kempock Street, proceeding from the Pierhead. Ascending a flight of steps you come upon it surrounded by railings, appearing somewhat dwarfed by the massive buildings of Castle Mansions and Castle Gardens which look down upon it.

This standing stone is a remarkable-looking block of gray mica-schist. Supposedly, it marks the site of an altar to Baal during Druid times. Regardless, for centuries it was an object of superstitious awe and reverence. Sailors and fishermen performed rites around it to secure favorable winds and prosperous voyages. For many years, marriages in the district were not regarded as lucky unless the bride and bridegroom obtained "Granny Kempock's" blessing by passing around the stone.

The Kempock Stone also forms a link with the mania for witchburning which raged throughout Europe in post-Reformation years. In 1682 some women in Gourock and Greenock were put on trial for having reputedly entered into a pact with the devil. One of them was an eighteen-year-old girl named Mary Lamont, who after being found guilty of consorting with the devil, was burned to death.

Education Services Office

by ETN3 Michael Williams

Many men fail to meet the job requirements needed to get ahead because they do not have a high school diploma and do not know how to get one. Many servicemen go through the Service without getting that important piece of paper. When a man just out of the Service finds he can't get a job simply because he doesn't have a diploma, he usually thinks, "I never had a chance to get one."

On board Canopus, ESO administers a series of tests designed to let anyone who wants one get a high school diploma. Called the General Educational Development Tests for High School, these tests are developed by USAFI for your benefit. There are five tests in the series, and two parts are given at a time once every month. The five tests include two on English, one on social studies, one on the natural sciences, and the last one on mathematics.

For personnel who feel they need help in certain of the above subject areas before taking the GED, ESO can help. We can supply you with information and USAFI study materials for English, the natural sciences, or mathematics. Or we can sign you up for one of the High School GED classes that have been established onboard. These classes cover the material found on the GED tests. Currently we have an English course in session, but mathematics and science courses will be set up in the near future.

So, if you want to get your high school diploma, contact the Educational Services Office for help.



Also on 14 May 73, the following men were presented the Good Conduct Medal. (Front, l to r): Sn William J. Shivers and BM3 Roger Dale Edwards. (Rear, l to r): FTB2 David W. Griffith, SH2 Joe Vincent Bradley, and EN2 Emery J. Lushia.

MARINE OF THE QUARTER



VERNON E. STANCILL

Corporal Vernon E. Stancill has been selected Marine of the Quarter for our Marine Detachment. Corporal Stancill, a section leader in this detachment, has continuously "set the example" for his fellow Marines.

In recommending him, the detachment commander, Captain Ronald C. Gates, declared that Corporal Stancill "is not afraid to tell the truth in all situations, no matter what the cost to himself in unpopularity among his peers."

CHAMPUS REQUIRES

MILITARY IDENTIFICATION CARD

As proof of eligibility for medical care from both civilian and uniformed services sources, a beneficiary must present a valid Uniformed Services identification card. This is the only identification needed.

The identification card for all dependents of active duty, retired, or deceased personnel is DD Form 1173, "Uniformed Services Identification and Privilege Card."

Cards are not usually issued to children under 10; certification of such children is the responsibility of the accompanying parent, legal guardian, or acting guardian.

In filing a claim covering care for a child, the data from the appropriate adult's identification card should be entered as Item 5 on the claim form. Beneficiaries are responsible for obtaining their ID cards.

CHIEF'S

CORNER



Master Chief Joseph E. Dennison, Canopus' Personnel Officer, is probably the most sought-after person in the ship. Advising people daily on their personal and personnel problems, he is most familiar with more people aboard than any other man.

The senior enlisted man in the command, Master Chief Dennison is responsible for the administration of over 1,200 service records and keeping the personnel matters up-to-date involves more than the normal person could comprehend. Through the experience of 21 years' naval service, combined with perseverance and initiative, he has been able to have such an impact upon the Navy man.

Master Chief Dennison, nearing the completion of his tour of duty in the Holy Loch, was recently commended by the Commander Submarine Force, U.S. Atlantic Fleet for his duty performance as Assistant Personnel Officer aboard the Canopus and for his off-duty achievements.

THE SOLE OF MANKIND

Among our stock parts, the human foot seems to come in for poor rating. We hear plenty of appreciative talk about capable, or expressive, or sensitive hands, but - ever hear anyone enthuse about expressive or sensitive feet?

No! Feet just seem to get walked on. We don't give them a thought, until we develop an ingrown toenail or our arches start sagging. We don't seem to appreciate the fact that without two good feet we would be like a house without a foundation, a car without wheels.

It is this lack of appreciation that partly accounts for people who fail to wear safety shoes on the job. Consequently, an untold number of toes are mashed every day. Some victims are laid up for weeks, while others will never again walk normally. In most cases a sturdy toecap would have taken all the punishment if it had been on the job.

And on special jobs with special dangers, complete in-step guards are required. Safety shoes make such good sense that it is hard to see why we need to be talked into them.

HOLY LOCH YOUTH ACTIVITIES GROUP

by Doyle

The Holy Loch Youth Activities Group was recently organized by a group of our Navy people to provide a volunteer program of instruction, workshops, and entertainment for Holy Loch American children. The group's main concern is to create activities to complement those already in progress in the area, but with particular emphasis on those age groups having the least activities.

The Holy Loch Youth Activities Group is a non-profit organization dedicated to the recreational well-being of our children. The group adheres to the guidelines and by-laws adopted on 14 May 1973. The sole objective is to offer a broad spectrum of recreational activities for our children.

The organization's scope is limited due to the lack of adequate facilities, funds, and adult leaders. The organized activities, which began 23 June, will continue through 26 August. Many activities are set up for the 6-to-10-year-old children, but the majority are for the 10-year-and-older children. Some activities will appeal to teenagers, while others will appeal to all age groups.

In the first stages of organization, classes of instruction have been formed in the following: Archery, Basketball, Beauty Culture, Camping, Golf, Gun Safety, Indoor Olympics (Chess, Billiards, Darts, and Ping Pong), Painting, Swimming and Life Saving, and Tennis. Also on the summer calendar are dances, tours of the local area, and ship and submarine tours.

In order to control participation and to provide for a small source of income, it was necessary to charge a registration fee for each person desiring to benefit from the Holy Loch Youth Activities Group. Accordingly, a fee of \$2.00 is required of each registrant, which then entitles him and his parents to full membership in the organization.

As the materials for use in the above classes (e.g., golf balls) are not without cost, some form of income had to be arranged. In addition to the registration fee, other fund-raising projects have been planned. This group was formed solely to benefit our children, and contemplates no financial gain whatsoever. Any funds accumulated will be used to provide recreational activity for our children at the lowest practicable cost possible, thereby insuring maximum participation. Among the fund-raising projects have been two car washes, a wine raffle, a marathon walk, and a carnival.



Club officers at a weekly meeting in the YMCA are (from left): Shirley Smeltzer, Paul Robinson, Edith Counts, Joe Counts, Marilyn Grindrod, Kathy Bergner, and Marlene Robinson.

Activities may be added to, or deleted from, the summer program, depending upon the popularity of the activity and availability of facilities. Age groups indicated are only arbitrary. If, in the opinion of the instructor, the child is capable of understanding and is mature enough to benefit from the class, he will be permitted to participate. For further information, please contact any of the below-listed officers.

Chairman - Paul Robinson
 Vice-chairman - Shirley Smeltzer
 Secretary - Edith Counts
 Treasurer - Marlene Robinson
 Publicity Chairman - Joe Counts
 Ways and Means - Jerry Parli



Mr. and Mrs. Smeltzer operate the Handicrafts Booth at the recent fund-raising carnival held in Ardnadam gym.

SCHEDULE OF ACTIVITIES HOLY LOCH YOUTH ACTIVITIES GROUP

The Holy Loch Youth Activities Group has been scheduled to run from 1 July until school starts the latter part of August.

MONDAY

TENNIS - 1100 to 1300, Ardnadam gym

TUESDAY

ARCHERY - 1700 to 1900, Hoop House, Innellan

TEEN FASHION SHOW - 1200 to 1500, 24 July
at the Enlisted Mens' Club

PICNIC - 1200 to 1600, 31 July, Navy Recreational
Park, by Holy Loch

SAFARI PARK - 0800, 7 August, Ardnadam Pier

INTERNATIONAL POLICE TATTOO in Glasgow,
0800, 21 August, Ardnadam Pier

WEDNESDAY

BASKETBALL - 1100 to 1300, Ardnadam gym

INSTRUCTORS MEETING - 11 July at YMCA

BEAUTY CULTURE - 1400 to 1600, 1 August, at
the YMCA

THURSDAY

BILLIARDS, DARTS, MOVIE - 1100 to 1600, at
the Ardnadam Recreation Lounge

HUNTER SAFETY - 1700 to 2100, 12 July, at the
Ardnadam Movie Theater

PAINTING - 1300 to 1500 at the YMCA

FRIDAY

CHESS, CHECKERS, CARDS - 1100 to 1400 at the
Ardnadam Recreation Lounge

BILLIARDS, DARTS - 1400 to 1600 at the Ardnadam
Recreation Lounge

SWIMMING & LIFESAVING - 1800 to 1930, at the
Dunoon Swimming Pool

SATURDAY

SWIMMING & LIFESAVING - 0830 to 0930, at the
Dunoon Swimming Pool

SUNDAY

FAMILY DAY - 1000 to 7, 26 August, at the Navy
Recreational Park, by Holy Loch

Tentative activities planned, but with no confirmation date, are:

- A mystery evening cruise on the Clyde (to include music, dancing and singing) for 12-year-olds and up.
- Edinburgh Zoo, for 11-year-olds and under.
- A tour of Canopus, demonstration by the Marines, and a submarine tour.

Other tours will be planned as funds become available.

Should a participant in the Holy Loch Youth Activities Group summer program be expelled by an instructor for disciplinary reasons, the youth has the right to petition, accompanied by his parents, the executive committee for a hearing.

Comments and suggestions by anyone on how to improve the summer youth program are encouraged. Please contact DTC Paul Robinson at Dunoon 2280, or any other member of the organization.

HELP A KID THIS SUMMER! SUPPORT THE HOLY LOCH YOUTH ACTIVITIES GROUP!



Haggis, the most famous dish of Scotland, is a mixture of liver, kidneys and assorted offal finely chopped, highly seasoned, mixed with oatmeal and onions and sewn into a bag made from the lining of a sheep's stomach. Should you be served haggis that is somewhat dry, simply add a large pat of butter — or a drop of whisky! Usually haggis is served with mashed turnip and mashed potatoes.

INVISIBLE MEN

More than three million "invisible" men are traveling the United States' public roads today! Who are they? People just like you and me . . . only they ride motorcycles. Why are they 'invisible'? Just because they are what they are . . . motorcyclists!

To illustrate the invisible man, just locate an object 25 yards away that is about 30 inches wide (or about the width of a motorcycle). Now try to see the object while holding an ink pen upright about six inches from your eye. The pen makes a "blind spot," blotting out the object you are trying to see.

If a blind spot the width of an ink pen makes it difficult to see a motorcycle, think how large a blind spot your car's doorpost makes. Imagine yourself stopped at an intersection. You stop, look both ways, but don't see anything. So you take your foot off the brake and hit the accelerator . . . then you see the motorcycle. . . sometimes too late!

Why didn't you see him before? Glancing to either side isn't enough. He could have hidden by your doorpost "blind spot."

Car drivers should be aware of "invisible" cyclists on the road; but, by the same token, cyclists should take every precaution to overcome the hazards of motorcycling. "Bike" headlights should be on at all times. This prevents the bike and rider from being hidden by a shadow, and makes him more noticeable. Remember that much of the time you are hard to see.

A helmet must be worn at all times, and worn properly. The chin strap should be fastened securely; snug enough that it won't come off in an accident. Watch closely for other vehicles - you never know what the other guy will do.

Reduce speed in gravel; when sand, dirt and such are on paved surfaces and when the roadway is wet. A motorcycle isn't as stable as a four-wheeled vehicle. Remember, above all, on a bicycle, motorscooter, minibike, or motorcycle, you are extremely vulnerable. Skin and bones give way much easier than sheet metal and steel chassis.

The large mills at Port Glasgow originated at Gourcock in the form of a rope-works, which was started in 1777. The works were moved to Port Glasgow in 1851, and are still carried on under the old name of the Gourcock Rope-works Company.

LEADERSHIP

FTCS Jerrold W. Parli

The term "moral leadership" includes all means taken to strengthen the moral, spiritual, and religious level of officers and enlisted men, thereby assuring the country of a responsible, well-disciplined naval establishment. Moral leadership is that aspect of leadership involving "ethics" and a sense of values as related to human behavior. It stresses a responsibility to self, Navy, country, and the adherence to those standards of conduct and behavior which are inherent in our civilization.

Leadership (by means of inspiration and personal example) is nothing new. It long has been the ingredient of successful military life, and is largely responsible for the continued success and development of our Navy. The current stress on naval leadership has as its purpose the return of the traditional type of leadership of which the Navy has long been proud. Below are listed some broad guidelines of moral leadership. Check it out. How does your leadership compare?

DUTY - Everyone has a duty to serve his country. Duty means pride in work, uniform, division, ship, Navy, and country.

MORAL COURAGE - to stand up to your men; to say, "No, you are not qualified for advancement in rate because . . ."; courage to tell your men, "You've done a good job." Back your men when they are right, and take the blame when they are wrong.

FOLLOW THE GOLDEN RULE - "Do unto others as you would have them do unto you." Assure that your men never get the idea that there is any danger or hardship that you would not share with them.

TRUTH - tell your men what you can whenever you can. Never conceal, exaggerate, or minimize. Keep your word, whether it be special liberty or disciplinary action. Better never to make a promise than ever to break one.

FIRMNESS AND CONSISTENCY - be firm as a rock when right. If wrong, don't hesitate to admit it. Never give up. Always live up to the same principles.

LEAD, DON'T DRIVE - extra or unusual performance deserves prompt public praise.

"For he that is not against us is in our part."

(ST MARK, IX, 40)

ATHENS, GREECE, USO

The Athens USO offers numerous services, including a gift shop, ping-pong room, pool and table-games room, and free maps and information for shopping and sightseeing in Greece. Also, commercial tours can be arranged (with a 20% discount). Hours of operation for the USO are:

Sunday thru Thursday	1000 to 2100
Friday & Saturday	1000 to 2300

The Athens USO also helps in telephone calls, but can make only collect person-to-person calls at the club. The club has direct transportation connections to the US PX and Commissary in downtown Athens and at the nearby Air Force Base. The approximate taxi fare from the USO to the NCO Club is \$2.50, and from the USO to the Acropolis, \$.70.

Greece is famous for art, pottery, dolls, statues, handicrafts of woven cloth, flokati rugs, old copper and brassware, ikons, and coins.

HIGHLAND GATHERING

A Highland Gathering, very popular this time of year in Scotland, has pipes, drums and tartan to give color to a day spent in dancing competitions and trials of physical strength. The Highland Fling is danced, the Seann Triubhas, and the Sword Dance. Athletic events include putting the stone (throwing 16- and 22-lb stones); throwing the hammer (which weigh the same as stones); throwing the weight (28 lb for distance, or 56 lb for height over a bar); and the most popular contest of all - tossing the caber. A caber is a tall pine log which must be tossed end-over-end to land pointing in a straight line away from the person throwing it. Some cabers exceed 19 feet and weigh 120 pounds.



Throwing the stone at the 1972 Cowal Highland Games.

SPECIAL SERVICES NEWS

Approaching the half-way mark of our summer league we find that rivalry is the key to enjoyment and success. For example, you can't find any greater competition than in our intramural softball league. These games are played Monday through Thursday evenings on our recreation field in Glen Mason. Each game lasts a full 90 minutes, or seven innings, whichever comes first. We have three umpires to keep the rules of the game in order.

Our summer basketball league is also very active. This league is composed of boys from the local Scottish grade schools and personnel from USS CANOPUS and USS LOS ALAMOS. The competitive spirit of this league is great.

The 1973 Canopus/YMCA Pool Tournament champion is FTB2 Michael Anderson, who defeated FA Frank Altier in the final game. Mr. Johnson, Director of the YMCA, presented trophies to each man.

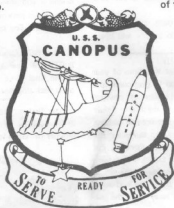
The first rod herrings cured in Great Britain were cured at Gourcock by Mr. Walter Gibson, merchant, who was the Provost of Glasgow in 1688.

CANOPUS TUG-O-WAR TEAM



Chieftain John S. Thomson of the Bear:den Highland Games presents the runner-up trophy to EN2 Gary E. Townsend, captain of Canopus' Tug-o'-War team. Eight Tug-o'-War teams from throughout Scotland competed in the Bearsden Highland Games on 9 June 1973.

Although neither a submersible nor a combatant ship, CANOPUS is an indispensable element of the Navy's fleet ballistic missile weapons system. CANOPUS (AS 34), like her predecessor (AS 9), is named for the second brightest star in the heavens. The star Canopus is a supergiant and cannot be seen above a certain latitude. Activities of some early civilizations were oriented on the position where CANOPUS arose above the horizon. Like these early civilizations, the Navy's missile weapons systems also focus upon CANOPUS, the ship. Yet the CANOPUS emblem symbolizes her defensive and protecting functions in contrast to the aggressive cutting edge of a combatant vessel.



The Greek Ship and its star cluster in the center represent the Argo Navis constellation in which the star CANOPUS resides. Flying through space to the right is the POLARIS missile. The large star connecting the shield and scroll at the bottom is CANOPUS. It guides the Greek Ship and the POLARIS missile, insuring accomplishment of their missions. The smiling DOLPHINS above symbolize our primary mission to cheerfully tend our undersea brood. The crossed rifles, encircled, recall the heroic stand of the embattled crew of CANOPUS (AS 9) on Bataan. The scroll's motto below pledges our readiness to serve in a determined, professional performance.

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FROM _____

_____ DIVISION

USS CANOPUS (AS-34)
FPO NEW YORK, 09501

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