

POST OFF.

ALL  
YOU  
NEED  
IS...



LOVE?

See page 12.



SALTY

SAM

SAYS

Page 5

# THE CANOPUS STAR

Volume 2 Issue 1

January/February 1991



BM3 Hawkins signals during the highline exercise held on the Boat Deck for ESWs qualifying personnel.

**CAPTAIN'S CALL**

**ADVANCEMENT, INCREASED RESPONSIBILITY AND CHALLENGE!!**

This should be on everyone's mind during this time of the year. The March Navy-wide Advancement Examination is right around the corner. I strongly encourage everyone who is to compete for advancement this year to study hard and complete all eligibility requirements early.

Similar to all walks of life, success almost always goes to those individuals who "make the time" and "take the effort" to plan ahead to prepare themselves for when opportunity knocks.

I challenge everyone to prepare themselves to compete for advancement at the earliest opportunity. The rewards are worth the hard work.

Study hard and **"BE THE BEST!"**



The editorial content of The Canopus Star is prepared, edited and provided by the public affairs office of USS CANOPUS (AS 34). The Canopus Star is an authorized publication for the members of the military services at sea. Its contents do not necessarily reflect the official views of the U.S. Government, the Department of Defense or the U.S. Navy and do not imply endorsement thereof.

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### EXECUTIVE OFFICER'S NICKEL

Being assigned to CANOPUS with 1,400 people on board involves living and working in close quarters. We also generally work long and hard in support of CANOPUS, and the fast-paced tempo of operations at SITE VI. Consideration, courtesy and respect for each other, and self-discipline are necessary to achieve the best possible efficiency and a high level of crew morale.

Treat others the way you want to be treated. Seniors should treat juniors with proper courtesy and respect as well as insist on proper courtesy and respect from juniors. This is just as true at the E-3 to E-4 level as it is at the E-4 to O-4 level.

A lack of courtesy and respect is often shrouded under the guise of a "joke" which is frequently offensive and demeaning. There is no place for these "jokes" on CANOPUS. Everyone at all levels of the chain of command are expected to demonstrate proper consideration, military courtesy and respect both up and down the chain of command.

I want you all to be good shipmates. Being a good shipmate means more than being assigned to the same ship. It means sacrificing a little of yourself for the good of the crew. We all have one thing in common--we're all in the Navy and we should conduct ourselves accordingly.

Discipline is often misunderstood to mean punishment. However, discipline forms the basic foundation of a military organization. Discipline is following rules, regulations and orders and doing the right thing. Self-discipline is doing this without someone looking over your shoulder forcing you to do it. A well-trained and well-disciplined crew is able to perform and get the job done even when the chips are down. This was dramatically exhibited by the crew of USS ROBERTS when the ship hit a mine in the Persian Gulf in 1988. A less-disciplined crew would have lost the ship, along with many sailors' lives.

Take a good look in the mirror. If you don't see a sailor who is courteous, respectful and considerate toward others and a good shipmate who possesses self-discipline, then take some action. Do an attitude adjustment and correct the problem. Be a good shipmate!



MARDET honors Mr. Jack Tuttle, former Marine, with a gun salute during the Burial at Sea ceremony.

### SAFEGUARDING OF CLASSIFIED INFORMATION

The safeguarding of classified information can never be over-emphasized. Whether it be telephone security or just "slipping" something out in casual conversation, classified information in the wrong hands could be detrimental to the continued strength of our national defense.

Those seemingly innocent conversations are one of the easiest means for an individual to gain access to classified information.

When speaking over the phone: DO NOT use the noun

names of our submarines, DO NOT discuss their movements or our own, and ALWAYS let the caller know "this is a non-secure line". Remember, ship's telephones are subject to monitoring at all times. If ANY DOUBT exists as to the security/classification of a telephone conversation, use of a STU-III secure telephone is required. DO NOT try to "talk around" classified information, it doesn't work.

Always get suspicious when someone starts asking questions about the ship, its mission, how many submarines, etc. Report IMMEDIATELY any suspicious inquiries to your supervisor. The safeguarding of classified information is everyone's responsibility!



HM3 Jett checks X-rays for hairline fracture.

### CORPSMAN - A CUT ABOVE

While serving as USS CANOPUS Emergency Response Team Leader in December 1990, HM3 Gregory C. Jett was awarded the NAVY ACHIEVEMENT MEDAL for his excellent response and accurate urgent care during a serious casualty onboard. His quick thinking and medical expertise far exceeded that expected of a

junior corpsman. His urgent care limited further patient injury and possible loss of life.

Petty Officer Jett's actions emphasized that the crew's confidence in their Medical Department personnel is well deserved. A trauma surgeon of a Level One Trauma Center acknowledged and complimented Jett's superior abilities and professionalism in the care provided during this severe injury.

Petty Officer Jett said he owes this award to the CANOPUS Medical Team as a whole. "If it wasn't for the highly competent group of corpsmen working with me, I couldn't do my job as team leader." Jett is seeking a career in the medical field, eventually hoping to attend medical school to study surgery or radiology.

Aside from serving as Team Leader for the Emergency Response Team, he works as the medical department's X-ray technician. HM3 Jett has also served in a Navy Intensive Care Unit and Emergency Room. In his off-time he achieved Emergency Medical Team national registry.

Petty Officer Jett's talents have earned him much well deserved recognition. In addition to receiving the Navy Achievement Medal, he was also selected as CANOPUS "Sailor of the Month" for December 1990. To start 1991 off right, he was advanced to Petty Officer Third Class on January 16. A quiet, reserved individual Jett states, "I am fortunate to be working with such competent shipmates. Without them, I couldn't do my job." Without a doubt, Jett's shipmates feel they are the fortunate ones in having him onboard their ship.



### SALTY SAM SAYS

by PC2 P. J. McKenna

A lesson learned from the controversy surrounding the myth of the Signalmen rating being "one of the oldest in the Navy" is that old myths should be shattered with care.

Now that we know the Signalmen rating isn't one of the oldest in the Navy, what are the oldest ratings in the Navy? Such ratings as the Apprentice Boy, Landsman, Coal Passer, Lamp Lighter and the Sailmaker's Mate didn't survive the Navy's many transitions from sail to nuclear power. But the following have been serving proudly since the 1800's--Boatswain's Mate, Gunner's Mate, Master-at-Arms (disestablished in 1921 and reestablished in 1973), Quartermaster and the Yeoman. Other ratings have undergone subtle name changes.

The Machinist became a Machinist's Mate in 1904 and in 1921, the Electrician became the Electrician's Mate. With the exception of the Master-at-Arms (which originally had a specialty mark consisting of a five-point star), the designation of these ratings have remained unchanged, distinctive and time honored from the late 19th century.

"I only regret that I have but one life to lose for my country." These famous last words were spoken by Nathan Hale before he was executed by the British during the Revolutionary War. At least that's what most of us have been misled to believe. According to the recently discovered diary of a British officer, who was present at Nathan Hale's execution, our ill-fated hero's last words were "It is the duty of every good officer to obey any orders given him by his Commander-in-Chief."

If anyone says that the Union Jack is the flag of Great Britain, don't believe it. That is another time-honored myth. The flag of Great Britain is properly referred to as the Union Flag. Like the American Union Jack, the British Union Jack is flown from the jackstaff of a ship. For the record, the American Union Jack is a blue flag with 50 white stars.



## CHAMPUS NEWS

Which CHAMPUS supplemental insurance policy should you buy? It's your decision. Do you need a health insurance policy to supplement your CHAMPUS benefits?

That's a good question. One that only you can answer.

CHAMPUS covers a lot--but it isn't free. After receiving health care from a civilian source and having CHAMPUS pay its share of your medical bills, the costs that are left will be responsibility.

You have a choice. You can pay those costs out of your pocket, or you can buy an insurance policy that will pick up most or all of the remaining expense.

Policies that are specifically designed to pay after CHAMPUS has paid the government's share of your civilian health care costs are called CHAMPUS supplemental policies. They're offered by military associations and private firms, and have no connection to CHAMPUS, to the Defense Department, or to any other agency of the federal government.

Each CHAMPUS supplemental policy has its own rate structure and rules about eligibility, level of benefit coverage, deductibles, coverage of long-term illness, etc. It'll be up to you to decide which plan--if any--is best suited to your needs.

Here are some questions you should ask when shopping for CHAMPUS supplemental policies:

- \*\* Is there a deductible you must meet before the supplement will begin paying?
- \*\* Is there a maximum limit on benefits (lifetime, annual, type of care)?
- \*\* Is there a limit on the number of days of inpatient care the plan will cover (lifetime, annual, consecutive, etc.)?
- \*\* Is there a pre-existing condition clause?
- \*\* Is there a waiting period that must elapse before the policy will pay for pre-existing conditions?
- \*\* Are there any requirements for certain kinds of care to be pre-certified or approved before receiving the care (such as for inpatient care, mental health care, etc.)?
- \*\* Will the plan cover amounts beyond what CHAMPUS allows?
- \*\* Does the plan cover outpatient, inpatient or long-term care?
- \*\* Does the plan pay for services that aren't covered by CHAMPUS (such as cosmetic surgery)?
- \*\* Does the plan specifically not cover other conditions (mental health, OB/gyn, cancer, etc.)?
- \*\* Do you have other primary health insurance--and if you do, will it, together with CHAMPUS, pay all of your medical bills?
- \*\* Will the supplemental plan cover you overseas? If you are overseas, you may not incur and disallowed charges, because CHAMPUS pays billed charges overseas.
- \*\* Do you have a family history of disabling illnesses?
- \*\* Do you have easy access to military medical care

in your immediate vicinity.

- \*\* What type of military medical care is available nearby (emergency, inpatient, outpatient, etc.)?
- \*\* Does the nearest military medical facility treat family members?
- \*\* Does the military medical facility in your area have a health care finder/participating provider program?
- \*\* Does the nearest military medical facility have Partnership providers (civilian providers of care who work in the military hospital and charge less than the CHAMPUS allowable charge for their services: the patient pays no cost-share for their care)?
- \*\* Are there any CHAMPUS test or demonstration projects currently under way in your area (such as the CHAMPUS Reform Initiative, Catchment Area Management, or Preferred Provider programs, etc.) that might affect how you use your CHAMPUS benefits?
- \*\* Is there a PRIMUS/NAVCARE clinic in your area?
- \*\* Does the plan convert to a Medicare supplement?
- \*\* If the plan converts to Medicare, must it be in force as a CHAMPUS supplement for any specified length of time before conversion?
- \*\* Will the plan pay the CHAMPUS deductible--even at the new, increased 1991 levels of \$150 for an individual and \$300 for the whole family?
- \*\* Will the plan pay the patient's cost-share under the CHAMPUS diagnosis-related group (DRG) payment system?
- \*\* What are the membership fees (annual, lifetime, etc.) when you join the organization that sponsors the plan?
- \*\* What are the supplemental policy's premium payment options (monthly, semi-annual, annual)? Can you use a credit card to charge the premiums?
- \*\* Can you premium payments be increased? If so, under what conditions?
- \*\* Does the plan offer rates based on military status (active duty or retired) or based on an age scale? If determined by age, what is the scale?
- \*\* Are you a smoker? Does the plan you're considering have higher rates for smokers?
- \*\* If you're a member of an active-duty family, do you need a CHAMPUS supplement for inpatient care (considering that all you pay the hospital is a small, flat daily rate--currently \$8.55--plus the cost of any no-covered services; and the hospital must accept your cost-share plus the CHAMPUS payment as payment in full)?
- \*\* Remember that, under CHAMPUS, your share of the allowable costs for covered care will be "capped" in each fiscal year at \$1,000 for active-duty families and \$10,000 for all other CHAMPUS-eligible families. Will this affect your decision as to whether you want to pay for a supplemental policy?
- \*\* Do civilian providers of care in your area generally participate in CHAMPUS (that is, do they accept the CHAMPUS allowable charge as their fee)?
- \*\* Does the supplemental plan automatically cover the service member when he or she retires?
- \*\* Does coverage continue for surviving spouses at no charge? For how long?

(continued on page 7, see CHAMPUS NEWS)

## CHAMPUS NEWS

Continued from page 6.

\*\* What are the time limitations , if any, for claim filing?

Remember: Whether or not to buy a CHAMPUS supplemental insurance policy--and which one to buy--are decisions only you can make. So, get as many facts as possible before choosing among the many policies that are available.

## WHICH 1040 TO USE

Sometimes the hardest part in filling out federal income taxes is deciding which Form 1040 to use. Internal Revenue Service officials say there are guidelines that a person can use in deciding which is the best form for filing taxes.

USE FORM 1040EZ if:

- \*\* Filing status is single (under 65 and not blind);
- \*\* Claiming only one exemption (self); and
- \*\* Taxable income is less than \$50,000--all of which came from wages, salaries, tips, taxable scholarships and fellowships--and does not include more than \$400 in interest earnings.

USE FROM 1040A if:

- \*\* Any filing status;
- \*\* Claiming one or more exemptions;
- \*\* Claiming blind or over age 64 exemption;
- \*\* Taxable income is less than \$50,000--may consist of wages, salaries, tips, taxable scholarships and fellowships, dividends, unemployment compensation or more than \$400 in interest;
- \*\* Claiming contributions (other than "rollovers") to an IRA;
- \*\* Claiming advanced earned

income credit payments; and  
\*\* Claiming child and dependent care and earned income credits.

FORM 1040 should be used for tax filing for any situation not covered by FORM 1040EZ or 1040A.

IRS officials said to use the form that allows the reporting of all income or tax payments and provides as many tax benefits as possible. It should speed up any refund, they added.

## INCOME TAX PREPARATION:

There are several personnel onboard trained in preparing taxes. They are:

LN1 Brown - Legal

MM2 Spector - R-8

ET2 Rosario - W-5

JO2 Margallis - CM/C Office

Need help? Give one of them a call. This service is free.



When "Moored, shift colors," is announced, Deck personnel secure the lines.

"BEING THE BEST"



GMC Oates lends a hand to TM3 Anderson during the M-60 shoot.



The Command Master Chief looks for "mermaids" with the "Big Eyes".



45 Quals. were held on the Helo Deck.





The CO and Master Chief Herndon rate their favorite chili, while the XO samples another entry.



QM1 Wilson shoots an azimuth of the sun..

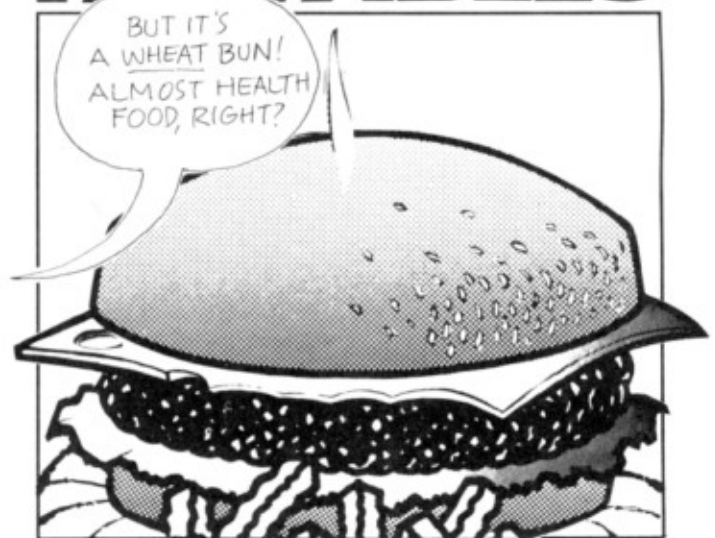
SPORTS TRIVIA

by SK2 Randy A. Debolt

1. What two teams in NFL history won four Super Bowls?
2. Name the class (3 players) of 1991 baseball Hall of Fame.
3. What team won the 1969 World Series?
4. What were the three dominant baseball teams of the 1970's?
5. What NFL teams' awesome defenses are nicknamed purple people eaters, steel curtain, and orange crush?
6. Who was the most dominant hockey player of the 1980's?
7. Name the four major golf tournaments.
8. Name the four major tennis tournaments.
9. Who are the three most dominant basketball players as per MVP awards?
10. What were the four dominant basketball teams of the 1980's?



# FAT FABLES



(Above) Chaplain Nelson breaks bread with crewmembers during Protestant Services held on the Helo Deck.

(Left) JO2 Margallis and PC2 Childs deliver the latest world news twice a day on CCTV. Thanks to all the CCTV personnel who made this possible.

## SPORTS TRIVIA ANSWERS

1. The San Francisco 49'ers and the Pittsburgh Steelers.
2. Rod Carew, Fergie Jenkins and Gaylord Perry.
3. The New York Mets.
4. The Cincinnati Reds, the New York Yankees and the Oakland A's.
5. The Minnesota Vikings, the Pittsburgh Steelers and the Denver Broncos.
6. Wayne Gretsky.
7. The Masters, the U.S. Open, the British Open and the PGA Championship.
8. The Australian Open, the French Open, Wimbledon and the U.S. Open.
9. Michael Jordan, Larry Bird and Magic Johnson.
10. The Los Angeles Lakers, the Boston Celtics, the Pistons and the Philadelphia 76'ers.

**Do You Know**

The name of the first presidential Cabinet nominee to be rejected by the U.S. Senate?

**Roger B. Taney**

(for treasury secretary, 1833-34)

When the phrase "In God We Trust" first appeared on U.S. coins?

**April 22, 1864**

## ANSWERS:

1) Numbers switched on lockers. 2) Keyhole missing off top locker. 3) A button missing off pea coat. 4) Draw string missing off seabag. 5) Glasses missing off lady's nose. 6) Lady's cane handle shortened.

## NIT-PIK-SIX



THE FOUL FOWL was only parroting his peers. Listen to your own language and help support the clean air act. Carefully choose your words to describe the six differences between these seemingly identical drawings.

CHAPLAIN'S MESSAGE

by Chaplain Nelson

LOVE is a subject we'll hear a lot about this month--mostly written on red hearts, surrounded by frilly lace, with corny verses by some greeting card wizard. I guess that's love of a sort. Walking through your family kitchen, you might even hear someone exclaim, "I really love that casserole you make, Dad!" Some folks love their cars, some their job, some their money.



The idea of LOVE has been used and abused over the centuries. Throughout history some terrible events have occurred because someone loved a member of a rival family or clan; many people have been victims of wars fought over how a particular group loves their respective god; families that are supposed to love each other abuse each other physically and mentally. I think our ideas about love might need some freshening up.

Valentine's Day really does have the right idea about making a special event out of our love for someone, but it

shouldn't be limited to only one day out of the year! Think of how wonderful life would be if we all loved each other as much as the other 364 days!!! I'm not saying we have to buy cards and presents every day--that's only one way to show others that we love them. Our Creator gave us quite a large capacity for love... we never seem to run out, although it does seem that some days we feel pretty unloved and unlovable.

What can we do to turn that around? It's kind of self-fulfilling prophecy--if we're more loving to others, they will give us love in return. Stop and think how long it's been since you told your spouse out of the blue, "I Love You." Have you ever told your best friend how much they mean to you? Do you remember to say "Thank You" when someone has done you a kindness, no matter how small?

Love is not only words, but actions. Hugs and more hugs; holding hands; making someone's favorite cookies; making their birthday special; calling them on a rainy day; making them hot chocolate on a cold day, iced tea on a hot day; giving them a sincere smile; writing a thinking-of-you letter on no special occasion. Any of these actions and a million more will let others know you care about them and see them as real human beings--not just parts of a machine: and that's what LOVE is all about. When we can see others as the glorious creations that they are, then we will value everyone we meet, and Valentine's Day will be a year-long celebration!! ALL YOU NEED IS LOVE!!!

### BE A PART OF THE STAR

Here's a chance to show your hidden talents! The Canopus Star is accepting your input for future issues. Some examples of submissions include: poetry, short stories, Dept./Div. information, black and white drawings and photos. Start your own column, such as movie and compact disc reviews. Have a puzzle that needs to be solved, put it in the Star. Heard any good jokes lately, submit'em to the Star. All submissions are subject to editing.

Thanks to the shipmates who submitted articles and such for this month's Canopus Star. Submit your talents to the editor in the CM/C's Office or in the CM/C mailbox located in the Captain's Office.

### Worth Repeating

**"W**ar means fighting and fighting means killing."

—Lt. Gen. Nathan B. Forrest,  
Confederate general

**"A**lthough war is evil, it is occasionally the lesser of two evils."

—McGeorge Bundy,  
U.S. educator

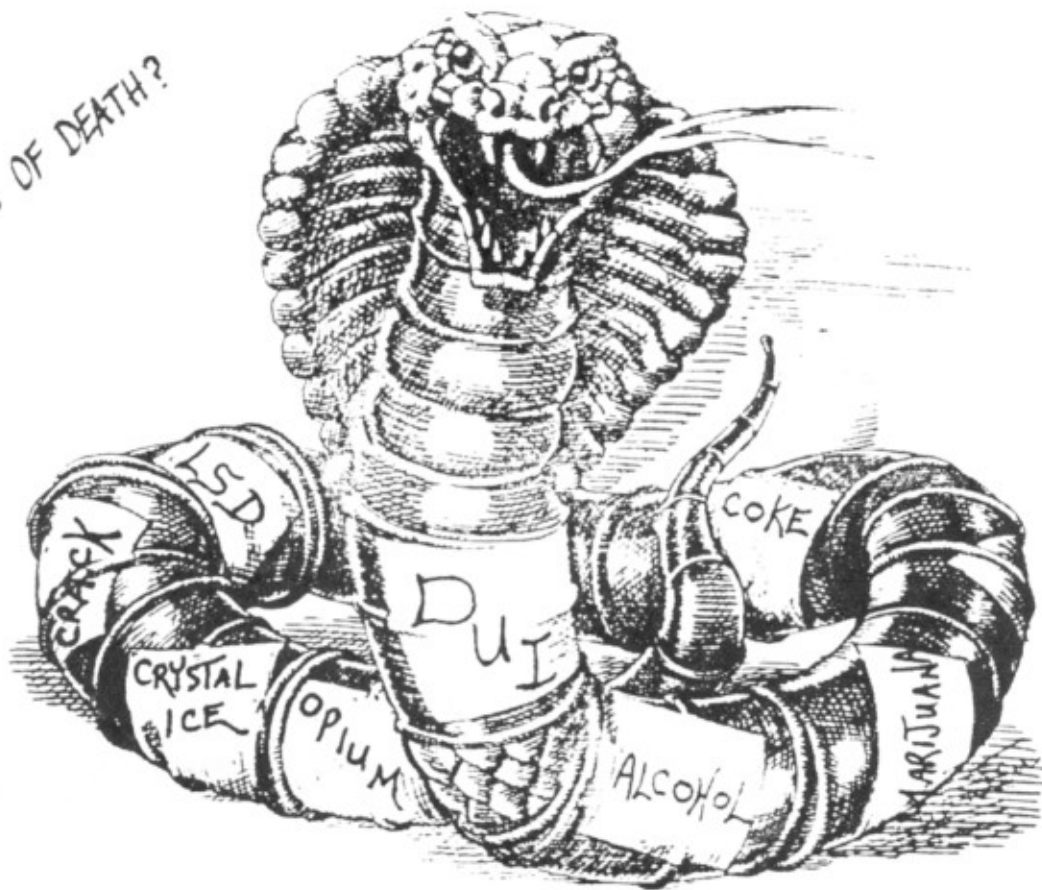
**"P**ublic opinion in this country is everything."

—Abraham Lincoln,  
U.S. president

**"C**ourage is the price that life exacts for granting peace."

—Amelia Earhart,  
U.S. aviator

THE KISS OF DEATH?







ESO NEWS TO USE

Advancement Information

E-1 to E-2

9 months Time in Rate.

E-2 to E-3

9 months Time in Rate.  
Basic Military Requirements  
must be completed prior to  
effective date.

E-3 to E-4

6 months Time in Rate.  
Professional course done.  
Military requirements for  
Petty Officer 3rd Class.  
Military Leadership Exam.  
Pars completed.

E-4 to E-5

1 year Time in Rate.  
Professional course done.  
Military requirements for  
Petty Officer 2nd Class.  
Military Leadership Exam.  
Pars completed.

E-5 to E-6

3 years Time in Rate.  
Professional course done.  
Military requirements for  
Petty Officer 1st Class.  
Military Leadership Exam.  
Pars completed.

The name of the first state to  
enter the Union after the original  
13 states?

**Vermont**

(1791)

Which state elected the first  
woman governor?

**Wyoming**

(Nellie Tayloe Ross, 1925)



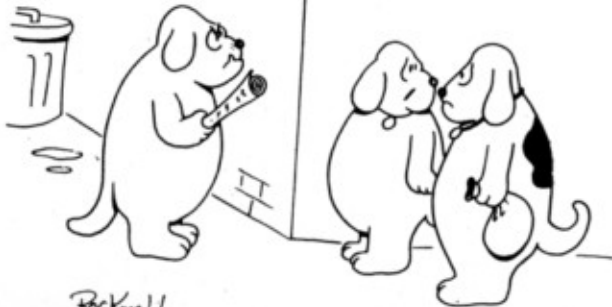
Captain Fletcher, favoring the  
New York Giants, cuts into the  
superbowl cake provided by S-2.



CANOPUS COMICS



"They must be having a problem with the computer."



"Better give him the doggie bag. He's got a rolled-up newspaper."



"Good evening. My name is Bill. No, wait a minute! It's Fred. No, that's not it. I think it's John. Yeah, that's it! John. And I'm a hypochondriac. No, that's not right. Maybe I'm an alcoholic. No, that's wrong. Overeater? No, not that..."



"It's a cuckoo bird, all right! And it's a really big one!"

### CANOPUS SPECIAL SERVICES INFORMATION, x3645, 9-x2778

Special Services sponsors trip/tours, sells discounted tickets, gives ticket rebates, offers boat rentals, issues gear and arranges liberty transportation.

Special Services is available to all SITE VI employees which includes: CANOPUS, OAKRIDGE, APL, CSS-16 and all tended submarines.

The telephone extensions for the Special Services trailers are: x2778, x2779 and x2782.

Trips and tours are advertised in the CANOPUS Plan of the Day, flyers and Special Services bulletin boards throughout the ship.

Discounted tickets are sold from 0700-2200 Monday through Friday and 0700-1600 on Saturdays and Holidays, excluding Thanksgiving, Christmas and New Year's Day. Below is a list of discounted tickets Special Services has to offer:

	Child	Adult
Disney/EPCOT/MGM		
1-day pass	\$20.00	\$25.75
3-day pass	\$45.00	
4-day pass	\$65.00	\$85.00
EPCOT only 1-day	\$18.00	
Universal Studios	\$18.75	\$23.75
Sea World	\$17.00	\$19.75
Wet-N-Wild	\$7.50	\$8.50
Adventure Island	\$10.00	\$10.00

#### TICKET REBATE PROGRAM

Ticket rebates for participation in athletic events is 50%. (i.e. entry fees, green fees, bowling lane fees)

Ticket rebates for spectator events is 30% of the cost of the ticket. (i.e. concerts, ballets, football games, races)

Rebates cannot exceed more than \$15.00 per month, and only active duty members and dependents may receive this privilege. The ticket stubs must be turned in within thirty days of the event.

#### GEAR ISSUE AT SITE VI TRAILERS

All gear is checked out on a 48-hour basis, except on weekends. There is a late fee on gear of \$1.00/item per day. If any gear is damaged or lost, the user will pay for the repair or replacement.



DT3 Milanak (a.k.a. The BINGO Lady) hosted the nightly BINGO games, live on CCTV. Special Services provided the prizes; Petty Officer Milanak provided the fun; and CCTV provided the humor. Congratulations to all the winners.

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