

THE CANOPUS STAR

Volume 2 Issue 4

May 1991



Deck Department personnel perform PMS on life jackets prior to the INSURV underway.

CAPTAIN'S CALL

Ever wonder why some mornings you can get to the ship quickly and some mornings you have to take a detour past TRF? Well, the detour happens when SWFTLANT has traffic control set for a **FULL SITE ARC** on the road for movement of explosives. This may seem a major inconvenience to you, but it is necessary to prevent unauthorized personnel in the security area.

The same holds true when CANOPUS is moving explosives. Traffic control for a **FULL SITE ARC** is set starting at the controlled access gate. This is signified when the **ARC** sign lights are on and no dependents are allowed through the gate. Another type of **ARC** is a **PIER ARC**, set when CANOPUS is moving smaller amounts of explosives. When a **Pier ARC** is set, dependents can come down to drop off and pick up, but they are not allowed down the pier. This is for their safety, not an inconvenience.

If you want to know when traffic control for an **ARC** is to be set, a sign is placed by the brow with the time, date and type of **ARC** to be set. This is so you can better plan your transportation for the following day. Hope this helps you better understand **SITE** policy and why some things happen the way they do. Remember, this is a small price to pay for **SITE** safety and security.



MR2 Burks and MRFN Hudnall do routine PMS on fire station equipment.

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EXECUTIVE OFFICER'S NICKEL

Successfully preparing for your advancement is one of the most critically important career decisions you will make. No matter what career you choose, military or civilian, learning how to prepare and develop a plan to meet your goals is paramount to your success.

I desire to see each of you advance at your earliest possible opportunity. To that end it is "The Commanding Officer's policy" that all personnel who are Time in Rate eligible to compete in the next advancement examination will meet all eligibility requirements NLT the required deadline for that examination. How do we get there from here? The "how" is that in addition to individuals taking personal responsibility for completing their requirements; department heads, division officers and chiefs will effectively monitor and encourage their personnel to meet this goal. The next advancement cycle starts in September. 15 August 1991 is the deadline for all eligibility requirements. BE READY!

Additionally, I strongly encourage all supervisors to identify your "super stars" early and assist them in preparing their careers for commissioning programs. For those of you who have set your sights high for these programs, I encourage you as well to let your supervisors know your goals. Seek their advice and listen to what they say on how to successfully plan your career to make yourself competitive for these programs. Plan early to work hard to meet your goals. The rewards always go to those who plan well in advance and

achieve each goal "one at a time". The next LDO/CWO selection board meets in JAN 92. All applications must reach the BUPERS by 01 AUG 91. Get your application together now. Remember, nothing worth having comes easily.

Speaking of easy, "DON'T FORGET TO GIVE TO NAVY/MARINE CORPS RELIEF." It's easy to forget those less fortunate than ourselves. Not so easy if you happen to be the one in need. Help your shipmates.



TM2 Glover was one of many volunteers during the hair styling clinic held on board. The Norfolk training team was here to give the CANOPUS professionals a few tips of the trade.

ALCOHOL AFFECTS THE CENTRAL NERVOUS SYSTEM

Alcohol impairs nerve cell activities and functions of the central nervous system. Damage may include:

Poor Vision

Even moderate drinking can cause difficulty in tracking moving objects, distinguishing colors and recovering from glare.

Memory Loss

Intoxication interferes with the brain's ability to store (and recall) information. Memory loss may become permanent with chronic drinking. Many alcoholics totally forget whole blocks of time ("blackouts").

Loss of Coordination

Intoxication causes loss of balance and coordination, an unsteady walk and slurred speech.

Loss of Sensation

Excess alcohol can cause weakness and inability to

feel pain. Too much alcohol at one time can lead to stupor, coma, even death.

Mental/Physical Disturbances

People who become dependent on alcohol may hallucinate or shake uncontrollably (delirium tremens) when their bodies get no alcohol.

Brain Damage

Continued excessive drinking can damage brain cells and may result in seizures and permanently impaired judgement and learning ability.



Effects are progressive--the longer heavy drinking continues, the greater the damage.

CAREER INFORMATION

School as a reenlistment incentive:

Service members should be aware of Chapter 8.03 of the Enlisted Transfer Manual. The article provides an incentive for reenlistments of at least four years by guaranteeing, under certain conditions, assignments to a specific school.

Some points to remember:

There must be a reasonable assurance of effective use of skills gained through training to justify the expenditure of training funds.

Do you possess a critical skill? If so, the proposed school must be compatible with it.

Does your projected rotation date (PRD) provide for immediate utilization of the desired skill?

Are you in a higher paygrade than that intended for the desired skill?

Submit requests to NMPC, via the chain of command 9 to 12 months before desired reenlistment date.

Assignment to school will normally occur at PRD. Assignment on a TEMADDINS basis is not normally approved due to lack of TAD funds.

Following the guidelines and procedures of Chapter 8.03 of the Enlisted Transfer Manual can get that guaranteed training you need for your next assignment.

For more information:

Make an appointment with your Division/Department/Command Career Counselor(s) as soon as you enter the 12 month window to EAOS.

Spouses are encouraged to attend interviews.

The Command Career Counselor's extension is 3652.

NIT-PIK-SIX



FRESH IDEAS from all members of the organization are welcomed under the new Total Quality Management system now underway throughout the Department of Defense. After examining your own work unit for improvements, try to find the six differences between these seemingly identical drawings.



SALTY SAM SAYS

by PC2 P. J. McKenna

Semper Fi

The most decorated Marine was the legendary and highly outspoken Major General Lewis B. "Chesty" Puller (1898-1971) whose decorations include the Navy Cross with four stars (which placed his name in the Guinness Book of Lists).

Other Marine heroes include two-time Medal of Honor recipients GySgt Daniel Daley and MajGen Smedley D. Butler.

But what about the famous Marine PFC Gomer Pyle? For the record, PFC Pyle's decorations include: the Marine Corps Good Conduct Medal, National Defense Service Medal and the Expert Rifle Badge. Pyle's awards and decorations are pale when compared to those of his sergeant, GySgt Vince Carter whose medals and ribbons consisted of: the Bronze Star, Purple Heart, Presidential Unit Citation, Marine Corps Good Conduct Medal, World War II Victory Medal, National Defense Service Medal, Korean War Service Medal, United Nations Service Medal, the Korean Presidential Unit Citation, Expert Rifle Badge and Expert Pistol Badge.

Little known facts about the Good Conduct Medal

The Navy Good Conduct Medal was first established by the Secretary of the Navy in 1869. The Navy was the first branch of the U.S. Armed Forces to award a medal for blameless service. Prior to 1 November 1963, the Navy Good Conduct Medal was awarded for three years of continuous honorable service.

Those who were killed in action, died while a prisoner of war or separated from active duty for physical disability as a result of combat related injuries qualify for the Navy Good Conduct Medal.

Both the Navy Good Conduct Medal and the eligibility requirements have gone through changes since 1869. It is, none the less, a time honored and prestigious decoration.

The Marine Corps Good Conduct Medal was established by the Secretary of the Navy in 1896. The medal itself was designed by the Commandant of the Marine Corps, Major General Charles Heywood.

Unlike the Navy Good Conduct Medal, the Marine Corps Good Conduct Medal is awarded for three years of good behavior and faithful service, with no more than one non-judicial punishment under UCMJ Article 15. The design of the Marine Corps Good Conduct Medal has remained unchanged.

A common myth is that a Good Conduct Medal is a "personal decoration". Actually, it's classified as a "service and campaign award", and is worn in lower precedence than unit decorations such as the Navy "E" Ribbon.

SURVIVING INSURV

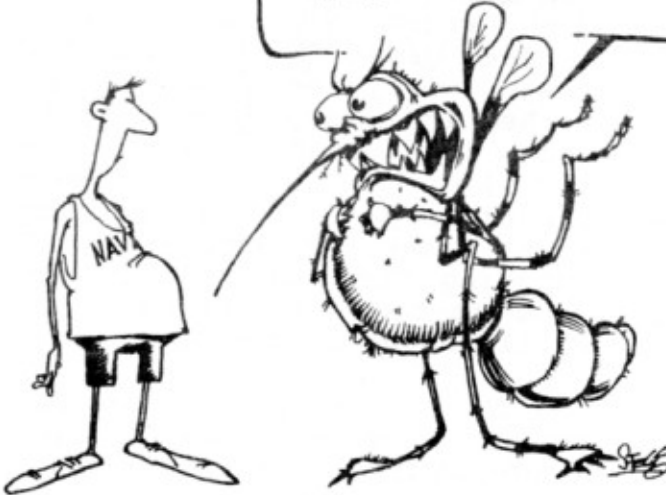


(above) MM2 Coffman removes a lube oil strainer in the Engineroom. (right) CW02 Krzykowski takes the controls in AFT Steering during high speed rudder tests. (below) An INSURV inspector checks a link in the anchor chain during anchoring evolutions on the Forecastle.

*Everyone did a
super job! Keep
charging - you're on
a roll! Blatter
CO*



THESE EARLY MORNING
PT MUSTERS AREN'T
DOING A THING FOR
MY WEIGHT CONTROL!



FLORIDA - GEORGIA

BLOOD ALLIANCE

BLOOD DRIVE

THURSDAY, 13 JUNE

0900 - 1445

CANOPUS shipmates donated
102 units of blood at this
year's first Blood Drive.
You never know when you'll
need it, but you can be sure
it's there when you do.
Recycle life--keep giving:
"The Gift of Life"

RECYCLE
LIFE



DONATE
BLOOD



**OUTDOORS
"KINGS BAY" STYLE**

With (SM1) Gentry & (EM2) Bell

In addition to fresh water fishing we have been asked about salt water species and tactics. In this geographical setting salt water habitats abound with many species of sport fish. some of the most popular species caught in this area are Red Drum, Spotted Sea (speckled) Trout, Flounder, Yellow Tail Jack, Drum and Sheeps Head.

All the species listed above can easily be caught on a bottom rig using live or dead shrimp. For those who prefer artificial baits Red fish and Speckled Trout can be caught on gold or silver Spoons. In addition to spoons all the species can be caught by using plastic minnows or grubs, retrieved in a slow manner at different depths depending on the bottom structure.

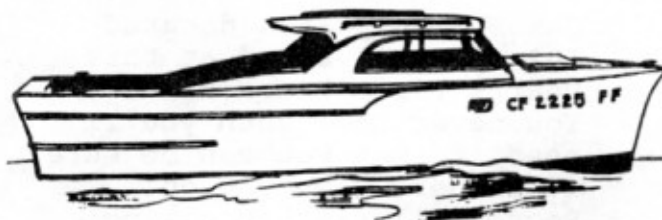
Going back to using natural baits, they can be used either on the bottom or under a float (popping cork). Some of the different natural baits used are shrimp, squid, and small bait fish which you can catch with cast nets. Large Red fish have been caught on small crabs cut into quarters and fished on the bottom. Some anglers prefer to use squid to shrimp because it is harder for the fish to "steal".

There are basically two different types of salt water fishing, inland and offshore. For the most part offshore

fishing is done on the bottom or by vertical jigging of spoons. For inland fishing, any bait can be used successfully in almost any manner you are comfortable with. When fishing inland, certain structure in the water will attract your prey. Grass lines attract shrimp and bait fish which in turn brings larger game fish. Shallow flats or oyster beds may be fished effectively by casting jigs and spoons across and retrieving them back erratically. When fishing these areas, be sure to watch outgoing tides as you do not want to be left high and dry until the next incoming tide.

There are limits of the number and size of Red fish and Speckled Trout that may be kept according to Georgia fishing regulations. Before you head out be sure you know all the state regulations and adhere to them.

In closing we wish you luck on your next venture and ask that you always keep water safety your top priority.



**National
Safe
Boating Week**

3 - 10 June

NAVY/MARINE CORPS RELIEF SOCIETY FUND DRIVES

72-Hour Liberty
Use by 30 September.

E-3	\$3/month for 12 months
E-4	\$4/month for 12 months
E-5	\$5/month for 12 months
E-6	\$6/month for 12 months
E-7	\$7/month for 12 months
E-8	\$8/month for 12 months
E-9	\$9/month for 12 months

Last year CANOPUS contributed \$30,000 and the Navy/Marine Corps Relief Society paid CANOPUS shipmates \$100,000.

96-Hour Liberty Raffle

**Better odds than
 The Florida Lottery!**

Only \$1 per chance!



Navy-Marine Corps
 Relief Society

PIER PARKING SPACE RAFFLE

Here's your chance to park on the pier! For the month of June, you can park on the pier just like the CO and XO (if you have the winning ticket)! All you have to do is buy a raffle ticket!

--Raffle Ticket Cost--
 \$2 each
 or
 3 for \$5

PHOTOPINION

If you could assume anyone's position on the ship for one day, whose would it be? Why?



YN3 Bell, E-0

The Chief Engineer. He is the backbone of the ship, from electricity to making sure the ship can be driven. Without the Engineering Dept., all you have is a shell.



BM3 Hayes, W-6

I would want to be the Weapons Officer so that I could put down more liberty for W-6 and W-1 Divisions. I would only schedule missile moves on Mondays and Wednesdays.



SHSN Gasparini, S-3

I would like to take Senior Chief Livingston's place for one day!
 (Just because.)



PN3 Hedrick, ADMIN

Master Chief Coxen, because he is in the Personnel Office more often than I am, and he doesn't even have a desk in there.

"THAT MAKES ME MAD"

by Chaplain Nelson

Have you ever said someone "makes" you mad? Or "made" you do something you didn't want to do? If you have, then you've got a lot in common with just about everyone else on the planet. We all get angry at one time or another, and we all like to think that it's just something we can't help--they MADE me mad!

Unfortunately, when we let others "make" us do things, we are giving away our power over ourselves. There are countless things in life we are truly powerless over--the weather, dates for inspections, the behavior of another person, to name a few. But we have power over ourselves. How often do we give that power away and then feel we're getting out of control of our lives? Then our self-esteem takes a nose-dive and we continue to let others "take" control of us. Pretty soon we feel What's the use, we aren't worth very much anyway, we might as well do what feels good because it's the only enjoyment we have--regardless of the consequences. So we drink or use drugs or go on a string of one-night stands. All we're doing is giving away more and more of our power over ourselves. There won't be very much left after a while.

Let's look at some ways we can give our power a boost and keep our self-esteem up in the bargain. Before we talk about how we change ourselves, it's important to remember that WE are the only folks we CAN

change--not our spouse, not our chief, not our friends. If we want something in our lives changed, the change has got to be inside of us. So when someone "makes" us angry, what's really got to change is our reaction to their action. That person is going to act how he or she wants to act. We can't control them. But we CAN change how we react--we are in charge of our own reactions, no one can "make" us act in any way we don't want to.

If you don't like getting angry, look at other ways to react to a situation: just walk away from it (if that's possible), answer with a normal tone of voice (rather than an angry scream), repeat back to the person what you heard said (and see if it's what they really meant to say), say things like "I feel ... when this happens" (rather than "You make me ... when..."). When YOU begin to react differently, the situation around you may change, or you might find it's easier to deal with because you don't feel so out of control. But always remember--no one can MAKE us feel anything--we are in control of our actions. We have the power to change ourselves and ourselves only. Taking responsibility for our own actions is the most difficult thing we'll ever have to do in life, and it can be the most rewarding. We own the power over ourselves.

Nit-Pik-Six Answers

1. Slot missing off box lid.
2. Colonel's round glasses become half glasses.
3. Big diamond missing below belt of crown bearer.
4. The "e" in "olde" missing off herald's flag.
5. Bell tassles missing off hat of jester at left.
6. Ridge missing off guard's helmet.

CANOPUS COMICS

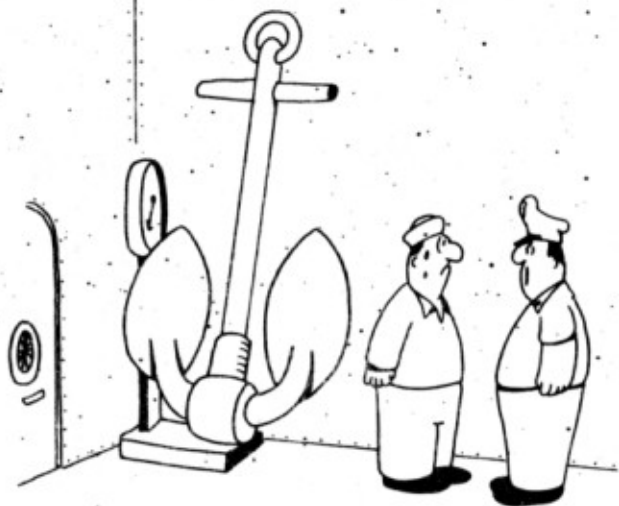


DC McIntosh



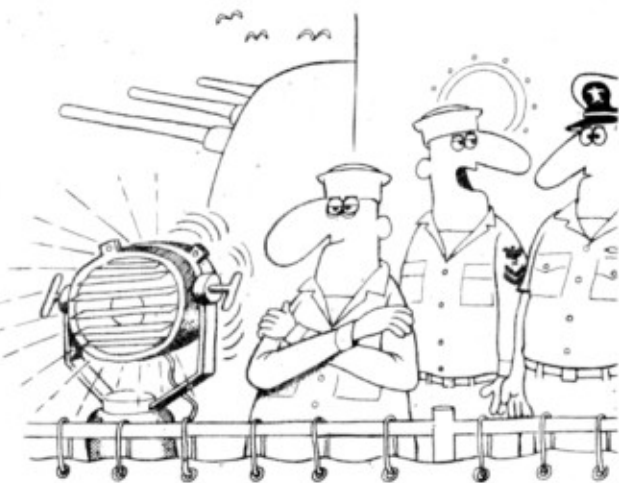
DEMchuck

"Hayward! You're out of step!"



Rockwell

"Look, Jones. When I say 'weigh anchor,' I mean ..."



FORTH

"Farnsby is a ventriloquist, sir."

CANOPUS SPECIAL SERVICES INFORMATION, x3645, 9x2778

ENC Ridgeway--EN1 Radican--MS2 Butler--SN Judkins--SN Peterson
Afloat Recreation Specialist--Kathy Hutton

June, 1991

SPECIAL SERVICES EVENTS



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 NAVY RELIEF GOLF TOURNAMENT COUNTRY BY THE SEA CONCERT JEKYLL ISL.
2 JACKSONVILLE SUNS BASEBALL GAME VAN LEAVES 1630 GAME STARTS AT 1730	3	4	5 CANOPUS SPRING FLING PICNIC 1130-1800	6	7 ST. JOHNS RIVER CITY BAND FREE! CONCERT METRO. PARK JACKSONVILLE	8 HORSEBACK RIDING TRIP FERNANDINA 0930-1200
9 DEEP SEA FISHING TRIP AMELIA ISL. 0700-1500 JAX.SUNS BASEBALL LEAVE 1630	10	11	12	13	14	15 SEA WORLD TRIP FREE TO ACTIVE MILITARY & DEPENDENTS TRANS. PROVIDED
16	17	18	19	20	21 BOWLING TOURNAMENT 1800- ? ST. JOHNS R.C.B. FREE! CONCERT	22 CREEK LANDING FEST. ST. AUGUSTINE FREE!
23	24	25	26	27	28 ST. JOHNS RIVER CITY BAND FREE! CONCERT METRO PARK JACKSONVILLE	29
30 JACKSONVILLE SUNS BASEBALL GAME VAN LEAVES 1630	NOTE: DATES AND EVENTS SUBJECT TO CHANGE. SOME EVENTS LISTED ARE FOR YOUR INFO.					

**trips'n
tours**

