



# THE HELMSMAN

USS CANOPUS (AS-34), ROTA, SPAIN, VOL. 13 NO. 4

April/May, 1978

## Memorial Day.....



a day of remembrance



# THE HELMSMAN

COMSUBRON SIXTEEN  
CAPTAIN P. F. CARTER, Jr.  
COMMANDING OFFICER (AS-34)  
CAPTAIN J. M. WILL, Jr.  
EXECUTIVE OFFICER (AS-34)  
COMMANDER R. K. SLAVEN, Jr.  
PUBLIC AFFAIRS OFFICER  
LTj.g. J. H. McDONALD  
HELMSMAN EDITOR  
JO3 J. C. DANIELS

## PRINTING BY

LIC H. BENGE                      LI2 G. LAMONICA, Jr.  
LI3 D. J. COSTELLO              SN T. SPRADLIN  
SN F. FAZZOZZI

## PHOTOGRAPHY BY

PH1 A. W. HARRISON, II      PH2 G. J. TROEHLER  
SN J. G. FESPERMAN

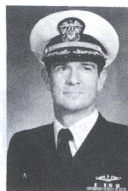
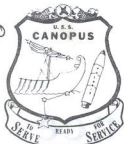
## LAYOUT BY

DMC D. L. HARPER              DM3 D. L. EWING  
JO3 J. C. DANIELS              DMSN C. SECURA

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## Captain's Call

by Captain John M. Will, Jr.

### Events--Past and Pending

**Supply Inspection:** The Supply Department has done it again, only this time with added flourishes. Last year's Annual Supply Inspection, (ASI), was a fine show with a number of commendatories. However, this year, in addition to numerous comments, the inspectors had to admit to me they were nit-picking to find the few discrepancies that were listed. In the words of Captain Walker, the senior inspector, "It was the best inspection they had conducted in three years on any FBM tender and perhaps, on any tender." Well done, Supply. You have a right to be proud of your accomplishments. Keep up the outstanding job.

**Safety Survey:** A survey team from the Safety Center, headed up by Commander Horvatic, was aboard to look at CANOPUS and its safety program. From such a survey, one does not expect much in the way of compliments. We were pleasantly surprised. Although there were some deficiencies pointed out, the inspectors, to a man, praised CANOPUS for her cleanliness, safety consciousness and personnel attitude. Remarks like, "One of the best ships we've seen," and, "Out of 200 ships, one of the few, from a damage control standpoint, on which I would care to go to sea on," etc., were the common thread. The comment from which I derived the greatest satisfaction was the compliment on crew attitude---that you were given a chance to complain about things if you wanted to and no one chose to do so. That shows a team spirit that can't be topped. Well done to LT Gustin for his safety program and to CWO Lighthill for his DC organization and in particular, to the DC Petty Officers who are doing such a splendid job.

**Wives Night:** We are scheduling a wives night for Wednesday, May 31, from 2130 to 2130. The interest is to show the wives the CCTV tape of VADM Watkins, Chief of Naval Personnel, taped on board when he spoke to us a few which are of direct interest to wives and families. This will give our wives a chance to hear it from the senior Navy man, next to the CNO, is responsible for personnel matters. Then, after the tape, the floor will be open for discussion of items discussed by Admiral Watkins or any other topics of interest. Also present besides myself will be the Executive Officer, Master Chief Petty Officer of the Command, Chaplain, Personnel Officer and Career Counselor. Where the get-together will be held depends on the number we anticipate attending. Refreshments will be served. Please encourage your wife to attend---with you babysitting if need be to allow her to attend. So, keep the evening of May 31st open.

## more from the Captain

**Underway/Cruise Plans:** We are looking at the possibility of going to sea in June for a couple days—one of which could possibly be used for a Dependent's Cruise. We'll let you know. Then, in late July or early August, there is a window which may permit a longer underway period. If so, this could allow CANOPUS to get to another liberty port. Everyone seemed to enjoy Lisbon and I have every reason to think the next port will be as or more enjoyable than Lisbon. Additional information will be promulgated when available.

## Did you know that...

The first combatant vessel ever named after a woman was the USS HARRIET LANE, a Civil War sidewheel river gunboat.....

Gunners used to keep their mouths open when firing large guns—and it wasn't in amazement. Back in the days before ear protection, keeping the mouth open was the only way a gunner could protect his ears. When the mouth was open, the air waves set in motion by the discharge of the gun entered the throat as well as the ears. Consequently, the sudden pressure against the outside of the eardrums is counteracted by an equal pressure from the inside.....

The first periscope used by the Navy was not built for a submarine. The ironclad MONITOR OSAGE utilized a periscope to discover a Confederate cavalry unit taking cover behind the high banks of the Red River in Arkansas....

Some authorities regard "son of a gun" as sea slang that originated in the British Navy, in the days when sailors were permitted to have their wives with them at sea. A boy born afloat was referred to as a "son of a gun." One admiral declared that he was actually thus cradled—under the breast of a gun carriage.....

Probably the most expensive ballast ever carried by a ship was two tons of gold bars and 18 tons tons of silver pesos carried by the U. S. submarine TROUT while on a trip from Corregidor to Pearl Harbor in early World War II.

The only U. S. Navy blimp lost during World War II was shot down by a submarine. On July 18th, 1943, a U-boat surfaced in the Florida Straits and machine gunned down blimp K-74, when the aircraft's bomb release mechanism failed.....

The word "skylarking" was coined at sea to express fun enjoyed by young seamen who would scramble to the fighting tops of warships and descend to the decks by sliding down the backstays. It was a kind of follow-the-



## Chaplain's Corner

by Commander Jack Peters

Sunday, May 14th, is our annual observance of Mother's Day, and for at least one day of the year, millions of American mothers will be treated royally.

A Mother's Day in the U. S. A. was first suggested by Julia Ward Howe in 1872. She urged that people observe June 2nd as Mother's Day, a day dedicated to peace. Other suggestions, petitions and campaigns were conducted in the following decades, but it wasn't until May 8th, 1914, that Mother's Day received national recognition when President Woodrow Wilson signed a joint resolution of Congress, recommending that the government observe Mother's Day. The following year, the President was authorized to proclaim Mother's Day as an annual observance. (World Book)

The Bible has underlined for us the importance of honoring our mothers and introduces elements we don't normally think about. The Fourth Commandment reads:

"Honor your Father and your Mother,  
As the Lord your God command you:  
That your days may be prolonged,  
And that it may go well with you,  
In the land which the Lord your God gives you."  
(Deut. 5:16, RSV)

It seems appropriate in our day when confusion and turmoil and violence seem to crop up on every hand, that we pause and take stock of our positions and conduct in the light of this scriptural injunction. Luther stated in his explanation of this command: "We should fear and love God that we may not despise nor anger our parents and masters, but give them honor, serve, obey and hold them in love and esteem." (Small Catechism) Such advice is not popularly promulgated today, but in the light of our problems, it might warrant a second look on this Mother's Day 1978.

leader thing that took guts and stamina, but the oldtimers grumbled that the "kids" weren't getting their share of the work done. So, a man who wanted to get ahead in the Navy didn't go skylarking too often. Get the hint?.....

Another term derived from the days when sailors had their wives on the ship was "show a leg." The crew of the ship had to get up at daybreak, but their wives were allowed to sleep late. A check would be made to ensure that all sailors were at work and not in bed. The master at arms would go through the berthing area and shout, "Show a leg." If a feminine leg was displayed, he would go on. Sounds like the shrewd sailor would shave his legs!.....



# Here's what the Navy can offer you.

## STAR....

## SRB....

## GUARD II....

## SCORE....

# IF YOU'RE GOOD, IT PAYS TO STAY IN.

What are your plans after you get out of the Navy? If you aren't sure, here are some sure things: Things the Navy can offer you for reenlisting:

**SRB---Selective Reenlistment Bonus.** This reenlistment benefit depends on how critical your NEC is. The maximum SRB is \$12000.

**GUARD II---Guaranteed Assignment Retention Detailing.** GUARD II guarantees you your choice of duty station upon reenlistment. It is one of the more popular programs available.

**SCORE---Selective Conversion and Reenlistment Program.** This program lets an individual who is in an overmanned rate to convert to an undermanned rate. It guarantees "A" and "C" schools and E-5 upon completion of those schools.

**STAR---Selective Training and Reenlistment** is for those sailors who didn't get schools upon completion of basic training. STAR provides "C" schools for advanced training in the individual's field and also guarantees E-5 upon completion of the school.

In addition, you can take advantage of the SRB benefits along with any of these programs.

To find out more about these programs, talk to your Career Counselors.

**see your  
Career Counselor**



## from the desk of The Command Career Counselor

by NC1 Jerry Buczowski

First off, I'd like to make my apologies for the error in the last article. The qualifying date for the Contributory Educational Assistance Program is 1 January, 1977, not 1 January, 1976. I didn't intend to panic those people who enlisted prior to that date to qualify for the old G. I. Bill for educational assistance.

This month, I'd like to start a series of articles on the programs that lead to a Commission as a Naval Officer. An appropriate starting point, as we have just completed a series on advanced educational opportunities, would be the Naval Academy. The Naval Academy combines the opportunities of getting a college degree and becoming a Naval Officer.

Each year, the Secretary of the Navy may appoint 85 enlisted men and women from the regular Navy or regular Marine Corps and 85 enlisted men and women from the Navy and Marine Corps Reserve, active or inactive, to the Naval Academy.

The United States Naval Academy offers an outstanding opportunity for qualified young people to embark on a career as officers in the U. S. Navy or Marine Corps. Students at the Academy are appointed as midshipmen and receive pay of one half an Ensign's base pay per month, plus tuition, room and board. Upon graduation, they are awarded a Bachelor of Science degree, choosing one of 26 majors offered, and a commission in the Regular Navy or Marine Corps.

The eligibility requirements are that a member must be a U. S. citizen of good moral character, be at least 17 years of age and not past their 22nd birthday as of 1 July, 1979, a high school graduate or equivalent as of 1 July, 1979, be unmarried and have no children, be on active duty for one full year prior to 1 July, 1979, have a GCT/ARI score of at least 120 or ASVAB scores WK plus AR of at least 120,

meet all physical requirements and be recommended by the Commanding Officer.

If you apply for a direct appointment to the Naval Academy, you may also apply concurrently for the Naval Academy Preparatory School, which could be an alternative program in the event you are not selected for direct admission to the Naval Academy. If you have completed a college preparatory course in high school, stood in the top 40% of the class and feel that you are ready to enter a very demanding curriculum, by all means apply for direct appointment; but if you do not fall within the recommended guidelines, you can apply for the Naval Academy Preparatory School. The eligibility requirements are the same as those for the Academy.

The function of the Naval Academy Preparatory School, (NAPS), is to provide intensive instruction in preparation for the academic, military and physical training curricula at the Academy. The School will convene in the latter part of August each year, with the course continuing through May of the following year, for candidates seeking admission to the Academy in July. NAPS is located at the Naval Education and Training Center, Newport, Rhode Island.

At the present time, I do not have the current Naval Academy Catalog, but I am expecting it at any time. When they do arrive, I intend to conduct a seminar for all those personnel who are interested in attending the Naval Academy. In the meantime, feel free to contact me if you have any questions about the Naval Academy or NAPS. These programs are very competitive. Any courses that you may take can only help you when it comes to the point of selection.

Preparation is the key word when you apply for these programs, or for that matter, for any advanced program you try for.

## Mystery Man????

? ? ? ? ?

What is this? This young Mystery Man sailor is UNSAT! No T-shirt, dirty uniform and I wonder what other discrepancies we would be able to find. To find out who this Mystery Man is, turn to page 13.

? ? ? ? ?



# Alcoholism....Is it your problem?

People frequently wonder whether or not they are getting into trouble as a result of drinking. To help you discover the answer, we are providing a means by which you can evaluate your use of alcohol.

To complete this self-evaluation, circle the answer that most accurately describes your feelings and actual drinking practices.

If you want to be truly objective, ask someone who knows you well to review your answers.

1. In what context do you drink frequently? A. Mainly social occasions? B. Frequently with one or two others? C. Often alone?

2. Do you decline drinks that are offered to you? A. Frequently? B. Occasionally? C. Seldom?

3. How would you feel about a social event where no alcohol is served? A. At ease? B. Uneasy? C. Unpleasant?

4. Do you drink to the point of getting high? A. Rarely? B. Occasionally? C. Frequently?

5. On social occasions, how much do you drink? A. Less than most? B. About the same as most? C. More than most?

6. Are you concerned about your present drinking pattern? A. Never? B. Sometimes? C. Often?

7. In business or professional context, do you drink? A. Rarely? B. Frequently? C. Routinely?

8. Is it important for you to drink to feel at ease? A. Not important? B. Helpful? C. Important?

9. In choosing friends, is it important that they share your interest in drinking? A. Unimportant? B. Somewhat important? C. Necessary?

10. Do you sometimes feel a need for a drink? A. Never? B. Occasionally? C. Frequently?

11. What would you say is your most important reason for drinking at social events? A. To be sociable? B. To have a better time? C. To feel at ease?

12. In accepting social invitations, do you ever consider whether or not alcohol will be served? A. Never? B. Sometimes? C. Frequently?

13. How do you think you would react to an occasion where non-alcoholic beverages are served? A. At ease? B. Uneasy? C. Bored?

14. Have you ever found that you could not remember events associated with a drinking experience? A. Never? B. Occasionally? C. Frequently?

15. Have you ever experienced any change in your ability to do your job as the result of drinking? A. None? B. Slight impairment? C. Considerable impairment?

16. How would you feel if your employer were to ask you about your drinking? A. At ease? B. Uneasy? C. Defensive?

17. Have you ever experienced the tremors or shakes as a result of drinking? A. Never? B. Occasionally? C. Frequently?

18. How often have you experienced hangovers? A. Not

often? B. Occasionally? C. Frequently?

19. How do you feel about the euphoria which alcohol tends to produce? A. OK? B. Enjoyable? C. Not easily obtained?

20. How many drinks will you have in connection with any one drinking experience? A. 1 or 2? B. 3 or 4? C. 5 or more?

21? How important is drinking in connection to your work, business or professional relationships? A. Unimportant? B. Helpful? C. Essential?

22. How would you describe your own drinking practices? A. Entirely controlled? B. Doubtful control? C. Out of control?

23. How would you feel if a close friend asked questions about your drinking? A. Wonder why? B. Resentful? C. Angry?

24. How does your spouse feel about your drinking? A. OK. B. Uneasy? C. Resentful?

25. Has your drinking affected your employment or business relationships? A. No effect? B. Some impairment? C. Frequent disruption?

26. How do members of your family respond to your drinking? A. No particular concern? B. Some resentment? C. Aloofness or separation?

27. Have you ever moved or changed jobs on your own initiative because of your drinking problems? A. Never? B. On occasion? C. Frequently?

28. What would you say most frequently prompts your present drinking practices? A. Personal choice? B. Social opportunity? C. Meddling interference of others?

29. Do you ever feel the need to interrupt your present drinking practices in order to regain control? A. Never? B. On occasion? C. Frequent effort and concern?

30. How do you feel about the effect drinking has upon you? A. No particular effect? B. Uneasy at times? C. Frequent feelings of fear and uneasiness?

In scoring this evaluation, each answer in category A counts as 1 point; B counts as 2 and C counts as three. The total will give you the current status of your drinking dependency.

Anyone with a total score of 30 to 40 is not likely to have reached the stage of problem drinking. If you scored above 40, give careful consideration to the fact that you may well be headed for real trouble. Any score of 60 or above, you should seek help.

To get that help or just for more information, contact any one of the following personnel from the Human Goals Office:

RMC Pacheco---Human Goals Officer---X368  
MRC Traff---Command Alcohol Counselor---X368  
QMC Gould---Drug and Alcohol Program Advisor---X222  
MR1 Stocking---Command Alcohol Counselor---X330



# JUMPS efficiency comes to CANOPUS

The Joint Military Pay System, JUMPS, has made its appearance on the CANOPUS and everybody seems to know that things are being done differently in the Disbursing Office.

The first JUMPS payday was in March and about 98% of the crew received green checks, keypunched and printed by our computer on board. The 2% of the ship's company who did not get the new style check were those unlucky enough to have their checks eaten by the computer or those requesting last minute payments.

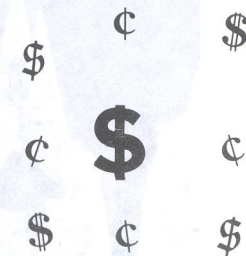
Aside from the color of the checks, the big differences are a more accurate payday and a fast transmission of the payroll to Cleveland, Ohio, via AUTODIN. The amounts of each man's check is then posted immediately to his leave and earnings statement, providing a more up-to-date record. Previously, all checks were sent by mail and amounts were reflected to LES's in about three weeks or depending on how fast the mail system could send it.

JUMPS certainly beats the old system, but it took a while to get off the ground. According to DKC Papel, the idea of an automated payday was kicked around because nobody knew just how to go about it. Now, CANOPUS is one of the few commands in Europe that uses JUMPS. It has been reported that the computerized method is a

big time-saver over the old payroll system. The computer punches and types the checks in about two and a half hours, where the DK's do it by hand in about 16 hours. The money list, stating how much each man is paid, is automatically printed in 30 minutes, which is 36 times faster than before. The JUMPS technique is not only quick, but cuts the chances of being overpaid or underpaid.

Without the coordinated team effort of Disbursing, Automated Data Processing and Radio Central, it would have taken much longer to get the JUMPS system leaping. DK1 Allen, along with DP1 Antosy and RMC Adams, were a combination of effort in working out the bugs involved. They put together the data input, wrote the computer program and sent the output to Cleveland. DK2 Bob Marietta, disbursing agent cashier, says that S-4 no longer has to type the paychecks and they can spend more time being disbursing clerks. DK2 Francisco, auditor and contact point for all administration offices, provides assistance for preparation of OCR documents. He added that the computerized pay system actually enables the DK's to provide a better service. They have more time for verification of pay records and providing for the crew's money needs.

All the DK's would like to make



it known, however, that the computer does not do the job by itself. In order for the output to be accurate, the input must be accurate and timely enough to reflect the changes such as allotments and advancements. New persons arriving on board and those changing divisions should check in or out with the disbursing office. Also, it's been observed, that some personnel picking up checks for their respective divisions are signing for custody without actually reading names on the checks or actually knowing what men are currently in their divisions. To correct this problem, some proposals have been made and frequent disbursing notes will be placed in the POD concerning the new procedures and notes of general interest.

The new computerized pay system has eliminated a big portion of the payday to payday drudgeries for the disbursing clerks. In the future, with aid from JUMPS, our leave and earnings statements and W-2 forms might even be punched out and printed right here on board the ship. The computerized system has definitely become a big part of the CANOPUS routine and it seems in the case of Disbursing, this is to the crew's advantage, because now, they are able to provide extra service and to take better care of each man's pay record. SUPPLY CAN DO!

Beetle Bailey

By Mort Walker





check is in or out with the bank. Also, it's been up-  
 checked that some personnel pick-  
 ing up checks for their respective  
 divisions are signing for checks  
 without actually seeing or  
 the checks or actually knowing  
 what men are currently in their  
 division. To correct the problem,

and the captain in Cleveland.  
 The job manager also said that  
 certain men that 2-4 in their  
 to take the packages and they  
 are good men doing the  
 money about 1000 francs.  
 auditor and money point for  
 at administration officer provides  
 information for preparation of OOR



big time over  
 system. The company  
 types the checks  
 and a half hour  
 do it by hand in  
 The money list and  
 each man is paid  
 pointed in 30 minutes  
 24 times faster than  
 JUMPS technique  
 quick, but one  
 being covered or  
 Without the  
 effort of JUMPS  
 Data processing  
 but, it would  
 longer to get the  
 jumping. But  
 DT Agency  
 were a combination  
 working out the  
 They put together  
 wrote the computer  
 and the captain in Cleveland.



lines posted immediately to his  
 leave and earnings statement, pro-  
 vided a more up-to-date record.  
 However, all checks were sent by  
 mail and amounts were reflected on  
 about three weeks or  
 on how fast the mail  
 JUMPS certainly beats the old



Semana S



their responses, they do not want to be labeled and probed by their environment, but physically and psychologically, I know very well, I need to see them wear ship or at work. Now, wearing 52 or 53 months of imprisonment, only one question can be asked: how can I change myself? I don't know, but



# Cadiz Prison: An inside story

story by SN Ulysses Abreu  
drawings by EMFM Gary Wilson

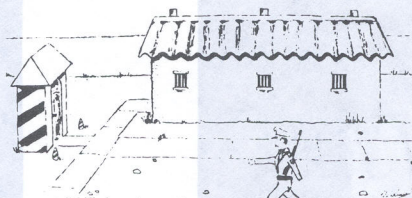
The outside view does not describe it; the visitors cannot believe it and the prisoners can't stand it.

By visiting Cadiz Prison, you will get the feeling to stay home all day and night, rather going out in the streets and get in to some trouble, because if you do, I am certain that the outside of the prison will not describe the inside to you.

To describe the inside of the prison is very easy, but my vocabulary is not enhanced enough to help me with the description, but I assure you that I don't recommend it for my worst enemy. In my five trips to the prison, I had a chance to see how the prison really looks, and I will try to describe it briefly.

If you have all the papers necessary to see a prisoner, you will be taken by a guard that won't even greet you by raising his eyebrow. He will lead you along a sidewalk, just like a Brigade Commander leading his troops. Everyone will silently march with the guard at the left flank, surrounded by guards with big, un-contradicted machine guns in their hands. The relatives going to see the prisoners are quite shocked at the depressing place around them. After walking about 100 yards, with the anxiety of seeing their loved ones, you can see the parents desperately and shamelessly crying upon seeing the conditions under which a human being is kept.

All these visitors, from all over the world, are jammed inside a 10' by 5' room that seems it is going to fall down on them. The room is separated by two steel bar fences, so aimly constructed that your little finger is too big to fit in the holes, through which you will communicate with the prisoner. There is another such fence in the other side, parallel to the visitor's fence, about five feet from each other that serves as the beating subject of the prisoner when his anguish overcomes his conscience. The impression of that little room passes the message to the visitors, no matter what their nationality, because the room speaks for itself. There is a door in the back of the room through which the visitors come forward to see not exactly the

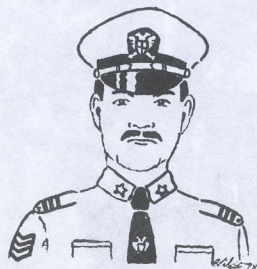


prisoner as a whole, but the face. There, you can listen to all different languages, idioms and dialects spoken in the world. The bouncing noises of the different languages is so horrible that when the noise bounces against the old walls, and everyone screams desperately to get his message through the double steel bar fence.

In my five trips to Cadiz Prison, I talked to prisoners, American and Spanish. I asked them many questions, and by their responses, they do not seem to be affected deeply inside by their environment, but physically and psychologically. My main purpose for writing about the experience in Cadiz Prison is to share it with you, and together, we can make an attempt to understand just what it means psychologically, to be a prisoner. Many of the prisoners, I know very well. I used to see them walking around the ship or at work. Now, seeing them after 15 or 17 months of imprisonment, only one question came to mind: Are they emotionally stable? I don't know, but let me tell you what some of the American prisoners told me during one of my visits to the prison.

I asked one if there were any other foreigners beside the Americans in the prison. "Yes," he said, "there are prisoners from all over the world here." What are the reasons they are here for, I asked. "DRUGS," he responded.

They all average the same age, from teenagers to young men not over 27 years of age. One of the most interesting cases to prove if the prisoners are emotionally stable was the case of five young men, including one American, one English, one Belgian and two Australians. These young men were tired of being poor and decided to do something different. Well, they attempted to become rich and pollute the health of society, as a lawyer I talked to exclaimed. They very intelligently decided to get an extra large yacht to go to Morrocco and load it with 4,000 kilos of hash and very excitedly started on their way to the Bahamas. Unfortunately, they have to continue to taste the bitter flavor of poverty and adjust to a filthy square cell, isolated by steel bars, because the Spanish police captured them and put an end to so many good things that this





world is meant to offer. Prison can undo a lifetime of learning; human values may be suspended and self concepts challenged.

Many parents I interpreted, coming from England or America, were totally depressed, awkwardly trying to figure out why his or her son did not generate parent's traits or character. The prisoners claimed that the guards are not violent with them nor intend to punish them in any way. Beating up a prisoner will carry out the same outcome as it does not touching them. Just by being in prison it will generate severe enough pathological reactions in the prisoner as to debase his humanity, lower his feelings of selfworth and make it difficult for him to be part of a society outside of his prison.

The prisoners are given names in the prison by the guards or by the fellow prisoners. An American prisoner introduced me to a small group of prisoners who were called "Destino" a Spanish word with very definite meaning applying to some of the prisoners, depending on what they have been charged for.

Are they mentally stable?



Many of the American prisoners do not seem to realize the reason they are imprisoned. Some of them are in a state of desperation, continuously shouting across the two steel bar fences, giving me messages to deliver to what they call 'friends', asking for foreign substances to be mailed to them and giving me lists of shipmates I know very well. Are they mentally stable?

The prisoners of Cadiz: Is it the prison of Foreigners; or the prison of the prisoners, 'Destinos'?

## U.S. Government provides little aid for Americans in foreign jails.

The State Department warns Americans travelling overseas the U. S. Government cannot get them out of jail if they violate the laws of another nation.

Department officials noted 14 million Americans holding valid U. S. passports traveled abroad last year and the number is expected to jump to 23 million by 1980.

But more and more American tourists of all ages are finding themselves in trouble--and in jail.

Barbara Watson, assistant secretary for consular affairs, said more than 1600 American citizens--twice the number six years ago--were detained or imprisoned in foreign countries, many of them under primitive conditions and mostly for drug-related charges.

In addition to drug charges, Americans are also being held for offenses ranging from traffic violations, drunkenness and vandalism to espionage, hijacking, kidnapping and even terrorism.

Mexico, West Germany and

Canada head the list of the ten nations with Americans now under arrest. The others are Britain, Colombia, Bolivia, Thailand, Japan, Spain and Greece.

"American tourists must face the fact that Uncle Sam cannot get you out," said Watson.

A department pamphlet available to the public notes American diplomatic and consular officials cannot do much for jailed tourists--specifically, they cannot spring anyone from jail simply because he is an American citizen.

The department says consular officials can only:

--Visit you in jail after notification of your arrest.

--Give you a list of reputable attorneys.

--Notify your family and friends and relay request for financial or other aid if you authorize him to do so.

--Intercede with local authorities to ensure your rights under local law are observed and you are treated humanely in accordance

with internationally accepted standards.

--Protest mistreatment to appropriate authorities.

Almost half of Americans in foreign jails violated some kind of drug law.

In countries like Iran, Algeria and Turkey, they could get the death penalty for drug-related charges, the State Department said.

The pamphlet says most countries have much stiffer drug laws than the U. S.; U. S. laws and constitutional rights do not apply to Americans arrested overseas; foreign drug laws make no distinction between soft and hard drugs; bail is not granted in most countries for drug trafficking cases; you are guilty till proven innocent in many foreign countries; few nations provide a jury trial and you need not be present for your trial and the average sentence in drug cases worldwide is about seven years.

# On the move? Check Navy Lodges

WASHINGTON, D.C. (NES)

... Many people associate Navy Lodges with the transition period between arrival at a new duty station and the location of permanent residence. However, these lodges are also open to other authorized personnel and their families on a space-available basis after all requirements for people under PCS orders have been satisfied.

Located at 33 CONUS activities and in five overseas areas, these lodges provide clean, inexpensive and convenient temporary accommodations.

Daily rates range from \$9 to \$15 per family with some overseas facilities running a little higher. The majority of the units

are equipped with kitchens and many of the comforts of home not found, at these prices, in commercial establishments.

Advance reservations may be made up to 90 days for those people on PCS orders and up to 21 days in advance for those, for example, in a leave status.

Normally, 15 days is the maximum amount of time that may be spent at a Navy Lodge. This, however, may be extended to 30 days for Navy men and women under PCS orders and their families.

A directory, listing services and rates at facilities world-wide, is available at any lodge.

The following Navy activities have lodges on board:

NS Adak, AK  
 NAS Alameda, CA  
 NAF El Centro, CA  
 NAS Lemoore, CA  
 NAS Miramar, CA  
 NAS Moffett Field, CA  
 NAS North Island, CA  
 NRMOC Oakland, CA  
 NSC Oakland, CA  
 NCBC Port Hueneme, CA  
 NS San Diego, CA  
 NSB New London, CT  
 NAS Cecil Field, FL  
 NAS Jacksonville, FL  
 NS Mayport, FL  
 NTC Orlando, FL  
 NAS Pensacola, FL  
 NAS Whiting Field, FL  
 NAS New Orleans, LA  
 NAS Brunswick, ME  
 NNMC Bethesda, MD

NAS Fallon, NV  
 NAVAIRENGCEN, Lakehurst, NJ  
 NSPCC Mechanicsburg, PA  
 NRMOC Philadelphia, PA  
 NETC Newport, RI  
 NS Charleston, SC  
 NAS Memphis, TN  
 NAS Chase Field, TX  
 NAS Corpus Christi, TX

NAB Little Creek, VA  
 NB Norfolk, VA  
 ND Washington, DC

FAD Yokohama, Japan  
 FA Yokosuka, Japan

## Overseas locations

NS Argentia, Newfoundland  
 NS Keflavik, Iceland  
 NS Subic Bay, Philippines  
 NS Midway Island

## Invitation to Insanity

by DM3 Daniel Ewing

Because Monday comes on Wednesday instead of Saturday, you are invited to a Christmas party on the night of Easter morning on October 45, 2047. All children under 8oz. will be admitted free. Orphans MUST bring their parents!

This party will consist of Castor Oil Cocktails--30 cents, a slice of watermelon--5 cents and a glass of spaghetti--\$1 per yard.

The party will begin at 12 degrees below zero, providing the sun is shining brightly that night. The boat will leave the airport at

13:72 W. D. If you miss the boat, swim out to the train, as we don't charge for wading.

When you get to the corner drugstore in the middle of the block, you will know you've come to the wrong place. Just hop in a little green boat painted red and paddle down the street to a vacant lot. Please be on time, as we are expecting you, but if you insist on coming, it will be all night because nobody will be home.

Admission is free, so pay at the door and there are plenty of seats, so sit on the floor.



## notes from Special Services

Our softball season has gotten off to a late start, but don't worry; all these delayed games will be played at the end of the currently scheduled season. It seems like CANOPUS has been carrying a little bit of Scotland around with her to throw out into sunny Spain. Remember, when we do get any rain, we have to close these fields to use. If they are even the least bit muddy, the pits you leave are almost impossible to get rid of and we don't want any injuries out there.

All of the ball gear is now in and we are taking steps to make sure it stays with us. If you check out a bag, make sure you dump it and count everything in it, because when it is brought back, it will be checked and missing items or substituted gear will be charged for. All of our gear is brand new Wilson equipment, so it will be apparent if anything is out of place.

With the heavy schedule by the intramural teams, we do not have a whole lot of time open on the fields. To give everyone an equal chance, we will use the same system as the base in that no one organization or group will be able to have a field more than twice a week. Picnics go from whenever they start but field reservations end at 1700. At that time, the next scheduled group gets the field. The picnic may continue, providing the other teams do not need those facilities.

The recreation Center renovation has finally been completed. We still have some finishing work to do and some

equipment to install, but the major work has been accomplished. This is all due to some back breaking work by OSC Gunnell and his "Tiger Team." You can do your part to help this group by taking care of the place they put so much time and effort into.

On our tour circuit, our local effort should be enhanced by the addition of our new 15 passenger vans. This will allow us to carry more people, and the greater number of vehicles should allow us more versatility. The new, improved SITE II Shuttle Bus seems to be popular. It gets much more use than the "old gray mare" used to and is a lot more reliable. There is always a seat available and it's more comfortable. It's nice to see something go right the first time.

For tours, we have a weekend in Madrid on June 2nd to see the Spanish Grand Prix. This is the main affair, as the big name drivers travel through Europe, and it is a lot cheaper than Monaco. Last year, we had a sellout. Still to come is the August trip to Scotland. The price came out to around \$415, because this is not one of our regular tour routes. You will fly from Seville to London and travel by train to Edinburgh. On returning, you will have one day and night in London to see a show and do some shopping. This should be a good trip, and since there have been no trips to Scotland since we have been here, it should be a sellout. So, don't wait till the last minute!

## Mystery Man????



That young sailor has obviously squared himself away, and we see that it is none other than MA1 Roy Smith.

CANOPUS

Wives Night

See and hear the Chief of Naval Personnel  
on CCTV

Admiral Watkins will speak on matters  
pertaining to your future. The floor will be  
open for questions following the videotape of

Admiral Watkins' speech  
Refreshments will be served

31 May, 1978

1930-2130

Location to be announced

# A letter to sportsmen of all seasons

As we begin another softball season, many CANOPUS players and their families will be involved with the sport.

The following article appeared last year in Stars and Stripes, as reprinted from an article by Bill Conlin, for the Sacramento Union. We are running it again this year in the hopes that it will remind all of us what sports are really about.

It is a clipping about Donald Jensen, who was struck on the head by a bat thrown while umpiring a little league game in Indiana.

Jensen shook off the blow and continued to work the game. That night, he went to the hospital with head pains. While under observation, he wrote this letter to all players and fans:

I am an umpire. I don't do it for a living, but only on Saturdays and Sundays for fun. I've played baseball, coached it and watched it, but somehow nothing takes the place of umpiring.

Maybe it's because I feel that deep down I am providing a fair chance for all kids to play the game without disagreements and arguments. With all this fun I've had, there is still something that bothers me about my job: Some of you folks don't understand why I'm here.

Some of you feel I'm here to exert authority over your son. For that reason, you often yell at me when I make a mistake or encourage your son to say things that hurt my feelings. How many of you really understand that I try to be perfect? I try not to make mistakes. I don't want your son to feel he got a bad deal from an umpire.

Yet, no matter how hard I try, I can't be perfect. I counted the number of calls I made in a six-inning game today. The total number of decisions, whether on balls or strikes or safes or outs, was 146.

I tried my best to get them all right, but I'm sure I missed some. When you figured out my percentage, I could have missed eight calls today and still got about 95 % right. In most occupations, that would be considered excellent. If I were in school, that grade would receive an A for sure.

But your demands are higher than that. Let me tell you more about my game today. There was one close call that ended the game. A runner for the home team was trying to steal home on a passed ball. The catcher chased the ball down and threw to the pitcher covering the plate. The pitcher made the tag and I called the runner out.

As I was getting my equipment to leave, I overheard one of the parents comment, "It's too bad the kids have to lose the games because of rotten umpires. That was one of the louisiest calls I've ever seen."

Later, at the concession stand, a couple of kids were telling their friends, "Boy, the umpires were lousy today. They lost the game for us." Well, I heard that and I felt terrible when I got home. Here was a group of kids who

had made a lot of mistakes which had cost them a number of runs.

A parent or adult leader who permits the younger player to blame his failure on an umpire is doing the worst kind of injustice to that youngster. Rather than learning responsibility, such an attitude is fostering an improper outlook toward the ideals of the game itself. This irresponsibility is bound to carry over in future years.

As I sit here writing this letter, I am no longer as upset as I was this afternoon. I wanted to quit umpiring behind the plate for a pitcher who pantomimed his displeasure at any call on a borderline pitch that was not in his team's favor.

One could sense that he wanted the crowd to realize that he was a fine, talented player who was doing his best to get along, but that I was a black-hearted villain who was working against him. This kid continued for two innings, while at the same time, yelling at his own players who dared make a mistake.

For two innings, the manager watched this. When the kid returned to the dugout in the top of the third, the manager called him aside. In a voice loud enough that I was able to overhear, the lecture went like this: "Listen, son, it's time you make a decision. You can be an umpire, an actor or a pitcher, but you can only be one at a time when you are playing for me. Right now, it is your job to pitch and you are basically doing a lousy job. Leave the acting to the actors and the umpiring to the umpires, or you won't do any pitching here. Now what is it to be?"

Needless to say, the kid chose the pitching route and went on to win the game. When the game was over, the kid followed me to my car. Fighting his hardest to keep back tears, he apologized for his actions and thanked me for umpiring the game. He said that he had learned a lesson that he would not forget.

I can't help but wonder how many more fine young men are missing their chance to develop into outstanding ballplayers because their parents encourage them to spend their time umpiring, rather than working harder to play the game as it should be played.

The following morning, Donald Jensen, part-time umpire of little league, died of a brain concussion, resulting from the blow by the thrown bat.



# The Spudkiss-Report

As sure as the sun sets in the west, there is going to be another intramural softball season. The games will be played at the SITE II fields 1 and 3, with game times of 1700 and 1900, Monday through Friday.

Sixteen teams are entered, with over 300 actual participants. Now that's participation!

1. SK's, coached by SK3 Iannace look good, as they have been working hard for the last couple of months. They have a lot of returnees from last year. Could be tough.

2. Mar/Nav, with Coach Sarge McCormick leading his wayward warriors onto the league. A lot of spirit. Should do good.

3. Ops/Nav with ET1 Landreneau are giving it their all, but they need a lot of work. Good luck, guys!

4. R-8. Coach HTCS Nance has kept his team on a diet by practising his boys at lunch hour. Good luck, Chief. At least your

guys are not fat!

5. Wardroom, coached by CWO2 Warden. I can't say I've seen them play yet, but if they rally around the flag.....LOOK OUT!

6. "A" Gang, with ENC Griffin will enter a team this year. They are another lean and mean bunch, practising instead of going to lunch. LOOK OUT!

7. First Class drafted SH1 Westrick away from his S-3 team. A lot of experience. Trying to balance age and experience is no easy job. Good luck, guys.

8. W-5. ET1 Nussbaum, a hard charging sort of coach, has had his club whipped into shape for two months. This could be a good ball club.

9. W-1. TMC Byrd and his boys are used to winning ball games in the past. There's no reason they'll stop now.

10. R-5. IC3 Racht has a lot of talent and with all the "zoomie power" they can muster, they should

be tough.

11. Squadron. LT Yocum has kept this team hidden away, so nobody knows what he's got. I would think he's got a few aces up his sleeve.

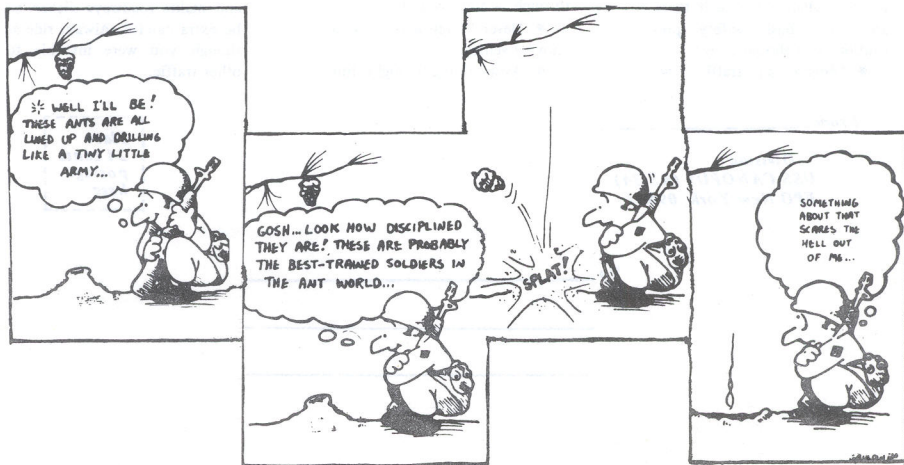
12. Deck, coached by SN Cobb, will return as a strong contender, but can they put it all together? Good luck, Cobb!

13. R-1. HTCM Roney and his "hardy cads" have been working hard for the past few months. Could be tough.

14. APL & Coach HT1 Rust return with the hopes of improvement. APL always plays good ball. Good luck, guys!

15. R-2, with MRC Pomranky coaching, return as strong favorites this year.

16. S-3 SH1 Valerio has whipped his young, spirited team into what looks like a top contender. Shades of the Past. Good luck, Toni.



Dear \_\_\_\_\_

## Safety tips for the bicycle trips

WASHINGTON, D.C. (NES) ... Autumn ushers in crisp evenings, scurrying leaves and perfect bicycle riding weather. Most Navy exchanges offer a complete line of bicycles if you've decided to purchase one. If you don't wish to invest the money and time it takes to maintain a bicycle, you can rent them from many special services.

No matter how you get a bicycle, when you ride it there are some basic safety precautions you should obey:

- Observe all traffic laws

and signals.

- Ride to the right near the curb in the same direction as traffic. If there is no curb, stay near the right side of the road.
- Use hand signals for turns and stops.
- Come to a full stop, and look in each direction before entering any main thoroughfare. Avoid busy streets and intersections, but if you must cross them, walk your bicycle through — don't ride it.
- Never "hitch a ride" on a moving vehicle.
- Avoid riding at night, but

if you must, apply retro-reflective tape to your bike and clothing.

- Make sure your bike is in sound mechanical condition and tires are properly inflated before riding.
- Yield right of way to pedestrians.
- Be extremely careful when checking traffic behind you.
- Rain decreases visibility and makes roadways slicker, so be extra careful. Always ride as though you were invisible to other traffic.

From \_\_\_\_\_

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