



The HELMSMAN

VOL 4 NO 1

USS CANOPUS AS 34

JANUARY 1968

I RELIEVE YOU SIR!

Capt. Trueblood Takes Command

On a cold and windy December 30th morning on the Helo Deck of CANOPUS, Captain Harold J. TRUEBLOOD, USN relieved Captain John D. EATON, USN as Commanding Officer.

Captain EATON had command of CANOPUS since August 1966 and was detached for duty as Assistant Chief of Staff Officer for Plans, Commander Naval Forces, Viet Nam.

Captain TRUEBLOOD comes to CANOPUS from the Submarine School at New London, Connecticut where he was Director of the Advanced Tactics Department.

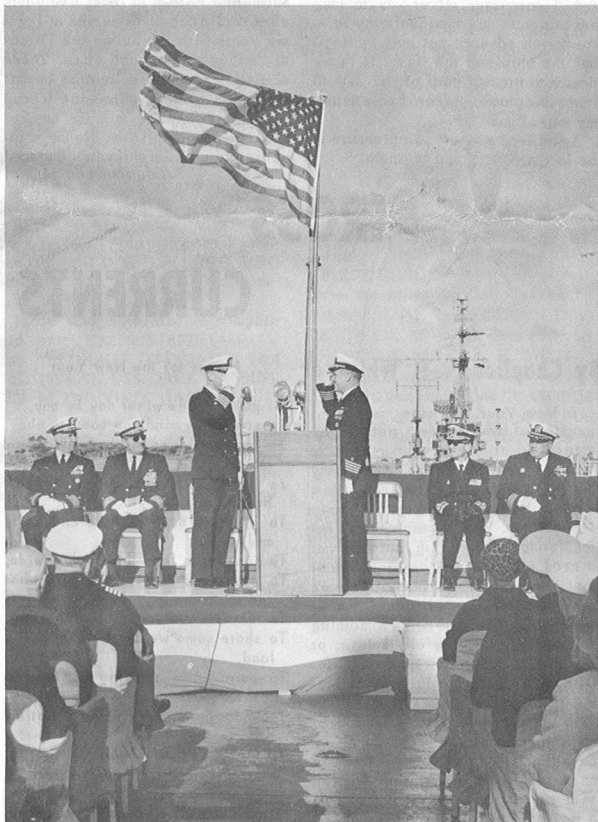
Among the many guests present at the ceremonies were (left to right in photo at left) Captain L. E. MATHER, USN, Commander Naval Activities, Spain; RADM N. C. GILLETTE, Jr., USN, Chief Joint U. S. Military Group, Spain; RADM GONZALEZ, COMMANDANT, Naval Base, Spain, and Captain W. E. SIMS, USN, Commander, Submarine Squadron SIXTEEN.

Cdr Fox Receives Commendation

At ceremonies held on January 16th, Commander K. FOX, USN, Repair Officer, was presented with the Navy Commendation Medal by Captain Harold J. TRUEBLOOD.

The commendation was presented to Commander FOX for his outstanding and meritorious service from April 1965 to September 1967 while serving consecutively as Building

(Continued on Page15)



COMMAND COLUMN



By Captain H. J. Trueblood

In this first column for your ship's newspaper I want to repeat and emphasize what an honor and a pleasure it has been to relieve such a fine and capable officer as Captain EATON in this superb ship. It is with a sense of pride and a realization of the responsibility involved that I commence this tour of duty.

This is my first duty directly involved with the FBM Submarine Navy, and also my first duty in surface ships. This being the case I recognize the need for the assistance, advice and counsel of all hands if we are to continue the superb performance and high standards established by my predecessor. On 30 December when I said to Captain EATON, "I relieve you as Commanding Officer USS CANOPUS", I recognized the fact that I do not command a ship but rather I have only been trusted with the command of the officers and men attached to CANOPUS. I recognized the fact that no officer commands a ship, since a ship is merely an inanimate structure given life and character by the men who serve in her. The reputation of a ship and any commendation or awards given a ship are earned by her crew. Never forget that everything you adds to, or detracts from, the reputation of CANOPUS.

During these first few days I have been particularly impressed with the professional competence of the artisans, the smart and shipshape appearance of the ship in general, and

your meticulous adherence to military courtesies. Keep it up.

The importance of CANOPUS in our national defense posture can perhaps best be appreciated if you consider the consequences were she to be forced off the line for any reason. Historically, fire is the greatest enemy of seamen. Recent casualties in our Navy have reemphasized this danger. For the safety of your shipmates, CANOPUS, and the Polaris Program, we must take all precautions to guard against fire. My concern with, and attention to, this subject will continue.

The opportunity for advancement and promotion in the Navy is unlimited. I encourage all of you to take advantage of this opportunity for in so doing you advance not only yourself but the ship and the Navy. It is my desire to present each of you with at least one promotion certificate during my tour of duty.

Again let me say it is a pleasure to be in CANOPUS and in Spain.



By Chaplain F. E. Whitaker

A New Year! We have marked the passing of time and designated a numerical identity to a year in order to record a segment of life. Few if any have failed to ask, what now? How shall I begin? The jokesmiths make fun of New Year's resolutions, but resolutions made are an indication of a need for change. I personally feel that the New Year's resolutions are good because they help one to realize that he should be doing something differently, breaking old habits, or aspiring to reach new goals in life. Of course, if the resolutions are broken or never kept then one must live with the remorse and reflection of having vowed to do and failed. In my devotional reading I found a poem of an unidentified author that I share with you and sincerely hope will be a reality in your life in 1968.

Dolphin Scholarship Competition Opens

The Director of the Dolphin Scholarship Foundation, Mrs. A. F. SCHADE, wife of the Atlantic Fleet Submarine Force Commander, this week announced March 15, 1968 as the deadline for application in the 1968 Dolphin Scholarship competition.

Scholarships are awarded to selected students who are sons or daughters (natural, adopted or stepchild) of members or former members (officer and enlisted) of the Submarine Forces and in the U. S. Navy, living or deceased, who have served in the Submarine Forces at least five years after qualification, or served at least six years with the Submarine Forces at various support activities. These activities include: submarine bases; submarine tender; submarine rescue vessels; submarine missile support activities or facilities; Naval shipyards and civilian shipyards engaged

(Continued on page 5)

CROSS - CURRENTS

Prayer for the New Year

To grow a little wiser day by day,
To school my mind and body to obey,
To keep my inner life both clean and strong,
To free my life from guile, my heart from wrong,
To shut the door on hate and scorn and pride,
To open up to love the window wide,
To meet with cheerful heart what comes to me,
To turn life's discords into harmony,
To share some weary worker's heavy load,
To point some straying comrade to the road,
To know that what I have is not my own,
To feel that I am never quite alone,
This would I pray from day to day,
For then I know my life would flow,
In peace until it be God's will I go.

Look Out for Small Loan Companies

When banks turn down a loan, often a borrower turns to a small loan company as a last resort. Be careful.

The small loan company specializes in short-term loans of no great size. It may charge interest alone or it may pad the interest with a number of service charges, these can include credit checks, insurance, bookkeeping--even a charge for the application.

If you must deal with a small loan company, be sure that all charges are clearly understood and in writing. Read every word of the contract before signing, not after you've spent the money and gone home.

Most companies charge an interest rate of from one and one half percent to three and one half percent a month. This is an effective rate of about 18 to 42 percent per year. And that, in anyone's language is high.

Service people in financial difficulties may seek advice from the legal officer. If there is an emergency Navy Relief might be able to help. There is always the chance that the money really isn't necessary. And then no one needs a loan.

1967 Federal Income Tax returns must be received by the District Director, Internal Revenue Service, by April. Don't be caught by the deadline—file now.

AS - 9 News Continued from Last Issue

On the 6th of May, 1942, General Wainwright after communication with President Roosevelt decided to surrender the fortress complex at the entrance of Manila Bay. He had some time convincing "Tiger" Yamashita that he could not surrender other USAFFE forces in the archipelago, and the "Tiger" became reconciled to this matter, the terms of surrender being drawn up at a meeting on Bataan between the two generals. The last message that "Skinny" Wainwright sent the President before communications were eliminated is quoted herewith - I saw it in the rough draft in Molinta tunnel before it was sent. "With broken heart and head bowed in sadness but not in shame I report to Your Excellency that today I must arrange terms for the surrender of the fortified islands of Manila Bay. There is a Limit to human endurance and that limit has long since been past. Without prospect of relief I feel it is my duty to my country and to my gallant troops to end this useless effusion of blood and human sacrifice. If you agree, Mr. President, please say to the Nation that my troops and I have accomplished all that is humanly possible and that

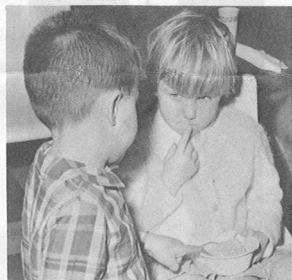
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Santa Visits Canopus

Santa Claus didn't ignore CANOPUS during the holiday period. He made his stop to visit with CANOPUS kiddies on 14 December. There wasn't any snow but it was a beautiful sunshining day and the children didn't seem to mind.



Santa greets his fans and passes out the goodies



How can you stand chocolate????

MARINES IN VIETNAM are getting three communications vans that can be carried into combat by helicopter. Specifically designed for Vietnam use, vans are equipped with high-frequency transmitters, receivers and teletype-writers for ship-shore and ground-air communications. They will be manned by Navy communicators.

SEA BREEZE



MARINE DETACHMENT

During the months of November and December 1967, the "Pride of the Nation" represented aboard the CANOPUS, was replenished to serve the Polaris Fleet. Directly from Sea School we have had join us Cpl McDONALD, Cpl PUTT, Pfc McMILLAN, and Pfc GASPER on 15 November, and Cpl BARNES, Cpl GILLESPIE, Cpl McCUSKER, and Pfc GOMBEL on 2 December 1967. This Detachment welcomes Sgt BARTEL from Headquarters, 9th Marine Corps District, Kansas City, Missouri, and his family. Sgt BARTEL is SSgt TAYLOR's relief as the administrator for this Detachment. In keeping with the spirit of the season, the Great White Father presented three members of this Detachment with an extra stripe. They were Cpl's BREWER and SIMMS and LCpl WAGNER with the date on 1 December 1967.

It seems that Santa forgot one gift, the Gunny's orders. So the Detachment has a special request that he come back, for Bell Bottom trousers do not look good on a Marine and the Gunny has been here long enough, he might make the mistake one of these days.



SEA



BREEZE

W-4 DIVISION

The "Whisperer" from the Missile Grotto is out again" with the holiday spirit (hic) and all. The "Whisperer" didn't make it for the last issue of the HELMSMAN so we have quite a bit of news.

It appears the cavorting and the boozing are over for a couple of men with the arrival of Mrs. EDWARDS and Mrs. HALLOWELL. Now a certain chief will no longer need to walk from the Chief's Club making in-flight course corrections. Seriously, a welcome to you new families and may you enjoy your tour in Spain. Other new arrivals are MTC CLARK and family and TMSN VLACK; the "Whisperer" also welcomes you.

The Division Christmas party was a great success. It was held at the Silver City Saloon with gifts being exchanged and a visit from Santa too!

Lo and behold it was the FIRST party that Chief HOWER left in the vertical position without assistance.

CONGRATULATIONS CHIEF!!

The ATTA-BOY Award this month must go to MT2 DIMPSEY along with an alarm clock!

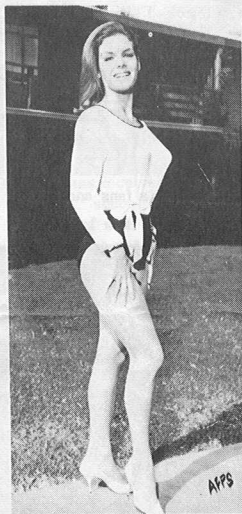
The best news is the basketball defeat of W-1 by W-4 in the first round of competition for the monthly Department Trophy. It was a hard fought overtime game with W-4 winning 60-58, the reason being the knuckles of the players from W-1 were worn out from dragging them on the deck. A sound defeat was easily delivered to W-2 also, 91-27, so now W-4 will wait to see who the second round will produce and get on the boards with them again.

The next months competition will be bowling with MT2 BRAINERD navigating, so rally 'round, let's get that trophy and keep it (NOT LOSE IT LIKE OTHER DIVISIONS DO).

The "Whisperer" just heard that Mrs. MUNIZ is in the hospital for an operation, we all wish you good health and hope everything is okay.

With Chi of MANESS running around looking for bassinets, cradles, etc., trying to remember how to change a diaper after 13 years, things have been pretty hectic in the Handling Shop the past couple of months.

With GYSGT COLLINS out to get revenge and with all the new "JUNGLE BUNNIES" on post it is time for the "Whisperer" to get back into the trunk via the elevator shaft!! ADIOS until next month.



Miss Jeanne Carroll

SEA BREEZE

S-1 DIVISION

In the closing months of winter the S-1 Division has received her new boss. We all look for continued guidance and help in our storekeeping travels with Mr. HILDEBRAND.

As this writer sets his pen to paper he is reminded that the Division has received an abundance of manpower; that is, Reserve sailors. They say the Reserve is the backbone of this Navy, but one look at these shipmates and, well...! To take a few examples: DECHAMBEAU was sent to us a cool, clear, level-headed young man. Now he is a hard-

nosed storekeeper ready to rock the hill of Rota; AUMANN started out much the same way. Quiet, hard working, and only an occasional uproar. Now he is working at our T-Shed and feels he is king. DOTY, our new man in Submart, goes around sneaking in and out of different storerooms, snatching up pieces of material to stock his shelves. JAVINS, who is a good kid, except that he drinks booze and has the style and class of an old "salt". EPSY is a fine storekeeper, but in his off hours he enjoys dressing in the oldest clothes and fashions. Last but not least is "my friend" Doug FICHTEL. An intelligent, good looking young man who should go places in this Navy. A good candidate for All Hands, Man of the Year award.

I don't want to overlook at all the additions of FOERSTER and STRUBLE to the Division. They haven't come out of their shells, but I'm sure our crew will soon remedy this situation.

This reporter has been hearing of some real golf battles going on, on our smooth and well kept base golf course. BAILEY seems to be doing fine with his best round, Sunday, January 14th, shooting a 102. Although the pressure must be great because all-pro Davis (Stock Control) SPEELMAN, and Chief KERRIGAN (both from S-5 Sub Sat Team) pushed BAILEY all of the way. I'm sure the Chief felt lighter after one of his ventures into the rough. All in all, it was a good day for golf.

Rounding out this article there is one thing that remains certain. This Division has had an entire turn-over of personnel. But we are bringing the loose strings together to keep the CANOPUS strong and sound.



"I HATE IT TOO SIR; IT'S JUST THAT WE'RE SO DARNED SHORT HANDED!!"

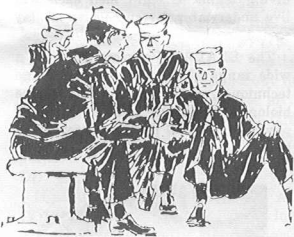
SEA BREEZE

M DIVISION

We of M-Division would like to say so long and best of luck to LT, and Mrs. R.D. DUKES and family. Mr. DUKES has left us for that cold-cruel civilian world. The party held for the DUKES' by M&B Division, turned out to be a big success. Thanks to all hands that helped arrange the party and decorate the hall.

Another fearless bachelor is about to bite the dust. EN2 RAMIREZ has finally proposed to his little girl friend in Cadiz. I hear the wedding is going to be sometime this summer. ROT'S-a-RUCK RAMO.

M-Division would like to welcome LTJG J.L. RHODES into the hole as our new Division Officer. Mr. RHODES switched from Electrician to a combination Machinist Mate and Boiler Tender. Hope you like your new home



Mr. RHODES. By-the-way, you will find a large economy size bottle of APC's in your middle desk drawer, compliments of Mr. DUKES.

Some other new faces have appeared in the Engine Room lately. They are: MMFA Jim MELICH and FN Bill CARTER. Jim's brother Ed joined our Division last September. CARTER, our 6'6" Bilge Diver likes the Hole too but he has been having a rough time crawling around in the bilges. The Division has also acquired a new chief. He is BTC R.J. ELSIS, the former Oil King.

Time to say so long to our three Short Timers: J.J. DICCIARDELLO, Tuck GREENE, and Scody HAYS are leaving for the BreadLines sometime in late January. Lots-of-Luck.



GOOD DUTY — RD3 Robert D. Martin was selected from the 2700-man crew of the USS America to escort Miss America, Debra Barnes, to dinner when she visited the 77,000-ton aircraft carrier at Norfolk, Va.

DOLPHIN SCHOLARSHIP CON'T

primarily in the construction, repair or overhaul of vessels of the Submarine Forces; schools engaged primarily in the instruction and training of Submarine Forces personnel; Naval laboratories with a primary mission of support of the Submarine Forces; non-qualified personnel on Force, Flotilla, Squadron and Division staffs; and Naval personnel of all special facilities and officers whose primary mission is support of the Submarine Forces in any capacity.

Time required in the Submarine Forces is waived if the member dies while on active duty in the Submarine Forces.

Scholarships are awarded based upon recommendations of an impartial evaluation committee which makes recommendations to the Foundation after screening all applications. This committee is composed of individuals qualified in educational matters. In the past, the board has been filled by civilian educators in the Training Division of the Bureau of Naval Personnel. Recommendations of the Evaluation Committee are based on



(AFPS Feature)

Data photos taken in orbit aboard Biosatellite II appear to demonstrate that plants depend on gravity for orientation.

The photos showed pronounced disorientation of leaves and stems of the four pepper plants photographed during the two-day flight launched Sept. 7.

The experiment was the first time the National Aeronautics and Space Administration had attempted to grow a broad-leaf plant in the absence of gravity.

Photos recovered after the flight showed that five hours of zero gravity apparently caused the leaves of one plant to bend noticeably from their horizontal position. After 12 weightless hours, the leaves were under almost 90 degrees, and after 18 hours they were touching the stem.

scholastic proficiency, character, all-around ability and financial need.

Thirty-six students have received the renewable scholarships since the foundation was established in 1960. These renewable grants were increased by \$200.00 over previous years last year when eight newly selected high school seniors and sixteen recipients already in college each received \$700.00 Dolphin Scholarships.

Each submission of application will insure their full consideration for an award. Applications may be obtained by writing to the Bureau of Naval Personnel (Pers G-221), Arlington Navy Annex, Navy Department, Washington, D. C. 20370.



*IT'S YOUR NUN (NUN) OR COLONY, GOT LOST ON THE PERRYWAY AND WANTS TO KNOW IF YOU'LL WAIT FOR HIM!

AS - 9 News Continued

we have upheld the best traditions of the United States, its Army and its Navy, May God bless and preserve you and guide you and the Nation in the effort to ultimate victory. With profound regret and with continued pride in my gallant troops I go to meet the Japanese commander. Goodbye, Mr. President." That was all. Nothing more on the air except the coded gibberish of the Japanese military announcing their victory and redeploying their forces for a further push southward towards Down Under.

Most of our personal gear was taken from us by the Japanese, leaving us but with a few articles of clothing. They promptly placed crude numbers on our shirt backs and we were herded under guard down the east slope of Molinta Hill to an area that had once been a seaplane hangar and ramp area, now known as 92nd Garage from the unit designation of the Motor Transport outfit that used it. Later we came to call it "El Andersonville." The sepia tint shows 92nd Garage viewed from the slope of Molinta. There were some 13,000 men here jammed into the encompassing limit of a few acres and we dug up old bits of poncho, bamboo strips, old corrugated roofing tin and anything else that came to hand to erect our hutsches and shelters. All we had to eat was what we had brought with us upon surrender and the only source of fresh water was an old stone-lined Spanish well that had been sunk there in the prison compound in the middle 1600's, the water being brackish and covered with green scum - our standard of living had tumbled overnight, even from the grim fare that had been our lot as members of the fortress



garrison. Several of our people were bayoneted to death at that well trying to get water out of hours for the sick, their bodies being left there as an abject lesson to others who took it into their nogginns to get water out of hours. Over all hung the stench of the battlefield, the greater percentage of the dead, having not yet been interred. We dug our latrines and buried some of our dead on the slopes surrounding the 92nd Garage flat - a most unsanitary piece of engineering, but it was almost the only thing we could do, every inch of flat area being taken up by prisoners. A few nights later, the torrential sub-tropical spring rains commenced and washed the contents of the graves and the toilet facilities down amongst us to our great inconvenience and utter embarrassment. Finally the Japanese organized us into work and clean-up battalions and the great job of burying the dead began. We had to urinate in our own handkerchiefs and place them across our noses to counteract the extremely horrible smell. Many became sick from these labors and were cudgled brutally by the Japanese back to work. I remember burying several of my friends but in many cases it was all we could do under that scorching tropical sun to dig a mere mass grave, quite shallow, and put the dead in it. The rains would undo it all a few days later and we'd be back at it again in the muck and mud. The Japanese heaped up their dead and burned them, many small white boxes being sent back to the next of kin in dear ol' Nicpon. Lord knows who's ashes arrived at what addresses since the boxes were filled by shovels most indiscriminately. One thing I remember was that the Japanese burial parties carefully removed all gold teeth before the fire was kindled

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Foreign Navy Men Join Sealab III Experiment

Five Navy men from three foreign countries will join U.S. Navy men in the SEALAB III experiment off the coast of Southern California this summer.

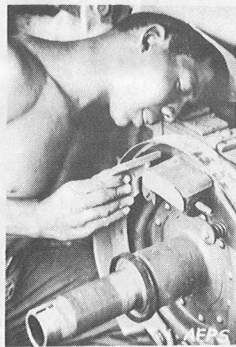
The Royal Australian Navy is sending one officer and the Royal Navy and Royal Canadian Navy will each be represented by an officer and an enlisted man.

Only one diver from each of the navies will take part in the undersea portion of the project. The other men will be assigned to support teams on the surface.

Before the two month project begins, the foreign aquanauts will train with U.S. aquanauts at the Navy Experimental Diving Unit, Washington, D.C.

SEALAB III will be conducted at depths of 450 to 600 feet near California's San Clemente Island. Five diving teams of eight men each will live underwater for successive 12 day periods.

The SEALAB Program involves a wide range of experiments in salvage techniques, oceanographic and marine biological research and a series of physiological and human performance tests.



BRAKE REPAIR — Marine Cpl. Jimmie Jones replaces a brake lining on a heavy truck, the 7th Fleet Amphibious Force motor transportation shop, Subic Bay in the Philippines. Cpl. Jones is a member of Marine Battalion Landing Team 3/1.

SEA BREEZE

W-1 DIVISION

Through the joyous caroling and singing of festive torpedomen, comes the January voice of the "Torpedo Tattler".

The holiday season has found W-1 Division in the best of spirits, despite the loss of two more torpedoman shipmates: TM1 KING, who is taking a two year vacation in Sunny Florida, and TM2 BRETT, who is picking up shop...and taking his talents to the USS GILMORE.

The "TATTLER" would also like to welcome aboard to W-1 Division TM3 VAUGHN who will be trying to make up for the loss of KING and BRETT in the 45-Shop...TM3 GUGLIAMO, who is spending his working hours with the steam technicians in the 14/16 Shop....and TMYN REID, who is the first yeoman to be accepted into W-1 Division with open arms.

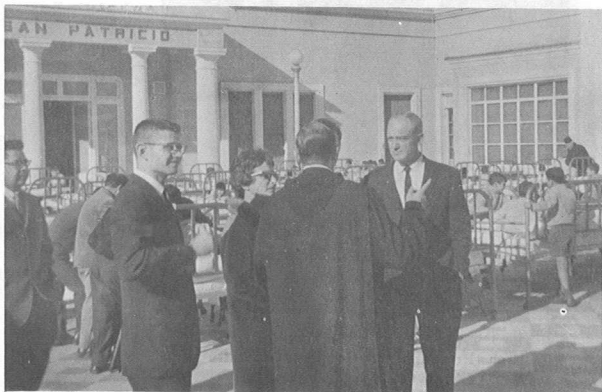
The schools have also taken their toll of torpedomen this month, with TM4 FARLEIGH going to 36-2 school for 2 weeks and TM3 DOHM, who is also at school and TM3 IAN-NACONE, who is in training to be a steam technician. All three men are attending school in Key West, Florida.

Now, let us turn our microphones to some of the little incidents which have occurred throughout the month.. TMSN ST. CLAIR is still trying to figure out an easier way to walk up and down ladders with his Third cast on...some people just can't walk down the gangway at liberty call...can they ST. CLAIR???

TM3 PARTRIDGE, with his 38 pound vocal cord, seems to like to wake people up at 3:30AM for no particular reason...you ***rattle snake!!!!

If there are any complaints about the food in the messdecks, you can argue the matter with TM2 (RED) BALL, after working hours.

After a very wet and joyous New Year's Eve, TM2 SMITH, for some reason, seems to have spent most of New Year's Day, looking for something in the 14/16 Shop.



Capt. and Mrs. EATON along with LTJG GIBBONS listen as Father Superior JUAN explains the workings of the Sanatorio de Santa Rosalia y Juan Beato. The Sanatorio is a home for crippled children in Jerez. The party, at which CANOPUS furnished ice cream and cake was the order of the day, was arranged by LTJG GIBBONS and attended by many CANOPUS personnel.

W - 1 Sports Action

The "Torpedo Tattler" would like to send out a well done to W-2 Division on their victory in the recent Weapons Department Pistol Tournament. That just goes to show you, seeing that W-5 was supposed to have this tournament sewed up. W-1 Division placed Third, behind the sparkling shooting of TMC RICHMOND.



Department Elimination Basketball Tournament

The first game of this tourney was between W-1 Division and the Birdmen of W-4 Division. W-1 Division, the heavy underdogs, as is always the case when W-1 and W-4 bump heads, lost a real hair-raiser in an overtime period, 60 to 58. These two teams will do battle again many times this season and the "TATTTLER" is sure that W-1 will cause many moments of sweat to the Birdmen of W-4 Division.

Canopus Intramural Basketball League

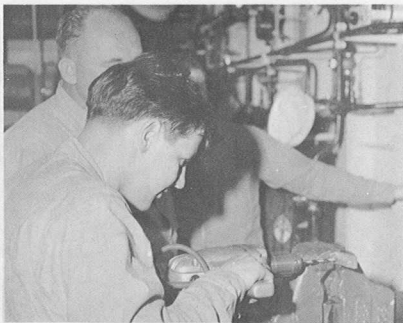
W-1 Division, as of the present date, is 3-1 in the league. Quick victories were obtained by defeating W-2 Division, DC Division, and R-1 Division. The "TATTLER" would like to congratulate DECK Division on their victory over W-1 Division, but there will be another game soon. STAND-BY!!!

Weapons Department Bowling Tournament

W-1 is anxiously awaiting this tourney and the "TATTLER" would like to pick W-1 Division as the favorite. With the veteran stars like TMC KEELING and TMC GRAY, the bowling team will definitely have a good foundation.

The "TORPEDO TATTLER" would like to take this opportunity to thank TM2 JONES for his great coaching and fine support at all of W-1 Sports. The men of W-1 Division have elected him ATHLETIC SUPPORTER OF THE YEAR???

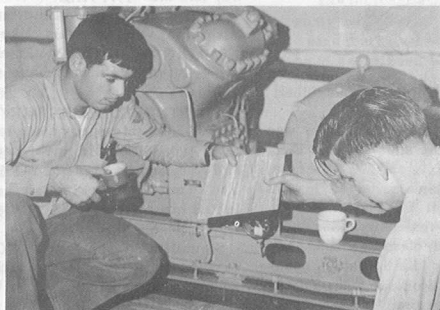
So until next month, the "TORPEDO TATTLER" will go back into some corner and leave you with this thought, "It's not that much if you win or lose, but how you play the game"!!!!



EN3 TANNER drills brackets for O2N2 High Pressure Air Compressors while MM2 INKS looks on



Inspecting the bearings on traveling cranes is a risky business, testifies EN3 ZAGOZAN

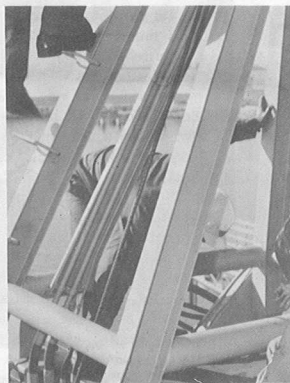


EN2 VASSILEV and MM3 KNUCKLES attempt to work a tile jig-saw puzzle in the Main Refrigeration Room

Division of



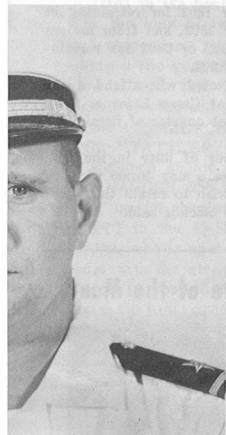
LTJG CLIFFO



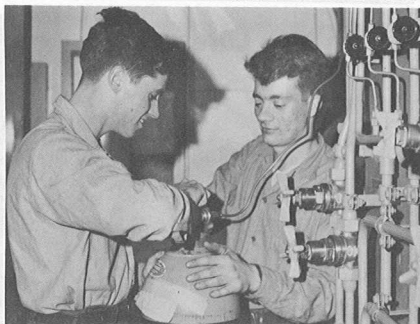
Men from the Hydraulics gang give crane

the Month

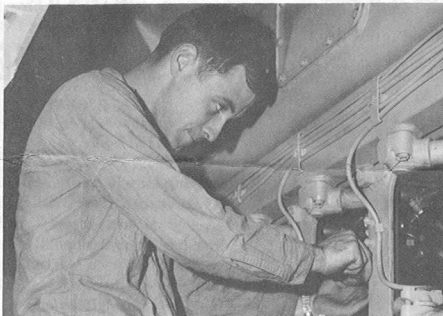
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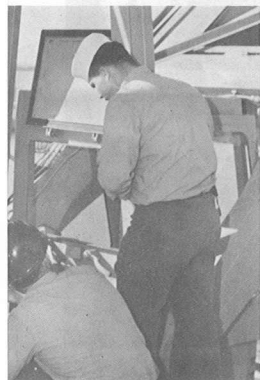
RD V. COOK



MM3 SAUERWEIN and ENFN BONDESON recharge nitrogen bottles for alongside SSBN's



Replace SPARK PLUGS on diesel engines????? FN SIMMONS fine tunes the Emergency Diesel Generator



attention to an ailing traveling



EN3 FRASIER shows EN3 JACOBS how easy (?) it is to turn the ships rudder by hand

Toti's Career Corner

Did you make a New Year's resolution yet? If not, let's think about making at least one or two resolutions that will help you in more ways than one:

- (1) spend some of your off duty time working on a correspondence course.
- (2) start putting some of your pay in Navy savings. 10% interest will help your savings grow faster.
- (3) what about a course with the University of Maryland? Economics, English or Spanish.

Now if you are not interested in making a new rate, saving money, or getting more education, forget about making any kind of a New Year's resolution as I am sure you wouldn't keep it anyway.

Let me tell you what one of my resolutions for the New Year of 1968 is: I will have my weight down to around 200 pounds by July. I will be honest about this—I had someone help me make this resolution (Dr. MYERS). Since September, I have tried to grow about eleven inches taller so I would not be overweight but that didn't work. Now I will try the good doctor's way. (He told me this had better work). All my life I have heard the saying, "Everyone loves a fat man"—don't you believe it. Doctors don't.

The Navy now has a new SCORE Program for men in the following rates: DK, DM, IM, LI, ML, MN, PC, PH, PR, PN, and SH to convert to more open or fast moving rates.

To be eligible, personnel must be:

- (1) serving in pay grade E3 (identified striker), E4, or E5.
- (2) have not less than 21 months nor more than 10 years of active military service.
- (3) must enlist/re-enlist or extend for a total obligation of 6 years.
- (4) obtain BuPers approval prior to enlisting re-enlisting or extending.

Personnel must also meet the minimum test score requirements for entrance into the appropriate Class "A" school.

I will be glad to go over the SCORE Program with any man that wants to find out if his present rate is included in this program. There are also 37 rates that are in the "neutral" category that can convert to higher V.R.B. ratings.

Please stop by my office (2-52-6) in the after port mess deck if you have any questions.

START THE NEW YEAR OFF RIGHT



SEA BREEZE

I & E OFFICE

Care to make a no risk investment? Even if it doesn't pay off you're still ahead. Impossible?? Time spent studying for advancement is just that: an investment in your future. Study is the key to advancement and to increasing your responsibilities, the respect of your co-workers, your privileges --- and your pay.

You say you think you can make it without studying? Maybe so, but 60% of the participants in a recent Navy-wide examination apparently thought so too. They Failed!!!

The increased Navy manning levels along with the build-up in Viet Nam means that advancement opportunities have never been better. In many ratings, passing the examination ensures advancement at the E-4 and E-5 levels. Only 18 of the 234 men who passed the August 1967 examination on board CANOPUS were not advanced.

Plan a study program now. Don't be concerned because someone calls you a bookworm --- he's probably one of the 60%. Get paid for what you know as well as for what you do. Don't wait for an act of Congress to get your next pay raise. Hit those books --- NOW!

Marine Corps Seeks Officers In Engineer, Transport Fields

The Marine Corps is looking for lieutenant colonels and majors to retrain in the engineer and motor transport fields.

Volunteers are needed from the lieutenant colonel grade with MOS 0302, 0802 or 1802 for retraining in MOS 1302 or 3502, and from majors with MOS 0302 or 0802 for retraining in MOS 1302.

Officers selected will attend a six week course at Camp Lejeune, N.C., during the last quarter of fiscal year 1968.

After a tour of duty in the new MOS, the officers may decide whether or not they wish to retain the MOS, Marine Corps officials said.

Shipmate of the Month



SPANISH DOLL—Miss Lara Lenti is another motion picture "find" from Europe. A resident of Madrid, Spain, the former part-time model has signed a contract with a Hollywood studio and may soon be a familiar face on the American screen.

SEA BREEZE

MEDICAL DEPARTMENT

The past two months have seen the transfer of HM1 A. FUSCO to the U.S. Naval Hospital at Philadelphia. Reporting aboard we have three new corpsmen: HM2 M. PENA from NMS Bethesda, Maryland, HM3 R. MEYER from USNHCS, Great Lakes, and HN W. THIESS from USNHCS, Great Lakes. A welcome aboard and we are sure glad to see you. The gumbles and groans could be heard from bow to stern, on one payday last month, as "the gun" went to work on the mess decks giving the annual "flu shot". In spite of all the noise, no serious injuries occurred from "the blast" and now everyone, we hope, is protected from "the bug".

We could begin to wonder about "Silent George" POOLE. Lots of letters from a certain station in the States. What gives George??? Bells!!

Arms were bared, teeth clenched, eyes closed, as the long line of grim faced sailors silently filed through Sick Bay and received their PPD skin test. What!! Is that all??? Smiles flashed as they quickly found out the needle wasn't a foot long after all.

Wonder if our Senior Medical Officer could be trying for a set of dolphins?? How is that silent sea duty Dr. MEYERS???

If anyone is looking for HM2 J. ALBORNA down in RC Div., don't look any longer. He finally found a home. Joe is with the medical department. How's the weather up there Joe?? Need some oxygen up that high?? That's all for now. As we always say, "See you at sick call".



Mrs. Virginia SMITH points to the CANOPUS Quarterdeck plaque on which, in the words of the Starlighter Certificate, her name shall be permanently inscribed.

Another Canopus Starlighter

At a ceremony in the Captain's Cabin on 28 December 1967 Mrs. Virginia SMITH, wife of LCDR G. SMITH, was inducted into the Order of Canopus Starlighters. Her name has been added to our quarterdeck plaque where it will ever be. The Starlighters were formed by CANOPUS for the purpose of affording recognition to any woman, military or civilian, who had made a significant contribution to CANOPUS or the U. S. Navy.

Mrs. SMITH has assisted many of our arriving dependents, meeting incoming planes at odd hours, providing transportation to temporary quarters, serving on various committees and doing baby sitting as required. Mrs. SMITH joins a select list of Starlighters which includes Mrs. Claire LOWRANCE, wife of Vice Admiral Vernon L. LOWRANCE, USN; Mrs. Abie V. ROSE, wife of RM1 Robert ROSE, USN, (2 awards); Mrs. Dorothy EVERSON, wife of LT Richard EVERSON, USN; Mrs. Tina J. LUFFMAN, wife of EM1 L. R. LUFFMAN, USN; Mrs. Blanche R. SLANK, wife of MM1 R. M. SLANK, USN, and Mrs. Patricia BORHO, wife of LT J. M. BORHO, USN

MORE FROM

SEA BREEZE

RADIO DISPATCH

OPS/NAV

First of all this month we would like to say Hola! and Welcome to "O" Division SN MANGIONE, SN ROBY, SN MARTIN (No relation thank Goodness), RMSN HANSON, SN ZULKER, and SN JARVIS. SNSNIFFEN is the new man around "N" Division. "N" Division will soon be missing a man in the form of SM3 "Red" GRINDSTAFF. "Red" is on his way to spend some time with the Airdale Navy on the USS INDEPENDENCE. Also QM1 SANDSON has orders to CSS-16. A long distance transfer.

The OPS basketball team is in full swing but not swinging too well at the moment. So far the record stands at one win and two that we won't talk about. But we aren't worried. They are just getting into high gear so better watch out for them.

Congratulations will be going to CYNNSN LAMPHEAR when he puts on the crow in February.



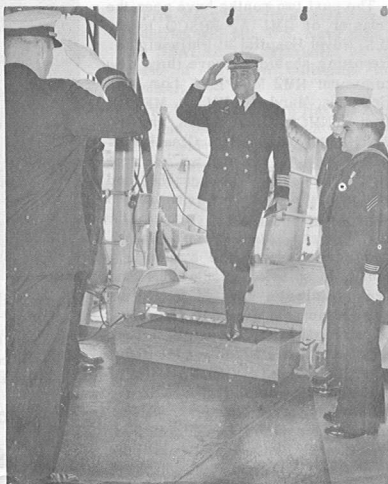
QUICK THINKING — Air Force Sgts. David E. Speth (r) and Roland E. Nichols, assigned to the aircraft control tower at Bien Hoa Air Base in the Republic of Vietnam, received Certificates of Exemplary Service from the Air Force Communications Service. They guided four aircraft, worth \$1.8 million, to successful emergency landings.



CANOPUS CHANGE



RADM N. C. GILLETTE, Jr., USN, Chief Joint U. S. Military Group, Spain is "Welcomed A-board" by Captain J. D. EATON, USN



Captain ELIZALDE, Commanding Officer, Spanish ship DEDALO, arrives on board



Spanish Air Force Colonel FRITZ arrives on board for Change of Command ceremonies



Heads are bowed in prayer as the Benediction is read. Left to Right are: Captain L. E. MATHER, USN, RADM N. C. GILLETTE, Jr., USN (Behind the microphone), Captain J. D. EATON, USN, Captain H. J. TRUEBLOOD, USN, RADM GONZALEZ, Spanish Navy, and Captain W. E. SIMS, USN

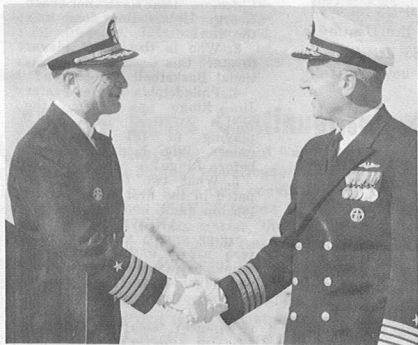
OF COMMAND



CANOPUS Marine Detachment at Parade Rest



Captain BOWDEN, USMC, RADM GILLETTE, Captain EATON, and Captain TRUEBLOOD inspect the Marine Detachment



IT'S ALL YOURS



Anyone for a piece of cake??? Captain TRUEBLOOD and Captain EATON cut the Change of Command cake

MORE FROM

SEA BREEZE

X DIVISION

Last month found the Officers and men of Admin enjoying a fine Christmas party at the Playa de Ia Luz Hotel. Our thanks go out to CSC TOTI, YNC HERRICK, and YN2 BRYNE for the food preparation and planning a wonderful evening.

With deep regret we acknowledge the passing of the "Gold Dust Twins", PN3 HOLT and SN WHITMAN. John and Ken will be leaving this month; WHITMAN for duty in Viet Nam and HOLT for home in St. Louis. PNMC LOMELI may be in mourning for some time over all this. Charles A. MURPHY will also be departing for discharge. The COMSHAW artist's title will pass to another and the watchword "Murf" will be heard no more.

As replacements for this noble group we welcome SN GRANIER, SN THURMOND, and SN LESLIE and hope they enjoy their time with us.



RT DIVISION

In our last issue, we had an exciting race going between the infamous "Stork" and "Big Jim Rawn". The "Stork" won that race by about a week. Jim, had a bouncing baby girl waiting for him when he arrived home on the 24th of Nov. His daughter, Susan, was born on the 19th of Nov. Along those same lines, VELTE had a double surprise when the "Stork" dropped a set of twins, Timothy and

Tommy, at his door step on the 20th of Oct. Congratulations to all involved on your noteworthy successes.

While in the congratulatory mood, we should also mention that our career first class, McGARVEY, has at last made it into the realm of the Chief Petty Officers Mess, having finally been advanced on the 16th of Oct. SFC RICHARDSON was advanced to DCCS on the 16th of Nov. ET3 FORREST was advanced to ET2 on the 16th of Nov. shortly after getting his wife over here. Could be something to the old adage: Behind every successful man there is a nagging wife.

ET2 BRITTON finally had to accept his orders to the USS HOLLAND, back in the good old USA. Guess the transceiver is back in working order again.

BISPING has received his orders to go to ET "B" school at Great Lakes, in February of next year. Make sure you get an extra set of "long-johns" out when you get there.

Chief HEWES has been TAD to the Hospital for the past three weeks or so. He says he has trouble sitting down. Can't quite figure out what he means by that statement.

We would like to welcome into the Division, DCCS WILLIAMS and ETC CRILL, who were both acquired from RS Division. Bonvoyage to ETCS BOWER who left the CANOPUS for duty with that other Navy, the Destroyer Fleet, on board the USS LUCE.

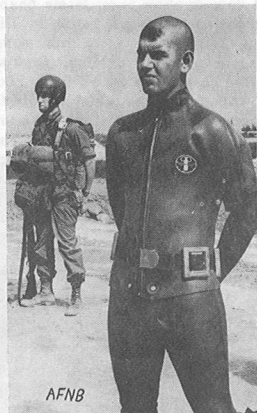
Aliens Must Register

Navy and Marine Corps families with aliens should be sure that their addresses are reported to the Attorney General during January.

The Immigration and Nationality Act requires the registration of all aliens in the United States and its possessions. Those temporarily absent from the country must fulfill this obligation within 10 days of their return.

Registration cards are available at any U. S. Post Office and at the Offices of the Immigration and Naturalization Service.

NAVNEWS



NAVY DIVER — Hospital Corpsman First Class Lovell E. Burwell wears a Scuba wet suit" as other members of 3d Force Reconnaissance Co., show uniforms and equipment worn by recon Marines.



(AFPS Feature)

1. What player holds the NCAA major college division basketball record for the most points scored in a single game?
 2. The NFL record for the longest run with a fumble recovery is held by long-time Chicago Bear's owner-coach George Halas. How long was the run?
 3. Who is the oldest player to start this season in the National Basketball Association?
 4. Philadelphia Eagles center Jim Ringo has become the NFL's all-time "iron man," playing in 181 consecutive games. Who held the record before Ringo?
 5. What two teams participated in the first NFL championship game in 1933?
- ANSWERS
1. Frank Selvy of Furman.
 2. Ninety-six yards, set while playing in 1954.
 3. Larry Costello of the Philadelphia 76ers. Costello is 36 years old.
 4. Former Cleveland Browns star Dick Modzelewski who played in 180 consecutive games.
 5. The Chicago Bears beat the New York Giants 23-21.

Pollack Wins Sublant Nomination



DECK DEPARTMENT SEA BREEZE

In competition with all other types of ships in the Submarine Force, U.S. Atlantic Fleet, the USS POLLACK (SSN603) has been selected by the Force Commander, Vice Admiral A.F. SCHADE for the annual "Our Navy" magazine eighth annual "Ship of the Year" award.

In the nominating letter, Admiral SCHADE cited POLLACK achievements as "a consistent contribution to the development of tactics..." and "...has made significant contributions in the field of research and development". Admiral SCHADE in speaking of the operations of the Permit class nuclear powered submarine stated that "most of POLLACK's operation, and all significant ones, are classified. However, her accomplishments are well known to the Chief of Naval Operations and to the Commander in Chief, U.S. Atlantic Fleet, As a result of recent operations, the Commanding Officer (CDR R.P. McDONALD, USN) was awarded the Legion of Merit and the Executive Officer (LCDR E.F. COBB, USN) was awarded the Navy Commendation Medal".

Those who were also in competition were: USS SUNBIRD (ASR15), USS ARGONAUT (SS475), USS SEA OWL (SS405), USS DACE (SSN607), USS ALAMOGORDO (ARDM2), USS TINOSA (SSN606).

POLLACK is now in competition with similar nominees from other type commands and selection should be made before the first of the year.



"OH, SPRATZ, YOU DO NOT SEE A WOMAN HERE; JUST THE UNIFORM AND RANK INSIGNIA!"

FIRST DIVISION

On the last underway period (29 to 30 Nov. 1967) FIRST DIVISION had a lot of new faces on the Forecastle but once again did an OUTSTANDING job without an accident. We also wish to commend the D. C. Division for the bath they gave us---BUT WITH SALT WATER!!! Somesay it was a mistake and some say it was done on purpose so WATCH OUT D. C. Division, there might be a DECK HAND around. Captain EATON also thought it was pretty funny but I don't think the First Lieutenant saw eye to eye with the Captain that time!



FIRST DIVISION would like to welcome the following new men to the division: SN J. L. JAMES, SN E. E. GARDINER, SN D. E. MASTON, SN J. D. TREW, and SN G. K. WHITE.

BM3 D. A. EHRMAN made the FACETIOUS statement that "CANOPUS DOES NOT GO TO SEA ENOUGH FOR HIM", so he SHIPPED OVER on 8 December 1967 for four more years. He has gone to the West Coast.

Congratulations are in store for David R. KALE and Charles S. EVANS who put their Third Class Boatswain's Crews on 16 December 1967.

CDR FOX RECEIVES COMMENDATION

Co-ordinator during the pre-commissioning of CANOPUS and later as the Repair Officer.

Under his leadership CANOPUS has accomplished a high quality of repair work that is unsurpassed by any other Submarine Tender.

SECOND DIVISION

Did you ever wish to evade the daily routine of your life?? Well, step up to the Second Division, where everything seems to be happening lately! First salute BM3 MORAN, SN BURNS, and SN FROST as they pass you. They'll be civilians by the time this issue goes to press!!! We'll sure miss their fine qualifications and experience.

Duck your head because one of our new operators will be swinging the crane in your direction.

A hearty Welcome Aboard to Seaman FAZZALARO.

Your lucky one of our alert divers will be "looking out" for your protection. The divers recent exhibition showed, that CANOPUS' training bill is spelled out ACTION!!!!---- and that's the word from our Second Division (Second to NONE).

THIRD DIVISION

During the Holiday season we men of the Third Division are reminded of our families and the great expanse of water that separates some of us from them.

The Third Division was very regretful to see three fine men, BM2 G.W. RODGERS, SN W.V. HUGHETT, and SN R.A. WAMHOFF leave our ranks. On the brighter side, Third Division would like to welcome four new men; SN J.T. BYCZKOWSKI, SN S.Y. JAFFE, SN D.M. BOWERS, and SN R.G. HALLETT. Have a good time men.

Also the men of the Third Division would like to congratulate D.M. MAYES on his recent advancement to BM3. He has joined the long list of believers. Congratulations BO A T'S.

To the officers and men of the CANOPUS we, the men of the Third Division hope your New Year is a very prosperous one.

SPECIAL NOTICE

For our mailing list subscribers we must confess - we did skip an issue - There was no December issue.

CAREER COUNSELOR RE - UPS

SEA BREEZE



DENTAL DEPARTMENT

DT2 TORRES-SOTO of the Dental Department has just returned from leave. His leave was spent in London, England and Paris, France; both of which he thoroughly enjoyed.

DT2 CUSICK and DT3 SWARTOUT have gone on some stateside leave over the holiday leave period.

Also returning this holiday season, is DT3 BUCKLEY who has been on TAD orders at Torrejon AFB at Madrid, Spain.

At the present time the department is installing their new stereo tape system which will be an added and much enjoyed convenience by the department.

The Helmsman

THE HELMSMAN is published monthly onboard the USS CANOPUS (AS-34) for the crew and their dependents in compliance with Navso P-1035 (Rev 12-65) with appropriated and non-appropriated funds. The HELMSMAN is a member of the Armed Forces Press Service. Opinions expressed herein are those of the writers, unless otherwise stated, and are not necessarily those of the Department of the Navy or of this Command.

COMSUBRON 16

Captain William E. Sims, USN
Commanding Officer

Captain H. J. Trueblood, USN
Executive Officer

Commander W. J. Kraus, USN
Editor

Lt. John Paul Suprenant, USN
Assistant News Editor

SN Mark L. Roby, USN
Staff Artist

EN3 James A. McKee, USN
Layout and Vartypist

SN Mark L. Roby, USN
Photography

Photo Lab
Production Print Shop



A firm believer in re-enlistment, CSC TOTI re-upped for four years. This will make a total of twenty-six years on active duty for our famed career counselor. Also re-enlisting on December 20, 1967 with Chief TOTI was ETC CRILL who shipped-over for another four years also.



AS 9 NEWS CONTINUED

and among the Japanese gold teeth were all the rage. I do remember also that one of the high lights of the day was when our working parties were marched back to 92nd Garage we'd go swimming in the warm waters of the Middle Channel, carefully brushing the sewage and effluvia of the camp away from us.

That was why we called 92nd Garage "El Andersohville".