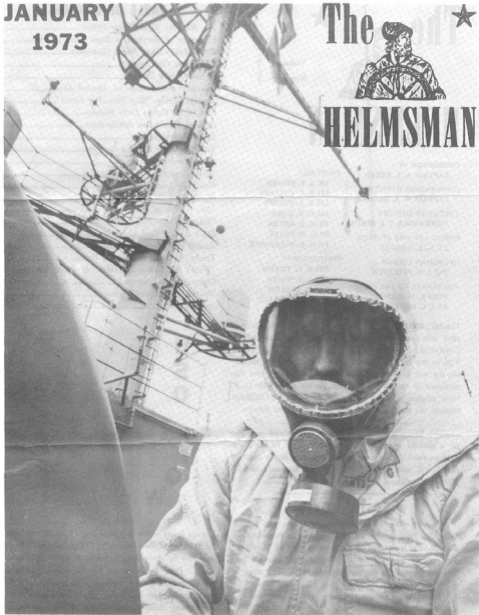


**JANUARY
1973**

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HELMSMAN



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HELMSMAN

Volume 9
Number 1

COMSUBRON 14

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The HELMSMAN would like to correct and apologize for a mistake made in the December issue. In the Spotlight on Deck Department article, the man at the helm of the Box-L was SN O. Lavelle of 3rd Division, not SN Molter as indicated. Our apologies to SN Lavelle.

ON THE COVER

Looking more like an astronaut or a diver than a sailor MM1 (SS) H. Cummins, III of Canopus' Radiological Controls Division is pictured on the cover in a set of "Anti-C's." This suit is designed for working in areas where a man may be exposed to nuclear contamination. The story of RC Division can be found on page 10 of this issue.

The cover photo was taken by PH3 R. Collins with a special wide-angle lens.

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USO SHOW



George Jessel strikes a typical pose as he belts out the lines of "California Here I Come". This performance on Christmas Eve in Ardnam Gymnasium was a USO sponsored show. Prior to showtime, Mr. Jessel and other members of his troupe visited Canopus and after a brief meeting with Commodore Kelln they went to the mess decks during evening show and spoke with members of the crew.



The Chief of Naval Operations, Admiral Zumwalt, has directed that "... every base, station, aircraft squadron and ship's commanding officer should appoint an aware minority group officer or senior petty officer as a special assistant for minority affairs." The man filling that position on Canopus is Chief Data Processing Technician Mac Arthur Lewis.

Chief Petty Officer Lewis' job is to perform the demanding roles of trouble-shooter, diplomat, sounding board, sensitizing agent and advisor. He provides a channel of communication by which all personnel can bring their problems to the attention of the commanding officer without feeling that their grievances are being selectively filtered and diluted midway in the chain of command.

In order for a minority affairs program to be successful, a hard working, responsible minority affairs advisor, like Chief Lewis, is a fundamental ingredient.

University Of Maryland

To Begin Third Term

The third term of extension courses from the University of Maryland will begin 5 February 1973. College level courses in French, History and English will be offered. These classes are open to all military personnel and dependents who are high school graduates. It is an excellent opportunity to pick up college credits during the evening hours. The University of Maryland is a fully accredited college and credit hours are usually transferrable to other colleges should the student desire to do so. To register, or for more information contact the Educational Services Office on board Canopus.



Wood Hobby Shop Needs Customers

Enjoy making things with your hands? Maybe you're missing out on a great opportunity. You are if you haven't taken advantage of the Special Services Wood Hobby Shop.

This Shop, located at the Queen Street Complex, is directly behind the Auto Hobby Shop. Mr. Bobby Goodman is the shop manager. Like all Special Service's employees he stands ready to help you with any problem or question you might have. The Shop boasts a complete range of woodworking accessories from simple hammer to jig saws.

So, if you feel the urge to become creative stop in. Build a table, desk, stereo cabinet, or some simple shelves; you'll save money and have fun at the same time. Hobby Shop hours are:

Monday-Tuesday	1500-2200
Wednesday-Thursday	CLOSED
Friday	1400-2200
Saturday-Sunday	0900-1800

CPO WIVES CLUB REPORT

by Edith Counts

1. Donated \$50.00 toward party with Santa and bought gifts for the children of the McKeith House-Home for transient children awaiting placement.
2. Donated \$50.00 to Mary Street School for retarded children to buy gifts for Santa Claus party.
3. Donated \$50.00 in the form of twenty-four baskets filled and delivered to old-age pensioners.
4. Donated \$50.00 to Greenock School for retarded children.
5. Organized Teen-age dance held at Ardnadam Gym. Money was furnished from the Site One Composite Recreation fund and members of the Officer's Wife's Club, the Navy Wife's Club of America No.247 and the Black Wife's Club helped with arrangements.
6. Held a Christmas movie for dependents and local children (approximately 250 children attended).
7. About 450 gifts were bought, wrapped and distributed for Site One dependents Christmas party. Other gifts were distributed to needy dependents and local charities.
8. Sent flowers to hospitalized CPO wives or their children.



In Search Of A Home?

If you are like the majority of military personnel in the Holy Loch area you have to regard the search for quarters as a most frustrating and often unrewarding enterprise. Alas! Help has arrived! This help takes the form of a person by the name of Denis McLoughlin. Mr. McLoughlin, a former real estate agent with over 26 years of experience in the housing business has recently joined the crew at NAVACTSUK Detachment, Ardnadam.

As head of the Housing Referral Office, Mr. McLoughlin seeks out all available homes considered adequate for military personnel, appraises them and lists them for the ultimate purpose of helping you and your family. Located at the far end of the new Dental Clinic (telephone number is Sandbank 488) he is available from 0800-1700 Monday through Friday. Call quickly though because he is going to be a busy man and will be out searching for more homes!

You can help both him and your shipmates. If you're leaving the area on PCS orders stop by or call and list your present home or flat with the referral office. With the anticipated summer opening of rental guarantee housing at Ardenslate and Sandbank, local housing shortages should be eased considerably.

Come by the Housing Office as soon as possible whether you already have a home or not. Your aid is needed to compile a listing of all available quarters in the area.



Courtesy of All Hands

QUESTIONS AND ANSWERS ON ALCOHOL ABUSE

Just what is alcohol?

Alcohol has many forms and many uses. The intoxicating type, which forms the basis for wines, beer and distilled beverages, is known scientifically as ethyl alcohol. It is a natural substance, formed by the reaction of fermenting sugar with yeast spores.

Can alcohol be considered as a food?

Hardly. More than 3,000 years ago, scribes in ancient Egypt issued warnings on clay tablets to young and old alike against the misuse of beer. Evidently the problem was—and is—widespread, since similar warnings have been found in the writings of Chinese, Japanese, Roman, Greek, and Indian cultures of the same or later periods.

What is an alcoholic?

An alcoholic is a man or woman who cannot control the desire or need for alcohol. He or she is physically dependent or psychologically dependent on alcohol to cope with life's problems, to boost morale, or to gain self-confidence. As the dependence grows, the individual must continue to drink to avoid the pains of withdrawal and detoxification.

Will even a small amount of alcohol affect a person's driving ability?

Any alcohol, regardless of the amount, affects the brain first. On a drive through city streets, the brain gives "orders" to the muscles at an average of one every 20 seconds. If a split-second decision is needed to avoid a collision a slowed reaction caused by alcohol can be disastrous.

Are "happy hours" dangerous?

They are not dangerous to an individual who knows the effects of alcohol, because he or she will watch the amount consumed. However, the individual who goes to the "happy hour," and tries to do a full night's drinking in 60 minutes, finds that the stimulation of the first drink soon passes into toxication, as the alcohol concentration builds up in the blood stream.

What effect does drinking have on sexual activity?

A few drinks may dull a person's sense of restraint by depressing the brain's control center, and thus "help" an individual to overcome a lack of confidence or immediate feelings of guilt about sexual activity. However, too much alcohol and sexual activity decreases to zero.

TEENAGE RIGHTS

'BUY NOW, PAY LATER!' Joins Draft and the Vote

Young men have been subjected to the draft for over 30 years. This year millions of newly enfranchised youths have gone to the polls for the first time. Less attention, however, has been given to the fact that many young people have now taken on the rights and liabilities that go along with being a full-fledged consumer. By virtue of legislation recently passed in 33 states, the age of major-

ity has been reduced from 21 to 18, and in some cases to 19 years old.

POTS AND PANS

Pizza used to be the biggest item sold up and down the halls of college dormitories. Now, campuses will see the door-to-door sales pitches that have been so familiar to housewives over the years. Young people can buy pots and pans, magazines, encyclopedias, vacuum cleaners and in fact, anything a salesman is willing to sell them. The only way they can get out of the sales contract now is to prove fraud. The time-worn defense of being under age is no longer available in those 33 states.

HOUSES AND HOUSEBOATS

College students are not the only ones, of course. Servicemen, young working men and women and young married couples are legally eligible to purchase houses and houseboats, washing machines, color TV's, motor boats and motorcycles, correspondence courses, and otherwise borrow cash without the signature of their parents or other co-signers.

This new group of consumers must be a prime target for vigorous programs of consumer education. In particular, they should be alerted to those common deceptions—bait and switch, free prize and contest gimmicks, phony comparative prices, etc.—that have been the subject of general FTC consumer education efforts directed to their older counterparts.

Post Office Enjoys Little Holiday



The HELMSMAN extends thanks on behalf of the crew to the men of the Post Office for their diligence in handling our mail during the month of December and the "Christmas Rush". In the back row are: PC3 S. D. Nelson, SN W. C. Tevebaugh, PC3 M. P. Buckalew and PC2 J. L. Galloway. Kneeling are PCSA G. S. Walls and SN J. D. Lancaster. In the center is the man in charge of the Post Office, PC2 W. W. Sawmiller.

To give an idea of the volume of mail handled during December here are some statistics. Mail received: Christmas cards—10,000, insured packages—2,000, uninsured packages—10,000 and air mail and first class letters—2 tons. Mail dispatched: Christmas cards—50,000, packages—12,000, and air mail and first class letters—4,000 lbs. Because of this severe work load the postal clerks weren't able to enjoy the luxury of "holiday routine" the way most of the crew could.

DOLPHIN FOUNDATION SCHOLARSHIPS

Students whose fathers are members or former members of the U. S. Navy's Submarine Service may now apply for \$800 Dolphin Foundation Scholarships. Ten scholarships will be awarded this year, which will be renewable at the college or university of the recipient's choice.

Applications may be obtained by writing to the Bureau of Naval Personnel (PERS P-511), Navy Dept., Washington, D. C. 20370. Deadline for submitting applications to the Bureau of Personnel is March 15.

Scholarships are awarded to selected students who are sons or daughters of members or former members of the Submarine Force who have served in the force at least five years after qualification or a minimum of six years at a force support activity. These activities include: submarine bases, shipyards, or other facilities and offices whose primary mission is to support the submarine force.

SAILOR-OF-THE-MONTH



SA STEVEN KENT ALLEN

December's Sailor-of-the-Month is Seaman Apprentice Steven Kent Allen from Noblesville, Indiana. Back home Allen helped his family on the farm. "Being in the Navy is a rest for me compared to working on the farm," he said.

Allen works in the First Lieutenant's Storeroom and was selected for Sailor-of-the-Month because "... he has impressed upon his divisional petty officers and departmental officers just what a young seaman can do with a little effort. He is a conscientious sailor who applies himself with vigor to any assigned task. He is constantly striving to improve his knowledge of the job he is assigned to do in the Deck Department. Allen's cheerful and confident manner has won him many friends both on the ship and the beach."

When asked how he spends his spare time Allen replied that he likes to visit Scottish farms and compare their methods of farming with those of the farmers back in the States. He has also contributed much of his time and means to helping the children of the Dunclutha Children's Home.

Allen is a reservist and after his two years of active duty is finished he plans to go back to the farm in Noblesville. His most favorable comment for the Navy was an expression of appreciation for the chance to visit overseas. For this reason he has accepted the free ticket to Barcelona, Spain offered to the Sailor-of-the-Month by Special Services this month.



SA Allen accepts his Sailor-of-the-Month card from Captain Brooks. The card lists his benefits for being selected, such as open gangway, head-of-the-line and OMB privileges.

TEEN CHRISTMAS DANCE A SUCCESS

The CPO Wive's Club, the Officer's Wive's Club, the Navy Wive's Club of America No.247 and the Black Wive's Club sponsored a teen-age Christmas dance on the 28th of December in the Ardnadam Gym.

The dance was held under a kaleidoscope of lights and Christmas decorations and featured the music of the TNT Disco. A buffet prepared by the wive's clubs contributed to the success of the evening.



In charge of the party were Mrs. Goodman and Mrs. Aikens, co-chairman. They were assisted by Mrs. Springfield, Mrs. Staudt and Mrs. Brown. The finances for the event were provided by the Site One Composite Recreation Council. The popularity of this event has generated ideas for a similar dance to be held during the spring holidays.

HELMSMAN PHOTO CONTEST



1st place and \$25 was awarded to Mr. Scaletti, E Division officer for this picture of his daughters at a highland gathering.

2nd PLACE



Cows were the subject of the 2nd place photo by Robert Werowinski of W-4 Division. Yes, that is a German car, but the driver is an American.

Although the response to the photo contest was not as great as anticipated, enough entries were received to have a judging and it is hoped that the publication of these photographs, plus the prize money, will be an incentive to crew members to participate in future contests. The winning photographs on this page were judged by content, that is, how well they expressed the theme of the contest "Americans in Scotland." Some entries were eliminated when the judging began because they did not follow contest rules. Here are the winners:

← 1st PLACE

3rd PLACE



A picture of his son fishing in one of Scotland's many lochs won 3rd place and \$10 for MT1 Hall of W-4 Division.

SANTA CLAUS BUSY AT HOL



Santa Claus spent so much of his time at Holy Loch just before Christmas that it's surprising he found time to deliver all the goodies on Christmas Eve. At the invitation of various organizations (i. e. Wive's Clubs, Dunclutha Volunteers, Cardwell Bay Shore Patrol and others) Santa attended children's Christmas parties at several homes for children in this area.

There were so many sailors and their wives involved in these activities that to list them would be impossible. Anyway they received their reward from the children and the expressions of surprise and delight on their faces.



There's nothing like cream cakes and soda for a party!

HT2 Ron Carter's son is not quite sure what to think about ol' St. Nick.



Santa Claus with the children at the Dunclutha Home. (Photo by G. McCormick)

HOLY LOCH

NEW HOLY LOCH ACTION GROUP

by DTC P. E. Robinson



Rebecca and Melissa Smeltzer with Santa Claus.



The children, teachers and Santa at St. Mary's school for handicapped children.

The annual Christmas party for the Dunclutha Children's Home was sponsored this year by the crew members of the USS Canopus and USS Los Alamos. The event in past years has been sponsored by the Canopus Chief Petty Officer's Mess. In order to get wider participation a general meeting was held 8 November of those interested in helping. About twenty-five people were in attendance. It was decided that personnel would work on a voluntary basis in formulating plans for the children's party.

As the plans progressed it was realized that this loose framework contributed to much wasted effort and energy, duplication in tasks, frustration, and misunderstanding among the Dunclutha volunteers. To remedy these defects another meeting was held. This time a formal organization was set up and committees formed. Elected as officers of the organization were: FN G. McCormick, Chairman, SN J. W. Jones, Assistant Chairman and Treasurer; LI3 D. E. Zahn, Secretary. FTCS J. Parli, TMC J. M. Carson and DTC P. E. Robinson volunteered to serve as advisors and coordinators of the group.

In subsequent group meetings and committee meetings it was learned that several of the visiting submarine crew members were interested in helping the Dunclutha youngsters. To help the Holy Loch Navy man render the maximum assistance through his voluntary efforts whether stationed in the Holy Loch area or deployed on a submarine the Holy Loch Action Group (HAG) was formed. The Dunclutha volunteers agreed to become the nucleus of HAG. All details have not been worked out but it is hoped that through HAG an off duty Navy man, who desires to, will be able to put his voluntary time and talents where it will do the most good.



Joe Jones talks with the kids of Dunclutha. (Photo by G. McCormick)

RC DIVISION



Working with radioactive material requires capable and trained men. It is a specialized, demanding and sophisticated task. For the excellent job they are doing the HELMSMAN spotlights the Radiological Controls Division this month. CWO2 Frank B. Mahaffey is the division officer assisted by WO1 Paul R. Moore, Jr.

A tour through RC's spaces is reminiscent of a tour through a hospital. Part of the deck and bulkheads are made of stainless steel and are not painted to make them easier to clean in case they become contaminated. Walking through these areas you find yourself feeling guilty for stepping on the deck.

Most of RC's work is too technical to cover (it is also classified). One of their jobs, however, is to remove con-

taminated effluent (radioactive water used in the propulsion plant of submarines) from a submarine and replace it with pure water. Then when Canopus goes to sea the used effluent is dumped into the ocean. (For the benefit of ecologists: This effluent cannot be dumped closer than 100 miles from shore. Also, before it is pumped over the side it is circulated through special filters until it is below specifications for pure water. You could drink it without ill effects.)

Since the work done in RC Division is so technical, a new man assigned there from the mess decks has many hours of studying and qualifying ahead of him. During his first three days he must complete the Radiation Workers Qualification Course. Next the new RC recruit will take from three weeks to three months of on-the-job training and studying before he is considered qualified to stand a watch. From here the training continues until ultimately an enlisted man can become a radiological controls shift supervisor. The Navy considers this man important enough to give him proficiency pay.

Rumor sometimes makes radcon work more dangerous than it actually is, however, the fact that radiation is involved means that extreme care must be exercised whenever that yellow and magenta tape is out. The control of radiation must be the concern of the entire crew, not just RC Division.



SA M. Bullock is being "frisked" for contamination by FA J. R. Noel. This procedure is required whenever a man leaves the radcon trunk. FN D. R. Harbison is in the back waiting his turn.



EMFN P. C. Wallace, FN K. W. Rogers and MM3 R. E. Jensen are being instructed by MM1(SS) D. M. Slott in Canopus' Radiological Control Monitor class.

MILITARY WIFE OF THE YEAR COMPETITION

A global search for an unknown lady is currently underway in the form of the 1973 Military Wife of the Year Competition. Now in its seventh year, the program honors the woman whose contributions to humanity best typify those made by all the wives of American servicemen throughout the world. Here in Holy Loch two women have been chosen to represent this area in further competition. They are:



EDITH J. COUNTS

Edith Counts is the wife of DTC B. Counts of the Canopus Dental department. She is the Corresponding Secretary for Navy Wife's Club of America No.247 as well as publicity chairman; Chairman of the Holy Loch Commissary and Exchange Advisory Board; Assistant Party Chairman of the CPO Wive's Club; Secretary and Team Captain of the CPO Wive's Bowling League. She has worked on fund raising projects for both CPO and NWCA No. 247 clubs and has written articles for Navy Wife's News and local papers. (see December Report of CPO Wive's Club on page 3 of this issue.)

Mrs. Counts is deeply involved in civilian community affairs in this area and has taken a 15-year-old boy from Glasgow in temporary custody in the hope of permanent adoption. She states that she hopes, by her involvement with the local people, "to show that Americans are loving, giving, sharing and concerned individuals." On Thanksgiving Day last November Mrs. Counts appeared on a television program originating in Edinburgh representing American wives in Scotland.



BARBARA J. DEMAIN

Barbara Demain is President of the Navy Wife's Club of America No.247 as well as President of the Navy Wife's Bowling League. She has served at many other posts with the wife's clubs during her 22 months in Holy Loch. Barbara is the wife of Joseph N. Demain, who is currently serving a tour as a Shore Patrolman. The Demain's have three children: Kathleen, Susan, and Joseph, Jr.

Barbara's voluntary activities with the local community include visiting Castle Toward, a school for underprivileged children; visiting Struan Lodge, a home for the elderly in Dunoon; she helped to make up and deliver Christmas baskets for the needy families and also helped with a bar-becue for some old age pensioners from Glasgow. She also helped work with the Scottish community on the Autumn Fair for the Cancer Research Fund. This was a good chance for the American and Scottish people to work together side-by-side and improve relations between the two communities.

"BLACK PRIDE" EXPLAINED IN SPECIAL PROGRAM

A special program commemorating the life and work of Dr. Martin Luther King, Jr. was presented by the Brothers United Club 15 January 1973 in the crew's mess. The theme was "Black Pride—A People's Struggle."

The black national anthem was sung by SN Mayes and SN Sheets. Speakers were: HT2 R. Watkins who spoke on racism and made a plea for all brothers, both black and white, to get together. He was followed by LCPL R. Lynch who presented an outline of black history from 1600 to 1900. FN S. Love spoke next and gave a brief description of the accomplishments of Frederick Douglas, a prominent black man of the 19th century. PCSN J. Lancaster then continued the outline of the history of blacks in America from 1870 to the present. A movie was the next item on the program. It was called "I Have a Dream" and was the story of Martin Luther King, Jr.'s struggle to obtain civil rights for black Americans. PCSA Walls was the concluding speaker but following his remarks he asked Chaplain Connelly and Commander Smith, Canopus' executive officer, to comment on the program.

Commander Smith stated that he had enjoyed the presentation very much and thought it was a much better way of getting to know about each other than "knocking each other over the head with axe handles." He also commented that he hoped more presentations of this kind could be held on Canopus in the future.



DRUG ABUSE EDUCATION SPECIALIST

WHAT IS A NARC?

by PNI Dave Martineau

The title of my column last month was "I Am Not A Narc". I thought it was a nice, simple, eye-catching phrase that said what I wasn't. I'm sorry. I blew it.

I assumed everyone had heard and knew the meaning of the term—narc. Since the article appeared I know of at least four senior petty officers who thought a narc was someone who used illegal drugs. A narc is a Federal Narcotics Agent.

It is an extremely common term, one of the more common of the hundreds of words and phrases that have entered the American language to describe drugs or their related aspects. Most likely, if you have children 10 to 12 years old or older, they will know the meanings of the words I will list below. Not because they have used drugs, but because they have heard, understood and used the language. Unfortunately they probably possess more knowledge about drugs than you do. Not because they have used them, but because they are growing and living in a culture where drugs are very real things. They have access to the information, they may have friends who have used drugs. Drugs are common talk and they want to know.

Knowing the language is fine, but it's not the key to enable a parent to relate or talk to their children about drugs. However, it is a start. After the start try to learn what drugs really are, what they can and cannot do and why or why not to use them. Your children might be able to help you learn but how many parents can objectively tell their children about drugs. How many of us can even talk with them about it, or more important, how many of us are willing to listen?

A basic vocabulary:

- | | |
|---|---|
| pot—marihuana | narc—a narcotic agent |
| joint—marihuana | grass—marihuana |
| weed—marihuana | lid—an ounce of marihuana |
| hash—derived from liquid resin of plant that produces marihuana. It is stronger than marihuana. | |
| high—be under influence of a drug | |
| turn on—to get high | bennie—Benzedrine |
| speed—generally used to describe amphetamines | |
| acid—LSD | trip—under influence of a hallucinogine |
| bummer—a bad trip | pusher—a seller of drugs |
| score—to make a buy | busted—to be arrested for drugs |

AWARDS AND PROMOTIONS



Receiving letters of commendation last month for extra effort put forth on the HELMSMAN were: LIC J. Brown, SN G. Beaty, LI3 D. Zahn, LI1 E. Collins, SN J. Doyle, PH1 F. Travis and LI2 R. Stamps.



Good Conduct awards during December were presented to: EN2 D. Kellar, MT2 J. Boyd, SH2 J. Jones, IC2 D. McClure. Front row: TM2 T. Rust, HT2 R. Watkins, and MMI Sigmon.



Other letters of appreciation for outstanding work were presented to: MT2 D. Dowty, STC W. Huber, EN1 C. Coakley and SK1 C. Gilmer.



Trying on their new "crows" after being advanced in December are: (standing) MM3 E. J. Lopez, YN3 Gwilliam, EN3 W. Carrier and PC3 M. Buckalew. Promoted to petty officer second class were: SK2 W. R. Shelby, EM2 J. W. McIntyre, EM2 A. M. Frigillana and CS2 T. D. Donovan.

YOU'RE IN GOOD HANDS WITH HANS

by EMC J. W. Hans, Career Counselor

Time is rapidly running out for Navy men who plan to take the February advancement exam. If you're not prepared by now you have a lot to do in these last few weeks.

First, you must get the preliminaries done so you can take the test. Do you have the necessary time in rate to advance? Do you have your professional and military correspondence courses completed? Have your practical factors been checked off? Have you (E-4's and E-5's) passed the military/leadership test? Do you have your commanding officer's recommendation for advancement? Is your last performance evaluation in your record? Have you notified your division training petty officer that you intend

to take the exam so he can make sure one is ordered for you?

If you can answer "yes" to all these questions you are almost ready to go. Almost? Yes! You must now get down to work and study and study some more. Only by diligently applying yourself to the books will you be prepared on exam day.

Smart Navy people prepare not only weeks but months ahead of the examination day. They know that advancement will bring them: more responsibility, more pay and allowances, more challenging assignments, more respect and more satisfaction. They also know that the Navy gains by their advancement. When you advance in rate you become more valuable as a technician and as a person who can supervise, lead and train others. You win and the Navy wins when you advance in rate.

What's Happening, Brothers?

by HT2 W. R. Watkins

(Roger Watkins, the author of this article, is at present serving as one of the permanent hosts in the Enlisted Men's Club. He is also a member of the Canopus Drug Exemption Board and the Human Relations Council. Roger was chosen as Canopus' Sailor-of-the-Month in September.)

For once in your life think seriously about what is happening. . .brothers all, black and white. Everyone desires to be man; called as such and treated as such. But do we deserve it? I am speaking of Americans both black and white. The place we call home at times seems to be slowly going down the drain and why. . .? . . .? Try and comprehend my point of view, okay? Dig? We are Americans, you and I whether we be red, yellow, black or white. But some of us have strayed from the true image of Americans, especially those who took pride in self and country.

The people of America who made this country what it is today would be ashamed of some of the conditions in America where we find son fighting against father and daughter against mother. People, we cannot allow this to happen! We cannot allow America, the place we call the "world," to become a place of confusion. Drugs, protests, riots and so on. . .then dig. . . If this is what you want to happen then consider this a dream come true for you. Brothers, one and all, black and white, I'm saying unite the way Americans have done in the past. Help rid America of this confusion—let's get it together and make it a place to be proud of.

Sure the future looks dim, but there is no reason for us to dwell in this cellar of despair when there is an everlasting light, although sometimes hard to see, God is always our friend. All he asks of us is love and respect, or true togetherness. You all are prospects of good Americans, the kind I know we all desire to be. However, along the way we have picked up many bad habits and have sometimes failed to see a person for what he really is. We already have plenty of rules and regulations to guide us, all we have to do is fully apply ourselves. Hopefully we can at last become a truly beautiful world, both in the Navy and at home.

Hey Brothers! What's going on?
I'm talking about what you knew I would.
Wars are hell and where will they end?
Because I want to see the people together again.

I am saying, "Who really cares to help save a world that is in despair, who really cares?"
There'll come a time when the world won't be singing,
There'll come a time when no bells will be ringing.
Flowers won't grow. Oh! Who really cares?
Who's willing to try, to save a world that's destined to die?

When I look at the world it fills me with sorrow,
Children of today, will they suffer tomorrow?
Oh, what a shame. Such a bad way to live,
but who's to blame?

Fellows we can't stop living! Live!
Live your life but let others live also.
Live life for the children.
Oh! Save the children, the babies and children all over the world.
But, who really cares? Who's willing to try?
To save a world, a sweet world, that's destined to die?

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TM3 Bryan Stump is the 1972 Canopus Chess Champion. Second in the recently completed tournament was SKC Ben Dacuba. These two men finished at the head of an original field of eleven contestants. The competition was based on a point system and at the final tally Stump had nine points while Dacuba had six. Stump answered "no comment" when asked if he intends to challenge World Chess Champion Bobby Fischer later this year.

Nonsmokers, Defend Yourself

Remember just a few years ago when airlines passed out courtesy cigarettes? No longer. Today they're busy setting up no-smoking areas for complaining customers.

Cigarette smoke is more than an annoyance to nonsmokers. It can cause physiological distress in healthy individuals as well as in those with asthma and other respiratory illnesses. New research indicates, in fact, that the nonsmoker is affected by cigarette smoke in much the same damaging way as the smoker himself.

Recent experiments at Texas A & M University and elsewhere indicate that even 30 minutes in a smoke-filled environment significantly increases the nonsmoker's heart

rate, blood pressure, and the amount of carbon monoxide in his blood.

A team of researchers at the University of Cincinnati Medical Center reported that smoke drifting from the burning ends of cigarettes, cigars, and pipes carries with it more cadmium, a metal poisonous to man, than the smoke inhaled by the smoker through the unlit end of the cigarette.

Still another research team at Wayne State University in Detroit, found that acute illnesses, mostly respiratory, were twice as prevalent among young children whose parents smoked at home than among those whose parents never smoked at home.

Nonsmokers, speak up and say, "Yes, I do mind if you smoke." Defend yourself. It's a matter of life and breath. Yours.

SPORTS PAGE

SPECIAL SERVICES NEWS

by SN Robert Ottman, Jr.



Submarine Squadron FOURTEEN Special Services will continue to sponsor tours to the European Continent throughout 1973; hopefully this may be as regularly as one tour each month. For starters we have a trip to Barcelona, Spain 26-29 January and on 23 February we'll be going to Paris.

Because of the popularity of these trips in the past (and I have every reason to expect that they will be even more popular this year) let me explain something of the system we use to determine the allotment of seats.

Reservations are distributed on a first-come, first-serve basis. We realize this can be a handicap to those who cannot be here in our office early on the day of booking, but we must continue to operate this way and will not make exceptions by taking names earlier than the date announced.

After you have been on a tour in 1973 you will not be allowed to book another tour without first being placed on the waiting list. This should allow a larger number of people to take advantage of these low-cost holidays.



Julius Sligh, who plays forward for the Sonics, takes a free shot during a game with Downcaster, England. This competition was part of a tournament held at Meadowbank Sports Center in Edinburgh. The Sonics easily won this game but were only able to finish fourth in the tournament.

The Sonics, as of this writing, are in second place in the Scottish National Basketball League. However, there is still a good chance for them to take over the number one spot with four games remaining to be played in the season. One of these games will be against the current first place team—Borough Muir. It will take place in Ardnam gymnasium on 11 February. Borough Muir is undefeated in league play so far this year but with the home court advantage the Sonics could well change that. The schedule for the remainder of the season is: 4 Feb.—Sonics vs. Edzel at Edzel, 4 March—Sonics vs. Hornets at Edinburgh and on 11 March the Sonics will play Edzel at Ardnam.

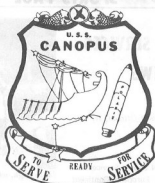
The ship's emblem represents in symbolic form the character of the ship. The CANOPUS emblem is a shield signifying the defensive and protecting function of the ship as opposed to the aggressive cutting edge of a combatant.

The Greek ship and the star cluster represent the Argo Navis constellation which the star CANOPUS resides. The big star connecting the scroll and the shield is CANOPUS.

Flying through the void of space beside the constellation is the POLARIS missile guided and watched by the Helmsman, the big star. The smiling dolphins above are symbolic of our primary mission to cheerfully tend our undersea brood.

The crossed rifles, encircled, recall the heroic stand of the embattled crew of CANOPUS I, AS-9 on Bataan. The motto set in a banner of the bottom pledges our dedicated readiness to serve in the CANOPUS tradition of determined performance.

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