



# THE HELMSMAN

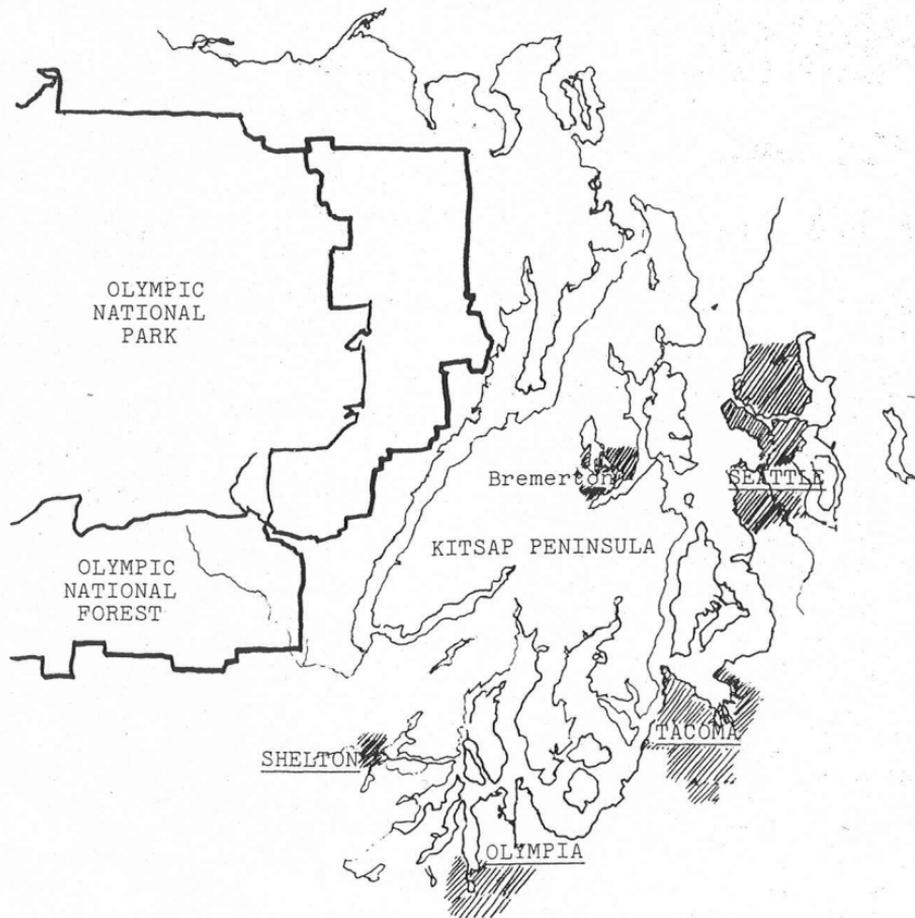


VOL. 5 NO. 6

USS CANOPUS (AS 34)

JUNE 1969

## Bremerton, Wash., and Area



## COMMAND COLUMN



*J. H. Hulland*  
 Captain, U. S. Navy

Our arrival in Bremerton, Wash., marked the end of another highly successful episode for Canopus. All hands performed magnificently during the entire transit from Rota, Spain. The work done in preparation for and during the off-load period in Charleston was particularly effective. We have since received several messages of congratulations for that effort.

You are also to be congratulated on your conduct ashore, both in Charleston and San Francisco. You can be proud, as I am, of your record. Well done men.

A few words about the conversion/overhaul are necessary to smooth the path and

aid in insuring a safe job while here as well as a better material condition upon completion.

The first concern we must have is avoiding the danger of fire aboard Canopus. A fire on a ship is a potential disaster at any time; the hazards of shipyard work combined with a partially reduced fire-fighting system on board multiplies the danger of fires.

One of the most effective ways to reduce the danger of fire is to maintain a clean ship. Do not allow trash to accumulate. Place all trash in the containers provided and keep them dumped. Make sure all sweep-downs are thorough and timely. Take special care to keep the bilges clean of oil and rags. With welding and burning, this safety precaution is vital.

By keeping the ship clean and tidy, we not only reduce fire hazards but also improve the quality of the work and well-being of the crew and yard workmen.

Keeping Canopus clean and smart while in a shipyard is doubly difficult but it is also doubly important. The success of this multi-million dollar conversion -- overhaul depends upon each of us. Do your part.

## CROSS CURRENTS



*James W. Eckles*  
 Lieutenant, U. S. Navy  
 Chaplain Corps

The old saying has it, "if at first you don't succeed, try, try, again." This is good advice so long as one is sure that he is being persistent at the right thing for the right reason. "Stickability" is a very important characteristic of the rugged individualist. The world will not slow down and wait for the timid soul.

However, much that passes for persistence could be unwarranted stubbornness. Keeping at something "just to show them" or for like reasons might not be the best motive for hanging on.

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## NEW SERVICE NUMBERS BY 1972

WASHINGTON (NavNews)..  
Military service numbers will have gone the way of other good things by January, 1972. They will have been replaced by Social Security numbers. The phase-out begins this July when recruits will no longer be assigned the old military identifier.

## SO LONG CANOPUS-

BY JOSN ROBY

It is with regret that I bid a farewell to the men of Canopus.

As my separation date in early July draws near, and this being my last issue of The Helmsman, I would like to take this opportunity to express my thanks to everyone who has been of assistance to me in printing the newspaper.

This thanks is not only extended to the print shop and photo lab, but also to each and every division writer, for without them we would have no newspaper.

I want also to take this moment to wish SN John G. Dick all the luck of the future and my hope that the men who have assisted me will continue by helping John.

So long Canopus and God's speed.

## 20th ANNIVERSARY FOR NAVAL EXAMINING CENTER

GREAT LAKES (NavNews)..

The Naval Examining Center, celebrated its twentieth birthday on May 26. It was officially established in 1949 and has been located here since May, 1951.

Every one of the 650,000 advancement exams given by the Navy each year is written and processed by this Center. All of the exam questions are based on material listed in the qualification and training manuals. And, although the exam counts for slightly less than 50% in the step toward advancement, it must be passed.

All exams are completely rewritten each time they are given. Since there are 173,400 different questions involved in all of the exams, there is a continuous process of revision for the exam writers.

To cover all the various specialties and rates and pay grades, more than 1,100 different exams must be written. All exams are given Navy-wide on the same day. Most are given twice a year. The E-4 exam, a twice yearly exam until now, was given on May 6 for the first

time in the new quarterly system authorized by the Bureau of Naval Personnel.

From the minute the Chief Specialist begins writing the first question, very tight security is maintained over the exams. After they are written and approved, they are printed in the Navy Publications and Printing Office. There they are serialized and enveloped.

Only the printer actually sees the exam from the time it is approved until the man up for advancement opens it somewhere out in the fleet. Tight control of the serialization eliminates duplication. Records are kept for two years of each number, its destination and its results.

In consolidating preparation, distribution and scoring of all enlisted advancement exams, the Navy has realized many advantages. Among the advantages are simultaneous testing -- now possible with service-wide distribution which offers better security control - and data processing which makes it possible to analyze and evaluate the various training programs.

## FREEDOMS FOUNDATION CONTEST

**DEADLINE --- Nov. 1, 1969**

WASHINGTON (NavNews) ... A letter of 500 words or less could win you \$1,000.

That's the top prize in the annual Freedoms Foundation Letter Contest which this year is on the subject: "My Hopes for America's Future."

There will also be 100 other money awards for active duty personnel. Reservists have a chance at an identical number of awards.

Last year over 1,200 active duty Sea Service personnel entered the contest with 23 taking cash honors. Another 80 won George Washington honor medals or honor certificates.

Rules are simple:

1. Letters must not exceed 500 words.
2. Print or type your full name, rank, service number, full military address, service or reserve component, and full home address.
3. Entries should be addressed to Freedoms Foundation, Valley Forge, Pennsylvania, 19481.
4. They must be postmarked by November 1, 1969.

Notification of winners will be made in February, 1970.

### DONT WEAR JEWELRY

CHICAGO (NavNews) ...

The National Safety Council has come up with a real gem for Navymen: "Don't wear jewelry on the job."

Many fingers have been left behind when wearing rings on maintenance or construction jobs.

Wristwatches can cause sparks on battery terminals and metallic jewelry can be caught in pulleys, gears and lathes.



## STEAKS

**Names Don't Always**

**Indicate the Cut**

WASHINGTON (NavNews)..

The variety of steaks available in stores can be confusing, since the name doesn't always indicate the source of the cut, which is a factor in determining tenderness. Cuts from the rib and loin sections of the animal will always be more tender than those from the active muscles, such as the flank and round or the shoulder.

The most tender cuts of steak are tenderloin (filet mignon), porterhouse, T-bone, strip loin, sirloin, club, and rib steaks.

Bottom round, arm chuck, and flank steaks are the least tender.

But another important factor in determining tenderness is the grade. The higher the U. S. Department of Agriculture (USDA) grade, the more tender, juicy, and flavorful the steak will be. A combination of the more tender cut and high grade, like USDA Prime or USDA Choice, will help ensure a quality steak dinner for that special occasion.

# FROM THE DESK OF THE MASTER CHIEF OF THE NAVY



WASHINGTON (NavNews) ... My objective in presenting this article is to promote my opinion on matters which affect all enlisted personnel. It may at times reflect on established policy, both official and unofficial, and certain procedures which I have encountered in my travels, which I feel may have an adverse influence on career retention and morale.

The Navy has established many programs to induce our first termers to reenlist. These are good programs. Unfortunately not enough incentives exist for the second and subsequent reenlistee. I maintain that a need exists for duty choice incentive for these individuals.

Too often I've heard that the "Navy just didn't care" whether these people stayed in." Many times I have received letters that state "I would reenlist if I could get duty at \_\_\_\_\_."

These letters have to be answered that the request would be considered, with no guarantee, or "sorry, you're not eligible".

In fairness to all concerned, a program of this sort is under consideration. However, this is not the gist of this article. What I am hitting at is lack of apparent concern by leading petty officers, division officers, personnel in administrative services, etc.

Too often, especially in the administrative services, the

individual is given to feel that he has done a big favor just getting the attention that the administrator has taken the time to give him. This not only applies to personnel offices, supply and disbursing offices, but in many cases to hospitals and other services.

In many cases, this "I'm doing you a favor" attitude is projected also toward dependents.

What we should first understand is, I believe, that we are not "doing a favor" for anyone by doing our job. We have the duty to be courteous, attentive and to do our utmost to help the individual with his request; be it a question, assistance with an official letter request, or whatever.

On this same line, I wrote a recent article for NavNews concerning the duty of a petty officer to help his men with their problems. These pro-

blems all go hand in hand. You must be concerned. You can't ignore your shipmate's problem. It won't go away -- he will.

This article should not be construed to mean that we don't have conscientious and concerned petty officers or administrative officials. We do, but there are just enough "bad apples" to give the Navy a bad image. I maintain that each of us has the responsibility to do everything in our power to help our shipmates out.

I don't infer bending or breaking rules, but each of us owes the Navy enough to at least listen and be concerned, even if it is not in our power to do anything about it.

With an official program which reflects this concern, more personalized attention to our shipmates problems, and more positive attitude towards each and every individual's problem, this "don't care" image should fade away. This is one way we can all help to retain our potential career petty officers.

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# 3 CHANGES IN NEC ELIGIBILITY

WASHINGTON (NavNews)..

The Bureau of Naval Personnel has announced three changes in the list of Navy ratings and NEC's eligible for the Variable Reenlistment Bonus, effective July 1.

Hospital Corpsmen (HM) NEC Group 841X (Laboratory Technician) will be added to the list at multiple two. The Air Controlman rating (AC) will be upgraded from multiple one to multiple three, while the Aviation Anti-Submarine Warfare Technician (AX) will be removed from the list.

The purpose of the VRB is to provide a flexible pay incentive to alleviate shortages of career petty officers in certain ratings and NEC's. The multiple number indicates the significance of the need. A specialty in a multiple three would be more critically needed than one in multiple two. As the manning level improves in a particular skill, it is downgraded or removed from the list.

Early reenlistments in the AX rating will not establish entitlement to VRB.



JULY—Calendar girl for July is beautiful Elke Sommer, co-star of Irving Allen's "Wrecking Crew," a Columbia Pictures' film.

## NEED A LARGE MEDAL? DON'T TRY THE NAVY EXCHANGE

WASHINGTON (NavNews)..

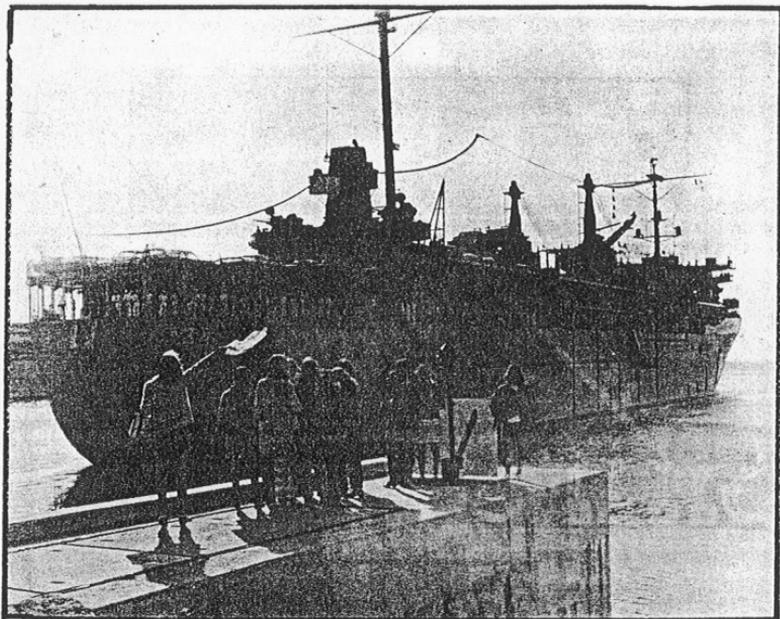
If you need a large medal to replace one that has been lost, destroyed or rendered unfit to wear, don't try to buy it at your local Navy Exchange.

It is illegal for the Navy Exchange and other such facilities to sell or order U. S. issued medals. Medals issued by other countries, such as Vietnam, can be supplied by these facilities.

If you need to have a medal replaced, you may do so by writing to the Chief of Naval Personnel, Navy Department, Washington, D.C., 20350. Officers should direct their inquiries to Department E-24, and enlisted personnel to Department E-3.

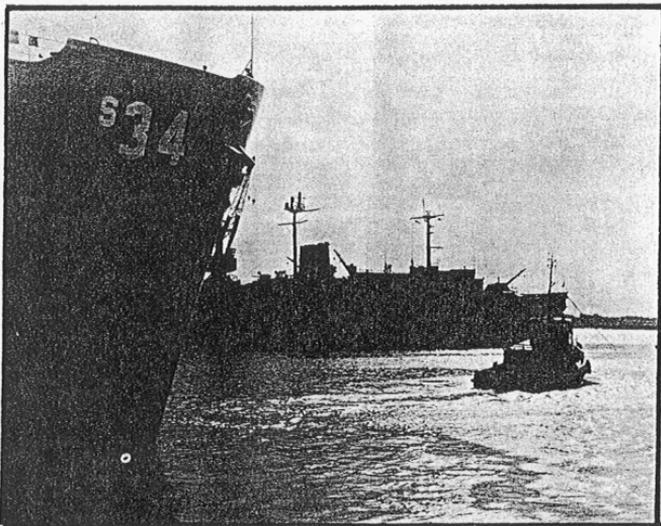
You should state your reasons for wanting a replacement, and if a new medal is

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# CANOPUS DEPARTS

## ROTA, SPAIN

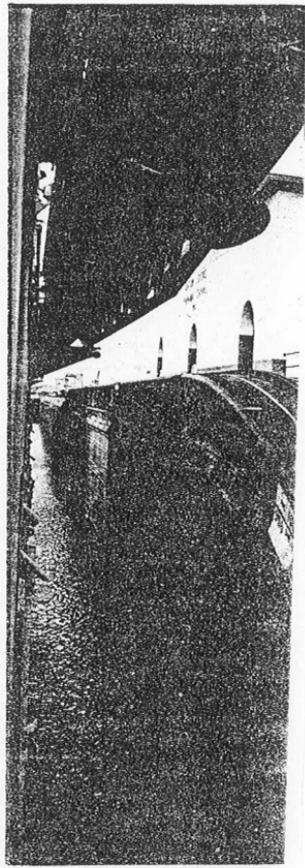
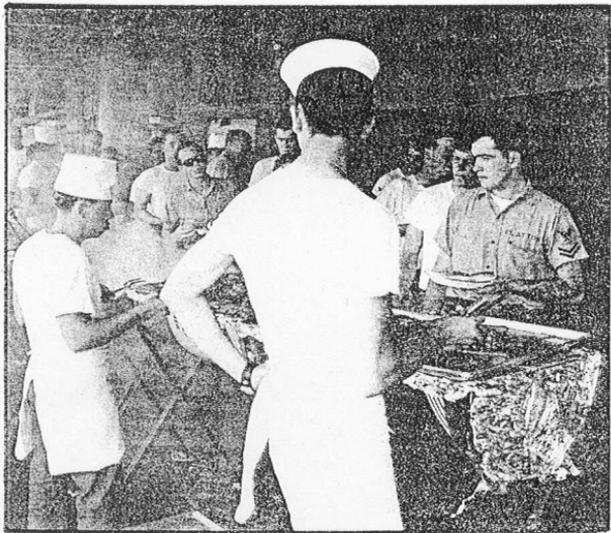


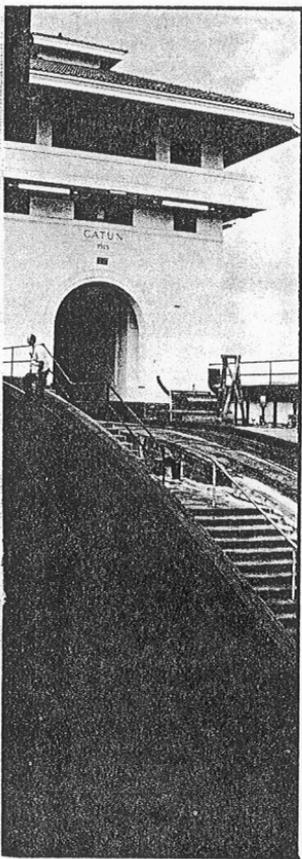
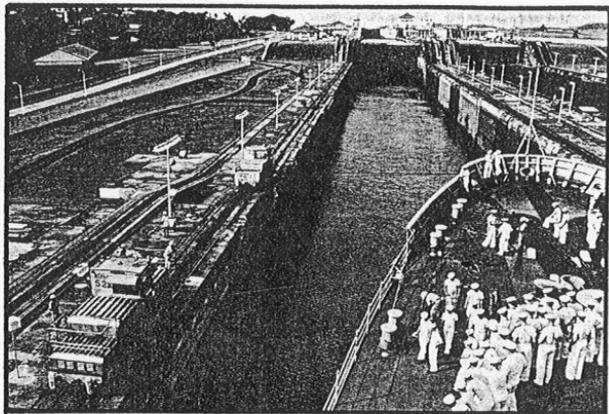
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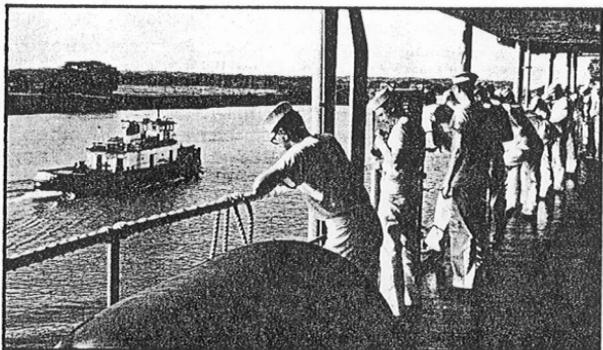
# SHIP'S

# PICNIC





# PANAMA



## ANTARCTIC VOLUNTEERS NEEDED!!

WASHINGTON (NavNews)..

The annual call for volunteers for Navy Antarctic support forces has been issued in BuPers Note 1300 of 8 May 1969.

The notice lists officer and enlisted ranks, rates and specialties needed and outlines duties involved.

Applicants are needed for the U. S. Antarctic Program in 1970 - 71. Aviation, SeeBee and general service personnel are eligible.

## NEW PAY RATES - JULY FIRST

WASHINGTON (NavNews)..

New monthly pay rates are contained in NavComptNote 7220 of 5 May 1969 which directs disbursing officers to make preparations for paying under the new rates after receiving the implementing directive.

It is anticipated the raise will be effective July 1, the day new pay records are opened. The new rates will be used, precluding the need for carrying forward the old rates from pay records that will be closed on June 30.

## "SHORT-TERMER" FOR "SHORT-TIMERS" NEW HEALTH INSURANCE

WASHINGTON (NavNews) ... The Secretary of Defense has established a special, short term health insurance program, effective Sept. 1, for men being separated from active duty.

The new program also covers dependents.

Many men face a problem of health coverage from the time they are released to the time their new civilian coverage begins. Under present regulations, health care benefits end the day of release. Policies under the new program will be effective for 90 days following release.

Two plans will be offered, one from Blue Cross-Blue Shield, and the other by Mutual of Omaha. The serviceman will pay total costs which will vary according to coverage wanted.

For further information, consult DoD Dir. No. 6000.3 dtd 1 May 1969.

## FROM THE DESK <sup>OF THE</sup> MASTER CHIEF

I have heard of <sup>OF THE</sup> NAVY <sup>FROM</sup> <sup>PAGE</sup> SEVEN cases where an individual has indicated a willingness to reenlist for a certain program, but through negligence, laziness or some other poor reason, the individual's request was never typed up for submission. After a

few weeks, the individual became tired of waiting for some type of action, withdrew his request and changed his mind. We lose many good career oriented personnel because of this very thing.

## POLARIS PATROL

GUAM (NavNews) ... The 100th Polaris patrol in the Pacific Ocean by a fleet ballistic missile submarine was completed in early April when the USS Stonewall Jackson (SSBN 634) returned to Apra Harbor following her 17th patrol.

More than 600 patrols have been completed in the Atlantic and Pacific since the first one in January, 1961.

I am convinced that the attitude, "you can go or stay, it's up to you," is losing the Navy career petty officers every day. While I don't feel that the individual should have the appearance of "twisting the Navy's arm," neither do I feel that "nobody cares." Unfortunately, I see the latter every day, and I receive much correspondence to that effect.

# OPSNAV

By RM1  
"EAR"  
FLICK

by RM1 "Hef" Flick

Once again we are tasked with the unavoidable struggle of comprising an article for the division where nothing less than a catastrophe is acceptable. At least that's the way it seems; right, Mr. Kluck???

Speaking of our fearless leader; in case some of our new personnel aboard Canopus have not had the opportunity to recognize him lately, just look around for the lieutenant (normally found in the vicinity of the 02 or 03 level, starboard side, forward) with a sign on his headband reading, "The buck stops here."

As for other personnel in our division, everyone has remained fairly calm and collected while underway, with one or two minor exceptions.

## MEDICAL BENEFITS

LIVE MEASLES VIRUS VACCINE AVAILABLE

WASHINGTON (NavNews)..

Navy and Marine Corps youngsters one year of age and older may now receive live measles virus vaccine.

Special emphasis will be given to immunizing children with

All the RM's are still trying to decipher the phrase, "I'm next" frequently being uttered by RMSN Rone, our ship's communications messenger, especially when he is not due for transfer and he has at least three years left in the navy. He does boast of the fact that he is one of the few new seaman aboard that knows every officer on the ship and his whereabouts at ALL times. And of course, the only one he can't find when we really need him is ... yep, you guessed it ... the communications officer!!! We all have said adios to ETN2 Bush, our only NESEP man from Canopus. Bush departed while we were in San Francisco to attend prep school. We all assured him that we are looking forward to working for him some day when he gets his commission as an

CONTINUED ON PAGE 12

chronic illness, such as heart disease, cystic fibrosis and chronic pulmonary disease including tuberculosis under treatment.

Details are listed in BuMedInst 6230.12A of April 22, 1969.



AFPS PICK—This week's pin-up pick by the AFPS staff is the lovely Miss Monica Peterson who is under contract to 20th Century-Fox Studios.

## NEED A MEDAL? [FROM PAGE SIX]

needed through no fault of yours, it will be replaced free of charge. Otherwise, a small fee is required.

This ruling also applies to ribbon bars for the Presidential Unit Citation, the Navy Unit Commendation, the Meritorious Unit Commendation, and the Naval Reserve Meritorious Service Ribbon. Miniature medals, ribbons, rosettes, lapel buttons, and attachments may be replaced at your expense from commercial sources, ships stores or Navy Exchanges.

# "A" DIVISION

By  
Sooper  
Scoop

# OPSNV

(\* FROM PAGE ELEVEN)

## LATEST DOPE

Welcome aboard the Canopus to our new division officer and chief. From the mighty Pacific Ocean comes Lt. Donofrio and from the sailor factory at Great Lakes, ENC McDonald.

Congratulations to EN2 Carlough on taking the plunge. He finally found a girl who would have him. Also a welcome to the brown baggers club is extended and liberty commences at 1000. (No chit necessary, just show the wedding band and a note from the spouse.)

## SPECIAL

### Advice to newly weds:

Men, when you go to the commissary or local supermarket, always follow this rule. You stay outside and let your wife go in and do the shopping or have your wife stay outside and you go in and do the shopping. When you go in together, it's a mass confusion of oh, let's try this or that.

By the time you have collected all these odds and ends, with no money left for beer, you have one big mess and nothing to eat.

### Advice to single men:

Have a good time and don't forget to write home to mother, your division officer and chaplain have enough paper work.

From the various "A" Division units comes word that the boat shop superintendent has put the word out that anyone with dirty hands and feet had better keep out of the boat shop. The deck was hear mumbling something about being tired of being tracked up.

## LOST AND FOUND

We still have two dogs left. Will the owners please claim same.

O2N2 would like to know what sailor forgot where his wife was? (Charleston, maybe.) Please, no more fire drills down here, we don't even allow smoking or hot coffee. Special note to MM1's, the best time to ship for six is three months early. Supply P.O.'s, please no more chits; I'm trying to hold back enough to buy the division officer a new car. AC&R, what's all this about no liberty in Bremerton. Well, that's all men. Watch out, ole sooper scoop may be interviewing you next. P.S. What first class in "A" Division answers to "chief?"

ensign. The only exception to that is ETC Jones, who is known to be considering retirement at that time.

This writer has orders to be an instructor at the Naval Reserve Training Center in Flint, Michigan. The famous departing words are, "I can hack it." RML Johnson is going to San Juan for duty and he will no doubt stop in and see ETL Cullen who departed a few months past.

There was no one aboard ship more overjoyed to see San Francisco than CYN3 Yates. The fact that his future wife lives there might have explained why he sighted land when we were still 700 miles out!!!

For a closing thought - RML's Pelcz, Connors and Eck are taking on all challengers in the sport of safe cracking and bean bag throwing. Also, now with the sharp reduction in the message traffic flow since our Rota departure, if you lose your copy of a message, all you have to know is what color the paper was and our full time traffic checker will snap it out of his computer memory within seconds -- don't bother with date-time-groups, they will only confuse him!

DRIVE WITH  
CARE-  
EVERYWHERE

# M DIVISION NEWS

As Canopus commences her yard period, many of us in the Engineeroom have spent many hours indoctrinating the new men that arrived in Charleston on the various systems and components that make up the Engineeroom. It seems that during any lecture some remembrances turn up about Rota, and about the good times we've had. Many memories are stored in our minds never to be forgotten.

As "The Helmsman" representative for M-Division, I would like to extend greetings to all the new members of the Engineeroom. Naturally, our newest members have been given the full treatment on "Green Steam Samples, The Golden Rivet, Sound Powered Phone Batteries, and Relative Bearing Grease." Now that all of you have been initiated, welcome to M-Division. Also, we of the Engineeroom, would like to say farewell to two departing FN's, Carter and Evans. Lots of luck to both of you.

## • MM 2 RENNER FELDT •

On May 21, 1969, the Engineeroom R.P.M. indicator took it's 11,000,000 turn. MM2 C. L. Rennerfeldt was on the throttleman watch at the time. This was his third time at registering 000,000 on the indicator.

The obligation that goes with turning over the R.P.M. indicator is that the throttleman on watch at the time has to buy a round of beer for everyone on watch at the time the indicator turns.

In closing we would like to congratulate the men that have been, or will be, advanced in rate as a result of the Feb. exam.

## Second Division

BY BM2 PELOQUIN

Second Division takes pleasure in extending a hearty "welcome aboard" to the new men who reported aboard in Charleston; SA English, SA Medina, Jr., SA Keehn, SA Palasca, SA Johnson, SA Antos and SA Hoffman.

All will agree that the new men have a hard job ahead of filling the shoes of our "specialists" in maintaining

our crane operations. All the new men were waiting anxiously in Charleston aboard USS Hunley, USS Almgordo and USS Gilmore. The wait was with uncertainty of what to expect but at least they were able to shake that "good" Charleston liberty.

During our transit of the Caribbean and Panama Canal, Second Division took advantage of the sun along with the rest of the ship. However, we are still in our working uniforms. There is no hard feelings because we were able to catch our nooners every day. During the afternoon we just swabbed over the sunbathers to wet our sorrows.

Second Division, anticipating liberty in San Francisco on a full scale, felt sorry for all the guys under 21, especially after knowing that they all pulled liberty in Charleston and Rota. All isn't lost, Frisco is known for its entertainment so no one was left out.

Oh yes! BM3 Spriggs thinks he was the only man on the ship without a camera. Now he is asking for all the negatives anyone may have taken in the last six months. He is especially interested in negatives of himself. Watch out though, because he sends them all home.

Until next month and more adventures of Second Division, so long.



# S-2 COPPERKINGS

BY CS2 HOVARTER

Many of the Canopus divisions are abounding with new faces and S-2 Division is no exception. Many new faces are seen on the mess decks what with the "old salt" mess cooks being relieved and our new "boots" taking over.

Not in the mess cook category but new to S-2 is EML Gardner who has joined us from R-3 Division. He is joined by SK2 Polly and SKSN Penkert plus two new SA's from Great Lakes, Quirion and Pullman.

We bid farewell to two of our cooks who departed this month. CS2 McCarthy has joined

the elite few in Civ-Lant and CS3 Smith has gone to Portsmouth, New Hampshire. What did you do Smitty, play your taperecorder to loud or dance too much at the ship's picnic?

Speaking of the picnic, we all hope the crew enjoyed the cook-out on the fantail. We also hope to have another one soon.

As you all have noticed, changes are being made on the mess decks for the benefit of the crew. We would appreciate all mess gear being returned to the mess decks and all major complaints, whatever they be, may be taken to CSC Cavaretta.



For all of you submariners serving since 1900, there will be a 6th. Annual Reunion. This reunion will be held in Quincey, Mass. from Aug. 7 - 10 and every submariner is invited.

More information may be obtained by writing to:

Mr. W. E. Gannon  
5 Winnemere Street  
Malden, Mass.,  
02148

## Marine Detachment

BY CPL. MCMILLAN

As Canopus steamed down the final stretch of her voyage, it was with no regret from her Marines. Liberty Call on the west coast was a welcome relief to a running guard.

Administrative output had slowed considerably with the absence of Sgt. Bartel. He was on leave and in the process of moving his family to Bremerton. The Captain, Gunny

and myself had all contributed to filling his "shoes," the problem was they fit him best. Pfc. Bryant also missed the trip from Charleston in order to set up housekeeping in Bremerton.

Rotation dates are very near for Pvt. Root and LCpl. Kennedy. Both leave for Marine Corps Base, Camp Pendleton, Calif., June 9 and 25 respectively. Four replacements are due aboard in June but knowing Sea School as we do, we'll just hope for the best.



ALL NAVY — Sentry dog "Hurk" and many like him are definitely all Navy. And they prove it daily with the outstanding job of security they perform around Navy installations in Vietnam.

# MEDICAL DEPARTMENT NEWS

BY HM3 REYNOLDS

As the last San Miguel headache faded like a bad memory, the Medical Dept. packed away the "DC" kits and broke out the meclizine (sea sickness) pills. Then we settled back to enjoy the long journey to Bremerton.

The first few days to no one's surprise, were spent issuing little blue pills to green faced marines, pale faced white hats, and not so salty chiefs. Twenty - one hundred meclizine pills and uncounted quarts of phenelma later, the tedium of the trip set in. In a moment of boredom, HM2 Zimmerman, our operating room technician, while recounting one of his stories of the good old days while working at Bethesda, Md., was heard to remark, "What we need to liven things up a little is an 'appy' (appendectomy). As we all know, these words fit into the "famous last words" category. For at 10p.m., April 29, word was received from the USS Apache, an ATF, that she had an acute appendicitis case aboard the USS White Sands (ARD 20) which was in tow. Dawn found the corpsmen

turning-to, breaking out emergency stores, and scrubbing down the operating room while the doctors reviewed surgical procedures unused for years. At 6:55a.m., HM2 Goffin departed with the crew of the port motor whale boat to effect transfer of the patient. Forty - five salt-water-soaked minutes later, our patient was safely admitted to sickbay aboard.

Dr. Myers decision not to operate at sea may seem sort of anticlimatic to the casual observer. This anticlimax was not felt by the Medical Dept. We maintained the patient on various antibiotics, monitored his condition hourly, and kept the operating room gear ready should it be needed. Fortunately, the patient's condition improved enough so that he could be transferred to Charleston Naval Hospital, where the operation was completed with success.

The second leg of the Canopus odyssey, although not as spectacular as the first, was interesting in that it was completed with one-half the usu-

al number of H-Division personnel. With the departure of SN Graham for Corps school, and HM1's Colings and Smiley on leave, this left six corpsmen to man sick bay.

With the first class on leave, someone quipped, "Not a lifer in the group. What's BuMed going to say about this?" Fortunately for BuMed and H-Division, the normal work load was maintained. In addition, we were able to get the crew completely caught up on immunizations, x-rays, and the like. Not bad for six professional short-timers.

## Cross Currents Continued

### from page 2

Sometimes that old saying ought to be rendered, "if at first you don't succeed -- quit!" as Dr. Seuss has put it. You might be barking up the wrong tree. Quit before you throw away your talents or make a fool of yourself or go too far the wrong way.

Most times we ought to stay on the road and go for all we are worth. But let's hope we know it when the light turns red.



SUNSHINE STATE — Feast your eyes on a typical Florida scene — a pretty girl and a palm tree.

## THE HELMSMAN

The *Helmsman* is published monthly on board USS Canopus (AS 34) for the crew and their dependents in compliance with NavExos P - 35 (Rev. July, 1958) 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 this command.

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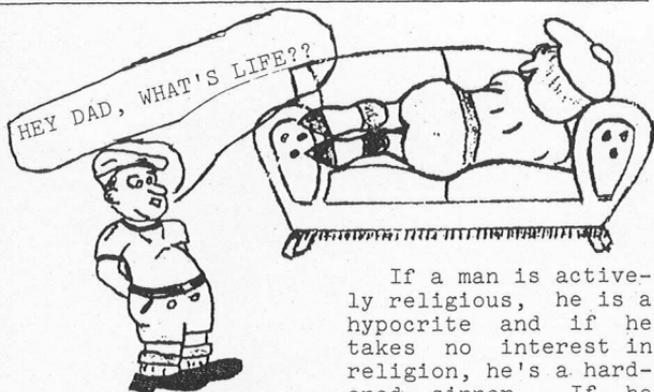
Seaman John G. Dick, USNR

### Photography

Photo Lab

### Production

Print Shop



(Ed. Note -- The below article was submitted by GMT1 R. Huntress, USN, in lieu of the normal W-3 Division news.)

It's very difficult to explain because "Life" is what you make it and what others make it for you.

You see son, a man's life is full of crosses and temptations. He comes into this world without his consent and leaves it against his will and the trip in between is exceedingly rocky.

The rule of the contraries is one of the features of this trip. When he is little, the big girls kiss him and when he's big, the little girls kiss him. If he is poor, he is a bad manager but if he's rich, he is dishonest. If he needs credit, he can't get it and if he's prosperous, everyone wants to do him a favor.

If a man is actively religious, he is a hypocrite and if he takes no interest in religion, he's a hardened sinner. If he doesn't give to charity he's a stingy cuss, but if he does, it's just for show.

If he gives affection, he's a soft specimen but if he cares for no one, he is cold blooded. If he dies young, there was a great future for him and if he lives to a ripe old age, he misused his calling.

A man buys life insurance, then dies and someone else gets the money. Everyone goes around telling others how to run their lives but doesn't listen to any comments about their own. It's always the other man who makes the mistakes.

So you see son; if you save money, you're a grouch. If you spend it, you're a loafer; if you get it you're a grafter, if you don't get it you're a bum. If you get too much of anything it's no good and if you don't get some, you just flat missed out.

So you see son, "That's life."