



# THE HELMSMAN

USS CANOPUS (AS-34), ROTA, SPAIN, VOL 12 NO. 2

MARCH 1977

## MOTOCROSS

ONE OF MANY  
ACTIVITIES TO  
ENJOY IN SPAIN





# THE HELMSMAN

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## Captain's Call

By Capt. John M. Will, Jr.

### OUR OBLIGATIONS

In our start here at Site II CANOPUS has completed refit for three submarines to date. Although we have made some mistakes in the course of smoothing out our procedures, the three commanding officers have been universally complimentary about the positive attitude of CANOPUS personnel. This is excellent to hear and most heartening. It's easy to work out repair and service procedures; it's much more difficult to reorder peoples attitudes if they are not supportive of the mission of the ship. CANOPUS enjoys the motto "Ready to Serve". Like any other service organization, our attitudes mean a lot. We have all had the distasteful experience of having to deal with a sullen shopkeeper or a disgruntled service station attendant. A smile and a "can do" approach to a request are always appreciated. Keep up the positive approach and CANOPUS will be known for her desire to serve well.

As just discussed, CANOPUS has an obligation to the submarines along side and to their people. However, we also have an obligation to our own ship and its personnel — to maintain both in a high state of readiness. For the tender, this entails proper preservation, all equipment kept in A-1 operating condition and a crew well trained. For the individuals themselves, it is a concern for their total well being. By this I mean:

1. Proper food, rest and medical care
2. Good recreational facilities and time to use them.
3. Adequate family housing and facilities (schools, commissaries, medical care etc.)
4. Sufficient personal time to work toward advancement.
5. An unchanging ships schedule that permits planning for leave and trips, etc.
6. The ability to do one's job with a minimum of hassle.
7. Good communications up and down the line.
8. Assistance in obtaining duty of choice at time of EAOS or PRD.

These are things for which all of us on CANOPUS should strive. Let's see how well we can do.

# EDITORIAL

This is the time of the month when the brain starts to atrophy. I hear footsteps in my head. A voice haunts me, saying, "You missed your deadline". Is it a HELMSMAN yet? I break into a cold sweat. What am I going to write for the editorial? I consult the Bible. Good old Journalist 3 & 2, you havn't let me down yet. Where's the section on editorial writing? There's gotta be a lead in here somewhere. Ah, yes, "Sources of Editorials", here it is. It says, "This incomplete list will help you with the suggested flavor of military editorial subjects: Navy tradition, Drug Abuse, Voting, Health Care Benefits, Pollution Abatement, Retirement Benefits, Race Relations, Career Advancement, Military Justice, Education Programs, Alcoholism, Navy Day, Humanitarian Programs" and on the list drones leaving me with a sinking feeling because nothing says "Yes, write me"! I should have known there would be days like this. Come on, now. But you're a Navy Journalist, the voice says. Lets see. I turn back a page. "Types of Editorials" — Informative Editorial — its chief purpose is to inform the reader". Sounds reasonable to me, but not this issue. "The editorial to Influence tries to convert the reader. It uses logical argument to convince the reader that he should agree with a specific point of view. The reader is asked to do something in conclusion, to take positive action". And I need to take positive action, Now! That I agree with, "Come on", the voice again jumps in, this is only the second issue of the paper. You can't be going stale already". No, but I . . . Quick look again. There's gotta be something here. AHHHHH yes! "To ENTERTAIN, editorials sometimes provide humorous commentary or ironic jabs at man's weaknesses and shortcomings". In this case my own. "The editorial to entertain may be sheer inspiration, or appear to be. The wise Navy editor sees in the entertaining editorial an opportunity to brighten up his page". Sheer inspiration, hmmm,mm,

Opportunity, yess. I unknit my knitted brow. Wheew, I think I got it for this month. Now should I give myself a pat on the back or get ready to accept condolences?



## Chaplain's Corner

by Commander Jack Peters

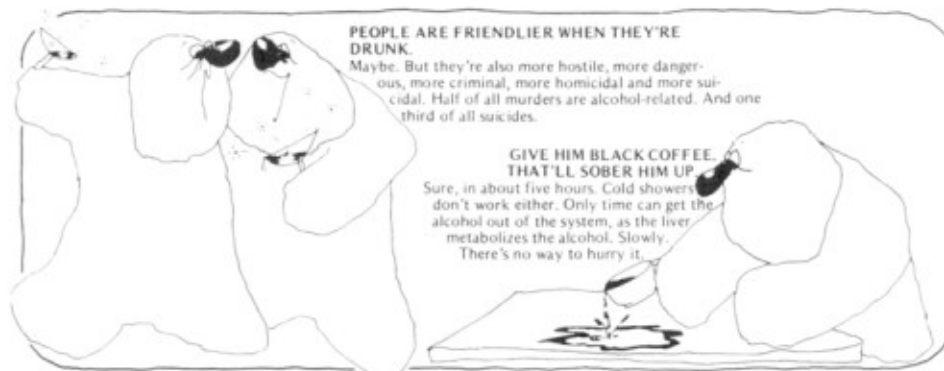
At 1:15 A. M., February 3, 1943, the USS Dorchester sank in the North Atlantic, 90 miles from Greenland. With 940 on board, 678 of whom were lost. A torpedo sank the ship in iceberg waters in 27 minutes.

Among the 678 who lost their lives were Chaplain Clark Poling and three other Chaplains. Two were Protestant, one Catholic, one Jewish. Survivors told how these four men gave their life belts to other men, helping load the life boats, then joined hands in prayer as the ship sank.

Chaplain Poling's father, Daniel A. Poling, tells what his son said just before sailing, "Don't pray that we will come home safely; but that whatever happens, we will be adequate". The prayer was answered.

There is a misconception about the Christian life — that of perfection and no problems. The Christian faith doesn't take the rough edges off of life, nor was it intended to do so. Rather our faith is to enable us to make ourselves adequate for the pressures and frustrations, the illness and injuries, the disappointments and opportunities.

When we pray and our prayers seem to go unanswered, could it be because they are self-centered and full of selfishness rather than prayers to enable us to meet the Lord's Prayer and see the surrender of self to others and to God's will?



# Poseidon Keeps W-5 On Its Toes

The Weapons Repair Department on board CANOPUS is well known to the crew. At least once a week W-4 Division is handling missiles at the plug deck, W-1 Division loads torpedoes from the forward mess decks, W-3 Division, although not under direct scrutiny of the crew, is checking out the reentry vehicles in the upper level of the magazine, and W-2 Division works the many jobs involved with Fire Control support. But what of W-5 Division? Just what do they do up there on the 01 level? To provide some answers to the questions and to let our shipmates in on what's happening, ETN2 Edward J. Day Jr. has provided the following introductions:

A weapons system as elaborate as the Poseidon Missile and fire control system requires a great deal of support, one item being extremely accurate navigational information. None of the conventional methods employed by surface vessels can be utilized on an SSBN while on patrol. The data must be accurate enough to guide the submarine at all times and provide instantaneous information to fire control to enable the launched missiles to hit their programmed targets thousands of miles away accurately and consistently. Such a task requires the use of some of the most advanced electronics equipment in the world today. The repair and maintenance of this equipment is the mission of W-5 Division.



Photo by PH2 Douglas H. Klotzbach

EN1 Ramon G. Ramirez takes reenlistment oath administered by Captain Will on February 23, 1977.



Captain Will joins crewmembers advanced on February 16, 1977. From Left are TM1 Patrick T. Cerny, ETN2 Gregory G. Corder, ETN2 William E. Crego, STSC Jeffrey R. Nelson, ETN2 Carl M. Flores, OM1 Charles Swanson, ETN2 Duane A. Greenbaum, SK2 Larry D. Harless and MR2 Stephen M. Holzinger.

The Navigation Repair Shop, under the direction of ETCS Bruce G. Garrabrant, is split into three work areas, each comprising of a separate NEC. The SINS area, headed by ET1 William Thayer, is responsible for the repair and maintenance of the complex inertial guidance system and its dedicated computer. The NAVAIDS area, headed by ET1 William O. Washington, takes care of the repair work on the electronic aids to navigation that are capable of tracking satellite passes of fixing the ship's position by LORAN. The CNC area, headed by ET1 Harley W. Kinyon, is responsible for keeping the Central Navigation Computer running and maintaining control over the entire Navigation Subsystem.

SSBN arrival conferences are held in the Nav Shop with representatives from Squadron, civilian tech reps from the equipment manufacturers, and the off-going and on-coming navigation crews at the end of each patrol to inform all concerned of the problems that were encountered, scheduled maintenance and alterations, updates on operational procedures, and to map out the work load for the upcoming refit. Once the jobs and defined, all hands set to work to ensure the success of the next patrol.

Cont. on page 9

FIRST CLASS IN MORE WAYS THAN ONE**Chef Brings International Flavor To Canopus**

Notice any improvement in the chow in the crew's mess lately? If you haven't you will. The reason you may not have is because it's hidden in the galley under the big white chef's hat worn by Mess Specialist First Class Fernando Moral Inglesias.

MS1 Inglesias is a cross-decker from SIMON LAKE and not your every day cook (although he may be disguised as one). Au Contrer, mon frer, MS1 Inglesias is a very unique individual for more reasons than one. Because of this he makes a very special contribution not only to making the food in our mess the best possible but to CANOPUS in Spain as well.

Fernando (as he prefers to be called) has combined many years of training and experience in cooking and could be considered a gourmet chef. His specialties are Scandinavian dishes; however, he has trained also in France and Belgium and gained much experience in the United States.

Born in Madrid, his travels have taken him through most of Western Europe as well as the United States. Now a naturalized U. S. citizen of six years, he speaks Portuguese, Norwegian, French and Italian besides English and his native Spanish.

As a Commissaryman Third Class (now changed to the MS rate), Fernando served at the Armed Forces Staff College in Norfolk, Virginia. It's a leadership school run by the Joint Chiefs of Staff for top-level U. S. and foreign military officers and government employees. The school is regularly visited by the JCS. During his tour there, MS1 Inglesias

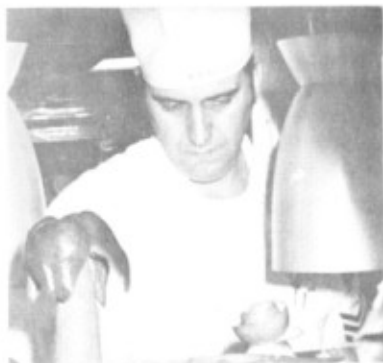


Photo by PH2 Gregory J. Troehler  
MS1 Inglesias works in the element he enjoys best

served the nation's top military officers including Admiral Thomas Moorer, Admiral Zumwalt, General William Westmoreland and Commandant of the Marine Corps General Chapman. To Fernando it was one of his best experiences in the Navy. When asked how they liked his food, he said, "They always remember me, Fernando".

Fernando first learned cooking by attending schools in France and Belgium. At eighteen years of age he decided to go out and see the world so he joined the Norwegian Merchant Marine.

There he started out as an engineman which he says, "I didn't care for too much, so I became a galley boy". As a galley boy he worked his way up to second cook and then first cook. He was then sent to Chief of Stewards School in Norway. At 22 he became a Chief of Stewards.

While in the Merchant Marine he traveled to Corpus Christi, Texas, where he met his wife. He quit the Merchant Marine to

live with his wife in Texas, taking a job as a chef there. Shortly after his marriage, he received his draft notice into the Army (since he was a foreign national residing in the United States he was subject to the draft). Because of his experience in the Merchant Marine he decided to enlist in the Navy. Once again he took a demotion starting out as a steward before switching to the CS rating.

Talking about styles of cooking, Fernando says "American cuisine is the best since it combines styles of cooking from almost every other nation. French is French and so on; but American cooking combines elements of every cooking style because it has people from every nation".

When Fernando is not overseeing food preparation he is spending his time working on arrangements for the hockey team, the Rota-Site II Flying Wings. He first fell in love with hockey back in the States where his first love soccer was not a regular attraction.

He took to watching hockey and has since become an avid follower of the sport. As the team's General Manager he helps to work out arrangements for the



Photo by PH2 Gregory J. Troehler

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# WORDS FOR THE WIVES

The rain in Spain is mainly a pain! Surely those troublesome reservoirs of last summer are amply filled by now. Surely the rains will stop. Surely my walls will get dry enough by summer so we can scrape off the mold and repaint them!

Does it sound like the bloom has faded from my rosy enthusiasm of last month? Not really... but I've had it with the rain!

Actually, there is the distinct possibility I've been a latent Espanola all my life. "Manana posible" has become my favorite expression. It covers a multitude of things... like the unpacked boxes, the other stuff scattered in clumps and heaps throughout the house, the dust, the dishes, etc., etc.



Photo by PH2 Douglas H. Klotzbach

Bernard Sulman receives Lieutenant bars from Captain Will and Commander Bowman on February 7, 1977

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**MEETING.** Terry Trimble has graciously rescued me from the embarrassment of not having planned the NEWSLETTER coffee. She's volunteered to hold it at her house. Here's the information:

**WIVES' NEWSLETTER  
ORGANIZATIONAL COFFEE**

Wednesday, March 9th, 10 A.M.  
774 Barcelona, Old Base

**DIRECTIONS TO TRIMBLES:** Take first right turn at Swimming Pool/Snack Bar. Follow the curve to first street on left; that's Barcelona. 774 is between Ibiza and Jaen.

We'd appreciate having some idea of how many to expect, so please call Terry at 4308, or send notes via our husbands (Master Chief Trimble or LTjg West), by Monday the 7th. Of course, if you decide at the last minute you'd like to attend, please come. We can always scrounge up another coffee cup!

We want you to bring your ideas with you. This is going to be an open meeting to discuss your NEWSLETTER and to organize a staff. It is going to take cooperation from everyone to make it a success. (The NEWSLETTER and the coffee!)

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NEWSLETTER needs reporters from the C. P. O. and Enlisted Wives' Club.



Photo by PH2 Douglas H. Klotzbach  
Spencer T. West receives LTjg bars from Captain Will assisted by his wife Florence on February 7, 1977

by Florence West



Photo by PH2 Douglas H. Klotzbach

Klaus Baerenthaler receives CWO-4 bars being pinned on by his wife Norma on February 7, 1977

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## WARDROOM NEWS

Welcome aboard. To the Medical Department, LT Paul Jacobson and his wife, Dede. To the Supply Department, LT Jim Walters and his wife, Janet.

**CONGRATULATIONS** to the following officers who were frocked in ceremonies in the Captain's Cabin on February 7th... LT Burnie Sulman, LTjg Tom West, CWO4 Floyd Crisp and CWO4 Klaus Baerenthaler. Such a wetting down there will be... as soon as the finances catch up with the frockings!

**SITE II "O" WIVES coffee.** We spent a delightfully productive morning at Ann Werther's. Marilyn Filipiak was the overwhelming choice to be our representative to the OWC Board, and Bernie Deemer was unanimously elected our treasurer.

The next coffee will be March 10th, 10 A.M., at the home of Joan Zimmer, 904 Reus, Old Base.

Site II "O" Wives Coffees  
continued on page 9

# Data Processing : *Paper Mountain Mover Wins SIMON LAKE Appreciation*

The Automatic Data Processing Division (S-8) aboard CANOPUS can move mountains. Not just any mountain, mind you. No, the kind of mountain we're talking about here is the kind that can strangle every operation needed to keep a ship like CANOPUS functioning smoothly — a paper mountain. A paper mountain can crush an operation from the sheer weight of its workload. This is exactly where ADP comes in. They are paper mountain movers. They'll come in with their UNIVACS — card punchers (they can punch holes right out of those card mountains), high speed printers, sorters, key punchers, Fastran drums, CPU's and all. Before you know it — Zap! — no more paper mountain.



Photo by PH2 Gregory J. Troehler  
DP2 Esequile Rodriguez pulls the printout from the 1004 reader printer.

Many divisions aboard CANOPUS are thankful for the help the paper mountain movers give them. The increased efficiency for CANOPUS projects that require a computer run speaks for itself. Or does it? Case-in-point, SIMON LAKE recently found out what

the paper mountain movers could do. To quote SIMON LAKE'S Commanding Officer A. P. Amoruso:

"During the period 7 December 1976 through 8 January 1977 when both CANOPUS and SIMON LAKE were at Site II, a power failure caused SIMON LAKE'S computer system to be out of commission. The ADP Division aboard CANOPUS expertly managed their system and provided the ADP service for both SIMON LAKE and CANOPUS which was necessary to effect the transfer of financial responsibility and to provide the necessary updating of IMMS II in support of Site II refit repair management.



Photo by PH2 Gregory J. Troehler  
DS2 Jim Ryan tests card panel on the Fastran Drum Unit.

The support and the cooperation of the CANOPUS ADP Division was excellent and contributed directly and significantly to the successful and timely transfer of repair functions. I convey to CANOPUS and in particular to the CANOPUS ADP Division my appreciation and a most sincere "WELL DONE!"

So as you see, S-8 can move mountains. ADP runs workload planning schedules, progress rep-



Photo by PH2 Gregory J. Troehler  
DP3 Buenaventura De Oliver sets up card read punch interpreter unit.

orts, keeps track of supply inventories from arrival by TAK to reorder, personnel listings, security listings and medical listings. Everything down to those supply chits — ADP keeps track of. Data Processing Technician Second Class Warren R. Stark summed it up this way; "There is not a division on this ship that does not benefit from our work — even in some minute way".

The key word to express the kind of job ADP does "time-saving". The bigger the job the more time ADP saves.

Take the UNIVAC 1720 card sorter, for example. It could also be used to sort into sequence the last four numbers in the Social Security number of every man aboard CANOPUS in six minutes. How long would it take you manually? Remember the phrase "untold man-hours"?

Need a paper mountain mover? They're up there 24 hours a day, seven days a week. Like the wind, they'll wear that paper mountain right down to size.

## Pick Your Activity In Spain

Nothing to do in Spain? Want to get involved in your favorite activity but don't know who to talk to? Here's a list of organizations aboard Naval Station Rota and who to contact. If you do not find a listing for a club or you would like to start one or for further information on one of these, call base special services at 2564.

AFRO-AMERICAN CULTURE ASSOC.  
 ANDALUCIA SHRINE OASIS  
 AQUANAUTS  
 AQUARIUM CLUB  
 BOOSTERS CLUB  
 BOWLING ASSOCIATION  
 BOWLING ASSOCIATION, WOMENS  
 BOY SCOUTS  
 CATHOLIC MEN'S ASSOCIATION  
 CINEMA "16" SOCIETY  
 CATHOLIC WOMEN'S GUILD  
 CPO WIVES CLUB  
 CUATRO CAMINOS MOTORCYCLE CLUB  
 FLEET RESERVE ASSOCIATION  
 FLYING CLUB  
 GARDEN CLUB  
 GIRL SCOUTS  
 GIRL'S AND WOMEN'S SPORTS ASSOC.  
 GO KART CLUB  
 GOLF ASSOCIATION, MEN'S  
 HAY MOTIVO CLUB  
 IBERIAN SPORTS CAR CLUB  
 ITALIA CLUB  
 LADIES' GOLF ASSOC.  
 LA LECHE LEAGUE

President — Darrie Paterson  
 President — R. Fahnestock  
 President — Gary Held  
 President — Ed Straus  
 President — Robert Beauoin  
 President — Glenman Eaton  
 President — Karon Blevins  
 Area Commissioner — R. Vradenburgh  
 President — LT Chavez  
 President — Richard Wetzel  
 President — Margaret Schligher  
 President — Virginia Stafford  
 President — Everett Maylin  
 President — Bobby Wright  
 President — Dave Dillon  
 President — Shirley Kinneman  
 Ginger Peoples  
 President — Donna Hess  
 President — Martin Walther  
 President — James McEvers  
 President — Raoul Garcia  
 President — Tim Roberts  
 President — A. Monopoli  
 President — Janelle Martin  
 President — E. Wick

## OVERWORKED ?

Have you ever noticed how much work it is not to work? Next time you hear someone complaining about how much work he has to do, take a closer look at whatever it is he's doing. Chances are he's spending more time and effort trying to get out of doing work than doing his job.

When people think about cooperation, too often they think of the other guy cooperating. If you want to make it easier on yourself, think of yourself as the prime mover when it comes to cooperation. With this attitude, you will find that cooperation is contagious. Your fellow workers will soon tire of seeing you always come out on top of the heap and they'll start pulling their own weight.

Are you overworked? Give it a try: Dig in and accomplish the task instead of passing the buck. When the work is done you'll find that you'll have more time left over than all the time you expended trying to get George to do it.

### SPECIAL SERVICES HAS A WIDE VARIETY OF THINGS FOR YOU TAKE ADVANTAGE OF OUR SERVICES AND ENJOY SPAIN

Anyone interested in going on a horseback tour in Southern Spain for a weekend or a week contact Special Services in building 523 or at extension 2471. If enough people are interested we will arrange this tour.

Special Services tours for the month of March to the Doll Factory in Chiclana will be on the 2nd, 16th and 30th. In April they will be on the 13th and 27th.

Sevilla shopping tours for the month of March will be run every thursday.

Bodega tours for the month of March will be to the Williams and Humbert Bodega in Jerez every Saturday.

At present the following

tours are planned and as soon as the prices are available the tours will be published:

Country side tour  
 22 to 24 April  
 Madrid tour  
 29 April to 1 May  
 Sevilla, Aracea, Itatica  
 13 to 15 May  
 London  
 7 to 14 May  
 French Riviera  
 27 to 30 May  
 Cueta and Tetuan  
 4 and 5 June  
 Athens, Greece  
 11 to 18 June  
 Country side tour  
 1 to 4 July

If anyone is interested in an area we have not covered let us know.

Wine kegs and glasses are being procured from different Bodegas. Check with the office for prices.

For Site II picnics, beverages can be provided at cost. Athletic equipment and playing fields can also be reserved through Special Services. We have three ball fields with B-B-Q pits and beverage coolers, all you need for your division picnic is clear weather.

Don't forget to get your monthly "Que Pasa" to get the latest info on your Special Services plans.



# Pick Your Activity Cont.

- LEVANTE CLUB
- MARINE WIVES CLUB
- MODELERS ASSOC.
- MUSIC ASSOC.
- NAVY WIVES CLUB
- NCOA
- NCS ENLISTED WIVES CLUB
- NURSES ASSOC.
- OFFICERS' WIVES CLUB
- OFFICIALS ASSOC.
- PARENT-TEACHERS ASSOC.
- PHOTOGRAPHY CLUB
- PUBLIC WORKS ENLISTED WIVES
- RGH RESIDENTS ASSOC.
- ROD AND GUN CLUB
- RODEO ASSOC.
- RUNNERS CLUB
- SADDLE CLUB
- SITE II ENLISTED WIVES CLUB
- SKI CLUB
- STAMP AND COIN CLUB
- SWIM CLUB
- TEACHERS ASSOC.
- TENNIS ASSOC.
- LITTLE THEATER
- TOPS, SP NO. 1
- TOPS, SP NO. 4
- TORO TWIRLERS SQUARE DANCE
- VQ-2 ENLISTED WIVES CLUB
- VQ-2 OFFICERS WIVES CLUB
- VR-24 DET OFFICERS WIVES CLUB
- WAGONWHEELERS, THE
- WHIRLWAYS SQUARE DANCE CLUB
- YACHT CLUB

# W-5 Cont.

The personnel of W-5 Division are a group of highly trained professionals and, considering their mission, they could not be less and still accomplish all that is expected of them. Still, there is the sailor to consider in each individual and that accounts for the spirit of competition and high morale found in the group.

W-5 has an excellent party planning committee and is known to host some of the best festive occasions on any coast. There is also the highly talented softball team which intends to maintain its reputation in the coming season. All challenges cheerfully accepted, but be prepared to shoulder your losses.

- President - Gil Flores
- President - Shirley Brunner
- President - R. Kramer
- President - J. Ousey
- President - Dawn Burrus
- President - Chalire Page
- President - Monica Deaver
- President - Barb Kidd
- President - Irene Kellogg
- President - David M. Bolden
- President - LT McCluskey
- President - Terry Cleaveland
- President - Jan Perry
- President - Steven Houdesheldt
- President - MCPO Mead
- President - Dale Hart
- President - Jerry Cruse
- President - Sidney Denno
- President - Lenny Pelcher
- President - Dave Cowell
- President - Durward Mommsen
- President - Mike Bryan
- President - Michael Gerber
- President - Conrad Dalton
- President - James Ellis
- President Sandra Boykin
- President - Teri Potter
- President - Kelly Senn
- President - Jackie Mewman
- President - Carol Serb
- President - Glenda Leap
- President - Wayne Douglas
- President - Gary Ping
- President - R. Fleming

# WIVES Cont.



Photo by PH2 Douglas H. Klotzbach

Floyd A. Crisp is presented with CWO-4 bars by Captain Will on February 7, 1977.

will be held the second Thursday of each month. Here are the hostesses through June: April - Martha Clenenger, May - Bobbi Berkowitz, and June - Mercedes Tibbets.

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One final plea (maybe my last). Please help us with the NEWSLETTER. It's our link with each other, and it won't work without your help.

March is  
PEANUT MUNCHING  
MONTH



**"WE CONSIDER THIS THE BEST FEEDING SUB IN THE NAVY!"**

## Taking Advantage Of Your Membership?

by LCDR D. H. Brown

Did you know that it would cost you literally hundreds of dollars a year, as a civilian in the states, to duplicate the facilities and services available to you at the Rota Naval Base Gym?

As military men we have a moral responsibility to stay physically fit. By utilizing the facilities at the gym this can be accomplished while having fun too.

In addition to fulfilling our obligation, staying fit also contributes to good health. The advice for keeping fit most frequently given by physicians and laymen alike is get plenty of sleep, have an adequate, but not excessive diet and take part in a regular moderate exercise and recreation program. The last two categories can be accomplished at the gym by participating in tennis, handball, squash,

basketball or weight lifting.

There are some fortunate people who are healthy while doing little or no exercise, but the vast majority of us feel better, sleep better and get more fun out of life if we take part in regular exercise and enjoy some recreational sport.

Whether or not exercise improves the health or adds to the length of life, it is common knowledge that a certain amount of regular exercise contributes to a feeling of well being. Furthermore, exercise which involves play, recreation, relieves nervous tension and mental fatigue is not only pleasant, but beneficial. Needless to say you should not go right out and catch up on all the benefits, next week, that you have been missing out on for the last year.

How much and what kind

of exercise one should take merits careful consideration. Normal young people that are in good physical shape, can take strenuous sport. They fatigue to the point of exhaustion, but recover promptly with a period of rest. But not so with those of middle age and beyond. For them moderation is of vital importance, especially if they have been inactive for a long time. Three suggestions, however, will serve as sound advice for everyone (1) Insure that your health in general is good, most especially your heart. (2) Keep the exercise below the point of physical exhaustion. (3) Regularity is important if one is to get the most enjoyment and benefit out of exercise.

See you on the handball court soon?

## WANTED: Talented Cartoonists

The Navy has a yearly contest to recognize and reward outstanding cartoonist talent. Winning entries for the All-Navy finals will normally be published in the "All Hands" magazine and in "Navy Times". To assist local talent in getting some deserved recognition, the "HELMSMAN" will be running a cartoon of the month. Winning cartoons in this competition will be submitted to the All-Navy contest.

### ELIGIBILITY

All Naval personnel on active duty in excess of 90 days and their dependents are eligible.

### SUBJECT MATTER

All entries must be original and portray a Navy theme. All entries (to the All-Navy Contest) become the property of the Department of Defense and will not be returned.

### FORMAT

Entries submitted for the All-Navy Contest should be rendered in black ink on 8 X 10 1/2 inch white paper or illustration board.

### CATEGORIES

There are two divisions in the All-Navy Cartoon Contest: Active duty personnel and Department personnel. A contestant may enter as many cartoons as desired.



"THERE'S NO SUCH UNIFORM AS SUMMER CASUAL!"



Photos by YN3 Doug Morrell

## MOTOCROSS

Not your everyday idea of fun. But then again one man's poison is another's passion.

Gears grinding. Constant shock and vibration. A test of endurance of man and machine.

Here's mud in your eye.



## \* \* \* \* \* TALENT CONTEST RULES \* \* \* \* \*

**Participation** — The contest is open to all personnel assigned to Site II and their dependents.

**Acts** — Participation will be limited to comedy, dance, instrumental, and vocal acts, or specialty acts which include elements of the above. Acts may be comprised of a single individual or a group not to exceed five individuals.

**Accompaniment** — Records and tape recordings may be used for accompaniment, or individuals may accompany themselves.

**Time Limit** — Acts should not be longer than five minutes.

**Judging** — Winners will be selected on the basis of a composite score including: Effectiveness, Originality, Pace, Quality, Congeniality and Showmanship.

**Prizes** — First, second and third prizes will be gift certificates redeemable in the CANOPUS Ship's Store. Certificates of Appreciation will be awarded to all participants.

**Date** — CANOPUS Ship's Picnic



LT Moniot receives oath from Capt. Will on his promotion on 10 February 1977



HT3 William J. Rowan receives Canopus Plaque from Capt. Will on his reenlistment on 23 Feb. 77



SH3 Robert M. Merz is reenlisted by Capt. Will on 8 February 1977

# Fernando

Cont.

team. His Spanish ancestry has proven to be an invaluable assist in keeping the team on the ice (the closest ice in Southern Spain is in Sevilla), and a good will ambassador of American sportsmanship.

Now back in his homeland for the last four years, MS1 Inglesias plans to remain with CANOPUS for her entire tour here.

His comments about CANOPUS were "I like CANOPUS, she is cleaner, her cooking facilities are bigger, better, newer and much nicer to work in. One thing I have noticed is that CANOPUS and SIMON LAKE are not together yet. There are still cliques. I notice this in my own shop. But wait, in a few more months it will be all CANOPUS. There will be no more SIMON LAKE. Everyone will be from CANOPUS".

Talking of the job he and his men do aboard CANOPUS, he says "We care. We want the men to be well fed, to have a good variety and enough to eat. Have patience in the chow line; we will do our best. We care".



Photo by PH2 Gregory J. Troehler



MR2 Ely P. Borjal receives reenlistment oath from CWO-4 Baerenthaler on 18 Feb. 1977

From \_\_\_\_\_  
 \_\_\_\_\_ Division  
 USS Canopus (AS-34)  
 FPO NY, 09501

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