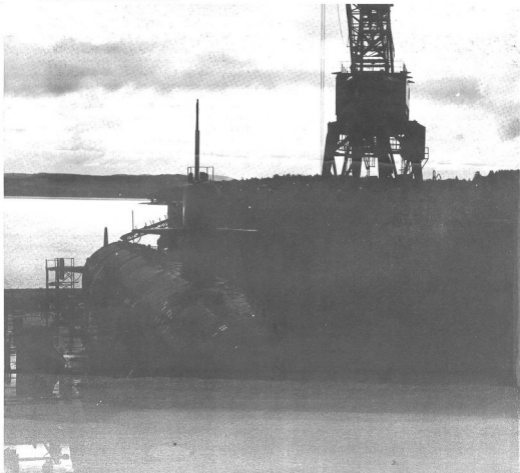


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The



HELMSMAN



The



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COMSUBRON FOURTEEN

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COMMANDING OFFICER

CAPTAIN W. A. BROOKS

EXECUTIVE OFFICER

COMMANDER T. J. SMITH

PUBLIC AFFAIRS OFFICER

LODR R. J. MURCHISON

HELMSMAN EDITOR

SN BOYLE

ASSISTANT TO THE EDITOR

SN F. SCIBETTA

PRINTING

L11 E. L. COLLINS

L12 R. S. STAMPS

L13 D. E. ZAHN

SN G. D. BEATY

SN G. E. McCORMICK

SA R. J. DeSALVO

PHOTOGRAPHY

PH1 F. G. TRAVIS

PH3 R. COLLINS

SN D. KLOTZBACH

EDITORIAL

By: Chaplain (Col.) Robert Mossey

Have you noticed that you have two ears, two eyes and only ONE tongue? Guess that seems to point out that we are made to see and hear more than we speak.

With all the beautiful sights to see, with all the tremendous sounds to hear, we should be kept very busy just seeing and hearing. Our built-in computer should be extremely busy storing up myriads of fact to be used at future dates. And our hearts and minds should be happily storing up memories of people, places and sounds.

Unfortunately the God-given gifts are often grossly abused and misused. Pictorial literary, tonal messages come in all sizes, shapes, and colors. We are free to choose what pleases us and what will benefit us. In other words, you decide whether the pictures will be inspiring and uplifting or if they will draw out your baser animalistic expression. You decide whether your selection of reading material helps to improve your mind and your skills, and thereby add to your growth in maturity, or if they are just to be literary fecal-matter that dulls and deadens the proper function of the mind. You decide whether your speech with others be wholesome, contributive and exemplary of your mature inner man or if your sounds betray the shallowness of your mind and the person that is the real you.

Cowards take the easy way out. They use whatever is at hand to escape and protect themselves. Cowards are on the battlefield, on the sportsfield and on the field of life. Misuse of your eyes, ears and speech in a degenerative manner. In a way to hurt yourself and others is a sign of the coward.

It takes one a lot of time to find out how much another has seen and heard that is wholesome, has growth-potential and is maturing. But it takes only seconds to discover another's shallowness, his cowardice and his true ability to be a mature leader in any group by listening to his speech.

"How you talk!" A familiar expression yet so filled with meaning. We'll be listening to "how you talk!" Demosthenes, in search of a wise man, wrote "A vessel is known by the sound whether it is cracked or not. So men prove by their speech whether they are wise or foolish."

STRAIGHT LINE TO SPAIN. On the Kilmun to Arden-tinny road, between Kilmun and Blairmore, is Strone (meaning "point"), a promontory in Holy Loch opposite Hunter's Quay. It is claimed that a boat piloted in a straight line from Strone would not touch land until it reached Cape Finisterre, on the coast of Spain.

TABLE OF CONTENTS

Chaplain's Corner.....	3
What's Happening.....	3
Sailor-of-the-Year.....	4
Achievement Medals.....	4
Rod and Gun Club.....	5
Ardnadam Changes.....	6
Change of Command.....	6
The Holy Loch.....	7
Submarine Medicine.....	7
Good Conduct Medal.....	7
EM Club Opening.....	8
MCPOC, COMSUBLANT Visit.....	9
Dependents Driver Licenses.....	10
The USAFI Program.....	10
VA Benefits.....	11
Navy Relief Society.....	11
Ardnadam.....	11
NWCA No. 247.....	12
CPO Wives Club.....	12
Non-Judicial Punishment.....	12
Sonics Invitational Basketball Tournament.....	13
Special Project- Basketball.....	14
Golf Tournament.....	15
Special Services.....	15

Chaplain's

Corner

Chaplain Albert P. Connelly

Lieutenant, U.S. Navy



There are many opportunities for military personnel and their dependents to enjoy a religious retreat. A retreat is a time spent apart from one's normal routine, when one devotes his time to prayer, contemplation, and recreation. Attending a retreat is a way of taking a new lease on life. It affords a person an opportunity to regain or to establish anew his perspective on life. Most retreats also have periods during which the participant can enjoy himself in about any manner he chooses. It is a chance to put into practice the things discovered and learned during the more formal part of retreat.

All year long retreats are conducted at Berchtesgaden, Germany, between Munchen and Salzburg in the Bavarian Alps. These retreats, for many different denominations, are of two kinds - a weekend retreat, and a weekday retreat. Hotel and meals vary between \$21 and \$30. The U.S. Forces Retreat House at Berchtesgaden has been acclaimed by thousands of servicemen and their families since its founding after World War II.

Locally, to the north of us lies the wee island of Iona. Iona is famous as the cradle of Scottish Christianity, because in A.D. 563, Saint Columba landed here from Ireland with twelve companions, established a monastery and used Iona as a base for his evangelistic journeys. A most historic community of Christians flourished for centuries on Iona. Since 1938 Iona has been a favorite location for non-denominational retreats.

Presently the Chaplain's Office, in cooperation with the chaplains of Faslane, is making available an opportunity to participate in an International Military Pilgrimage to Lourdes, France, from 25 to 28 May. The cost of this pilgrimage will be \$39.00, and includes return airfare from Glasgow, hotel, and meals. For further information on this Lourdes retreat, please contact Chaplain Connelly at Sandbank 302.

WHAT'S HAPPENING

By: FTCS Parli

While it would be desirable to send every Navy man and woman through an appropriate Class "A" school, the Navy cannot afford to give all personnel formal technical training. Furthermore, the Navy needs a lot of personnel who are not technically trained to perform essential duties. Therefore, each year a large percentage of recruits go directly to the fleet.

Those selected for school while in recruit training are those who meet entrance for the school prior to enlistment and were guaranteed a school upon enlisting for four or more years by agreeing to extend their enlistments. The test scores are utilized as a predictor of the individual's ability to absorb the instructions and to pass the course successfully.

Thus, if you are in the fleet and desire to attend any "A" school but require a waiver for your test scores, you can improve your chances if you will:

a. Do the best job you know how, be it mess cooking, paint chipping, or deck swabbing.

b. Enroll in the appropriate correspondence courses for E-4 and complete assignments promptly.

c. If you are not a high school graduate, work for your GED equivalency.

d. If your comprehension of written and/or spoken English is poor, see your Educational Services Office about enrolling in appropriate courses.

e. Give yourself a little time-at least six months-to prove yourself to your leading petty officer and division officer before submitting your school request.

One final bit of advice. The Navy trains personnel to meet its requirements. It does not send people to school solely to prepare them for a civilian job! Therefore, if you apply for a school in a field where you are not needed, your request will not be approved, at least not until a need develops.

ORNITHOLOGY OF COWAL. A few rare species of birds are found in Cowal District, including the "King of Birds" the Golden Eagle, which is known to nest almost yearly in higher mountain glens. The buzzard, sparrowhawk, and kestrel are common. Partridges and grouse are in high hills. The snipe, grey and green plover, woodcock, and lintrail are also numerous in season, and occasionally the kingfisher is seen. Heron seems to be on the increase, as is the rook, there being a number of rookeries within a few miles radius of Dunoon. Loch Loskin is a favorite haunt of wild duck, water hen, and cnot, while the swan often builds among the rocks at the upper end of the Inch and rears her cygnets.

SAILOR-OF-THE-YEAR



SN STEVEN K. ALLEN

Seaman Steven K. Allen, Canopus' December 1972 Sailor-of-the-Month, has been selected the 1972 Sailor-of-the-Year. As a result of this honor, Allen now automatically competes with other finalists for Sailor-of-the-Year for Submarine Squadron FOURTEEN. To celebrate this occasion, Allen was the luncheon guest of Captain Brooks on Friday, 6 April.



Allen, a farmer from Noblesville, Indiana, is assigned to the First Lieutenant's storeroom as assistant supply petty officer. In recommending Allen for this competition, CW03 Hackett, First Lieutenant, declared that "Allen has proven himself to be a completely reliable and extremely versatile sailor." He has unselfishly devoted many hours of his liberty time to helping the children of a local foster home, and he recently joined a local chorus.

A reservist, Seaman Allen plans to return to the farm in Noblesville when his two years of active duty are completed.

ACHIEVEMENT MEDALS

In Pilot House ceremonies, 27 Mar. 73, Captain Brooks awarded the Navy Achievement Medal to RMI Gary J. Pannell. ENC Anthony L. Valdez (at left) and YN1 Brian W. Tinagero also were awarded the same medal. Petty Officer Pannell received this award for his duties in conjunction with setting up a communications system in Vietnam from March to December 1972. He also received a second award of this medal for his aid in helping the turnover from an American to a Vietnamese Navy, and in making a self-sustaining force.

Chief Valdez received his award for exemplary duties in engineering work in Vietnam from March to October 1972. During this period, Chief Valdez devoted his off-duty hours to assisting a local orphanage. His technical knowledge and advice proved an invaluable aid in accomplishing the U.S. Navy mission.

Yeoman First Class Tinagero was awarded the medal for work in Vietnam from January 1971 to January 1972. His vast administrative knowledge, and exceptional duty performance furthered the U.S. Navy mission in Vietnam.



ROD & GUN CLUB

The grand opening of the US Navy, Holy Loch, Scotland Rod and Gun Club's trapshooting range was held at 1300 hours, 25 March 1973. A large gathering of US Navy and Scottish families celebrated the event at the Cot House premises just west of Sandbank, Argyllshire. Spotty weather did not prevent the opening from being a huge success. As a sidelight, the winner of the Fresh Water Fishing Rig raffle was SK1 Ballweg of S1 Division.

The range, much improved from last year, is now equipped with ultramodern traps, making this one of the most versatile ranges in Scotland. In addition, a small clubhouse on the property has been refurbished for better utility. This improved range directly results in extended hours of operation, enabling many more shooters to use the facility.

These self-help improvements are the result of a concerted effort over a long period of time by numerous US Navy men, particularly the officers of the Rod and Gun Club. These men, by their untiring efforts, and in cooperation with the local Dunoon and District Gun Club, have provided the Holy Loch US Navyman with another much-needed recreational facility.

As a direct result of this grand opening, a Holy Loch intramural trapshoot league has been formed. The season's



The men primarily responsible for this well-equipped facility (from left): HT1 Willard A. DeVault, SK2 Albert Ange, LT David L. Hartman, HTC Daniel R. Ramsey, Mr. A. Speirs, ICC Robert G. Rimert, Mr. Walter Thompson, and MMCS Jerry Kinnard.



Having cut the cake, Mrs. Brooks offers the first slice to Mr. Becket, manager of the Cot House.

program consists of 14 eight-man teams shooting week-nights from 1800 to 1930 hours. The program should last approximately 20 weeks, with trophies being awarded to first- and second-place teams at the end. Contact Chief Rimert at ext 654, or any club member, for further information on this new program.

Chief Rimert is a Hunter Safety Instructor, a Marksmanship Instructor for the rifle, the pistol, and the shotgun, and is an Official Referee — all with the National Rifle Association of America. He participated in the Atlantic Fleet shoot in 1971.

There are six levels of competition to the Olympics — Intramural, Commander's Cup, Naval District, Fleet, All-Navy, and finally the Panam Shoot. Since the Holy Loch is not in a district our men go directly to the Fleet Shoot. Thus, our Commander's Cup winners could participate directly in the Fleet Shoot to be held in July. With these improved facilities and the expert instruction available, the Holy Loch should be well-represented in the Fleet Shoot.



The crowd gathers around the clubhouse preparatory to shooting. Note the rolling Argyllshire hills and the flowing emblems of both nations.

ARDNADAM CHANGES

LCDR W. W. Wilson

In a recent interview, Commander Wilson, Officer-in-Charge, outlined and delineated some of the scheduled, progressive improvements for the Ardnadam Complex. Some points he stressed are as follows:

1) In reference to the Rental Guarantee Housing

a) The first units, according to schedule, will be ready for occupancy by summer. However, construction problems plague the project, and following units may be slightly delayed in their opening.

b) All 250 units should be completed and ready for occupancy by February 1974.

c) Renters of the units must make rental payments directly to the contractor, and not to COMNAVACTSUK. The project is owned and sponsored by a British contractor.

2) Money has been approved for remodeling the Snack Bar, located between the Bowling Alley and the Officers Club. Arrangements for new equipment and other remodeling considerations mean the new restaurant will probably not be open until late this year. When finished, the new restaurant will have double the present floor space, sit-down service for approximately 75 persons, and waitress service.

3) Project alterations and changes include;

a) The NAVACTS Dispensary will move into the building presently occupied by the theatre and lounge. The theater will then move to the building housing the old Liquor Store.

b) When the Dispensary moves from the Ardnadam Hotel, the second floor will be remodeled into a Petty Officers Club area. Plans include a large dining area, with food prepared in the first floor kitchen, and a large dance floor.

COT HOUSE INN. This is a well-known hostelry at the head of the Holy Loch, and was called "Cot" because a ferry-boat was used for crossing the River Echalg near this spot - hence the name "punt" or "cot" house. "The half - merk land of Coit" was a pendicle of the town and lands of Orchar, which together comprised 198 Scottish acres in older days. Alexander Campbell of Ballochyle mustered and drilled in the adjoining field a company of Coval men, called the "Kilmun Volunteers" during the Napoleonic War. Happily, their services were not required, although they were ordered from the little Church of Kilmun one Sabbath morning in 1803, when a false alarm said the French fleet had landed troops in Greenock.

CHANGE OF COMMAND



Lieutenant Commander W.W. Wilson, a much-decorated veteran of 30 years in the Navy, relieved Lieutenant Gary Uhlenkott as Officer-in-Charge, U.S. Naval Activities United Kingdom Detachment, Holy Loch, in ceremonies on 1 March 1973. Commander Wilson adds an impressive array of naval experience to the already professional staff at the detachment.

Commander Wilson is one of the few U.S. Navy men in the Holy Loch who has been awarded the World War II Combat Patrol Pin. From 1943 to 1945 he saw action while serving in three U.S. Navy submarines: USS SEA DEVIL, USS SEA FOX, and USS SABALO in an enlisted status. In January 1960 Commander Wilson was commissioned under the LDO program, and has not since been in the Submarine Service.

During 1965 and 1966 Commander Wilson was First Lieutenant on USS HUNLEY(AS-31), then stationed in the Holy Loch. From there he became Executive Officer of the USS RECOVERY (ARS-43), advancing later to Commanding Officer, USS STALLION (ATA-193). Most memorable of his naval duties was as Commanding Officer USS GRANVILLE S. HALL (YAG-40) a 15,000-ton research vessel, from 1969 to 1971.

Following other assignments, including a tour as a senior advisor in Vietnam, Commander Wilson has returned to the Holy Loch at his request. He is eagerly settling in his new job, trying to take over where Lieutenant Uhlenkott left off. Commander Wilson, his wife Pam, and children, Christian, aged 12, and Fletcher, aged 10, are presently residing by Loch Eck.

THE HOLY LOCH

(Editor's note: the following is printed, with modifications, by consent of E. & R. Inglis, "Dunoon Observer" Office, Dunoon, Scotland.)

Holy Loch is of more limited extent than most other lochs of the Clyde. It is about a mile wide at the broadest part, and from two to three miles long at high water. The tide recedes for a considerable distance at its head. That the loch was named for its sacred or religious association is clear, but there has been considerable controversy as to the most probable reason.

It has been suggested that it belongs to pre-Christian days when the most worshipped object was the Sun. This, it is asserted, is reasonably supported by the enormous number of standing-stones still visible throughout Cowal and Argyll. These stones are presumed to be memorials of one or other of the pagan deities of pre-Christian times. This view has found little support because of its vagueness and modern consensus inclines to the view that the name really belongs to Christian times.

Also suggested, usually in various modern guidebooks, is that the loch was named for the fact that a vessel with a cargo of soil from the Holy Land and intended for use in connection with Glasgow Cathedral, was wrecked in the loch. This is possible; however, the source of the story has never been quoted. Glasgow Cathedral, begun in the late Twelfth Century, belongs primarily to the Thirteenth Century, and has probably been brought into the story due to a confusion in the names of Saints Mungo and Munn, as it has too frequently been assumed that these were the names of one single Christian.

The patron saint of Glasgow was Saint Mungo, more correctly known as Kentigern, while Saint Munn was an Irish-born Celtic saint, Mundu or Munnu, standing for Mo-Findu, a form of the name Finten (or Fintan or Fintain). Saint Munn was a contemporary of the better-known Saint Columba who landed on Iona in 563 A.D.

Saint Munn fixed his headquarters on coming from Ireland at the spot which came to be so closely associated with his name, on "an Loch Seanta" (the charmed loch), or Holy Loch, in Cowal. This was at some date in the Sixth Century, as is judged from the date of his death in 635 A.D., according to the records of the Annals of Ulster. His "day" is 21 October, now supplanted in public memory by Trafalgar Day. It is believed that he later returned to Ireland and founded the monastery of Teach-Mun, or Tignon, in Wexford, and was Abbot there until his death.

SUBMARINE MEDICINE



Commander Larsen, Squadron FOURTEEN Medical Officer, held a "Submarine Medicine" seminar in the Conference Room on 24 March for 58 Scottish affiliates of the Greenock and District Medical Faculty.

At Dunoon the tide rises and falls in Spring tides about 14 feet perpendicular, and in neap tides from 9 to 10 feet. Highest and lowest tides are at the period of vernal equinox. The current opposite Dunoon runs in neap tides at 3/4 knots and Spring tides about 1 1/2 knots.

GOOD CONDUCT MEDAL



Awarded the Good Conduct Medal are (from left): HTI David Guenther, BT2 Francis Beltneck, EN1 Robert L. Sexton, and ET1 David E. Cross.

EM CLUB RENOVATED



Captain Alpine W. McLane, Commander Naval Activities United Kingdom, presents scissors to Commodore Kelln for cutting the ribbon.

14 April 1973

The 183-year-old lady has finally had an operation. And now she compares with the finest and most attractive anywhere in Scotland. The U.S. Navy Enlisted Mens' Club at Ardnadam by Holy Loch, Scotland, was never much to show off before now. Like an aged and unkempt hotel, but more like a Nineteenth Century Tombstone tavern, the club in the Ardnadam Hotel had seen its better days long ago. When the U.S. Navy obtained use of Ardnadam Hotel some eight or nine years ago, the old lady was already living in memories.

Because neither funds nor opportunities were available to improve the Enlisted Mens' Club, the U.S. Navy did the best with what it had in the Holy Loch. The club's attractions, other than inexpensive spirits, were mainly non-existent. But like the Tombstone taverns, these days are a memory. For six weeks, beginning the early part of March, the EM Club underwent a major operation. The results of this operation represent a major improvement for the Ardnadam complex.

New seating arrangements throughout, and a new dining area have been created, along with carpeting and new sound and lighting systems. But most prominent in the renovation are the new wooden tables, new soft chairs, new wallpaper—a completely different interior. And the atmosphere is now flavored with a dash of English Pub. The bars have been enhanced by intricate woodwork, glass shelving, and mirrors. No longer just a "drinking hole," but an attractive EM Club dominates the U.S. Navy Ardnadam complex.



The first floor show in the renovated club entertained an audience of 210 persons.

LCDR W. W. Wilson, Officer in Charge, stated that about \$40,000 was allocated to the total renovation, including about \$4,000 for new dining room equipment (especially for dinnerware and silverware). Not only has the club's capacity been increased by 20 percent, but a full-course meal may now be ordered from a smiling waitress attired in a red-and-black uniform. And, in the very near future, all steaks will be cooked over a live fire in the new charcoal pit.

This U.S. Navy project, which was years in the making, is just the latest improvement in recreational facilities in the Holy Loch for the U.S. Navyman.



EM Club key employees are (from left): Lillian Trustwell, head waitress; James McKenzie, manager; Glen R. Barnes, supervisor of the Ardnadam clubs; and Gordon Heuchen and Walter Paton, night managers.

MCPOC COMSUBLANT VISIT

CSCM(SSI) Hugh McCracken, The Master Chief Petty Officer of Command, COMSUBLANT, visited the Holy Loch from 20 to 25 March. He was accompanied by MMCM Jerry Gray, the Master Chief Petty Officer of Command, CINCLANTFLT, and TMC(SSI) Corey, the Atlantic Fleet Sailor of the Year. While in the Holy Loch, these Chief Petty Officers visited the crews of the USS Canopus, USS LGS ALAMOS, and USS CASIMIR PULASKI, and then toured shore facilities, including the housing and recreation sites. They also spoke to a large group of Navy wives.



Master Chief McCracken vividly explains a point to a crewmember while Senior Chief Parli, Canopus' Senior Enlisted Advisor, stands behind him. Seated at left is Chief Corey.

On 21 March they met Canopus enlisted personnel (E-5 and below) on the Mess Deck. In addressing the capacity audience, Master Chief McCracken highlighted recent uniform changes, customs procedures, a proposed new sea pay bill, reimbursement on mileage for house trailers on re-location, mess cook advancement, LINK magazine, and Sailor-of-the-Year program being extended to the Atlantic Fleet, the Pacific Fleet, and the Shore Establishment.

Master Chief Jerry Gray discussed the causes for change in morale and general appearance of Navymen. He emphasized the fact of public unawareness in their comprehending the new Navy's mission. Chief Corey talked at length about the educational opportunities available to the Navyman. A prolonged, but enlightened, question-and-answer session followed.

It is felt that the presence of these three Chief Petty Officers provided a vital and timely source of information to the crew. This information was disseminated in a well-

coordinated manner.



Master Chief Jerry Gray addressing the crew.

AND



Master Chief McCracken dramatically explains a change in the uniform, as other 'models' await their turn.

DEPENDENTS

DRIVERS

LICENSES

LCDR J. A. Roach

JAGC, US Navy

Under Article II of the United Kingdom Motor Vehicles (International Circulation) Order 1957, as amended by the Motor Vehicles (International Circulation) Amendment Order 1962, a dependent of a member of the U.S. Armed Forces stationed in the U.K. is treated as any civilian visitor to the U.K. She may drive on a valid stateside driver's license during a period of 12 months from date of her last entry into the U.K. If her driver's license is due to expire during that 12-month period, it must be renewed to continue her authority to drive in the U.K.

Unfortunately, some states of the U.S. (e.g., Hawaii) do not permit civilians to renew their driver's license by mail. In that situation, the dependent will be required to obtain a British Driver's License. The following advice on how to obtain such a license is offered.

The British Department of the Environment issues all motor vehicle driver's licenses in the U.K. through a central office in Swansea. There are two kinds of ordinary British driver's license you need to know about: (1) a Provisional Driving License, and (2) a Full Driving License.

A Provisional Driving License is similar to a Learner's Permit. It is used pending the passing of the Driver's Test. A person holding a Provisional Driving License may not drive a vehicle in the U.K. unless (a) accompanied by a person who holds a Full Driver's License, and (b) "L" Plates are displayed on the car. NOTE: A stateside driver's license is not considered to be the equivalent of a Full Driver's License, and unless you hold a Full British Driver's License your presence in a car with your wife driving on a Provisional Driver's License is insufficient.

How, then, can this situation be avoided? Well, before her driver's license expires, or the 12-month period elapses, the dependent should arrange to sit the British Driver's Test. The application for this test may be obtained at a British Post Office or at the Squadron Legal Office. The completed form and fee of £ 3-25 should be sent to the Traffic Area Office, Torphichen Street, Edinburgh, who will set a time and place for the examination. If she passes the test, the Department of the Environment at Swansea will be notified,

and at the expiration of her driver's license, or 12-month period, a British Full Driver's License will be issued to her.



THE USAFI PROGRAM

By: David A. Satterfield

The United States Armed Forces Institute (USAFI) is a Department of Defense organization dedicated to providing active duty Armed Forces personnel an opportunity to continue their education.

Over 200 courses ranging from the pre-high school to the upper-division college level are available from USAFI. These courses are designed to serve a wide variety of educational needs. USAFI also contracts with several leading colleges and universities to provide correspondence courses for military personnel.

In addition, USAFI offers test programs through which individuals may be able to establish high school graduation equivalency or to meet requirements for a high school diploma. And personnel may earn college credit or attain advanced college standing through the College-Level Examination Program (CLEP).

The USAFI program, now in its thirtieth year, is constantly changing to meet the needs of the serviceman. By continued close relationships with civilian educators, USAFI programs are based on the types of educational opportunities normally available from civilian institutions, but are geared to the needs of the Armed Forces.

The Educational Services Office has a complete list of all USAFI courses. Facts concerning GED and CLEP are also available. Further information on the USAFI program can be obtained at ESO (extension 682).

VETERANS' ADMINISTRATION

BENEFITS

A number of benefits administered by the Veterans Administration are available to members of the Armed Forces during the time they are on active duty, as well as after they have been discharged or separated from active duty. They include:

1) **Automobiles, Conveyances:** Payment by the VA of an amount not to exceed \$2,800 toward the purchase price of an automobile or other conveyance for servicemen and women on active duty — as well as veterans of World War II and the Korean Conflict — suffering from service-connected loss, or permanent loss of use, of one or both hands or feet, or permanent impairment of vision. The VA also provides adaptive equipment needed to meet licensing requirements and to insure safe operation of the vehicle, and repairs, replaces, or re-installs such equipment.

2) **GI Bill Educational Training:** payments made to servicemen and women serving on active duty for more than 180 days. Individuals eligible have a basic entitlement of 1½ months for each month, or fraction thereof, for service after 31 Jan 1955. However, the basic entitlement cannot exceed 36 months. For individuals released from active duty after 31 Jan 1955, the period of eligibility is 8 years after release or until 31 May 1974, whichever is later. Under this program, a fulltime unmarried student at a recognized college receives \$220 per month of attendance.

3) **Loans for Homes and Farms:** service members with more than 180 days of active duty are eligible for a VA-guaranteed loan to purchase, build, re-model or re-finance a home.

4) **Servicemen's Group Life Insurance:** a \$15,000 group term life insurance coverage is automatically issued on every member of the Armed Forces unless a lesser amount or no coverage at all is requested in writing. The policy may be converted to an individual policy at time of separation or discharge.

5) **Dependency and Indemnity Compensation (DIC):** these VA payments are authorized for widows, unmarried children, and certain parents of servicemen and women or veterans who have died from a service-connected disease or injury.

NAVY RELIEF SOCIETY

One of the oldest mottos in the U.S. Navy is "The Navy Takes Care of its Own"; it is the motto of the Navy Relief Society (NRS). The Navy Relief Society is a private, charitable organization, founded in 1804, to aid active duty members of the Navy and Marine Corps in the time of emergency. NRS also helps reservists on active duty, fleet reservists and dependents of active duty service members.

The Navy Relief Society offers both loans and open grants to service members in trouble. However, NRS is more than just a lending institution; volunteers offer a listening post for people's problems, budget counseling and thrift shops. NRS also loans complete layettes to help ease some of the financial problems with newborns. There are 116 Navy Relief Society offices throughout the world to help the Navy person in time of need.

ARDNADAM

ARDNADAM GLEN. This very beautiful glen divides the farms of Ardnadam (hill of the oxen) and Dunloskin, and has a fine waterfall which cascades over the rocks from a good height. The old name of the glen is an unhappy choice—"the foul cattle stall"! An ancient Celtic burial ground and the remains of an old chapel exist in the vicinity. If archaeologists ever succeed in proving its antiquity, the old chapel may give another meaning altogether to the name Ardnadam.

ST ADAMNAM. Saint Adamnam, the biographer and friend of Saint Columba, is believed by some historians to have connections with Ardnadam. St Adamnam's body was removed to Ireland after thirty years' interment in Scotland, and it is asserted that if his remains rested on the hillside at Ardnadam for that period, then this might account for the name Ardnadam instead of Kiladam (cell of Adam as in Kilmun, Cell of Munn). In an advertisement of a *Dunoon* paper in 1786 and in the rent roll of 1761, the village is spelled "Arnadam." At that time the old farmhouse was roofed with heather. This building, demolished over a century ago, stood on the brow of the hillside, and had done so for 200 years.

NWCA #247

By: Edith Counts

Plans were made at the April Business Meeting to send two delegates from our club to the N.E.R. Convention, to be held May 7-11 at Lakehurst, New Jersey. Our delegates to this convention will be Vice President Barbara DeMain and Rose Mary Burns. Workshops and Solving of Area Problems are just a few of the reasons for NWCA conventions. Holy Loch's No.247 has won the membership award at the last two conventions for having the largest club in the world. It's great to have two members travel so far to try to help us as Navy Wives in an isolated area.

Casino Night in the Old Commissary Store on 7 April boosted the treasury of the club. A hearty "Thank You" to all who participated in this event. Struan Lodge was the scene of a party on 12 April, when fruit baskets and biscuits were presented to the senior citizens. On 27 April we will host an Easter Egg Hunt for children at Castle Toward. Plans are already in the making for much more.

In coming events, we plan to maintain a booth at Dunclutha on 18 May with baked goods. On 18 May, at 1300 hours, a Tupperware Party will be held at the "Y" with all proceeds donated to the Jason Morse Medical Fund. Everyone in the Holy Loch area is invited, including Scottish friends you may want to bring. Help us give life to a small boy.

CPO WIVES CLUB

By: Edith Counts

Elections were held at the April Business Meeting, with the results as follows: President, Georgia Goodman; Vice President, Nancy Connelly; Secretary, Edith Counts; Treasurer, Maureen Clause; Chaplain, Dell Aikens; and Parliamentarian, Lois Bachman. Outgoing President Edith Counts wishes to express a "Thank You" to all board and committee chairmembers who worked so hard during the past six months. The CPO Wives Club's success is measured by the effort displayed by these sincere members.

The CPO Wives Club will sponsor a Holy Loch Teenage Dance 26 April from 1930 to 2300 hours at the "Y". All dependents and military personnel aged 13 to 19 are invited. Music will be provided by the TNT Disco.

NON-JUDICIAL PUNISHMENT

By: J. C. Doyle

The last editorial stated: "How many Service members know that they don't have to accept an Article 15?" A clarification of this statement is needed. The provisions of paragraph 132, Manual for Courts-Martial, 1969 (Revised), state, "If the member is attached to or embarked in a vessel, he does not have the right to demand trial by court-martial in lieu of punishment under this article unless this right shall have been specifically granted by regulations of the Secretary concerned."

Under the above provisions, a member "attached to or embarked in a vessel" may not refuse punishment under Article 15 unless specifically granted by regulations of the Secretary concerned. As the Secretary of the Navy has not specifically granted this right by regulations, no member "attached to or embarked in a vessel" may refuse an Article 15. Additionally, an "accused who does not demand trial by court-martial in lieu of nonjudicial punishment may nevertheless be tried by court-martial if the circumstances of the case so warrant," as delineated in paragraph 133b.

In the interest of justice for all parties concerned, it is the policy of this command to thoroughly investigate each case and to insure that all relevant facts are presented. Whenever mast procedure is followed, the accused will be accorded a hearing which shall include the following elemental requirements:

- 1) Presence of the accused before the Commanding Officer;
- 2) Advice to the accused of the offenses of which he is suspected;
- 3) Explanation to the accused of his rights under Article 31(b) of the Uniform Code of Military Justice;
- 4) Presentation of the information against the accused, either by the testimony of witnesses in person or by the receipt of their written statements, copies of the latter being furnished to the accused;
- 5) Availability to the accused for his inspection of all items of information in the nature of physical or documentary evidence which will be considered;
- and 6) Full opportunity to the accused to present any matters in mitigation, extenuation, or defense of the suspected offenses.

At the completion of the hearing, the Commanding Officer may impose punishment under Article 15.

SONICS INVITATIONAL BASKETBALL TOURNAMENT

The Sonics hosted a "Site One Invitational Basketball Tournament" at Ardnadam gymnasium from 30 March to 1 April. Five teams from throughout Scotland, one team from Dublin, Ireland, and one team from the United States participated in the tournament. In addition, two U.S. Navy teams from the Holy Loch joined in the action.



The Montana All-Stars, wearing white numbers, display their talents against Paisley, Scotland, in the final game of the tournament.

Scotland, and our Site One Sonics and Canopus Varsity.

Three days of activity saw several thousand spectators witness the liveliest sports event held here in recent years. The Most Valuable Player trophy was presented to Roy McPhee of Montana by Captain Brooks.

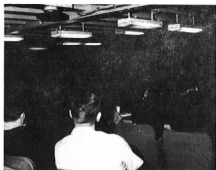


St. Vincents of Dublin, Ireland, battles Boroughmuir, of Edinburgh, Scotland, to a winning finish.



Montana went on to a smashing 116-86 victory, capturing the championship.

The Montana All-Stars, the American team, dominated the tournament by winning all four of their games. The Edinburgh, Scotland, Hornets placed third by defeating St. Vincents of Dublin, Ireland, in a very close game. Other teams placing were Pentland and Boroughmuir, both from



Rear Admiral John H. Nicholson, Director, Fleet Maintenance and Logistic Support, visited the Holy Loch from 31 March to 2 April. While here, he surveyed maintenance and logistics matters on board USS CANOPUS and USS LOS ALAMOS. Before departing, Admiral Nicholson held a briefing (picture above) in the Canopus Wardroom for the Holy Loch officers.

SPECIAL PROJECT - BASKETBALL



Chief Dental Technician Paul Robinson has a special pastime-teaching Dunoon Grammar School children basketball on weekends. He conceived this project as a "concerned parent" and as "a member of the Dunoon community." Under the auspices of Mr. Ferguson, who now teaches in Greenock, and Mr. Dallas, head of the Dunoon Grammar physical education department, Chief Robinson received permission and full support to conduct the classes in the Ardnadam gym.

Then the word circulated at the school that Chief Robinson needed basketball material. Volunteers came until the rolls swelled to 35 boys—too many for one man to handle. To his rescue came CWO Andrews, Petty Officer Second Class Reed, and Fireman Webb, who assisted in teach-



(Front row, l to r) - David Blincow, Mike Campbell, Gino Montugno, and David Limroth. (Back row, l to r) - Andrew Henderson, Robert Puopolo, Coach Robinson, Tony Philomon, and Robert Goodman.

ing the boys. From the start everyone displayed enthusiasm, and this enthusiasm spread into a "team" effort. Having nothing to start with except hope, Chief Robinson and his assistants threw out the rules right and left. These boys rapidly learned the basics and continually displayed improvement—in Chief Robinson's words, "fantastic improvement."

One of his teams even participated in the Holy Loch Intramural Basketball League. Although their record was abysmal, they gave several opponents a decent battle. The boys continue to practice on weekends, and their abilities are becoming more manifest. Chief Robinson plans to have a summer recreational program at the school. His goal is to have the school join the Scottish Grammar School Basketball League next fall, and with present support of parents and school officials alike, this goal should be achieved.

In a personal gesture of appreciation, Chief Robinson held a banquet in the CPO Mess on 29 March for all the players and persons involved. At the affair, trophies were presented to John Andrews and Andy Brown for being selected Most Valuable Players by their teammates.



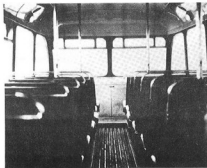
(Front row, l to r) - Bobby Andrews, Paul Robinson, Chris Lambert, and Bryan Alexander. (Back row, l to r) - Unidentified, John Andrews, Randy Brown, Hemish Lambert, and Coach Robinson.

GOLF TOURNAMENT



In Pilot House ceremonies 30 March, Captain Brooks presents trophies to winners of the Holy Loch Golf Tournament. Winners are: (back row, from left)-EMC Odell Rankins, PN1 Dave Martineau, FTB2 Dale R. Paige, and HT2 Gerald A. Wilbert. In the front row (from left) are FTB2 Ted A. Bicknell, ET1 Leo V. Vance, and STC William F. Huber. Other winners not present were IM3 Allen W. Logston and MT1 William G. Frpgy. Chief Rankins and Petty Officer Martineau were first place winners respectively for "A" and "B" Flights.

"A" Flight had an average score of 92, while "B" Flight's average was 120. The overall relative standings included handicap. Approximately 30 men participated in this Holy Loch Golf Tournament on 10 and 17 March under the direction of FTB2 Mike Anderson. Now that practice is over, and the first event of the Holy Loch golf season is ended, an Intramural Golf League is planned for late April or early May. Golfers have been teeing off at the Cowal Golf Course. With an Intramural Golf League, prospects are high for a Holy Loch Golf Team later in the season.



Scottish Public Transportation

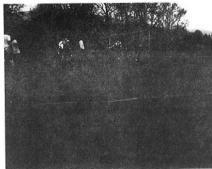
SPECIAL SERVICES NEWS

We have two Holy Loch intramural programs lined up for you this summer. First, we have an intramural basketball league for our indoor enthusiasts. Teams competing in this league are: Admin, Los Alamos, Duncun Grammar, Weapons, S-6 Division, Medical/Dental, Innellan Hornets, M Division, and W-3/W-4 Division. All games are played in Ardnadam gym. The season begins in early May.

For all you outdoor fans, we have an intramural softball program. Teams entered so far are: Weapons, W-4 Division, B Division, E Division, MARDET, R-4 Division, A Division, RS Division, Los Alamos, CSS14, Supply, and Medical/Dental. This softball league will start as soon as a field is found.

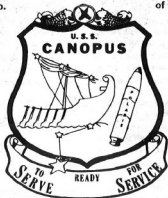
If any persons would like to participate in either intramural basketball or intramural softball this summer, just contact Special Services now.

SOCCER



In their first pre-season game, the Holy Loch Soccer Team played Strachur on 1 April. Gary Scherb, with his teammates in close support, prevents a goal. The main benefit for the Cenopus losers was experience, and preparation for ensuing league play.

Although neither a submersible nor a combatant ship, CANOPUS is an indispensable element of the Navy's fleet ballistic missile weapons system. CANOPUS (AS 34), like her predecessor (AS 9), is named for the second brightest star in the heavens. The star Canopus is a supergiant and cannot be seen above a certain latitude. Activities of some early civilizations were oriented on the position where CANOPUS arose above the horizon. Like these early civilizations, the Navy's missile weapons systems also focus upon CANOPUS, the ship. Yet the CANOPUS emblem symbolizes her defensive and protecting functions in contrast to the aggressive cutting edge of a combatant vessel.



The Greek Ship and its star cluster in the center represent the Argo Navis constellation in which the star CANOPUS resides. Flying through space to the right is the POLARIS missile. The large star connecting the shield and scroll at the bottom is CANOPUS. It guides the Greek Ship and the POLARIS missile, insuring accomplishment of their missions. The smiling DOLPHINS above symbolize our primary mission to cheerfully tend our undersea brood. The crossed rifles, encircled, recall the heroic stand of the embattled crew of CANOPUS (AS 9) on Bataan. The scroll's motto below pledges our readiness to serve in a determined, professional performance.

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