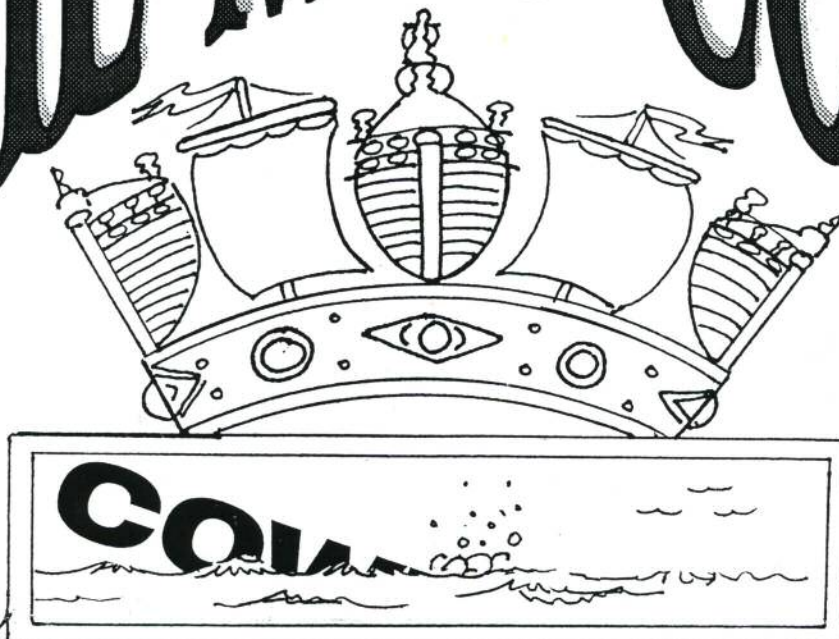


THE MAD COW

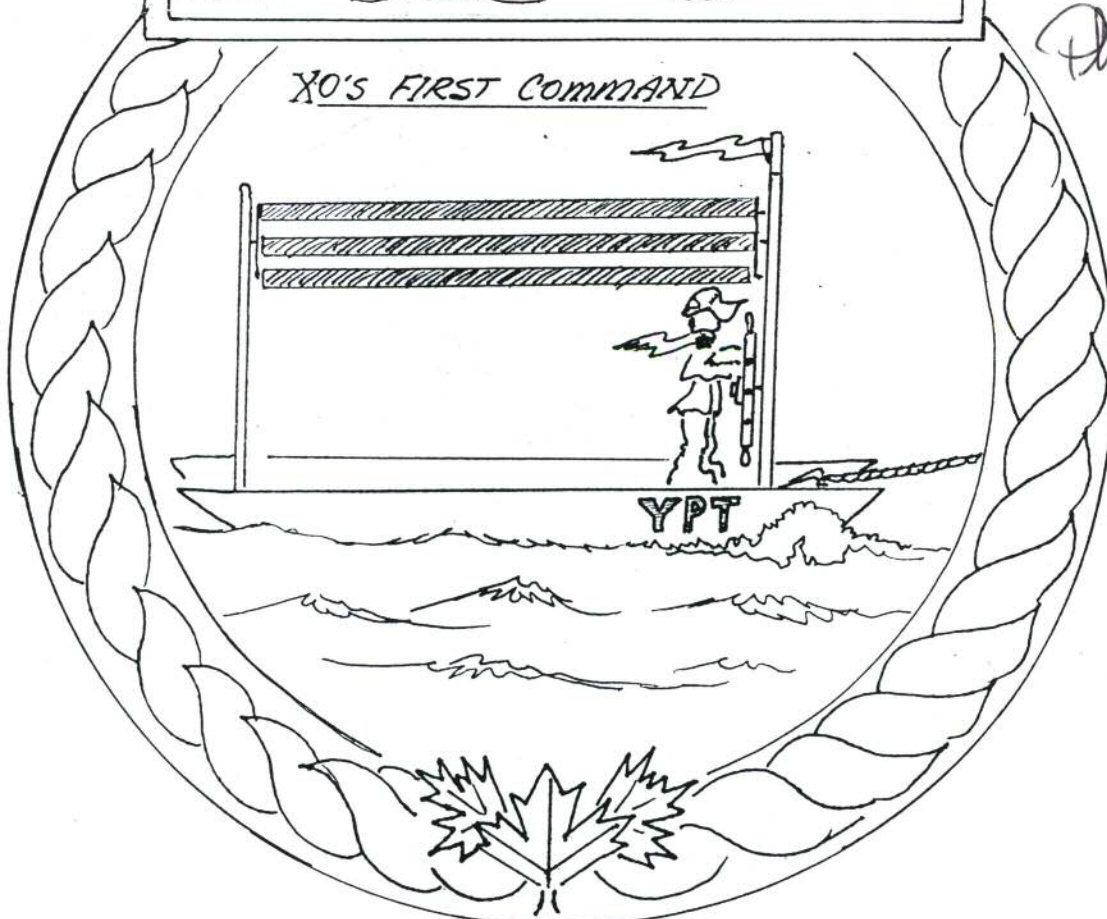
SECOND EDITON
ISSUE NO. 1
FEB 1997

EDITORS:
PHIL TAYLOR
AL OPALINSKY

Phil Taylor



XO'S FIRST COMMAND



"THE MAD COW" IS SOLELY FOR THE ENTERTAINMENT AND PARTICIPATION OF THE OFFICERS AND CREW OF HMCS COWICHAN. ANY ARTICLE OR ILLUSTRATION FOUND TO BE OFFENSIVE TO ANYONE, PLEASE BRING IT TO THE ATTENTION OF THE EDITORS, AS THIS IS NOT OUR INTENTION.

CAPTAINS COMMENTS!

1. I am very please to see the return of the MAD COW. As I mention in the last 1996 edition, the MAD COW, "without question, is the finest ship produced newspaper that I have seen in my naval career." I am honoured that I was approached for an article. But I assume that my submission is a replacement for another failed article by MS MCDavd on "The Joys of Cooking with Broccoli".

2. It is hard to believe that February is almost over and the September decommissioning of COWICHAN is fast approaching. However, notwithstanding the "Halifax trip" not coming to fruition, COWICHAN has still a very busy and varied programme as follows:

10 Feb - 7 Mar	CANPAT 1/97 & 3/97
10 Mar - 27 Mar	Esq: Pre-AWUPS refresher training
1 Apr - 11 Apr	CANPAT 4/97
14 Apr - 18 Apr	ORR at sea (pre-AWUPS)
21 Apr - 25 Apr	AWUPS
30 Apr - 6 May	Loyalty Days - Newport, Oregon
7 May - 23 May	SWP
24 May - 25 May	Swiftsure Weekend
2 Jun - 10 Jun	Portland Rose Festival
11 Jun - 27 Jun	CANPAT 7/97
7 Jul - 15 Aug	MARS III Training
18 Aug - 12 Sep	Summer Leave
15 Sep - 25 Sep	Decommissioning preps
26 Sep	Decommission

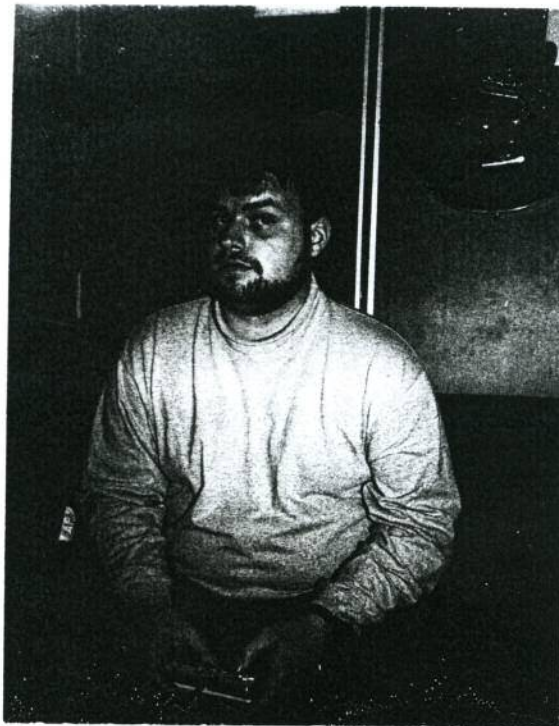


In regards to the MARS III deployment, 7 Jul to 15 Aug, it is still to be decided whether this trip will be a NORPLOY or SOUPLOY.

3. Obviously, there is still lots for COWICHAN to do in a "quiet, professional manner". For the benefit of the newer members of the ship company, what I mean by the above is that each one of us, representing COWICHAN, will do our the best at all times letting the results speak for themselves. This includes not bragging or casting slights onto others.

4. I wish the 1997 edition of the MAD COW well. Further, I encourage all to support the MAD COW as this paper is a worthwhile endeavour worth supporting.

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NEW YEARS RESOLUTION

"THE DIET"

Every year we make these really stupid New years resolution which most of us keep until January 1st or 2nd. Over the years I have promised myself to stay home more often, be a better family man, pay off all the bills (can't happen in one year), and to attend to my studies with more devotion. Being a strong willed individual on the 15th of January I would go to sea, run to the pub and charge my drinks on Visa and forget to study for the exam the next morning.

This year my wife and I told ourselves that we would do everything in our power to lose weight. The "diet" was a really stupid idea! To diet you are required to do nothing a sailor has become accustomed to doing. You have to change your life, at least temporarily. Therefore, you must have rules to your diet and stick to them. Here are my four simple rules, they may not be right for everyone but they seem to work for me, at least in the short term.

The first rule of dieting: **You must stop eating anything with calories or fat in it!** Today, the buzz word is fat content not calorie content. I had no problem following this rule while we were at home or along side for a month. My wife would make meals with only the lowest of calories and almost no fat. She would buy snacks that tasted like cardboard and since I didn't like them I wouldn't eat them. However, on the ship there was a problem. Jake and Ken made all this great food including desert. How can I/you resist carrot cake with "diet icing" or sticky buns with calories only on the outside portion of bun (according to Jake there are no calories in the middle). As sailors we like to eat three square meals a day, you can't do that on a diet.

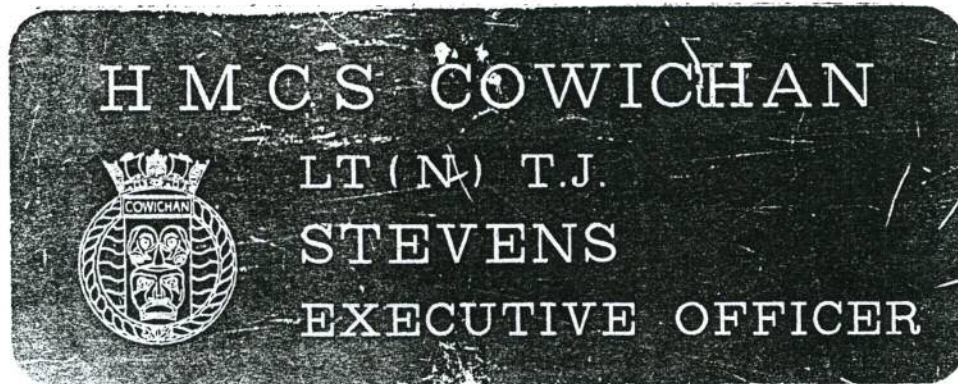
The second rule of dieting: **Drink eight glasses of water a day.** This is not a problem if you are a fish. After the first week, drinking water became a real chore. No problem for the average sailor to drink eight glasses of pop, coffee or beer, but water has no zip or taste. Like my wife said, "water just doesn't do it for you."

The third rule of dieting: **You must exercise on a regular basis.** This I did with great vigour everyday while we were alongside. I started with short walks, progressed to very long walks followed by longer walk - runs. This is very difficult when the ship is at anchor or night steaming. However, as much as I enjoy exercising, I know it will not last as long as it should. Thus, I am in constant cycle of being in shape, then out of shape. Unfortunately, the out of shape is much easier to maintain, especially when the ship is out to sea.

The fourth rule of dieting: **No drinking.** This is the hardest rule to stick to. Again, no problem while at home since most sailors don't drink at home. However, while away from home most sailors tend to indulge their thirst on a Friday night in Port Hardy or any other port. I constantly have this thought in my head that as soon as I have my first beer I will suddenly gain back every ounce I had lost. I know this is not true (it takes two beer to do that) however, this is my way or sticking to the diet.

With the rules firmly established in my mind the "diet" continues. It has been six weeks since my resolution. This seems to be one New Years resolution that I have been able to keep. By the way, I only resolved to "diet" for six weeks and tomorrow the six weeks are up. Then I will really see how dedicated I will be. I have a great feeling I will have to make the same resolution next year. Good Luck if you are trying to do the same thing

T.J Stevens
XO



HEY, Hugs & kisses do you belong to this???



LETTERS TO THE ED's...

It has come to light that there is to be a rise from the ashes of oblivion in much the same manner as the Phoenix, to wit, THE MAD COW. After spending many months in obscurity and obsolescence, the editor and the other guy, I still can't fathom whom this individual is, he, from what I can surmise as the stature of Yoda, the infamous Jedi Knight, and the intellect of Jabba the Hut. It is with anticipated dread that I await this feeble attempt to put the New York Times on the shelf, talk about your hostile takeovers!!!! Well enough sarcastic revelry for the time being....., looking forward to the return of The Mad Cow.



HEY HAVE YOU
SEEN MY BULLET
WOUND?

Yours truly,
The Society of Neglected Sailors (S.O.N.S.)



MAD
COW

Many happy returns---Ed.

Dear Editors,

It has come to my attention that the ship could use an NCIOP to alleviate the burdens of work on the one you already have. I think I can handle the job. I'm sure I can flash up radar gear, and do chart corrections. It's not that difficult to make up duty watches, I can basically do anything an NCIOP can do, so I offer to trade with the current one.

Signed, Oscar.

I don't know, Oscar. I'm not too sure the one we have can handle all the time off he'd get in the trade!---Ed...

Dear Editors,

It's really ticking me off! I really don't know where you guys get off thinking that your some kind of big news paper. I know one thing's for sure, you two are so full of yourselves that there's enough for the ships company. Furthermore, who's that new guy that looks like a Q-tip? He's got some kind of a psychological disorder! The other Ed... well he's got a lot of nerve bugging everyone about contributions. Sure, maybe we'd contribute if something was produced once in a while. I mean, I haven't seen even a remote indication that you two fiddleheads have some sort of kinetic energy of any fashion.

TICKED!

Well, Mr.ticked. . . Here it is!!!---Ed.

Dear Ed's,

The other day I a had a visionary experience, I saw a great white light in the form of a luminous orb that hovered above the after capstan a mere two or three feet in the air. Now I don't want to sound weird now, but there were what appeared to be many colours deep within the orb, in a prism-like effect...anyway the orb gave me an understanding that I was here for a greater purpose, that I wasn't aware of previously. Ever since this tremendous confrontation, things are more clear to me; the crew appear different; the ship itself tends to exude a certain ambience that didn't seem to exist before. My mission, it appears, is to succeed...and I will.

YOUR NAME HERE

That's very nice.---Ed

THINGS THAT BUG PHIL . . .

1. While in your rack at night, with your light on & curtain drawn, people still peek in to see what your up to.
2. When you burp and reach solid state.
3. When you see an eyelash in your vision, but you just can't seem to get rid of it.
4. When batteries die! It always seems to happen at the most inappropriate moment.
5. Computers with huge heaps of useless files
6. Ships newspapers with no contributors!
7. When you change your linen and get a Queen-sized sheet.
8. Salt, salt, salt.
9. Artist-like people. . . *sheesh!*
10. People who have 100 watt bunk lights. No one does, but if they did it would bug me.

ERIC'S MOVIE NEWS & REVIEWS

WE REGRET TO INFORM THE CREW OF HMCS COWICHAN THAT THE ARTICLE FOR THIS WEEKS PAPER, NORMALLY SEEN IN THIS SPACE. HAS BEEN DESTROYED AND/OR LOST BY THE EDITORS. WE HOPE THAT THIS LOSS WILL NOT BE CONSTRUED AS INTENTIONAL BY IT'S CONTRIBUTOR. WE ARE FULL OF GRIEF AT THIS MOMENT, AND SO IS ERIC. AS YOU CAN SEE IN THIS PHOTO, HIS HEAD IS HUNG IN SADNESS. OPIE AND I WILL HAVE A SMALL CLOSED DOOR SERVICE IN FRONT OF THE SHREDDER THIS UPCOMING SUNDAY. WE'RE REALLY, REALLY SORRY ERIC!!!

COW



COW

TOP TEN LEAST EXCITING SUPERPOWERS FOR COMIC BOOK SUPERHEROES

10. Super spelling
9. Lightening-fast mood swings
8. Really bendy thumb
7. Unusually natural smile when posing for photographs
6. Ability to calm jittery squirrels
5. Power to shake exactly two aspirin out of a bottle
4. Ability to get tickets to Goodwill Games
3. Power to score with other super-heroes' wives
2. Ability to communicate with corn
1. Magnetic colon

PHIL'S PERSPECTIVE

How many people live in Canada today? How many people play some sort of lottery? Now, the biggest lottery in Canada right now is the 6/49, not to mention the other smaller provincial lotteries (like BC/49). The thing that really gets to me is, that some draws only produce one winner. So in effect one person could win say... \$20 million!!! That ticks me right off! How much money does it take to make someone really happy? Don't get me wrong, \$20 million would make anyone really happy, but what would be the minimum?

With a little math we could say that there are about 104 draws for 6/49 and are at least a million bucks each draw. More often than not it's way over one million!! Now let's say that exactly \$1 million would be the magic number (for the sake of argument). If the population of Canada is approximately 27 000 000 and the yearly lottery total is \$104 million, that would mean that everyone in Canada would get \$4 million.

The 6/49 entity could be programmed to draw the winning numbers as per usual. If at this time only one winner was produced, then (while factoring in multiple winners on a single set of numbers) a second set of numbers would be drawn. This would continue until a predetermined *minimum winning amount* was reached. I mean how hard could this be, the 6/49 network knows where & when a set of numbers was purchased, and how many times that set was registered over Canada. In a matter of a few years everybody would be rich. What about the deficit? Well, who knows maybe the government could buy tickets too.

The Way It Is...

At the age of 19, I took a one way trip to London England. I didn't know how long I was going to stay there, or where I would end up. I wanted to travel before I committed myself to anything serious, so I had the recruiting centre put my file on hold for at least a year. I left Edmonton at the end of October, just before the first snow with my whole life packed into a traveller's ruck-sac. I remember leaving. A good friend told me not to look back, because once I was in the air, everything that I left behind would be history, forever. The unknown presents a multitude of things. Excitement and anxiety, expectations and reality; above all other things, fear. I bawled my eyes out as soon as the plane took off. Fortunately, they still served free beers back then. I had a few and passed out easily as it was a red-eye flight. When I awoke, the grass below was green. I set foot in the country of the origin of my native language. It took me nearly three months to learn "English" again; the slang, the expressions, the understanding the many, many accents. I got the first job I applied for. I wanted a job where I could have a lot of pride in what I was doing. I worked in a hotel pub for an independent family brewery called "Fullers." Ironically, I received what I asked for. Their main beer was named "London Pride." I saved up enough to see Northern England, and Scotland. Half the time, I couldn't believe I was doing what I was doing, and seeing where I was seeing. I worked in London again for a few months, and bought my ticket home. It had been nearly a year since I had left. Six weeks later, I was in Cornwallis. At least there I knew that I would for sure have a roof over my head, and three square meals, and no matter where I went with my "career," I would never have to worry about those things, and I'd get paid to do the travelling. So let's remember not to take for granted, that which is provided for us without question, including the warmth and loyalty of true friendships, which, paradoxically, is a cause and effect from what we're doing here. That's the way it is.

New Ed.

A LITTLE STORY. . .

There once was a group of men, they were four in number. They considered themselves to be explorers. They went four by four in the rain. The men found a dirt road and decided to check it out. The road was windy and full of bumps, they crossed over a ditch maybe once or twice. The trees leaned their branches towards the explorers, but did not stop our merry band of men. They pushed forward to see how far they could go. They came across a sign that read "the road has been de-energized". The sign did not stop the men, only slowed them down for an instant or two. The explorers went on further and further until the road they were on had been washed away. The men were saddened by this. They had to U-turn, for this it took a minute or two. The men came back to civilization and decided to do some excavation. They went down on all fours and jumped in the mud, they looked here and they looked there, they went everywhere. They decided to stop before seeing Smokey the bear. The explorers came home with a smile on their face and thought in their head. "If we ever get caught we're certainly dead".

This story is for some, who know what they've done. -- -Anonymous

JOE'S THOUGHTS

Bitch, bitch, bitch. That's all I ever do. What's his beef today, you say? Well, I'll tell you.

It's this little thing called the Somalia inquiry. Now, we all know that this thing has gone on way too long. How long you ask? The Vancouver Grizzlies losing streak isn't this bad. The price tag has gone into seven digits and is still climbing. I think the point has been made. The military in this country looks bad enough already, and the media isn't making it any better. They seem to thrive on bad press for the military.

I can just see it now: "Ok there's nothing to really report today, but hey, lets cut the other leg off our boys in uniform, it sells papers." The government isn't helping either. They're funding the whole inquiry to potentially completely undermine on of their own departments weather they know it or not.

Look at these old socks sitting on the board. They want to extend the inquiry, and for what? To line their pockets. Their bank accounts must be sweeter than one of Jake's chocolate brownies. Pinheads! I say stop beating a dead horse. The point has been made.

What's with the Somalia thing, the Airborne Regiment, back stabbing of senior officers by other senior officers, Oka, and I could go on.

It all adds up. It's no wonder morale is bad. You know we have the best trained military in the world, and I believe it's true because I see it every day right here on our own ship. Because we work with each other each day, I think we tend to take things, and people for granted. We might play when it's time to play, but I'll tell you this, we work hard and long hours when we have to and why? Yeah sure, for a paycheck but essentially we are working for our country. That little bit of info probably got lost in the mail.

The people of this country seem to have forgotten all about our work in Haiti, Bosnia, Cyprus, the Golan Heights, not to mention WWI, WWII and Korea. The men and women of our past military had an image in the minds of all Canadians as heros. They were and still are treated with respect, and deservedly so.

But now you have mass media who insist on bombarding us all with bad press about ourselves.

I've got one thing to say to the media "LAY OFF!" People around the world are noticing. We're not considered a useful force that is interested in the

fighting of war anymore. Instead we're more concerned with politics and administration. At least that was the opinion of the U.S. Marines rep. who left staff college in Toronto for that very reason. The Avro Arrow project is another example of how the government has wasted talent and an opportunity to make our great country a leading force instead of a follower.

I saw McLean and McLean once, and may I quote them; "The Canadian military is well into the sixties now." You can see what I mean. The Canadian public will believe whatever you tell them.

When the USS Abraham Lincon was in Victoria a few weeks ago, the media in our city praised it like it was the biggest thing since sliced bread. And to most people it probably was. There were crowds and traffic jams all weekend. When's the last time they ranted and raved about the billion dollar pieces of technology in our own harbour, or the men and women who work on them?

Enough said. We know why we have a problem with our military. Our beloved media should pat us on the back instead of stabbing us there. And as for the government, well, lets just say I won't be voting Liberal in the next election.



From a source in the wardroom. . .



Heard in a Prince Rupert bar full of native people.

"I don't have a good feeling about this". Joe said candidly

ADMIN CORNER

Yes this article actually contains useful information. As with any new directive taken on by DND, things become confusing and the rumour mill hits high gear well before any "real" information is released. So it is not surprising at all that the Leave Cash Buy Out is suffering from the same dilemma. I hope to dispel some the myths in the next few moments.

We all know that this is being done to reduce the number of outstanding accumulated leave days that we all so happily acquired. As of 01 Apr 95 any accumulated leave became accrued leave which can be utilised in the buy out. So what are we to do with all these accrued leave days?

First option is to keep them until we reach retirement and hopefully we go up in rank, obviously making the saved days worth more. Sadly though, not all of us will make it to rank of CPO1.

Second option is to take the money directly; pay the tax upfront and go out and buy a new VCR or whatever. Although enjoyable it certainly does not help prepare you for the future.

Third option is to use the leave as it was intended and take some time off from work.

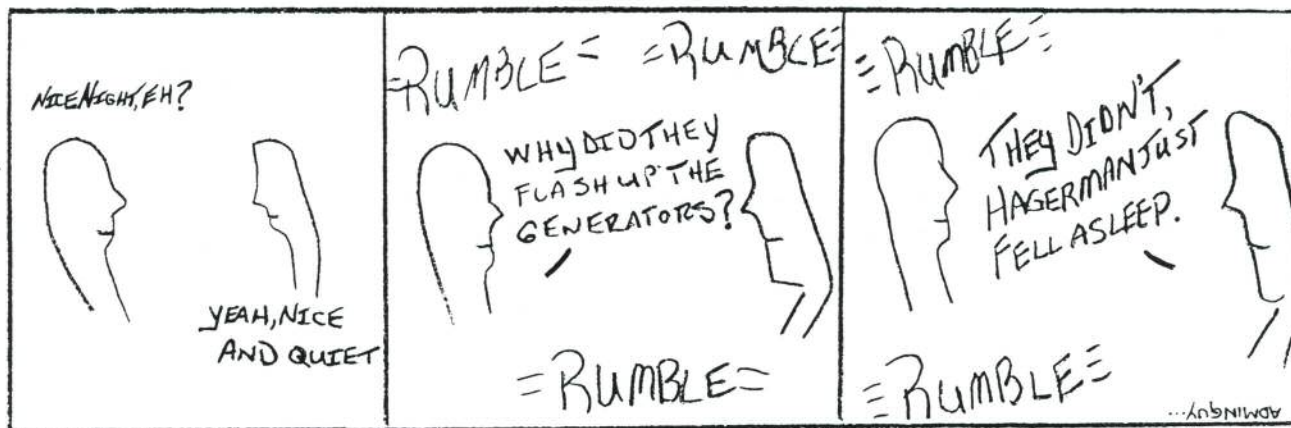
Fourth option is to cash the leave in and place it directly into an RRSP. If you decide to place the cash into a RRSP you do not pay tax on the amount, it goes into the RRSP as one lump sum. All you have to do is send a letter to the taxation office (copy from BPSC) to let them know what you are doing with the money.

The fourth option is obviously the best choice, not to mention a great investment opportunity; especially for those who find themselves strapped for cash. Waiting to go up in rank is kinda silly, if you were interested in taking it as leave you would have already, could buy a new VCR but the old one works just fine, so purchasing a RRSP seems like a pretty good idea.

Lets face it if you put all the money into a RRSP you can take it out and pay the tax at a time of your choosing. Not too many times in life that this kind of choice comes along, and besides maybe this year you won't have to take out a loan to maximize your RRSP's.

ADMIN GUY

THE CREW...



COW

A CERTAIN TYPE OF METAMORPHOSIS OCCURS



TO MEDICAL STAFF ABOARD HMCS COWICHAN

COW

STUFF!!!

HOW TO RELIEVE STRESS

1. Use your MasterCard to pay for your Visa.
2. When someone says "Have a nice day." tell them you have other plans.
3. Make a list of things to do, that you've already done.
4. Dance naked in front of your pets.
5. Fill out your taxes in Roman numerals.
6. Write a short story, using alphabet soup.
7. Make up your own language, then talk to people.
8. Create an image of a blank sheet of paper during a HOD's meeting.
9. Start a rumour, and see if you recognize it when it gets back to you.

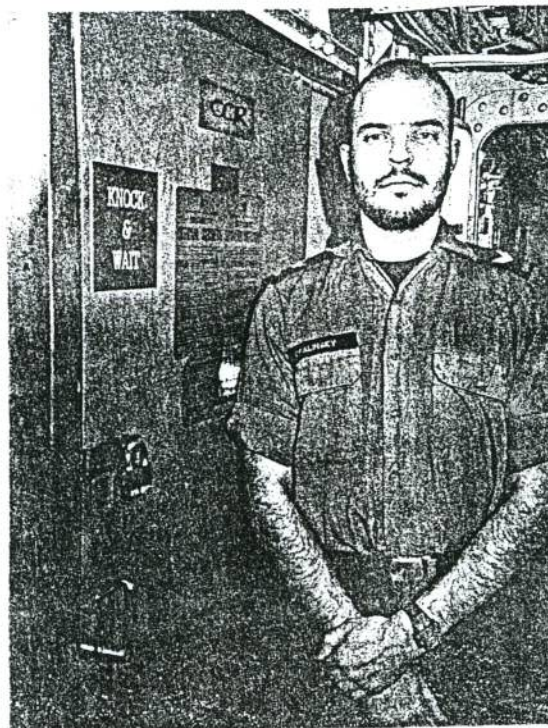
COMPUTER TERMINOLOGY

PCMCIA	People Can't Memorize
Computer Industry Acronyms	
ISDN	It Still Does Nothing
APPLE	Arrogance Produces Profit-
Losing Entity	
SCSI	System Can't See It
DOS	Defunct Operating System
BASIC	Bill's Attempt to Seize Industry
Control	
IBM	I Blame Microsoft
DEC	Do Expect Cuts
CD-ROM	Consumer Device Rendered
Obsolete in Months	
OS/2	Obsolete Soon Too
WWW	World Wide Wait
MACINTOSH	Most Applications Crash; If Not,
The Operating System Hangs	

SAILING DEFINITIONS

KETCH- To overtake another boat.
DRAG RACING- Competitive sport for weirdos.
HYDROFOIL- Decorative wrapping for a new race boat.
RACING VEST- Going full-ahead into the setting sun.
SPINNAKER- A headache caused by losing control at a turn bouy.
LAUNCH- Mid-day meal onboard.
SLOOP- A noise made by an uncouth person eating clam chowder.
APPARENT WIND- The unusual result of too many beans.
HEAVE HO- A cry indicating someone is Sick.
GROUND SWELL- How a seasick person feels about the land.
DOCK SPACE- The physician's quarters.
HOUSEBOAT- a polite inquiry about your boat.
STERN- How the cox'n looks at you.
CHINE- What you do to the ship's brass.
YAWL- The proper way to address the ship's company.
PORTHOLE- Damage to the left side of the ship.

THE CCR SENTINAL STANDS GUARD!



Recycling Tip- Learn to make paper by chewing up shredder waste into a pulplike paste. Regurgitating it onto a flat surface and spreading it out with a rolling pin.

Contact LSTel

INTERVIEW WITH SGT JEREMY BERNARD

Jer: Are you going to interview me? No? I'm not that interesting.
Opie: Sure I am.
Opie: So, I hear you're from the east coast?
Jer: Am I supposed to give an interesting answer to this? What kind of Question is that?
Phil: Whereabouts in the east?
Jer: New Brunswick.
Phil: Did you like growing up there?
Jer: Yes, but I wouldn't want to move back there?
Phil: Are you comfortable with interviews?
Jer: Oh yeah.
Opie: Have you ever seen a live Gholer?
Jer: As a matter of fact, the Gholers are completely of Nova Scotia origin.
Opie: Do you know anyone from Nova Scotia?
Phil: And is that a bad thing?
Opie: On this boat I mean?
Jer: I think the CO's from Nova Scotia.
Phil: Yeah, he really wants to go back to Halifax, might be a sign of a Bluenoser
Jer: I also know Anne Murray
Opie: Who the heck is Anne Murray
Jer: The snowbird chick. She grew up twenty minutes from where I'm from. In high school they called her "backseat Annie."
Opie: Why?
Jer: You're so naive!
Phil: What is your astrological sign and do you want your tarot cards read?
Jer: I am on the cusp of Taurus and Aries.
Phil: Wanna see our Zoodles table?
Jer: Oh yeah!
Jer: This is a crazy interview!
Jer: LS Opalinsky?
Opie: Sir?
Jer: Mark time!
Jer: And that's all I have to say!

COW

Top Ten Things Overheard On The Bridge (by anonymous)

10. "I don't know where we are. Do you know where we are?"
9. Pipe MS Moncrieff, we're short of grease pencils up here!
8. It's REALLY storming out there... Those poor bastards on the forecandle!
7. That's a log! That's not a log! I tell you, that's a *&%\$ log! There's no way that's a... **"BANG!"**
6. But sir, I can't even see the jetty yet... Dammit, pipe special sea duty men, part ship hands!
5. Those are my binoculars. But sir, they're all the same... Those are **MINE!** Let go of that strap!
4. Why are Capozzelli and Drew on duty NOW? Dinner's in five minutes!
3. There's only one way to settle this, pipe the Yeoman to the bridge, I'm sure she smells better than the other one!
2. Workups assist? No problem, sir. Santa Cruise? Were there! Swiftsure? Absolutely. You can count COWICHAN!
1. Pipe the NAVO! Were lost!

**A LETTER FROM A VERY NICE LADY, ALTHOUGH
SHE DOES HAVE HER PECULIARITIES...**

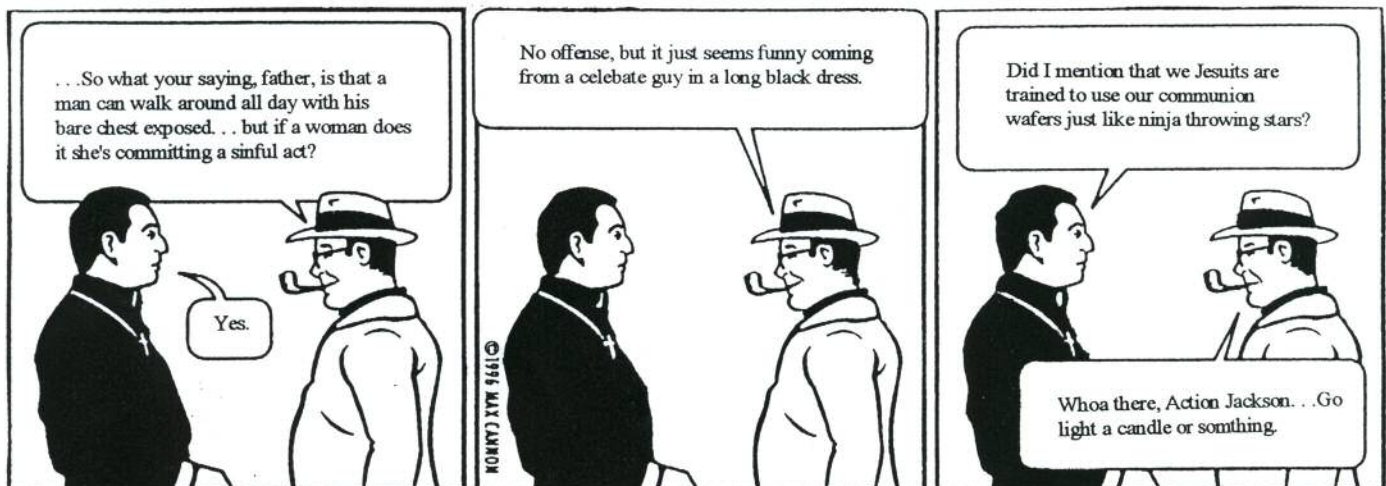
Dear [REDACTED]:

Just a note
to thank you very much
for the nice pictures.
You sure had some nice
decorating really nice.
Looks like you both
were busy. Very nice.
Don't look like much snow
but must look strange.
And if weather was not
freezing cold probably melted
but if it was nobody there
would be able to get out
around but most vehicles
cars all now have snow
treaded tires & does seem
strange to close down the
city tho.
And nobody probably was
prepared for that.
Thanks again for the nice
pictures very nice. Baby has grown
not much like baby.
Love from [REDACTED]

...More
Stuff!

NOTICE OF Intent of Motion: On behalf of Bernard Louis Liberto SIN 714 234 325, Against Province of British Columbia as follows: Psychological torture; psychological entrapment; numerous arbitrary confinements contrary to Constitutional Rights; denial of equal and fair treatment under the law; held incommunicado, drugged and transported to other provincial jurisdiction without due process of warrant forcing an unprepared defence and admission of guilt; creation anachronistic scenarios to corroborate mental health status whilst attempting to seek justice and other obstructions; law enforcement harassment and discrimination and prejudice; inducing ideas contrary to beliefs of conspiracy to thwart justice and memory of same; brain washing to make phlegmatic and to accept medical scientific theories; and to accept precipitously derived communistic social appropriations and to induce acceptance of social determinism contrary to my rightful democratic beliefs so be a nation declared; instructed by police to ingest tranquilizer and made to swallow it in presence lest entrapment of confinement the alternative; forced to ingest drugs (conferred and propagated as medicine) which cause memory damage and impairment of cognitive abilities contrary to a right to life; and countless extremely painful seizures given causing anxiety and reluctance to freely speak my political or sociomedical views.

ON SPIRITUALITY...



HOW TO PUZZLE A SHIPMATE.

1. Turn on your bunk light before you go to sleep each night. Turn it off as soon as you wake up.
2. Twitch a lot.
3. Pretend to talk, while feigning to be asleep.
4. Speak in tongues.
5. Spend all your money on Coca Cola. Drink it all. Stack the cans in the middle of your messdeck. Number them.
6. Spend all your money on Transformers. Play with them at night. If your shipmate says anything, tell him/her with a straight face, "They're more than meets the eye."
7. Chain yourself to your shipmate's bed. Get him/her to bring you food.
8. Alter your computer habits. Leave it on when you are not using it. Turn it off when you are.
9. Ask your shipmate if your family could move onboard "just for a couple of weeks".
10. Buy as many back issues of Field and Stream as you can. Put hooks in your cheeks while reading them.
11. Fake a heart attack. When your shipmate gets the medic to come, pretend nothing happened.
12. Smile... All the time.
13. Burn all your waste paper while eying your shipmate suspiciously.
14. Hide a bunch of potato chips and chocolate bars in the bottom of a trash can. When you get hungry, root around in the trash. Find the food, and eat it.
15. Leave a declaration of war on your shipmate's rack. Include a list of grievances.
16. Shoot rubber bands at your shipmate while his/her back is turned, and then look away quickly.
17. Dye all your underwear lime green.
18. Spill a lot of beer on his/her rack, lie in it and sigh "AAAHHHH!".
19. Take three loaves of bread. Grow mold in your locker.
20. Hide your underwear and socks in your shipmate's buggery box. Accuse him/her of stealing it.
21. Recite entire movie scripts (e.g. "The Road Warrior," "Repo Man," "Casablanca,") almost inaudibly.
22. Collect all your urine in a small jug.
23. Whenever your shipmate walks in, wait one minute and then stand up. Announce that you are going to take a shower. Then do so.
24. Array thirteen tooth brushes of different colors on your rack. Refuse to discuss them.
25. Whenever he/she is about to fall asleep, ask questions that start with "Didja ever wonder why...."
26. Shave one eyebrow.
27. Put your mattress in tillers. Sleep down in there and pile your dirty clothes on your empty bedframe. If your shipmate comments on this; mutter "Gotta save space".
28. Put horseradish in your shoes.
29. If you are ship's librarian, shelve all your books with the spines facing the wall. Complain loudly that you can never find the book that you want.
30. Always flush the toilet three times.
31. Subsist entirely on pickles for a week. Retch often.
32. Buy a copy of Frankie Yankovic's "Pennsylvania Polka," and play it at least 6 hours a day. If your shipmate complains, explain that you think it's improving moral.
33. Listen to radio static.

NOTE: It is suggested that you don't perform all of the previously mentioned tasks simultaneously.

DID YOU KNOW?!?

An adult male Persian cat, running ahead of an A7 Corsair just as it starts to taxi, can stay ahead of the aircraft for 12 seconds before being sucked into the intake.

One sign you're watching too much television; you keep pressing the mute button, but your dog's still barking.

Recipie for RUM SPONGE CAKE

...EVEN
MORE
STUFF!

First you will need the following ingredients:

1 cup sugar
2 eggs
3 cups flour
3 tbsps milk powder

2 cups margarine
1 tsp vanilla
2 tsp baking powder
2 bottles dark Rum.

First, open bottle of rum. Test the quality of the rum, pour one level cup and drink really fast. Tastes good, doesn't it? Mix together in a large bowl the dry ingredients and drink another cup of rum. Next put the margarine and eggs into the bowl add a heaping cup of rum, one for the bowl, and one for yourself. Add vanilla to a cup or two of rum and drink straight. MMM Ain't that nice? Mix the stuff together with a spatula and heat oven to 350 degrees. Open the other bottle of rum and drink straight from the bottle. Open oven, and pour bowl into hot oven, drink some rum, and go to bed.

DID YOU KNOW?!!

If 700 monkeys typed on 700 typewriters for 700 years. One of them would write the entire works of Shakespeare. However, the other 699 monkeys who were left holding 700 years worth of unmarketable gibberish, would beat the crap out of that one monkey to teach him a lesson.

GALLEY CHATTER



Jake recently mentioned that he read an article which stated the statistic, 1 in 4 children born are oriental. Jake said that he guesses that he's beat the odds so far.

TOP TEN WAYS THE WORLD WOULD BE DIFFERENT IF EVERYONE WAS NAMED PHIL

10. Almost impossible to get personal license plate "Phil"
9. Most popular donut shop... Phil Horton's!
8. Expectant parents could be heard saying "Phil if it's a boy and Phil if it's a girl"
7. When caller to Donahue show says "Phil?" everyone in the audience would reply "Yes?"
6. 007 fans look forward to classic line, "Bond. Phil Bond."
5. Instead of screaming, "Watch where you're going, you stupid bastard!" Victorians would scream, "Watch where you're going, Phil, you stupid bastard!"
4. Could throw an office into total confusion by calling and asking "Is Tony there?"
3. Teenage pranksters would call airport and have them page Phil Hertz
2. Wouldn't have to look in the TV Guide to see who's on "The Tonight Show"
1. Most popular Beatle? Phil.

WAYS TO SIMULATE BEING IN THE NAVY WHILE AT HOME.

1. Lock all friends and family outside. Your only means of communication should be with letters that your neighbours have held for at least three weeks, discarding two in five.
2. Surround yourself with an assortment of people that you don't really like: people who smoke, snore like Mack trucks going uphill, and use foul language like a child uses sugar on cereal.
3. Unplug all radios & TV's to cut yourself completely. Have a neighbour bring you some 5 year old magazines to keep you abreast of current events.
4. Monitor all home appliances hourly, recording all vital information.
5. Don't flush the toilet for 5 days to simulate constant use, while locking the door twice a day for 45 min.
6. Wear only military clothing. Once a week clean and press all dress uniforms and wear for 20 min. even though nobody cares.
7. Cut your hair weekly, making it shorter each time until you look like you lost a fight with a demented sheep shearer.
8. Work in nineteen hour cycles. Sleeping only four hours at a time to ensure that your body no longer knows if it's day or night.
9. Listen to your favourite CD's six times a day for two weeks, then play music that causes acute nausea until you are glad to trade back your CD's from your neighbour.
10. Cut a twin mattress in half and build a box for it with only a 15 inch head clearance.
11. Set your alarm clock to off at random times during the night to simulate crew disturbances.
12. Have week old fruits delivered to your garage and wait two weeks to eat them.
13. Prepare all meals while blindfolded and add spices you grope for. Consume in three minutes.
14. Every so often, shut power of at the main breaker. Then run around shouting "Fire, Fire, Fire!!!" until you lose your voice, then restore power.
15. Study owners manuals for household appliances. Routinely take one apart and reassemble.
16. Remove all house plants, pictures and decorations. Repaint interior grey, white or black.
17. Buy multiple cases of toilet paper and lock up all but two rolls. Dip one roll halfway in toilet and set aside.
18. Smash forehead and shins with a hammer every two days to simulate bumps and bangs on fittings.
19. Leave sandwich bread bags open and turn fridge thermostat 10 degrees below recommended setting.
20. Use only soup spoons to make your coffee & only tea spoons to eat soup.
21. Repaint entire interior of your home whether it needs it or not, every month.

Top ten things to be thankful for in the Navy:

10. Hot showers
9. Three hot meals a day
8. All the duff you can eat, especially for dieting Executive Officers
7. Duty free liquor
6. Instead of going to Wainwright, you get to go to Prince Rupert
5. Portland Rose Festival
4. Moosers
3. When you get home you can get "lucky" for a bag of dirty laundry
2. Free movies
1. Bonamine is not a suppository

CAM'S HAT

MS Cam Moncrief doesn't have to worry about anyone stealing his hat anymore. Apparently while in the heads the other day, his cap fell into the toilet bowl. Cam did his business unaware of this, due to the fact that when his cap is not on his head, he tucks it into his pants at the small of his back. Well, Cam being of sound mind calmly removed the offending material and restored his hat to sanitary status. Just don't call Cam a "sh-t head". Attaboy!

WORD SEARCH

Hidden in this puzzle are some naval oriented words. All words have been placed horizontally or vertically only. Spelling is not necessarily a factor. See how many you can find.

G	U	H	Q	L	K	Y	Q	X	L	C	B	C	R	T	G	Y	G
Q	J	M	T	S	W	E	E	P	E	R	E	S	U	F	U	A	T
F	X	Y	R	F	H	C	N	E	R	F	L	F	P	C	I	F	K
F	C	H	E	Q	D	G	T	X	A	Y	L	I	E	P	N	B	O
M	V	P	G	K	A	A	N	Y	M	M	A	S	R	Q	N	A	G
A	R	B	A	P	X	L	R	N	N	O	B	H	T	M	E	G	C
D	S	H	R	Q	S	H	S	Q	X	X	E	F	F	I	S	R	O
C	N	R	O	M	V	F	G	W	O	K	L	A	B	T	S	S	C
O	O	P	H	E	A	Z	S	Q	X	S	L	R	Z	D	S	L	A
W	O	V	C	L	Y	T	V	T	R	I	A	M	A	N	G	A	C
I	P	R	N	B	O	N	A	M	I	N	E	X	M	A	P	N	O
L	I	W	A	M	V	N	O	P	A	L	I	N	S	K	Y	X	L
T	N	D	S	S	A	V	K	A	T	U	M	R	I	R	W	O	A
X	G	J	R	S	T	A	H	S	M	A	C	O	I	A	X	C	Y
Y	C	O	N	S	T	A	B	L	E	R	P	L	F	M	V	T	Q
G	O	O	D	F	O	O	O	O	D	X	P	Y	G	Y	M	S	J
G	E	G	L	C	A	N	P	A	T	P	G	A	U	V	T	U	V
J	L	T	R	A	W	E	T	S	K	H	A	T	S	L	D	J	D

COW



COW

If you find 20 words... your great! If you find 25... your absolutely awesome. Because we only put 20 words in it!

CALVIN & HOBBS



FIRST AID TRIVIA:

Here is a hypothetical question:

You have brought a "significant other" home from the Carleton Club. This "significant other" starts to feel queezy, and becomes ill, disembarking what ever they have drank all night. Do you:

- Get a bucket for them;
- Put them in a position so they will not be harmed; or
- Continue doing whatever you were doing?

BOTTOM OF THE GENE POOL

— In October in Massapequa Park, N.Y., four men, ages 19 to 21, intending to follow a recipe in the Underground Steroid Handbook, failed to wait patiently until the Drano-like concoction had reached a satisfactory pH level to make it milder. The four were hospitalized with bad internal burns, and the concoction also burned rescuing police officers when the four men vomited on them.

CLASSIFIEDS

CLASSIFIED

RAISE CHINCHILLAS FOR EXTRA INCOME. START IN BASEMENT, GARAGE OR BEDROOM. . FULL-TIME INCOME POTENTIAL. GUARANTEED MARKET. CONTINUOUS INSTRUCTION. CANADIAN CHINCHILLAS. Contact the CERA at 363-2508

For Trade:

- "4 week flex." Very flexible, but not quite what's needed. 3 weeks left on in. Will trade for one more flexible or \$1.99 for limited time (3 weeks) contact crew HMCS COWICHAN for more details.

Now hiring:

- Looking for a few good men. Knowledgeable in local geography and folklore. Must be willing to work for food and shelter (no money) Rangers and royal Canadian Mounted Police preferred. For more information on this exciting new career, contact Petty Officer first class Bob Bewick, HMCS COWICHAN.

New:

- Snoring messmates keeping you awake? Can't sleep because of loud or constant noises? Then try E.A.R earplugs. They are safe, non-protruding devices that blocks any kind of unwanted or disturbing noises while you sleep. Tired in the morning because of loud drunks in your neighbourhood? E.A.R earplugs will make the problem disappear. And for a limited time offer, these marvels will come with a free rubber mallet. Use the rubber mallet on the noise source, if it doesn't stop, or use it on yourself to knock you out to dreamland. Hurry, this offer lasts 3 weeks.

To order E.A.R earplugs, mail C.O.D or post dated cheques to : Engineering department. HMCS COWICHAN
FMO Victoria, V0S 1B0

Personals:

- SWM looking for female companionship (preferably in all ports of call). Any races or size won't be turned down. I'm 5'11", 220lbs, smoke, drink, and looking for a good time. LS Szabo HMCS COWICHAN

On a Serious Note:

- Pascal's knife sharpening shop will not reopen for business until next deployment. I am getting some new and better sharpening stones to better serve my customers. But if you need a leather sheath for anything, Pascal's leather working shop is still open and ready to serve you. Sorry for the inconvenience, this temporary closure may have caused, but it is necessary for better service.

LS Gaudreau.

Lost & Found

One pair of combat boots, (size 11-f). Last seen under three mess settee. Brand new with tag still on. Willing to trade for one pair of unused cement sole work boots which can be sized down.

J.C.

From PO2 Henry:

"I've got something for your #&%\$ing paper! I want the two @#\$sing flashlights back that went #*(&ing missing from the #S%^ing Chief's and PO's mess!" "They're brand (*&^ing new!"

EDUCATION/TRAINING

NOTE: This is a a serious advertisement!!!

COMPUTING 101:

General Familiarization And Introduction To Safe Computing Practices. Advancement To General Operation And Use Of Software. **CONTACT: LS HAZARD**

COURSE DURATION:

3 weeks, 1 hr. 2-3 days Per Week.

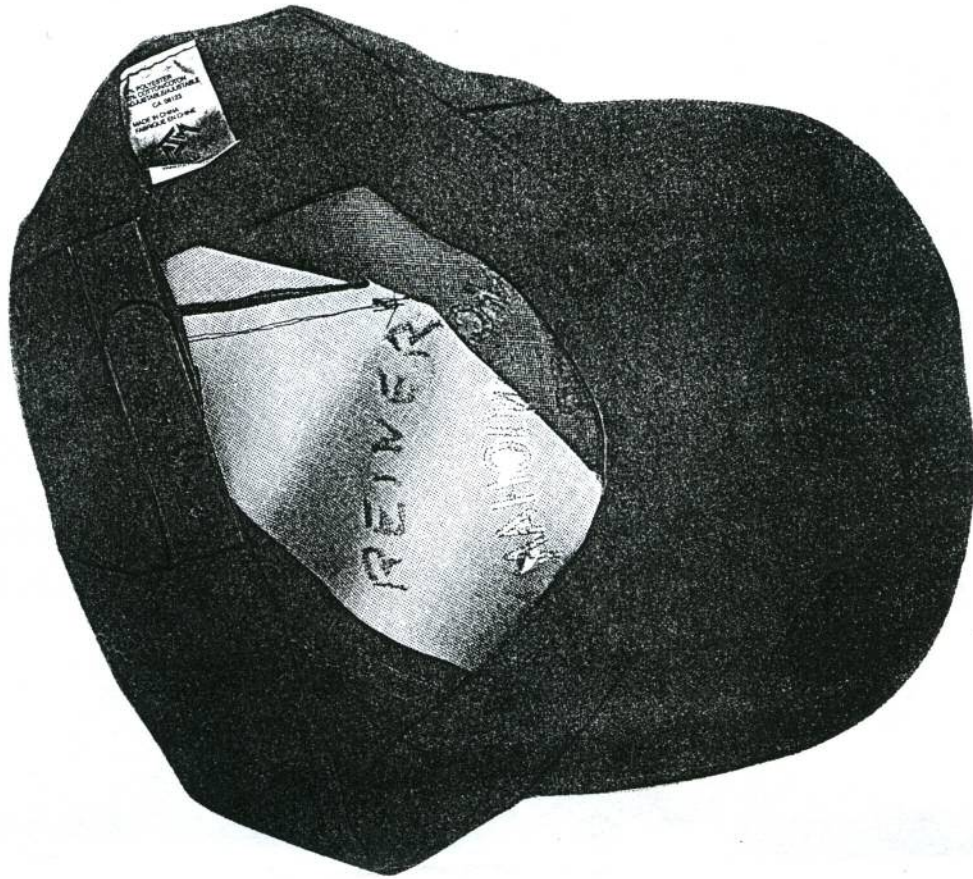
PREREQUISITES:

Nil

* Course will start at Beginner's level.

* Interest will dictate start date

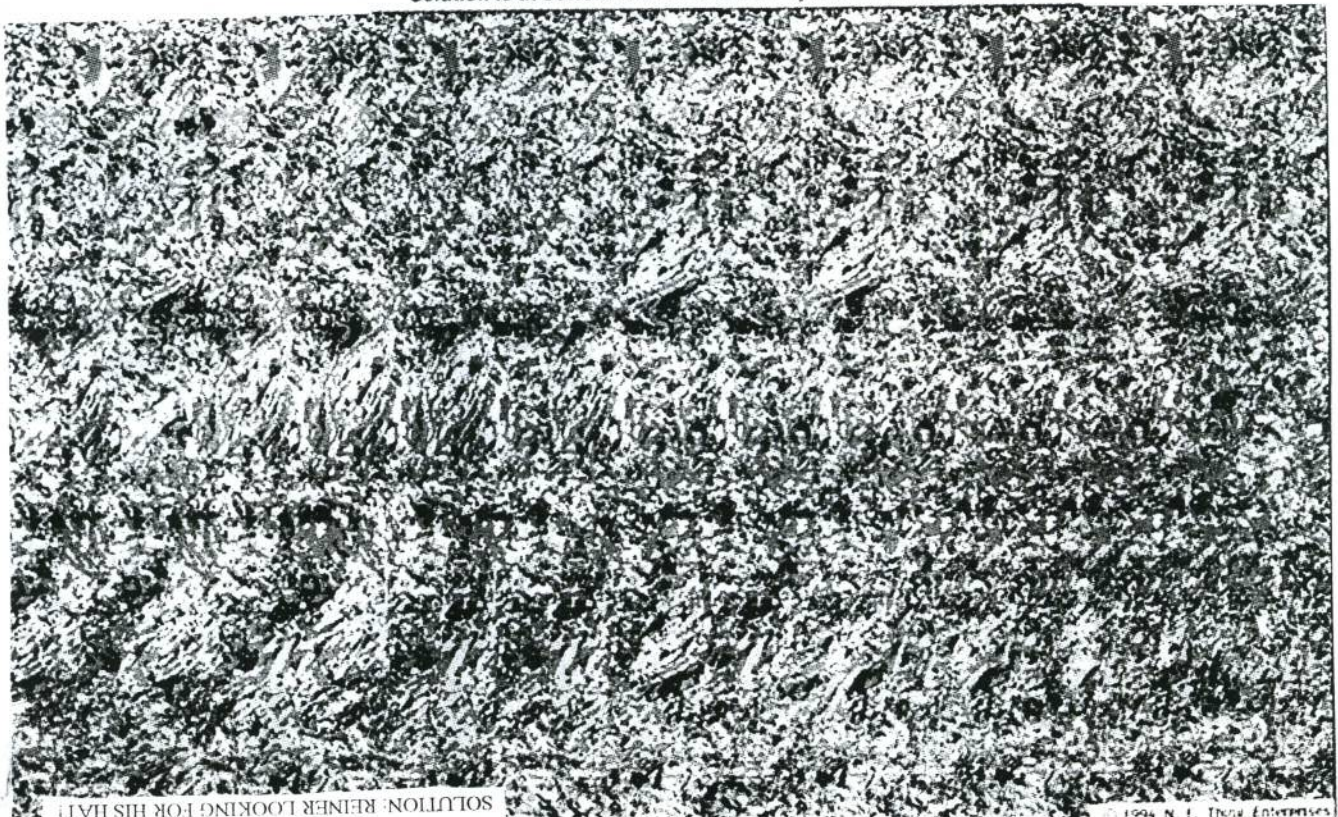
HEY, REINER!



DO YOU BELONG TO THIS?

3D PUZZLE-ILLUSION

To see the 3D picture hold it close to your nose. Look through it so it's blurry. Hold your gaze and slowly move it away. Keep trying! Solution is at bottom left. Distributed by Universal Press Syndicate.



SOLUTION: REINER LOOKING FOR HIS HAT!

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Feel like a cup of coffee?



Maybe it's time for a COW.

- THE -
MAD COW

When you need a pick-me-up, instead of going for coffee, why not go for a can of COW? The delicious shake that's got 25 vitamins and minerals, carbohydrates and protein — instead of caffeine — for real energy that lasts.

It's the perfect snack for imperfect people.

