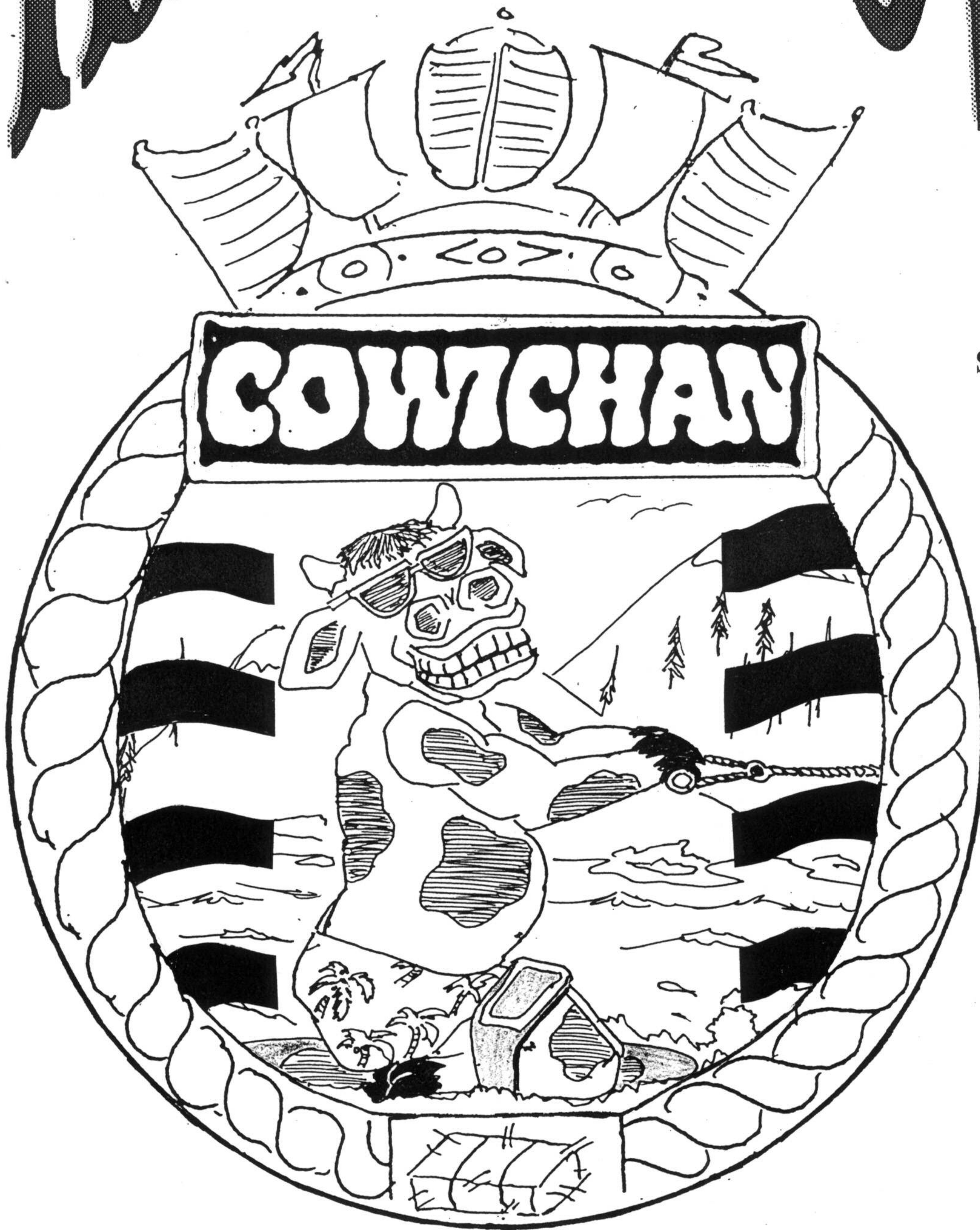


THE MAD COW

FIRST EDITION
ISSUE # 4
AUGUST 1996

EDITORS:
STEVE AND PHIL



"THE MAD COW" IS SOLELY FOR THE ENTERTAINMENT AND PARTICIPATION OF THE OFFICERS AND CREW OF HMCS COWICHAN. ANY ARTICLE OR ILLUSTRATION FOUND OFFENSIVE TO ANYONE, PLEASE BRING IT TO THE ATTENTION OF THE EDITORS, AS THAT WAS NOT OUR INTENTION. (UNLESS YOU ARE THE COXSWAIN).

Letters to the Editors!

Dear Editors,

FROM THE DESK OF THE OLD TIMER:
HANS, WHO IS HE?

Alright Mr. Smarty pants editor and your bearded side kick, just tell me who this HANS guy is, as we discussed in the last edition?

All I know about this sailor, is that he always follows me to any ship that I serve aboard. The first time I heard about him was in '62, as an ex-electrician. Therefore he certainly was not with Engineering. As well perhaps he was a communicator. Through my postings to other ships over the next seven years and a closer inspection of all operations personnel, I did not produce this elusive malingerer. He must belong to Supply - perhaps the Captain's steward, as I never see him. Finally, in '67 I'm ashore remustered to admin, HANS HAS NOT FOLLOWED ME! Whoever he was, I guess quit and became a civvy. Damn no, back on QU'APPELLE there is that HANS fellow still as elusive as ever. He's not the Captain's Steward, I've finally met him. Guess what? Posted ashore, and that damn HANS fellow has left for good this time. Now I'm back at sea, searched all personnel records, no HANS aboard. What! - He's back again bold as ever -- but I know who he is. He works as the paint locker keeper for the buffer right?

See Mr Editor, that is the only place that I have no need of visiting, so this is where the little turkey hides himself - until the Buffer and all you sea types decide you want HIM, then you pipe over the PA system disrupting the routine of all these good people.

WHAT HAVE YOU GOT TO SAY ABOUT THAT? - LET HIM GO AND ENJOY HIS TWILIGHT YEARS.

Maybe a new set of bi-focals will assist you in locating this illusive nemesis of yours, and end your fixation with this poor over-worked, & under-paid sailor. Considering that you have been chasing this Hans for 35 years, (when you started I was negative seven years old) you must be very tired. Give up the ghost.....and enjoy your "twilight years"---ED.

Oh, get a life EH!---The other ED.

Dear Editors,

I recently became engaged to a wonderful lady, whom I've been seeing for a several years. We've made all of our plans and as my best man I've chosen my dearest friend, whom I'll call Losel, who is in the Navy.

My fiancé and I have made a point of always being honest with one another, but there is a problem that is bound to come up sooner or later. You see, my mother and father recently separated because of an affair my mother was having with my dad's secretary. To aggravate the situation even more, dad was having an affair with his secretary *also*. This lead to worse things! My brother who is a petty thief, took to drinking again and got caught stealing a Kilo' of my sisters hashish (she is on parole for trafficking in heroin). As well, my hypochondriac grandmother is sick...again & my my other sister is selling marijuana plants as seasoning for salads under the name of *Paul Newman's Best!* None of this is helped by the fact that my dog does not realize that a foot ball will not reproduce!

ED's, my fiancé is an understanding and caring person. I know she loves me, but I must ask you this...should I tell her my friend Losel is in the Navy?

Very troubled!

*Well Mr.Troubled, you seem to be a man of many concerns & predicaments. It's outta our league, so go ask the Coxn'!
As for your friend Losel? I'd be worried about him too.---ED's*

THE NORPCOV ADVENTURE

(Sung to the tune from the theme for "Gilligan's Island".)

Just sit right back and you'll hear a tale, a tale of a six week trip.
That started from this tiny port, aboard this tiny ship.

The Buffer was a mighty sailin' man, the Skipper brave and short.
Thirty-nine crew set sail that day, for a north Alaskan port.....a north Alaskan port.

The weather started getting rough, the Cowichan was tossed.
If not for the courage of the fearless crew, the Cowichan would've got lost.....Cowichan would've got lost.

Cowichan came to a nest that day, beside this tiny dock,
with the Buffer,
the Skipper too,
the CTO and her JOUTS,
the smilin' Swain
and The Crew

We're here from Vancouver Isle.

Written and Performed by
LS Eric Kenney

riddle:

Girl: "Hey, I just got graped!"

Cop: "Don't you mean raped?"

Girl: "No, there was a bunch of them."

salt'n
SIMULATED
Jinegar
FLAVOURED

Dunkin' Chicken



A RIDDLE : FROM THE CERA

Q: WHAT CAN COOK IT AND SERVE IT
BUT NOT CATCH IT..?

A: FISH BY THE COOKS AND STEWARDS
OF HMCS COWICHAN

FROM THE OUTSIDE LOOKING IN !!!

HELLO ALL YOU COWICHAN SCUM. YES, AN OUTSIDER IS WRITING AN ARTICLE FOR YOUR PAPER. SOME WOULD SAY THAT I AM A TRAITOR BY NOT PUTTING MY FULL LOYALTIES TO MY OWN SHIP. WELL, MY SHIP DOES NOT HAVE A PAPER AND SO HERE I WRITE.

I CAN'T WRITE ANY FUNNY ANECDOTES OR COMMENT ON EVERYONE, BUT I CAN GIVE AN OVERALL FEELING OF WHAT IS FELT WHEN I COME ONBOARD.

IT ALL STARTS ACTUALLY EVEN BEFORE WE ARE ALONGSIDE. MY SHIP IS MAKING HER APPROACH AND COWICHAN IS STANDING BY TO RECEIVE US. EVERYONE IS A LITTLE NERVOUS (OF COURSE) AS BOTH OUR SHIPS HAVE THE TENDENCY TO COLLIDE INTO EACH OTHER. ONCE WE GET CLOSE ENOUGH WE ALL START TO RECOGNIZE FELLOW MATES AND GIVE A NOD IN GREETING OR A WAVE. SOMETIMES SOMEONE WILL EVEN CALL OUT THAT PERSONS NAME AND TELL THEM TO STOP BY FOR A WET. WHEN I AM READY TO THROW MY HEAVING LINE I AM SUDDENLY OVERWHELMED BY CHEERS COMING FROM MY BOAT, AS WELL AS COWICHAN, TO HELP ME ALONG IN MY THROW. WHICH I MUST ADMIT ONLY SOMETIMES MAKES IT. BUT, IT IS GREAT KNOWING THE SUPPORT IS THERE.

ONCE ALONGSIDE I WALK THROUGH OUR WAISTGATES, WHERE I AM ALWAYS GREETED BY A CERTAIN CHIEF WHO HAS A HAIRCUT THAT IS AN INCH SHORT OF BEING AN AFRO AND THE MAIN P1 WHO (EVEN THOUGH HE TRIES) DOESN'T SCARE ME A BIT IN THE LEAST. THEN I PASS THRU A CLOUD OF DENSE SMOKE AND I AM GREETED BY THE CREW MEMBERS WHO ARE FOREVER BEING PUNISHED BECAUSE OF SOCIETIES UPRISING INTOLERANCE TO NICOTINE. I MAKE MY WAY TO THE CAVE WITH A STOP OVER IN THE CCR TO SEE HOW THINGS ARE GOING. I GET A CONFUSED LOOK FROM THE SIG AND DECIDE JUST TO JUST KEEP ON GOING.

I FIND THAT ENTERING THE CAVE ON COWICHAN IS LIKE WALKING INTO THE BAR IN CHEERS. EVERYONE KNOWS YOUR NAME. YOU ALL MAKE ME FEEL WELCOME. YOU OFFER ME A SEAT AND A COLD BEVERAGE AND (OVER THE STRUMMING OF A GUITAR) ASK ME HOW MY SAIL WAS. I AM HOPING (OF COURSE) THAT THE DRINK IS A BEER BECAUSE I HAVE SEEN WHAT'S BEEN DREDGED OUT OF YOUR FRESH WATER TANKS. NOT THAT MY SHIPS ARE ANY BETTER, BUT THAT IS BESIDES THE POINT.

WHEN I HAVE TO LEAVE I AM ALWAYS GIVEN AN INVITATION TO COME BACK AND I HAVE TO PROMISE THAT I WILL. AND WHY WOULDN'T I? YOU ALL ARE A GREAT BUNCH OF GUYS, YOU ARE ALL EASY TO GET ALONG WITH AND I ENJOY YOUR COMPANY. A COUPLE OF YOU HAVE TOLD THAT I AM THE SOCIAL REPLACEMENT FOR THAT SPARKER GUY WHEN HE LEAVES. NOW, WHEN I HEAR A COMPLEMENT LIKE THAT, I CAN HONESTLY SAY I HAVE ANOTHER SHIP OF BIG BROTHERS.

AL



How To Satisfy The Adrenaline Junkie In All Of Us

by Kamikaze Nick

In case you have not noticed, I like to throw myself off high, steep mountains while sitting on my shiny new bike. I'll admit, this is not for everyone. Perhaps you would prefer to throw yourself out of a plane at 12,000 ft with a piece of silk wrapped on your back; or climb to the crest of the seasonal tsunami and ride the thrashing waves; or even better, dangle in your harness from a half inch rope on the side of a very jagged cliff. I can honestly say, been there, done that, got the T-shirt.

Here is my quick introduction to becoming a thrill seeker in your spare time. After all, what high could be better than one that is free(i.e. no drugs or alcohol needed) and increases exponentially relative to the thrill and excitement experienced? Now, you are probably thinking that all these thrills would cost too much. But look at me, a starving student no less, but I still manage to pack in the thrills (and spills!!).

Mountain Biking - the first thing you'll need is a bike. If you have the cash you can go out and spend loads of money on a really flashy bike, but you had better have the skills to use the bike, otherwise you are just wasting time and money. I started off on a cheap, Canadian Tire bike, after all, anyone with sense will tell you that it all boils down to the rider. If you suck, no matter how space-aged your bike is, you will still suck. The ride you get out of your bike all depends on the amount of energy you put into it. If you are content to crawl down granny hills, then go for it, but if you want to ride ballz-to-the-wall...wear a helmet!

Sky Diving - no matter what, take the safety course. Falling to the earth like a wet stone will hurt, especially if you forgot the parachute. If you take the course, I guarantee you will get the thrill of a lifetime. I have not experienced anything better yet in my twenty-two years.

Surfing - board rentals are inexpensive, especially of the coast of the US. Surfing takes some practice so lessons from the locals will be a benefit. Wear a wet suit top, unless you plan to "Epilady" your chest and stomach on the board wax. One more thing, remember to close your mouth when you bail (as you certainly will) sea water tastes bad.

Mountain Climbing - the best way to do this is to hook up with some buddies that already have equipment and are willing to show you the ropes. I highly recommend this route since all the gear is expensive when you buy from the local MEC or out-fitter. You had better be in good shape and have very strong upper body strength, when you get to the top of your first climb, you'll wish you had listened more closely.

If none of the above pursuits really tickles your fancy, then I will suggest one more healthy activity: hiking. You can experience some really breath-taking sights in B.C., and all you need is some lunch, a pair of sturdy boots and a camera to record all the wild and crazy things your friends are indulging in but you are too scared to try.

THE WAY I SEE IT...

In my opinion, Cowichan was a great place to work. Although I have not been here as long as some (Joe), I can honestly say Cowichan and her crew are truly 'the Best in the West'. When I arrived aboard on July 4 1995, I was not sure what to expect. Having come from a year ashore, and a heavy previous to that, I was more than a little nervous coming to a ship with only 28 members onboard. My first day, it turned out, set the tone for the next year. Cowichan had just arrived alongside from a trip, everyone was busy doing their best to prepare for secure. Suddenly an in-routine card was thrust into my hand with a quick explanation from the Coxn of where to go (if you know the Coxn, you can imagine his directions). Upon returning from my *adventure* at the base, I completed a turn-over, returned my in-routine, got my locker and rack, and helped out with cleaning stations (my first day). Since then most of my days have been a blur. The thing about coming to a small boat, is that everyone has to do more than his/her share which thankfully, most members of the crew manage. Anyone who says 'taking a ride on a sweeper' is easy, apparently has never worked on one. Aside from the hard work and long hours, my experience on Cowichan has been rewarding and satisfying. To all of you I have sailed with I THANK YOU for making this last year pleasant. You *dudes* are da best! And that's the way I see it.

Written by,
LS Steve Cox

THINGS THAT BUG PHIL...

- ...Christmas tree lights! You know those friggin' little pointy ones-- where, when one burns out all of them do.
- ...Naval combat dress buttons that always come off! Although, the two spares that come with the shirt wouldn't come off if your life depended on it.
- ...guys who don't lift the toilet seat when they pee---especially the stbd stall!
- ...People who tap their feet in the main cafeteria!!!
- ...when you jab something sharp way under your nail---OUCH!!
- ...fish guts, scales and parts everywhere!
- ...Pringles....*hate' em!*
- ...people who talk behind my back, in front of me.

For the past few issues, I have been expressing the things that really bug me. When dealing with societies idiosyncrasies it can make a difference, although, sometimes you have to be diplomatic. Other times (as with my column) you have to be blunt! The other miscellaneous items were merely a way to vent frustration, in a humorous vein. I had fun and have noticed minor changes due to my article, as a matter of fact Jake has stopped *glancing*.

Bugging off for now,
LS Phil Taylor

Eric's Movie News & Reviews

Dead Man Walking

Starring: Sean Penn (Carlito's Way) & Susan Sarandon (Thelma & Louise). This movie is a drama and a good drama it is. Sean Penn is a convicted killer on death row. Susan Sarandon is a nun who acts as his spiritual advisor for the last few days before his execution. This movie is based on a true story, which makes it that much more interesting. Susan won an Oscar for her performance. If you want to see more of Susan's acting ability I recommend renting the following: The Client or Lorenzo's Oil.

I give it a RENTAL viewing.

Heat

Starring: Al Pacino (Scarface), Robert DeNiro (Casino) & Val Kilmer (Batman Forever). This movie is about 3 hours long and takes awhile for the rhythm of the movie to pick up, but is worth the wait. That being the only downfall, it is an excellent movie. Just look at the ensemble of actors, three top names in one movie, there's a good chance it's going to be good. Al Pacino is police officer for the LAPD, DeNiro & Kilmer are bank robbers. A typical cops & robbers movie, but what I think makes this movie, is the battle between good and bad in the streets of downtown L.A.

I give it a CHEAP TUESDAY viewing.

MOVIE NEWS:

Courage Under Fire- Starring: Meg Ryan, Denzel Washington & Louis Diamond Phillips

In this fact based movie of a female helicopter pilot in Operation Desert Storm, who gets caught in 'friendly' crossfire during a rescue. Denzel plays a LCDR (that served in O.D.S. at the same time of the incident) in charge of the investigation. About Phillips I have no idea what his role is, he's in the movie 'cause I saw him in the preview. It should be a pretty good movie.

MOVIE TRIVIA

- Name four actors who play James Bond.
- Name the female actress who played in "American Anthem". (Hint: Movie is about Olympic gymnastics.)
- Who played in the movie "No Way Out"? & What's the movie about?
- Which movie won best picture of the year?
 - a) Sound of music
 - b) Gone With the Wind
 - c) Wizard of Oz

Writer's Note

I would like to thank the ED's for publishing my reviews and making me feel part of "the Mad Cow" newspaper by harrassing me each week for my article. After reading my reviews, you may have noticed that I'm pretty knowledgeable in the movies from the 80's & 90's and some from the late 70's. So if you've got a question or just want to talk about movies, come and see me and we'll have a chat. Like I always say....

...this is Eric and that's my call.

HEIFEROLOGY 101

SHIP'S HISTORY:

As I rummaged through the books in my cabin I found a very interesting book named "Ship's History First Canadian Training Division". The following are quotes from this publication:

Royal Canadian Navy: release dated Thursday, 8th November, 1951, PM Edition.

Ottawa---Two new ships for the Royal Canadian Navy will come off the ways, in a dual launching ceremony at the Davies Shipbuilding and Repair Co., Lauzon, Quebec, Monday afternoon, November 12th, Naval Headquarters announced today.

The ships are the first two of fourteen 390-ton minesweepers being built under Canada's more than \$150,000,000 naval shipbuilding program. HMCS Gaspe will be christened by Mrs. Hugh Lapointe, wife of the minister of Veteran Affairs, and an hour later HMCS Cowichan will be christened by Mrs. H.T.W. Grant, wife of the Chief of Naval Staff.

These ship's will combine the most modern living and messing arrangements with the latest navigational and detection equipment. The ships are 152 feet in length and have a beam of 28 feet. Aluminum has been used in the frames and decks while the out hull is wooden. Diesel-powered, the ships will have a speed comparable with that of the Second World War. They will be equipped with the latest navigational radar and minesweeping equipment.

Internally, weight-saving aluminum has contributed much to the comfort and convenience of the living spaces. The mess-decks will be fitted with bunks and foam rubber mattresses. Each of the approximately 35 men in the ship's company will have a roomy, practical aluminum locker. A modified form of cafeteria messing will be installed, supplied by an electrical galley. The ships will be better insulated than most ships built previously, so that they can operate in varied climates.

OUR HERITAGE:

First Cowichan

The first Cowichan was commissioned at Vancouver on July 4, 1941, she sailed from Esquimalt for Halifax on August 6, arriving on September 10. After working up in Bermuda she was initially assigned to the Local Defence Force, but was transferred in January 1942, to Newfoundland Force and in September to the WLEF. With WLEF's division into escort groups in June 1943, Cowichan became a member of EGW-6. She remained with the group until February 1944, when she was ordered to the UK for invasion duties. She left Halifax on February 19 with CARAQUET, MALPEQUE, and VEGREVILLE via the Azores for Plymouth, arriving on March 13. Assigned to the 31st Minesweeping Flotilla, she was present on D-Day. Cowichan returned to Canada late February 1945, but resumed her duties overseas in June. Proceeding home in September she was paid off on October 9th, 1945, and placed in reserve in Shelburne. Sold in 1946 to a New York buyer and converted for mercantile purposes under Greek flag, she still existed in 1956 under her original name.

Second Cowichan

The second Cowichan was built by the Davie Shipbuilding Co., Luazon, she was commissioned on December 10, 1953 and on March 31, 1954 paid off and transferred to the French Navy. She was renamed La Malouine.

Third Cowichan

The third Cowichan was like the second, a Bay Class Minesweeper. She was launched at Yarrows Ltd., Esquimalt, B.C. on February 26, 1957 and commissioned on 12 December of that year. After commissioning she joined the Second Canadian Minesweeping Squadron operating out of Esquimalt.

During her commission the ship was engaged primarily in training men in minesweeping. But she took part in exercises as well, sharing them with other Canadian and United States Ships. In the course of them, she visited ports to the south, such as San Francisco and Long beach, California. She also, of course, cruised in British Columbia waters, calling at ports en route, and going as far north as Alaska.

She was also present at ceremonial occasions. For example, the review of the fleet by HRH Princess Margaret and the presentation of colours to the First Battalion, Princess Patricia's Canadian Light Infantry, Her Majesty the Queen. the naval ships formed an impressive background for the latter ceremony.

The minesweepers of the Squadron, including Cowichan, were paid off 28 February 1964.

Present Cowichan

I believe the present Cowichan is the third Cowichan; however, I will find out prior to the ships final paying off ceremony in September 1997. All my historical data ends in 1964.

Written and submitted by
Lt(N) Tim Stevens



'Jever wonder...

...about when you order at Tim Hortons and you say, "Two medium-double-double" and they assume you mean coffee. Or is it just me?

...about whether if there's a standard way to order coffee. If you say "double-triple", which one is which?

...about why womens clothing with fasteners are opposite to mens'. Why are buttons on the left side and with zippers, the toggle part is on the right?

TOP 10 LIST

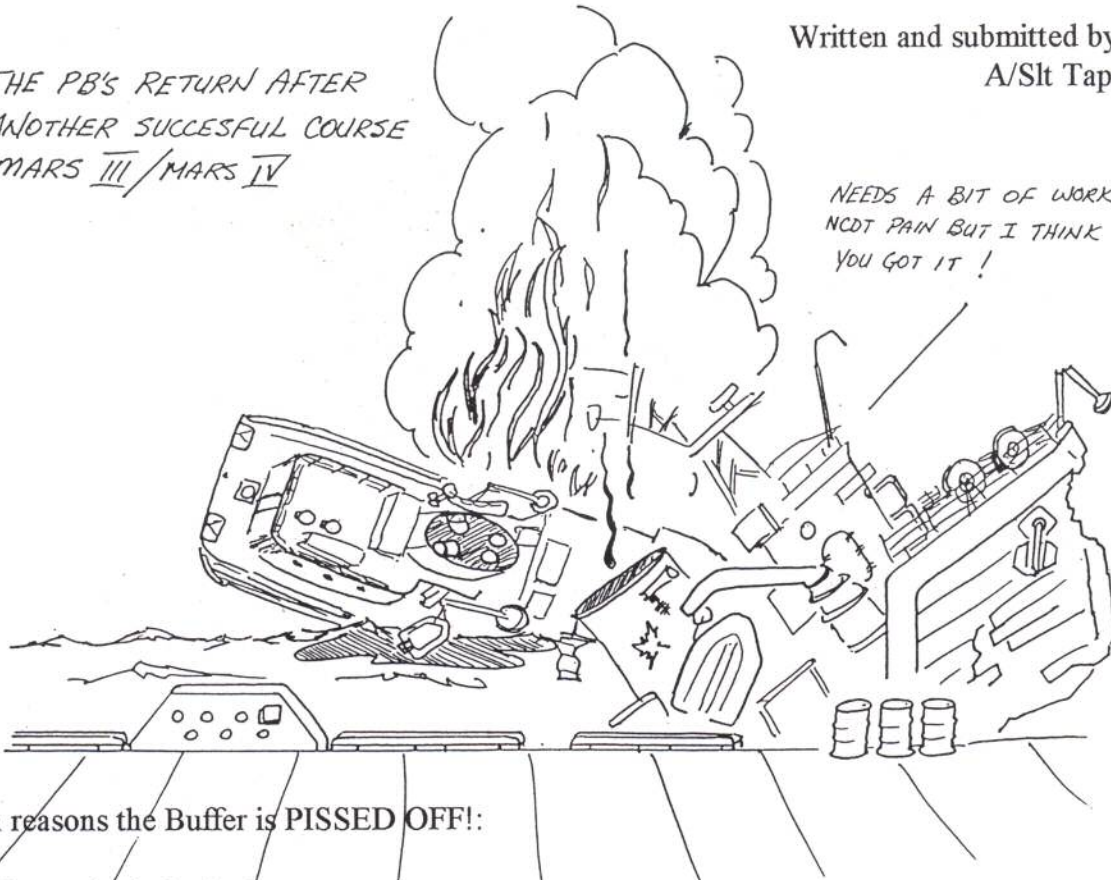
Top ten ways of getting on the Coxn's good side:

10. Shampoo with herbal-perfumed smelling shampoo; smell nicer than the CTO
9. Stay where you're to until he comes where you're at
8. Say "tree" and not "three"
7. Get your hair cut like the chief
6. Don't get your hair cut like the chief
5. Don't be MOC 181
4. Don't be a Bos'n
3. Don't be LS Kenney
2. Don't be LS St-Cyr
1. Use the ultimate NCdt Brown kiss-up "Last night everyone was a @#\$%&! except for Kirbyand the Swain!"

*THE PB'S RETURN AFTER
ANOTHER SUCCESSFUL COURSE
MARS III / MARS IV*

Written and submitted by
A/Slt Tapis Pain

*NEEDS A BIT OF WORK
NCDT PAIN BUT I THINK
YOU GOT IT !*



Top ten reasons the Buffer is PISSED OFF!:

10. Zodiacs with holes in them
9. Wakey wakey piped on a weekend during a sunday routine
8. BOB!
7. When Thunder comes alongside like an oncoming freight train
6. People who smoke while I'm (Joe) on my knees during cleaning stations
5. Kids in Port Simpson
4. Having to gaff MS Jacksons halibuts
3. Capozzelli not having the common courtesy to drive the boat while we all catch fish
2. Next time I'm served chees in bed I'd like some wine please
1. Having a bowel movement and discovering there's no tailpipe paper

Written and submitted by
Cpl Joe Capozzelli

OH no CANADA

How fortunate we are to live in this land we call, Canada, or as the natives first named it "Kanata".

We live in a variable smorgasbord of cultures originating from Mexico to as far as Tokyo, Japan. Resources that if managed properly we could most likely be self sufficient for eons and eons.

People from all over the world flock to this great nation in hopes of someday becoming a Canadian. But you see this is where the problem lies oddly enough, is with the people.

Canada has a well documented history of playing (and pardon the term) cowboys and Indians with each other, on topics from bi-ligualism, trade between provinces, native disputes, views on international policy and the list goes on. I wonder where the problem originates, hmmm, I wonder, maybe PRIDE!!!

This is one topic I feel very strongly about. For the good things we have in this country and we do, why aren't we more proud to say, "Hey, I'm Canadian". I'm not talking about what the media says on how we feel in this country but on a more personal basis.

For example, when I was 20 I tried to join the Marine Corps. Yes, in the US so I'm guilty of it myself. Wanting to join a foreign service instead of my own. Believe me, in 10 years I've seen the light. The point is that I had to live in the US (Ohio), for a period of 3 months. This I did twice. I'd say I had ample time to infiltrate their lifestyle and mentally document how an American really lives and not the way the media portrays them, as arrogant, pompous, self centred asses. Well I'll tell you there are a lot of these types of people, mostly in the New England states. For the most part though Americans are very hard working people.

Be all you can be is a term we all know and we know where it is applied. But it can also be applied to Americans as a whole. For example and I won't go into details. The people I lived with in Canton, Ohio went from being farmers to millionaires because they had an idea and they followed up on it.

Why then can't we do that in our own bloody country. Free enterprise you say. Oh sure, if you're already an established corporation, but for the little guy there isn't a whole lot of hope. Our leaders are more interested in shmoozing with polititions from other countries than worrying about people right here at home. Not to name names but that guy with 'the chin', the one who used taxpayers money for his own personal gain and is going to get away with it. His initials are BM. He is a prime example.

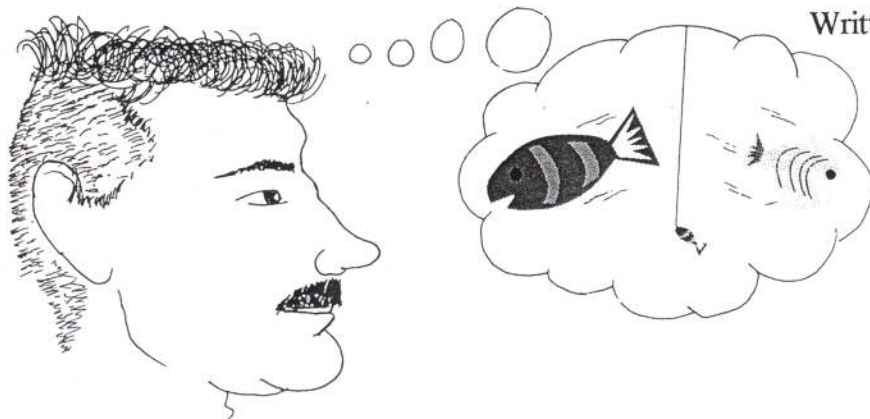
We can't even keep our own PM out of harms way. Look at what happened when an individual was able to walk right into the PM's home and right up to his bedroom door totally undetected. What's up with that?

Our federal government and media spend more money showing us how bad things are in Canada and how to repair them but I don't see them doing anything about it.

I couldn't believe it when I heard the more money was allocated for the Francophone games than for our own Olympic team. I am a firm believer in the unity of this great land. The government has created any and all problems we have with our French speaking brothers and sisters and vice-versa as has the US with blacks.

Might I add that I am a firm believer in bi-lingualism as well, but certain radicals in the east don't see it that way. Why can't we all just get along? Well I don't want to sound like too much of a loud mouthed shnook so I'll sign off with these thoughts.

It takes a lot more than waving a flag to show your proud to be Canadian. You've got to prove it. Maybe we should start by having children sing the anthem in all schools every day and learn more about Canadian history. I've written this most likely R-rated article and this is my way of saying I am proud to be Canadian before Italian.



Written by
Cpl Joe Capozzelli

OH MY GOD!



My day started at 0430 hrs with a shower, because I was told to. I don't know why because by the end of the day, I think I'll need two showers. The start of the day was pretty slow as I cut vegetables, bacon, ham and of course cheese for pizza. The latter turned out to be more eventful than you might think, as I figure now I need stitches.

Then there was lunch! Number one stupid question to ask a cook:

Q: When do we eat lunch?

A: (quizzical facial expression)

Number two stupid question to ask the cook:

Q: When do I get a smoke break?

A: Ha, Ha, Ha!

Now comes cleaning stations. Anybody who says their cleaning stations are hard and long should tell me....so I can slap them silly. I'm writing this article on one of the few smoke breaks that my *master* let me take. By the time you read this I will have cleaned the galley three times, cut myself twice and burned myself at least once. Blood, sweat and tears are the virtues of a cooks trade. I've learned the first two of these (almost the third one....but the day ain't over yet). I really enjoyed my day as a cook, I've learned to appreciate the cook trade. I think everybody should do a day as a cook. I'm pretty sure LS Watson would not mind giving up his place as BC. OH MY GOD....what a day!!!!

"
Look WHAT I Built"

Written by

LS Eric (Cookie) Kenney



THE COASTER CHANNEL

STOKERS OPEN CHALLENGE

OPEN TO ALL MEMBERS OF HER MAJESTY'S CANADIAN SHIPS
THUNDER, COWICHAN, AND CHALEUR.

ENTRY FEE OF \$5.00 PER TEAM. A TEAM CONSISTS OF A
GOLFER AND HIS/HER CADDY. ENTRIES TO BE PAID TO
LS REDMAN ON HMCS THUNDER

PRIZES - FIRST PLACE TEAM
- BEST DRESSED TEAM
- CLOSEST TO PIN HOLE
- LONGEST DRIVE (NOT OUT OF BOUNDS)

A STOKERS BBQ WILL BE HELD (THE CERA'S ARE COOKING)

18 HOLES OF FUN AND ADVENTURE OVER THREE BOATS. DON'T
MISS IT GET YOUR ENTRIES IN

A RULES AND REGULATIONS BOOK WILL BE PROVIDED ON
REQUEST

Heifer trivia: Have you ever noticed a cow chewing it's cud? What is a *CUD*?

We all should be concerned about the Deck Officer, especially since he's now referring to the XO as
"Hugs & Kisses".

Home computers are being called upon to perform many new functions, including the consumption of
homework, formerly eaten by the dog.

No two things are quite as inseparable as the 2 umbrellas you buy, so you can have one at home and
one at work.

Things I Have Learned Over The Past Four Months

1. Never try to compete with the CERA for coolest hair-do.
2. Never alter the formation without express permission of the "Big Guy."
3. The Rack-Man sayeth:

 "A good soldier never stands when he can sit;
 Never sits when he can lie down;
 Never just lies down when he can sleep;
 Because he knows not when his next rest time will come."
 Winston Churchill.
4. Always switch the films on time, because a mesmerized crew is a happy crew.
5. Learn to love small, out-of-the-way ports; after all, what else can one expect on a trip up to Alaska.
6. Never tell young Native girls your name; you may start an impromptu fan club.
7. Remember that logs, fishing floats and nets do not mix with minesweeper props.
8. Look for daring mountain rides with your binos while "specials" are closed up.
10. Remember: mountain-biking is a saviour of your sanity. This is especially so when every town you visit has nothing but a closed grocery store and a single phone to entertain 150 people.
10. Don't try to impress the COs with your snappy new dance moves at the local night club.
11. Always praise the SSD helmsman, but remind him to say nice things about every one while the tape is running!
12. Make sure NCDT Brown shows you the latest "picture" in his fabled collection.
13. When the XO says, "...another day in paradise..." tell yourself that you really are in paradise, it works, honest.
14. When you are hurtling down the mountain at mach 2, remember to steer around the logs, rocks and mud holes -- it hurts less!!
15. The Mad Cow -- what a fitting name.

Written by
SLt Nick Holyome

DEEP THOUGHTS: (by JC)

-Why is it that privates get general parking and generals get private parking.

-Why do they call it a hot water heater, you don't heat hot water.

CLASSIFIED

HELP WANTED: 1 full time progressive Office(r) position available immediately for qualified applicant.

Individual will be required to cut wood with big brass screws.

We will provide all necessary equipment.

Must be male, nonsmoker(nerves of steel), an English accent is desirable.

Experienced applicants need only apply.

Interested applicants contact former CO Fundy.

FOR SALE: Hand-made pubic dust bunnies. Anyone wishing to purchase artful designs please contact Frank in the main cafeteria.

PERSONAL: Desperately seeking transient companion for late night walks and beach combing. Must have a sports bag. Honest John's need only respond.

MISSING: From Bucking ham, Quebec, one village idiot! Last seen going south on a ship by the name Cowichan. If found, please report to bureau of missing persons. Caution is to be exercised when approaching this individual for he has a morbid fascination with knives.

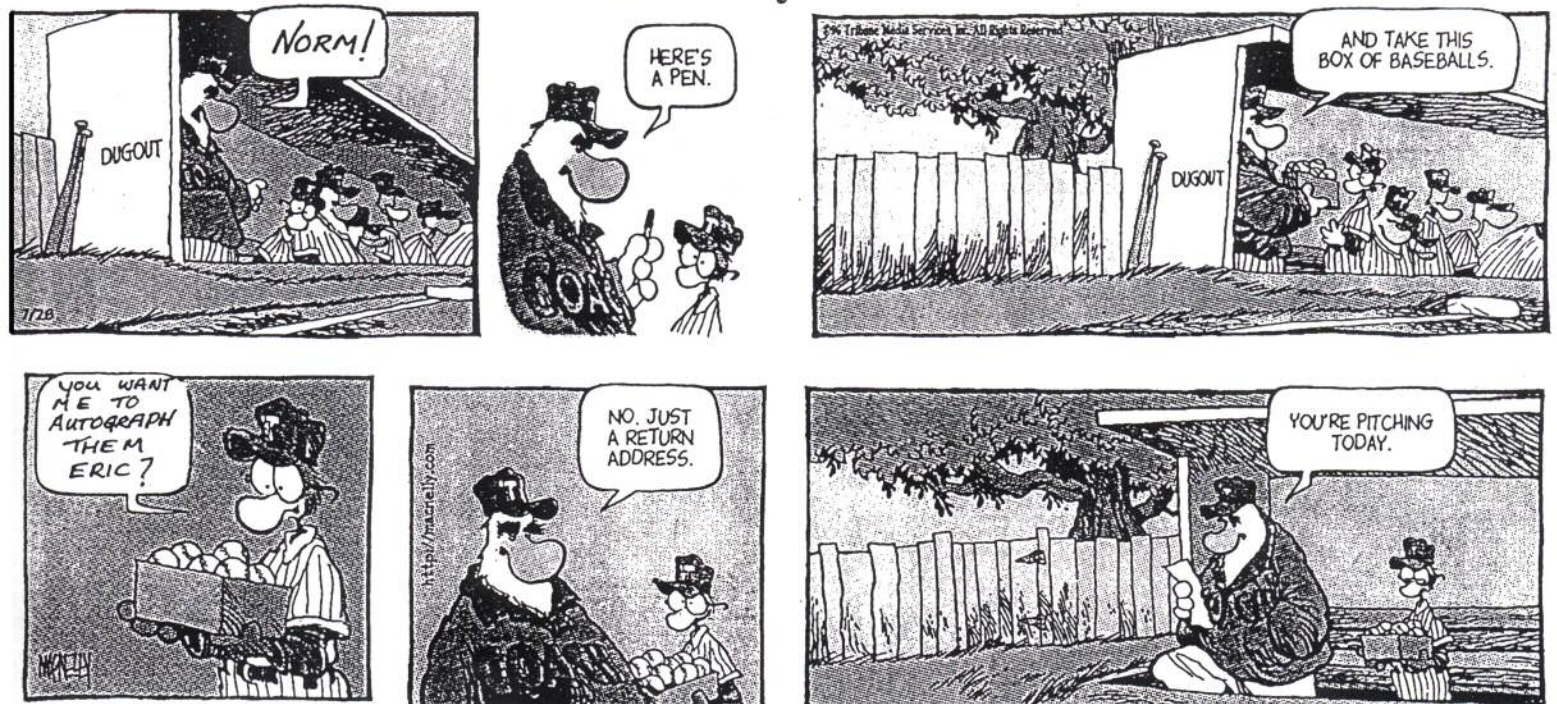
TRADE: One block of swiss cheese - used for sleeping aide. Will take any trades except bleu cheese. See LS Maurette.

MISC WANTED: 35 used pairs of ear defenders for noisy PA system that is hard wired to CCR. Will consider trading 45hp outboard engine, propellor has been machined down to 20hp specifications.

FREE: To good home. One electrician, ship trained, rank MS, no special attachment, no other qualifications. Contact CERA

STILL FOR SALE: One 10 man zodiac with repaired bottom. All accessories in bag \$300 obo - see Buffer.

Playing Ball in Masset...Cowichan Style!!



The Demise of The Mad Cow.

Is it true, could this actually be the demise of the Mad Cow as man kind, or is that Cow Kind has come to know? The reality of this possibility alludes me, how could such a Trash Rag as this ever been allowed to have hit the streets (decks) in the first place. Demise is an understatement, I'm sure that we will loose no sleep over the collapse of an insignificant conglomeration of thoughtless, What Bugs Phil and the mindless quibbling of The Other guy. Who in their right mind (or left for that matter), pays attention to Eric's criticism of the Big Screen? Where did he get his credentials as a movie critic, out of a Box of Cracker Jacks? and by the way, an individual who does not wish to be slammed with back handed remarks would never put it into print that he feels at home simply because he has not been called an amphibian. You really opened yourself to that one Eric, but restraint has it's virtues as does the crew in not following up on this in the true Sailor Fashion, that is to slam you with both barrels.

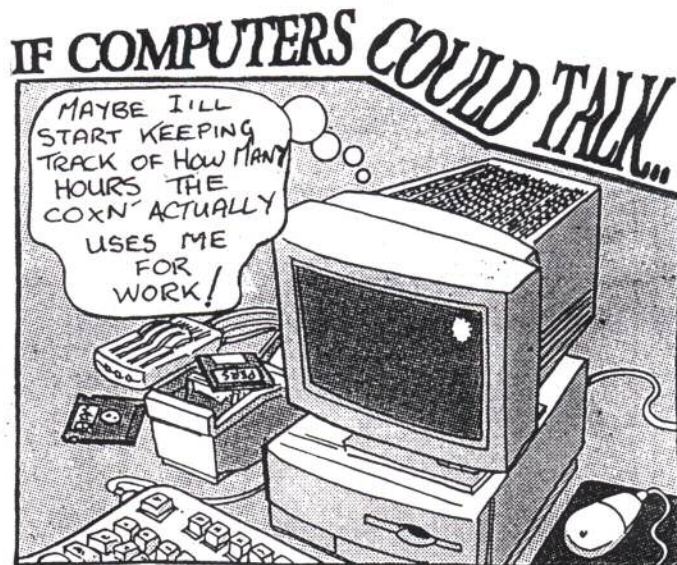
Have you the reader ever really followed the Other Guy around during the day, or night for that matter, and actually observed this individual at anything other than lounging on the settee or lying on a cushion in the main cave wallowing in his glory at not accomplishing anything. Na Ah to you The Other guy.

In all seriousness, before I get out of hand and really open up with a Broadside of Volkswagen Size Projectiles, Phil and The Other Guy have put in a lot of effort to entertain us with, ah what the heck, the babblings and cries of a wounded Wart Hog, you guys are marvy. There I said it, yes you have done a great job to enhance moral and bring out some of the realness of what individuals think. Just, for example, ponder the many moanings and drippings of a nameless steward, who actually it turns out, enjoys what he is doing and has nothing but positive vibes about this trip. Will he ever catch a salmon???? Na AH!!!!

There is also this short (vertically challenged) individual with a Tatonca Sized Melon, who emulated Ben Wicks, indeed you say, now if only we could find a hat to fit his Cranium Superlative Extrodanarious. Thanks and keep it up.

To all those I extend my personnel thanks for all the effort you have put in to make The Mad Cow what it is. The Cow will not die, it will go into Journalistic Heaven for eternity, then again it may just rise like the Phoenix from the ashes. I HOPE SO!!!!!!!!!!

Anonymas



CO'S KIND WORDS!

I WISH TO TAKE ADVANTAGE OF THE FOURTH ISSUE OF THE MAD COW TO ACKNOWLEDGE AND THANK LS TAYLOR AND LS COX FOR THEIR EFFORTS IN CREATING AND PRODUCING THIS SHIP NEWSPAPER. THE MAD COW, WITHOUT QUESTION, IS THE FINEST SHIP PRODUCED NEWSPAPER THAT I HAVE SEEN IN MY NAVAL CAREER. FURTHER, IT IS OBVIOUS THAT THIS PAPER WAS VERY WELL RECEIVED BY THIS SHIP'S COMPANY. I HOPE THAT THE END OF NORPLOY 96 WILL NOT BE THE END OF THIS NEWSPAPER AND THAT ADDITIONAL ISSUES WOULD CONTINUE UP TO SEPT 97.

BRAVO ZULU - LS TAYLOR AND LS COX.

OUR KIND WORDS...TO YOU.

We the editors, would like to express our appreciation and gratitude towards the *entire* ships company. Working on this paper, for us, has truly been a task undertaken without full knowledge of the amount of work required. Although "The Mad Cow" has been an effort, we both have thoroughly enjoyed ourselves. We often said to each other, "people couldn't understand the amount of detail that went into, say, the title page". However, that part never really mattered because it was all part of the fun. "The Mad Cow" opened alot of doors previously closed between the members of the ships company. If you've gained more insight into *one* person you've sailed with then we feel we have done a good job. But, thanks again to you, for if it wasn't for the ships company there would be nothing to write (except maybe Thunder). As we bid adieu to the first edition of "The Mad Cow", look back at the hard times and remember, you can always make light of the worst situations.

A handwritten signature in cursive script that reads "Phil Taylor". The signature is written in dark ink and is positioned on the left side of the page, below the main body of text.

Thank you,

A handwritten signature in cursive script, likely belonging to LS Cox, positioned on the right side of the page, below the main body of text.

BUFFER!!

I **F** **want**
you **to**

s **ee** **Your** **Tools** **A** **gain**

L **eave** **A** **S** **i** **x**

P **A** **c** **k** **of** **Beer** **On** **The**

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On **August** **11** **at**

S

pM

A black and white advertisement featuring two skeletons on a cracked, stone-like background. The top skeleton is lying down, wearing a dark vest with the word "EASTMAN" on it, and holding a long bone. The bottom skeleton is sitting up, also holding a long bone. The text is overlaid on the image in various orientations and fonts.

YOU'LL BE

STARVING

FOR

THE

NEXT EDITION.

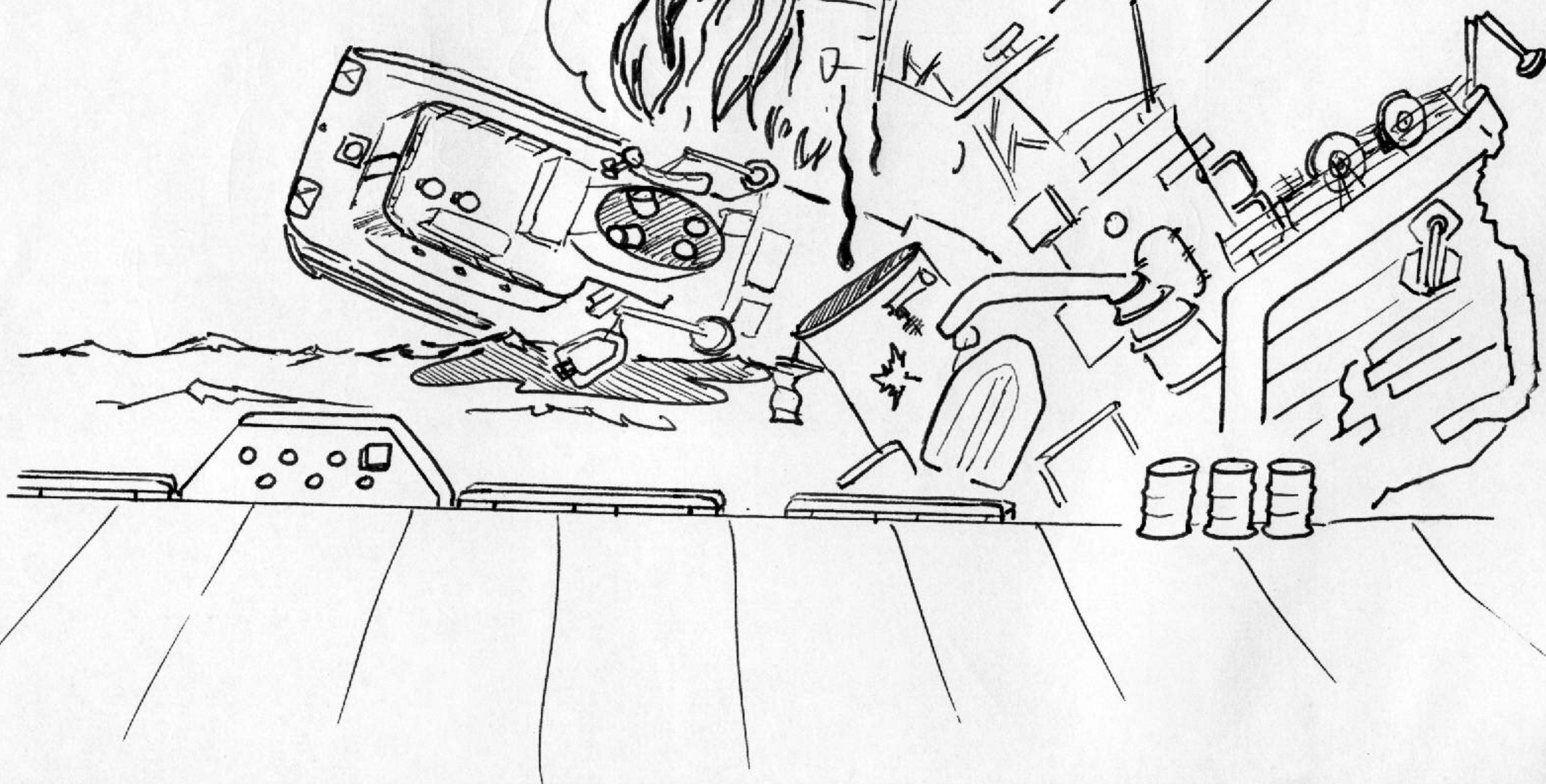
THE MAD COW[®]

Guaranteed for life. Maybe longer.



THE PB'S RETURN AFTER
ANOTHER SUCCESSFUL COURSE
MARS III / MARS IV

NEEDS A BIT OF WORK
OCDT PAIN BUT I THINK
YOU GOT IT !



LET ME GUESS
FIRST FISH RIGHT?

I AM SO
GOOOD!

YEP!

