



TOTEM TIMES



Weatherman: May the buzzard from Hong Kong land on your Barometer!

Vol. 10

CFB COMOX, THURSDAY, JANUARY 23, 1969

No. 2

EXCHANGE PILOT COMMENDED



COLONEL K. C. LETT presents the Air Force Commendation Medal to Major John L. Larrison, 409 Squadron's USAF exchange pilot. Major Larrison was awarded the medal for services during his tour in Viet Nam, and during his tour at Hamilton Air Force Base prior to his transfer to 409. The citation reads in part, "Capt. John L. Larrison distinguished himself by meritorious service as a combat-ready pilot while assigned to the 602nd Fighter Squadron, Bien Hoa Air Base, Republic of Viet Nam from 1 December 1965 to 25 August 1966 and the 84 Fighter Interceptor Squadron, Hamilton Air Force Base, California."

— Base photo

Pygmy pigeons visit 407 Demons



THREE VICTORIA AIR CADETS who took part in the weekend visit to CFB Comox are seen inspecting the nose of an Argus Patrol Aircraft. Left to right are: Cadet Stuart Messenger of 1871 Townley; Cadet Sergeant Jay McGowan, 319 Irving Road; and LAC Michael Reid of 1723 Albert Avenue. These boys are members of 89 Royal Canadian Air Cadet Squadron.

Fighter nearing manufacture

WASHINGTON (CFP) — The U.S. Air Force has told three American firms it wants a closer look at a new fighter it wants built for the mid 1970s.

The USAF has been shopping for a single seater jet fighter with twin engines. It labels the F-15A advanced air superiority fighter and it wants it to be highly manoeuvrable.

Definition contracts totalling \$28.8 million have gone to Fairchild Hiller, McDonnell Douglas and North American Rockwell. Eight companies were asked

The three firms have to come up with refined designs, funding and production data so the USAF can select a maker.

The Pratt and Whitney division of United Aircraft Corporation contracted last August for initial engine development for the F-15. Westinghouse and Hughes since last fall have been competing to develop the new attack radar system.

The USAF wants the one-man, two-fan fighter operational in the mid-1970s.

FOR WHOM THE CUDGEL CAPERS

A couple of weeks ago, most of us were entertained by an aberration called a Cudgel Cap, a recurring malady which strikes CFB Comox at irregular intervals. It featured various people doing exotic things at obscure hours, and generally inspired the bulk of the station, whoops, base population to inquire, "Just what the hell is going on, anyway?"

Contrary to persistent rumour, Cudgel Capers do not happen because the Base Commander, concerned about the rising birth rate, has decided that people shall spend as little time as possible in bed. Neither are they staged to give the BOPs as large an audience as possible for his deathless announcements about Defcons and Roentgens and other such Martian garble. Nor are they staged to help the Base Food Services Officer get rid of an unmanageable surplus of used stew. They are staged to ensure that the base stands ready to fulfil all its defence responsibilities should the U.S. and the USSR decide to cut down on their missile and bomber stockpiles by throwing them at one another.

There is a fine old saying in the military business that "Peace Is Our Profession," and it is true that many countries, Canada among them, maintain armed forces to maintain the peace. But, should the efforts of diplomats and politicians fall through, it is nice to have forces know something about war too.

The best time to learn it, of course, is prior to the war. Lessons learned in peacetime conditions are generally less costly than those learned during war. One method of learning these lessons is by the staging of exercises such as Cudgel Capers.

During a Cudgel Cap, the base exercises all the plans that it would have to use in an actual wartime situation. Simulated battle damage deprives commanders of needed resources. Simulated fallout adds to the problems facing those who must repair the battle damage, or service air-planes. Simulated sabotage

harasses the security forces, causing them extra difficulties. Extra people must be housed and sheltered. Are there places for them? Extra people must be fed. Throw some more potatoes in the stew. And so forth. All the plans the base has for coping with wartime conditions are tested as well as they can be without having bits of shot and shell flying around.

The flying side is equally tested. What happens if such a ground facility gets zapped by a bomb? What happens if this transmitter site goes off the air? What happens if a target tries to sneak in from here? What happens if we are left all alone? Can we still carry on the air battle? The only way to get the answers to these questions is to try them and see what happens.

Cudgel Capers can be looked upon as a sort of bloodless war, designed to give the Base Commander an accurate picture of how well prepared his base is to meet an actual wartime situation. They are preludes to a larger, but still bloodless war called Tac Eval, which will take place sometime in March this year. For the Tac Eval, a team of experts from ADCHQ and CHQ will come aboard to observe an exercise that is essentially the same as Cudgel Cap, in that it will compel the base to once again exercise all its emergency plans, just as though war had been declared. The visiting team will observe the exercise and, perhaps, proffer suggestions for improvement.

From the experience gained in each Cudgel Cap, improvements to the base's wartime plans have resulted. But perhaps the biggest benefit has been the fact that the practice has made YOU just a bit more familiar with what is liable to happen should a war happen to break out. And that is one of the objects of the whole exercise. For whom the Cudgel Capers? It capers for three friends, so stop carping about being flung out of the sack at 0500. At least it wasn't done with a bomb.

Air Div Dame drownproof

BADEN SOELLINGEN, Germany (CFP) — A service wife set a world record for endurance in a drown proofing marathon at this NATO-assigned air wing in December.

Mrs. Norma O'Dell, wife of air force Sgt. G. B. O'Dell, stayed afloat for 25 hours and 35 minutes.

A check by CFHQ phys-ed types with the Red Cross water safety authorities in Ottawa verified air division speculation that it is a world drown proofing record. The previous record was 24 hours, 16 minutes and before that the record was 20 hours and one minute.

Mrs. O'Dell entered the water at 9:02 p.m. Friday the (brrr) 13th. She emerged at 10:37 p.m. on the Saturday.

Seven other contestants found Friday the 13th not so lucky. They could only last periods ranging from just over two hours up to nine hours.

At pool side were lifeguards to ensure safety and statisticians to make certain no one could doubt that Mrs. O'Dell actually drown proofed for one day, one hour and 35 minutes.

WHERE'S AN ARK? If it ever rained for 40 days and 40 nights she'd be in trouble though, because she'd have to stay afloat another 934 hours and 65 minutes.

NON-SWIMMERS NOTE Drown proofing is a fairly new wrinkle being taught by swimming and water safety experts.

Even non-swimmers can survive by using the technique. It's a relaxed float during which you raise your head just enough to grab a fresh breath of air now and then. If you want to go a long distance, you do a "travel stroke" along with it.

Drown proofing thus can save someone who's capsized or overboard who'll have a long time until recovery or a long distance to

swim to safety. It obviously won't work in wintry water 'cause you'll perish of cold first.

Noah didn't tread water. He had an inside tip and built an ark.

WATER RECORDS CFP's record sources to June 1966 don't reveal anything about drown proofing or treading water.

The longest swim was 292 miles by a 30-year-old American butcher in 1940, down the Mississippi. Longest duration swim was 168 continuous hours in 1941 by legless Charles Zibelman in a Hawaiian pool. Longest woman's duration swim was 87 hours and 27 minutes by a New York City woman in 1931.

Another Yank stood under a shower for 60 hours, by the way.

It Takes 15 Shots

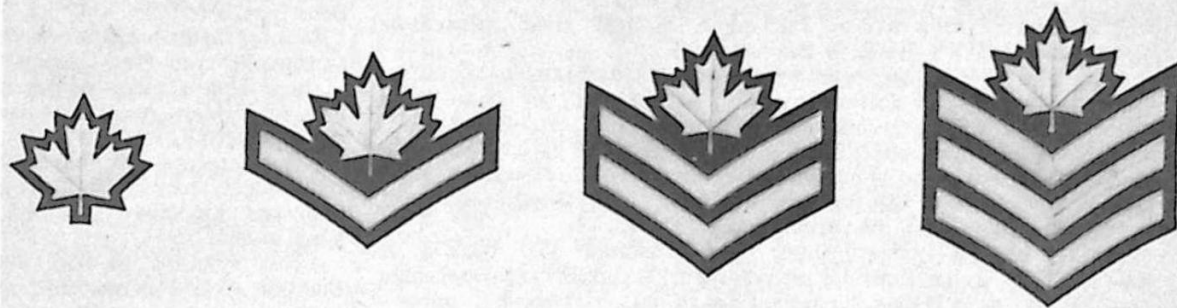
ESQUIMALT — Three units of the Canadian Armed Forces in Greater Victoria participated at the opening of the 3rd Session of the 28th British Columbia Legislature at 3 p.m., Thursday, January 23.

Royal Roads Military College provided a 100-man Honour Guard, commanded by Cadet Wing Commander R. C. Stowell, Pine Falls, Man.

The military college cadets marched from the CPR wharf on Belleville Street to their location in front of the Legislative Buildings. They were led by the Canadian Forces Naden Band, directed by Captain Leonard Camplin.

The 5th (British Columbia) Field Battery fired a 15-gun artillery salute in front of the Legislative Buildings on the arrival of the Lieutenant-Governor. Lieutenant Ross A. Cameron was the militia unit's gun position officer.

YOU TOO CAN LOSE A STRIPE



WHATISIT WINNER



CPL. "TINY" COLLINGS was announced the winner of our latest "Times" contest. Shown above Cpl. Collings clutches the first of his years free Totem Times Subscription which was his prize for the winning entry "Politicians". In his other hand he is holding the "Whatisit" which he did not win. Our panel of experts worked around the clock to plow through the mountain of mail we received in response to our contest. Some of the entries were so original we had to give them "Honorable mention" and list them in back pages for our readers to enjoy. Congratulations gentlemen but we still think it's a fertility god.

— Totem Times photo

Cpl. Ray LaFlamme passes away

Cpl. J.H.L.R. (Ray) LaFlamme passed away on the morning of January 22 after a lengthy illness in the National Defence Medical Centre at Ottawa. Ray was a long time member of 121 KU and 442 Squadron where he served as a Flight Engineer on the Albatross. He is survived by his wife Victoria, and six children, Daniel, Phillip, Michael, Leonard, David and Francine. His passing is mourned by his wife and family, his many friends and all the personnel of 442 Squadron.

Reward Inventors of Sub Escape Method

CANADA USES IT

LONDON (CFP) — For pioneering a submarine escape technique adopted by four navies, a Brit naval officer and his civilian collaborator have been awarded £1,500 apiece by their navy.

Their system is used by Canada in her three British-built Oberon class submarines, by Australia and The Netherlands as well as in the British navy.

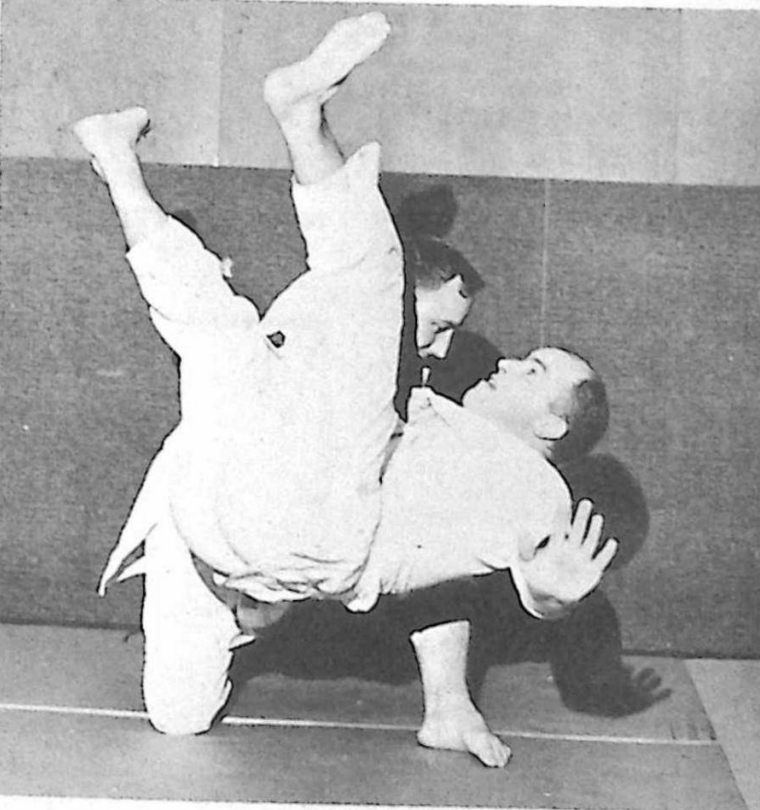
It enables escapes to be made from depths of 500 feet.

Britain's naval news summary says it "requires men to wear improved immersion suits with special cotton fabric and plastic hoods while making their escape one by one from a single-man cylinder in the submarine. Air is supplied at the correct rate and pressure inside the cylinder, while they breathe the air trapped inside the hood during compression and their ascent to the surface."

Lt-Comdr. J. Hamlyn was RN submarine escape officer until retiring three years ago. The other recipient K. Taylor, as a civilian employee of the navy, has been associated with escape and purification projects.

A major advantage of their system is the rapid pressurization factor which avoids the possibility of the "bends" in survivors. In the trials three years ago an escape cycle time of 3 1/2 minutes was achieved.

GRUNTING GRAPPLERS



WITH A MIGHTY HEAVE ... and a hearty grunt, Capt. Denny Tretiak brings his opponent Capt. John Carragher to the mat. Denny is performing a Seoi-Nage or in laymen's terms, a shoulder throw. Actually it seems that he has John just hanging around in mid air. Story on Page 6.

— Totem Times photo

Bleed-in scrubbed

The mass blood letting scheduled for Friday, Jan. 10 (front page of our last issue) was cancelled due to the hazardous road conditions. The Red Cross's Mobile Blood Clinic was in Gold River when the weather socked in. Road conditions were so bad that the RCMP closed the road temporarily, thus grounding the clinic.

Because of the critical shortage of blood, brought on by the combinations of the flu, holidays

and bad weather, the Red Cross recalled its equipment for a mass blood donors clinic in Vancouver. The clinic is tentatively rescheduled for sometime in March, so hang onto your blood folks, they'll be back for it.

Next Totem

Times Deadline

Monday, February 3

FUNGUS FEATURES

by mac

From up in My Perch

By SEEMORE

Last week I took my ol' kit bag down from it's hook in the corner and trundled over to Central Registry to collect my "fan" mail. Sifting the mass of envelopes of all sizes and miscellaneous junk mail, one envelope from the Director of Information Services caught my attention. Carefully tearing it open I noted the spelling corrections to my last letter, then leafed through the bundle of news until my eyes came to a photograph showing the latest rank badge craze to come from the east. Holding back the tears of anguish I made my way back to my perch, closed and locked the door behind me and wept unashamed. I know getting a third hook is difficult but to take away my second one and make me start all over again is too much. No matter how you cut it one stripe is a Lance Corporal anywhere in the world. The equivalent rank to a Lance Corporal is an LAC, right back where I started so many years ago. Someone must like Lance Corporals very much to convert three quarters of the Canadian Forces back into Lance Corporals.

Now this new rank, the "Supercorporal" to be given to, and taken away as dictated by a mans employment, that is, if you are in a supervising job or crew chief you can be a Supercorporal. If you happen to change jobs or go into another shop you can no longer be one therefore you must take the two hooks and a maple leaf down. Plans are under way to install snap fasteners on the new chevrons. Many problems and heartbreaks are predicted.

In the Air Force, a man went from AC2 to AC1 to LAC on record achievement. Then he was promoted to corporal on his leadership ability, granted it sometimes took a long time, but once he was a leader he was a leader on a full time basis. From then on he was free to concentrate on being a leader and displaying his ability at being a leader in order to become a Sergeant, this seemed to take even longer.

Now we can go from bare sleeve to maple leaf to corporal, almost automatically. From Corporal (or Lance Corporal, what is it?) to Supercorporal, the jump is subject to the whims of the local situation. The ten dollars in pay that goes with all the added problems of being a crew chief becomes incidental by the time 19 per cent in taxes and 6 per cent in pension has been deducted, when it is coupled with the mental pressure brought on by an uncertain position. There is hardly enough left to buy three boxes of ginger ale.

Comparing the two systems, it is obvious the old one was the best. But when the organization is overloaded with too many corporals, most of whom have the time, experience and leadership qualifications something had to be done. Two alternatives were possible, one demote most of the corporals or promote some of them. What really happened?

One of the most original ideas to leak out of the head shed in many a moon was the use of the maple leaf on the new rank insignia. Of course this precluded the possibility of purchasing war surplus rank badges from down south by not using a star. One suggestion that has reached me by an anonymous phone call was that the maple leaf be worn on the left sleeve and a fleur de lis on the right.

As I ponder this dilemma my attention was diverted by a flash of brilliant red. This proved to be Sgt. Jim Scobey of the para rescue section, in a gaudy red beret. It seems that that well known collection of individualists who have been fighting conformity for years, the "Para Rescue Kids" or "Doc's Savages" as they are better known have been authorized to wear the bright bonnets about the base.

Next thing to come storming down the hall was Captain Bob Hughes, seems that that congenial chopper croppers' rock dodging days are numbered. He has been posted to the Capital of the bald faced prairies, CFB Winnipeg. Tough luck.

Message to the C.E. Section from 442 Sqn. Please turn the heat back on in our hangar, our mushrooms are getting frosty. After having his applications to inaugurate a combination Flight Insurance and coffee service on Air Kamikazi's "Red eye, White knuckle" Vancouver flights, Pte. Shuman is pulling the plug to be-

come a full time insurance shaker.

Receipts and Issues, the S Sup Os pride and joy have been canning fresh, unpolluted B.C. air and shipping it via Air Canada to the needy in Ontario. Such gestures of good will should not go unnoticed.

RUMOUR OF THE WEEK: If the current cold snap continues Great Coats will become mandatory.

RUNNER-UP FOR RUMOUR OF THE WEEK: The fact that the word "Canada" was omitted from the new Command, Base, and Squadron insignias has not gone unnoticed, they will be recalled and reissued as soon as they have been painted on everything that rolls, floats or flies.

MUSHROOMER: New orderly room Sgt. Mousseau has been posted to an undisclosed unit. This move was engineered by Pte Murray who can hardly wait to move back to 442 Orderly Room.

Radio show

ALL MESSES, institutes, and social clubs of individual messes, etc. are reminded that advance notices of meetings, functions, etc. may be forwarded to Cpl. Bears 409-Log Control to be aired on the "Armed Forces Radio Show, Sunday noon hours weekly.

Ed. note. While the mystery was not entirely cleared up the question of your career may have been.

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HEY! WHAT'S GOING ON?

A KIDNAPPING?

A MURDER?

AN EXECUTION?

ARE THEY HI-JACKING ONE OF OUR ALBERTS?

I DUNNO PAL

MONEY GRABBERS

ACTUALLY THEY'RE HELPING A PAIR OF VOLUNTEER SPOTTERS ON TO THE AIRCRAFT

Whatisit? entries

Editor,

Dear Sir:

In the latest edition of your newspaper you have printed a picture of a strange object and requested your readers to name the said object.

I am surprised gentlemen that this object was not instantly recognized by some member of your staff.

Close examination will reveal that the object in question must be a member of parliament for you will notice that it is two faced, has no guts and is sitting on its hands.

I hope that this letter has helped in clearing up the mystery.

Your faithful patron of the arts Cpl. DF Collings.

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Bucket Brigade

PHILADELPHIA (CFP) — Rocket and mortar shells explode. Flames reach towards tightly packed, highly combustible homes and shops.

Intense heat, narrow streets, inadequate water supply and milling crowds of homeless, frightened people impede fire fighters and equipment.

This is a repeated scene in Vietnam. Often the only means of cooling the scene is an aerial bucket brigade.

Chinook helicopters are being used to discharge massive water buckets directly over a fire. Each aircraft carries two, 450-gallon containers on an "X" frame and cargo sling. Butterfly doors in the bottom of the buckets open electrically to release the deluge.

Recent tests involving Chinooks from the 147th assault support helicopter company have established an effective doctrine for battling these urban blazes.

The hovering Chinook dumps the buckets, doors open, in the nearest water source. They fill in about 15 seconds. The crew chief closes the doors and the pilot heads for the fire.

Even with only one Chinook performing the mission, its 900-gallon deluge in the area of a blaze can cool the scene enough to let conventional fire fighting equipment move in and mop up. Army spokesmen say the bucket's greatest value lies in its ability to soak surrounding areas and keep fires from spreading.

BE A SPOTTER SEE THE ROCKS

IT'S DuBARRY LARGE SIZE SALE TIME AGAIN

SAVE 20-26% ON THESE FAMOUS PRODUCTS



To Glamorize	NEW ROYAL LIPSTICK	8 oz. \$1.50	16 oz. \$1.10
To Cleanse	CLEANSING CREAM FOR DRY SKIN	8 oz. \$4.00	\$3.20
	PENETRATING CLEANSER	10 oz. \$3.00	\$2.40
	SKIN FRESHENER	10 oz. \$3.25	\$2.50
To Soften	CREME SUPERBE	1 1/2 oz. \$2.75	\$2.05
	NEW ROYAL SMOOTHIE	1.50	\$1.10
To Protect	MOISTURE PETALS	4 oz. \$5.00	\$3.95
	FOUNDATION LOTION	10 oz. \$3.00	\$2.40
	FIRMING LOTION	10 oz. \$3.25	\$2.50
	VIBRANCE CREME MASQUE	2 oz. \$2.75	\$2.05
and	For the first time ever		
	VELVET BATH—LUXURY BATH OIL	8 oz. \$5.00	\$3.95

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Comox, B.C. Ph. 339-3612

MENS WEAR

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CLEARANCE 25% DISCOUNT

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GWG — DAY'S — MONARCH 9.95 to 24.50

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WHITE RAM — HARVEY WOODS 9.95 to 35.00

LOCH LOMOND — REGENT

TONY DAY

VIC MURDOCH'S MEN'S WEAR

324 Fifth Street Courtenay, B.C. Telephone 334-4532

TROFIMUCK LUCKS IN

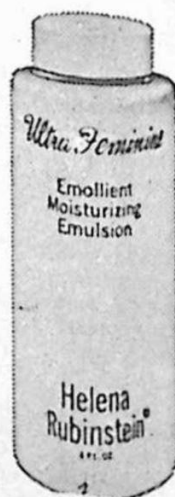


NEW SGT. TROFIMUCK . . . receives his third hook from 442s SAMO Captain J. McNeill. Sgt. Trofimuck considers himself exceptionally lucky in getting his third after only fourteen years as a Corporal.

Helena Rubinstein Ultra Feminine Sale

for a youthful looking skin

Save \$4.00
ULTRA FEMININE
Emollient Moisturizing Emulsion



While Ultra Feminine Hormone Cream, used nightly as directed, supplies the hormones Estrogen and Progesterone for your skin Ultra Feminine Emulsion is formulated with different ingredients to help replenish your skin's emollient and moisture needs during the daytime hours. Light-textured, non-greasy, its special fine oils and moisturizers give your skin double benefits, to help it achieve softness, new suppleness, new radiance. Wear this superb preparation all day . . . every day. See how its extra-ordinary emollients and moisturizers help keep your skin and your makeup fresh as morning.

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COURTENAY DRUG CO. LTD.

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CANADIAN FORCES BASE COMOX BASE THEATRE SCHEDULE

January 1968

Thursday 23, Friday 24, Saturday 25
BONNIE AND CLYDE

Warren Beatty, Faye Dunaway

Admission: Adults - \$1.25. Teens - 1.00. Children - .50

Sunday 26
TWO FOR THE ROAD

Audrey Hepburn, Albert Finney

An Adult Bedtime Story

Thursday 30
FORTUNE COOKIE

Friday 31

MINI SKIRT MOB

Jeremy Slade, Patty McCormack

Girl Motorcycle Gang

MATINEES

Saturday 25 - HORSE SOLDIERS

Evening performance commences at 2000 hours.

Matinee performance commences at 1400 hours -

ADMISSION .25

G. P. SILKE REALTY

520 Duncan Avenue
Opposite Telegraph Office
Box 736 Phone 334-4494
Courtenay, B.C.

Attractive home close to City centre — Nicely landscaped lot — Full basement and automatic oil furnace — Living room — Very large cabinet kitchen — 3 bedrooms — 3-piece bathroom — Price \$13,000 on very easy terms.

EVENINGS — PHONE GEORGE SILKE 334-4494
STANLEY SILKE 339-2469

MEMBER MULTIPLE LISTING SERVICE

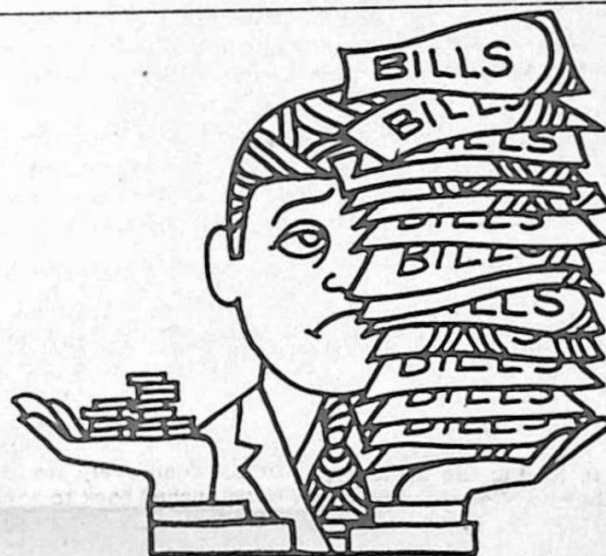


Canadian built "SAFETYWAY" HOMES now on display from 44 ft. to 64 ft. lengths, 2 and 3 bedroom models. C.S.A. and C.G.A. approved. Double wall construction, 8 1/2" box frame, self storing storms, all interior plumbing. Big city prices.

8'x20'—Shower, Toilet, Fridge and Range \$850
8'x18'—Self-contained Aristocrat "Lo-Liner" \$3150
10'x38'—Knight, carpeted, 1 bedroom \$5895
10'x50'—General, 14' Expando living Room, auto washer \$5895
12'x60'—Blairhouse deluxe 3-bdrm home \$9450
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Island Highway South Box 2177 Courtenay
Phone 338-8313



More bills than budget?
See HFC

AMOUNT OF LOAN	MONTHLY PAYMENT PLANS					
	60 months	48 months	42 months	36 months	30 months	24 months
\$100	\$2.00	\$2.50	\$3.00	\$3.50	\$4.00	\$4.50
200	4.00	5.00	6.00	7.00	8.00	9.00
300	6.00	7.50	9.00	10.50	12.00	13.50
400	8.00	10.00	12.00	14.00	16.00	18.00
500	10.00	12.50	15.00	17.50	20.00	22.50
600	12.00	15.00	18.00	21.00	24.00	27.00
700	14.00	17.50	21.00	24.00	28.00	31.00
800	16.00	20.00	24.00	28.00	32.00	35.00
900	18.00	22.50	27.00	31.00	35.00	38.00
1000	20.00	25.00	30.00	34.00	38.00	41.00

If you've got too many bills and too few dollars apply for a Bill Payer Loan from Household Finance. Pay everything you owe and repay HFC with one payment a month that may be lower than your present monthly total. When you need help clearing up a bundle of bills, call the specialist at HFC for a Bill Payer Loan. Like maybe right now!

HOUSEHOLD FINANCE HFC

COURTENAY

549 England Avenue—Telephone 334-2406

(next to Simpsons-Sears)

Mail loans available. Write or phone.

WAIKIKI

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Chaplain: Rev. Pierre A. Lahaye - Local 274.

Demon Doins

The first month of '69 draws to an end. White rain is still falling and the roads have made the journey to work a hazardous operation. Consequently the Demons stay close to the home fires and watch Voyage to the Bottom of the Sea along with other good ASW training films. Fortunately the Demon standards section has introduced a fine ground training program so that our idle moments will not be spent in idleness. This week "A" Flight looks forward to spending three days in lectures, being brought up to date on the various aspects of ASW, on both tried and new ideas. The nurses at MIR have had a busy time for the past few weeks. To their immense joy the two Demon flights have taken turns at having their arms punctured. To make up for working last Saturday afternoon the nurse used a quarter inch needle with a dull tip. Funny, they sure don't show this aspect of service life on the recruiting posters.

"B" Flight, Crew 6, returned to the sunshine coast after a four day stay in Hawaii. Unfortunately they did not have the sun tan to prove where they had been. It seems that beautiful, sunny Hawaii is having the same type of weather as Comox minus the snow of course. However, a few of the Demons were able to set a record on the golf links. It seems that Capt. Bill Holland and his golfing partners managed to be the only golfers out on the island of Oahu. Too bad the heavy dew stopped them on the ninth hole or they might have established an olympic record.

Early Jan. saw the Demons involved in the first EDP exercise of the year. This practice came in good time as we prepare for the Tac Eval that inevitably

Nighthawks Nest

Exercises have occupied the Nighthawks for the past couple of weeks. A Cudgel Caper was planned to give some practice for all the picky little things normally tested by Tac Eval teams, and ended up giving lots of practice flying through snow and poor visibility. A Fancy Brave exercise last week gave the overworked crews a great deal of IFR practice, and it did this with but a minimal expenditure of jet fuel. Used a lot of anti-freeze, though.

Early in February, Beetle MacLeod and Bill Bland will head for Sardinia and the sea survival course. The Department of External Affairs has not as yet issued a statement saying how pleased it is to have two such brilliant ambassadors represent the country. Later in the month, Major Morrison and Len Dodd will embark upon the same course. The Department has not commented upon this, either, preferring instead to lapse into hysteria. Major Mo says that he is going along to look after Len, which brings to mind the old proverb about sending a wolf to look after a bunch of sheep.

Fred Williams is being sent to Winnipeg, where the temperatures will further petrify his already atrophied mind. He will be taking the Advanced Radio Nav Course, and his absence from the squadron will perhaps enable the rest of us to get some flying time. Upon his return he will tell us all about the obliquity of the ecliptic, and how to take a three-star fix from a Voodoo.

Brodie Templeton returned from the weapons course a couple of weeks ago, and because he is now so skilled and brilliant he is allowed to hold alert. He is also allowed to play defence in front of Stonewall O'Sullivan, which gives Brodie a lot of laughs.

Hugh Fischer's transfer to the west coast has given him an opportunity to take up a new hobby: Furniture Buying. It's not something that he did very often before, but until the movers burned most of his furniture, he didn't have to, either.

comes when we least expect it. A few problems were found but these will be ironed out so that the Demons will score high in the coming exercises.

The Squadron officers party that was to be held on the 25th of Jan. has definitely been cancelled. As previously stated this is due to the numbers of personnel who will be away at this time. Tentatively the party has been pushed back to early April. This will probably be soon after "A" Flight returns from Moffat.

There has been little change in the status of the Demon personnel. Lt. Col. Middleton is back after a bout with the flu

Ernie Poole has caused a great deal of unease among the suspicious members of the navigators union. The shop steward was last seen drawing up a manifesto that, among other things, will forbid Ernie interrupting radar lectures, forbid him to cluck derisively when some back seat driver falls to see a super - if such a thing every happens - and generally prevent him from uttering disparaging remarks about any navigators anywhere.

Boom-Boom Little has been given a navigator of his very own, a development which makes Ron think that he should occasionally go flying. However, the nav, Lyn Wagar, has been taken over by Dale Northrup, while his nav, Don Marion, moulders in Staff School, and so Ron is left to rot in CAC, Maybe next year...

Ed the Nomad Goski should be living in his new house by the time this sees print. For a while there, it looked as though he would be long gone on pilot training before the house was completed, but a sudden burst of enthusiasm on the part of the contractor sent the project over the top just before Ed's blood pressure went over the top.

Gord Saunders and Laurie Bastie launched to Beyondville last weekend, which probably accounts for the militant hard line now emanating from Quebec. No finer selection of roving good-will ambassadors could be imagined, with the exception perhaps of the sterling group that will go to the study sessions at Cold Lake on the 31st.

Big Daddy Liddiard is back at work again, looking somewhat haggard from the ritual of 2 a.m. feedings. His daughter apparently is walking now, and to-wers over Gary already.

Speculation of the Week: Right after the French announced that they were selling the Maginot Line, the CDS showed up in Paris for negotiations. Could there be some connection? Will we replace the DEW line with the Maginot Line? Tune in next week for the next thrilling installment.

but once again duty calls and he will be back on the conference circuit. Hopefully he will be negotiating some good trips for the Demons to the land of the big BX and duty free booze store. Lt. Ed Hornby is on his way to 449 Sqn. to begin the Argus conversion and Maritime OTU course. We should see him back on the Squadron in four months or so. Congratulations to MWO "Gus" Baudais on his recent promotion. Pretty soon the Flight engineer section will be all chiefs with no Indians.

In closing for this issue we would like to present you with a greeting that the Demons have passed to HMCS Rainbow:

Splice the mainbrace. Grog all 'round
A pitch black rainbow has been found
No golden horde is in our pot
Ten tons of iron was all we got
We thank the dealers on the used sub market
Now four ought seven has a worthwhile target
So down the hatch with our best wishes
And join the company of the west coast fishes

TINY TOM TO COMOX



In a surprise move last week, the squadron entertainment and ground study committee announced that it had secured the services of Tiny Tom to operate the flight simulator. Tom will replace the Fred Williams comedy hour, which has been optioned to Winnipeg because of falling ratings.

The choice of Tiny Tom to operate the simulator is particularly apt, as Tom already possesses the chief attribute required for the job. (Hush, that man who said that you don't need any attributes other than a streak of sadism, to operate the box). Almost any day you can find Tiny Tom standing in front of the scheduling board, whimpering about a lack of flying time, which is all that Williams ever seemed to do.

In the picture, Tiny Tom is

seen wearing the beads that all navigators count during their trips with the rope pilots which infest the squadron. In his left hand he carries a glass of instant ukelele, and in his right hand he wields a hand control designed by his good friend Tiny Tim.

Tiny Tom has promised that there will be some changes made in the operation of the simulator. For instance, crews calling in for departure clearance will no longer be fed the cut-and-dried humbug about number one departures and all that, but rather, they will be cleared to, "Tip-toe through the snow drifts."

Bob Olsen, the other half of the simulator crew, could not be reached for comment, but it is understood that he is out taking singing lessons from Maria Callas.

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A PLAQUE... with the new Canadian Forces crests embossed in copper was presented to the Totem Inn recently by Mr. Taylor ex RCAF. Accepting the plaque on behalf of the club is the PMC Cpl. D. A. Palmeter.

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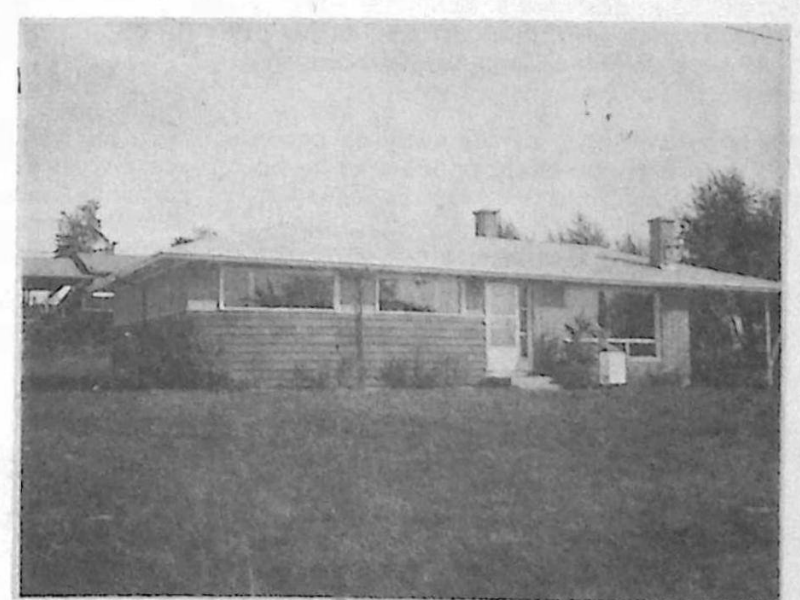


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TOTEM TIMES

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Sock it to us Pierre

Canada's nebulous foreign policy continues to prove disconcerting to all but the most uninterested Canadian Servicemen and Prime Minister Trudeau's realization of this must be a welcome relief if not a trifle frightening. Supposedly, the defense review now under way will provide our PM with all the answers necessary to formulate a new military and foreign policy within the means of our country. By that prerequisite alone, our upcoming role in international affairs must be quite obvious.

Should our government choose to retain or lessen our present defense budget, any military capability we now possess would quickly diminish (to say the least!). By today's standards, the majority of our equipment is obsolete or soon to become that way. To re-equip our Armed Forces with modern hardware would be so expensive that even personnel cutbacks wouldn't enable the procurement of this equipment. This appears especially true of the situation within our Air Force. The value of the CF104, 101, and Argus as front line aircraft, to a modern fighting force is questionable indeed and planning for continued use of these planes post 1975 is sheer folly. Because of this situation, it would appear that our version of the American high speed trainer, the CF5, is destined for a life of flying around Canada. The funds needed to purchase a tanker to make this "tactical fighter" mobile is simply not available!

If the Defense review recommends we become involved in some "global adventures" (Mr. Trudeau has shown he wants no part of this) what reaction will this bring from the Canadian people? The absolute necessity for re-equipping our Armed Forces before undertaking any international military escapade is quite evident, however, the extra millions would have to be lifted from the coffers of education, foreign aid, health, welfare, etc. This could prove to be a bit more than the Canadian taxpayer is willing to accept. A short while ago, Mr. Trudeau expressed an interest that this defense review reflect the feelings of all Canadians.

So what marvels of closed door planning will the Canadian Serviceman face in the near future? According to Mr. Trudeau, we are all grossly under-rated by the average Canadian. Was he doing us a favor by buttering up our future employers, or was he justifying the extra money that the taxpayers will soon be shelling out on our behalf? We should know soon enough!

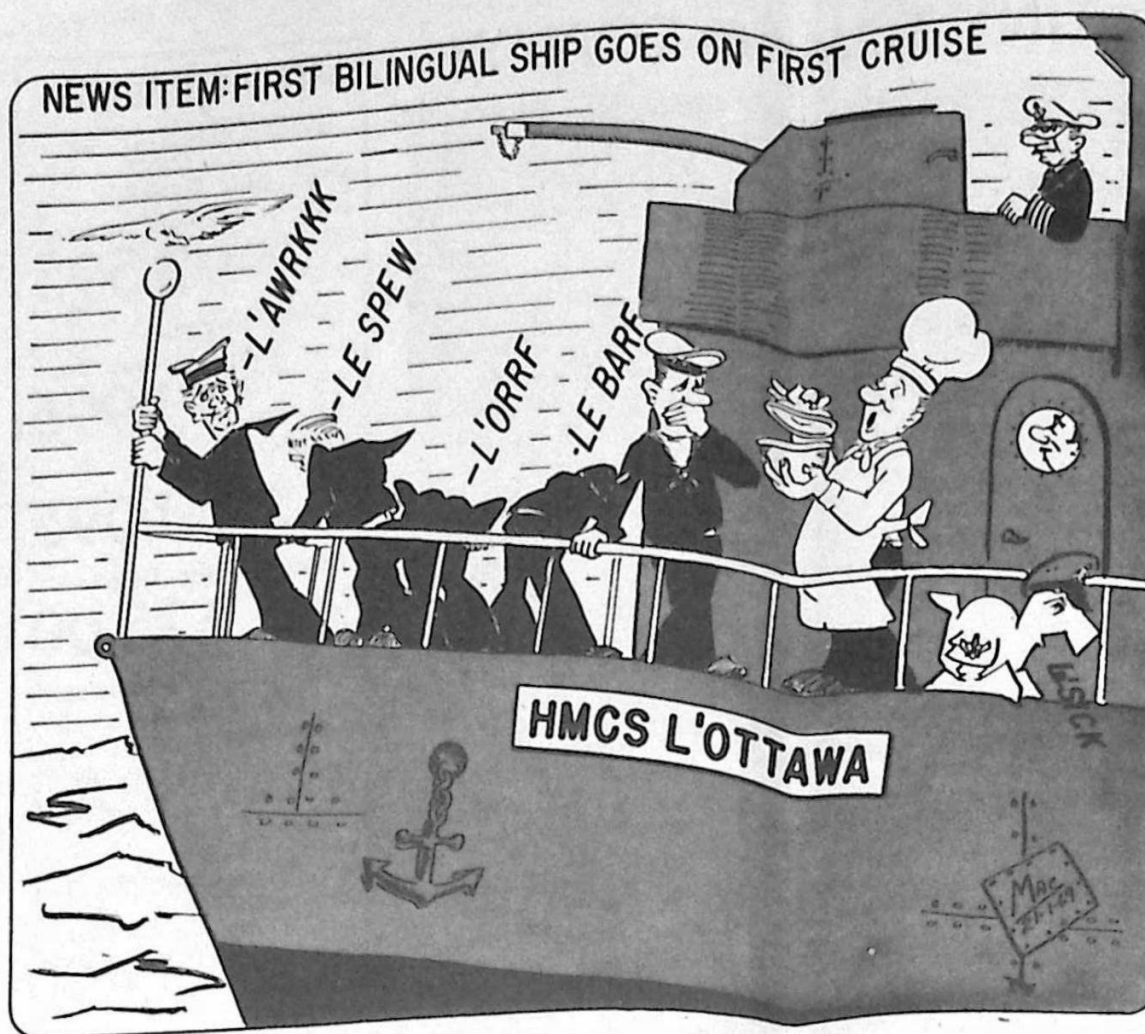
Could it happen to us?

The recent release of the crewmen of the Pueblo was bound to create headlines but now it seems that the best is yet to come. Although the U.S. Navy states that there is a full scale investigation under the control of five Admirals the ramifications of this investigation are going to be interesting. The Navy denies all implications that there could be a court martial while some politicians are stating the reverse.

The latest release reported that the Captain of the ship was unable to secure funds for important modifications. These included destruct devices and a better internal communication system. It appears that all they had to destroy their equipment was a fire axe and a sledge hammer. For documents, a slow burning incinerator.

In matters like this it usually pays to look at our service to see just what parallels are obvious. Although the prospect seems remote that any foreign power would try to possess any of our equipment the fact remains that one incident is all that would be required to find ourselves in a similar situation. Our destroyers would be hard put to defend themselves if they were boarded and as for our long range aircraft their defences are nil. The only possible solution appears to be one of aloofness.

This simply means to stay as far away as possible from any situation that even remotely appears to be hazardous or capable of developing into an incident. Perhaps this line is already starting to be followed in our new defense policy. We talk softly and we do not carry a big stick.



Hey Monsieur le Corporal, how do you say "Salt Pork" en Francais?

More Unification Ramifications

BY CPL LANCE STERLING

There are several advantages in Unification, some that were completely unexpected.

For one thing, once we all became one service, people from the ex-navy began working on ex-airforce bases and former army types began going on boats and a general mix of ex-branches of service is taking place.

It gives you quite a cosmopolitan air when you can sit in the coffee shop and translate what the other ex-service types are talking about.

There are pitfalls, however. Watch out for the old Army. They tend to impress people without even trying.

Take the Army type, newly assigned here, that was made an augmentee security policeman.

Since his entire Army service had been in administration, including his one year in Korea, he decided he had better find out something about the Sten gun he might have to carry.

He arranged to go through the local security police familiarization course.

His progress was normal. The Air Force instructors instructed and he paid attention. Nobody really noticed his "old Army" habits.

Then came the grenade launching. This was really just an added attraction to keep the students interested. The instructor shot a grenade from the launcher attached to his rifle. It hit near the base of the man's silhouette placed some forty or fifty yards away.

Stepping back with a satisfied air, he asked if any of the students would like a try.

Practice rounds were hitting the ground all around the silhouette until it was our turn. His first grenade rattled the silhouette in the pit of the stomach.

The instructor did a double take and muttered, "Just a fluke. Here, try it again."

The second grenade hit the smudge left by the first.

The instructors looked at him speculatively. The other students looked at him in wonderment. He looked embarrassed.

During lunch the Air Force students asked for his opinion on various weapons and combat conditions. He became even more embarrassed, although it appeared his reluctance was just humility.

What the students never knew, and our troop won't tell, is that

his reticence is not humility. It was just that during his Korean tour, his sergeant advised him to get a grenade launcher instead of a rifle. "Soldiers clean rifles, ordinance cleans grenade launchers," was the wisdom imparted.

Based on that bit of advice, the Army gained a deadweight with a grenade launcher. And a lot of blue suit people were inadvertently impressed a few years later.

Another case of impressing without really trying happened just the other morning. During the coffee break, the folks from one shop, including one who had spent all his previous time in the Army, began discussing the merits of various airplanes.

The discussion came to an abrupt halt when two crew chiefs sitting behind them spilled coffee all over. Their eruption came when the old Army sergeant announced, "I've been up in a Caribou twelve times and have only managed to land in the darn thing twice."

While the coffee was being cleaned up, he calmed the crew chiefs down by explaining he was a paratrooper.

But they were impressed. And he didn't even try.

Showing your mettle in bush

QUEBEC CITY (CFP)—You've been out in the bush for four days. All you've had to eat is a couple of cans of spaghetti or beans. You also shared a rabbit and a chicken with a companion.

Meanwhile you have walked some 80 miles, the last half of it in knee-deep snow, your feet are blistered and the snow storm is blinding.

By now you have every reason in the world to feel miserable and to let anyone know about it. And more so if you are a smoker and haven't had a weed in four days.

If however you're able to keep your troubles to yourself, have compassion for the next guy, can take your chief's orders and issue some of your own without being too snarly about it...you may have what it takes. This may sound a little far fetched, but if you have failed this far, as in the well-known game, don't pass go, do not collect \$90.

YOU'RE HOOKED

If through self-discipline, initiative and knowledge of your job, you have shown potential for becoming a leader of men, next week a general will give you a certificate that says you are qualified to become a corporal. Chances are, before long, you

unit will pin double hooks on your sleeves and the paymaster will add up to \$94 a month to your pay account.

There were 125 of them when they started the ordeal in base Valcartier's new training area. Four days later they were down to 83. The other 42 had to be evacuated out to base, mostly for medical reasons.

NEVER SAY DIE

None of them had given up voluntarily. A good number of the 42 had completed enough of the scheme to permit an accurate assessment and still qualify as junior non-commissioned officers in the infantry, medical, engineering, signals and service corps of the Canadian Armed Forces.

Exercise Pleine Bedaine, (Full Belly - a misnomer if there ever was one) the climax of the junior NCO course being run by Valcartier's 5e Groupement de combat was held Dec. 2 to 6, and it was no picnic.

After four weeks in a classroom learning the principles of leadership, the candidates moved out to the field to practice them.

Says Capt. G. Zuliani, the chief

instructor: "There is no better way to test the soldier's ability as a leader than to face him with trying situations that he most likely will encounter as a section leader. Low morale, minor rebellions through lack of food and a temporary loss of trail, blistered feet and all...it adds to the realism of the course."

Platoon 3 (there were five) had a challenging task. They had walked the 20 miles to rescue some hypothetical downed airmen and brought them back to the safety of their bivouac area. The men were happy that Thursday night. Next day they trekked down 12 miles to a hot shower at base Valcartier, proud of their achievements.

They fought back hunger, loneliness, pain and anger and proved they are potential leaders of men.

"Give us the weekend to rest a bit," said one young soldier through a wide smile despite a foot that was all blister, "and we'll start again next week."

According to Capt. Zuliani, the exercise was a huge success. Even the snowstorm of the last few days added realism to Pleine Bedaine.

Letter to the Editor

Dear Editor:

I know this is a bad time of the year to cuss slow drivers, but I just can't contain myself any longer. I'm fed up! I'm annoyed! I'm frustrated and angry! In fact I'm absolutely incensed! I'm sick to my stomach with the people who have been trying my patience on Anderson and Ryan Roads for the last four or five years. I'm talking about the drivers, or whatever you care to call them, that never go over 40 mph, often cruise along around 30, and sometimes even slower on the 50 mph stretch of the road to work.

You rats! I don't know who you are, but it is to you that I address my plea. Please, please, please, if you leading myself and 40 others to the Base would you try just once to get up near 50. Believe me, it's an exhilarating experience to crack 40. If you just can't make yourself do it, pull over to the side of the road and mull it over. In the meantime I'll pass you, then edge up

to near 50 and be on time for a change.
What is your problem anyway? Are you nervous? Is it your eyes? Or are you just a plain numb-nut. Maybe you leave your nagging wife early and doddle along to enjoy the scenery. Or maybe you're just "one of those". A motherly old soul that sits so straight, belt tight, square so dead centre, who says to himself, "nuts to them! This is plenty fast enough, so there!"
The next time you're controlling traffic so masterfully, take a split second to glance at your rear-view mirror (centre top of your windshield). If you see someone shaking his fist at you you'll know it's me. The signal means "Get Going!"

CMA

Totem Times
Photos Available

Hansard Highlights

Wednesday, January 15, 1969

Pages 4307 and 4308.

COMPOSITION OF FORCES PRIOR TO AND AFTER UNIFICATION

Question No. 993 - Mr. Robinson:

1. What was the number of (a) Officers (b) Non-Commissioned Officers (c) men in each of the services (i) Navy (ii) Army (iii) Air Force immediately prior to unification of the Forces?

2. What is the number of (a) Officers (b) Non-Commissioned Officers (c) men in each of the services (i) Navy (ii) Army (iii) Air Force at the present time?

3. Since unification, how many (a) Officers (b) Non-Commissioned Officers (c) men have left each of these services (i) Navy (ii) Army (iii) Air Force?

Mr. D. W. Groos (Parliamentary Secretary to Minister of National Defence): 1. As of 31 January 1968:

	Officers & Cadets	Sgt. & Above
Navy	3,103	4,977
Army	6,070	9,074
Air Force	9,049	7,225

	Pte. 4 & Below
Navy	4,348
Army	12,255
Air Force	19,594

2. As of 31 October, 1968:

	Officers & Cadets	Sgt. & Above
Navy	3,026	4,816
Army	5,911	8,855
Air Force	8,863	7,171

	Pte. 4 & Below
Navy	4,464
Army	13,477
Air Force	20,289

3. The number of releases for all reasons from 1 February, 1968 to 31 October, 1968, is as follows:

	Officers & Cadets	Sgt. & Above
Navy	314	188
Army	554	529
Air Force	694	406

	Pte. 4 & Below
Navy	298
Army	553
Air Force	702

CANADIAN ARMED FORCES—WEARING OF NEW UNIFORM

Question No. 994 - Mr. Robinson:

1. It is the intention of the Canadian Government and in its program of unification of the Canadian Forces to implement the further program with regard to the wearing of the new uniform for (a) Officers (b) Non-Commissioned Officers (c) men?

2. When will all (a) Officers (b) Non-Commissioned Officers (c) men, be provided with the new uniform?

3. By what date will it be compulsory for all ranks to wear the new uniform?

4. What is the cost to the Canadian Government to provide the new uniforms to (a) Officers

(b) Non-Commissioned Officers (c) men?

Mr. W. D. Groos (Parliamentary Secretary to Minister of National Defence): 1. (a), (b) and (c) Yes.

2. (a), (b) and (c) By early 1972.

3. When Bases or Stations to which the individuals belong are completely equipped.

4. (a), (b) and (c) Treasury Board has approved procurement of the new uniform at a maximum cost of \$25 million based on outfitting 100,000 regular force personnel. However, during the re-equipping period, expenditures on the old style uniforms will be sharply reduced and partially offset the cost of the new ones by some \$14 million.

NATIONAL DEFENCE PRESS RELEASES

Question No. 997 - Mr. Howard (Skeena):

1. Does the Department of National Defence issue documents which are of the nature of press releases, press communiques, news releases or the like and, if so, how many such documents have been issued since July 1, 1968?

2. What has been the cost of (a) printing headings or cover sheets (b) typing the stencils (c) mimeographing or other form of duplicating (d) collating and stapling (e) addressing and mailing the said documents?

3. With respect to the paper used for the said documents, what is (a) its quality (b) the quantity used and the cost thereof?

4. What is the estimate of the number of manhours consumed in the preparation, production and distribution of such documents?

Mr. D. W. Groos (Parliamentary Secretary to Minister of National Defence): 1. Yes; 738. 2. (a) approximately \$6.50; (b) \$62.00; (c), (d) and (e) approximately \$1,500.

3. (a) mimeograph 9M 18 lbs; bond no. 7, 16 lbs; photostat

Therefore, the monthly average would be: Servicemen, \$2,753,985; Government, \$4,867,086.

4. The question of increasing the pensions paid to former members of the Canadian Forces continues to receive active consideration.

Roaring game comes to Lahr

LAHR, West German (CFP)—What's the best way to keep up the morale of Canadian armed forces personnel serving NATO in Europe?

Open a curling rink. And that's what they did in this black forest town in southern Germany, at the headquarters of Canada's jet-flying 1 Air Division.

After several months of construction and \$65,000 of non-union funds, the Rhine valley curling club opened Jan. 6. Lt. Col. J. F. Dunlop, acting commanding officer of 1 wing, threw the symbolic first stone.

Since then, 676 enthusiastic members have been keeping the five sheets of ice, lounge and bar active almost round the clock. First president of the newest

3M; (b) approximately 100,000 sheets - \$230.00.

4. 1600 hours (estimated).

Wednesday, January 15, 1969

Page 4312.

FORCES PENSION FUND

Question No. 1,035 - Mr. Dur-

ante:

1. What is the present worth of the Armed Forces pension fund?

2. What was the total amount in the Armed Forces pension fund at the end of each fiscal year since 1950?

3. What is the present monthly contribution to the Armed Forces pension fund by servicemen, by the government?

4. Is it the intention of this government to raise the service pension in the very near future and, if not, will such consideration be given soon?

Mr. D. W. Groos (Parliamentary Secretary to Minister of National Defence): 1. As of March 31, 1968 - \$2,723,268.313.

2. As of March 31, 1951, \$66,546,493; 1952, \$111,046,070; 1953, \$160,235,344; 1954, \$217,157,455; 1955, \$277,638,893; 1956, \$346,373,948; 1957, \$426,305,539; 1958, \$513,868,559; 1959, \$942,314,839; 1960, \$1,053,010,906; 1961, \$1,155,332,721; 1962, \$1,279,329,154; 1963, \$1,605,796,692; 1964, \$1,821,524,902; 1965, \$2,028,122,460; 1966, \$2,184,209,822; 1967, \$2,577,016,944; 1968, \$2,723,268.313.

3. Contributions for the fiscal year ending March 31, 1968 amounted to: Servicemen, \$33,047,819; Government, \$58,405,031.

Therefore, the monthly average would be: Servicemen, \$2,753,985; Government, \$4,867,086.

4. The question of increasing the pensions paid to former members of the Canadian Forces continues to receive active consideration.

Roaring game comes to Lahr

LAHR, West German (CFP)—What's the best way to keep up the morale of Canadian armed forces personnel serving NATO in Europe?

Open a curling rink. And that's what they did in this black forest town in southern Germany, at the headquarters of Canada's jet-flying 1 Air Division.

After several months of construction and \$65,000 of non-union funds, the Rhine valley curling club opened Jan. 6. Lt. Col. J. F. Dunlop, acting commanding officer of 1 wing, threw the symbolic first stone.

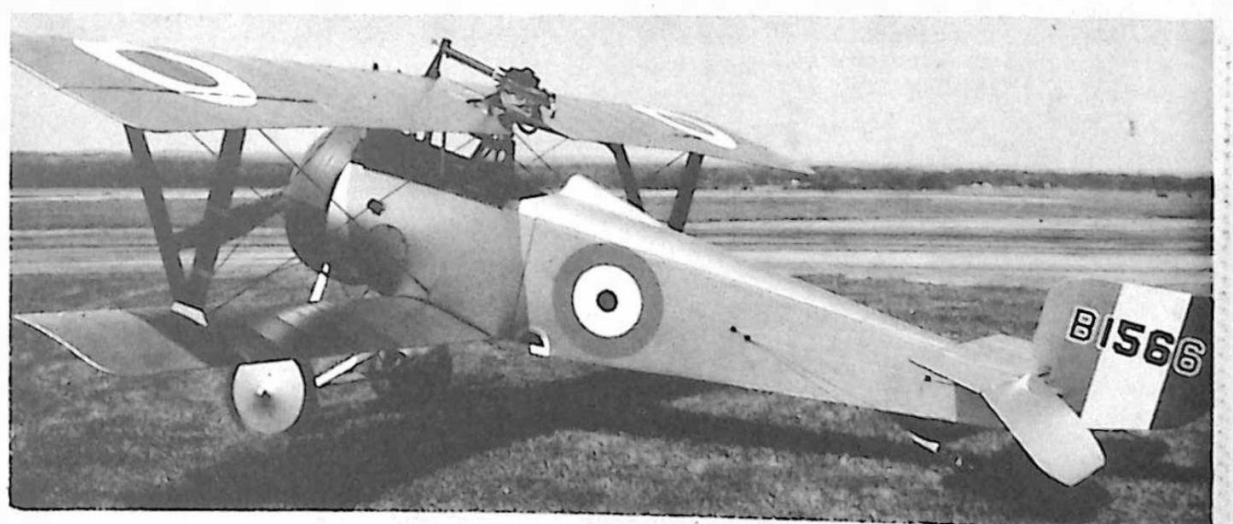
Since then, 676 enthusiastic members have been keeping the five sheets of ice, lounge and bar active almost round the clock. First president of the newest

Canadian forces club is Captain Garry King, CF-104 Super Starfighter pilot with 441 reconnaissance squadron. He's from Humboldt, Sask., ex-president of the Royal Military College curling club in Kingston, Ont., and proud wearer of the colours of the Humber highland club of Weston, Ont.

Invitations are out to 84 clubs for the Rhine Valley club's first annual bonspiel slated for Feb. 12-16. However, the bonspiel might have to be renamed "Swiss Invitational" because 67 of the invitations have been sent to Switzerland, just an even hour's drive south of Lahr.

The Germany-based Canadians hope to develop theirs into a truly international club. They are on the right track.

IT WASN'T TOO LONG AGO



NIEUPORT 17 SCOUT — This biplane entered French squadron service in the summer of 1915 and shortly thereafter was incorporated in the Royal Flying Corps and good rate of climb. Capt. W. A. Bishop, VC, was a Nieuport fighter pilot. (CFP)

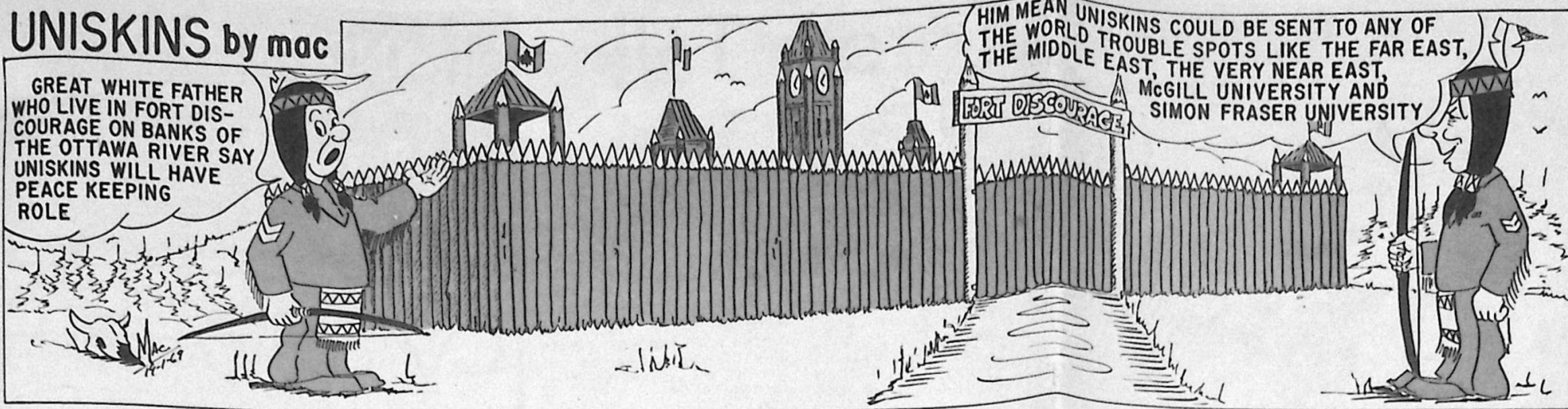


SUPERMARINE STRANRAER — A familiar sight, and sound, to Canadians on either coast early in the second world war was the Supermarine Stranraer whose peculiar whistling progress overhead on patrols was somehow reassuring to all who served until 1943 when it was replaced by bigger amphibious Canos. The Stranraer was crewed by six or seven and was armed with three .303 machine guns and a 1,000-pound bomb load. Its top speed was 165 mph and its service ceiling 18,500 feet. (CFP)

THE NEXT STEP IN UNIFICATION?

UNISKINS by mac

GREAT WHITE FATHER WHO LIVE IN FORT DIS-COURAGE ON BANKS OF THE OTTAWA RIVER SAY UNISKINS WILL HAVE PEACE KEEPING ROLE

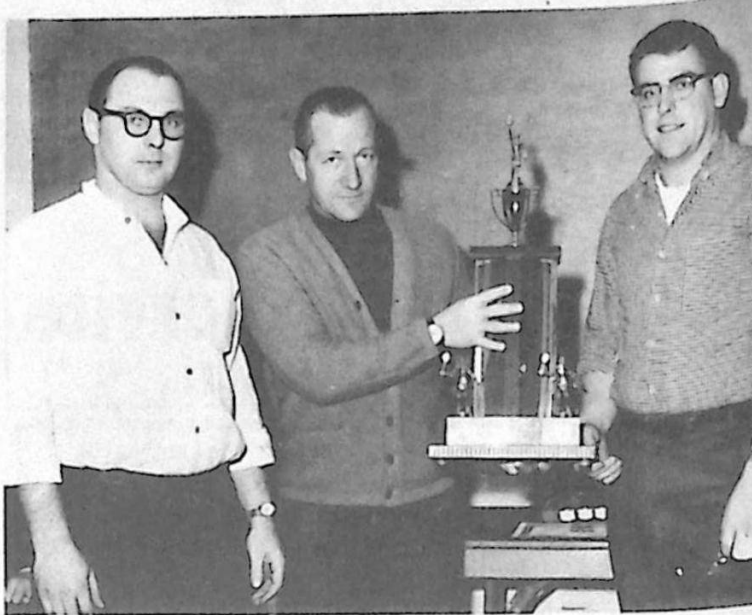


Comox sweeps zone one badminton finals



IN THE LEFT ... of this picture we have Col. K. C. Lett being presented with the Garry McRae trophy, symbolic of tooth brush supremacy at CFB Comox. Garry is displaying his shiny incisors because he has just captured the Zone one men's championship for singles badminton while Capt. Dick Griffith (right), an itinerant free lance bird smasher who sometimes doubles as Garry's partner looks dejectedly on.

— CFB photo



GOING BY THE THEORY ... that 2 heads are better than 1, Cpl's Fred Scaife (far left) and Tom Barnes (far right) managed to become the open doubles champions. The base commander is being encouraged by the rest of the base to convince these two chaps to continue practicing hard even if it means delaying the fitness tests! After all a wet bird never flies at night!

— CFB photo

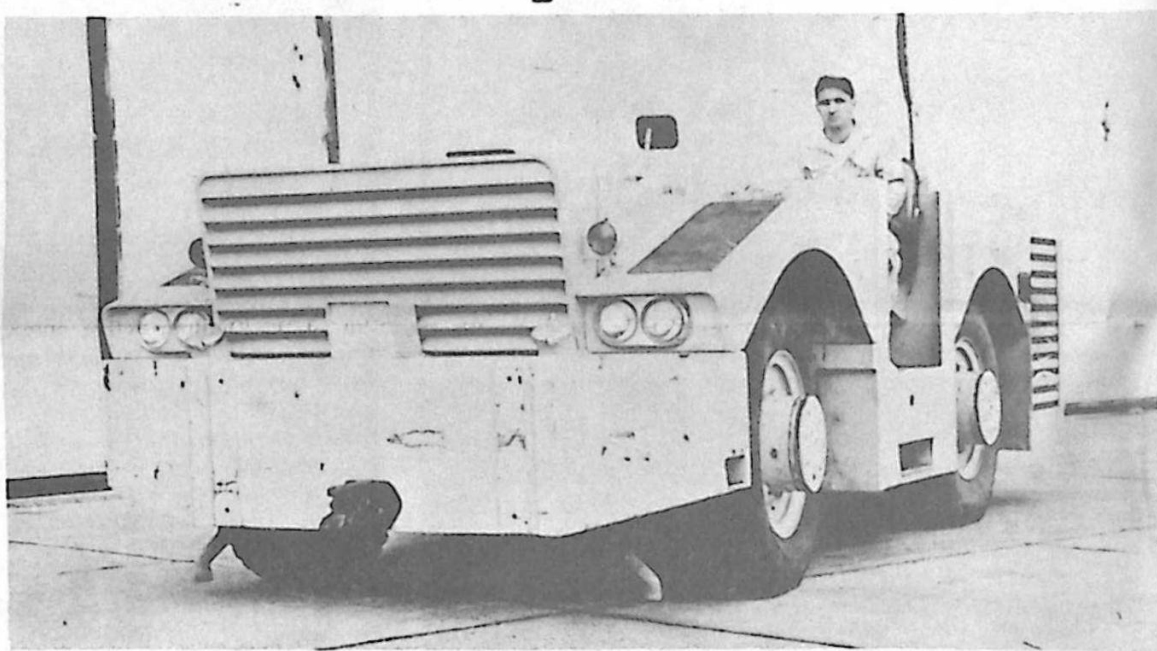


ACCEPTING THE BASE COMMANDER'S medal for skiving the most time off work we see Major Russ Hammond, who set an all time CFB Comox record for tardiness in the name of duty. Major Hammond managed to get so much time off work that he became good enough to win the Veteran's singles championship in the recent Zone one playoffs. On the extreme left we find Lt. Rowly from Esquimalt resting up from sharing a victory in the doubles contest.

— CFB photo

Go power for 407 squadron

CPL. EV HALE, ... an Air-frame technician with 407 servicing takes a ride on the sections latest addition to it's towing fleet. The D14, "Paymover" convertible is about 19 feet long, weighs 30,000 lbs. and is powered with 190 horses hidden under its massive hood. It has four wheel drive, six speeds forward and one reverse, and roars along at 20 miles per hour flat out. It has a unique steering system, it can turn in the normal manner, or turn both front and rear wheels or crab both front and rear wheels in the same direction and move along at 45 degrees to the direction the machine is pointing. — Totem Times photo



EVENTS and WINNERS

Open Singles — Capt. Gary McRae (Comox).
Open Doubles — Cpl's Tom Barnes and Fred Scaife (Comox).
Doubles Consolation — Cpl. Alex Gillis and Sgt. Ian MacLean (Comox).
Singles Consolation — Cpl. Tiley (Holberg).
Veteran's Singles — Major Russ Hammond (Comox).
Veteran's Doubles — Lt. McKechnie and Lt. Rowley (Esquimalt).
The following personnel will represent the Zone in the up-coming National Tournament.
Capt. McRae, Comox; Capt. Griffith, Comox; Cpl. Barnes, Comox; Cpl. Scaife, Comox; Major Hammond Comox; Lt. McKechnie, Esquimalt; L/Wren Warren, Esquimalt; L/Wren McGill, Esquimalt.

Sea Power Plug

WASHINGTON (CFP) — Ninety-seven per cent of all ammunition, food supplies and the guns of war are moved by sea to Vietnam over a 10,000-mile

route, according to Admiral Thomas H. Moorer, U.S. chief of naval operations. He said his navy was responsible for ensuring the sealift provides approximately a ton of supplies per man per month for more than 500,000 U.S. and allied troops there.

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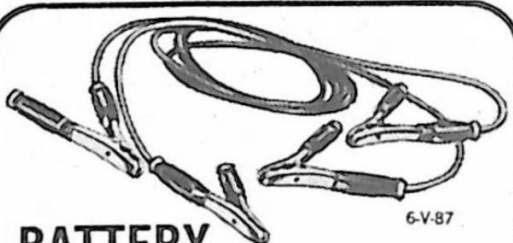
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CFB Comox Judo Club

Judo is one of the fastest growing sports in Canada as well as in the world; however, there are still misconceptions and ill-founded fears preventing many people from joining the followers of a very pleasurable and rewarding sport. Since CFB Comox has an active club with an enthusiastic group of followers, we felt that clearing up some of these false ideas might lure a few more people into a healthy and enjoyable pastime.

Many ask, "What is judo?" A short history is in order. Judo is an outgrowth of the Japanese martial arts and particularly that of jujitsu. Martial arts in Japan can be traced back to some 500 years before Christ, however the nineteenth and twentieth centuries are what concern us. In the early sixteenth century in Japan there were very rigid class distinctions and only warriors were allowed to carry arms. To overcome their lack of defense, the commoners developed the art of jujitsu, a method whereby a man could defend or attack an armed or unarmed opponent. With the advent of modern warfare the need for hand fighting diminished until jujitsu practically came to a standstill. About 1870 a small man, Jigoro Kano, became attracted to jujitsu and began to study its techniques. Perceiving that there was a basis here for a sport and indeed (in the broader sense) a way of life, he shifted his studies towards taking all of the dangerous elements away from jujitsu so people could practice it without injury. Consequently the first DOJO (hall for exercising judo) was opened in 1882 as the Kodokan Judo Institute in Tokyo. Since then the sport has grown to such an extent that there have been over 600,000 black belts registered to date.

Since 1956 there have been four world championships and Canadians have figured very respectfully in all of them. Probably the most well known is Doug Rodgers of Vancouver who finished second in the 1964 championships. Incidentally, Rodgers is 6'4", 240 lbs so judo is not necessarily better suited to the diminutive man. (In fact, each student will find techniques particularly suited to his build and disposition.)

Judo means literally "the gentle way". For instance should an opponent having 10 units of strength push one having 7 units of strength the weaker man will ordinarily be thrown down. However, if the weaker man gave way by the amount he was pushed and still retained his balance, he could be in a favourable position. The balance of the stronger man has now been broken by his own forward motion while the smaller man has kept his own. The stronger man now has less effective strength—say five units—due to his lack of balance. At this precise in-

stant the weaker man has all the advantage for he has two extra units of strength. Essentially then this is judo. Judo students learn to move with the force while still maintaining balance and waiting for the correct time to move swiftly, efficiently and with coordinated movements.

The underlying principle of judo is to make maximum efficient use of the mind and body. Judo club members strive to obtain mutual welfare and benefit, both physical and mental, in applying this principle. For instance, you may have seen judo students bow to each other before and after a contest. The reason is to indicate mutual respect and the desire for mutual welfare and benefit. The more advanced a student becomes the more seriously he takes this and other courtesies as he begins to grasp the true aim of the sport.

The judo student studies the techniques of throwing, holding, strangling, and armlocks. Initially a student spends considerable time on conditioning and learning how to fall without injury. In judo, injuries are infrequent and generally result from poor technique or lack of physical fitness. All clubs strive to minimize these conditions of course. Students also study Kiai—the use of the mind to control the body.

Occasionally there are judo contests. In the contests the winner is the one who first gains one point. This is based on a clean throw, an effective immobilization for 30 seconds, or a submission by your opponent. There is also grading in judo. Grading is based on examinations, conduct, knowledge, and proficiency in the sport. There are seven grades (or coloured belts) in judo ranging from white for beginners to black for experts.

Why might judo appeal to you? We of the club know some of the reasons. Judo is fun and it's very good for your health. Also, age or physical stature play little difference in this sport—very few other sports can claim this. Only two things limit the student—intelligence, and desire to do well. If you wish to develop some aspects of your body and physique to become more independent from, rather than dependent on, your environment—then judo is for you. Most of us are well adjusted to "get by" in our environment without really "straining ourselves." But what happens when an unusual situation occurs and the environment suddenly becomes hostile? The majority of people's bodies and minds give up because they have become too used to "cruising" at a low level of efficiency. An example is in order. Gravity is a part of our environment. Most of us develop our bodies to the stage where we can walk vertically at an early age. This is a type



UP IN THE AIR — Then down to the mat goes judo instructor Cpl. Dick Kensett, as he is thrown by 8 year old Randy Ravenda. Randy is performing a O-Soto-Gari or major outer reaping. — Totem Times photo

of independence from environmental factors which separates us from many other lower animals. However what happens when a crisis arises—say when we slip? Suddenly the question of why we stopped developing the use of our feet at age two comes forcefully upon us. We have lost our relative independence from gravity and are liable to injury. Several of us have experienced similar crisis and been thankful that judo has taught us how to use our feet and our bodies more efficiently to avoid serious injury. If you are interested in a more efficient use of your body then the study of judo is available. Few sports concentrate as seriously upon this aspect of living. The underlying principles are always maximum efficient use of mind and body coupled with mutual welfare and benefit.

Now you know what judo is and why it's beneficial. Where do we practise?

Our DOJO is located in the old central warehouse building—come in the main gate, turn right and the building is the first on your right. At Comox we are fortunate to have a very large and well-equipped DOJO. Come in some Tuesday or Thursday evening between 2000 and 2230 if you wish to see us practise. We are always glad to have visitors and will take time out to explain our practices or answer questions. Junior students (6, 15 years or younger) practise at 1630 on the same days. We also have an informal practise on Sunday afternoons at 1400. There are presently about 15 senior members and 40 juniors. We would be very pleased to have more. Some people don't start until quite late in life and invariably find it so enjoyable they wish they'd begun earlier.

If you have any inquiries, call Cpl. Dick Kensett at local 338 or 338-8845. He is the instructor.

CF Curling Finals

Top curling rinks from Nova Scotia's station Barrington to base Comox, B.C., and from Europe gather here Jan. 22-25 to decide the first forces-wide curling champions.

The four-day round-robin affair gets under way at the four-sheet Lancaster Park curling club rink at 1 p.m., Jan. 22. After brief opening ceremonies, eight of the nine zone winners will square off in the first draw. Lt. E. H. C. Morris' zone seven Chatham, N.B., foursome goes against the zone two base Edmonton entry skipped by Cadet Otto Keapps. Comox corporals from zone one—W. J. Ballance, G. Palmason, D. Wilson and H. Hieras—take on the zone three champs from base Winnipeg led by Sgt. A. M. Anderson.

A pair of forces stations will square off. Cpl. J. Jensen's zone four champs from Gloucester, near Ottawa meet the zone eight Maritime foursome from

Barrington, N.S., skipped by Cpl. C. L. Bulmer. The zone fivers from base Trenton, Ont., led by Lt. W. W. Anderson take on the airmen from 1 wing, Lahr, Germany, skipped by Cpl. G. Booth. The base St. Hubert rink got a bye in the first draw.

Three draws follow Jan. 23 with two each on Jan. 24 and 25. Tie breakers, if necessary, will be played on the afternoons of Jan. 25 and 26.

The 'spiel will follow the rules of the dominion curling association except that all games will be 10-enders as opposed to the regulation 12-end game.

Forces recreation experts say the reason for this is because of the stiff schedule. Unlike the knockout game where fewer games are played, the round-robin bonspiel calls for each team to meet the other once.

So, nine rinks mean that each team plays eight games in four days, and more if there are tie-breakers.

Totem Talk

By Slapshot Chabot

Although the Totems lost their last game, for the most part they played good hockey. They have been taking turns with the players, all taking turns with the flu, and two men out with injuries. Pat Keefe will be out for the rest of the season with a broken left arm, suffered during the Zone 1 playoffs. Butch Bujold, who has been out for the last two months, played last Friday for the first time. Both Pat and Butch were right up with the

leading scorers when injured and both would have stood a good chance in that department.

In last Friday's game, the Totems hosted Port Alberni. It was a bad night for the Totems, losing to the Luckies 8-2. The first period saw some good hockey, however, the Totems seemed to be unable to maintain their momentum. Shots on goal were 38 for Alberni to 29 for the Totems.

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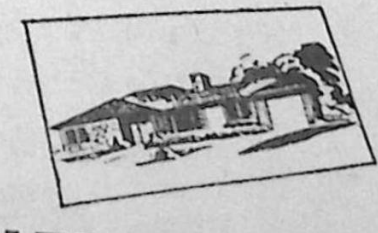
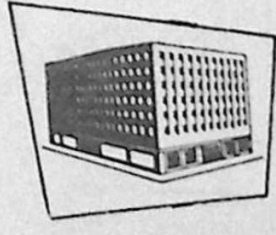
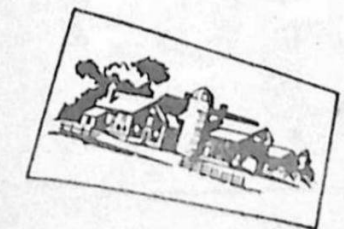
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Ski with Scott

BY LIL' JOHN

Upon reading some descriptive articles during the last week, I came across a couple of paragraphs that will further what I discussed in the last issue of the Times in regards to bindings.

The object of the heel and toe unit should be one that is capable of absorbing shocks encountered while skiing-without inadvertent release. To test for this property, move the boot toe laterally against the spring action of the toe unit. The boot toe should be able to move at least three eighths of an inch to either side of center - and return to center when released. The force required to move the toe off center should not be so light as to permit side movement during ordinary skiing, nor should it be drastically affected by flexing the ski or by partial release of the boot at the heel. Complete release should take place beyond this 3/8" point with the pressure applied to effect this release dependant upon the weight and the ability of the skier and being equal to the left and right.

The heel unit should allow the boot to raise at least 1/4" against the vertical spring action, returning to the ski when the load is released. Again, complete release should take place if the pressure continues beyond this release point - the pressure required to effect release never being greater than that which the skier can exert himself while pulling forward and upward from a standing position. If your bindings can perform in this manner, chances are that the heel and toe are properly mated.

One other point that many skiers overlook and that is the proper condition of their boots. Undoubtedly, those who have just taken up the sport will have new boots, but remember those of you that have older boots in poorer condition, if you are having problems with your release bindings take a good look at the condition of your boots.

The growing popularity of devices that check the release characteristics of bindings has led to interesting realizations which confirm earlier observations. If the ski boot or its sole become even slightly deformed the reliable functioning of a mechanically tested binding setting can be nullified in no time at all. Even the more modern injection moulded soles have the tendency to constantly change release factors by curling, twisting and simply deteriorating due to normal usage. They also react more violently to changing temperatures than do leather soles, which affects release factors adversely.

The pressure exerted on the front-release mechanism by the heel unit varies constantly in many cases. Therefore, the most carefully adjusted release setting is subject to variation. Since the synthetic material used in the manufacture of soles is subject to considerable expansion and contraction under temperature changes, and such changes occur almost constantly, then the pressure against the release mechanism varies. As a matter of fact, the increased friction between the tip of the sole and the toe piece due to increased pressure is greater with synthetic soles than leather ones. Water, snow and ice on the sole of a boot can make the proper functioning of a release binding questionable after a very short period of time, so insure that your boots are clean and free of packed snow before putting your skis on.

Even if a binding shows the same values on a testing device for right as well as left side release, this desirability in symmetry can be disturbed by a boot which is not centered properly. So, in summation, if you are mixing your bindings, take a good look as to the quality and desirability of their function and lastly, take proper care of your boots, because they can afford you many good years of skiing.



AND HERE WE HAVE . . . old Muddy proudly holding his 13 lb. fresh run doe steelhead caught in the Puntledge on Jan. 4. The fish tried to devour one of old Muddys No. 8 spin and glo lures but came up with the short end of the deal. Notice the bright silver color of this fresh run fish.

The Standings

"B" League Volleyball -

	W	L	Pts
M.S.E.	43	13	43
Accounts	19	37	19
Torpedo Shop	18	38	18
B.O.R.	28	28	28
C.E.	30	26	30
409 Maint.	47	9	47

"B" League Volleyball -

	W	L	Pts
M.S.E.	17	43	17
Tel Grd	32	28	32
Fire Hall	44	16	44
407 Arm't	15	45	15
442 Maint.	46	14	46
407 Tel Air	32	28	32
Supply	19	41	19

INTERSECTION HOCKEY

	W	L	T	Pts
409 Nighthawks	9	3	3	21
407 Demons	5	7	1	11
442 Haetliks	1	10	2	4
Admin Dragons	4	9	1	9
Court. Mustangs	11	1	1	23

BROOMBALL

	W	L	T	Pts
407 Aircrew	6	7	2	14
407 Untouchables	10	2	3	23
M.P.	7	6	0	14
407 I & E	4	6	4	12
Supply	4	7	3	11

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Fishing Notes

By MUDDY RIVERS

Steelhead fishing is now in full swing up and down the island. The Quallcum Rivers, Blg and Little, the Puntledge, Campbell and Quinsam are all producing lots of big sea run rainbows. Rumour has it that a 21 pound fish was taken from the Puntledge, but this has not been confirmed.

The New Years leave period fishing, though restricted by snow in the woods along the rivers, was very productive, and the Spin-N-Glo lure proved just as productive as a roe. So if you're a bait fisherman why not try lures for a change, you'll find it a more satisfying method of fishing, at least in my books. Constantly baiting and rebaiting a hook in 30 degree weather is not the most comfortable practice; and with lures you can wear gloves and still cast satisfactorily.

The first 1969 meeting of the Base Rod and Gun Club with newly elected (CNR) president Jack Parker in the chair, assisted by new secretary Bill Field, was held 15 Jan. '69 in the BGTO's lecture room. Among the subjects discussed were rentals of NPF cartop boats, the launching ramp tragedy and steelhead fishing methods and gear. A trophy for the best set of deer horns was presented to "Dinger" Bell, 409 Weapons Loading. His first B.C. deer was equipped with a nicely balanced set of horns which measured out the winner. It was decided to hold future meetings on the third Tuesday of the month to avoid conflict with hockey telecasts and Mess functions. The next Club meeting will be 18 Feb. '69, place - BGTO's lecture room in Rec Hall, time - 2000 hrs. All interested sportsmen are welcome - bring a friend!

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Officers' Mess Entertainment

February 1969

Saturday 1 Feb.	—Bingo—Cash Prizes
Friday 7 Feb.	—TGIF
Saturday 8 Feb.	—Wine and Cheese Party
Sunday 9 Feb.	—Candlelight Dinner
Friday 14 Feb.	—TGIF
Saturday 15 Feb.	—Valentines Dance
Friday 21 Feb.	—TGIF
Saturday 22 Feb.	—Open
Friday 28 Feb.	—Monster TGIF
Saturday 1 Mar.	—Dance, Coboc Fly-in

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0700 Mosquitos	Game B 2. Apaches	vs. 5. Ponies
0800 Mosquitos	Game C 3. Jays	vs. 6. Mohawks
0900 Peewees	Game A 1. Falcons	vs. 3. Algonquins
1000 Peewees	Game B 2. Mustangs	vs. 4. Iroquois
1100 Bantams	Game A 1. Broncos	vs. 3. Hawks
1200 Bantams	Game B 2. Sioux	vs. 4. Canucks
1300 Mosquito Game B winner vs. Game C winner		
1400 Peeewe Championship Game Game A winner vs. Game B winner		
1500 Bantam Championship Game Game A winner vs. Game B winner		
1600 Mosquito Championship Game Game A wnr. vs. wnr. of B vs. C		
1700 Big Four Game A 1. Eagles	vs. 3. Flyers	
1800 Big Four Game B 2. Rovers	vs. 4. Bombers	
1900 Mosquito Reps (Comanches vs. Port Alberni Reps.		
2030 Peeewe Reps (Cherokes vs. Esquimalt.		
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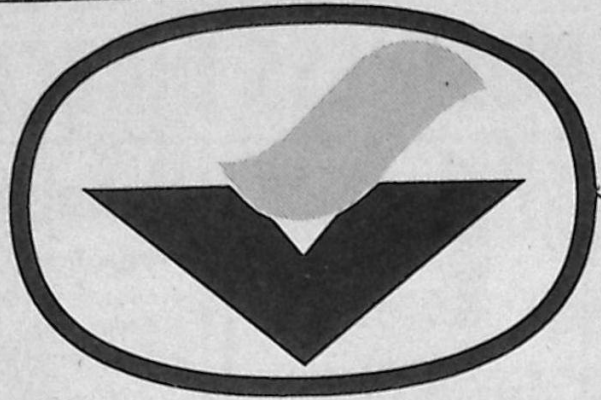
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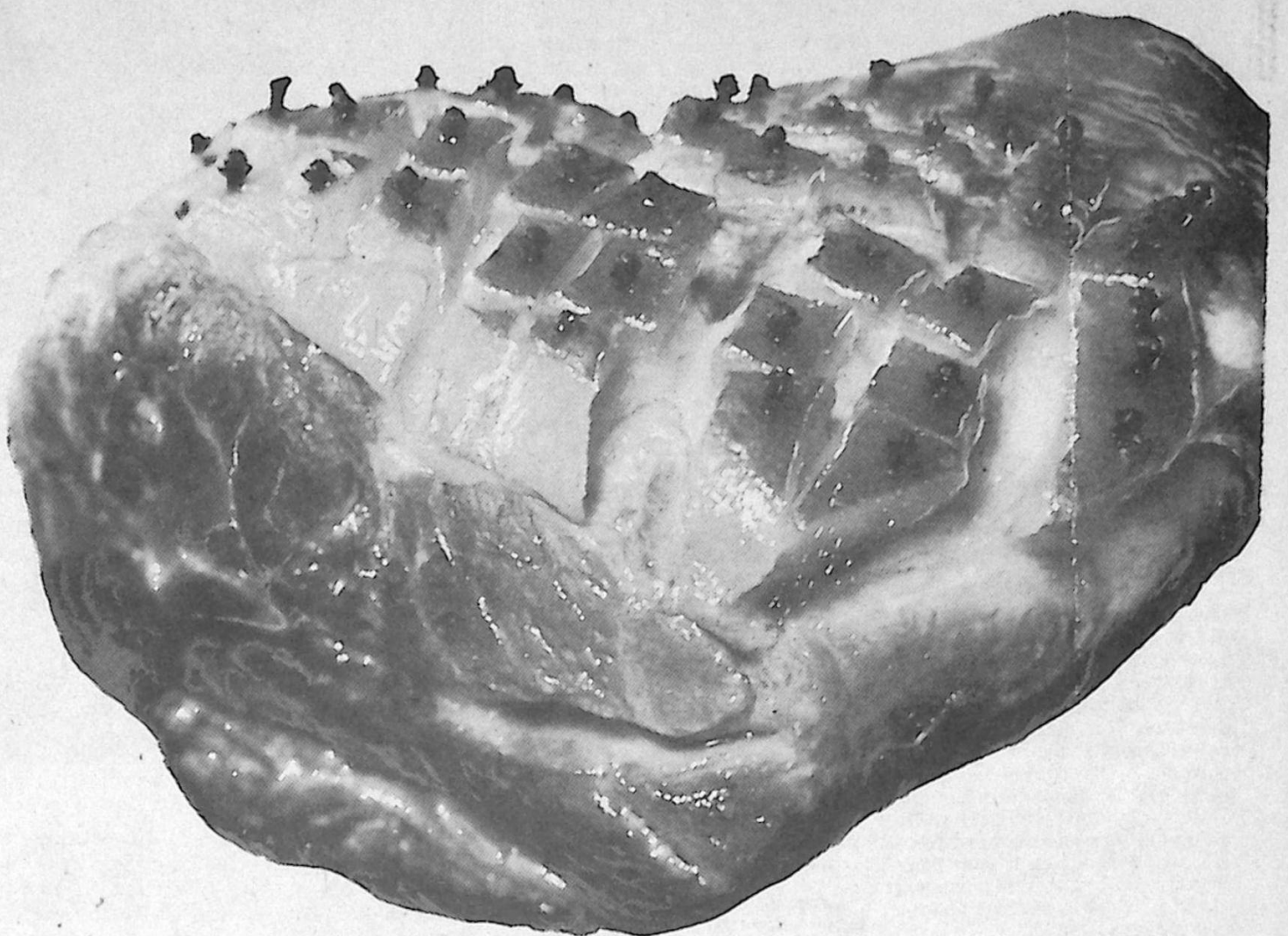
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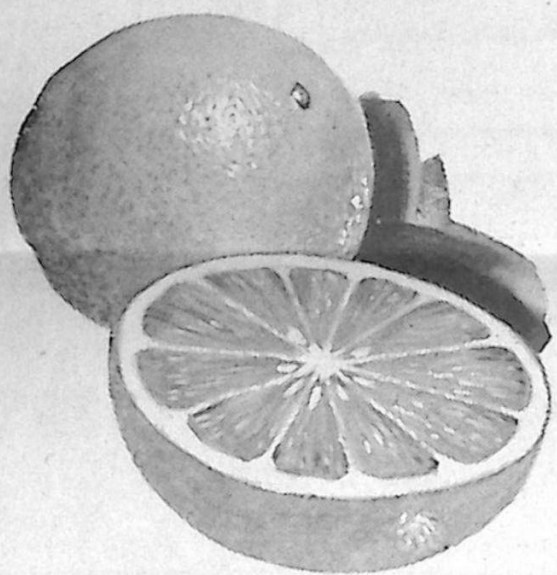
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