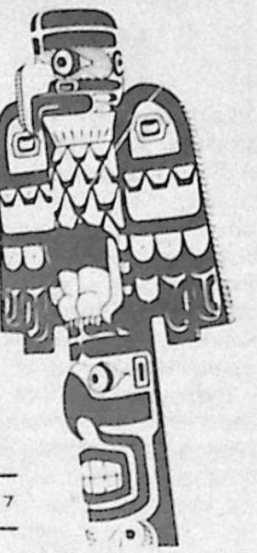


TOTEM TIMES



IS THE F4 FIT FOR THE FORCES OR IS THE F4 STILL 4F?

VOL. 14 — NO. 23

CFB COMOX TOTEM TIMES THURSDAY, NOV. 16, 1972

NATIONAL EDITION 17



SERVICEMEN FROM CFB COMOX paraded in Comox, Courtenay and Cumberland on Armistice Day. In Comox, Col. D. W. McNichol

places a wreath at the Cenotaph by the post office.

(McNair Photo)

Rockcliffe, Uplands now CFB Ottawa

OTTAWA — Two nearby armed forces bases, Rockcliffe and Uplands, have been amalgamated into one establishment under the designation of Canadian Forces Base Ottawa, effective Nov. 1, national defence headquarters has announced.

Both are former RCAF stations with historic connections with the city of Ottawa. The effect of the change, officials say, is "a streamlining of management and support functions."

No major changes are forecast for occupancy of buildings or property at the two locations, nor are any units scheduled to be moved out. Details of staff reductions, to be made over a period of a year, are still being worked out. However, some transfer of military personnel is expected, and civilian employees under the new configuration will number only slightly fewer than before. Approximately 2800 servicemen and 1800 civilians work at the two locations now.

It is anticipated that normal turnover will take care of reductions in civilian employees, although some shifting between the two installations may be necessary. Transfers to other locations will absorb surplus military personnel.

Commander of the new base is Colonel K.A. Wark, 47, of Richmond Hill, Ont., who has been commanding CFB Uplands. He will continue to operate his headquarters at the Uplands site. The former commander of CFB Rockcliffe, Lieutenant-Colonel William Cunningham, 50, of Toronto, becomes deputy base commander.

Officials say that advantages of the amalgamation include the consolidation of functions such as accounting, transportation, administration and the management of a number of common base facilities.

The old Rockcliffe air station, comprising 930 acres, has a complement of about 1400 armed forces members and 1500 civilian employees. Most of them belong to (Continued on page 8)

No changes for cap badges

OTTAWA (CFP) — There is no intention of replacing cap badges currently in use in the Canadian Armed Forces with a new, common-to-all-elements symbol.

And that goes for unit designations, too. General J. A. Dextraze, chief of the defence staff, says "this had been considered, but I do not believe it would be right to introduce a common cap badge."

As for changing unit names to numbers, this is purely a product of the perennially-overworked rumor mill. It won't happen.

That means that the 3rd Battalion, Princess Patricia's Canadian Light Infantry — or any other proud fighting unit — will not be re-tagged as the 579th Combat Infantry Regiment. The same goes for equivalent components in the sea and air elements.

However, nothing has been resolved about several thousand mis-badged members who wear insignia of organizations no longer in existence.

They include the Royal Canadian Engineers, Royal Canadian Signals, Royal Canadian Army Service Corps, Royal Canadian Army Medical Corps, Royal Canadian Dental Corps, Royal Canadian Ordnance Corps, Royal Canadian Electrical and Mechanical Engineers, Royal Canadian Army Pay Corps, Royal Canadian Postal Corps, Canadian Provost Corps, and Canadian Intelligence Corps.

All have been integrated into new, common classifications and trades.

Comox Base Commander to speak Sunday on CFCP

Meet your Base Commander Col. McNichol on the "Armed Forces Show" next Sunday over CFCP Radio at 12:15.

In a taped interview, Col. McNichol discusses his military career up to his present posting as well as some of his impressions of Comox.

This is the first in a series of interviews, with and about

people on the Base, to be heard on this program, next week CFCP will explore the aircraft, functions and role of 407 Sqn.

This program is also available to any organization on the Base to pass on information or news.

Just type your announcement up and drop it off at CFCP on Cliffe Ave., in Courtenay.

Better forecasts

New computer guarantees weather

OTTAWA — Weather forecasting facilities in Canada are to be upgraded to the highest possible scientific standards, Environment Minister Jack Davis said today.

He said the Atmospheric Environment Service would begin next year to use one of the world's most powerful computers to analyze weather data. Under a contract with Control Data Canada Limited the AES will lease a computer system (CYBER 70 model 76) for a seven-year period. Cost of the contract is \$6.3 million. The new system will permit assessment of weather observations up to 10 times the speed currently possible. This will enable meteorologists to make weather forecasts in much finer detail and greater accuracy, Mr. Davis said. The system will also be used for research conducted by AES scientists.

The unit is to be installed at the Canadian Meteorological Centre in Montreal and will become operational in the fall of 1973.

The Model 76 is capable of handling 15 million instructions per second. This permits the processing of a continuous flow of data from weather observations across Canada and from ships at sea.

The computer will virtually reconstruct the atmosphere from these readings and translate it into forecast patterns for the next 48 hours and beyond.

Information fed into the computer includes temperatures, humidity, winds at various altitudes and historical weather data for specific areas.

The system has been proven over the past year in service with the National Centre for Atmospheric Research in Colorado. Mr. Davis said the new level of computer technology is expected to keep the AES in the forefront of weather sciences for several years.

Safe Driving Week Dec. 1-8

Films on safe driving will be shown in the Base Theatre on 1, 2, 4, 5, 6 and 7 Dec. from 0900 to 1100 hrs. and 1330 to 1530 hrs.

All DND employees, military personnel and dependents are invited to attend these showings. Your co-operation is solicited by the Base Transportation Section during Safe Driving Week.

Personnel named for new HQ

The top block in the restructured NDHQ organization contains Acting Minister of National Defence, Hon. C. M. Drury, Deputy Minister Mr. Sylvain Cloutier, and Chief of the Defence Staff Gen. J. A. Dextraze.

The Vice Chief of the Defence Staff, Lt.-Gen. A. C. Hull, reports directly to the CDS and has two Deputy Chiefs of the Defence Staff reporting to him. They are Deputy Chief of Defence Staff (Operations), (DCDS(Ops)), Lt.-Gen. S. C. Waters, and Deputy Chief of Defence Staff (Support) (DCDS(Sup)) V-Adm. D. A. Collins.

The Assistant Deputy Minister (Policy), Mr. D. H. Kirkwood, is the senior ADM in the new structure and, when necessary, will act for the deputy minister in his

absence. R-Adm. R. H. Falls is -the Associate Assistant Deputy Minister (Policy) (ADM(Pol)).

The Assistant Deputy Minister (Evaluation) (ADM(Eval)), is V-Adm. H. A. Porter.

Mr. T. C. Greig is the Assistant Deputy Minister (Finance) and Maj.-Gen. W.

J. Grant is the Associate ADM(Fin).

Mr. L. G. Crutchlow is the Assistant Deputy Minister (Materiel) with Maj.-Gen. D. Biggs as the Associate ADM (Mat).

The Assistant Deputy Minister (Personnel) is Mr. T. G. Morry. Maj.-Gen. D. A. McAlpine is the Associate ADM(Per).

IN OTTAWA

Green bags blossom

OTTAWA — Armed Forces members serving at National Defence headquarters here will adopt a new policy November 20 on the wearing of uniforms.

A 20-year practice in most

headquarters' directorates of wearing uniform one day a week only will be dropped.

Under new regulations all ranks will appear in uniform four days a week, from Monday to Thursday.

Other members of the armed forces across the country and overseas, including those serving at nearby Uplands and Rockcliffe, wear the uniform during the normal five-day duty period each week.

Reason for armed forces members adopting the alternate uniform-mufti schedule at the end of the Second World War is lost in dust-covered policies of the post-war period. However, the practice of uniform wear one day a week began in early 1952, at the time of the death of King George VI.

Hueys to be back flying in mid-Dec.

OTTAWA (CFP) — All of the Canadian Armed Forces' CUH-1H helicopters grounded or placed under restricted flying orders in mid-September will be back in full service by early December.

Cracks were found in the main beam panel on several "twin-Hueys," and

replacement kits were ordered. However, problems with the replacement kits were also found and repairs were delayed.

This situation has been rectified and the kits are being installed as they arrive from the Fort Worth, Texas, plant of Bell Helicopter.

Pangnirtung completed

Field engineers build Arctic runways

OTTAWA — Canadian Forces field engineers have wound up their third summer in Canada's Arctic in a six-year project of building and lengthening northern airstrips.

One of the strips, at Pangnirtung, about 200 miles north of Frobisher Bay, was completed in September. Five more will get gravel runways for Dakota-sized aircraft by 1975.

The five are Pond Inlet and Cape Dorset on Baffin Island; and Igloolik, Whale Cove and another as yet unnamed, on the west shore of Hudson Bay.

Construction of the airfields is being funded and coordinated by the department of Indian Affairs and Northern Development. The defence department provides labor and equipment to construct the strips, based on ministry of transport specifications. Local workmen are hired each year to help with the construction at the various sites. Construction costs for the airstrips are estimated at \$2.1 million.

The new runway at Pangnirtung will provide this isolated community of 700 people with year-round air traffic. Because larger air-

craft may now be used to transport supplies to Pangnirtung, freight rates are expected to be reduced.

During the last three summers, a crew of 15 armed forces' engineers, mechanics and cooks worked 12 hours a day at the site. With only a few pieces of heavy equipment available, the crew moved 150,000 cubic feet of material (enough to cover a football field 30 yards deep) to construct a runway 3,000 ft. long x 250 ft. wide. In addition they built a parking ramp, installed culverts, built fuel storage areas and erected a maintenance building.

Next summer, work will be completed on a similar size runway at Whale Cove, a small village of 200 people, 250 miles north of Churchill, Man.

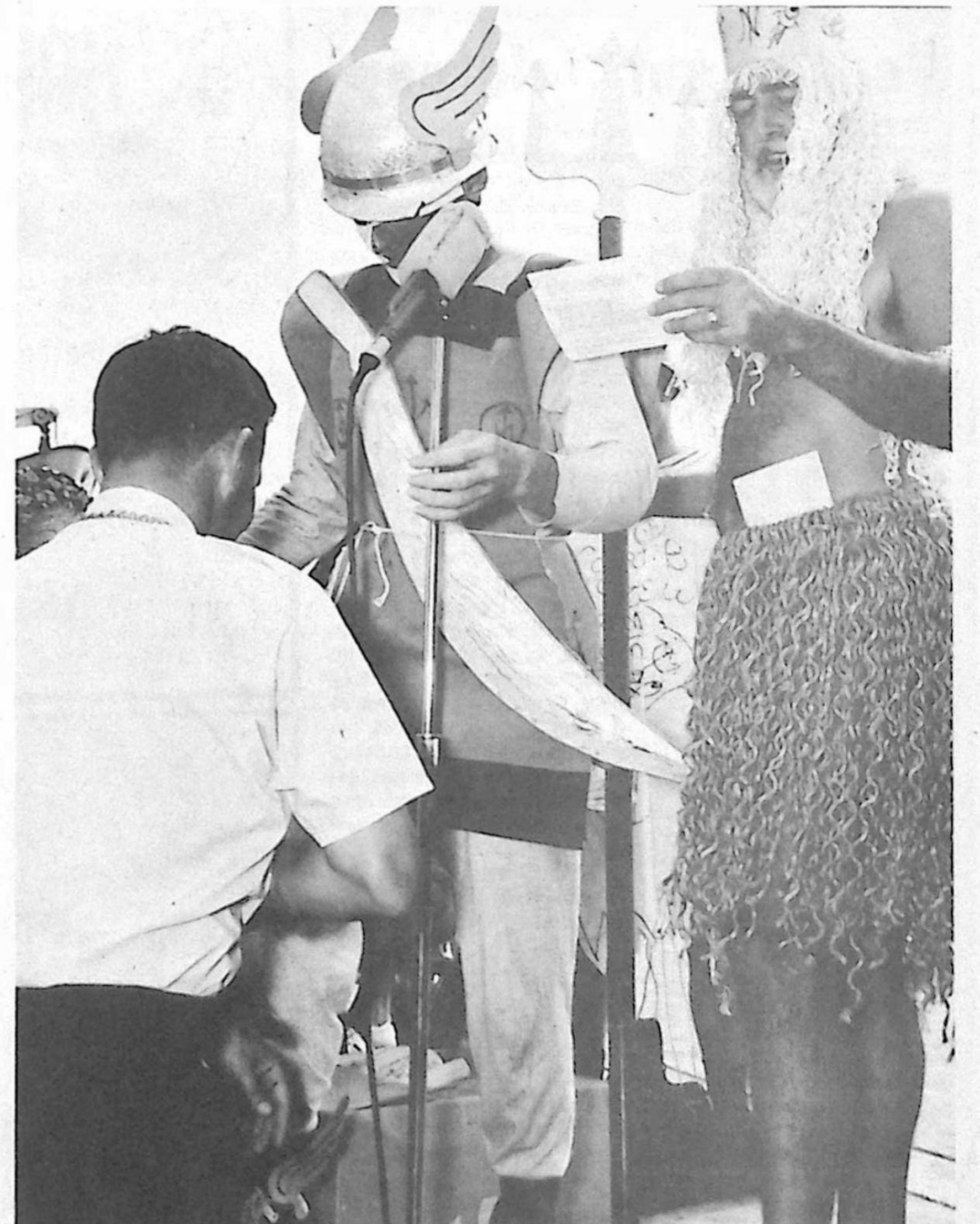
Construction at Cape Dorset, 250 miles west of Frobisher Bay, began last June. So far, over 100,000 cubic yards of rock have been drilled there. This strip is expected to be completed in 1974.

The northern Baffin Island community of Pond Inlet will see construction begin on its airfield next summer. An airstrip for Igloolik, north-

west of Hudson Strait, will be scheduled shortly.

The defence department will spend an additional \$650,000 to lengthen the four airfields located at Whale Cove, Cape Dorset, Pond Inlet, and the unnamed sites to 4,000 feet. The improved strips will provide landing facilities for Hercules transport and search and rescue aircraft.

During the summer work periods in the north, armed forces' personnel are re-supplied twice a month by airlifts from Edmonton, Alta., and Trenton, Ont.



KING NEPTUNE REVISITED: It is naval tradition that when a ship crosses the equator, it must pay tribute to King Neptune or Neptunus Rex for Latin buffs. HMCS Provider was no exception. She crossed the equator recently enroute to Australia and New Zealand for naval exercises with DES Gafineau and Qu'Appelle, King Neptune's herald appeared to inspect the ship's company for cleanliness prior to the arrival of Rex himself. (Canadian Forces photo)

Nighthawk's Nest

Last week one of the alert aircraft was having some radio communication difficulties. Only the front seat was functioning. After several black box changes and one wine glass eating, AI discovered his problems were indexed under digital mal-manipulations.

Rumour has it that one of the QRA committee's especially procured Gourmet magazines has been missing for two weeks now. So much for gourmet meals and cooking in the QRA.

In the past week there have been several other facial manifestations. Joining the thickening ranks of the hair lips are some members of "A" flite. Is this merely a symptom or an omen of something greater forthcoming from "A" flite.

We must bid adieu to two departing members. One, John Laidler, is leaving for the CF 104 OTU and the other Ben Dennis off temporarily to Beyondville to be checked out in the Big Machine. Good luck, guys.

Last week the fickle finger of fate skipped from person to person and tapped Tim O'Rourke on his lucky Irish shoulder. So it seems CINC-CANNORPACCAC Don Middleton had his doubts confirmed, about a new protege in the CAC. We thought Don had troubles before but two junior captain navigators and both two time winners. On ne sais pas?

Ground school last week presented those attending with a new treat. Crest carrying weapons experts fired off a quickie briefing. It was well received until the audio visual aids came on strong with a group of old repeats without any Road-Runner cartoons. Comments indicate that the movies were

(Continued on page 3)

Clothing needed for Labrador

New or Used

NO TOYS

A desperate need for warm clothing in at least six Outposts along the Labrador Coast.

Needed is (1) Blankets (2) Warm Adult Clothing.

Most Urgent: (1) Children's Clothing from DIAPERS, to complete OUTFIT for a 13 year old.

(2) Most needed for children - warm winter boots, winter coats and warm bed blankets.

CFB Goose Bay requests our help.

A truck manned by the Chapel (RC & Prot) Young People will go through the PMQ area on Saturday morning, December 2nd, to pick up any donations. If you're not home leave a box by the door.

For those not living in PMQ's parcels of clothing may be left in the Chaplain's Office on the Base, Room 13, Headquarters Building, Monday - Friday.

LET'S MAKE THIS A GOOD CHRISTMAS IN LABRADOR.

Pongos get field pay

OTTAWA (CFP) — Regardless of heat, cold, wind, rain, snow or hail the job must be done.

That's not the motto of the Pony Express, but part of the reasoning behind a new field operation expense of \$1.00 a day to all personnel, regardless of rank or element, engaged in field operations.

The new tax-free entitlement is retroactive to Oct. 1, 1972, and includes field training exercises and operations such as riot, flood and forest fire control. In order to receive the \$1.00 a day a member must be away from his permanent facilities under circumstances where travelling expenses under QR and O article 209.30 are not payable. Also, the period of absence must not be less than three consecutive full days.

In the past several months, the working group on military pay and allowances reviewed all factors involved in field exercises. All aspects were considered and the new entitlement is the result.

The group looked at the living conditions in field operations.

Such items as sleeping bags, ponchos, slit trenches and the lack of flush toilets, showers, heating, etc., were considered. The group concluded that although improvements have been made in the equipment available, the fact remains that only the essential elements for survival can be catered to during operations or field training exercises.

Messing was another aspect of field operations studied by the group. They found that while on exercise little variety

in food is possible and that eating conditions and timing are at the whim of events.

Like the Pony Express or a Broadway play, the show must go on. Land operations and training cannot be stopped because of weather. Even when the weather is reasonable such adversaries as black flies, mosquitoes and hornets are usually around. Weather, terrain and numerous other factors all effect the general well-being of personnel during field exercises.

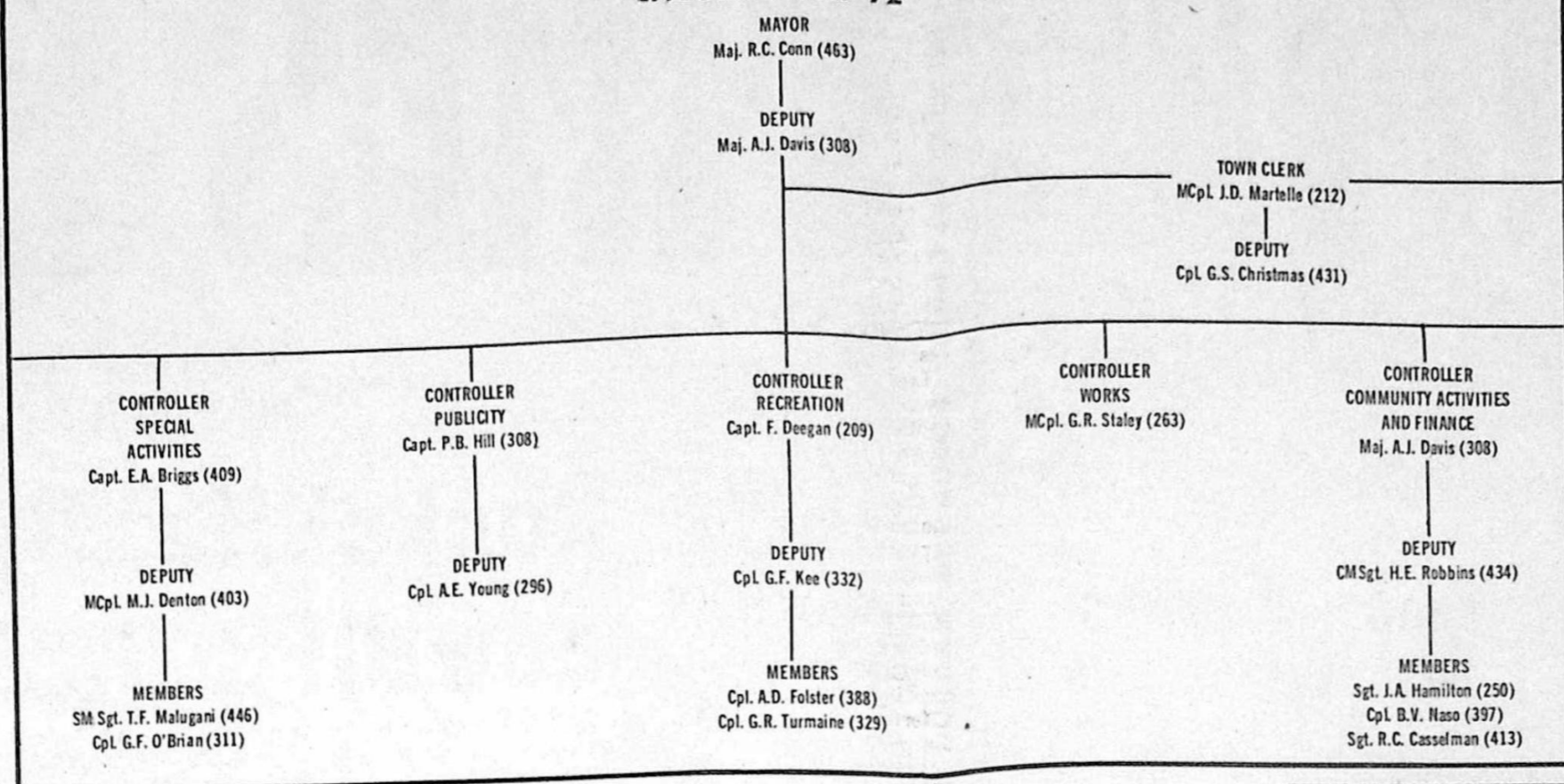
But the big factor in gaining approval for the new field operation expense was a comparison between the soldier in the field and the same soldier on temporary duty, taking a trade course at a training base. In 1969 the principle of reimbursing members for incidental expenses while on course was accepted. Therefore a serviceman was receiving \$1.50 to \$3.00 depending on rank, for incidental expenses on course, but nothing when in the field.

Obviously the canteen, the newstand and the laundry are missing in the field but there are still costs involved. These include ration supplements, cleaning, and other extra expenses that result at home because of this detached duty. The group concluded that these incidental costs should be recognized.

While the new entitlement covers all field operations, personnel serving with UNTSO, UNMOGIP or UNFCYP will not be eligible because foreign duty allowance includes an element for incidental expense.

PMQ COUNCIL ORGANIZATION

EFFECTIVE 1 SEP 72



The sorrow and the pity

BY NOLA WELLS

Three experiences marked this last week for me. One was the four hour documentary shown on CBC TV called "The Sorrow and the Pity". The internationally acclaimed film showed the French reaction to Nazi occupation, during World War II. Whoever saw it in its entirety, will probably never be able to forget it. The sorrow seemed to be in Time magazine's description of the film ... "The message of 'Sorrow and the Pity' is that in crisis, men tend to be self-protective, self-delusive, brave, cowardly, cruel, confused and dangerous."

The Pity within me, at the film's end was great indeed. Certainly for the victims of this particular chapter in

history. But also for the French people themselves, at that time. Pity for the ones who joined the occupation force, seemed to be summed up at the end of the film, by Britain's Lord Avon (Anthony Eden) when he said, "No one who has not lived through an occupation can possibly judge."

Another experience for me this week, was a sad report in Time magazine entitled "Hate Grows in Brooklyn". It told of policemen escorting a little band of frightened black and Puerto Rican seventh-graders, as they walked slowly from their bus to their Brooklyn New York school.

The school is in the Canarsie section of Brooklyn which is 95 percent white, mostly Italians who started settling when this was still a marshland. And Jews who moved into the section of Canarsie to escape the increasing number of blacks moving into adjoining sections of Brooklyn. They are mostly, according to Time, working and lower-middle class (college graduates, 6.6 percent average income of \$12,303) proud of their neat brick houses. New York schools seem to be either 95 percent black or 95 percent white, depending on the area. And Canarsie school officials decided to attack the problem.

They assigned 32 black and Puerto Rican children from the neighboring ghetto to a Canarsie high school. The all-white local school board, however, voted five to four not to accept the non-white children. The white parents apparently feared the admission of more minority

children might start a white exodus.

A struggle came about, and 200 white parents, most of them housewives, locked themselves into the building, forcing it to close. Equally adamant, the non-white parents rented a bus and took their children to class. For three days the whites occupied the school, sleeping on the gym floor. Outside the black children sat aboard their bus throughout the class hours, returning home for each night.

Threats of a Court Order routed out the white parents, and the black children were reassigned to a nearby 97 percent white school. After a week it was decided to return the black children to the High School in question, which inflamed the 200 white parents once again. They organized a boycott that shut down the neighbourhood's eight schools, idling some 9,500 young people, many of whom spilled out into the streets, threatening each other with bats and chains. The black children were escorted by police into the school, but it was nearly empty. After lunch they simply sat in the auditorium watching ironically enough a film on DEMOCRACY.

Under the Behaviour section of Time magazine was my third experience, of the week. It was a review of Psychiatrist Rollo May's latest book "Power and Innocence". May's 1969 bestseller "Love and Will", searched for the truth about frustration and how it leads to violence. "The search for the sources of violence" is now

the subtitle of May's new book "Power and Innocence".

May pointed out in "Love and Will" that the opposite of love is not hate... but apathy. He pointed out that there is no real love without intention, but that intention falters particularly during great periods of historic and cultural change and shifting values. (Like the German occupation of France ... and our modern times). During such times, the basis of the will itself is in doubt. "It is no longer a matter of deciding what to do", May says, "but of deciding how to decide."

According to Time, Rollo May's principal decision in "Power and Innocence" is to postulate for every individual a basic power need. He sees it as essential to self-esteem. When this power need is thwarted or goes unrecognized, frustration, apathy, and violence result.

May believes that man must learn the terrible truths about himself, and pay the price of self-awareness. The price in his opinion, is the perpetual burden of guilt and responsibility, without which there can be no lasting morality.

These three experiences might or might not be related, according to individual opinion. But somehow they seemed to relate, to me.

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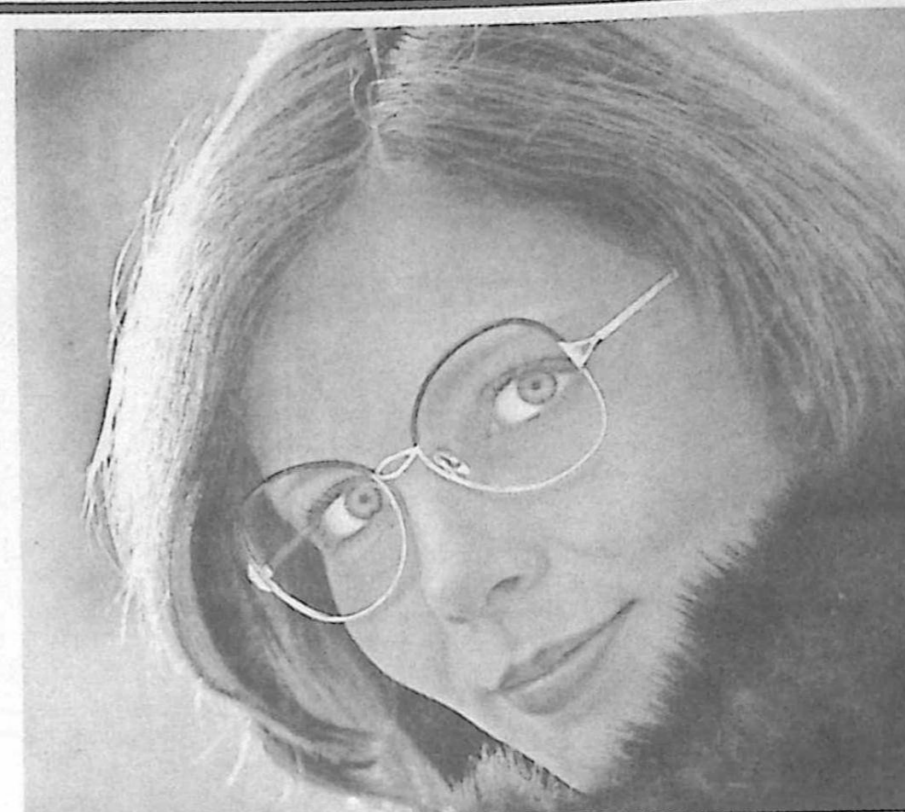
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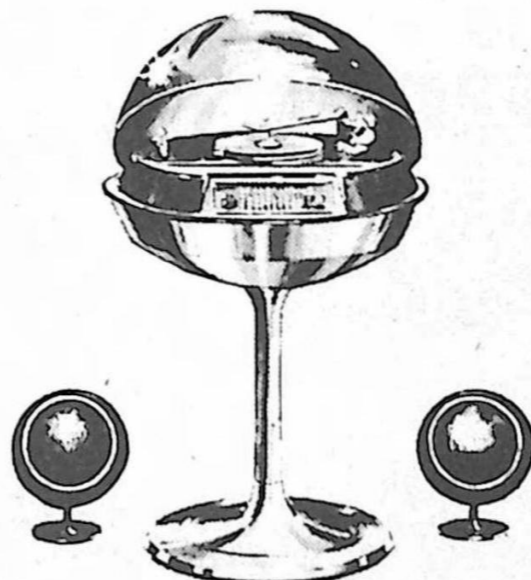
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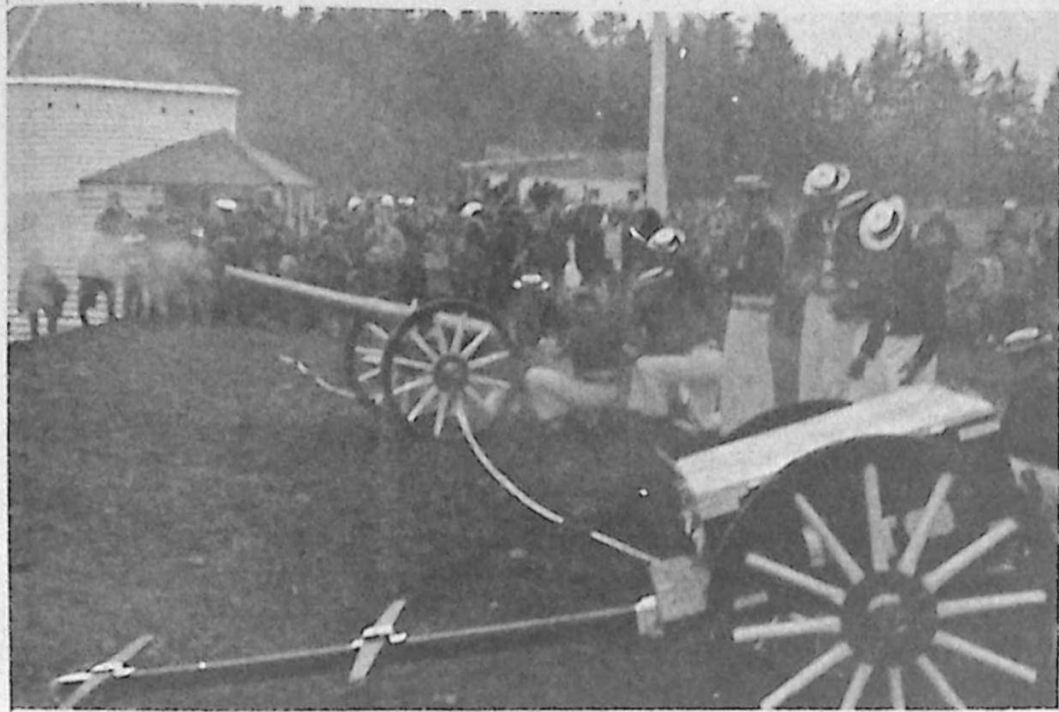
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11 gun salute

Pig War Centennial

VICTORIA — About 90 members of 3 PPCLI including their band journeyed to Garrison Bay, San Juan Islands last month to take part in the commemoration of the boundary dispute signing by Kaiser Wilhelm I of Germany, Oct. 21, 1872.

Also included in the Canadian group were two minesweepers, the Fundy and the Chaleur, which carried the troops plus HMCS Malahat's gun team over to the islands.

Dressed in period naval costumes, Malahat's team had the honor of firing a 21-gun salute to end the ceremony. Actually, their gun was supposed to be spelled off by a U.S. Army howitzer. But when the American team couldn't appear, HMCS Malahat tried to fire off all 21 rounds. The result — the ancient gun wouldn't take it. It jammed after the 11th round. Commander Ed Lee and his crew now have the rare distinction of going into the record books as having fired an 11-gun salute to end the Pig War Centennial ceremonies.

Nighthawk's Nest

(Continued from page 2)

not risk enough for the more mature Nighthawk audience. Shortly after noon the squadron adjourned for a little steak and jus de raisin. Yahmush Paul's presence was notably absent and a quotable quip was called upon from Uncle Sully. Guy's question was generally batted about and the discussion subsided as the squadron retired to partake of the three handed Loving Cup.

Much to everyone's surprise a locally generated exercise was called recently. Everything worked out well; however, there were a few red faces about the squadron recall. It seems "names change but numbers don't." I've heard that before I'm sure.

Following in the footsteps of the exercise was the squadron's Max Effort. Thanks to some great co-operation from the ground pounders both in the BAMEO and SAGE centre 409 expectations were exceeded. Several of the "midnight beacons" and others fearing the loss of cranium follicles have been whispering the name of Hair Trigger Six. It might be a good investment for financial wizards and it might even lead to some hair raising experiences.

The Watkin species of Nighthawk are busy with a new fledgling. 7 lb. 9 oz. of baby blue nighthawk is presently residing in Nanaimo but will soon be returning to the nest in Comox.

It was due to a major pool of hydraulic fluid under their aircraft that changed Maj. Ernie and Gary's mind to remain over night in Geiger.

Voodoo Nuts, Bolts and Volts

By PAUL KLEM

On the sports scene 407 Sqn. hockey team had a new hero last week. The game with 409 Maintenance was going strong in the second period with the score tied one-one, when MCpl Jim McMullen got a breakaway and scored the winning goal — into his own net! Much to the embarrassment of his teammates.

Sgt. Bill Careless who was ram-rodging the search and rescue team exercise in the wilderness of Van West Logging came back with a story of spotting a nice buck within easy range of his scoped rifle. Unfortunately his scope was fogged up from

the damp weather and he missed. I heard from reliable sources that the fog wasn't as much trouble as the lack of salt. This of course was soon rectified by an urgent radio call to home base. Lt. Gerry Ollson, our able ASRO, who went along as a participating observer, ended up as Chief Cook for the camp. The weather throughout the week was somewhat damp, but this didn't dampen the spirits of the well organized search and rescue team.

Last week also saw a flying exercise that went exceptionally well. The sorties flown exceeded the anticipated flying, which brought a congratulatory memo from the LSO to the support crews for a job well done.

Our sympathies go to Cpl. Stan Baldwin of the I & E Section, who is in the CFB Esquimalt hospital with his neck in a cast as a result of an unfortunate car accident on the weekend.

On the social side a former Snag Shift NCO F. S. Wally Saunders, is visiting friends in Comox. He brought with him some unusual green colored eggs. These eggs were laid by hens imported from South America. The hens themselves are brightly colored but

require no special feed to produce green eggs. They might be all right for a fad but I doubt very much whether green eggs would go over very well in a supermarket.

More on the social side, I heard some back slapping about the Webster-Atkinson team beating two Master Warrant Officers Elvins-Thomson in the mixed Curling League.

The BAMEO Xmas party will be held at the Base Rec Centre on Wednesday 13 Dec. 72. Free cocktails at 2000 hrs. Dance to the music of the Tidesmen until 0200 hrs. Cold buffet lunch. Corsages for the ladies. Door and spot prizes. Refreshments to your taste at scandalously low prices. Admission only \$3.00 per couple. Get your tickets early — don't be disappointed.

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At net ball

Canadian sailors beat Aussie girls

VICTORIA — Crew members of HMCS Provider, Gatineau and Qu'Appelle are flexing their sports muscles with mixed results on off duty hours during their current Australian-New Zealand naval exercise tour.

First off, their successes. HMCS Provider softballers managed to reach the finals in a tournament against a team from the aircraft carrier USS Ticonderoga. They took the powerful American team to extra innings before losing the tournament 4-3.

Provider's volleyball team managed to hold its own, winning one match against the Fiji national team and losing the other.

Things went downhill from that point. In Tonga, HMCS Gatineau's soccer team was bombed 8-2 by a local high school team of bare-footed Tonganese.

In Brisbane, Australia, a Canadian rugby team with only four practices under its belt went down handily in two matches against a team from HMAS Brisbane.

Against an all-star volleyball team from the Royal Australian Navy, Team Maritime Command Pacific were zapped four games to one in Sydney, Australia.

The Canadian ships' water polo team also took on an Australian Navy team. They dropped both matches.

And horror of horrors — the Canadian sailors were ticked

off in their strongest sport, hockey. Despite the heroics of two Canadian goalies, a Sydney team waltzed (like in Matilda) through the Esquimalt sailors 10-2. However, the Dockyard boys claim the long ocean voyage left them without skating legs. They are hoping for a rematch.

The Australians introduced a new game to the Canadian sailors which was enthusiastically entered into when the Esquimalt boys found out their opponents would be girls. The game was called net ball. The sailors found this game interesting because of the different rules and the rather unusual tactics of the girls. The men beat a Sydney Dockyard girls team in the first game 5-4. They enjoyed the experience so much they played four more games. The scores were not recorded.

The ships' sports teams are now sharpening their skills for the New Zealanders. The three ships are due to arrive in Auckland Nov. 10 for about three weeks of naval exercises.

After their overwhelming success in netball, the Esquimalt sailors are hoping for more contests with girls.

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TOM BARNETT
MP ELECT

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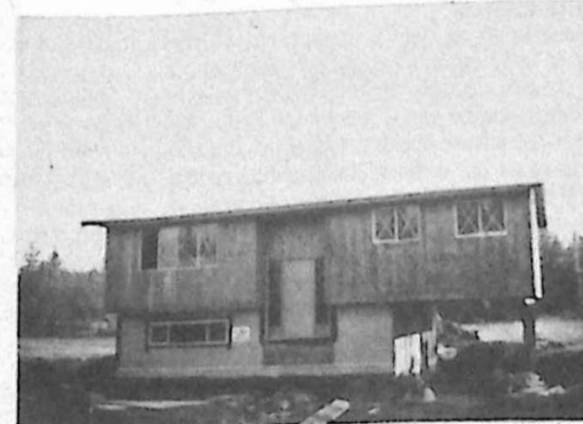
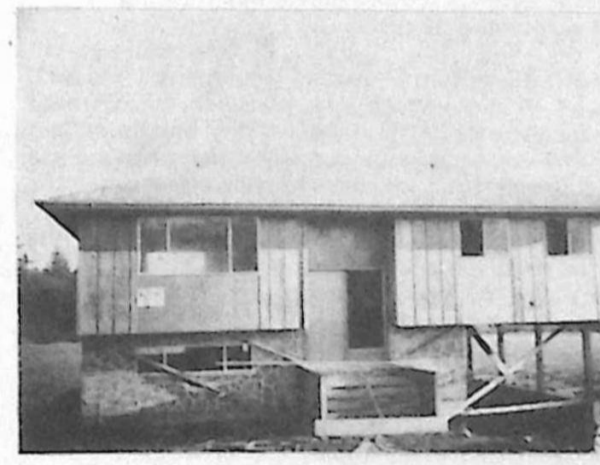
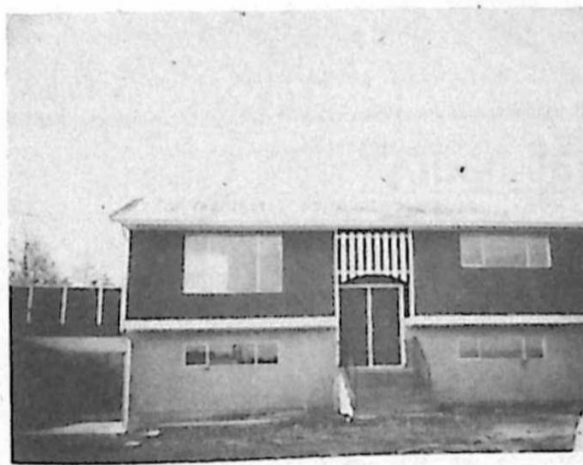
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Times have changed

Contributed by Air Cdre. D. M. Witt, Ret'd
 The TOTEM TIMES appears to have scooped the world with the announcement recently of the retirement of a third Air Force Lieutenant General within a period of six months. This time it was Lieut.-General Don Laubman, DFC and Bar, CD, promoted this Spring following the early and unexpected retirement of Lieut.-General Mike Pollard, DSO, DFC, AFC, CD, at the time of the latest re-organization of National Defence Headquarters. The quiet and largely unnoticed departure of these two keen long-time and still currently qualified pilots, each having held in succession the equivalent of the highest rank previously available within the RCAF, coupled with the retirement in August of Lieut.-General Ed Reyno, AFC, CD, the only Battle of Britain veteran to reach Air Marshal rank, not only seems to mark the end of an era, but makes one realize how much Times Have Changed.

Indeed they have. In other days, the retirement within so short a period of three Lieutenants-General, or Lieutenant-Generals, or whatever term is in general use when referring to more than one of the new Air Marshal level Generals, would have surely occasioned some comment or publicity, but, today, little note is taken, so low is the apparent interest in military affairs. Whatever the reaction or lack of it by the national or aviation press, most airmen, young and old alike did, I am sure, take note and, undoubtedly, gave voice, as is their wont under stress and emotion, with the familiar cry: "Good Grief, what are things coming to?"

Indeed, what are they? However, one must realize that Times Have Changed, and adjust to them. I know these three retiring officers well - very well, as a matter of fact. They are modest, last to decry the lack of publicity that attended their departure to join the growing ranks of nostalgic airmen. In fact, I am sure that Don Laubman was more than a little embarrassed by the mention in the TOTEM TIMES of his destruction of fifteen aircraft during the War. I know I would have been on the occasion of my retirement had it been mentioned that I had destroyed five aircraft during the War, a lesser number of course than Don Laubman, and differing in that they were all borne on RAF or RCAF inventory. No, we airmen need no plaudits. Certainly, there is something in our common experience as flyers that breeds reticence, self-effacement, and genuine modesty, as has often been noted, I am sure, if rarely commented upon, by our soldier and sailor comrades-in-arms.

No matter how liberal a view you take of all this unification and change, with the funny new ranks, flashy gold braid, and scrambled eggs for all, you have to admit that the RCAF's obscure titles, understood only by the initiated, its quiet subdued uniform with its modest rank insignia, was more in keeping with the shy, retiring nature of airmen. From all evidence, airmen are as retiring as ever. The flamboyant new, single service, however well it suits soldiers and sailors, remains naturally difficult for airmen to adjust to.

Nevertheless, all of us, retired or serving, must make an effort to this end. We have got to change. We must overcome our modest, retiring ways. I mean no criticism of the three distinguished retiring airmen, nor disrespect, by saying that we should not emulate their modest, unassuming manner and their tendency to play down their achievements, but rather we must overcome our natural modesty and speak up, both within the service as well as outside, so that all will know of the intellectual brilliance, skillful physical coordination, supreme ability, charm, and carefree courage that have long characterized airmen.

Times Have Changed, and it behooves us airmen to change with them.

A heritage to remember

They went with songs to the battle, they were young,
 Straight of limb, true of eye, steady and aglow,
 They were staunch to the end against odds uncounted,
 They fell with their faces to the foe.

They shall not grow old, as we that are left grow old;
 Age shall not weary them, nor the years condemn.
 At the going down of the sun and in the morning
 We will remember them.

Laurence Binyon.

The official remembrance of November 11th, 1972, has passed. It is never too late, however, to comment on the significance of this special day and to reflect upon it. In doing so, even in our silent thoughts, we are base and unworthy if we do not honor at all times the memory and the sacrifice of "those who went before," those who were killed, maimed or wounded in the service of their country.

There are those about today who would say that their sacrifice was in vain. How wrong they are! Canada, in the British Commonwealth of Nations, was, and still is, an emerging country. Anything that is worthwhile is worth struggling for, worth working for, and, if necessary, worth dying for. This is the heritage left us by over 100,000 Canadian Servicemen who died in the service of their country in two World Wars and in Korea. How unworthy we would be of them who dreamed of a better world, a better Canada, and paid the supreme sacrifice through their service, if we did not continue to dream their dream and carry on their work.

Their work was far from being only the profession of arms. Their work was the building of a great and decent nation; but when the time came to resist aggression and totalitarianism they came from the wilderness, from the coasts and the farms; they came from the towns and cities to answer the call of the civil government so that democracy and a great dream of all mankind might be defended.

Most of us are one or two generations removed from the war dead whom we remember and whom we honour. They were our fathers and grandfathers. Let us therefore be worthy of our heritage and so better ourselves in all our endeavors that their sacrifice and their dream might be fulfilled.

Once more with feeling

BY PROMETHEUS

Do you ever get that feeling of exhaustion, that feeling of an all consuming tiredness that comes from seemingly always knocking your head against a brick wall? I can't think of anything more tiring and soul defeating. We run into it in many forms as we go through life. It might come through a bad marriage, through trying to reform a wretched person but with constant letdowns and little success. It might come through frustration at work, or it might come through battling vested interests and stupid laws and by-laws.

I'm not going to battle anything this week. I could, and should, lose a broadside on some of the highly questionable aspects of the latest pay raise. But the task seems gargantuan at the moment so I will save it for another week. Suffice it to say that people in

the Air Element are not pleased with the rationale behind the pay raise, and with good reason. But more on this soon.

So instead of another tirade I thought I would at least try to be less vitriolic, and at best even a little pleasant and offer a light thought for our favourite half of the population, our wives and sweethearts.

And so I give you two poems, one a limerick to amuse, and the other a little philosophical homily for the guidance of children - of any age.

There was a young lady named Maud,
 A sort of society fraud,
 In the parlor, 'tis told,
 She was distant and cold,
 But on the veranda, my Gawd!!!

In my fondness for poetry and verse I come upon some lovely little gems which

please me very much and I should, from time to time, like to pass some of these on to you for your own pleasure. So with your permission, here is the first.

A FISH STORY

A Whale of great porosity
 And small specific gravity,
 Dived down with much velocity
 Beneath the sea's concavity.

But soon the weight of water
 Squeezed in his fat immensity,
 Which varied - as it ought to -
 Inversely as his density.

It would have moved to pity
 An Ogre or a Hessian
 To see poor Spermaceti
 Thus suffering compression.

The while he lay a-roaring
 In agonies gigantic,
 The lamp-oil came out pouring
 And greased the wide Atlantic

(Would we'd been in the Navy
 And cruising there! Imagine us
 All in a sea of gravy
 With billow oleaginous!)

At length old million-pounder,
 Low on a bed of coral,
 Gave his last dying flounder,
 Where'er I pen this moral.

MORAL

O, let this tale dramatic,
 Anent the whale Norwegian
 And pressure hydrostatic,
 Warn you, my young collegian,

That down-compelling forces
 Increase as you get deeper;
 The lower down your course is,
 The upward path's the steeper.

Henry A. Beers

A marketable skill

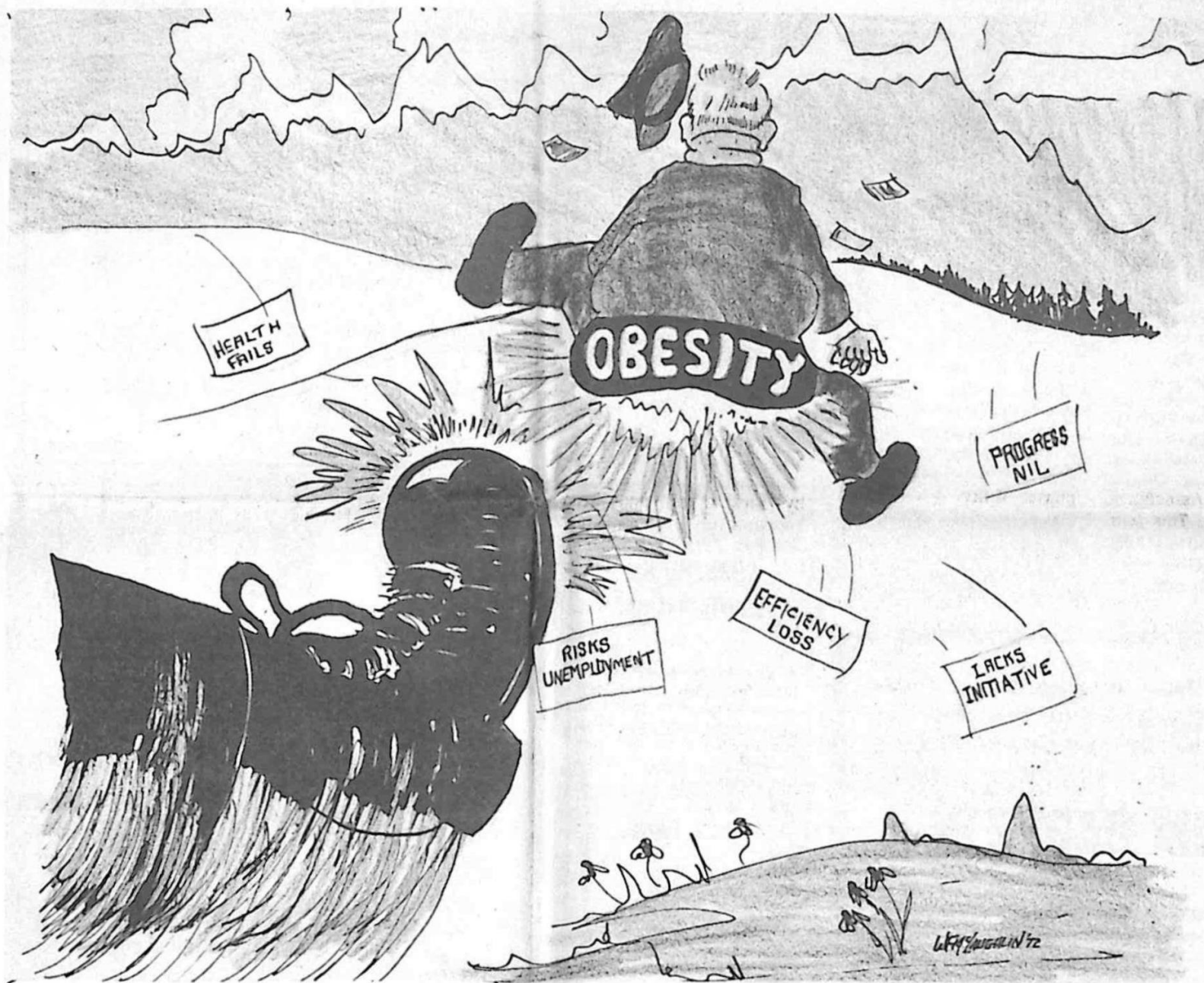
Pilots can be good friends when they are treated with kindness and are taught to behave properly. Nobody likes to be wound up by the leash of a pilot when out walking, nor does anybody like to have a pilot that jumps on small children, even in fun. The child may be scared almost to death, and his mother may be frightened, too. If you will teach your pilot to walk with you when you have him on a leash, these unpleasant things will not occur.

Just as a human being finds it necessary to take some sort of exercise, so it is necessary that a pilot give his muscles a daily workout. Proper exercise is essential to the health of your pilot. Without it your pilot is not in good condition, and you wonder why he seems so sluggish. You owe it to your pilot, and to yourself as well, to see that he gets his exercise daily.

It is important that your pilot be given a

special place of his own in which to sleep at night, and during the day if he wishes. He should not be permitted to sleep with either the children or the adult members of the family. This admonition is many times ignored, but all experts on pilots agree that it is advisable for the pilot to have his own sleeping quarters.

As a rule, it is not advisable to bathe a pilot until he is at least three months old, even then, do so with extreme care and do not frighten him. Some pilots have a dislike for water, which can be traced to their being carelessly handled when young. The average pilot should be bathed once a month in winter and twice a month in summer. Frequent baths remove the natural oils and cause the skin to crack and the hair to fall out. Have fun with your friend and pet ...



Is fat happy?

Obesity and its general implications

OTTAWA (CFP) - Obesity, according to the dictionary definition is a "bodily condition marked by excessive generalized deposition and storage of fat."

Weight, on the other hand, is defined as "a quantity of heaviness" or "relative heaviness." Overweight, then, would be simply "over-heaviness" and by definition does not carry any direct implication with regard to fatness.

There is no universal agreement on the degree of over-weightness which constitutes obesity. Some studies consider a difference of 10 per cent above the average or desirable weight to constitute obesity. Other studies use 20 per cent as the outside limit of normality, and still others use even a higher percentage.

In general, obesity and overweightness are not differentiated in these or other studies, and it is not known which is the greater health hazard, or, if both are involved, what their relative contributions are to morbidity and mortality.

Obesity has been associated with four different types of hazards to health - changes in various normal body functions, increased risk of developing certain diseases, detrimental effects on established diseases, and adverse psychological reactions.

CHANGES IN BODY FUNCTIONS

There have been reports of at least temporary abnormalities in almost every body function in persons with obesity. While some extraordinary obese persons may escape functional abnormalities, other people who are only mildly overweight may develop major derangements. However, the greater the degree of obesity, the more likely are these abnormalities to occur and to be severe.

There are respiratory difficulties also. The more weight there is in the chest wall, the greater is the work of breathing. The more excess fat tissue there is distributed throughout the body, the greater is the problem of adequately oxygenating the blood that supplies the extra tissue. Fat people have

regularly been noted to have less tolerance for exercise, and to experience more difficulty in normal breathing and a higher frequency of respiratory infections than people of normal weight.

Marked obesity may produce two particular sets of complications. The first, lethargy or somnolence, is due to an accumulation of carbon dioxide in the blood because of the decreased ventilation. The second complication, lowered oxygenation of arterial blood, can cause an increased production in red blood cells; it is also attributable to reduced ventilation. This reactive polycythemia which is an abnormal state characterized by excess cells, is often responsible for the ruddy complexion seen in the obese, and may possibly lead to thromboses and other problems of blood clotting associated with polycythemia.

Although obesity seldom has direct effects on the function of a normal heart, cardiac enlargement and instances of congestive heart failure attributable to obesity alone have been reported. Generally, most of the respiratory symptoms that occur in obesity are attributable to defects in the pulmonary function rather than the cardiac function.

OTHER HAZARDS

It has been noted that blood pressure increases with an increase in body weight, and that it often returns to normal level after a significant weight loss.

Hypertension develops among men who gain weight or become obese, with the highest rates occurring in those with the greatest weight gain. Studies demonstrate that more hypertension exists among the obese than among the non-obese; the obese hypertensive experience a greater risk of coronary heart disease than the non-obese hypertensive persons; mortality rates for obese hypertensive persons are higher than for persons with obesity alone or hypertension alone.

Hirsutism (hairiness) and menstrual

abnormalities have been observed to occur in women with significant degrees of obesity. Although these may be a result of endocrine (glandular) disorder in some cases, often they may be eliminated by suitable weight loss.

Obese people frequently have an impaired carbohydrate tolerance that may be of sufficient degree to be classified as diabetes mellitus (insulin deficiency). It has not been established that the hyperglycemia (excess of sugar in the blood) which disappears with dieting will lead to the same types of vascular (blood) degenerative change that often occur in diabetics of normal weight. It is still important for such subjects to reduce weight to avoid other complications caused by the hyperglycemia, such as the need for insulin, occurrence of cutaneous (skin) and other infections, and episodes of acidosis (poisoning by acids formed within the body) which may require hospitalization.

Difficulties during anesthesia and surgery have been associated with obesity. Many have been eliminated by technological advances, but excessively fat people still have an increased risk in many surgical procedures. Weight reduction may be indicated before surgical intervention.

RISK OF DISEASE

Obesity does create an extra hazard for otherwise healthy people. Fat people are more likely to develop certain diseases and to die at a younger age than people of normal weight.

The effect of weight reduction in the prevention of disease is not clearly known. There are, however, many diseases in which significant, obvious benefits are obtained with the loss of co-existing excess weight.

The removal of adiposity (fat) can be of crucial importance in disorders of the circulatory and locomotor (motion) systems. Obesity can contribute to their further development, and appropriate weight reduction can greatly aid in their treatment.

Education

By BEETO

In the latest issue of Totem Times we discussed briefly the availability of high school correspondence courses. We discovered that most provincial education authorities offer correspondence programmes which are recognized by higher education facilities, industry and the military. These programmes are complete and inexpensive and, on successful completion, the serviceman can be re-imposed either fully or partially.

For those of you who aspire to higher levels of academic achievement, there are several universities which offer courses by correspondence. Saskatchewan, British Columbia and Queen's Universities are among those which come to mind. Most universities operate their correspondence courses on the same time-table as they do their regular courses. That is: registration before September; classes start late September with final exams in April or May. The University of British Columbia offers most of its courses year-round. You can register anytime, start anytime and the only time stipulation is that you must finish the course within one year.

Correspondence is not the easiest way to get a university degree. But for those of us who have no other option, it, in conjunction with summer school courses, may be the only way. For further information contact the BITO at local 469

Letters

Thanks for support

Dear Sir:
 Through your publication, The Totem Times, may I say thank you to the personnel of CFB Comox for their very generous support of our Poppy Campaign.

I wish to thank Col. McNichol for his permission to canvass the base and the B.W.O., C.W.O Howard, for his co-operation in arranging for the Legion's Ladies Auxiliary to be escorted around the hangars.

The money collected for this fund does not go to the Branch but is held in a separate account to be used exclusively for needy veterans, their widows and dependants. The fund is not allowed to build up and must be used from year to year. You can be assured that your donation will be spent where it will to the most good.

Yours sincerely,
 Alec Carrigan
 Poppy Chairman

Going to the dogs

Dear Sir:
 Frequently and from time to time, and sometimes often, I have observed a situation that seems best described as the, "Newly Married Folks Hound Dog Syndrome."

The simple manifestation of this odd attitude is the concomitant acquisition of a great big mutt when nuptial vows have been exchanged, and the happy young couple move into PMQs. There is nothing intrinsically wrong in owning one of these filthy great flea bags, but it seems a little less than Christian-like to keep them penned in a confined space and frequently on a leash at that. It is somewhat gratifying that the owners do keep this sort of control in the public interest. However, it is a great pity that this consideration does not extend to the pooch itself. These wretched beasts must surely lead a dog's life. In return for a bit of friendly tail wagging (to the owners only) the hound is allowed to roam about a limited area; to the order of 400 square feet if it is fortunate. Others have much less if the leash is shorter.

(Continued on page 8)

TOTEM TIMES

EDITOR: Mike Pollard (Loc. 409 and 377)

The TOTEM TIMES is an unofficial publication of CFB Comox. The Editor reserves the right to edit copy and reject advertisements to suit the needs of the publication. Views expressed are those of the contributor unless expressly attributed to DND, CFB or other agencies.

In case of typographical error, no goods may be sold and difference charged to this newspaper whose liability is limited to a refund of the space charge for the erroneous item. Advertising is an offer to sell and may be withdrawn at any time.

Address correspondence to The Editor, Totem Times, CFB Comox, Lazo, B.C.

Advertising inquiries may be directed to Lt. Bob Denyer at 339-2211 Loc. 468

Printed in Courtenay, B.C., by Comox District Free Press

Chapel Chimes Arms and the Man

PROTESTANT CHAPEL
 Rev. R.J. Ritchie - Base Chaplain (P)
SUNDAY, NOV. 19
 1100 - Divine Worship
 1130 - Annual Business Meeting. The above is at the request of the Chaplain General and is to discuss a new Stewardship Policy for all CAF Chapels beginning in 1973.
SUNDAY, Nov. 26
 1100 - Divine Worship
 1145 - Holy Communion in accordance with the custom of the Presbyterian Church.
LADIES GUILD
 8 p.m. Tuesday, Nov. 21
 Guest speaker will be from the Mental Health Clinic and will inform us of the services that are available through this centre, ladies of our community who wish to become involved. All the ladies of our community are invited.
YOUTH GROUP
 Sundays at 1930 hours in Chapel Annex
 Nov. 19 - Coffee House with a Courtenay Y.P. Group as guests.
 Nov. 26 - Recreational evening in the Gym.

R.C. CHAPEL
 Father Joseph A. Born - Base Chaplain (RC)
MASSES
 Saturday 7 p.m. Sunday Vigil Mass
 Sunday 0930 and 1100 hours
Weekdays
 Tuesday 7 p.m. in private homes
 Friday 10 a.m. in the Chapel
 On other days Father Borg will celebrate Mass on request.
SACRAMENT OF PENANCE
 After Mass on Saturday at 7 p.m. and before Masses.
BAPTISM
 By appointment, usually the third Sunday of the month, at 1:30 p.m. On other Sundays for a good reason.
CATECHISM CLASSES
 Are held every Wednesday evening in the PMQ School from 6:30 to 7:30 p.m. for Grades I to IX inclusively.
JUNIOR CHOIR
 Meets in the PMQ School every Wednesday evening following Catechism Classes at 7:30 p.m. Ages 10 years and over.

Arms and the Man
 BY ED JONES
 George Bernard Shaw's "Arms and the Man" has lost nothing of its witty criticisms of the professional fighting soldier since its writing in 1894. At that time the Balkan Wars had ended, just prior to the First World War. In the last week we have held Remembrance Day ceremonies, which were begun on the anniversary of the Armistice of "the war to end all wars". Yet still we hear daily the reports by news media of wars all over our Earth.

Football
 The final standings after all regular season games were as follows:
 U.S.A.F., 8 points; Supply, 5 points; 407-Air, 4 points; BAMEO-409, 2 points.
 In the semi-final games the draw was as follows:
 1st place team vs 3rd place team. 2nd place team vs 4th place team.
 The semi-final games were played on the 25th of October with U.S.A.F. and 407 Air playing to a 7-7 tie after two five minute overtime periods. The game was called due to darkness. Both teams received another chance on the 8th of November and 407 Air defeated U.S.A.F. 10-2, both teams were hampered by injuries suffered from the first game but the topper came when the U.S.A.F. quarterback was sidelined for most of the second half.
 The second semi-final game was a cinch for Supply against BAMEO 409 because BAMEO did not show up and Supply won by default.
 The final game between 407 Air and Supply was played last Friday Nov. 10, in the afternoon at 1530 hours. 407 Air showed up in force while Supply lacked their full compliment. The field was wet from previous days of continual rain, but it did not stop either team from using their running plays, a strong wind factor during the game prevented teams from breaking out on the scoreboard. 407 Air finally came out victorious over Supply by a score of 7-6, a very tight football game. Award presentations should be sometime next week.

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COMOX EXCLUSIVE
 This is your last chance to see and buy this 1170 sq. ft. 1/2 basement view home - it's going into hibernation for the winter. It'll emerge next spring worth more money. Why wait for spring - do it now! Incorporates many luxurious features and is only a few months old. Full price \$27,700.

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 Fully equipped restaurant-takeout establishment in good central location. Plenty of customer parking available and free. Excellent for a family operation. Only \$10,000 gets you in - \$200 per month at a low 8%.

MLS - KENTWOOD ROAD
 Large four BR home on five acres, partly cleared. Located on a paved road with town water piped in. Very large living room and kitchen. Lots of excellent outbuildings, including a 2-horse barn and a two roomed, fully insulated and heated cabinet shop. Stove and fridge included in full price of \$26,000.

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Got something newsworthy?
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 Call 377

WO's and SGTS. MESS
NOVEMBER ENTERTAINMENT

HOCKEY GAME, BINGO AND DANCE - Nov. 18, Hockey game - 2000 hrs. Inter Mess hockey, Bingo 2030 hrs. \$150 Jackpot in 54 numbers. Consolation prize of \$50. Increased admission price is to cover cost of larger jackpot and consolation prizes. Dance - 2200 to 2020 hrs. Music by the Islanders. Food: Fish and Chips. Dress "C (W)". Admission - Bingo and Dance - \$1.50 per person; Regular and Associate Members: \$2.50 per person, Honorary and Guests. Dance only: \$1.00 per person; Regular and Associate Members: \$2.00 per person, Honorary Members and Guests.

CURLING BONSPIEL - Starts Nov. 24 at 1900 hrs. and continues on Nov. 25 at 1000 hrs. Admission \$2.00 per person. Names to be put on the list in Mess. Live music at the Curling Club on Friday night. Clam chowder and Pizza will be served during presentation Saturday.

DANCE - Nov. 25 - 2000 to 2400 hrs. - Music by Country Playboys. Dress "D" - Sports. Food - Pick trays. FREE.

OFFICERS' MESS
ENTERTAINMENT
NOVEMBER

Thursday 16th - Special Beer Call. Staff College visit. Seafood. 1700 hrs.
 Friday 17th - Dance. "The Four Ways". Beef Dinner. 1900-2200 hrs. Dance 2100-0100. \$5.00 per couple. Res. Please.
 Sunday 19th - Brunch
 Thursday 23rd - Mess Dinner (Bus run)
 Friday 24th - TGIF
 Saturday 25th - Xmas Party and Dance. 2100-0100 hrs. 442 Sqn. Dinner
 Sunday 26th - Brunch. Candlelight Dinner. 1800-2000 hrs. Res. Please

JR. RANKS CLUB
NOVEMBER

17th - TGIF
 18th - The Four Ways. Floor Show and Dance.
 19th - The Four Ways
 21st - No Blade Of Grass. N. Davenport
 22nd - Bingo, \$400 Jackpot
 23rd - Darts
 24th - TGIF
 25th - The Flying Colors
 26th - The Flying Colors
 28th - "Tara" "Tara" "Tara"
 29th - \$50 Consolation Bingo
 30th - Crib

BASE THEATRE
Schedule for NOVEMBER 1972

Wed. 15 - Thur. 16
 Woody Allen **PLAY IT AGAIN SAM** Comedy Show Time: 1900 to 2050 hrs.
 Diane Keaton

Fri. 17
 Sat. 18 **VANISHING POINT** Racing Thriller Show Time:
 Sun. 19 Barry Newman, Dean Jagger 1900 to 2100 hrs.

Wed. 22 **RESTRICTED**
 Thur. 23 **A PLACE FOR LOVERS** Love Story Show Time:
 Faye Dunaway, Marcello Mastroianni 1900 to 2050 hrs.

Fri. 24 **COMEDY**
 Sat. 25 **HAROLD AND MAUD** Show Time:
 Sun. 26 Ruth Gordon, Bud Cort 1900 to 2055 hrs.

Tues. 28 **RESTRICTED**
 Wed. 29 **THE GODFATHER** All seats \$1.75
 Thurs. 30 Marlon Brando, Al Pacino (no passes
 Fri. 1 Dec. James Cann, Diane Keaton accepted for
 Sat. 2 Dec. this show)
 Sun. 3 Dec. Show Time:
 Fictitious story of a best seller 1900 to 2240 hrs
WARNING: Contains brutality and offensive language.

Judo - A gentle art?

BY BARRIE WOODS
 Instructor
CFB COMOX JUDO CLUB
 When translated the two Japanese characters forming the word "Judo" mean "The Gentle Art".
 Today Judo - teachers and students - tend to ignore and forget the basic philosophy of Judo. Let's review and contemplate on this basic philosophy.

Judo News

BY BARRIE WOODS
 Congratulations to Glen Isenor who placed third in the Campbell River Senior Open Judo Tournament, Oct. 28. Competitors were from all of B.C. For his efforts he was awarded the Orange Belt and a bronze medal.
 Glen is perhaps well known in the area for his wrestling and gymnastics ability. His upgrading was a jump of two belts. This brings laurels to three people from CFB Comox Judo Club in the past year.
 Bob Thomas and Brian Fulton also placed third last fall in competitions that included competitors from all of B.C. Well done lads! Hard work and enthusiasm is beginning to put our club on the map.
 The club has grown in the past few years and is now within the top ten of the

Ladies help cubs, scouts

The Ladies Auxiliary held their second successful general meeting of the season on Monday, Oct. 30.
 Twenty-nine mothers of Second Comox Cubs and Scouts were in attendance, and Marion Kee (president) with her able executive presented an interesting evening, highlighted by an informative talk of Cubbing, given by guest speaker Sonia Conn Akela of 2nd Comox Blue Pack Cubs. Interest and enthusiasm is being displayed at such a level, we feel we may be breaking records. Appreciation and thanks is therefore in order to all those "Auxiliary Moms" for their tremendous support.
 For the benefit of those who haven't been able to attend a meeting this year it should be noted that meetings are held the last Monday of every month at the Scout Hall, at 8:15 p.m. We hope you'll come and share in the fun and, yes, work also; for we do work to help support the Scouting Movement. The Auxiliary itself is very rewarding in that it presents Mom with the opportunity to share her son's efforts when he's at an age where he may think only Dad can appreciate his activities.
 Plans for the future include a "Bake Sale-Plus" at the Airport School Auditorium on Saturday, Nov. 18, from 1 to 3 p.m. Everyone is of course welcome, with no exception to the younger set who may be interested in the soft drink and candy tables. Also on

It is this inner measurement that the philosophy of Judo is concerned with and it is this philosophy that distinguishes Judo from any other sport and places it among the arts.
 Following are the basic character traits that all Judoka should strive for if they believe in the Judo philosophy.
 Judo teaches respect - The moment the Judoka steps on the mat, he is showing respect. He continues to show respect for his instructors, fellow Judoka and subsequently family and friends.
 Judo teaches self control - By learning to concentrate, which is a necessity in all phases of life.
 Judo achieves courage in the Judoka so that he learns to face life's daily challenges with the courage he obtains from competing against experienced opponents.
 Judo develops patience - It is necessary to ensure the constant practice which is required to develop the art of Judo.
 Judo develops humility and sportsmanship - By exercising humility he develops sportsmanship.
 Judoka need to exercise flexibility - If the Judoka is to adapt to all Judo situations he may encounter then he becomes flexible in the situations of life.
 Judoka must be enthusiastic and reliable if he is to fulfill his daily commitments.
 How well do our Judoka of today measure up by these eight instruments of character?
 Let's once again be guided by this philosophy and strive to keep Judo the "gentle art".
 There is still room for students in the junior class (ages 9-12) Mondays and Wednesdays from 5:30 to 6:30. At present the senior class 13-up is filled to capacity.
 Applications will be accepted for senior class and placed on waiting list numerically and be reviewed each time members leave the club.
 For information come to the CFB Comox Judo Club or contact Barrie Woods 339-3838.

Miss CFB Contest

Nominations are now being accepted in the annual Miss CFB Contest being sponsored by Base Fund and being coordinated by Wallace Gardens. The winner of the Miss CFB Contest will be crowned in December and will later compete in the Comox Valley Snow Queen Contest.
 Specifications for entrants are that they be between the ages of 16 and 19. That is, 16 but not yet 20 by January 1, 1973. All dependents are eligible.
 The deadline for entries is Nov. 20. Applications should include name, age, phone number, birth date, address and parent's signature. Entry forms may be left at the PMQ Recreation Director's office next to the tennis court.
 For further information, contact either Joan Makowichuk at 339-3244 or local 391 or Pat Mulhall at 339-2942.

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Demon History

By CAPT. A. E. JONES
JACK CLARKE PRISONER OF WAR

Although Jack Clarke, now a book publishing executive in Toronto, was not 407's only prisoner of war, his story does bear retelling. 407's first prisoners of war were, in fact, a crew composed wholly of RAF personnel that was shot down 1 Dec. 41 in an anti-shipping strike off Ijmuiden. Nonetheless, Jack Clarke may have been the only Canadian member of 407.

Having joined the squadron in January, 1941, Jack was crewed up with C. F. Race, (Capt.), Sgt. W. P. McCarthy (WAG), and P.O. R.M.D. Robinson (WAG), when, on the night of 30 May 42, they attacked a German convoy off the Dutch coast. Their initial attack had to be aborted. The envelope of covering fire was just too intense. A few minutes later the Captain returned to the attack, this time pressing his attack home. They passed over the flak ships at mast height. Again the flak was intense.

Just after passing over the outer ships in the convoy the Hudson was blown out of the sky. The next thing that Jack Clarke knew was that he was in pain, in the water, and staring at the light on his now-inflated Mae West.

Joe McCarthy, the WAG was also in the water. The Captain and the other gunner were never found.

Shortly, a German ship hove to and a burly German sailor took both airmen aboard. Joe McCarthy died within a short time. Later Jack was transferred to a large German hospital ship and taken to Boskim in the Fresian Islands. Here he spent five months recuperating in a naval hospital. Jack did not elaborate on the nature of his injuries.

When he was well enough to travel he was taken by train to Cologne, Frankfurt and eventually to Dulag Luft, a camp for Air Force prisoners. Upon arrival he spent six days in solitary confinement, the infamous "cooler." He did not mention whether this was for

some "offence" on his part or just a routine procedure with new prisoners.

A few weeks later, November 1942, Jack was taken to Lamsdorf and Stalag 8B, a German Army POW camp. By coincidence, this camp contained the Canadian other ranks that had been captured at Dieppe. After Dieppe the Germans claimed that they had found bodies of German soldiers with their hands bound. As a consequence, the German High Command ordered that 2500 prisoners in this camp were to be tied. These other ranks, captured at Dieppe numbered approximately 1200. Consequently the Germans, ever mindful to obey the order and fill the quota, included some Air Force personnel. They included Jack Clarke. At first they were tied with ropes and later manacled (i.e. in chains). This ended in Aug. 43.

According to Jack life in the camp was "liveable, bearable."

On 15 January 45 the camp was evacuated in the face of the Russian advance into Poland. Both captor and captured fled before the advancing tide. In the next few months Jack marched across part of Poland, most of Germany in the dead of winter.

On Friday 13th April 45, he was liberated by advance units of the U.S. 9th Army in the area of Brunswick.

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TORP TOPICS

The firm of McNaughton, Fisk and St. Michael took off for the booneys on a hunting trip about a week ago. Those of us remaining behind to hold the fort are wondering how the expedition is making out. We can only assume that by this time they have become thoroughly soaked and may even be in the throes of sprouting webbed feet. It must take a dedicated soul to put up with our recent weather just for the sake of nailing down some venison or does the current price of hamburger influence their motives?

While attending a recent night school class, your scribe could not help but reflect on the niceties of the surroundings that are provided in the educational institutions of today. Thinking back some 20 odd years to the ancient red brick schoolhouse that yours truly attended, it gave the impression of having been patterned after a medieval castle; its four stories certainly represented a tall structure by today's standards. It was surrounded by a mass of wrought iron fire escapes which presented a somewhat awesome sight to the viewer and over the main entrance doors was inscribed the date of construction, 1892, would you believe? However, for all that it was quite presentable inside and thinking back on my attitude to school at that time, the shape or appointments of the building could hardly have made my attention to classes any more bearable.

REPAIR DESPAIR
Captain Meindl has returned to the fold minus his leave-acquired facial foliage which, with apparent reluctance on the wearer's part, had to bite the dust before he could don his uniform. Could it be that present policy respecting the wearing of face fuzz should be reviewed? After all, we have

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407 Tech Ramblings

adopted the naval salute. All remains fairly quiet in our locale with the most notable recent event having occurred on November 1 when Bruce Edmison's wife presented him with a brand new son and heir. Congratulations to both proud parents and no doubt the recent pay hike will help, eh, Bruce?

Warrant Officer Tillack is back in Control but apparently feels that this can have two meanings, one of which he has some doubts about. We understand that he has taken to wearing a mini smock - very stylish!

According to my informants, affairs among the Fitter clan appear to be somewhat strained of late but no details available other than "one will get his". And, ap-

parently Larry Bourgeois is having difficulty in remaining the "happiest girl in the whole U.S.A."

VW, that's Vern White, has decided to trade off his VW, that's Volkswagen, on a Malibu Super Sport. Now you'll be spending more on gas but less time on the road, Vern, but it's always a nice feeling to trade one's car; it happens so rarely, you know!

Last year sometime, or was it this year, Rick Shelton moved into his new home. Anyway, apparently he recently purchased a whole heap of furniture from a moonlighting furniture dealer and our guess is that he is outfitting a rumpus room. If so, we trust that you are installing a bar, Rick, since we are still searching for a suitable place to hold our

section Christmas party. We understand that you are blessed with very understanding neighbors so the only question remaining is, can you get 100 people into your basement?

On the 27th of November, our Sgt. Johnnie Clark leaves repair and moves into the ASO's inner sanctum where his field of responsibility will include the Supply Liaison setup. Whether this means that Barry Arneil will be discarded remains to be seen, but probably not for a while since it is our understanding that this is a very demanding position.

In closing, we would leave you with this thought, "do unto others as you would be done by". So, Corporals, take it easy on the Privates. In fact, from what we have heard and experienced of late, all NCO's could gain by giving these words a little thought. See Yer!



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Boats and arrows
 BY NORM BLONDEL
 Another meeting of the Comox Squadron, Canadian Forces Sailing Association will be held on December 7 at 10:00 hours, for the purpose of voting funds to purchase boat kits. This vote would have taken place at the last general meeting but a debate over the relative merits of Mirror versus Signet put the decision off. The vote is necessary now, in order to have the fleet ready for the 1973 sailing season. The meeting will be in the Totem Lounge, refreshments available; this would be an opportune time for those who have not yet checked out the sailing scene locally, to get up to date information on the progress of CFB Comox's sailing squadron. All are welcome; bring Mum.
 Tony Brett and Gerry Howlett led a small fleet of Naval fourteens and a Mirror in a scratch race recently, with Colin Ranson and Joe Verner guarding the rear, apparently after dropping their drop keel. The construction firm of Ranson, Verner, Berry and Boutelier continues fine work on two Mirrors situated in the Hobby Shop - those who might see a mirror in their future are advised to call any of the above to arrange a kibitzing trip. Hopefully, the fish-wrappers' ace fotog will record this work in the near future.
 In Toxophily, the local Arrow breakers continue a slow expansion. The adult membership now is ten peoples, and we welcome more. The club shoots on Wednesday nights from 6:30 to 8 p.m. on a regular basis, and on Friday and Sunday by arrangement. The club now has four laminated bows, in pull weights of 24, 26, 30 and 34 pounds, and a flock of new arrows. For the complete novice, we have obtained special armguards to prevent the string bruises that usually put a person off when he or she first tries the sport. The club philosophy with regard to equipment is to provide all the gear an archer needs until the archer either quits or prefers his or her own equipment. This takes about three months. Since there are no dues until January 1, an opportunity is thus provided for anyone over 13 years of age to try this sport absolutely free. Call Norm Blondel at 330 or 338-5687 if you are interested.

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on Wednesday, 22 November at the Canada Manpower Office from 12 noon until 4 p.m. and at the Sleepy Hollow Motel from 5 p.m. until 7:30 p.m.

Letters to the Editor

(Continued from page 4)

One wonders just what obscure motivations compel people to acquire these huge hound dogs when clearly the conditions under which they are kept are much less than appropriate. PMQs are small and the wandering space for these creatures seems insufficient for them to work off the frustrations they must suffer in being penned in and tied up. Since it is apparent that the dog owners do not have the best interests of the dog at heart, it must be something else deep down and mysterious. Perhaps the service could usefully employ the services of an itinerant psychologist to interview these troops to determine just what emotional attachments are involved.

It is just possible after a few interviews that some dog owners might understand what others instinctively realize: dogs, while clearly not entitled to the same rights as humans, should nonetheless be given the consideration of being housed in circumstances appropriate to their size and

nature. It is suggested that large dogs should have lots of space to move about. They should get enough attention from their owners so they won't force their uninvited attentions upon people who don't care for that sort of thing. Dogs have few social graces. They will approach and bark, or nibble, or otherwise attempt to establish communication without so much as a by your leave; let alone waiting for a formal introduction. And it appears that the majority are not toilet trained.

It seems not unreasonable that newlyweds should, before being assigned a PMQ, sign a paper to the effect that they will not, for a period of at least twenty-five years, bring any sort of large dog into their household. And, in order to correct a situation that has really gone to the dogs, all PMQ residents who own or otherwise keep mutts larger than eight pounds, should be obliged to get rid of them in the next few days. Say by Saturday afternoon, two o'clock.

Sneed J. Hearn

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(Continued from page 1)

National Defence Headquarters staffs. Uplands contains 279 acres with some 1400 military personnel and 300 civilian employees.

Rockcliffe came into being in 1919, and its major activities for the ensuing 40 years included aerial photography for charting much of Canada, air transport and aeronautical experimentation.

In 1954 it became the headquarters of Air Materiel Command. Several units are situated on the base today, with main activities centering around logistics and supply, photography and intelligence operations. No military flying has taken place at the station since 1964.

Uplands, which shares airfield facilities with Ottawa's civil airport, was selected as a site for a British Commonwealth Air Training Plan flying school in 1939.

Flying stopped in 1945, and Maintenance Command moved away in 1947. Service association with the station then ceased until 1950, when an RCAF expansion began.

Since that time it has been part of both Air Defence and Air Transport Commands, housing various flying units over the years. Until 1971 it was also the location of the Aeronautical Evaluation and Test Establishment, now operating out of Cold Lake, Alta.

Largest flying unit at the base today is 412 (VIP) Transport Squadron. Other elements include 450 Tactical Helicopter Squadron, 2 Aircraft Field Maintenance Squadron, the Canadian Airborne Sensing Unit, and No. 3 Air Movements Unit, one of the busiest military passenger terminals in the country.

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