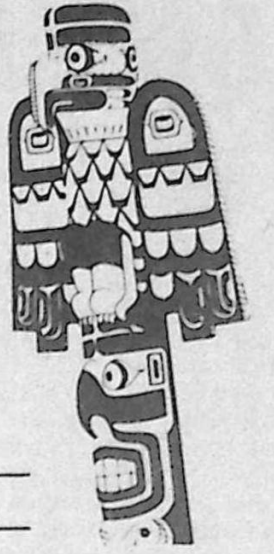




TOTEM TIMES



Is the Easter Bunny a CIA agent, too?

VOL. 15 — NO. 7

CFB COMOX TOTEM TIMES

THURSDAY, APRIL 19, 1973

Four servicemen receive medals for bravery

At CFS Sydney

Royal Cape Breton AF meets for reunion

OTTAWA (CFP) — Now hear this!

Alsgard now naval reserve commander

Commander S. B. Alsgard of Powell River, B.C., has been appointed Naval Reserve Commander Pacific effective April 2, 1973.

In his new position, Commander Alsgard will be responsible for all naval reserve activities in Maritime Command Pacific, Esquimalt, B.C.

For the past six years he has been commanding officer of HMCS Quadra, the Royal Canadian Sea Cadet training establishment at Comox, B.C. He will relinquish command June 5 with a formal change of command ceremony July 8.

Named Commanding Officer designate is Lieutenant-Commander (CIL S) W. R. Vipond of Victoria, B.C., who will be promoted to Commander (CIL S).

CF aircraft in ninth printing

OTTAWA (CFP) — All Forces' aircraft will receive a facelifting because of a new lettering policy.

The word "Canada" will replace the words "Canadian Armed Forces" and "Forces Armees Canadiennes" which now are displayed on opposite sides of Forces' aircraft.

The words "Armed Forces" and "Forces Armees" will be located in two lines to the left and right of aircraft fuselage roundels respectively. The letters "CAF" on the sides of fighter aircraft will be deleted and aircraft numbers will be relocated to accommodate these two designations.

Command designations such as "Mobile Command" and "Air Transport Command" will be removed.

Work is due to begin in mid-April and most Forces' aircraft are expected to have the new lettering by the end of December, 1973.

Force" (RCBAF) will hold a Mess Dinner Apr. 28, 1973. The first such event since 1970, the dinner and reunion coincide with the 20th anniversary of Canadian Forces Station Sydney, N.S., the RCBAF's home station.

The unofficial RCBAF was formally founded April 25, 1956. At that time RCAF Station Sydney, as it was somewhat off the beaten track, received relatively few visits from Headquarters staff officers. Therefore, a myth developed that CFS Sydney was running its own Air Force and only paying lip service to the official RCAF hierarchy. Out of this grew the RCBAF as the personification of air force operations in Cape Breton.

Guest speaker will be Brigadier-General W. H. Vincent, chief of staff, Air Defence Command.

To be held at the Officers' Mess, CFS Sydney, the dinner will feature the appropriate RCBAF and Cape Breton flavor both in menu and post-meal festivities.

Dress for the occasion will be RCBAF, dark business suit dinner jacket or mess kit along with a Cape Breton tartan bow tie. Ties will be available at the bar.

Quarters will be available for all attendees and activities begin at 1900 hrs.

Those planning to attend should notify the PMC Officers' Mess, CFS Sydney, before April 20, or phone Capt. G. Boudreau, area code 902-539-2240, local 313.

Kootenay on stand-by for Terra Nova

The Commander Maritime Forces Pacific in Esquimalt has announced that should it be necessary to do so, HMCS Terra Nova will be relieved from her stand-by role to the ICCS by HMCS Kootenay approximately May 14, 1973.

In this event, Terra Nova is expected to return to Esquimalt not later than end of June 1973. It is emphasized that the decision to replace Terra Nova has not yet been taken. Such a decision will be taken by the Federal Government as the situation in South East Asia develops.



IN THE TRUE SPIRIT of hockey. Canadians at NORAD Headquarters (in the dark sweaters) battle it out with the Colorado Springs Press Ass'n. All Stars in a benefit game for the senior

citizens of the area. The fight was one of the many skits staged that kept the crowd in stitches, if not the players. The Pressmen won 12 - 11.

28th Annual Meeting

Warcos meet in Ottawa

OTTAWA (CFP) — Bombs bursting, typewriters cracking — memories of the "tin hat" days of Canadians in war were revived recently in Ottawa when the Canadian War Correspondents Association held its 28th annual meeting.

About 55 radio and newspaper veterans, former military conducting officers and war photographers met at the National Press Club to carry on traditions developed since the end of the Second World War.

Established in 1945, the association has 125 members. Today's membership also includes accredited reporters and ex-military information officers who served in Korea or in peace-keeping operations such as Cyprus.

This year's meeting recognized the 100th Anniversary of the RCMP and National Defence cooperation in war and post-war years with Commissioner W. L. Higgitt and DND Director General Information Services BGen. L. A. Bourgeois (retired) as honored guests.

Veteran war reporter, columnist, and celebrated concert harmonica maestro Charles Lynch paid tribute to

deceased "Warcos" as he played the traditional "Road to the Isles."

Business at the meeting included election of officers and admission of new members. Lt.-Col. Alex Stirton (retired) former war photographer and post-war army public relations officer was elected president succeeding Jock Carroll of Toronto.

Trophies, awarded on an annual basis, were presented to John Maclean of Brockville, Ont., former army conducting officer in Korea, newsman and current author; Benoit Lafleur, Montreal, CBC executive and Second World War correspondent; and Barney Anderson, Toronto, former war correspondent and now Canadian Press editor.

Poor in Pleiku housed through Canadian aid

Saigon — Two communal homes for the poor will be built in Pleiku with money donated by Canadian members of the International Commission of Control and Supervision (ICCS) in Vietnam.

Bishop Paul L. Seitz, Bishop of Kontum, in accepting the latest donation from Major Jeffrey Kelly of Bobcaygeon, Ont., said the centres will house Montagnard tribesmen of all ages within the diocese.

"The buildings will serve also as a tangible reminder of the Canadians' stay in Pleiku," the bishop said, "and is another token of the close cooperation that exists between the mission and the Canadians garrisoned in Vietnam."

Bishop Seitz, is a French missionary who has been in Vietnam since 1936.

Although the Canadian donation, 30,000 piastres is small by North American standards, amounting to approximately \$60, it is enough to build the two communal homes.

Major Kelly has been making private donations to the mission since 1968. He is currently at the ICCS headquarters in Saigon.

Smallpox restrictions reimposed

The Honourable Dennis Cocke, Minister of Health Services and Hospital Insurance stated today that Canada has reimposed as a temporary control measure the requirement for presentation of a valid international certificate of vaccination against smallpox by all travellers returning to Canada from London, England.

This has been done because of the presence in England of two secondary cases of smallpox arising from one case of smallpox contracted late in March by a laboratory technician.

The Minister strongly urges that all British Columbia residents planning to leave North America assure themselves that they possess a valid international certificate of vaccination against smallpox, not only to avoid the remote possibility of contracting smallpox but also to avoid inconvenient delays in their travel plans by the unexpected imposition of control measures.

OTTAWA (CFP) — Four Canadian Forces servicemen are listed among 14 Canadians who will receive bravery medals at an investiture ceremony to be held later this year at Government House.

Cpl. M. M. Lesiak, serving with 401 Air Rescue Sqn., Montreal and Cpl. R. V. Verchere, CFB Trenton, Ont., will receive Canada's second highest bravery award the Star of Courage. This medal is awarded for acts of conspicuous courage in circumstances of great peril.

Two helicopter pilots, Capt. P. L. Wenaas, CFB Bagotville, Que., and Capt. J. R. Farncombe, CFB Calgary will receive the Medal of Bravery for their rescue efforts during the landslide at St. Jean-Vianney, Que., in May 1971. The Medal of Bravery is awarded for acts of bravery in hazardous circumstances.

Cpl. Lesiak will receive the Star of Courage for his efforts in attempting to save the lives of the pilot and co-pilot of an aircraft which crashed at CFB Gagetown, May 2, 1971. The citation states that although suffering severe burns as a result of the crash, he directed three passengers to safety and returned to extricate the injured co-pilot from the wreckage. The intensity of the resulting fire prevented Cpl. Lesiak from a further attempt to save the stranded pilot.

The citation for Cpl. Verchere and Captains Wenaas and Farncombe states that in the course of search and rescue operations at St. Jean-Vianney the trio displayed perseverance and courage in the face of grave risks. After hoisting a survivor stranded on top of a car to their helicopter, Cpl. Verchere disembarked to make a search of houses that were in imminent danger of collapse.

The names of the servicemen were on the fourth list of bravery award recipients since the new system of Canadian honors was announced.

Driving improves

An annual ADC Accident Summary for the calendar year 1972 reflects the most successful year on record for ADC. Last year ADC total mileage increased by a quarter of a million miles over the preceding year, while the preventable accident rate for the command decreased by 0.04 per cent.

Our contribution to this record at CFB Comox is owed to the combined efforts of the Base Commander, the BTSO and the BTNO, in fully supporting the MSE Safety programs and the Defensive Driving Courses.



CAPT. WENAAS



CAPT. FARNCOMBE



CPL. VERCHERE



CPL. LESIAK

University of Manitoba proposed as "serviceman's college"

OTTAWA (CFP) — "Civilian universities have been fairly cold in the past to Canadian Forces members and have never seen them as special people."

So says Barry Browning, registrar of the University of Manitoba and the driving force behind a proposal to make that university a major degree-granting institution for CF personnel. The proposal, approved in principle by the university senate March 6, is now under study at the Department of National Defence.

DND officials say they are most interested in the proposal and regard it as a welcome approach to dealing with the unique problems experienced by CF personnel in attaining university degrees. The Department's official position will be reserved, however, until the details of the plan are studied.

A former ground training officer at CFB Trenton, Mr. Browning says he has always been conscious of the hurdles faced by armed forces personnel, due to the highly mobile nature of their work, in completing their university educations.

"Forces personnel are special people because they face difficulties getting a private education that the average individual does not face," he explains. "A man in industry can refuse to be transferred; a man in the service cannot."

Because the university registrar felt that the situation was getting worse all the time, he set out to attempt to make it easier for the serviceman to attain a degree.

Prompted by informal discussions between armed forces personnel in Winnipeg and Mr. Browning, a special

university committee was formed to study the private education difficulties encountered by CF members. The proposals, approved in principle by the university senate, were a direct result of that study.

The University of Manitoba has recommended that:

A continuing counselling service be provided by the U. of M. for the serviceman, once he has established a record of study with the University. The serviceman would be required to complete two courses at the university (by night, summer, correspondence, or otherwise) to establish a record of study. The ongoing counselling service would inform the serviceman of all program and course possibilities open to him in taking his degree at any university.

"I feel the armed forces have enough to worry about without being concerned

about the portability of programs and courses at the 60 civilian universities in Canada," says Mr. Browning. "The University of Manitoba is quite capable of providing a counselling service in terms of what degree courses are available in Canada, the United States, or even England."

To the serviceman, this proposal would mean that once he has established a satisfactory record of studies at the University of Manitoba, there would be no reason why, once started, he could not finish. If transferred before completing his degree, an appeal would be made on his behalf to the senate and he could complete his degree elsewhere, with the University of Manitoba granting the degree.

If a Canadian Forces member successfully completes one course with the

University of Manitoba and has reached the rank of corporal or captain, the university would automatically grant him credit for a second course in recognition of the training or competence expressed by his rank.

If a commanding officer of a unit thinks a military course is comparable to a university course, he could apply to the University of Manitoba for recognition of that training. If the university agreed that the military training is equal to university level training, further university credits would be given to graduates of the Canadian Forces training program. "I am thinking in terms of Staff School, or French-language training in particular," says Mr. Browning, "where the course of study is much like a campus course."

If a CF member moves, the University of Manitoba's provisions of portability, designed to help the movement of the man, would also apply to his wife. His wife would be able to receive the same counselling and have the same freedom to take courses at other campuses towards a degree.

The University of Manitoba would offer children of CF personnel the same program selection rights as provincial residents. According to Mr. Browning, universities are feeling increased pressure in their dentistry, law and medical programs than they can take. As a result, entrance priority is granted to provincial residents and children of military personnel are at a disadvantage. The University of Manitoba suggests that as

long as a CF member has, throughout his service stated that his "place of ordinary residence" is Manitoba, it does not matter where he is posted. His children can request entry to the U of M, regardless of the province of most recent study, and this would extend to those students who have completed a substantial part of their high school training in Manitoba, but have since moved to another province. "We are not offering priority in selection," says Mr. Browning, "but we are offering equality of opportunity."

If a CF member registered for a course at the university in September and was transferred before the completion of that course, his fee would be refunded by the University of Manitoba.

Mr. Browning feels there are many advantages to the

proposals. The University of Manitoba offers a wide variety of courses and programs; through its College de St. Boniface, it can offer courses in the French language; and although an accidental advantage, it is a university in a central province.

"My feeling is that this is something that has been needed for a long time now," says Mr. Browning. "I am not saying that the University of Manitoba is the only one that can do it, but it is the only university that has proposed it."

He continues: "It's up to the Department of National Defence from now on. If the department would like the package, it's there for the taking. It's a package that we think is flexible but it is certainly open for improvements."

Question period in Parliament

OTTAWA (CFP) — The following are extracts from Hansard:

RESERVES

Mr. George Hees (Prince Edward-Hastings): Yes, Mr. Speaker, I am always non-controversial. I have a question of the Minister of National Defence. In view of the fact that under the government's present policy our reserve forces have been reduced from 23,000 to 15,000, or roughly one-third of their strength, within the last two years and at the present rate of attrition these forces will disappear within the next few years, would the minister take the first opportunity on motions to outline to the House and the country what the government's policy regarding the future of our reserve forces is to be?

Mr. James Richardson (Minister of National Defence): Yes, Mr. Speaker, I will give consideration to that request. However, I should like to say right now that our reserve forces do play a very important part in our whole concept of the work of the armed forces.

Mr. Hees: It is because of the great good the reserve forces provide for the defence of this country, both for the future and at present, that I ask this question and everybody knows that. I therefore ask the minister to give consideration to bringing these forces back to their original strength so they can operate much more effectively, as they wish to do but are being prevented from doing by the present government.

Mr. J. R. Ellis (Hastings): Mr. Speaker, I have a supplementary question to one asked previously of the Minister of National Defence in respect of the reserve forces. Will the announced unfreezing of the defence budget this year allow for increased summer training for reserves by reason of an increase in our reserve forces and also provision of summer employment for young people?

Hon. James Richardson: Mr. Speaker, the answer to both questions is yes. The reserves and our summer

student program will be enlarged this year.

CIVIL DEFENCE

Mr. Don Blenkarn (Peel South): Mr. Speaker, last week I posed a question to the Minister of National Defence about the use of the Canadian Armed Forces in connection with the emergency situation along the shores of Lake Ontario and Lake Erie. I now find out from the Emergency Measures Organization that the municipalities involved must reimburse the government for the use of the armed forces. Is the minister prepared to change that policy in view of the present emergency?

Hon. James Richardson: Mr. Speaker, our policy is to provide these services on a cost recovery basis.

Mr. Blenkarn: In view of the fact that the Armed Forces have their salaries paid in any event and already have the necessary equipment on hand, can the minister explain why municipalities must be charged for what is already paid for in the budget of the minister?

Mr. Richardson: Mr. Speaker, we do not charge for the salaries or for the use of the equipment. It is really the direct out-of-pocket costs that arise from assisting in any particular emergency.

MARITIME FORCES

Mr. McGrath: 1. What is the total strength of Canadian Forces personnel stationed in each of the four Atlantic Provinces — Newfoundland, Prince Edward Island, Nova Scotia and New Brunswick?

2. What defence establishments are located in these Provinces?

3. What is the total strength of Canadian Forces for each of the other six provinces, the Yukon and the Northwest Territories?

Hon. James Richardson: 1. Newfoundland, 794; Prince Edward Island, 1,069; Nova Scotia, 12,809; New Brunswick, 4,748; total, 19,420.

2. Newfoundland: Canadian Forces Station Gander; Canadian Forces Station Goose Bay; Canadian Forces Station St. John's. Prince

Edward Island: Canadian Forces Base Summerside, Nova Scotia: Canadian Forces Base Cornwallis; Canadian Forces Base Greenwood; Canadian Forces Base Halifax; Canadian Forces Base Shearwater; Canadian Forces Station Barrington; Canadian Forces Station Mill Cove; Canadian Forces Station Shelburne; Canadian Forces Station Sydney. New Brunswick: Canadian Forces Base Chatham; Canadian Forces Base Gagetown; Canadian Forces Base Moncton.

RESTIGOUCHE DAMAGE

Mr. Rowland: 1. What was the cost of repairs to damages incurred by HMCS Restigouche during refit?

2. For what period of time was HMCS Restigouche out of service due to the damages referred to in Part 1?

3. Is there evidence that any of the damage was the result of deliberate action?

4. Is legal action against the shipyard contemplated?

5. (a) Is HMCS Restigouche being transferred from the East Coast flotilla to the West Coast flotilla (b) was HMCS Restigouche slated for such a transfer prior to her refit or has the decision been made subsequent to the inquiries?

6. Is court martial action against naval engineering staff being contemplated?

Mr. John Reid (Parliamentary Secretary to President of the Privy Council): I am informed by the Department of National Defence and Supply and Services as follows:

1. It is estimated that when repairs are completed towards the end of April, labour costs plus replacement components will be in the neighbourhood of \$750,000.

2. Approximately seven months.

3. No.

4. In all contract cases when the department feels that the full terms of the contract have not been met, it is the practice to have legal

officers of the Department of Justice to study the circumstances. This is being done with regard to HMCS Restigouche.

5. (a) and (b) Yes; the decision was made before discovery of corrosion damage and subsequent repair.

6. No.

Mr. Peter C. Bawden (Calgary South): Mr. Speaker, I have a question for the Minister of Transport. In view of the \$3.7 million the government is spending to upgrade air navigation aids in the north to reduce the incidence of lost aircraft, will the minister tell the House whether the upgraded regulations that are to apply to civilian aircraft in the north will apply also to Canadian Armed Forces aircraft?

Hon. Jean Marchand (Minister of Transport): Is the hon. member asking about Canadian Armed Forces aircraft? This question will have to be put to the Minister of National Defence. I am in charge only of civil aviation.

Mr. Bawden: Mr. Speaker, I have a supplementary for the Minister of National Defence. Is the minister aware that certain Canadian Armed Forces aircraft operating in the north are seriously under-equipped with navigation and radio aids, particularly modern crash position indicators, thus seriously and unnecessarily risking the lives of Canadian Armed Forces air crews?

Hon. James Richardson: Mr. Speaker, all Canadian forces aircraft are equipped with personnel locator beacons. Most of the aircraft, the Hercules and the Twin Otters operating in the far north, are also equipped with crash position indicators. As I am sure the Hon. member knows, there are the two types, but our aircraft are equipped with personnel locator beacons.

The Yukon is celebrating four 75th anniversaries in 1973: the Klondike Gold Rush, the formation of the Yukon as a territory of Canada, the formation of the Yukon Field Force and the building of the White Pass railway.

Judo club report

By B. WOODS

A reminder to all that the CFB Comox Judo Club is hosting a sanctioned Junior Judo Tournament April 28, in the Glacier Gardens Arena. Competitors are invited from all of B.C. so competition will be keen. Judo at the junior level can be an exciting spectator sport. Come out and support the Judo Club.

This year the CFB Comox Judo club has competed ex-

tremely well against the more experienced clubs of B.C. At the regional finals the club took ten places with eight boys going to the finals in Kamloops.

In Kamloops Glen Isenor placed fourth with Brian Fulton and Terry Baumgartner reaching the quarter finals, a very good show as these boys were all out-ranked by at least three belts.

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1966 Plymouth 4-cyl. 4 speed. P.S. Brake. 120000. \$1295	1964 Meteor Wagon 4-cyl. 4 speed. P.S. Brake. 120000. \$495	1967 Corvair 4-cyl. 4 speed. P.S. Brake. 120000. \$895
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Post office

very first CFPO was during the Fenian Raids and we have had them during the Boer War and the two World Wars." The Saigon CFPO is a two-man operation - a postmaster and an assistant. The postmaster, Sgt. Robert Polloway, 46, Edmonton, Alta., has been on several truce commission teams prior to his latest tour of duty. The assistant is Cpl. Ron Clarke, 33, Sydney, N.S. All CFPO personnel are trained postal clerks. Postal Services The post office provides a full range of postal services, including the sale of Canadian and Vietnamese stamps, the sale and cashing of money orders, registration and insured parcel post service. All financial transactions are conducted in Vietnamese piastres. "The Post Office in Saigon will remain open as long as a considerable number of Canadian Forces personnel are stationed in South Vietnam," said Lt.-Col. Deziel. "We will have to close it when the numbers start to dwindle as it would not be feasible to have one there then." Airmail letters between Canada and South Vietnam take from two to four days. They leave on commercial flights seven times a week from Montreal to Saigon, via Vancouver, San Francisco and Hong Kong. Surface mail takes between seven and 10 days. This type of mail is concentrated at the Canadian Home Postal Depot (CHPD) at Belleville, Ont., and is sent on a Canadian Forces' airplane from Trenton, Ont. The Saigon CFPO operates seven days a week and the hours are flexible. This means that a team member visiting the city on business can call at the CRPO at any time and ask if there is any mail for him - even at 2 a.m.!



HIS EXCELLENCY A. SKARSTEIN, Norwegian Ambassador to Canada, left, and Defence Minister James Richardson examining a model of a CF-104 Starfighter. The Norwegian Government has purchased 22 of the planes from Canada for just over \$13,000,000.

Norway buys surplus CF-104s

OTTAWA - The Honourable James Richardson, Minister of National Defence, announced last month the sale to Norway of 22 CF-104 Starfighter aircraft, together with associated program support in equipment, parts and training, for just over \$13,000,000. The Canadian Commercial Corporation handled the sale for the Department of National Defence. The aircraft have been surplus to the armed forces' inventory since July 1970 when Canada reduced the number of its CF-104 squadrons serving with NATO in Europe to three from six. Mr. Richardson said the cost to Norway of the aircraft, an initial stock of spares, and supporting training and administration charges is \$9,175,000. In addition, the Canadian aviation industry will receive approximately \$4,000,000 from Norway for engine overhaul and airframe work. The first aircraft is due for delivery to Norway late this month and the last in May 1974.

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Musical
After a short period of well deserved rest, your reporter is back with a list of personnel changes and postings to pass on. Off to the balmy eastern climes of the Annapolis Valley are Captains Rick Collins, Jim Franko, and Bud Lloyd, all to 449. Capt. Bill McLaughlin has been posted to fill the Command Flight Safety slot in Halifax and Bill Ainslie is heading south to MARPAC to take up personnel duties. Capt. Bob Brown has been posted to DREA down east and I know as much about that one as you do. It is some kind of research establishment.
That's the outgoings, now for the internals! Our resident Yank, Lt. Tom Loosbrock, and Capt. John Bennett switched crews (they'd rather be in the States) and the first airmail letters were sent to Saigon the next day from Montreal.
"This must mark some sort of a first for speed in establishing a new international mail service," said Major Norm Sayer, Assistant Director of Postal Service, Department of National Defence.
The CFPO was established at Tan Son Nhut airfield outside Saigon along with the headquarters of the ICCS.
"We have had CFPOs before in Japan, Korea, the Congo, India, Pakistan and Egypt," said Lt.-Col. Deziel, who opened the CFPO in Egypt in 1956. "We have 13 of them overseas in Great Britain, Belgium, Holland, Germany and Cyprus. The

going mail to Canada was sent by air on February 2 and the first airmail letters were sent to Saigon the next day from Montreal.
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8th Hussars celebrate 125 years
OTTAWA - Canada's oldest serving regiment, the 8th Canadian Hussars (Princess Louise's) observed its 125th anniversary April 4.
The regiment, formed in 1848 under Lt.-Col. Robert James of Stanley, N.B., led a nomadic existence in its early days, moving the headquarters around the New Brunswick counties of Kings, Queen's and Westmoreland to the home towns of successive commanding officers.
Although April 4 is the true anniversary date, the Regiment is planning to celebrate the event between the 16 and 24 with special memorial parades and banquets of former members at both Petawawa and Moncton.
The 8th Hussars served in both the First and Second World Wars and has seen peacetime duty in Germany, Egypt and Cyprus.
HRH The Princess Anne is colonel-in-chief of the Regiment.

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HRH The Princess Anne is colonel-in-chief of the Regiment.

Oyster River races soon
Stock car racing at the Oyster River Speedway opens this year on Sunday, May 6, at 1 p.m. Members of the Oyster River Racing Association will be racing on the three-eighths mile oval every weekend until Sept. 15. It's planned to give the girls a chance at the wheel on Sept. 16 when a Powder Puff race is scheduled.
The Association is looking for new members this year and is inviting all those interested in racing stock North American cars to attend their first monthly club meeting in the Black Creek Community Hall May 1 at 8 p.m.
The races, which will move to Saturday nights at 7 p.m. later in the season, are open to spectators with admission set at \$2 for adults, \$1 for students and children under 12 free if accompanied by an adult.
See you at the races.

Run for your life

By CAPT. W. M. KEENER
Base Physical Education and Recreation Officer

The semi-annual Aerobics physical fitness test is upon us again. The customary complaints and objections can still be heard -- however, a new dimension has been added.

The fact is that more servicemen than ever at CFB Comox are utilizing the excellent physical education and recreation facilities to properly prepare for the upcoming mile and a half test. The gymnasium is packed at noon hours with joggers and badminton players and the golf course road has become an obstacle course for noon time drivers due to the large number of joggers utilizing the measured course (much to our pleasure)! The circuit training room has also become a favourite "grunt and groan" location as servicemen toil through the stations with dedication previously seen only at the bank on payday.

The favourite question concerning the test is "What does it prove?" Well, the proper perspective is finally coming into view. The test itself is the best single parameter that can be utilized to measure a man's aerobic capacity, or in other words the ability of his heart and lungs to work together in supplying oxygen to the cells of the body. On a broader scope, the responsibility of each and every serviceman to his family and the CF is made clear. The serviceman, no matter what his trade is, is above all a member of the Canadian Forces who may be called on at any time to perform a special duty which is more physically and mentally demanding than his day to day duties. Aid to the civil power through flood control is one example. The serviceman must be able to react with stamina to these callouts -- he must therefore be physically conditioned. The Aerobic test indicates each individual's potential to react -- anyone who fails should have a long hard look at themselves and assess their appearance, how they feel physically, their mental temperament and their general outlook on life.

Each serviceman has another more obvious and more important commitment to fulfill -- to his family. The incidence of heart disease in our western society has reached epidemic proportions. Studies have shown that regular physical workouts of moderate strenuous activity over a long period of time can in fact delay the onset of heart disease. The heart, like every other muscle in the body, needs to be stressed in order to maintain efficiency. A jogging session may cause the expenditure of 2 or 3,000 extra heartbeats, but by conditioning the heart to a slower more efficient heart rate, may save a total of 10,000 beats in a given day. The lungs become more efficient at exchanging oxygen and carbon dioxide wastes, and the body muscles gain strength and endurance. It is not uncommon today to lose men in their prime of life because of heart attacks -- the message of family commitment on a personal basis is clear.

The truth of the matter is that the test itself is becoming less important and the fitness program of the individual serviceman is gaining the proper emphasis. If a man has maintained his fitness level to the proper level, the test then becomes an instrument of evaluation only -- an indicator of the worth of his fitness program. If a man is not physically active, the test becomes a feared event twice yearly.

A physical fitness program encompasses many activities, including jogging, walking, golfing, hockey, badminton, swimming and on and on ad infinitum. Do not restrict yourself to one activity, but enjoy as many as possible. The aim of the excellent sports program at CFB Comox is to allow fitness activity for the serviceman while he is having fun! The possibilities for a fitness program are endless -- the facilities at this Base are there for your use and enjoyment while you are preparing for the fitness test.

The incidence of coronary infarcts and major circulatory-respiratory problems is greatly increased in sedentary persons over the age of thirty years. A moderate physical fitness program based on a slow progression of activity levels and commenced after a full medical consultation is one method to delay and prevent the problems of heart disease.

The message is clear -- the noon hour joggers are participating in something more than just a chance to get outside and enjoy nature -- they are in the process of conditioning their minds and bodies to withstand stress and strain -- they are in fact, in a process of "Running for their Lives."

Boswell Picks a Poem

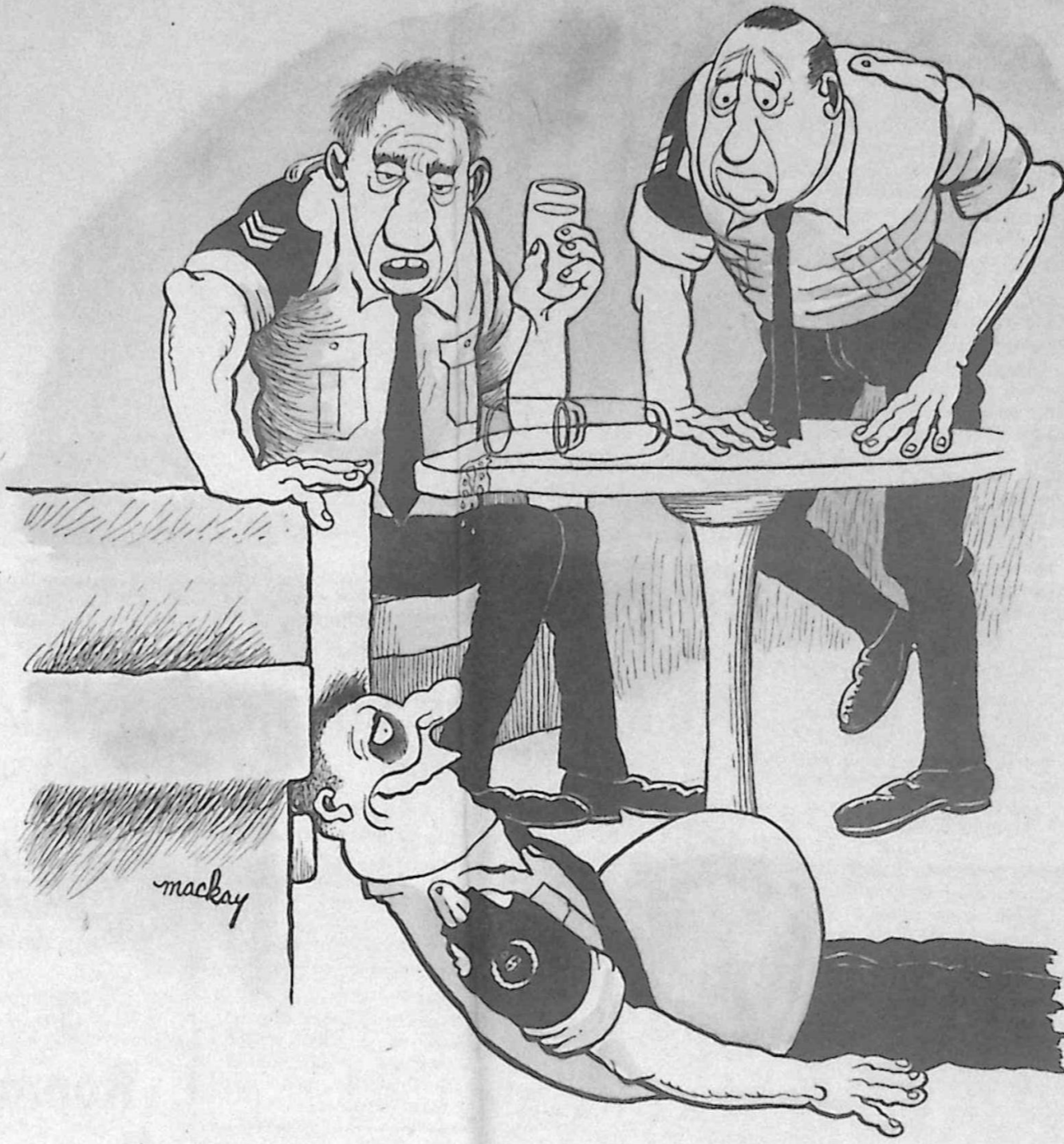
YAWCOB STRAUSS

I haf von funny leedle poy,
Vot gomes schust to mine knee;
Der queerest schap, der greatest rogue,
As efer you dit see.
He runs, und schumps, und schmashes dings
In all barts of der house;
But vot off dat? he vas mine son,
Mine leedle Yawcob Strauss.
He get der measles und der mumbs,
Und eferding dot's out;
He shills mine glass of lager bier,
Poots schnuff indo mine kraut.
He fills mine pipe mit limburg cheese,
Dot vas der roughest chouse;
I'd dake dot vrom no oder poy
But leedle Yawcob Strauss.
He dakes der milk-ban for a drum,
Und cuts mine cane in dwo,
To make der schticks to beat it mit,
Mine gracious, dot vos drue!
I dinks mine hed vas schplit abart,
He kicks oup sooch a touse;
But never mind; der poy vas few
Like dot young Yawcob Strauss.
He asks me questions, sooch as dese:
Who baints my nose so red?
Who vas it cuts dot schmoodth blace out
Vrom der hair ubon min hed?
Und where der blaze goes vrom der lamp
Vene'er der glim I douse.
How gan I all dose dings eggsblain
To dot schmall Yawcob Strauss.
I somedimes dink I schall go vild
Mit sooch a grazzy poy,
Und vish vonce more I gould haf rest,
Und beaceful dimes enshoy;
But ven he vash asleep in ped,
So quiet as a mouse,
I prays der Lord, "Dake anyding,
But leaf dot Yawcob Strauss."

Charles Follen Adams.

Totem Times

Published on alternate Thursdays with the kind permission of Col. D. W. McNichol, Base Commander, CFB Comox. 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, CF or other agencies. 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. 292. Printed in Courtenay by Comox District Free Press.



"I TRIED to tell him that TGIF doesn't stand for Two Gallons In Forty minutes!"

Letters to the Editor

Shift workers' leave

Dear Sir:
Unless my arithmetic is faulty, and assuming that the shifts mentioned in the March 22 letters to the Editor are the ten-on and four-off variety, it seems to me that the shift worker can use 20 of his 25 days leave plus regular days off to take a better-than-4-week vacation -- 32 days to be exact. He would still have 5 leave days left which could be taken with another days-off period and give him an additional 9-day holiday.

A straight-shift or 5-day-a-week man must use 20 regular leave days plus weekends to get a similar 4-week vacation of only 30 days. He too would have 5 leave days remaining which, with weekends, could give him another 9-day holiday period.

As with any group of numbers, it seems to depend on "who is doin' the figurin'." So take heart, shift workers, you aren't as badly off as MCpl Price would have us believe.
N. O. Einstein

An open letter

Dear Sir:
I would like to relate an incident that happened to me on Sunday the 15th April last.

This took place at the Glacier Greens golf course about 1700 hrs. when some of the junior members were playing around with the golf clubs that were in the hallway outside the lounge, these boys were observed by an adult member that told them to leave them alone if they did not belong to them.

Sure enough, I not only lost a half dozen golf balls, but they also relieved me of my wallet. The golf balls and the twenty dollars can be replaced, but what I want whoever took the wallet to understand is just what it takes to replace the contents of a wallet, when somebody they have their own little cards that are needed to live in a society that is made up of prove this, prove that, enterprises. By then I hope they need a card to prove they have a card and the damn wallet is twice as big.

1. Call Simpson Sears and cancel credit card.
2. Call Eatons and cancel credit card.
3. Write to Gulf Oil in Calgary and cancel credit card.
4. Write Union 76 in Calgary and cancel credit card.
5. Write Pacific 66 in Calgary and cancel credit card.
6. Phone Canex and cancel credit cards.
7. Go to guard house report lost "I" card.
8. Write to federal government report lost Social Security card.
9. Have outdated DND 404 replaced.
10. Get new defensive driver's card.
11. Get new driver's licence (Cost approx. \$5.00)
12. Get in touch with insurance company for new pink slip.
13. Write for new C.G.S.A. card.
14. Write for new W.C.T.A. card
15. Get new golf membership card.

And that, sonny, is only part of it. There are pictures, other cards, raffle tickets, etc., that cannot be replaced and only you can do that.

So keep the twenty and the golf balls but put the wallet in an envelope, hide it somewhere, phone me up, and just say where it is and hang up. I do not want to know your name because I get very irritated at things like this and if you continue to be like this you will find a little later that not too many people will want to know your name.

There is one interesting thing I did learn during this experience that should make us all very proud. Did you know that there is not one

parent at CFB Comox that has a son that would do this? He must have been a visitor from bag town.

In closing there is one question that maybe someone can answer for me. How do they expect to have the Service Police get any cooperation from parents when the parent is held responsible for their actions? It's like asking them to help to put themselves in trouble.

John D. Webber
339-3727

P.S. I hope the person that took my wallet trips over his No. 9 iron and shoves it up his nose, blunt end first.

Comments and criticisms

Dear Sir:

All the technicians of the C.A.F. should be paid the same pay regardless of trade except in special cases. When they join the service many chaps are green and know little of the military structure. When a specific trade was applied for they were told that trade was closed, consequently they were channeled into trades the service needed and the individual did not care for. It is said one could remuster later, well, trade tests, courses, etc., are given, and the grouping is obtained, thus you are cornered and defeated. If one remusters you are at the beginning again. Ten years have gone by, and by this time a chap is really cheased off. It is too late to obtain a release because one is over the hump, well indoctrinated etc., and morales are down. Once an individual is out of the service at either C.R.A. or 25 years, he is cut off completely from the service as if he had never even been part of it.

There are no compensations for people who have voluntarily spent the best years of their lives in their country's service. They are

told upon release, we have used you, but now that you are divorced from us, you no longer exist.

The Americans have the right idea concerning their forces -- they say thank you by helping the chap become rehabilitated, help him with G.I. loans and his medical, etc. While he is in the service, his housing is subsidized and there are other worthwhile benefits such as P.X.'s etc.

Thomas James

Help!

I am a struggling apple tree
Upon a PMQ lawn.
Soon my blossoms you will see
But quickly they'll all be gone.

Small feet will bruise my branches
Tiny hands will choke my buds
And should an apple try its chances,
To the ground it goes with a thud!

So mothers, please remember,
When your young ones climb on me,
If you want apples in September
Children must now let me be.

B. C. McIntosh

Beware the jogger!

Dear Sir:

Since last week, I have been keeping a close eye on my neighbour who is an American working at the Base. I have always been suspicious of him as he leaves the house dressed up in jogging gear every morning at six o'clock sharp. I had previously thought that he was going jogging, but I now suspect that he is gathering information for the CIA.

Once I get in shape, I should be able to get more concrete evidence on him and put an end to this treachery.

D. Doright.



"That Krantzmeier sure enjoys his work!"

Base Exchange oving Story Contest

(For Ladies Only)

... girlfriends, daughters -- if you have a funny or wild story to tell, post it, packing, travelling or house hunting, jot it mail it to the Editor, Totem Times. The issue of the Times will carry the first five stories. Others will be printed in future issues. An independent judge will select the best story and award the writer two tickets to the Base Theatre good for all shows for a month. Do not wish your name printed, just say so in your

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plots of excellent black garden soil, each 1/4 acres optional view of Comox Glacier. One's \$3,200 and 3,100, with just 10% down and easy terms.

... your last opportunity to buy that little 5 acre pond at a reasonable price. We have listed 4 parcels each, close to town on a newly paved road. I need, there's plenty of water available and will be a good investment. Full price just \$8,800 each with

... looking for something different in a home, let us brand new 3 bedroom home with modern living floor. Lot size 70' x 129' with trees giving privacy. Full price \$28,000.

... home nearing completion in a new subdivision. 10 feet with wall-to-wall carpeting, fireplace. Lot 715' x 138'. Full price \$21,700.

Did you know this about smoking?

Did you know that: Smoking several cigarettes in a closed room soon makes the concentration of nicotine and dust particles so high that the nonsmoker inhales as much harmful tobacco by-products as a smoker inhales from four or five cigarettes.

Smoke from an idling cigarette contains almost twice the tar and nicotine of smoke inhaled while puffing on a cigarette. On the average, smoke inhaled while puffing on a cigarette contains 11.8 mg of tar and 0.8 mg of nicotine, as compared to 22.1 mg of tar and 1.4 mg of nicotine from idling smoke. Thus, smoke from an idling cigarette may be twice as toxic as smoke inhaled by the smoker. Although the concentration of harmful substances inhaled by the nonsmoker is less than the concentration inhaled by the smoker, the nonsmoker's exposure will be for a greater period of time.

Smoking in an airplane will obviously constitute something of a menace to a non-smoking passenger. It seems obvious that in the confines of an airplane, where a non-smoker may be required to sit next to one or between two smokers, and where the air circulation is typically poor, the nonsmoker will be subjected to significant health hazard from the smoker.

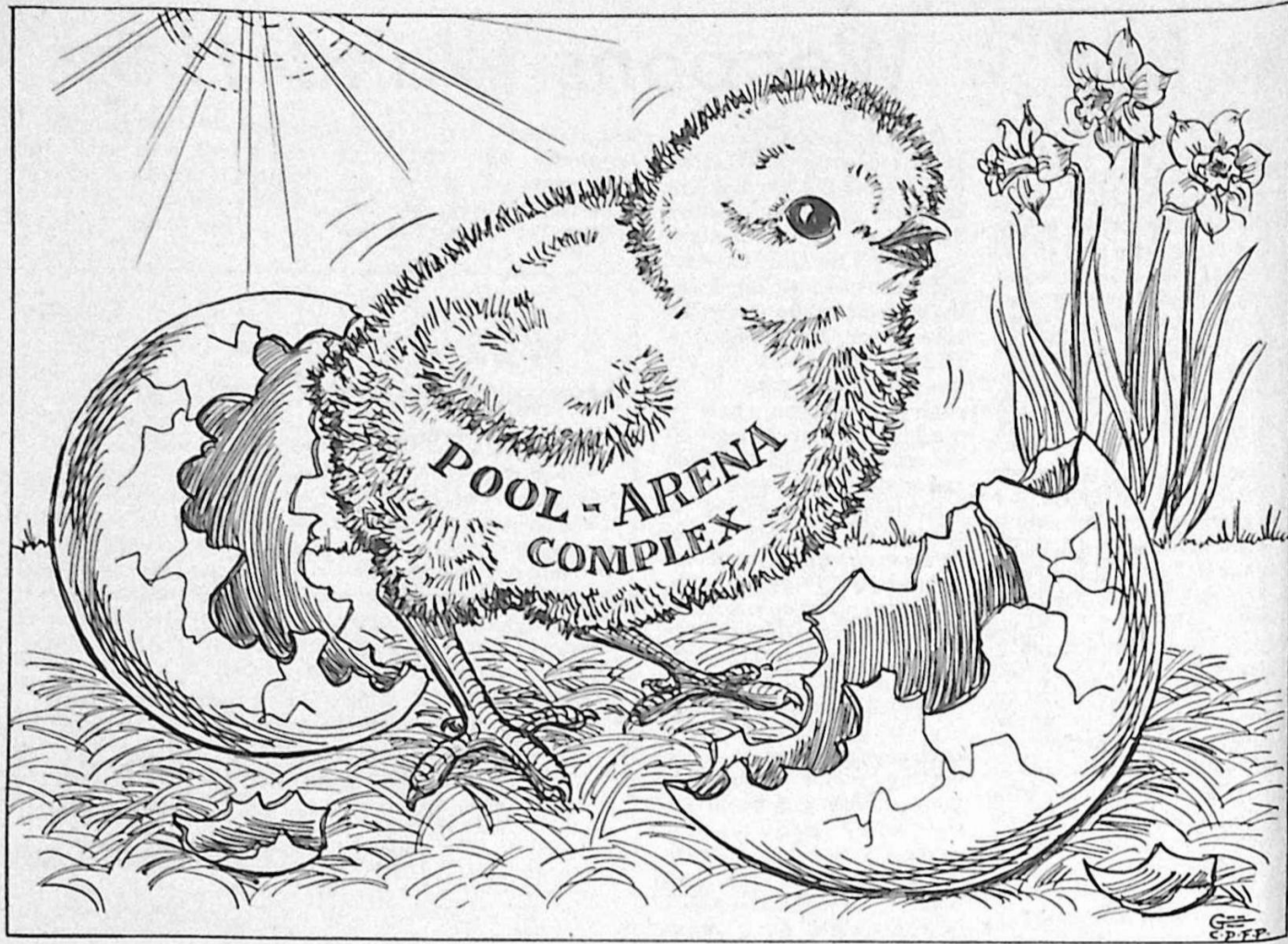
An editorial some years ago in SCIENCE magazine concerned the pollution of air by cigarette smoke. In a poorly ventilated, smoke-filled room, concentrations of carbon monoxide can easily reach several hundred parts per million, thus, exposing present smokers and nonsmokers to a toxic hazard. In fact, it has been found that children of smokers are ill more frequently than children of nonsmokers, usually because of respiratory disease.

It is becoming increasingly apparent that the non-smoker who must be present in the traditional "smoke-filled room" characteristic of many conferences and social gatherings has an exposure to tobacco by-products quite similar to the exposure of the smoker. There is some evidence that this "smoking environment" extends even into the home where children may have a sufficient exposure to influence their cardiovascular system and add years of exposure to their smoking history, even before they actually smoke themselves.

If

If a man could live a thousand years,
When half his life had passed,
He might, by strict economy,
A fortune have amassed.
Then having gained some common-sense,
And knowledge, too, of life,
He could select the woman who
Would make him a true wife.
But as it is, man hasn't time
To even pay his debts,
And needs to be acquainted with
The woman whom he gets.

H. C. Dodge



Happy Easter!

Musical chairs again at 407

After a short period of well deserved rest, your reporter is back with a list of personnel changes and postings to pass on. Off to the balmy eastern climes of the Annapolis Valley are Captains Rick Collins, Jim Franko, and Bud Lloyd, all to 449. Capt. Bill McLaughlin has been posted to fill the Command Flight Safety slot in Halifax and Bill Ainslie is heading south to MARPAC to take up personnel duties. Capt. Bob Brown has been posted to DREA down east and I know as much about that one as you do. It is some kind of research establishment.

That's the outgoings, now for the internals! Our resident Yank, Lt. Tom Loosbrock, and Capt. John Bennett switched crews (they'd rather switch than fight!). WO Alex MacDonald and CWO Gord Way pulled a switch, with Alex to Crew 2 and Gord into the trainer. Capt. Ken Weaver has completed his penance and has moved from Ops to Crew 4 and Maj. Nick Winchester has moved to fill the OpsO slot. Capt. Pat Murphy has taken up the UFSSO job from Bill McLaughlin and Capt. Larry Tomchick has assumed duties as VPCC Crew 1. Meanwhile, Capt. Gord Drysdale takes over the reins of Crew 4 and Maj. Gus and Bill McLaughlin will act as spare pilots. Are you still with me? OK! Capt. Tom Haughn is moving to the Ops dais and Capt. Don Little is working on Crew 4 under control of their new Tacco, Ron Schneider. Finally, the Totem Times still needs an editor!

Seriously, before I confuse myself completely with the

musical chairs and turn you over to Capt. Gaede and Leboeuf at Staff School, we do have a message to pass on from our good hosts, the staff of the Totem Times. We on 407 have been using the fish-wrappers to pass on squadron happenings and publicize squadron activities and yet we have had precious few people from 407 working on the TT staff. I admit that someone on a crew would have difficulty meeting the weekly deadlines; however, some of you people on regular shifts or 8 to 5 could certainly help out. Think about it. You could get your name in print and not be on the court parade.

Nuff said! Now, take it away Bob and J.P. - "on arrival in Hog-town, I found an Open Line to Emily Post. She lectured me to talk up, but with my mind blank and my memo pad full, I couldn't find the right number. "Do your own thing," announced the DS. "Talk big, the objective is self expression." However, near the coffee pot, it was talk shop and dreaming of wise plan for the main street this weekend. Suddenly the warlord reappeared, damocles sword in hand, "Talk rules is the golden rule." I consulted my anxiety readings as he shook his mailed fist.

The paper chase was on, the paper pusher and paper tiger forcing me toward the dreaded paper mill. If only I could solve my paper basket problem.

Came week four and suffering from a memo case, I tackled the grand design: return to home base at mid-course break. Talk sweet to the head office, try to find the

magic touch. What does the crystal ball have on Priority 5?

French text follows: "Sacre Bleu!"

Thanks to Bob and J.P. Seems strange, I can get stuff for the column from Toronto and yet not a thing from our six resident crews.

Meanwhile, back on the line, STBM Jim Mar suc-

cessfully completed his captain's check by shepherding Crew 3, under the watchful eye of Bill Ainslie, to Moffett. Gus Baudais used the trip to expand his talent as a food-finder with three mircemeat pies and rib-eye steaks all around. Yours truly went along for the ride and can report that Crew 3 must be one of the best fed crews going.

Chapel Chimes

R. J. Ritchie - Base Chaplain (P)
Telephone No. 339-2211 Loc 273

20 Apr. 73 - Good Friday:
10:00 a.m. - Service of Holy Communion.
Custom of Presbyterian & United Churches. All are welcome.

22 Apr. 73 - Easter Sunday:
9:30 a.m. - No Sunday School this Sunday.
11:00 a.m. - Easter Sunday Family Service.

29 Apr. 73 - Next Sunday: PLEASE NOTE
11:00 a.m. - The Service this Sunday will be in Comox United Church and will be a Confirmation Service, when five of our young people will join the Church. Plan to attend this joint Service. Our Junior Choir will be singing. "DOG-ON-IT!"

New Shrubs and Plants have been put in around the Protestant Chapel. It would be appreciated if people would refrain from exercising their dogs and cats on the lawns adjacent to the Chapel.

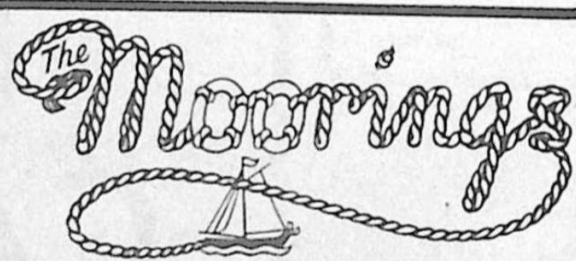
RC CHAPEL
Father J. A. Borg - Base Chaplain (RC)
Telephone No. 339-2211 Loc 274

Holy Triduum Schedule of Masses
Holy Thursday - 7:30 p.m.
Good Friday - 3:00 p.m.
Saturday Vigil - 8:00 p.m.
Easter Sunday - 9:30 and 11:00 a.m.

Sacrament of Penance:
Before weekday Masses.
Holy Thursday - 6:15 - 7:15 p.m.
Good Friday - 4:00 - 5:30 p.m.
Holy Saturday - 6:45 - 7:45 p.m.

First Communion:
We are having an individual First Communion, that is with the family on Easter Sunday, April 22, 1973 at the 9:30 or 11:00 a.m. Mass, when the parents together with their first communicant child and their other children participate together at the Eucharistic banquet. Then on April 29 at the 11:00 a.m. Mass we will be celebrating a Solemn First Communion as a group. Following Mass there will be a Communion breakfast served in the Sgt's Mess Dining room for First Communicants.

On behalf of both Base Chaplains and their Committees we wish a Happy Easter to you and your families.



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SPECIAL EASTER SUNDAY
SMORGASBORD
4 - 8 p.m. APRIL 22nd

Full dining facilities now available 7 days a week. Regular dining 5 - 11 p.m. Mon. thru Sat. and our own special Smorgasbord Sundays 4 - 8 p.m.
For Reservations please phone 339-3332

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Easter Message

Jesus is risen from the dead. In the Easter event so central to our faith, the divine promise is fulfilled. The living presence of the risen Christ in their lives is the gift of all who believe.

We all yearn to walk calmly amid the noise and haste of our daily life. The fulfillment of this yearning seems remote, almost unattainable, in the face of so much that is in variance with peace and tranquility. Life holds for all of us some doubts and uncertainty, at times mounting to pain and confusion. For some such difficulty is almost a daily experience. We may get the impression at times that our desire for peace and tranquility may seem to be like the cry in the desert heard by no one. We wonder if the cry will be answered only in death.

My dear friends, the resurrection of Jesus is the triumph of life, not the cold comfort of death. The promise of peace is given to living men and women. The events of our daily life hold no sure promise of tranquility and peace for which we long. If we are to walk calmly amid the noise, haste and trouble of life, we will find the peace we seek only in the resurrection of the living Christ.

Mary Magdalene felt that peace in the midst of her sorrow and confusion when she heard her name spoken by the risen Jesus. The disciples on the way to Emmaus were caught up in the peace of Christ even as they struggled with their confusion and doubt

about the events of the Passion and Crucifixion.

The living presence of the risen Lord among us which we celebrate today is our source of inner peace. Jesus lives. He is with us. He is the one sure source of the confidence and strength which makes it possible for us to walk tranquilly through the cares of the world. Only by sure faith can we carry out our Christian task to bring the peace of Christ to our world. "Peace be with you - I am with you all days".

May this celebration of the resurrection of Jesus deepen your faith. May the peace of the risen Christ be confirmed in our hearts this Easter season.

Faithfully yours in Christ,
Most Reverend
F. J. Spence
Auxiliary Bishop to the Military Vicar

PMQ News

Hatch o' the Patch

Last month's Bingo was another success. People X'd over from the four corners and had an L of a time. By the time the Bingo was over some couldn't navigate a straight line while others were close to a blackout. Some went home by way of the inside square while the free space suited others to a T. That tells you what the councillors did at the Bingo but come and see for yourself. The next Bingo is April 30 in the Totem Lounge. Keep the date open, it beats re-runs on the electronic baby sitter. The jackpot is \$150.00 and must be won.

Forty-four pieces of playground gear have arrived and work has commenced. Space has been graded in the school ground and should be supporting tether-balls, swings, etc., very soon. Please don't feed the councillors working inside the fence at the school yard.

Ran across a goodie in Canadian Forces Administrative Orders the other day regarding Air Traffic Controllers. It seems the prerequisites for their trade are mental alertness, good physical condition, stable and patient personality, good co-ordination, and manual dexterity. It's certainly not a trade to remuster aircrew to.

It was with deep regret that council accepted the resignation of the Rec Director, Joan Makowichuk. On behalf of you, the PMQ residents, the Mayor and council would like to extend to Joan our heartfelt thanks for the job she has done during the past years. We also wish her well in her new endeavour. At times I don't think there would have been any organized sports in the PMQs, except for Joan. If the baseball response is any indication, hers must have been an uphill battle. Many thanks Joan.

Art MacIntosh, who live on CIA Alley, is sporting a new 16 foot canoe. Looks interesting a 16 foot boat on an eight foot car. Food for thought: In wet weather which do you turn upright and when?

Don't start a grass or trash fire in PMQs. It is contrary to Base Standing Orders and the fire chief and housing officer will descend from great heights. Any accumulation of debris, branches, old burnable junk, etc, call the CE section and have them come and haul it away. Also support the Firehall and PMQ council in their Spring Clean Up campaign. The old "blues" will never come back, chuck 'em out.

Interesting choice of colours for the new tile floors in PMQs. Makes the corners handy to hide things in.

Nice to see the street lights all the way out to Little River

Road. Ought to cut down on the muggings. It always seemed darker there especially to a DC like myself (devout coward).

Was walking past the EX exit road the other day when I heard a feeble cry for help. Upon investigation the sound was determined to be coming from the pot-hole adjacent to the exit on Little River Road. Rushed over and lo and behold, trapped inside were three teen-agers and a Volkswagen. One kid I hadn't seen since Xmas. Sure would be nice if someone would see about repairing the hole before it starts gobbling whole families.

Keep the CIA grant coming to Comox, report your neighbour!!

Parking lot construction is in full swing behind the apartments and should very shortly be housing all those trailers fronting Little River Road. The eyesore should be eliminated. To all the PMQ residents who were going to wring Gerry Kee's neck, it looks as if the playground will be returned as soon as the parking lot is finished.

Don't forget the Easter Egg Hunt in the school yard, Saturday, April 21 at 10 a.m. Watch for a flyer regarding age groups etc.

Baseball registration saw the inclusion of over 250 names for the age-old game of watch the adults bicker. Some

of the names are probably on the most wanted list as well. Nonetheless there will be a meeting tonight, April 19, at 8 p.m. in the school gym. Baseball's the game and we need your name. Coaches, umpires, and scorekeepers are needed and if you would care to help in any way please come to the meeting. We are in need of some boys for the Juvenile "A" team, contact Al Young if you are interested.

Are you a New-comer-to the Comox Valley?

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407 Tech Ramblings

ARMAMENT HANG UPS
Well, the principal topic of conversation these days seems to be gardens and the Battle of the Rocks. At the moment it would appear that John Brown's rock is leading the derby despite Bruce Horochuck's claim that he has one that weighs in at about 1000 pounds; however, knowing Bruce and his under-water adventures, his claim sounds a bit fishy, to say the least. All of this makes one wonder if the recreation up on the Plateau ski slopes shouldn't be relocated in downtown Courtenay. Too bad, chaps, the atom has already been split!

An unusual sighting in the section this week was the

overall-attired figure of a sergeant; could this be the shape of things to come in the near future?

After many heartbreaks, the Chirper finally romped home to victory this past week thus proving that the old competitive spirit still smoulders in the Spiel Zimmer.

Friday, March 23, was the day that the entire section turned out at the local ice palace to watch our stars ply their hockey skills. Whether this large turnout was the result of an order or just plain loyalty remains somewhat a mystery; however, having witnessed the performance of our senior citizens, there can be little doubt that the trophy

will again be safe in the custody of 407 squadron come next hockey season. Incidentally, the winning goal was scored by Capt. Ron Fisher, again proving that, even under slippery conditions, rank does have its privileges. All in all, it was a great game and a fitting finale to a very successful season.

Shorty Ryan's impending posting to Shearwater has, to quote a nautical expression, left him all at sea and about the only way to get his attention is to holler, "Ahoy".

Art "Red Devil" Zielke has been seen driving about the base in his latest chariot. At least we believe it to be him, judging from the cigar sticking up above the steering wheel. Rumor has it that he claims a need for more gas stations in the local area.

Lloyd "Sparks" Lohnes has been observed wearing an extremely worried look which was initially attributed to some renegades camping at his Seal Bay weekday retreat; however, the cause has since been diagnosed as the battle of the little junction box. It seems that the problem had something to do with combinations of wire color codes.

Even the Chirper came close to panic one recent evening, but calm was restored when the glow in the western sky turned out to be the sunset and not Lloyd's house.

From 442

Mushroom mutterings

By: THE PEAKIN' DEACON OPS IDIOTIES
They did it again! The great northern venture of last month managed to flog its way into Yellowknife, suffering from a disease known as "thrombosis of the zero bearing". Paul Arsenault, the engineer, is an authority on such maladies, and he describes it quite well in his forthcoming book: "Nothing you ever wanted to know about the Buffalo, and could care less to ask." Well LCol Hussey and crew made it back only a day late, and just for good measure, Bill Wacey of Para Rescue insisted on making a jump over the field on arrival. In the process, he almost hit the concrete, thus putting a finishing touch on the whole affair.

Not to be outdone, Rotary Wing Flight troops decided to go into the "Historical Artifacts Retrieval" business by dragging a large anchor from the shores of Nootka Sound on the West Coast all the way back to Comox and dumping it unceremoniously on the glass by the Flight Line. Rumor has it they flew low enough, with the anchor underlung, to dig a huge furrow down the main drag of Gold River. Some say the anchor may be 150 years old, but I'll bet it's all that's left of "H.M.C.S. Razorblade", once known also as the Bonaventure.

LCol Hussey's posting has been announced for this summer, on the condition that he is able to decipher and memorize the following: NDHQADM (PER)CP/DGSP DSPSS/DESK/JOB. His office will need two doors just to get the whole thing on.

The recent training trip south to summer climes was rumored to be rather quiet and uneventful. On the way back the crew apparently stopped in Nevada at a well known religious retreat, only to find throngs of mortals wagering pieces of silver in the devil's games and quenching their thirsts with vile liquids. The horrified captain quickly hustled his crew back aboard the aircraft and continued north to Comox, lest they be tainted with sin.

Captain Garry Foster has left the patch to take over the duties of Base Housing. Any complaints regarding P.M.Q.s should be directed to Capt. Foster only between the hours of 1413 and 1417 hrs. every fifth Wednesday of the month. That's May, August or October of this year. At all other times the new B House O will be quite busy on such pressing projects as studying the effects of Bill 42 on Air Force Beach and the adjoining campsite.

Capt. Wally Adam will be leaving the Fungus Farm this summer for a "Couth Course" at Staff School prior to becoming Asst. Registrar at Royal Roads. He plans to remain proficient on the Buffalo by having spoilers installed on his desk and doing STOL approaches on the parade square.

Sgt. Gerry Foyle is heading for Trenton and the Herc Engineers' course. Better buy a big suitcase, Gerry. You'll probably be living out of one for the next few years.

The latest addition to the Buff pilots den is Capt. Cross, who has spent the last four years training recruits at Cornwallis. He's just bought a house in Comox, so welcome to the rock-pickers club.

H A N G A R F L O O R SWEEPINGS
The stag party of last month gave opportunity to announce four new Master Corporals: Jan Plamondon, Len Arnott, Reg Miron and Sonny Fullbrook. Congratulations to all.

Garry Johnston broke his

arm at the Zone Volleyball championships at Chilliwack last month. Some guys will do anything to get out of pumping the Sweeney Wrench. Art Seelye managed to break his leg chain in Engine Bay and has escaped to "F-Troop", where he is now reposing in a leather chair catching up on Red Borne's Polish jokes.

Phil Beaucage is sporting a new moustache these days ... it makes him look like Zapata, or the Frito Bandito.

There's a few postings out of the Fungus Fold soon. Tim Badour is going to Winnipeg; Ron Mills is going to Greenwood; and Mike Symes is "going aboard" Shearwater. Mike's not working on too many aircraft these days; it seems his tears are causing short circuits. Dale Neidermoser of Refinishing is posted to Edmonton this summer. Just ask him if he likes the idea. Go ahead, just ask him.

Fungus Felicitations this week go to WO Lawrence Burt for trekking the thirty miles in the Pool-Arena walkathon. He tells me his blisters finally receded from "agonizing" to "mildly tortuous" to "noticeable little cushions." Thanks again, Larry; make sure everyone pays their pledges.

ATHLETIC ANARCHY
The hockey season came to an end last month for the 442 "B" team, which reluctantly surrendered the series to the 407 "B" Squad, but not without holding them to a tie to go into sudden death overtime. The only gripe the forwards had was with Ted Miller stealing all the action. A well-played series all 'round, thanks to Bill Brown's coaching.

Bob Smith, coach of the "A" team stated that, although his boys played a somewhat "quiet" season, they played well and made the play-offs. A tip of the Ol' Mushroom cap to both coaches and teams for a good season.

Soft Ball Players! - Get organized as to who's playing what and where. The season is fast approaching. Harvey Herauf in Avionics is the man to see.

Super skiers Marcel Kumli, Jean Menard and Bill McGuire have been hitting the slopes lately, with "wipe-out Willie" doing it literally. He claims it's got something to do with his new glasses. I think it's his glass knees ...

Don't forget the Base S.C.U.B.A. Club is looking for new members; if you need any info, see Jock McLaren in the AMCRO/RO.

The annual physical fitness testing is just about over, and Gabe Sehn has managed to give everyone, including Michelle, a heart condition. Those who managed to hide from Gabe's evil eye will soon be drowning in their own cholesterol.

UPCOMING EVENTS
Three biggies are in the offing: a golf tournament; a fishing derby; and a beach party.

A new squadron Entertainment Committee has been announced; new personnel include: Dick Bruce - Chairman; Bob Shawcross - Vice-Chairman; Glen Caslake - Secretary; Stan Heaston - Treasurer; Sports - Stan Robinson; Officers' Rep - Geoff Clark; Rotary Wing - Marcel Kumli; Repair - Kirk Cedar; Avionics - Len Arnott; Servicing - Ross Lamb, Hans Schild, Rocky St. Pierre; Flt. Engineers - John Meider; Para Rescue - Bill Wacey; and MSO Sections - Chuck Young.

Many thanks to retiring chairman Gord Trenholm and his committee for a job well done.

That's all the scribbling for this edition; more facts from the Ol' Fungus Farm next issue.

Nighthawks Nest

Remember that huge chunk of rubber that Storm'n Norman left hanging around the bar for the longest time? Well that thing was wrapped up in an old newspaper and sent to North Bay for their considered opinion. It was mistaken for a smoked salmon and surreptitiously consumed in George McAffer's office before the rest of the guys could get word that Comox had paid off for the assessment they gave us on TAC EVAL. When Norm called to see if they had discovered the cause of the failure they were all set to have us tell Portuguese Joe to take the snow tires out of his smokehouse and were a tad upset to find out that George didn't know a Coho from a Goodyear. That's why they're claiming that the new aircraft checklist is made from freeze dried lettuce and may be eaten in a survival situation. It's all part of one-up-manship.

Norm, after twice being denied the use of several aircraft systems through the loss of hydraulic fluid, is of the opinion that the relief tube should be hooked directly into the utility hydraulic system or at least into the main wheel brakes. Like he says, "What's the point of jettisoning perfectly useful fluid into the atmosphere?" That is, of course, unless you are overhead North Bay. Or better still - Bagotville.

For those of you who haven't heard, Mike Pollard is slated to attend the USN Test Pilots School at Patuxent River, Maryland. That is if the Indians haven't reclaimed the land by then. Mike, who is in constant competition with his second cousin Michael J. Pollard of Hollywood fame, feels that this may be his biggest opportunity yet to finally outdo his cousin. I mean what would you rather do - fly a Tom Cat or snuggle up with Raquel Welch? And just think of the stories he would be able to tell. "Man, she'll do Mach 3 at the touch of your hand." "Who-Raquel?" "No, you fool, the Tom Cat." I guess it's just a matter of how you establish your priorities.

Welcome home to Ben Dennis and welcome back to Larry Faulkner, both recent graduates of the Big Silver Jet OTU. We all know Ben as the guy whose wife packed a whale around for nine months then gave birth to a child. Larry was here once before flying T-33's in preparation for the Voodoo OTU only to be whisked away to 414 Sqn., for three years to eventually end up preparing for the Voodoo OTU prior to being sent here, or something like that. He went on the short course with a COS date of Nov. 68 and should be transferred shortly so don't bother getting to know him.

Welcome aboard to Sgt. Chuck Larsen. Chuck comes to us from the DEW line which is a 180 degree switch from our normal rating. It seems that we are forever waving goodbye to those on their way to the North Pole rather than handing out Alohas and it's a nice change. Chuck told us that one huge mother of an Eskimo has taken a liking to "Lawrence of the Tundra" alias "Judge" Wenham and has adopted him so to speak. He leaves him out at night and then uses him as a swizzle stick in the morning. If it ever gets real cold here maybe we could try that with Fancy Lance.

MCP. "Hap" Hooper was a bit disgruntled at our statement that Gord Ellis had originated "The March to Pretoria." This week has seen him sporting all the medals that he could borrow in the local Legion and he has been patiently explaining them to whoever he can corner. "And this one I got for single-handedly starting World War II. This one here is for exceptional bravery - I actually drank a cup of coffee that I make for the squadron. This one with the blood on it is for stealing the car from my wife and driving it to work one night."

Hoop was waiting around for Gord Ellis thinking that he was just a bit late for work again, when he found out that Gord had retired. He wanted to show Gord, how flashy he looks when he has a mind to. On the way home one of the medals fell off and punctured the rear tire of his bicycle. He was last seen carrying his wounded machine homeward wondering what sort of an award he would get for getting his pant leg caught in the chain while trying to retrieve a fallen medal.

John Clark says that he feels that he's being paid about three times what he's worth so after considerable soul searching he's decided to say AMF. He's found a swell job that pays a rapid \$500 a month with an opportunity to blow about \$3000 on his first move. That will take care of his savings and his return of contributions. A high price to pay for soul cleansing. Anyway, they don't see these Navy guys coming, they send for them. Seriously though we wish you and Karen the very best and will all help you in any way we can, except lending you money. Now if we can persuade one driver to go with Air Canada we will all be awarded with lifetime passes on the CNR. I wonder if they have ever thought about digging a canal across Canada?

Rumour of the week, month and year:
The balance of World Military power is being maintained - The Russian and Red Chinese civvy airlines are hiring, too.

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Two Friday mornings ago your scribe witnessed the most interesting hockey game he had seen since the Canada-Russia series, but he also admits that it was the first game since then. Seriously though, he did get a great thrill watching the 442 Merry Mushroomers and the 407 Demon Slayers slogging it out in the final game of the B League championship. Without a doubt, the first star went to Capt. Ron Fisher of the Demons who, with an outstanding burst of energy, poked in the winning goal after some two minutes of thrilling overtime play. Two chaps from this shop, Dipsy Doodle Den Wickiam and Flashy Joe Wood, also played a standup game. Last, but by no means least, we must get a plug in for the man without whose brilliant organizational ability and coolness under stress the whole thing would not have been possible. We refer of course to the coach, Fred Neild, and from all of the boys, players and fans alike, our sincere thanks for your efforts and the donation of your spare time. Jack McNaughton is currently settling into his new position as financial secretary of the WOS' and Sgts' Mess and we feel certain that he will not miss this opportunity to demonstrate his administrative talents and to affect some improvements to the system.

Don't be surprised should you see the B31 circling the compound with a chubby chap trailing close behind. Bob Collins has suggested that a stout rope be affixed around Brad's waist with the other end tied to the truck as a means of assisting him around as he practices for the mile and a half run.

Question of the Week: Will Capers enter the water this year?

Norm, after twice being denied the use of several aircraft systems through the loss of hydraulic fluid, is of the opinion that the relief tube should be hooked directly into the utility hydraulic system or at least into the main wheel brakes. Like he says, "What's the point of jettisoning perfectly useful fluid into the atmosphere?" That is, of course, unless you are overhead North Bay. Or better still - Bagotville.

Weapons Wanderings

Greetings people. From the violet typewriter of Weapons Foonman, the Armament news has sprung once again. First of all, half the lies you hear aren't the truth anyway. Not much has been happening the past little while around the area. Over the weekend a strange craft was in our protection and care. It is really something how a machine like that could get off the ground with all that gunk smeared on the weapons area.

Ernie's friend Burt is tearing out his hair again trying to score an airplane for us to load train the load crews. Proficiency load time is really a mind bender, but it sure keeps things interesting. Recert is all but finished for a little while now, man does that ever pull our shifts apart. The boys have returned from the curling scene in Borden. Better luck next year Bruce. Our man Claude Faubert enjoyed a wee tour through the week, helping the EOD boys out. Dave Stubbs has left training behind for a while, Dave is soldiering it on a WO's course. Good luck Dave.

Things in the WLS are going smooth these days. The old soldier Bing has been threatening us over the past while, it's PER time again. Bing spent many a long hour couped up in that store room. We wonder if he knows that isolation makes your hair fall out. Many of us enjoy looking at photos. Bing does too, but uses a magnifying glass. He really goes for the detail. Frank Neff and his crew are doing their usual thing in the SAS business, like everywhere else in the Armament trade-people are coming and going all the time.

The Quiet Rest area is going through a real twist of happenings. If one visits the "Q" he will discover that it is getting harder all the time to tell the armourers apart, meaning that he may find on a certain shift, a set of twins wandering around the halls of blue.

Is this a typical Canadian? A Canadian is someone who drinks Brazilian coffee from an English teacup, and munches a French pastry while sitting on his Danish furniture, having just come from an Italian movie in his German car. He picks up his Japanese pen and writes to his MP to complain about the American takeover of the Canadian business organizations.

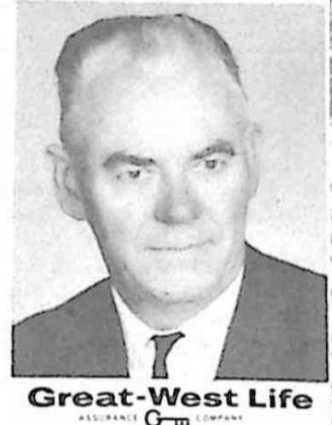
Heard across the counter - Some real choice land for sale. It's 6" wide and 2 miles

long, ideal for growing spaghetti or stretching clotheslines. If anyone has been seen going barefoot around the area, the one reason for that is - due to rising food costs it has been noticed that combat boots are rapidly disappearing ...
- Pay Field "C" for 73.

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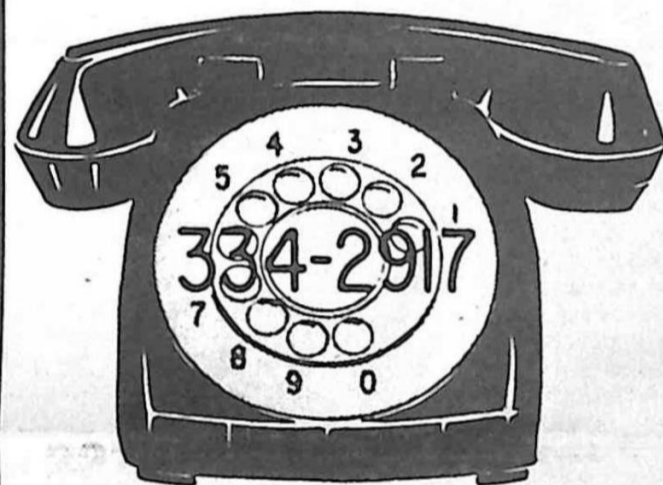
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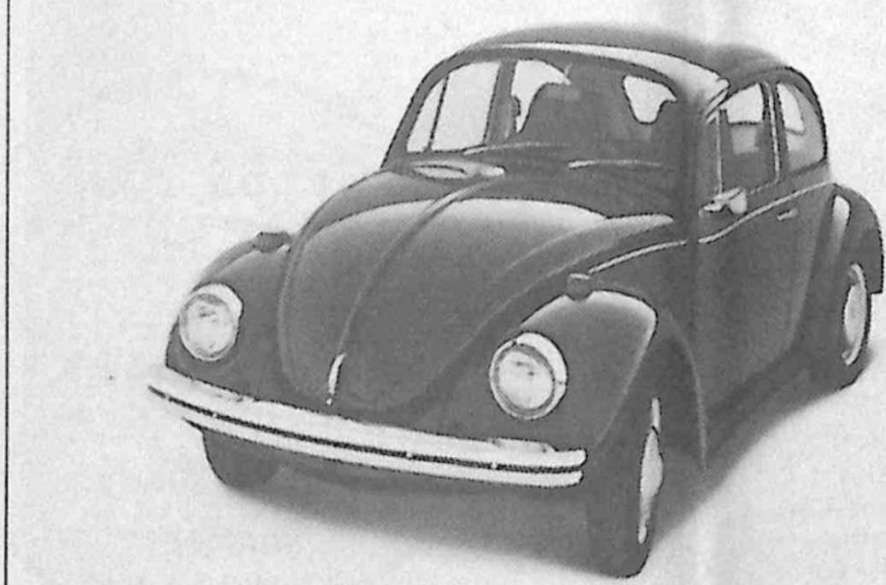
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Period of employment is tentatively set at 15 June to 16 September inclusive. Terms of Reference and rates of pay are being prepared at this time.

Personnel interested in these positions should send a self-addressed envelope to BPServO who will return application forms and further information.

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TGIF — Every Friday. (except April 27)
WINE AND CHEESE PARTY - April 22 - 1400 to 1800 hrs. Sponsored by Calona Wines. Music Man in attendance. Dress - C. Tickets by reservation only. Admission \$1.00. Guests \$2.00.
RETIREMENT DINNER - April 27. Music by the Golden Knights. Cocktails - 1900 hrs. Steak Dinner - 2015 hrs. Dance - 2200 hrs. Dress B. Admission by reservation only. Ticket sales April 4 to 23. Admission - \$7.00 per couple. Guests - \$10.00 per couple.

JR. RANKS CLUB

April Entertainment

20 Apr. - T.G.I.F.
21 Apr. - "The Wind"
22 Apr. - "The Wind"
24 Apr. - Man Called Horse - Richard Harris
25 Apr. - Bingo
27 Apr. - T.G.I.F.
28 Apr. - "Time Rail"
29 Apr. - "Time Rail"

BASE THEATRE

NOTE: All Evening Performances start at 1900 Hrs. (7 p.m.)

Wed. 18 Apr. **RED SKY AT MORNING** Richard Thomas
Thur. 19 Apr. Claire Bloom
Showtime: 1900 to 2100 hrs.
Desi Arnaz, Jr.
A story of the young, for the young, and the young at heart

Fri. 20 Apr. **GONE WITH THE WIND** Clark Gable
Sat. 21 Apr. Vivien Leigh
Sun. 22 Apr. Showtime: 1900 to 2300 hrs.
Civil War
The most magnificent picture ever!

Wed. 25 Apr. **TAKING OFF** Lynn Carlin
Thur. 26 Apr. Buck Henry
Warning: Contains crude songs
Drama Comedy - Extremely funny Showtime: 1900 - 2050 hrs.
RESTRICTED

Fri. 27 Apr. **IT** Roddy McDowell
Horror Jill Hayward
Showtime: 1900 - 2050 hrs.

Sat. 28 Apr. **BAD COMPANY** Jeff Bridges
Sun. 29 Apr. Barry Brown
Western Showtime: 1900 - 2050 hrs.
Warning: Some coarse language and violence

Wed. 2 May **TO BE ANNOUNCED** Showtime: 2000 hrs.
Thur. 3 May

MATINEES

NOW YOU SEE HIM, NOW YOU DON'T

Sat. 14 Apr. Showtime: 1400 - 1605 hrs.
Plus Short Feature - Arizona Sheep Dog

Sat. 21 Apr. **THE YEARLING** Jane Wyman
M.G.M. Special Gregory Peck
Story of a Fawn Claude Garman Jr.
Showtime: 1400 - 1555 hrs.

Sat. 28 Apr. **GUNFIGHTERS OF CASA GRANDE** Alex Nicol
Western Steve Rollan
Showtime: 1400 to 1550 hrs.

NOTE: All matinees are 40' admission price
SHOWTIMES: Evenings - 13 to 29 Apr. - 1900 hrs.
02 to 18 May - 2000 hrs. Matinees 1400 hrs.
RESTRICTED SHOWS - 18 years and above - under 18 years of age must be accompanied by a person over 18.
ADULT SHOWS - 16 years of age and above - under 16 must be accompanied by a person over 16.

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Your Base Fire Department and PMQ Council would like to thank all personnel who helped make this year's Spring Clean-up Campaign successful.
The many usable and repairable items collected were donated to the local Goodwill Enterprises.
Even more important, is the contribution to fire safety made by clearing our homes of unwanted items that could contribute to the spread of fire. Let's make fire safety a year round goal.

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Glacier Greens News

Early Bird Tournament

The Early Bird tournament, our first of the big tournaments to be played this year, is scheduled for Saturday, the 28th of April with the first contestants teeing off at 0800 hrs. This tournament is open to members only and includes men, women and junior boys and girls twelve years of age and over. This will be an 18 hole affair with an entry fee of \$1.50 per entrant. Barbecued hamburgers will be served throughout the day. The men will vie for the Comox Moving and Storage Trophy plus three individual keeper trophies for gross and net scores. The women will be competing for the Comox Valley Realty Trophy and three keeper trophies. The Watson and Ash Transportation Company of Courtenay is supplying the trophies for the junior boys as well as the junior girls and it is not known at this writing how many trophies will be available. Besides trophies there will be a number of other prizes up for grabs.

Hole-In-One
Sunday, the 15th of April saw the first hole-in-one of the season at Glacier Greens and our congratulations go to Al McBride who aced the par three, 181 yard No. 2 hole. Witnesses to this happy occasion were Bill Helsdon and John Chequis.

Ladies' Day at Glacier Greens is every Wednesday and the first tee is reserved between the hours of 9 and 12 in the morning. The ladies are off to a fine start this year and already have an executive and firm plans for the season.

Two-Ball Foursome
Thanks to the ladies executive our first two-ball foursome tournament was a resounding success last Sunday. High winds and the cool temperature kept a lot of golfers at home but the 36 who did show up thoroughly enjoyed themselves. Following the tournament food and liquid refreshments were enjoyed and the prizes were presented. The next two-ball foursome is scheduled for Sunday, the May 13.

Clubhouse Sign
Capt. Bill McLaughlin must be complimented for the excellent clubhouse sign now

on display between the road and the parking lot. Bill has done much for Glacier Greens in the way of advertising and this venture is another display of his professional ability. It is with regret that we bid adieu to Bill this summer; he's off to Halifax as Command Flight Safety Officer, with a promotion, we hope.

Executive Postings
Summer postings have also claimed our club vice-president, Denny Webb (Winnipeg) and our club Captain, Stretch McNeil (Greenwood). Nobody spends more time on the golf course than these two (although not always in an executive capacity) and they have been keen and dedicated members of our committee and their services and direction will be sorely missed and difficult to replace. Yours truly is also off to Greenwood.

Geese
Many people have been querying the presence of geese on the golf course and the reason is to keep small children and navigators out of the irrigation lake which is nine feet at the deep end and four feet at the shallow end. The geese are called Rud and Candy and although they may make threatening gestures at oil trucks, small foreign cars, low flying aircraft and Base Commanders, they have never actually hurt anybody. Be kind to the geese or we could end up with a 6 foot high fence surrounding the lake and you know what that would do to the clubhouse area.

Golf Lessons
The ladies and juniors have been receiving free golf lessons from John Stewart of the security police section. The future ladies' lessons are as follows: 9 to 10 a.m. on Monday and Tuesday, April 23 and 24; 6 to 7 p.m. on Wednesday and Thursday, April 25 and 26; 9 to 10 a.m. on Thursday and Friday, May 3 and 4; 6 to 7 p.m. on Thursday and Friday, May 3 and 4. Juniors desiring lessons are to sign up at the clubhouse where the dates are posted.

Ladies Spring Tee (Tea)
Lady golf members and interested females are asked to reserve Sunday, the 29th of April for the Spring Tee (Tea). No golf, strictly a

social get together between the hours of two to four p.m. Come out and socialize.

Golf Dues
Just posted in? Join Glacier Greens. Our rates are very reasonable for this area and you can use the acquittance roll method of paying using up to three months. The rates are: Men \$55.00; Women \$40.00; Man and Wife \$90.00; Juniors \$12.50; Family (to a maximum of 23 children) \$105.00.

Section Parties
Don't forget our clubhouse is available for Mess or Section parties with excellent bar facilities and service. For further information call our Bar Member Ken Garbutt at local 291 or the bar steward or stewardess at local 492.

registration
All golfers, whether members or green fee players, are asked to sign in at the clubhouse when playing golf; you never know when you might get an important phone call (promotion, posting, etc.) or the boss might want to know if you're on the golf course.

Etiquette
So far our club membership reads: men - 150; ladies - 35; Juniors 100. That's a lot of golfers and doesn't include summer postings into Comox or casual green fee playing golfers. It's going to be pretty crowded this summer especially on weekends. Try to come out with a foursome first of all, if you don't have a foursome and you see a golfer playing all alone, ask him to join you. This will speed up play considerably.

Pilfering
Yes, we've had some pilfering, usually it's golf balls being stolen from somebody's cart. The latest was a billfold, with a considerable amount of money therein, taken from a golf bag in the clubhouse hallway last Sunday afternoon. Golfers are renowned the world over as being the most honest of individuals and we therefore, cannot put the blame for such petty pilfering on club members, be they men, ladies or juniors. Naturally, we have to take some action and in this regard we are banning all children from Glacier Greens

who are not golf members or accompanied by their parents. Also, the sale of golf balls at Glacier Greens except through the pro shop is strictly forbidden and all members are encouraged to enforce this rule. Glacier Greens is not a playground for every child in Wallace Gardens.

That fellow out on the course cutting greens and fairways is Gord Speers; he's a friendly type, say hello sometime.

The next committee meeting will be held on Wednesday, April 25 at 1:30 hrs. in the clubhouse.

Ladies' golf news

Our new executive for the year has been elected and the members are listed as follows: president, Joan Webber, vice president, Mary Shore, secretary-treasurer, Patricia McIvor, tournament and handicaps, Rose McGleish and Leslie Smeeton and publicity Mona Ledgard.

Sunday, April 15, saw 18 couples turn out for a very enjoyable mixed two-ball foursome. Results were: 1st low gross, Eileen Fee and John Webber, low net, Joy Palmeter and Gordon Smeeton, 2nd low net, Lois McNichol and Bob Salter.

Our next mixed two-ball will be a Mother's Day tournament on May 13. Juniors, visitors and guests are welcome.

April 29 there will be a Spring tea at the Golf Club House. Tickets are available from any member of the committee at 35 cents per person.

Mr. John Stewart has kindly donated his services for a series of 10 lessons and the ladies are very appreciative. Ladies day is Wednesday of each week this year. 25cents per week is collected towards a small prize. There is also a ring board posted in the ladies locker room. Explanatory information is on the board. The cost of this is 50 cents per entry.

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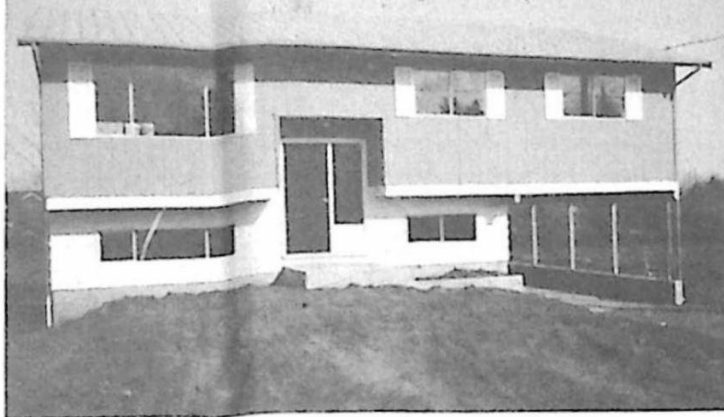
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