

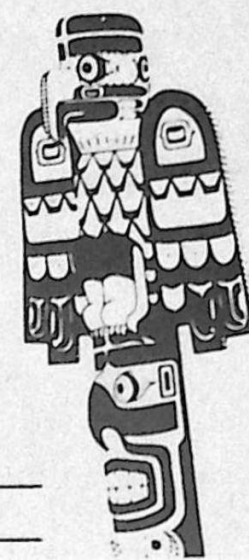
TOTEM TIMES

General Pay Raise Announced (Nobody Else)

VOL. 15 — NO. 17

CFB COMOX TOTEM TIMES

Thursday, Oct. 25, 1973



B.C. Government Says "Thanks"



HON. MR. DENNIS COCKE, presented with crest and plaque by Major O'Brien and LCol. Mortimer. McKay Photo

10,000 Recruits Needed

OTTAWA (CFP) — "Get involved" — with the Canadian Armed Forces!

That's the theme of the new million-dollar advertising campaign started recently to attract 10,000 recruits into the Forces.

To reach the public with that message, Gordon Hill Advertising Ltd., of Toronto, DND's new advertising agency, has generated a

campaign, concentrating heavily for the first time since 1966, on national TV commercials.

Over \$350,000 is being spent to broadcast four lively 60-second commercials on 259 TV stations during the next six months. The ads will be shown a total of 14,565 times across Canada.

"The aim is to get potential recruits interested enough to

go to recruiting centres and ask questions about our programs. The recruiters will take it from there," says Major Yves Marcoux, head of the Directorate of Recruiting and Selection's advertising section.

Recruiters expect to know by the end of October how successful the TV campaign is likely to be.



OUR BEST JUMPERS: Back Row: L to R: Cpl. J. Kelly, Sgt. R. Jackson, WO B. Moase, MCpl J. Clark. Front Row: L to R: MCpl. H. Brown, Cpl G. Boucher, Sgt. J. McMullan, Sgt. K. Hogg, Sgt. B. Fitzgerald. — CF Photo

A team of nine para rescue specialists from Air Transport Command's Transport and Rescue Squadrons, ATCHQ, and CFSTS won top team honors at the 4th Annual Military Jumpfest held at Hurlburt Field, Florida on the

29 - 30 September 1973. The Canadians entered two four-man teams in the static line accuracy competition in which 38 teams were entered. The CAF Team "A" members, or as they became known, "The under 40's",

represented the top four para rescue specialists from the Canadian competition held at Summerside, P.E.I., in June 1973. The "B" Team, or "The over 40's", were squadron representatives from various SAR squadrons.

442 Squadron, Base Hospital, and RCC Honored

This past Monday, the Provincial Government hosted a dinner at the Empress Hotel in Victoria for members of the Base Hospital, 442 Search & Rescue Squadron, both of CFB Comox, and RCC Personnel.

The dinner was in appreciation and recognition of the efforts put forth by the Canadian Forces in promoting Emergency Health Services in the form of Mercy flights to the people of British Columbia over the past 22 years.

The Honorable Mr. Dennis Cocke, Minister of Health for the province of B.C., said that he realized that this was a "very, very, very small" way of saying "Thank you" to the attendees but that B.C. really was appreciative of their efforts.

The head table was distinguished with the presence of the Hon. Mr. Dennis Cocke, Dr. George Elliott, Deputy Minister of Health and Mr. Bert Toye, Chief pilot for the B.C. Government Air Services. Other members included Col Moffitt, MARPAC DCOsop, Surgeon Capt D. J. Kidd, Command Surgeon LCol R. Mortimer, CO 442 Sqn. Maj. Brian O'Brien, Base Surgeon, CFB Comox, Nursing officers Marg Antwis and Helen

Gerrard, and Maj Goodman representing MARPAC Operations.

In appreciation of the present B.C. government's thoughtfulness, LCol Mortimer presented to Mr. Cocke, a 442 Sqn. plaque and Maj O'Brien, on behalf of the Base Hospital, presented an Air-medevac Crest.

On the lighter side of the affair — a twist of fate. For all their efforts in the air, the parties from CFB Comox could not find an available Buffalo or helicopter (due to searches and un-serviceabilities) and, therefore, had to prevail upon the auspices of the Base Transport Section to provide them with a means of transport.

Maybe the two sections should hold a dinner for Base Transport for THEIR efforts. Beans and weiners, anyone?

Although the journey was long and arduous, the dinner and affair more than made up for the tediousness of it and all those attending will surely remember it.

Medal of Bravery

OTTAWA (CFP) — Leaping into Ottawa's Rideau Canal in late October is not normally recommended, but Master Corporal J. D. R. "Bob" April, 33, from Edmunston, N.B., did just that on October 31, 1971 — to save four lives.

For this rescue bid, MCpl. April, a radio operator from 704 Communications Squadron, CFB Ottawa, and two civilian companions, have been awarded the Medal of Bravery.

On that day, Mrs. Rose Pitman's car went out of control, broke through a guardrail and plunged into the frigid water, trapping Mrs. Pitman and her three children inside.

MCpl. April, first on the scene, quickly stripped to his shorts and dived in, followed closely by Terrance Fagan of Ottawa and Eric Weir of Hamilton.

It was all over in minutes. Working together, the three

safely extricated all four Pitmans through the windows of the sinking car.

The medals will be presented by the Governor-General at Government House sometime next year.



Civil Service Exec. Pay Raise

The lowest level of the executive structure in the federal civil service is the SX 1 (Senior Executive). In general terms, an SX 1 is a manager, usually with a specialized function in addition to his role of managing people.

As the executive moves up the ranks, to SX 2 and SX 3, he becomes more involved in developing major policies and programs, acting as an adviser to the deputy minister. Executives in the SX 1 category are generally directors of specific units within a department. SX 2s to SX 4s are often assistant deputy ministers.

Currently there are 467 SX 1s, 248 SX 2s, 107 SX 3s, and 13 SX 4s.

The heads of departments — deputy ministers — are classified as DM 1s to 3s. The salary range, many say, is still not competitive with industry. There are now 39 DM 1s and 35 DM 2s.

Then there are the senior of seniors, the DM 3s, the heads of the largest, most important departments. There are eight of these top-most mandarins. How the salaries range:

SX 1	Min	Max
Present range	22,000	28,000
First stage	23,500	30,000
Second stage	25,000	32,000
SX 2		
Present range	25,000	31,000
First stage	26,750	33,750
Second stage	28,500	36,500
SX 3		
Present range	28,000	35,000
First stage	30,250	38,250
Second stage	32,500	41,500
SX 4 DM 1		
Present range	34,000	40,000
First stage	35,750	43,750
Second stage	37,500	47,500
DM 2		
Present range	40,000	45,000
First stage	42,000	49,500
Second stage	44,000	54,000
DM 3		
Present range	45,000	50,000
First stage	47,500	55,000
Second stage	50,000	60,000

New Gov-General

Prime Minister Trudeau has announced that Jules Leger, Canada's ambassador to Belgium and Luxembourg, will be the next Governor-General of Canada.

Mr. Leger will succeed the Right Honourable Roland Michener, as this country's 21st Governor-General some time in January 1974.

Vets Wanted

Agency Opened by Ex-General

Management know-how and various other skills of service folk are gradually gaining due recognition on civvy street in Canada.

More than one ex-general has tapped this big pool of talent. Gen. F. R. Sharp, former CDS, for one. Holding a comfortable lead, however, is retired Brig.-Gen. E. A. C. (Ned) Amy in Ottawa. He places retired service people as managers, administrators, specialists and technicians throughout government and business, for a modest fee. His slogan: "We Market Experience".

His folder states E.A.C. Amy & Sons Ltd., to be a "Canadian management support company with a difference. Our English and French speaking resource personnel have completed

successful careers in all parts of Canada and many have international experience."

On the operational side of his career, Gen. Amy was wounded twice in Europe during the Second World War. His honors and awards there and in Korea include the DSO, OBE, MC and U.S. Bronze Star. The armored corps officer also served on SHAPE's staff in Paris, as Canadian contingent commander in Cyprus and on several senior postings in Canada.

The Amy firm (Suite 109, 261 Cooper St., Ottawa K2P 0G3) also steers ex-service talent to professional and trade associations, foreign embassies and trade missions and to all levels of educational institutions.

Search Continues

442 Squadron

All available aircraft of 442 Squadron, along with military aircraft from CFB Edmonton and numerous civil aircraft, are presently continuing the search for a light aircraft missing on a flight between Nelson, B.C. and Edmonton, Alberta.

Searchmaster, Major Wilf Gammie, is responsible for co-ordinating the search in an area of over 30,000 square miles.

The pilot of the missing aircraft, a Mr. Dubois of Vimy, Alberta, along with his passenger Miss Goodale, took off from Nelson for a visual flight via Cranbrook and Calgary. They reported passing Cranbrook but no further word has been heard.

The search crews have been flying in varying weather conditions with the main problem being moderate to severe turbulence in the rugged mountain terrain. Because of this, many high probability areas will have to be researched in calmer conditions.

The present search is the third major effort involving 442 Squadron in the past two months. At last report, the crews (air and ground) and aircraft are holding up splendidly.

Troops Rotate

Four flights in early October from Canada to Cyprus by CC137 (Boeing 707) jet aircraft of 437 Squadron, CFB Trenton, Ont., will complete the airlift of Canada's replacement force for the United Nations in Cyprus. The airlift is named operation Snow Goose XX.

Flying to Cyprus for a six month tour of UN duty will be 490 soldiers of the 2nd Battalion, The Royal Canadian Regiment, based at Gagetown, N.B. Returning from Cyprus to CFB Valcartier, Que., on board the Air Transport Command planes will be personnel of the 3rd Battalion, Royal 22nd Regiment (Van Doos).



A SHOVEL FULL OF PROGRESS. Colonel D. W. McNichol turns the sod at the proposed site of the new Credit Union building just outside CFB Comox. Construction is expected to commence in the immediate future, and the Credit Union hopes to move to its new office early in 1974. Watching the

ceremony from left to right are: WO W. D. Tillack, Chairman of the Credit Committee, Sgt. W. A. Hicks, President of the Board of Directors, Mr. E. H. (Rick) Kellow, Manager, and Major C. L. Smith, Chairman of the Building Committee. — Base Photo



BASE HOSPITAL STAFF enjoy a "Coke" break with the Hon. Mr. Dennis Cocke, Minister of Health for British Columbia. - McKay Photo

Hospital Anesthesia

Things are finally looking up for the Base Hospital these days. New faces, new equipment, new news (as opposed to old news - a common occurrence with us.) Plans are slowly unfolding for what is hoped will be, a new facelift to what is considered to be an old hospital. More to come as more comes.

WELCOMES ... go out to one new Med A and one "old-new" Med A. We say "Bon-jer!" to Cpl. Dennis Boutet from CFB Valcartier. Now the Base Hospital has another Francophone to give Pete Verville, of the Hospital Orderly Room, a rest from his interpreter duties.

And, the old timers (of this unit) will welcome back Cpl. Bob Pack. Must have been a bad boy to have been sent back here. Unless ... he didn't ASK for it, did he!!?

NEEDLES & JABS
Now that we have Denny with us, M.Cpl. Al Ford is thinking of getting him to help Al with his French lessons. What a picture - Denny and Al talking away to each other in French and neither understanding what the other is saying!

What's this about Pharmacist John Maddison locking himself out of the

Pharmacy? Seems that even HE couldn't squeeze through the wicket to get in and slunked (?) down to the D.N.S.'s office to get HER key. Right on, John!

And our D.N.S. (Director of Nursing Services) - Capt. Antwis - is setting a bad example for the rest of the Hospital staff. It seems she's trying to give up smoking. She now orders her filters direct from the manufacturer to save on costs! We hear she's also taking a correspondence course from the Schick quit smoking centre.

In a recent edition of the Totem Times, a reducing diet was presented. It suggested sex to reduce. Essentially, that sex consumes 200 calories. If it is substituted for pie and milk as a bedtime snack (pie + milk - 700 calories), one saves 900 calories (simple arithmetic). We did a bit of scientific research (our own small contribution to the cause of science) and, for once, we had TOO many volunteers. And, we found that this thing ACTUALLY DOES WORK! But, as we also discovered - it's habit forming. (Sure beats the mile and a half run, though!)

T.T.F.N.



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407 Tech Ramblings

Hear Ye! Hear Ye! Hear Ye! It's that time of year again and the inference is not Canada Savings Bonds, UGN or yellow fever shots but rather the sponsorship of the 407 Sqn. Owls Mosquito League hockey team. Our genial XO, Maj Dandeno, has again organized a project (raffle) whereby our embryo major league hopefuls will be assured of the necessary financial support and numerous squadron members will get an early start on the buildup of their holiday cheer stock. Last time around, the Owls received their \$100 sponsorship fee and 38 lucky winners were the recipients of a supply of assorted snake bite remedies dispensed in both multiple and single doses. So, when your section super salesman approaches you, be sure to allocate a little of your pay raise to the support of these two worthwhile causes.

TORP TOPICS

It is easy to deduce by the number of multi-colored bodies trotting around the compound that it must be just about time for the semi-annual grunt and gasp derby. The usual numbers of old war wounds are starting to act up. By the time this hits the presses, our troops shall have done their bit once more. Jack McNaughton has done a thorough research on the rules for this one in order to avoid the embarrassment encountered in the spring. He was snookered pretty badly by a member of the officer persuasion who, in order to protect my job, must remain nameless.

Some people think Bob Cuviller has inside information about pay raises and fields, as he is the proud owner of a shiny blue Buick. Gerry Cook was quick to start a car pool with Bob. Paul Fisk is threatening truck again, but his Volks won't quit. Maybe this time he will do it anyway.

AVIONICS

Our AVSO, Capt. Wortley, has just endured a spate of TD or, more specifically, hospitalization over in Vancouver. It seems that the purpose of his mainland sojourn had something to do with dental surgery, and rumors to the effect that he had been de-fanged have proven to be false - he parted company with some wisdom teeth. MWO Bush was also away at the same time attending a Non Drug Training session sponsored by the AMDU at Trenton. During the absence of the aforementioned, WO Collier didn't get a chance to doff headgear as he was kept trotting from office to office to office.

Supply slant

The ending of a sad week for CFB Comox Supply Section! Transfers, no mile and a half, and terrible weather.

To go or not to go? That is the question Mac Hersey has been asking himself since the news of his transfer to Ottawa. Dick Waite isn't asking, he's just going.

Three new replacements are needed to fill the gap that Marty Trekofski is leaving by going to Armstrong. Not only do these people have to fill a gap, they also have to figure out the unique way Marty had of running his desk. (Look under the blotter!!)

Not only are there transfers in Supply but there are also moves. Cpl. Overall from Stock Control will be issuing coveralls in Barrack Stores. MacDonald from Barrack Stores will be moving to Stock Records to try and compete with the excellent standard left behind by Trekofski. Also, starting on the 1st Nov. 73 all Privates in Supply will be going on O.J.T. According to rumor they will be given an extensive tour of the Supply Section on the Base and then the different sections will be left on their own to clean up the mess they leave behind.

Due to weather conditions on the 18th and 19th of this month, Supply did not get to run their mile and a half. Many sad faces were pressed against the windows as the rain poured on this beautiful island. Braving the weather conditions Bobby Orr decided to run by himself and placed second with a time of 1 1/2 hours.

We need more men like Bob in this outfit. Our Supply men are making a good show at hockey this season, playing with various teams on the Base. Sawchuck Wally Burger

Base Supply

Goes To Devil

Anyone who any dealings with Supply Techs has probably heard the term DEVIL used many times, and it does not refer to the horned gentleman from down below. DEVIL stands for Development of Integrated Logistics and it is a sophisticated system of automated supply accounting utilizing some very fancy equipment built by IBM Canada.

If you have recently been in No. 1, No. 2 or No. 5 Supply Groups you will have seen the SDA devices (Source Data Automation). Stock Control houses the most important pieces of the equipment, the CSO MPX which stands for Customer Service Outlet and Multiplexor. It is this equipment which relays the

data back and forth between Data Centre 1 in Ottawa and all the other bases in the country.

MWO C. Graham is the base instructor for SDA operators and has just completed training the first six Supply Techs in the operation of the SDA devices and will continue until all Supply personnel are qualified.

It is expected that the DEVIL Program will be fully operational in all bases from coast to coast by Jan. 75.

During the last three years alone, Canada Savings Bond payroll sales totalled more than \$978 million.



FIRST COURSE OF COMOX DEVILS. Rear row (L to R): MWO C. Graham (Instructor), MCpl. Gillis, MCpl. Orr, MCpl. Stagg, Capt. Jones (BSupO). Front Row: MCpl. Nichol, Sgt. Waite, Cpl. Kellner. - Base Photo

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	SPRINKLES DOLL - Reg. \$3.00	\$1.98
	MUSICAL BUSY BOX - Reg. \$9.98	\$7.95
MODELS	B52 BOMBER - Reg. \$12.00	GIVE-AWAY PRICE \$5.98
	CAR KITS - Reg. \$2.00	95¢
	SHIP MODELS - Reg. \$3.40	\$1.50
	APOLLO ROCKETS - Reg. \$18.39. (Only 6 left)	\$9.95
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	PASS-OUT (Xmas Favourite). Reg. \$9.00	\$6.98
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	FASHION FUN JEWELRY KITS Reg. \$3.25	NOW ONLY \$2.50
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average annual interest to maturity

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MS. GEOFF CLARKE and friend.

Flash Flaredrop

In this ever continuing series, our stallion of the skies again bemoans his monetary predicament, and, in view of recent pay raises announced for parliamentarians, considers a career in politics.

"It just ain't fair!" thundered Flash as he heard the news about deputy ministers getting a substantial increase in salary. "What do you have to do around here to make a living? Parlay-vo six languages and visit Red China?" "That's about the size of it, Flash," returned Major Minor, as he cleaned his pipe with a ballpoint pen. "Politics can be a lucrative and satisfying career, providing you take a lesson from the boys down south, and don't get caught."

"That's for sure," piped up the S.L.J.O., as he rummaged around for his magic kit. "O! Spiro really fell out of his tree two weeks ago and now Tricky Dicky is up to his whatziz in red tape, recording tape and nobody left to mind the store."

"Aw, that could never happen in Canadian politics," scoffed Flash, as the wheels started clicking. "Besides, if I got involved in any bugging or payoffs, I'd just make sure anything written or said was

in Swahili or Greek. Can't convict a man on anything other than one of the official languages, so I'm told."

"So, what'll your platform be, Honourable Mister Flaredrop, sir?" that question being posed by Eager Ironring, who was busily trying to balance a tennis ball on his toe.

"Ahem, my fellow citizens," started Flash, "my campaign will be directed towards those gallant men and women of Canada's fighting forces. Those gals and guys in green who want to be a pigeon or a pongo or something, but don't know what. I'll bring back three separate services, rescue the Bonaventure and change all the signs at CFB Edmonton to English and Ukrainian! How's that for a start?"

"So long, Flash! See you at beer call!" answered his cohorts in unison, with a shuffling of chairs and boots.

"Maybe you can get someone to vote for you after they've had a couple."

"Rats", muttered Flash as he gulped his cold tea, and flung his silk scarf around his neck, nearly choking himself in the process. "With a bunch of skeptics like that around I'll

never get elected and get one of those fancy cabinet ministers salaries, not to mention rides on 707s, and an expense account."

"Oh well," resigned Flash, as he strode out to his waiting airplane, thinking of something Charles De Gaulle once said, "since a politician never believes what he says, he is surprised when others believe him."

Totems Win

The CFB Comox Totems basketball team defeated the Courtenay Men's team 64 - 47 in a game played Thursday night at the Base Gymnasium.

The Totems displayed a lot of hustle defensively against the Courtenay team despite a short preparation period for the first exhibition game of the season. John Power hooped 25 points for the winners off a wide variety of shots and moves. Player-coach Bill Keener scored 15 while John Peterkin rammed in 10 points while playing a strong game on the rebounding boards.

Fred Witzel scored 15 points and Norm Roland 10 in a losing cause for the Courtenay men.

Demon Doins

Surprise. If you thought Demon Doins had died we didn't. We're alive and well and living in Hangar Seven. Most of the squadron happenings on the aircrew side were coming out in press releases, so anything said in this column was just going to be a repeat. Besides, the crews are catching on. I've been getting less and less scuttlebutt and things like, "You wouldn't believe so-and-so and his thing with - but don't print it ... etc." However slim the gleanings have been, here are the best.

Reports from Rimpac 73 were all quite rosy. The Canadians left a good impression on the Yanks and our allies. Some people were quite rosy too. A certain unnamed pilot is taking home lessons in CO recognition. Yes, Pat, the tall one with the shorts and brush cut. At any other time but early morning in Barber's BOQs on the last day and you might have some explaining to do!!

Meanwhile, back at home, Crews 1, 2 and 6 were guarding the Pacific approaches. Crew 2 had a trip to Elmendorf and Moffett to brush up on their animal skills. The trip was Gram Arvey's swan song

and he and Doug MacKean made it a trip to remember. Unfortunately or fortunately, Crew 2's act was overshadowed in Elmendorf by 414 Squadron and eight CF 100's. The club will long remember their visit.

With the return of the Hawaii contingent a more serious task lay ahead for the squadron. As you all know, we were called into a search near Terrace for a downed Tracker. We put quite a few hours into the search in adverse terrain and weather. The ground crew did miracles getting aircraft ready and away on time. A damn fine show! The search did point out one glaring bit of hypocrisy on behalf of the government. They try to convince civy aircraft to carry locator beacons but refuse to equip their own aircraft. The Tracker was carrying personal locator beacons; however, they require that someone survives the crash to activate them. Some Transport Command planes have automatic beacons but most CF aircraft are not equipped.

Early this month the base was visited by the PJBD. If you missed it the first time I

think it means the Permanent Joint Board on Defence. Crew 1 stood by 722 to show it to the Board. They were quite impressed with the cleanliness and condition of the aircraft. Again, thanks to the boys on the line for a lot of washing and cleaning to get the bird into shape. If you want an interesting story about the Board, ask Ed Brugger about piano players at three in the morning.

I was assured that the appearance of the Nimrod during PJBD's visit was purely a coincidence. Word has it that the only interested member was a USN captain who had a look around the RAF bird.

Bob Gaede and Barry Hunter did an admirable job of hosting the RAF crew. If you haven't seen them around lately it is probably because they are still drying out. We can be assured that the Limeys took home good memories of Comox and surroundings.

Getting more up to date, LCol MacNeil from E & R in Halifax brought some of his staff down for some golf and gave us a briefing on the latest ASW developments.



THE USAF REP TEAM Fastball Champions.

Voodoo Nuts, Bolts and Volts

By NORM BLONDEL

PUFF AND TOOT

Our title aptly describes the current situation among BAMEO groupies, as we head into Halloween with various challenges met and surmounted - the AMMIS conversion, mile and a half runs, teaching Flight Sim Techs how to fill a Voodoo with real fuel, instead of flicking a switch marked 'Load,' Converting NARS to BDF's and vice versa, preparing for AMIT (keep moving in seven hangar, or get painted yellow), parading, and helping out in other parts of Canada. Out of breath? The time and place to revive will be on November 9 at 2000 hours in the Totem Inn, where the second annual BAMEO

stag foot will take place amid food, fun, games and entertainment. Let what's left of it all hang out, on November 9.

New arrivals on the Voodoo tech scene are Sgt. Don Graham WTEchA from CFAD Angus to WLS, Pte. Ken Hagen from Borden to IE Lab, MCpl Harlin Price MP from base to AE Tech OJT for remuster, and Cpl. Wally Korbatiak RS Tech from 1 CAG Baden to RS Snags. Going the other way is Lt. Bob Atkinson, from AMCR on a peach posting to NDHQ.

This column was missing from the last Totem Times, because the scribe was in hospital. Please forward any newsworthy items, prior to November 13 to the undersigned at local 330, OFTT.



B. C. FITNESS AWARD

Pictured from L to R: Back Row: W. Kruschel, J. Woloschuk, J. Aucoin, J. Langille, Front Row: Kathy Langille, Vern Langille, Darrel Aucoin and Ken Langille who received awards from the B.C. Fitness Awards program. Not shown but received awards also were Rolande Patterson, Kelly McMillan, Bob Story, Cameron Tracy and Lesly Ridgway. B.C. Fitness Awards are given for Run-100 miles; Walk-200 miles; Swim-25 miles; Cycle-500 miles and Skate-500 miles. Forms for this program are held at the Rec Centre Office.

Retiring Soon?

Are you planning on retiring from the Armed Services in the near future? If so perhaps we may have the answer to your next career opportunity. Lightmaster Ltd. is now employing several retired military personnel as Commissioned Sales Agents throughout the various territories in Canada. We offer a selection of top quality lighting products for Commercial, Industrial and Municipal use. These specialized guaranteed products are sold directly to the end user and are now being used by dozens of Canada's foremost companies. Our repeat business factor is over 75 percent. Your full commissions are paid to you each week with no investment necessary. Our most successful sales staff are in the 40 to 55 age bracket. A local Manager would be available to assist a self-starter who is seeking a career opportunity in the area where you would be taking up permanent residence. If this is the type of position you are seeking please telephone collect (416) 632-9020, Don Crossley, or write Lightmaster Ltd. 2384 Industrial Street, Burlington, Ont.

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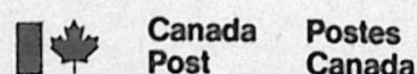
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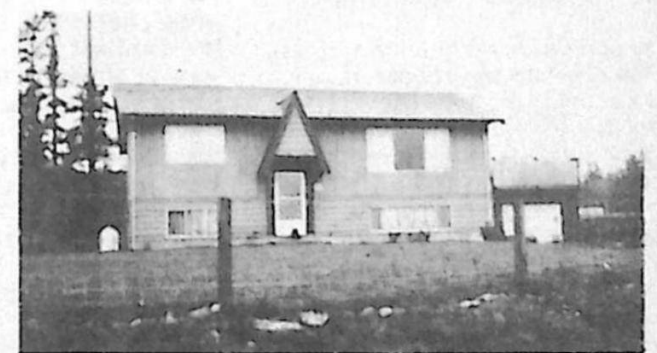
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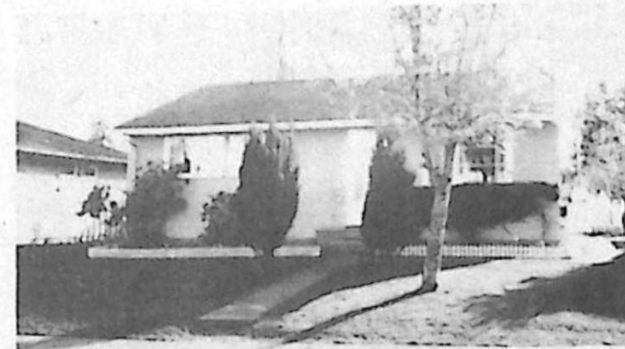
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YOUR PROTECTION IS OUR BUSINESS

Editorials

Retirement Boon or Bane

Most Servicemen retire between ages 45 to 55. Much is made of the point that the retired man can now enjoy all his cherished dreams of recreation and leisure. So much is made of it that it leads many into a false state of security.

Outwardly everyone looks forward to retirement, but inwardly they approach that final day with much apprehension. When that final day for the golden handshake does arrive, it is usually not a time for rejoicing but a day of sadness and reflection.

It is not easy to break away from your job that has actually become a part of your life. The steady routine, the relentless demanding pressures and challenges that had to be met are now all gone. The days seem empty unless you are prepared to take on new challenges to fill that emptiness.

Retirement can be enjoyable, but only with preparedness. There are many factors involved but there are two main ones that must first be considered before a final decision can be made on what can be done for a happy, comfortable retirement. Your health is the primary factor which dictates the activities that you can pursue. This is not generally a problem with Servicemen because most of their medical needs are met before they are retired. The second factor and one which everyone is concerned with, is your financial state. A full reassessment is necessary to get a proper perspective on how you will live.

Knowing that your income will be cut in half has a devastating effect on most people, particularly the Serviceman whose pay throughout his career has always been several years behind the industrial workers' wages.

With the nomadic life of Service people, a growing family and pay barely enough to make ends meet, few people can save a nest egg for retirement. Most, after many many years and perhaps with their wives working and maybe a bit of moonlighting, manage to eventually scrape up enough to make a down payment on a house.

Until recently, most Servicemen preferred to rent accommodation rather than buy, because of the uncertainty of the length of tour in any one place. If you bought, you were entirely on your own. There was no help financial or otherwise. To many, this was a tragic mistake. With the rising cost of living and the steady increase in housing costs and interest on mortgages, a down-payment on a house would have been a wise investment.

People in industry could generally make the decision to buy if they could, because they knew they would be there

for a set period of time. The Serviceman had no such assurance, in fact he knew he would be moved. The when was the big question. He could not normally take the chance of buying a house only to find he was going to be transferred within a short time. The few that did take the chance or could raise the down payment, now find that their property has doubled in value and their payments are small to what housing costs are now. Un-what fortunately few are in that happy position. The remainder much to their dismay, find their much hallowed pensions will barely cover their mortgage payments and taxes if they decide to buy after retirement.

At age 50, many Servicemen still have growing families. Kids going to school or university. Their financial needs are perhaps at their peak. Taking a 50 per cent cut in their pay and looking for another job is not what most people would call a happy prospect for retirement, particularly when he was proficient in his job and medically fit, only to find his proficiency doesn't fit with local or other industry but only with service life.

He must think of re-training and re-adjusting to a completely different life while his financial obligations remain the same.

The rent or mortgage payments and taxes still have to be met. Water, sewer, Hydro, telephone, fuel and insurance bills all have to be paid regularly. Car maintenance and operating costs are still a must. Medical and dental bills are still the same. Food and clothing costs are still on the rise. What then can you really cut down on to make up for that 50 per cent loss in your pay? You still have to pay income tax even if your pension is lower than welfare payments which are not taxable. You could perhaps drop some insurance policies, but then again you will have to take a careful look at your needs before cancellation or you could be worse off than before.

No, unless you inherited a small fortune or won a sweepstake, the only solution is to go back to work. The government makes sure of that by not allowing the cost of living allowance increases until you are 60 and then only at two per cent per year (since revised) when the actual cost has risen at least six per cent or more.

Retirement to the average Serviceman is a period of great adjustment. Fortunately, the versatility they have learned during their Service career makes them very adaptable, and most take that adjustment in their stride.

P.K.

What is a Sentinel?

A sentinel is a soldier posted to keep guard. We in the Canadian Forces have our own magazine, the Sentinel, which guards our traditions, our customs and our military way of life.

The Sentinel recently underwent considerable change in format and to explain the reason for this I will quote the Sentinel editor. "Our new magazine format

"We hope you like the look of the new Sentinel. A lot of thought has gone into it, and we'll give you some of the background.

"We've reduced the number of pages to 32, including cover, for two reasons. One reason was to cut weight and mailing costs. The second benefit was a speed-up in production time; the magazine is now better suited to modern high-speed presses and bindery processing.

"The speed-up in production allows us to get the news to the reader faster. The dollar savings resulting from fewer pages and lower mailing costs are cranked back into the magazine in the form of color pages inside and on the cover.

"More stringent space limitations mean that copy will have to be 'tighter' and type size smaller.

"What have we lost? Actually we've gained. We've gained the use of color in every issue. Our overall expense is the same as before, with substantial savings in postal costs incorporated into the basic production, the magazine. We've cut our type size but not to the point that borderline aircrew types (like Sentinel

staff) will have to wear specs to keep up-to-date.

"But it's your magazine. Try a few issues and let us know what you think."

Are you satisfied with the new Sentinel? Do you look forward eagerly to each new edition? Do you show it with pride, to your civilian friends? Do you think the new colour photos, different paper and smaller size is an improvement?

I for one would highly praise the content of the new Sentinel and the efforts of the editorial staff. It is, however, a disappointment to me to see the Sentinel lose its beautiful glossy paper and crystal clear photos.

Of all publications produced for the Canadian Forces, the Sentinel is the last one that we should cheapen in any way. We should make dollar savings in other areas, not in the Sentinel, for not only is the Sentinel the most widely read service publication today, but it forms an important part of our ongoing military history. It should be a publication which future military generations can look back on with pride.

I should like to go on record that I would like to see the return of the old Sentinel format, but I am one small voice in the wilderness. Do you prefer the new format to the old? Let's take the editor of the Sentinel at his word, when he says, "But it's your magazine. Try a few issues and let us know what you think." Editors appreciate reader's comments, so tell him whether you like the new Sentinel or you don't.

J.G.

Letters To The Editor

Pongo, Pigeon or Polliwog

Dear Sir:

It is with some pleasure that I read your column "Pongo, Pigeon or Polliwog" in the September 13th issue of the "Times". I would agree that name-calling or, more accurately, nick-naming never really harmed anyone. It is also true that it is a form of recognition. Some seem determined to remove it from military dress and habits, but this is demonstratively counter-productive and morale-reducing.

I should bring one small point to your attention, however, as it involves the use of initials.

As you pointed out, persons joining the Canadian Armed Forces (CF, not CAF) after 1

February 1968 did indeed join the Sea, Land or Air (proper order of precedence) element but it is still possible to have also joined the RCA. These initials did and still do stand for The Royal Regiment of Canadian Artillery, shortened to Royal Canadian Artillery. The Artillery (known collectively as "Gunners") are still a separate, single trade, combat arm organization.

It is not from a viewpoint of fighting the problem nor desperately clinging to old ways or any other such nonsense that I raise such a point, only that the abuse or misuse of initials and titles has historically been the province of uninformed outsiders to the military community.

It is our right and our privilege to nickname persons, units, organizations and

trades, but it is also our responsibility as editors, speakers and professionals to use the formal terms correctly and consistently. CFP 121 (6) should be all the guide we need but sometimes reference to CFP 224 is necessary to sort out a wide range of authorized initials.

Sincerely,
R.I. Adams,
Captain
Editor, The Shilo Stag.

Dear Captain Adams:
I am pleased that the Totem Times has readers in CFB Shilo and I appreciate it when they take the time to write whether it be to praise, criticize, or merely comment on our paper.

I take note of the small point you brought up concerning the use of initials in the column "Pongo, Pidgeon or Polliwog". I'm sure the

author will also take note, but as an editor and professional I should have spotted the error before publication. However, since my profession does not encompass the field of journalism, I sometimes miss these small errors. In fact my editorial staff and I were rather proud of the efforts put forth by the Corporal who wrote the column.

I took your advice and referred to CFP 121(6) and CFP 224 and to my surprise was unable to find the initials "RCA" in either publication. CFP 224 did mention the fact that the Queen is Captain-General of the Royal Regiment of Canadian Artillery but does not include the initials RCA. I was also unable to confirm your statement that recruits joining the CF after 1 February 1968 could join the RCA.

National Bursaries

Dear Sir:

Queen's University at Kingston, Ontario, has established National Bursaries in the amount of five hundred dollars. These are open for award annually on the basis of merit and need, to candidates, for admission from Western and Atlantic Provinces and Territories, who are Canadian Citizens or landed immigrants.

These bursaries have been established by Queen's to reaffirm its continuing educational commitments to the whole of Canada, with the hope that the Bursaries would encourage young men and women from outside Ontario and Quebec to think seriously of Queen's when they make their choice of University.

Maj. B. O'Brien Base Surgeon

By Sockratease

customer who uses his goods or services.

We must always keep in mind that any benefits handed out by the government (that is every level of government from municipal to federal) is actually coming out of our own pockets.

The solution to this problem is to ensure that we put in power, a government who can manage our financial affairs in such a way that our tax dollars earn interest for us through wise investments and foreign trade. Another solution is to monitor all levels of government in an effort to reduce the colossal waste which is continually present.

Now that we'll no longer be taxed by that problem I'll tackle another that is presently causing considerable concern in the government and the country in general. It concerns Statistics Canada's recent announcement that Canada's unemployment rate is now extremely high.

The solution to this problem is deceptively simple. Instead of the five-day work week which we now have, we merely switch to a ten-day work week, thereby doubling the number of jobs in the country. Don't laugh, I can easily squeeze ten working days into a week and still have the weekend off. First of all we establish two working days per day comprised of one seven-hour day from 0600 to 1300 hrs. and another seven-hour day from 1300 to 2000 hrs.

For example, we would then have Monday-E (for early) and Monday-L (for late) and so on.

As a result all businesses would have to hire double staffs, but they would benefit by having double production without the necessity of having to increase their plant size.

All stores would be open for two days per day, while each employee would only work one day per day, so think of all the increased business with so many more shoppers available.

The result of all this would be twice as many jobs, more time off for everyone and higher productivity. In addition, since everyone would have ample time during the week to shop and conduct their other business, the weekends could then be devoted entirely to recreation.

I have time for one more problem for this issue and then I'll have to start scratching my head for some more problems to solve for the next edition. I've solved so many now that it's hard to find new ones.

The last problem concerns the world petroleum shortages resulting from our insatiable appetite for waging war with one another. Since wars appear to be necessary I suppose I must find a way to stretch our dwindling oil reserves. My solution is to provide an alternate source of energy for heating our homes and all our other buildings, thereby conserving much petroleum. The source of energy I would use is hot water and I would heat the water with a fire that has been burning for millions of years — the earth's core.

It would merely involve drilling holes in the earth's crust until sufficient heat is encountered; then pump cold water down and hot water will come up.

That's all the wisdom for this time. If you have a per-

Help Needed

Since 1949, the Canadian Cancer Society has spent more than \$42 million supporting cancer research in Canada, and last year nearly 200 research projects benefitted from the cancer campaign. Research is costly, but it is providing hope in the battle to conquer cancer. The Canadian Cancer Society needs your contribution to keep up the fine cancer research work being done in Canada.

YOU And The Law

LEGAL AID

Unfortunately, legal officers in the Armed Forces are not employed primarily to give legal aid. The general rule is that legal aid is available after higher priority duties have been completed. My principal duties are as follows:

- provide advice to the Commander, MARPAC, Base Commanders, CFB Esquimalt, Comox, Chilliwack, and all Commanding Officers in British Columbia and the Yukon;
- dispense justice at courts martial;
- lecture on military law;
- Processing some claims by and against the Crown;
- assist units in dealings with local police, court officials, and government organizations in the area;
- other military legal duties as required by the various Commanders and Commanding Officers; and,
- legal aid.

The prescribed procedure for requesting legal aid is to apply in writing to your CO, who will decide whether the matter should be referred to me. Many people telephone the office directly. I have no desire to discourage this practice, on the other hand, I sometimes find it very difficult to carry out my normal duties because of legal aid telephone calls. Would you, therefore, please discuss the problem whenever possible with your Divisional Officer or Section Head before calling me, as he may well be able to solve it for you. On the other hand, if it is an emergency matter, I have no objection to you calling anytime.

If I feel, after speaking to you, that you should go to a civilian lawyer downtown, I will so advise you. I cannot provide legal assistance if you are charged by the CO. Also, although all legal officers are practicing barristers, we cannot appear for you on charges in the local courts. Free legal aid in criminal cases is available in British Columbia, but seems to be granted largely on the basis of income alone, and thus few, if any, of our Service personnel qualify.

SOCK

Totem Talk

Still waiting for the armed forces pay raise? Well, try and digest this, along with your weiner and beans anti-inflation supper. Senior federal officials who are in the executive category and higher (SX1 to DM3) have had their pay increased by between \$4,000 and \$10,000 per year. That is a 15 to 20 per cent increase and thus the lowly SX1 now makes \$32,000 per year while the top deputy ministers are up to \$60,000 every twelve months. (Incidentally, the pay of military officers above the rank of Colonel is tied to the executive level of the public service.)

Conversely, the offer to the clerks in the Federal Government was three per cent, two per cent, and two per cent over three years! Makes you wonder just what they are considering for members of the Armed Forces (below the rank of BGEN).

Of course, the increase at the Deputy Minister level means that the Ministers (the political heads) are going to have to get a corresponding increase and then the MP's (Members of Parliament, not Military Police) will also get a hefty raise. We understand that the MP's are asking for an increase of \$6,000 to \$8,000. Tax-Free. It sure pays to make the laws and not have to deal with the Treasury Board.

TOTEM TIMES

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Why Join The Canadian Armed Forces?

Dear Sir:

In the issue of 16th of August you had an interesting editorial on the Chief of Personnel Newsletter appeal for recruits and an appeal to answer the question "Where did we go wrong?" Perhaps you might be interested in the results of querying members of a small unit.

Unfortunately there is no simple single solution to finding recruits for a volunteer force in a geographically huge country with a relatively small population and relatively even smaller regular forces. The ignorance of the majority of our population about the Armed Forces militates against recruiting; the unpopular Viet Nam war, the Canadian withdrawal from Viet Nam and the generally "low profile" of the Armed Forces in our quietly undistinguished green uniforms (who is not still being asked when Air Canada Flight 667 leaves or when the Ferry will reach Swartz Bay?) do not have much appeal to the youngster.

The recruiting offices can make a number of changes. As suggested by your correspondents they could operate in civilian clothes, they could bring in veterans or young, mod, executive type officers with long sideburns and keys to the executive washrooms to talk to the potentials in "managese" but all of these changes would not help the person who is the real recruiter in the Forces and that is the serving member - he (or she) is the one who brings them in. The recruiter probably does best by being himself, being totally honest and resisting the temptation to indulge in the half-truths so beloved by salesmen and communique writers.

My own experience is restricted largely to the combat arms and there is a severe shortage there now. There is, in peace time, normally a shortage in the

Infantry. However, even if regiments could do their own recruiting officially and with funding, it has not always been successful and it appears that the Canadian Force member himself is not recruiting as he used to do.

Why not? We suggest there are a number of reasons. Firstly, the combat arms soldiers can no longer look forward to a familiar and stable future. He sees half of the regiments reduced to nil strength and he hears constant rumors about more reductions. Secondly, the good overseas postings are being reduced drastically both in terms of opportunities to go and in terms of his ability to live financially reasonably once he is there.

Thirdly, the non-French speaker lives in the shadow of a bilingual promotion policy which is believed to give 28 per cent certain and 100 per cent possible of the promotions to one racial group and leaves the rest to scramble for 72 per cent. He suspects, with some justification, that there may be more racialism than bilingualism involved and he does not believe too many of the official denials.

Fourthly, his training tends to be pretty much of an annual cycle of the same old things in the same old places. He can, and does, travel to the same training area for many consecutive summers. He would like to go somewhere else but he does not know that his Command HQ is afraid that if he does not go and use it, that training area will get sold off either to reduce maintenance costs or to attempt to reap some problematical political advantage in that riding.

Fifthly, he is a lot smarter and much more aware of what goes on in "high places" than he used to be and he resents being treated as if he were on the factory floor with number 3 wrench at position 46 on the

assembly line for the rest of his life.

Sixthly, contrary to expectation, the very fact of unification has given him less, not more, to identify with. He is a "family" man in the best regimental sense and, although he should, he really does not yet trust that ex-Air Force pilot who is his new Base Commander the way he trusted his old CO who grew up in his regiment and looked after his welfare, his family's welfare and his financial affairs, who knew his wife and kids and who provided him with a very solid 24-hour second home until the Base system came along and removed it to some slightly impersonal 0900 to 1600 centralized office full of managerial terms that he neither understands nor cares about. Until he is convinced of the justice and rightness of things, he will not go out and invite his civilian friends to come in and join the family.

Seventhly, the total system he lives in is not stable and is constantly being reorganized by the management boys who cry "No progress without change" despite the warning by Petronius Arbitrator about change without progress. In our case we are a Mobile Command unit lodging with a Communications Command unit on a Training Command base, training and supporting some Maritime Command units and playing tic-tac-toe every day of the week wondering who is responsible for

providing what to whom and with which. I don't believe the objective outside observer could honestly say our present command and base system inspires our own members to point with pride at the system and say to a prospect "Join it, it's right on." A lot of the time it appears to be right off.

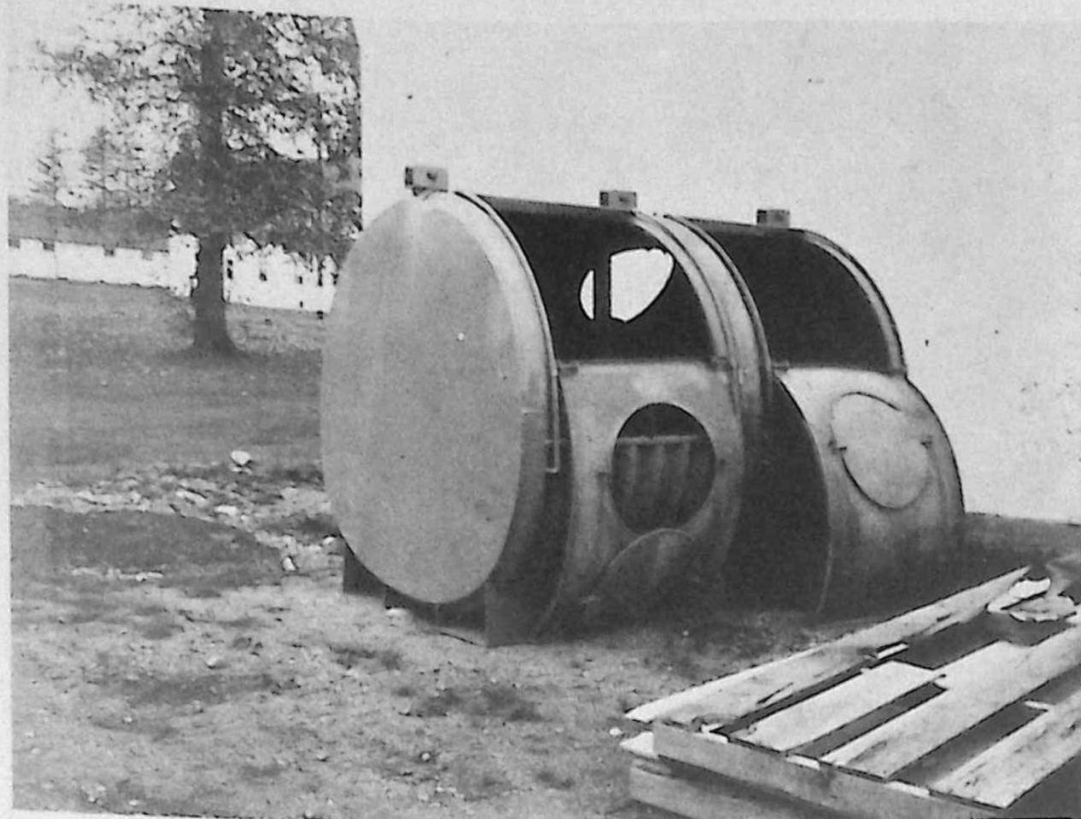
All of which, Mr. Editor, is pretty negative and you are probably saying, "OK, all of this may or may not be so, but how do we put it right?"

There may be an answer but I'm not sure that we should hope for a simple one. If you talk to a group of managers about self-sacrifice, about the importance of loyalty to the regiment above all else, about tradition, about cap badges, about battle honors, about Victoria Crosses and George Crosses, about Dieppe, U-Boats, the Sangro, Vimy Ridge and Falaise and about soldiering being a way of life, you will get a reaction which varies between a horse laugh about "out of date, man" and a polite remark about "nominal values in parity situations under current conditions." What you won't get is an understanding of the value of these things in relation to pay parity with the Civil Service, improved service conditions, standardized logistic systems and a functional command and base system. To over-simplify the thing a bit our best recruiter must offer to the potential serviceman a desire to join and belong to

something which is different from the factory floor or sales office and which offers a disciplined life in the best family in the world - a family which says "Things may get rough but we are together and we work and fight together and, if necessary, we sacrifice ourselves for each other." Service conditions are a lot more than parity pay packets and systems management.

Frankly, I don't think we need the young helicopter pilot mentioned in Lieutenant Colonel D. A. Nicholson's excellent article on page 3 of your issue of 16 August, 1973. I am afraid that particular young man will grow up to be one of our "management experts" in a green business suit with braid who will make a career on the basis of producing papers on managing people but to whom the rough-and-tumble business of physically leading people and facing up to unpleasantness on occasion is something to be studiously avoided. As Colonel Nicholson noted, there are those who would never understand his concern about young officers so I believe there are those who are unlikely to understand my concern for the soldier to identify with something which does not fit into computers or arrow diagrams and which does not wear a cap badge composed of an anchor being carted around by a sparrow-hawk

(Continued on page 8)



UFO? UNTIL POSITIVE identification of this strange, orange vehicle is made all personnel are warned not to talk to strangers and to report any unusual creatures to the MP's immediately. - Base Photo

Acupuncture In B.C.?

It was announced by the Honorable Dennis Cocke, Minister of Health Services today, that what is believed to be the first controlled scientific study in North America on the use of acupuncture for analgesia began Tuesday, October 2 at The Arthritis Centre, 10th Avenue and Laurel Street, in Vancouver.

The study is set up in two phases. The first evaluates the effectiveness of acupuncture analgesia for joint pain in patients with rheumatoid arthritis. The second, to be undertaken at a later date, will consider analgesia for surgery on the

upper and lower limbs. Dr. Harold Saita of West Vancouver will be consulting acupuncturist on the study which will continue for approximately six months, using a minimum of 25 patients. Number of treatments each patient receives will vary. In the control group, some actually receive acupuncture; others a mere needle prick. Patients will be assessed before and after treatment and the assessing physician will not know the type of treatment received by each patient.

Patients, who have now been chosen, first sign a consent release to participate

and can withdraw at any time during the study.

The project has the approval of the Honorable Dennis Cocke, Minister of Health for B.C., who set up the original committee on acupuncture last year; B.C. College of Physicians and Surgeons; University of B.C.; Vancouver General Hospital and the B.C. Division, Canadian Arthritis and Rheumatism Society.

Dr. Jenkins stresses that all rheumatoid arthritis patients in the first phase of the study have already been chosen and that others are requested not to apply for inclusion.



"STEPPING OUT". The Courtenay Legion Pipe Band parades past the Officers' Mess at CFB Comox for the arrival of the Permanent Joint Board on Defence October 9, 1973. - Base Photo

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November 21, 1973

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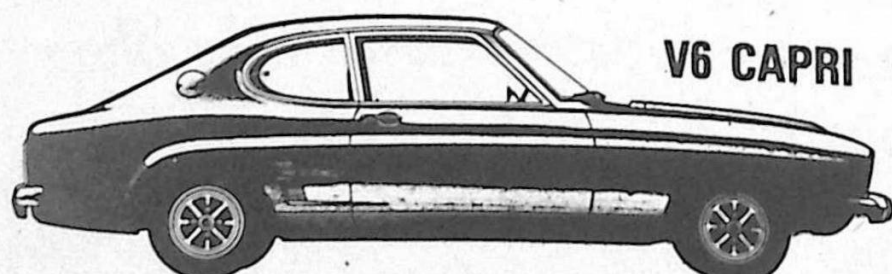
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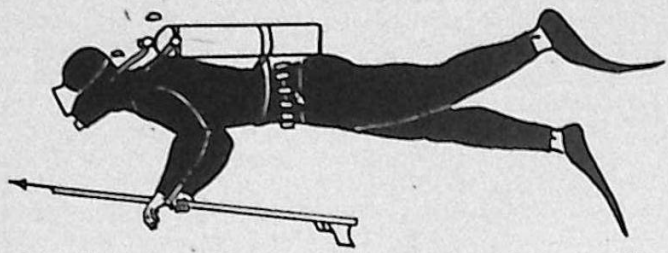
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25th, 26th, 27th

Scuba News



Since last edition the Comox Sub Aqua Club has been on two dives with most members attending. On Sunday, 14 October, seven eager divers met at Denman Island for a fish hunt. Most of us were successful in catching a few which certainly helps fill the freezer.

Barry and Suds tell us they met a friendly octopus. What's their favorite color being their favorite color when they're mating??? Maybe you should trade in that wet suit Barry!!

The water conditions on this dive were particularly good with great visibility and little or no current which helped dispel a lot of fears that we might never see past our

noses in these northern waters.

The following Sunday once again saw the gang back at the same spot. This time to get "The Big One". But, alas, he didn't get to be that big by being stupid. The water got a bit rough while we were underwater causing three foot waves on the surface. It's a long swim back to the shore and that's when you're glad you took all that survival training in the pool.

Here's a date to reserve on your calendar; Friday, 2 November, 73. That's general meeting night in the 407 Briefing Room - 7:30 p.m. Everyone is welcome - Come out and join the club - We need new members.

Ladies' Golf News

By MONA LEDGARD. Our Club Championships were played this year over a period of two weeks in the hope that both working out and home working lady members would participate.

Presentations were made at the conclusion of the men's championship play on September 29th.

The Ladies' Championship, Runner-up and Low Net Trophies were a donation of CFB Credit Union and Mr. Rick Kellow, manager, was on hand to make the presentations.

We offer congratulations to our new Club Champion, Barbara Carter, who shot a fine game to capture the title from Mary Shaw. Mary Shaw was runner-up and 3rd low gross went to Colleen Davis. First low net was Lois McNichol followed by Joan Webber and Bunny Hammond. A special trophy for 'Beginner Golfer of the Year', also donated by CFB Credit Union was won by Anne Sutton.

After presentations were completed the draw for the winner of the Ship TV Lamp was made. Gordie Smeeton was the lucky winner.

Our last playing event of the year took place on October 14th. Mr. and Mrs. or Husband and Wife 2-ball foursome, we were blessed with glorious fall weather and all 13 couples participating enjoyed their day.

Barbara and Ron Carter came in with a very low score to win the trophy, 2nd low gross went to Joan and John Webber. 1st low net went to Anna and Ted Sutton with Colleen and Dan Davis a close second. Least number of putts were shot by Anne Allen and Chet Behan.

Presentations were made by Club President, Rud Richardson, he complimented the winners and announced arrangements for the wind-up party. A final presentation was made, the Ladies' Club had a Ringer Board Competition running through the season and this was won by Mona Ledgard.

Award For Excellence

This program started on 7 June 73 and was designed to encourage and provide recognition to service personnel who participate in a regular physical fitness program. To qualify for the Canadian Forces Physical Fitness award for aerobic excellence an individual must:

- over a period of two years or less obtain 1200 "units"; and
- Obtain the fitness category of "Excellent" in each of the semi-annual physical fitness evaluations required by para 42 of CFAO 50-1 during the period of accumulation of qualifying units.

Qualifying units may be earned as follows:

- Swimming - 750 yds. - 1 unit.
- Jogging - 1 mile - 1 unit.
- Cross-country ski - 1½ miles - 1 unit.
- Skating - 2½ miles - 1 unit.
- Walking - 3 miles - 1 unit.
- Snow Shoeing - 1½ miles - 1 unit.
- Bicycling - 6 miles - 1 unit.

A minimum of one unit per exercise session must be obtained before the performance can be recorded in support of the program. No part units per exercise session shall be recognized or accumulated.

Units may be accumulated by participation in one or any combination of the activities listed. Personnel may accumulate units through participation in one or any combination of individually selected activities, formal fitness training and compulsory fitness-programmed activity.

Awards will take the following form:

- Linen-Scroll with red seal for first 1,200 units attained.
- White seal for the second 1,200 units attained.
- Blue seal for the third 1,200 units attained.
- Bronze seal for the fourth 1,200 units attained.

Personnel who wish to register for the program may do so at the Recreation Centre from 0800 to 1630 hrs., Monday to Friday.

Chapel Chimes

R. C. Chapel Father J. A. Borg - Base Chaplain (RC). Telephone No 339-2211, Loc 274

CONFIRMATION SERVICES: Will be held on Sunday, October 28th at 2:00 p.m. in the Protestant Chapel. Following Confirmation a reception will be held in the Totem Lounge for all those confirmed, their parents and sponsors. Wearing of traditional confirmation dress for both boys and girls is now optional.

REHEARSAL - CONFIRMATION: There will be a rehearsal on Saturday, October 27th at 1:00 a.m. in the Protestant Chapel. All children being confirmed are urged to be there.

FILMS: Following the regular CWL meeting on Tuesday, November 6th at 8:45 p.m. in the Parish Hall, Dr. Cabbage the Grand Knight of the Knights of Columbus, will be showing two 15-minute films on Abortion.

MASSES:

Saturday, 7:00 p.m. Sunday, Vigil Mass, Sunday, 9:30 and 11:00 a.m.

WEEKDAYS:

Tuesday, 7:00 p.m. in private homes on request Friday, 10:00 a.m. in the Chapel.

On other days Father Borg will celebrate Mass on request.

SACRAMENT OF PENANCE: Before Mass on Saturday from 6:30 to 7:00 p.m. and before other Masses.

BAPTISM: By appointment. Whenever possible on the third Sunday of the month at 1:30 p.m. On other Sundays for a good reason.

CATECHISM CLASSES: Every Wednesday in the PMQ School from 6:30 p.m. to 7:30 p.m.

JUNIOR CHOIR: Meets in the PMQ School every Wednesday following Catechism Classes at 7:30 p.m. Ages 10 years and over.

PROTESTANT CHAPEL

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

SUNDAY, 28, Oct. 73

0930 - 1030 a.m. - Church School.

1100 a.m. - Divine Worship

SUNDAY, 4 Nov. 73

9:30 - 1030 a.m. - Church school.

1100 a.m. - Divine Worship

1145 a.m. - Holy Communion in accordance with the custom of the Anglican Church.

SUNDAY, 11 Nov. 73

0930 - 1030 - Church School.

1100 a.m. - Remembrance Day service.

YOUNG TEENS: Every Tuesday at 1930 p.m.

CHOIRS: Every Thursday - Junior 1800 p.m. - Senior 2000 p.m.

Canada is one of UNICEF's strongest supporters. Last year in a single evening, Halloween, Canadian children from British Columbia to Newfoundland including those in the Nor-

thwest Territories, collected \$800,800 for the work of the United Nations Children's Fund. This was over twice the per capita collection of children in the United States.

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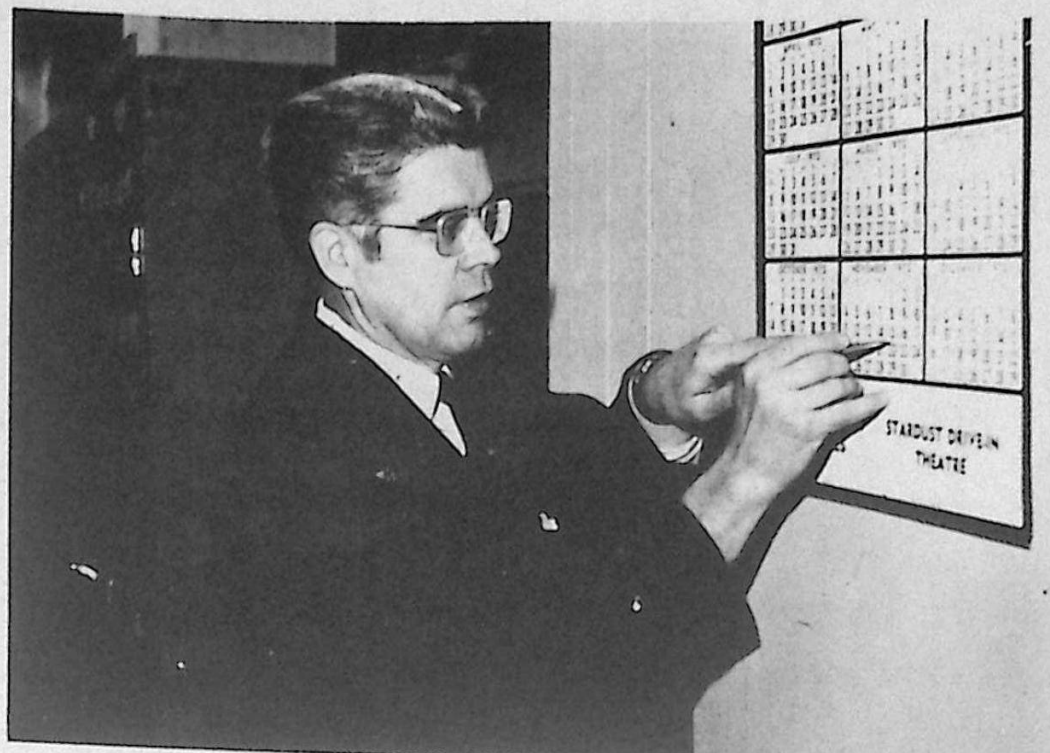
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BETTER SERVICE: Our engine analyzer has arrived at the Base Service Station - TUNE UP NOW

Watch for: **Thursday Nite Specials**

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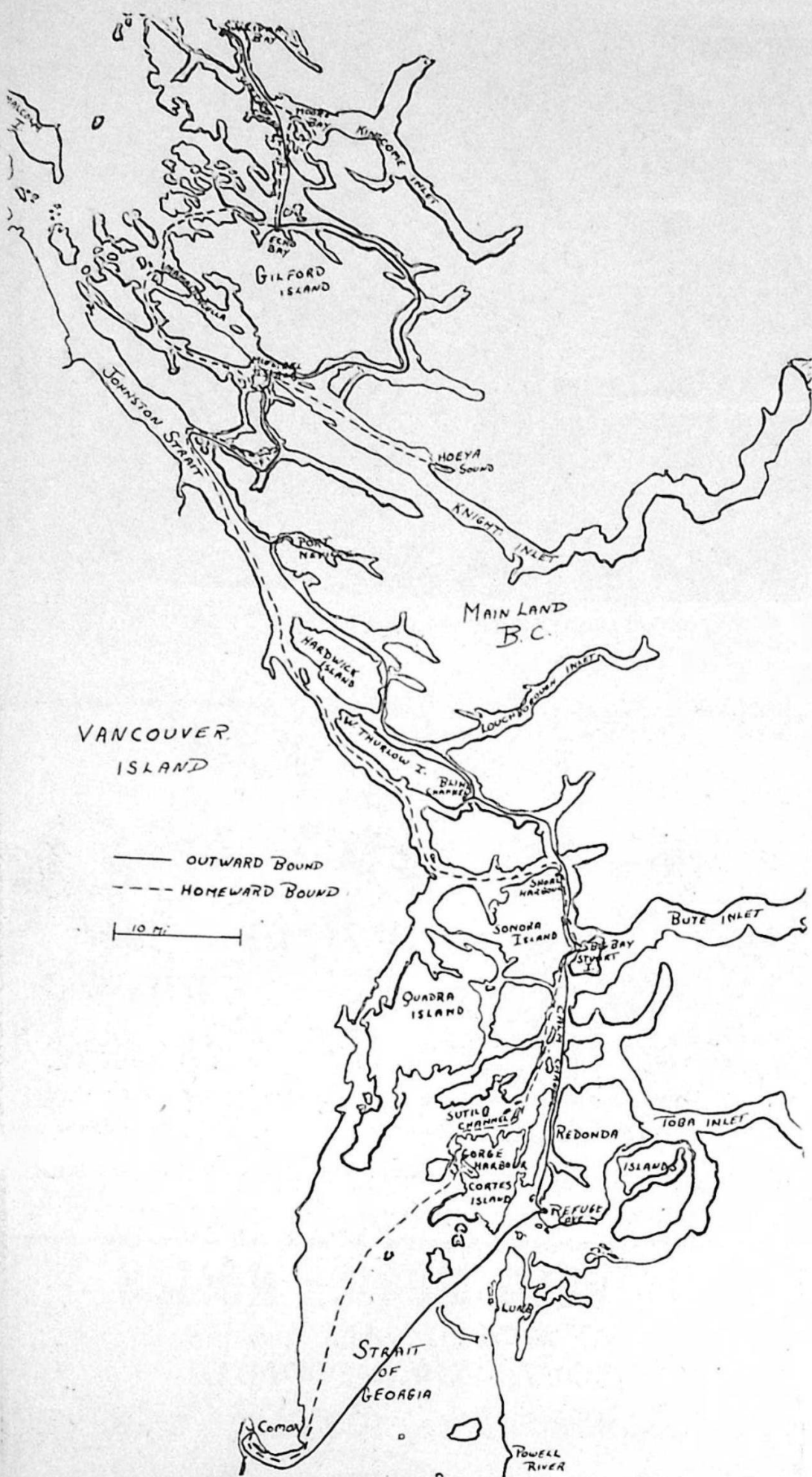
HOCKEY EQUIPMENT

TOYLAND

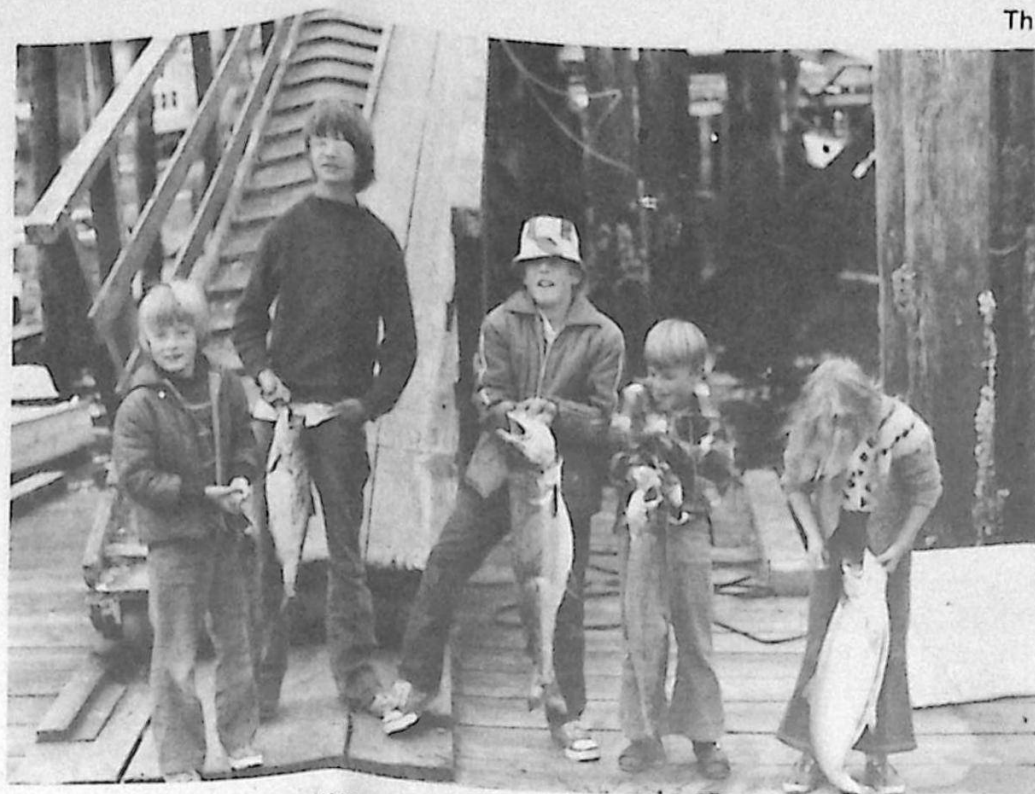
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UTOPIA ROUTE. Saying good-bye to these waterways, island and ports was difficult for the Utopia team. - Foster Foto



GREAT FISHING IN "UTOPIA". Showing off their catch are: (L to R) Jim Bennett, Tom Bennett, Jon Foster, Robin Jasbec, and Shelley Jasbec. - Foster Foto

UTOPIA Summer '73

By JO ANN FOSTER
Hello again, from that wonderful world of "Boat Camping" in beautiful B.C. coastal waters. In this final part of our trip to "Utopia" - Summer '73 it is hoped every reader will feel instilled with a desire to see and experience more of the magnificent beauty and outdoor living which awaits them in our lovely province.

HOMEWARD BOUND
Having travelled in fairly protected waters from Comox to Refuge Cove; Minstrel Island; Echo Bay and on up Suttie Channel to Sullivan Bay, we were anxious for the pleasures awaiting us there. A large government float; a general store; a profusion of flowers and garden vegetables; and last but not least the "Aquarium"; were some of these pleasures to which we were about to be introduced. This is rough heavy forest country, extremely rocky, so garden area with loam and soil was at a premium. The 86 year old wharfinger and his wife, at Sullivan Bay had really used their ingenuity to produce growing areas - even construction hard hats became pots for growing strawberries. Everyone began to settle in to his or her activities that evening - because Sullivan Bay is well sheltered, the men soon had the boats secured and were free to sit and relax while the women began a grand supper of fresh crab salad - Bar-B-Q salmon - hash brown potatoes and apple pie. It's truly amazing the amount and variety of food which can be packed in a small boat; however this packing must be given much consideration, because you cannot trust the sea as to the roughness through which you will travel nor the sun when it comes to preservation of foodstuffs.

We noticed the children were certainly busy those first few hours at Sullivan Bay, and it became apparent that the Aquarium was to be one of the most remarkable fishing holes??? ever. Many tourists docking at Sullivan Bay over the years had found the Aquarium in its original use, an outdoor convenience,

extremely handy, but our 10 young travellers felt the fishing therein was too good to be true. The Aquarium soon became the home of championship fish as the first annual Sullivan Bay fishing derby was held. Such a pity there was no way to photograph this sight, as undoubtedly few fishermen the world over have experienced such unusual fishing grounds - with crystal clear water allowing excellent viewing of the catch.

The next morning was a good early one, as we were all very anxious for our first look at the deserted Indian village of Mamallilukula on Village Island. On our arrival there, we had a short walk from the float, past the deserted village over to where those magnificent old totem poles once stood. Only one fine memory of this great art remained standing - the rest lay decaying in the woods nearby. It was sad to see such beauty vanishing from our lives and everyone of us felt we must try to ensure that the Indian culture doesn't pass into oblivion, as might these totem poles.

Off again and in to the floats at Minstrel Island. The following day a trip was planned up Knight Inlet to Hoeya Sound where we would enjoy fantastic crab fishing and then a truly exhilarating experience for all of us, when a large pod of killer whales graced us with their presence. As they departed, we began to watch another fisherman - a large grey whale, who was bottom feeding on halibut. Our time in Knight Inlet passed rapidly and we soon had to return for our last night on Minstrel Island during summer '73. It was raining upon our return, so we quickly had to make a shelter from plastic sheeting fastened over the ends of oars which were stuck into the spaces on the float. The children had more fun than on the big slide at the PNE as they slid down the smooth side of the float ramp - luckily, no slivers and much gaiety were the order of the day.

We were all beginning to think about a warm bath at home - yet no one expressed

much desire for the final two days to commence.

That next day from Minstrel Island to Shoal Harbour meant a lot of time to be spent on the water - probably 6 hours total - so the floats at Shoal Harbour were welcomed by all that afternoon. As usual, the children began to fish immediately the boats were tied up and we were soon to be caught up in the excitement of an 8 year old girl catching her first large Octopus. To describe this excitement - words fail me! Everyone on the float had an opportunity for a good thorough examination of that interesting sea creature and then we returned it to its natural habitat in the Pacific Ocean. We, in our three boats, never killed anything living unless for a valid reason and hopefully when our children wish, in years to come, to venture throughout our lovely province, conservation on our part now will help to ensure its preservation for them and theirs in years to come.

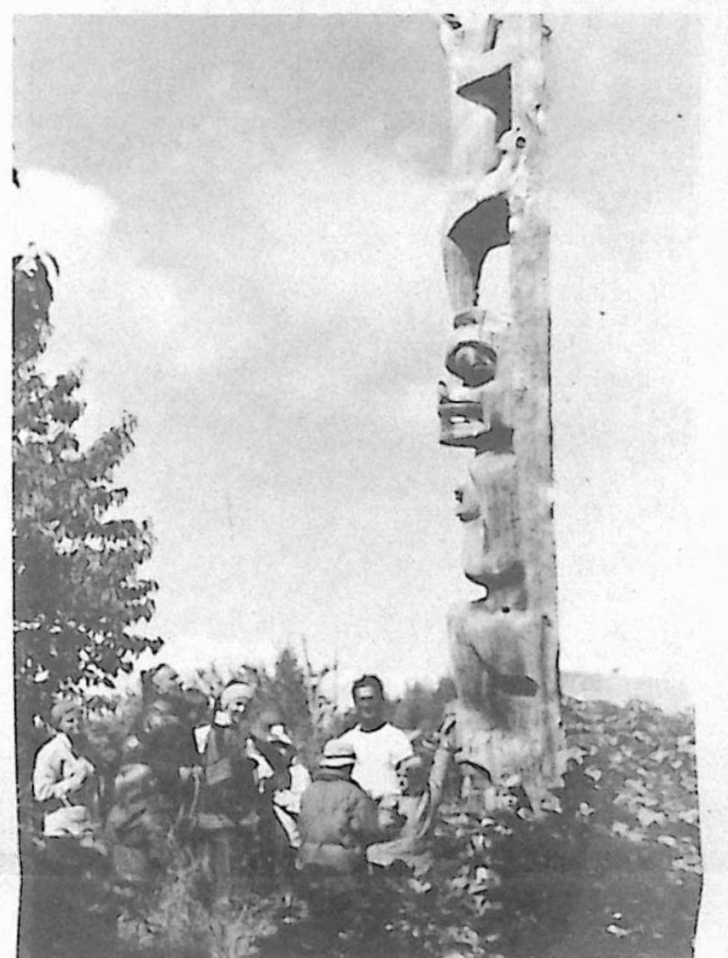
Our final night out and it seemed like new pleasures would befall us forever. As we sat over coffee, etc., that final evening and marvelled at the beauty of the phosphorescence in the water - everyone agreed we had shared for many moons what must be considered Utopia.

In the morning "Sol" honored us with a beautiful day for our final leg home. The Dent and Yuculta rapids were calm; we visited the small museum of sea life at Big Bay on Stuart Island, then journeyed down Calm and Suttie Channels and into beautiful Gorge Harbour on Cortes Island for a picnic lunch before returning to Comox and home.

It was difficult to say so-long to those wonderful waterways; islands and ports which had been such an integral part of our lives during summer '73; but it is hoped, in sharing these adventures with you, that you too will go forth into the world of "boat camping" and hopefully each summer to come will open many new channels showing us all that beautiful B.C. can indeed become our Utopia.



JO ANN AND FRIEND. Our authoress is shown standing at the base of the standing totem at Mamallilukula. - Foster Foto



I'LL BET THERE'S a great story behind this one.



DYING ART TREASURERS. Decaying totem poles at Mamallilukula, a deserted Haida village. - Foster Foto

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Fire Prevention Week At CFB Comox

During the week of October 7-14, the Base Fire Dept. was deeply involved in its annual Fire Prevention Week.

Opening day activities included a children's Decorated Bicycle Contest, which was judged by Major Kidd and Lt. Bell-Chambers; a bicycle and fire truck parade through PMQ area; refreshments for young and old; children's rides on "Little Toot"; a ladies' hose laying competition; and Open House at the fire hall.

Approximately 300 people attended these opening day celebrations and many more visited the Fire Hall during the week of Open House.

The interest shown by people during Fire Prevention Week attests to the fact that people are aware of the need for fire prevention, not only during this week, but all year around.

FIRE WEEK AWARDS Kindergarten 1st - Melissa Felhaber.
Honorable Mention - Warren Briggs, Peter Bourgeois, Jonathan Sleeman, Robby Taylor.

COLOURING CONTEST Grade I - 1st - Bradley Campbell
Honorable Mention - Kelly Hunter, Trevor Bell, Scott Carr, John Marche.

Grade 2 - 1st - Janice Quinn.
Honorable Mention - Janine Dupuis, Cheryl Tranholm, Callie Lynn Deegan, Edward Frazer.

IMAGINATIVE DRAWING CONTEST Grade III - 1st - Sean Grieve; 2nd, David Montgomery, 3rd, Sean Woods.

Grade IV - 1st James Koester; 2nd, Heidi Barker; 3rd, Brenda Thibodeau.

Grade V - 1st, Glen Peters; 2nd, Bruce Sinclair; 3rd, Kim Ruth.
ESSAY ON FIRE PREVENTION Grade VI - 1st, Nancy Staggs; 2nd, Jackie Dunn; 3rd, Daryl Morgan.

Grade VII - 1st, Corrine Deegan; 2nd, Ron Miller; 3rd, Donna Marche.

Mobile Homes

The Honorable Lorne Nicolson, Minister in Charge of Housing announced today that mobile homes located in mobile home parks will now be eligible for the provincial home acquisition grant or second mortgage loan.

Mr. Nicolson said that the change in regulations to the provincial home acquisition act was approved by order in council today and is retroactive to April 18, 1973. It means that people who buy mobile homes will be eligible for the \$1,000 grant and people purchasing older mobile homes will be eligible for the \$500 grant provided they meet all other regulations under the act. Information circulars will be sent out to those who already have applications on file. All communications regarding the grants should be sent to the Provincial Administrator, Home-Owner Assistance Branch, Parliament Buildings, Victoria, B.C.

Mr. Nicholson said that the change in regulations was brought about to accommodate those who choose to live in mobile home parks, and he expressed his hope that it would be of benefit in helping British Columbia residents seeking this form of housing.

Why Join Canadian Armed Forces?

(Continued from page 5)

with two bayonets in its backside. If he cannot identify in detail he is not likely to encourage civilian friends so to do.

The individual who wants a Civil Service life should join the Civil Service and he should not be recruiting other people by offering them a uniformed civil service career. All of which may be deemed by some to be archaic and material for a military museum but we deal daily with young militiamen, cadets and Summer Employment Program students and the youngsters of today still have the need for and desire to offer service.

They still want to belong to something that is stronger than they, richer in experience and tradition and they want to gain satisfaction from achieving something and from doing or making it better. They may express it in terms that are new, they may distrust "military machines" and "brass-hatted warmongers" but those principles and virtues which have made the military man the history maker of the world still appeal to the young person of today's generation. There is an answer it is not new or startling, but then are virtues like service, devotion and loyalty new and startling?

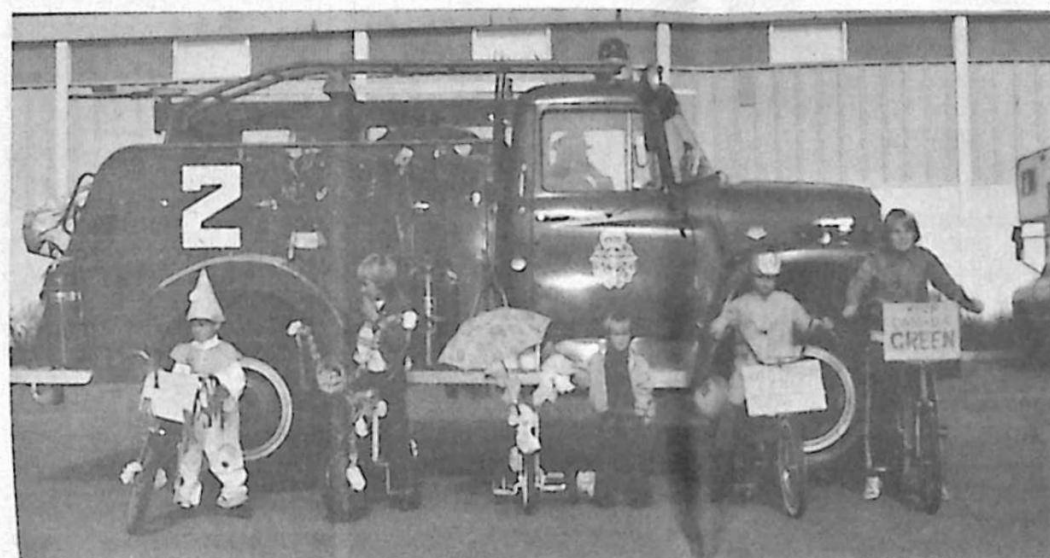
Yours sincerely,
N. A. Robinson
Lieutenant Colonel



PARTICIPANTS IN THE LADIES' Hose Laying Contest are as follows: (L to R): Nonie Zalla, June Waite, Debbie Morrow, Marilyn Black, Louise Cranidge, Shirley Gray, Grace Budway, Connie Bogoras, Bev Acorn, Mrs. Ryan, Deborah Larsen, Val Holdeen, Lorraine Bridges, Ann McBride, and on the tail gate are Barb Weed and Dot Welin.



COL. D. W. MCNICHOL presents the winning team with their prize of expensive imported fire-water.



WINNERS OF THE Boys' Bicycle Contest are as follows (L to R): First: Stephen Ruth; second: Boyd; third: Geoffrey Patterson. Consolation awards: Lee Bryson, Kevin Ruth.



SECOND PLACE TEAM received miniature replicas of the first prize.

- Base Photo



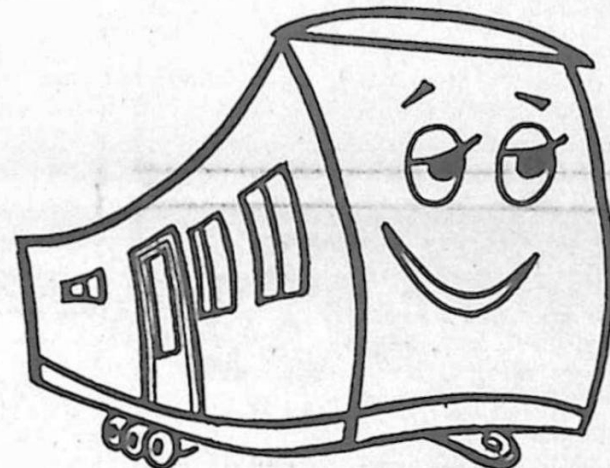
WINNERS OF THE Girls' Bicycle Contest are as follows (L to R): First: Sarah Plamondon, second: Barbara Kuhn; third: Wendy Lalibertie. Consolation awards: Kim Ruth, Susan Barth, Sherrie Jazy.

- Base Photo

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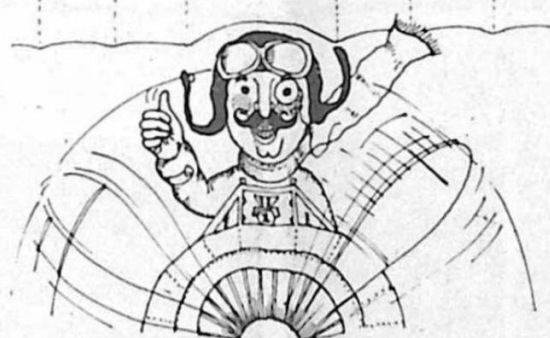
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775 x 14	18.15	15.24	775 x 14	20.30	17.04
825 x 14	20.30	17.04	825 x 14	22.45	18.84
855 x 14	21.10	17.69	855 x 14	23.85	20.04
560 x 15			560 x 15	18.85	15.84
775 x 15	18.15	15.24	775 x 15	20.30	17.04
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855 x 15			855 x 15	23.85	20.04

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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 years must be accompanied by a person over 16.

Sat., 30 Oct. **THE THREE HUNDRED SPARTANS** Richard Regan, Diane Baker
Adventure Showtime: 1400 to 1600 hours

Fri., 26 Oct. **FILLMORE** Santana, Hot Tuna, Quick Silver
Pop Music Showtime 2000 to 2155 Hrs.

Sat., 27 Oct. **VALDEZ IS COMING** Burt Lancaster, Susan Clark
Sun., 28 Oct. Western Showtime 2000 to 2155 Hrs.

Wed., 31 Oct. **SPECIAL HALLOWEEN SHOW** Showtime 1930 to 2125 Hrs.
Elvis Presley

Thurs., 1 Nov. **ORGANIZATION** Sidney Poitier, Barbara McNair
Police Detective Showtime 2000 to 2200 Hrs.

Fri., 2 Nov. **WHAT'S UP DOC?** Ryan O'Neal, Barbara Streisand
Sat., 3 Nov. Comedy
Sun., 4 Nov. Showtime 2000 to 2150 Hrs.

Wed., 7 Nov. **SUPPORT YOUR LOCAL GUNFIGHTER** James Garner, Suzanne Pleshette
Thurs., 8 Nov. Western Comedy Showtime 2000 to 2150 Hrs.

MATINEES
Sat. Mat., 27 Oct. -- MR. HOBBS TAKES A VACATION
Sat. Mat., 3 Nov. -- THE CANADIANS
Sat. Mat., 10 Nov. -- THE LOST WORLD
Sat. Mat., 17 Nov. -- DEAR BRIGITE
(All showtimes 1400 to 1600 Hrs.)

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1. Bananas. 2. Lawman. 3. Without Apparent Motive.
4. Lady Sings The Blues. 5. What's The Matter With Helen.

BOOKED FOR FUTURE DATES:
1. Fiddler On The Roof. 2. Young Winston. 3. The Great Waltz
4. That's The Way It Is. 5. Pat Garrett.

Fri., 9 Nov. **YOU CAN'T WIN THEM ALL** Tony Curtis, Charles Bronson
Sat., 10 Nov. Showtimes 2000 - 2150 Hrs.
Sun., 11 Nov.

Wed., 14 Nov. **SUNDAY BLOODY SUNDAY** Glenda Jackson, Peter Finch
Thurs., 15 Nov. Show Times 2000 - 2155 Hrs.

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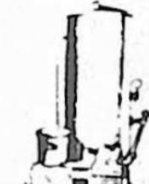
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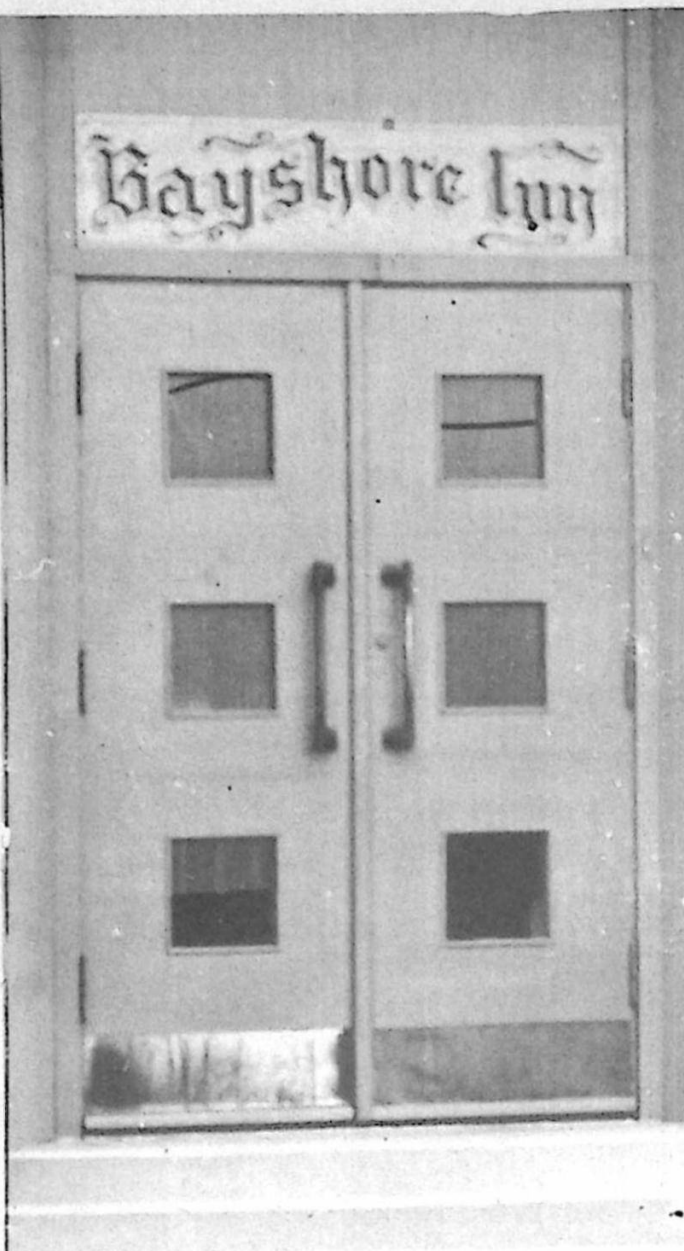
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Bows and Arrows

ARCHERY SEASON BEGINS

The indoor archery season began on Oct. 22, in the Base Gymnasium. Just prior to starting, archers selected Gerry Yeager as club vice-president, and Les Nelson advanced from that position to the President's chair, in accordance with the club constitution. Outgoing Pres., Norm Blondel was elected Secretary Treasurer, and Ralph Guthrie as Range Safety Officer.

Archery is a base supported activity, open to CF members and dependants, with age limits set at Junior high school or above. The shooting distance indoors is twenty yards, and apart from a 25 cent fee for each target face used, there are no membership dues. (The better the shot, the more target faces used). For further information about archery, please call Norm Blondel at local 330, or 338-5687.

Wanted

Anyone interested in recreational small bore shooting in an indoor range. If you are interested please contact Capt. E. A. Klassen at 339-2211 local 354 or at 338-8582 prior to Nov. 73.

If sufficient interest is shown an attempt will be made to reactivate the CFB Comox Rifle Club.

LIBRARY REPORT

Statistics show that couples who read together, stay together — because they have more to talk about. You might think it a bit late to talk about lawns but in the book **LAWNS AND GROUND COVERS** by the Editors of Time-Life Books, they tell you that now is the time to think about next spring's lawn. In this book you'll get tips on the way to select the best grass-seed mixture for sunny or shady lawn areas; how to keep grass alive if your water consumption is restricted; how to start new ground-cover plants from those you already own. And here's a small fact: The most expensive and pampered plots of grass in the world are the putting greens of golf courses. A survey of

professional greenkeepers shows that the cost of creating a typical lawn-size (5,000 square feet) putting green is more than \$2,500 and that the annual upkeep is around \$750. One other interesting book is **THE SECRETS OF ORIGAMI** by Robert Harbin. Origami is the Japanese term for Paper-folding. The models in this book have sufficient variety of ease and complexity to recommend Origami to everyone as a fresh and amusing pastime. **BOOZE** by James H. Gray tells about Canada's experiments in the prohibition era. Like his other books on the Canadian West, Mr. Gray writes with vigor and liveliness. **BOOZE** tells of those free-wheeling years and

of the rise and successful campaign for total prohibition. From roughly 1914 to 1924 the three prairie provinces were legally dry. **BEFORE THE AGE OF MIRACLES** by William Johnston (M.D.) Memoirs of a country doctor, his life, his career as family physician deep in the snow belt of Ontario. "If the G.P. didn't exist," says Vic Johnston, "it wouldn't be long before we invented him." This book also describes how people were treated before the coming of the miracle drugs. **LIBRARY HOURS**
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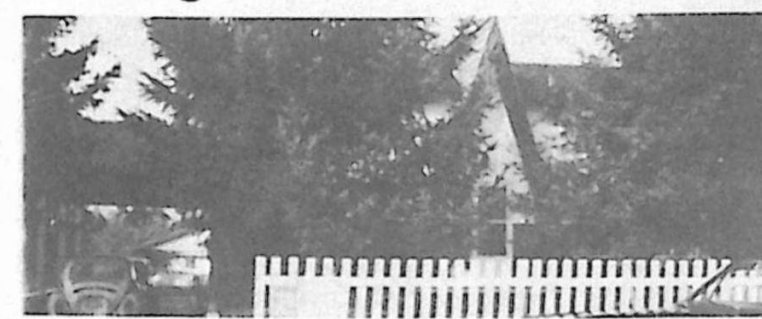
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