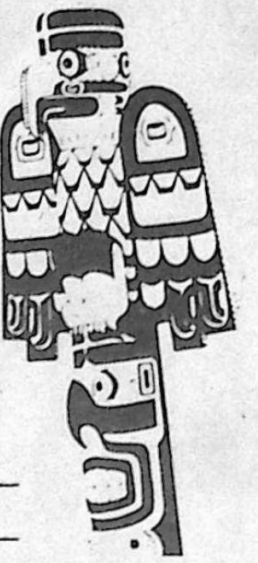


# TOTEM TIMES



The Monsoons Are Here — Ya Don't Have To Shovel It.

VOL. 16 — NO. 20

CFB COMOX TOTEM TIMES THURSDAY, NOV. 7, 1974

## Base Wins Zone Football Crown

### Comox Undisputed Winners

CFB Comox Totems came away victorious after two days of gridiron action during play for the Pacific Region Flag Football Championships. Friday 25 October Comox earned their right to the finals by bombarding the Pacific Fleet 82-0. Other action saw CFB Esquimalt out play 3 PPCLI 26-2.

The stage was set for Saturday's final game between Esquimalt and Comox, but the Totems well-drilled offence and stubborn defence proved to be too much for the Middies of the West Coast. Marc Simpson opened the scoring on the first offensive series, taking in a twenty-five yard pass from quarterback Vic Lee. Glen McDonald covered to make the score 7-0, then punter Gary Anderson connected with a tremendous kick to move the score to 8-0. The game see-sawed until late in the second

quarter when Lee found John Power open in the end zone for the major, and ensuing convert. Half time score; Comox 15, Esquimalt 0. Though second half points were added by Power, Simpson, Cramer and Lavigne, the game belonged to the defence, a defence that allowed no scoring in 120 minutes of play. (Final score 35-0).

PPCLI squeezed by the Fleet 12-6 to earn themselves third place in the four team competition.

A special thanks should be offered to all the officials and Recreation staff who were responsible for a smoothly run and enjoyable two days of football.

That's football, golf and tennis for the green and white already this year, lets hope the basketball, hockey, broomball, bowling, curling, badminton, volleyball and ski teams can follow suit.

### Preserver To Middle East

HALIFAX - 6 Nov.

The supply ship HMCS Preserver will leave here on 9 November for a one and one half month resupply voyage, carrying 325 tons of supplies and equipment for U.N. Forces in the Middle East and Cyprus. First port of call will be Port Said, Egypt, where Preserver will off-load 13 prefabricated washrooms; 40

collapsible aluminum trailers; 340 beds, mattresses and bedding; 1200 lbs of frozen turkey; 40 Christmas trees, plus other general supplies.

Preserver's second call will be to the deep-water port of Limassol, Cyprus to off-load 26 new one-ton trucks, plus small arms and ammunitions.

The last major sea-borne resupply of U.N. Forces was

in 1964 when Canadian troops first arrived on Cyprus, and is considered to be the most economical means of transporting supplies to the Canadian contingents.

Commanding Officer of HMCS Preserver is Capt. (N) M. H. Tremblay, 44, of Windsor, Ontario. Preserver and her crew will return to home port before Christmas.



PACIFIC REGION CHAMPS: Front (L-R) Dave Boxall, Vic Lee, Bob Orr, Brian Lavigne, Barry Hunter, Claude Roberts, John Power. Rear (L-R) Rolly Cramer (coach) Glen McDonald, John

Mieder, Dennis Tipton, Marc Simpson, Tim Murphy, Byron Stanley, Gary Anderson, Ed Silva. Canadian Forces photo

### An Open Letter

This is an open letter to the Editor of the Canadian Forces Personnel Newsletter.

Dear Sir: I read with horror and grave concern your answer to the question regarding the possibility of increasing our pensions by decreasing the computation time (Personnel Newsletter 9, 1974 page 16).

Your answer, in my opinion, raised several serious questions that require prompt, explicit and honest answers.

Since when has the Public Service (PS) got anything to do with our CFSA? Since when has the disposition of our CFSA contributions become subject to the Public Service Alliance (PSA)? Since when "must" the CFSA maintain comparability with the Public Service Superannuation act (PSSA)? Have we been unionized in some clandestine operation without overt representation?

I was taken to task several years ago when I commented that we should not worry about our CFSA account going broke because all government pensions eventually were paid from the Consolidated Revenue Fund. Not so I was advised. The CFSA is its own account and belongs to and is administered by the CAF through the Treasury Board.

I find it an incredible and distasteful disclosure that at this stage of the game we suddenly find that our CFSA "must" follow the PSSA. What's the use of us having our own pension plan if our contributions, our account and their

disposition is governed by the negotiations of some civilian organization? As far as I can gather they couldn't care less about us except perhaps as union-due-payees.

Several years ago the PSA had their SRB act amended to reduce the age of qualification. It took several years for the CAF to obtain this still unjust, to many personnel, benefit. Why should we then expect to gain benefits that the PSA win except after several years of wrangling? It is ironic how quick we were "Comparabilities" to the PSSA when it was duly noted that money could be saved if our CFSA time to compute pensions was changed from the old DSPCA's last three year computation to the present six.

The referenced answer I feel clashes with DCS comments in the same issue "we are in the military". And the CDS's letter Pay and Career Policies para 16 "comparability does not make us civilians in uniform."

Our Chief has taken an active personal interest in our pay and allowance negotiations. As noted in a recent editorial in Totem Times, his leadership is of the highest degree. This is well verified as the results have been superb. Perhaps he too will be startled by the referenced revelation and assure us that one of our most prized possessions is not really under the thumb of the PSA for any beneficial amendments that we feel we deserve and are long overdue.

J. W. Brown CWO

### Remembrance Day, 1974

BY WOV. J. MURPHY

November again has rolled around, And in my mind I hear the sound Of soldiers marching and orders given; The return of those who are still livin'. They came back home with heads held high, The women watched, I saw some cry. "There's Father...Brother," and husbands all, Those who answered their country's call. Then one stood back, with face of sadness, The look had changed from one of gladness. She searched the crowd and couldn't see him, The next one by just had to be him. The more she searched the sadness grew, Her wildest dreams were coming true. He wasn't there, she knew the feeling; The tears, the laughter, her mind was reeling. She watched the wives and husbands meeting, And in her chest her heart was beating For the man to whom her love would yield Was lying now in Flander's Field. Far from home, a lonely spot His life he gave, he questioned not. His son and daughter would someday know Why Daddy left his home to go. So they at home, in peace might live, He gave his life, still others give. The guns are silent, the earth is still, Men lay at rest on foreign hills. Our memories are oft delayed, Of freedom bought, and the thousands who paid.

### Sand Dune Gong Approved

OTTAWA -- The Governor-in-Council has approved the wearing of a new medal by Canadian servicemen for service with the United Nations Emergency Force in the Middle East.

The medal is identical to one currently issued for other service with the United Nations, which shows the U.N. symbol on the front and the words "In the Service of Peace" on the reverse. Qualifying service for the

new medal is 90 days in the theatre.

The United Nations authorized the force in Nov. 1973.

A medal was previously authorized for service with the original U.N. Emergency Force which existed from 1956-1967. The new medal differs from the old one in ribbon design. It has a beige centre with two U.N. blue borders, and two thin dark-blue lines running through the centre stripe.



LEST WE FORGET, there are approximately 23,000 war widows in Canada; and British Columbians are asked to honour them and the sacrifice of the 112,331 Canadian dead of the Boer War, World War I, World War II and the Korean

operation by wearing a Poppy for Remembrance Day, November 11. The Royal Canadian Legion has scheduled remembrance services in communities throughout the province.

### "New" Staff Air Navigation Course

It's that time again. For those navigators familiar with the history of the Staff Air Navigator Course (SANC), conducted by the Aerospace Squadron at the Canadian Forces Air Navigation School in Winnipeg, the announcement of a revised, updated course might just seem to be one of the triennial changes associated with this level of navigator training. SANC was last revised (and given its present name) in 1971. Since that time, the user commands of SANC graduates with respect to their additional skills. Also,

the graduates themselves have had a chance to compare notes and cast their own bricks and bouquets at the course.

Armed with all this ammunition, representatives of NDHQ, ATC, ADC, MARCOM, and TCHQ met at Winnipeg to attempt to iron out identified problem areas. The meetings determined that a change in emphasis was required and the Aerospace Squadron was tasked with drafting a revised course which would meet most of the demands of the user commands.

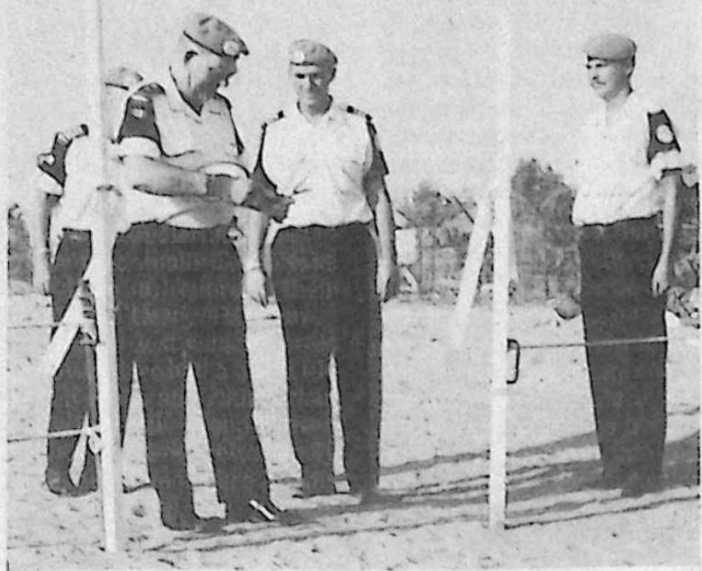
The changing roles of navigators toward the systems management concept, evidenced most strongly in the plans for the Canadian Combat Aircraft and LRPAs, has been the main guideline in the course revision. As new equipment comes into service, the SANC graduate will be involved at all levels - evaluating, testing courses, and follow-on squadron training.

The revised course proposed by the Aerospace Squadron was approved at a follow-on meeting with the operational commands. The

SANC Course Training Standard has been revised, and up-dated reference material and lesson plans are being prepared for SANC 7501, scheduled to start in January 1975.

Course subjects have been organized into three broad interrelated areas - Aviation Technology, Navigation Systems, and Detection and Tracking Systems. The requirements for advanced mathematics and physics theory, especially in formula derivation, has been reduced.

(Continued on page 2)



BGEN HOLMES D. E. officially opens 116 ATU tent lines in Ismailia.

## Canal Capers

Once again welcome to our desert Saga. You may have noticed that pictures are returning once more to this column thanks to the base photographer. This weeks snaps are a vintage collection of pictures taken during the opening of Camp Charbonneau on 31 August.

With encouragement to attain a second skill over here Pat Coburn has switched talents and has become our new tour guide. He was tasked to drive a group of visiting officers to Golan and various other out posts. From all reports he surpassed all expectations.

Also on the Road visiting Tel Aviv for a four day run was a group of our adventurers led by Dick Brooks and the rest of the group comprising Rufus Paul, Moe Sirois, Stan Prime, Vern Williamson and John McCullough. All returned with full arms and in good spirits after seeing bath tubs and air-conditioned rooms again.

Some of our group were not as fortunate, however, on their trips. Doug Nowell and Jim Ross were compelled to spend a week in Beruit at the Holiday Inn while they supervised the painting of Buffalo 452. They both reported longing for their tents for the first 10 seconds they were in Beruit.

Our unit would like to take this time to express their thanks to Gerry Parnham. During our last parade it was discovered we had a blank file in our ranks and rather than make our little group uneven Sgt. Parnham reluctantly volunteered to return to his tent and miss the parade.

## The Five and Dime Corner

A cry of help for contributions from our great Totem Times cannot go unanswered so the Base Comptroller Section has come to the rescue. We may be more of a hindrance than a help but we have arrived.

It is hoped that we will in future columns pass on to the readers bits of gems that come to us that may be of general information and interest of things happening in the financial field and of items that affect your pay and benefits.

There has been a great change in our personnel since summer. Our latest departure was Cpl. Sandy Munro who left for the oasis of the North, to the sprawling metropolis of Inuvik. Cpl. McAlear is leaving for a 5 week tour of Penhold to show how the JLC should be run. Cpl. Davis, a recent arrival from NDHQ Ottawa will be adding her talents to the NPF Section.

## New Navigation Course

(Continued from page 1) More emphasis is being placed on the practical vice the mathematical approach to aerodynamics. Problem settings are being revised to more clearly demonstrate where theory and techniques are applicable in squadron situations.

The final major innovation will be the assigning of individual projects for course members. Course member projects will be assigned by their parent unit or from a list provided by the operational commands. Some projects can be researched quite readily at CFANS, and immediate benefit should be realized by the parent unit and the individual's command. It will be necessary, however, to have CFANS make the final decision on projects in order to ensure that utmost training value is received for the time allocated for this project.

We finally have the boilers hooked to our shower point producing lots of hot water. This is sure to decrease the ear piercing screams from the shower when it was nothing but cold water.

At last, our first new Pinkies, with the arrival of Andy Arsenault and Jim Goulette. Welcome to the unit guys, to your place in the sun. With these arrivals Bob Thompson and Bill Kelly were able to return to that never-never land called home.

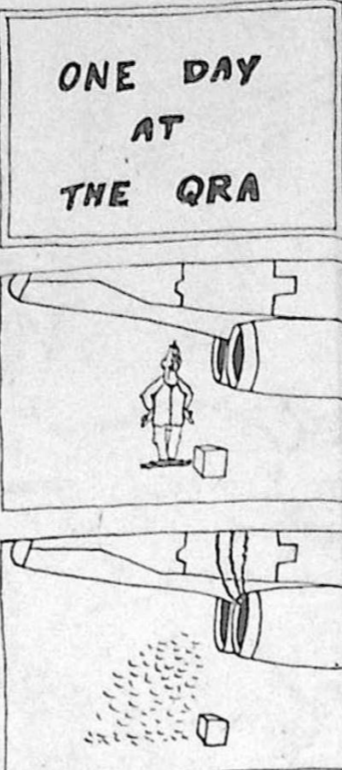
The "Homer" of the week goes to Bob McNeil with the help of a fan all-star cast. During the excitement of a recent Volleyball game Bob unfortunately broke his ankle and had to be sent home. We hope all turns out OK, Bob, and we miss you. The only positive aspect is that there has been a renewal of interest in Volleyball in the unit.

On our recent trainer Moe Hanberg under the watchful eye of check Pilot John Oliver succeeded in becoming an Aircraft Commander. Congratulations Moe.

While other people normally wake up to the sounds of Roosters and alarm clocks, 116 now has another new system, compliments of the Egyptian Sanitation Dept. Early in the morning the camp is gently awakened by the soft strains of a baying donkey. For some reason the beast always starts it's ghastly racket outside number two tent. Stay tuned for further developments once the donkey is questioned.

So, as the sun slips behind our shower tent and into the burning desert we wish you all Ma Salam.

This  
Space  
Reserved  
For  
442  
Sqn.



## Nighthawk's Nest

The winter flying season is with us once again, the fog lies like a fluffy white trading blanket at the edge of the sea waiting to cover the land every time an airplane lines up for final approach. The green Gringo dollars are being rat-holed once more in the secret compartments of aircrew wallets in preparation for landing at alternate bases down in the States for a little TD compliments of the weather. Extreme caution is necessary for personal survival in the rain and fog, it is much more difficult to tell if the guy behind you in close trail is a squadron mate on the way home or the RCMP checking up on the masterful way you

stay on your side of those many lines down the center of the road.

The weather has been so bad that we had a freak midair involving three birds just this week. One and Two were coming in on a tight final with gear down, a picture of grace and beauty. They were just short of touch down when a single bird on a live scramble took off in gate with the wind at his tail. The collision was a terrible thing to see, the noise incredible, something that anyone who does not live near the sea could not appreciate. Fortunately, damage was minor and Scotty Duncan has been counselled about throwing his stale tuna sandwiches out the

back door when the seagulls are flying in limited visibility.

Immersion (poopee) suits are in fashion once again, so if your wife is wondering what that talcum powder is doing all over your chin tell her about the poopee suits, she could probably use a good laugh. Actually, even though they are a little difficult to get into and impossible to get out of, they sure make preflighting in the rain much more pleasant. I promise that I'll start wearing mine as soon as Safety Systems finishes the 14 mods that I've requested. Or as The Mystery Major commented the other day, "They may be a little uncomfortable but they sure are ugly."

## Tin Town Topics

When one is approached by someone as persuasive as the Editor of the Totem Times, it is difficult to refuse a request for a bit of a column. Besides one's arm can only be twisted so far. So, as the bishop said to the show girl, "Here goes for better or for worse!"

If 442 is Mushroom Country perhaps '33 should be called "Yo-yo land," to conform with the ease with which an "up state" becomes a "down state". Just give a bird a day and we'll take your "up-state" away!

Welcome to O C Tim Strocel, newly arrived from that "comical college of couthful cadets" at Chilliwack. No sooner had Tim arrived than he was securely lashed to a Tracker and sent winging eastward to Cold Lake for an H.A.I course. After that introduction to the wondrous world of aviation, the only comment I can make is: "Stick to it, Tim, you've got the guts!"

If you're still wondering what G.G.B.W.W.B. stands for, it's quite clear - the Great, Grey, Bent-Winged War Birds.

Next "255" time, our X.O. should get outstanding marks for his organizational ability. Since we arrived, he organized an engine job for the mechanical oddity he drives, and at present he is organizing his fellow officers into helping him build his house. From all reports it is not the manual labour that takes the toll of the troops, it's the trips to the Arbutus and

the Lorne afterwards. Can you imagine getting a roof shingled for a round of fizzes and a pizza?

I wonder if our local chicken rancher has been visited by the Canadian Egg Marketing Board? I truly hope not, his eggs are too fresh to be locked away and allowed to go bad.

It was probably a great revelation to the civilian workers the other week when they ran afoul of our security forces. It seems that two civilians from I.M.P. working on one of our Trackers were given a coffee break during A.D.C.'s last exercise. Upon arriving on the second deck, (that's sailor talk for floor), they were greeted with open arms by the security forces. Sort of "up against the wall, mother!" Something or other about restricted area passes, or non-player cards!

We can't accuse Michaud of being a non-player! He is our

latest father. Welcome to the club - may you be as pleased about the event as we were with the cigar. Made an amazing discovery while scouting around for news - it seems that the Squadron has a dart team that is doing rather well. I must get over some Wednesday to cheer the group on and see Stevey lift Jerry up to reach the board in order to retrieve his darts.

Noticed in the civilian press last week that Mr. Richardson was referring to a reduction in

the strength of the Forces. If this proposal comes to pass, I hope they neglect VU-33. It seems at present time that in some of our trades, if one man goes on leave, the branch is at 50 per cent strength - not necessarily the problem of a reduced labor force as much as "who's the supervisor?"

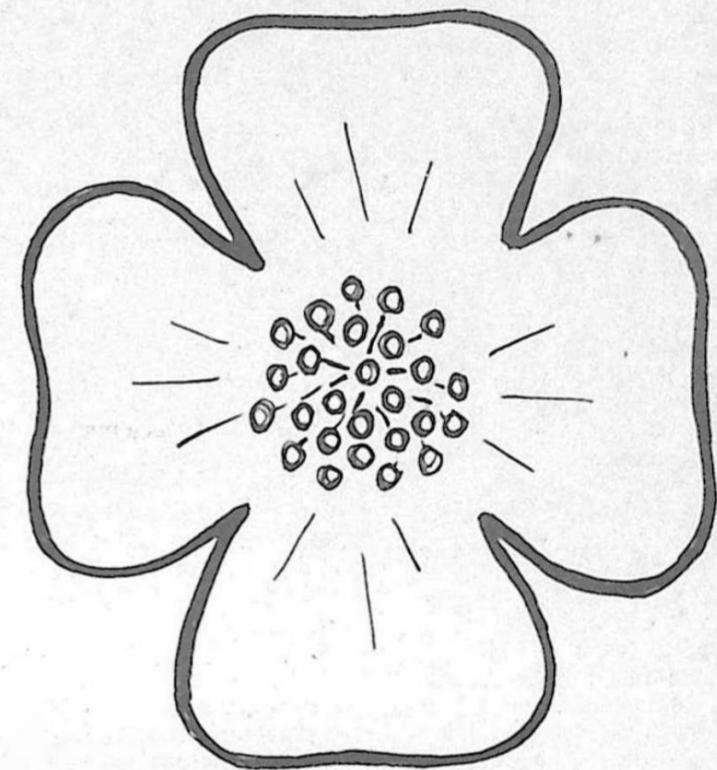
An idle comment heard in passing - who originated the mod leaflet to install an "acey-deucey" board in the Trackers for those long casual patrols?

From The Home of The G.G.B.W.W.B.

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# 407 Tech Ramblings

## AVIONICS

This combined ASW Labs and Repair submission results from the absence, on course, of the latter section's correspondent, Sgt. Norm Smith.

Recent arrivals, departures and inter-section transfers are too numerous to mention in detail; however, on the basis of seasonal employment we might mention that Sgt. Beebe has moved indoors to Repair from VU 33, MCpl. Jim Stanzell and Cpl. John Sturdy will be wintering in Repair vice Servicing and Sgt. Ken MacLean has vacated the tarmac brigade in favor of the sanctity of the ASW Lab. WO Len Teskey is currently between courses and is busily engaged riding herd on the Repair personnel.

Congratulations are in order for Andy Croitor on his promotion to the ranks of the three hookers and to Capt. Colin Wortley and wife Joan on the arrival of their new daughter, Tara.

Pte. Howard English has recently returned to the fold from his sojourn on a Brown course in the east. Additionally, his square jashing skills were sharpened considerably.

The recent sports afternoon was so successful that some additional activities will be added in the near future in order to accommodate personnel of all sizes, shapes, ages, infirmities, etc.

Our deepest sympathies are extended to Cpl. Tom McNeen and family on the sudden passing of Mr. McNeen Sr.

## REPAIR

So many moons have passed that we just can't remember when any Repair happenings last graced the pages of our beloved fish wrapper so, since it is said that it is better to have tried and failed than not to have tried at all, here goes.

With what was undoubtedly the best summer in the memories of most now behind us, the tales of the big ones that got away have faded into oblivion, the travel acquired bumper stickers have disappeared and the rainy season should soon be upon us. Now that the fishing rods have given way to curling and broomball brooms, hockey sticks, etc., Sgt. Larry Bourgeois as our resident safety rep is beginning to mumble to himself as he ponders the inevitable onslaught of personal accident reports.

Numerous faces long familiar with the ARO shop are now missing from the scene with Cpls. Jerry Issel, Sid Hayes and Bill Baker having remustered to civilians, MCpl. Frank Edwards and Cpls. Harvey, Kayes and Lee now doing their thing for the ASO and Sgt. Jack Mort occupying single quarters at Trenton. Incidentally, the grapevine has it that Jack is somewhat less than turned on by the beehive of activity on the shores of the Bay of Quinte. To our best wishes in your new endeavours and welcome to MCpl. Jerry Murphy, Cpls. Gilroy, Jones and Bourrie as well as Ptes. Salmons, Put, Hartly and Sleeman who have joined us in our never-ending battle against the fatigue of our ancient Argus.

The recent appointments of Jerry Yager and Art Limber have given us a full complement of MCpls. in the airframe trade.

Until we meet again, life rolls on and we of 407 Repair continue to accept the challenge of our chosen professions, ever hopeful of better things to come.

## SERVICING SNICKERS

Tuesday, the 29th, will long be remembered as the occasion when 32 of the finest duffers the world has ever seen turned out for the one crew golf "Tournament of Chumpions" and, by anyone's standards, a damned fine turnout it was. Irving's Idiots, Alstad's Animals or whatever hacked, thrashed and beat their way through nine holes of jugs, jokes and jungle only to find themselves finally subdued by a container of Turk's "kickapoooy juice". No attempt will be made to analyze the contents of the aforementioned elixir, however, suffice to say that uneasy stomachs are still quite a common occurrence. Anyway, the results of the tourney are as follows:

- 1st - Bob Sleigh, Lyons, Andy, Weiner
- 2nd - Scotty, Buzzard, Steve, Gopher
- 3rd - Turk, Chico, McNamee, Bird
- 4th - Harry the Hooker, Nev, Hagar, Jerry
- 5th - Kim, Moe, McNick, Fuzz Face

6th - John, Bill Reid, Bennie the Jug, Brownie  
7th - Duke, Willie Grant, Ed, MacAlphabet  
8th - Bob G-G-Gould, Ken MacLean, Johnson, Lavoie.

The first five place teams were each awarded a jug of giggle juice for their collective efforts while each man of the remaining teams took a new golf ball home with him. Informed sources have it that an "Oh S—2" can out drive a "Sonofa—3" or a "Happy Hooker 2". We have the only X-rated golf teams in the country.

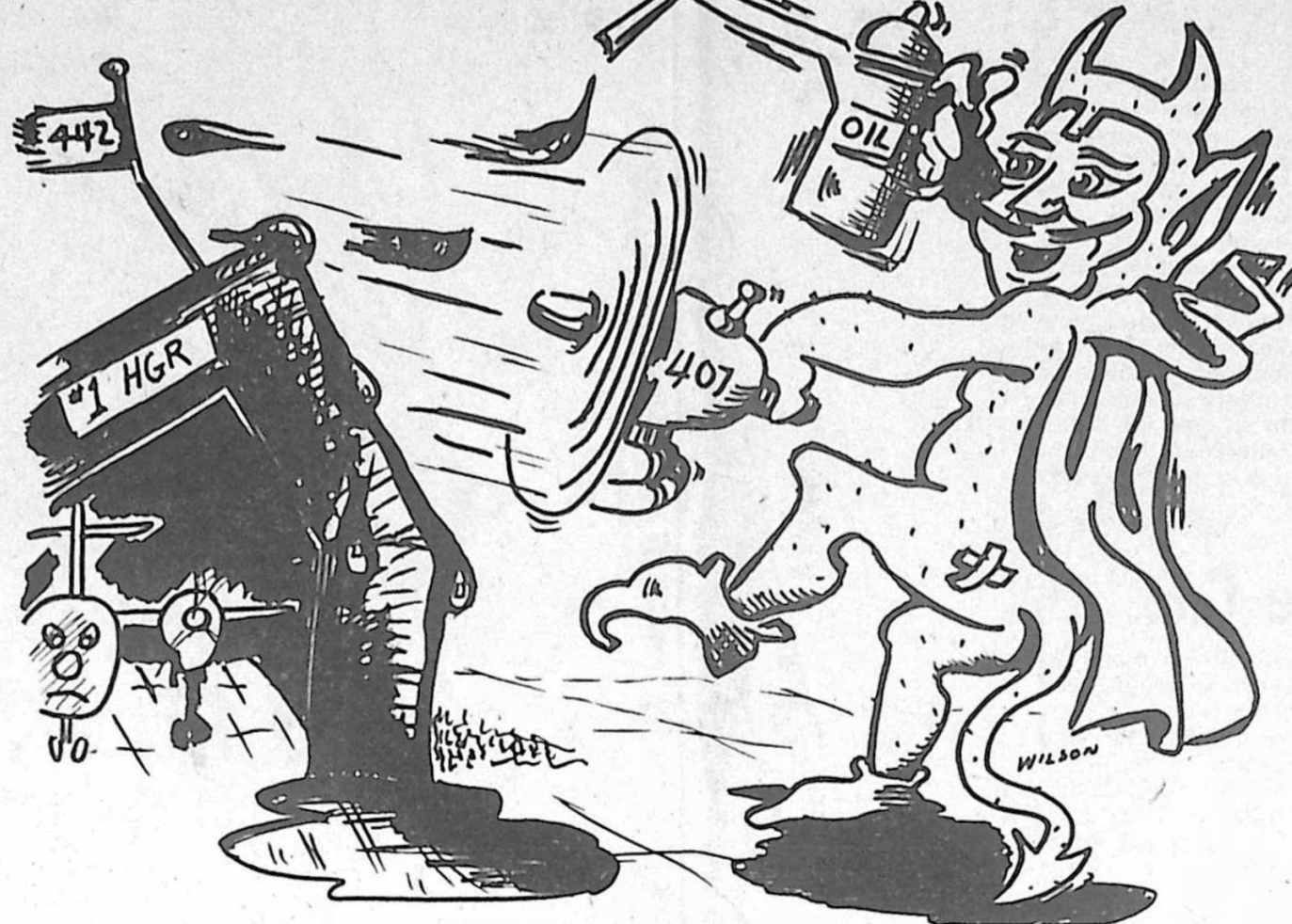
On a more serious note, a former member of our crew passed away recently and will be sorely missed by all. Although no service was held locally, Shel MacDonald would have considered the festivities mentioned above a classic Irish wake which is just what he would have wanted.

It's time again for more ramblings from the "Resident Rookie" of No. 2 Crew, or should I say Trivia from Tex's Tribe. We have a new member on the crew this week, a fitter by the name of Rusty Clark. Welcome, Rusty, you're with the best now. I also have some good news and some bad news for John Clark. First the good news - I am going away on course and taking my stinking pipe with me. Now the bad news - I will only be gone for a week.

I see by the flight board that the Polish underground has been busy again. The Halloween, Characatures were well done, Rudy, keep up the good work. The latest innovation in footwear from Newfoundland has finally reached the West Coast. Dave Pond's new boots came with the letters T.G.I.F. stamped on them. When I asked Dave what the letters stood for, he answered "Oh that, it stands for "Toes Go In First". Nice going, Dave.

An upcoming date for all you Tribe members to prepare for is the 15th Nov., "National Passant Pipe Day". I want the whole tribe to turn up that day with pipe in

"A Little Dab 'll Do Yuh!"



"OIL CANNING" as result of recent efforts to conserve petroleum products, Demon squadron not only uses oil for lubricating aircraft engine parts

but also for inhibiting and insulating hangar-line buildings.

hand, I will supply the tobacco. We are going to honor Brave John Clark for his constant efforts to insult the pipe. Chief Tex, assisted by Helpful Herb, will officiate at the lite up. So come on Tribe, get the old pipe out or blow a buck and buy a new one. I want 100 per cent participation, let's really make it a memorable shift for John.

Well, Tribe, that's all trivia for this week. This is the No. 2 Crew "Resident Rookie" leaving you with this thought. Only put off until tomorrow what you are willing to die having left undone.

## ARMAMENT ANTICS

Sitting here wondering how to start this column puts me in mind of Liz Taylor's fourth husband "I know what I'm supposed to do, but don't know how to make it interesting!" The big news from the green-joint is of course the long awaited (by who?) departure of MWO Gord McMullen, leader of the smaller but elite McMullen's Midgets. The transfer across the hangar to that other squadron just about broke the Warrant's heart as the rather inflated moving claim that he envisioned was completely disallowed. One could see that the nuisance allowance and real estate fee claim was perhaps stretching things and deserved to be re-lined, but the rejection of his two days travelling time was just plain cruel. Now he'll really have to stretch his legs to get across the hangar to meet his COS date.

The entire crew, complete with wives, cheerfully and/or tearfully bade the "quarter-pounder" farewell at a fine wine and dine and evening at the Mexicana. "Who says that us Armourers don't got class?" During the evening the Warrant was presented with a suitably engraved and very large lighter, complete with matching lock and chain. This gift obviously moved him deeply as, during his farewell address, delivered from atop his chair and while in the midst of a vicious double-hammerlock, he vowed to always keep the lighter with him. He damned near had to as his wife wouldn't give him the key after the party. Vera

claims that hubby's hip actions in getting out of the contraption prior to bed were even better than his dance floor routines. All in all it was a nice evening - Bob Bird did get his standing ribs, Ron Simpson decided to get married next day and next a.m. my wife let me know that I sure enjoyed myself. Best of luck on the transfer to actionland Warrant and remember that you're welcome to drop over for coffee any time that you're willing to pay Jack the Scrooge the required dime.

The new laymen's link, WO Ken Greer, is presently lodged at Victoria's largest butcher shop where he is recovering from an old war wound. Just had a report from a recently released (and limping) inmate from that institution and he informs me that all nurses refuse to enter the Warrant's ward and also that three young Med A's have gone into deep shock. Sure glad to hear that he is feeling his old self again - he always could tell wild jokes.

If any of the maintenance crew from next door happen to be reading this, (boredom drives people to read most anything) please disregard our shop's recently proffered volleyball challenge. It was obviously (obvious after our first practice) offered in haste. After analyzing our potential, we now realize that we won't be ready for a while - say two or three years. We managed to field, or perhaps it's "courted" in volleyball, all of our available talent. All

of us, plus a passing stranger, made up our six-man (?) team. Unfortunately the spring has sprung from our knobby old knees and consequently our "spiking" attempts put me in mind of young crows learning to fly - much squawking and wing-waving, but sadly earth-bound. The only glimmer of hope for our sickly-six was the sparkling play and pure talent displayed by one "Radar" Zielke. This (young?) athlete, although a little out of practice "haven't played in eleven years", he confided, was by far our best player. He calmly turned cartwheels between volleys and on occasion during them, but the full-flight to a headstand demonstrated by Radar

was his most fantastic move. It's going to get tougher, gang, as I understand that next week we're going to have to play with real rules.

Was glad to see that Guy Bowser and family made it safely from the east coast. I understand that he just managed to beat the big blow-out of the Maritimes and was in such a hurry to get to the promised land ahead of winter that he didn't dare stop, not even for a haircut. Only funning Guy, you look great in that Afro!

Will leave you with this week's "Question of the Week", - and it goes like this: "What burns ten gallons of gas and doesn't go anywhere?" (No Ted, it's not ten Buddhist monks!)



CAPT. RON NORMAN, former P.Ad.O. of 442 Sqn., receives a gift from Major "Ozzie" Osborne of 442, on the occasion of his recent retirement. Base Photo

# Gravel Pit News

Although the Gravel Pit is now closed for the winter season, activities have not come to a halt. Several of our section members are involved in the hockey program this year. John Flannigan and Phil Lester from the Tower are playing in the rough 'n tough "A" league, while Jerry Kuhn, Joe Pacowski, Mike Laliberte, Brian Corke, Ernie Doyle, and Jack Fisher, are playing for the "B" League Base team. If the first game against the 409 Sqn. team is any indication they should have a great season. They won their first game 7 to 1.

Unfortunately, the Bowling team this year has hit an early slump and is having a hard time getting started in the weekly standings. The team bowls on Monday or Tuesday evenings each week and anyone in the section that is interested in joining the team, please contact the team captain Gerry Chute as we need all the help we can get. With so many of the team members working shift work, some weeks it is hard to scrape up a full team, so don't be bashful join in for good fun and exercise.

Section members can look forward to some improvements in the Tower and Ratcon in the next few weeks. Sgt. John Wynn is at present working on improvements for our TV reception. Since we are the only area on the base that does not get cablevision, the new antenna system should bring in many of the channels from 'down south' as well as improve the reception of the two present local channels. At least we'll get something a little more entertaining.

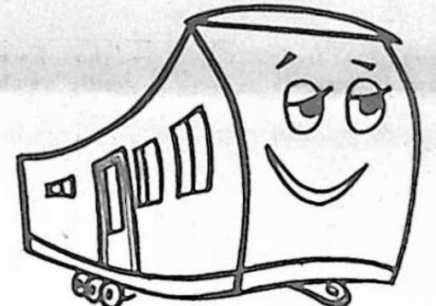
The second improvement will be in the Ratcon kitchen. As some members have noted and complained about, the condition and quantities of cooking utensils have become noticeably worse in recent months. This matter should be rectified in the near future, as MWO Muloin already has placed vouchers for their replacement.

In closing, we would like to remind you that the list is presently being circulated to find out the number of tickets required for the Dec. 23 Christmas party, so be sure and place your name in soon.

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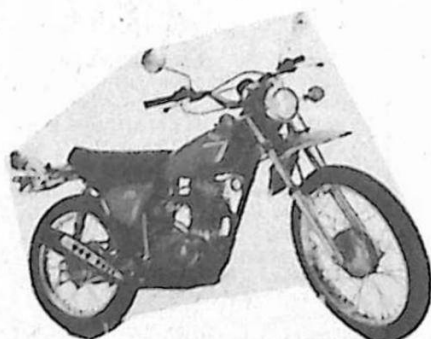
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# EDITORIALS

## Your Two Bits Worth

Newspapers, since their inception during the reign of Julius Caesar, have presented themselves in many guises and have served many purposes. While these purposes have not always been honorable, or in the public's best interests, they have nevertheless served a useful purpose in society's developmental process. As man has moved on through the evolution of his various media, so the newspaper has kept pace with it all. It continues to perform its functions of informing its readers, reflecting their opinions, changing their minds, or not changing their minds.

As a service to the community, the newspaper holds a position of responsibility, a position which, through the

editorial staff, must ultimately be laid at the feet of the community members themselves. To them must go the task of informing, in order to be informed, to voice their opinions with the idea of stimulating the minds of others.

The Military Community, albeit an ever-changing one, has a need for, and a responsibility to its newspaper so that it may achieve the desired effect.

The Totem Times greatly appreciates the responsibility shown by members of the Military Community, and will continue to provide the outlet whereby every member of that community may voice his or her "two bits worth."

C.R.S.

## Women's Lib and The C.F.

**NEWS ITEM:** "Defence Minister James Richardson announced today that an increased number of trades and classifications are being opened to women within the Canadian Armed Forces."

**NEWS ITEM:** "Mr. Richardson said positions involving combat trades, sea-going duties and isolated postings remain open to men only."

**NEWS ITEM:** "The defence minister announced a plan Wednesday (Oct. 23) whereby 50 women will be selected to serve six months tours of duty with the U.N. force, beginning in early 1975."

**NEWS ITEM:** "Woman pilot denied flying training in the Canadian Armed Forces."

How far we've come! Back at the turn of the century, women were relegated to the kitchen and the bedroom. "Produce food for the table and kids to perpetuate the blood line but leave the rest alone -- it's a man's world," they were told.

World War I, the Great War, upset the males' apple-cart. Many men were called upon to do front-line duty and the women had to step in and work in the factories and offices and even in the military as nurses. Given that much freedom, they decided that they deserved the right to vote -- some gall!

The Suffragettes started the ball rolling and the British, leaders in political reform, granted some rights to women. The Reform Bill of 1918 extended the franchise to vote to every woman over thirty; in 1919, an Act of Parliament decreed that women should enjoy legal equality with men; full equality in voting was established in 1928 by the representation of the People Act.

In Canada, as was our custom, we followed right along behind the British in granting rights to women.

The cause of women received even greater impetus during the Second World War when women served in all

three branches of the military, mainly in administrative positions although some women were radio operators on merchant ships and even as pilots, ferrying aircraft across the Atlantic.

In recent years the "women's libbers" have made great progress, particularly since the findings of the Royal Commission on the Status of Women were published. They are now becoming firmly established in most trades and professions in civilian life and they are leaping into that last bastion of the male -- the military. Or, are they?

In spite of the pronouncements made in the last month about equality of opportunity in the Canadian Armed Forces, women are still not allowed into the most interesting areas of employment in the military -- indeed the whole reason for the military -- the sea trades, the combat arms, and the flying trades. If women are to be truly liberated and given the same freedom of choice as men, then they must be offered similar employment and conditions of service. Men do not have the exclusive god-given gift required to fly aircraft, be leaders, command ships or even to handle weapons (how about that, Bonny and Clyde). Probably as many women as men have the physical and mental capability required to drive a tank or an aircraft, repair electronics equipment at Alert, parachute from a Buff or Herc, live under field conditions or in a submarine, chip paint at sea or sit in a UN observation post in Cyprus, and so on.

Through two world wars and many lesser conflicts, women have sat home minding the fires while their men were being shot at, wounded and killed. They are now rightfully demanding equal opportunity in all areas of civilian and military life and we are offering them only 75 per cent.

As the "old sage" said, "Either go all the way or call the whole thing off." I'm sure that a lot of us would only be too glad to let a female take our place in Alert.

## From The Fur Lined Fox Hole

With days getting shorter and the monsoon starting you get more time to pull over the groundsheet and contemplate your foxhole. There is a cold winter ahead. Here are a few thoughts culled out of a morning's effort.

It was kind of nice for our leader's boss to promise more money, training, equipment and all. When I look around, the fur-lining of the foxhole is getting a little tattered and worn. Then again, mine's not really that old. I understand some of the zoomies are flying around in some pretty antique machinery. That's why I spend so much time in my foxhole.

Anyway, from one grunt to another, I think somebody has missed the boat. The most important component of a military organization is pretty hard to find around here, and you cannot buy it with money. It is called morale, esprit de corps, motivation, or any number of things. Even a guy like me in my foxhole knows you can't buy morale or order it to be there. "Bartender I'll have a double morale on the rocks" -- or -- "I'll have four pounds of morale and a quart of esprit de corps, I've got a heavy date!"

Let's face it. Look at me in my foxhole. You can give it a new lining, pay me twice as much, put a new weapon in my hands, train me to leap tall buildings in a single bound, but when the whistle blows...C.W.O.'s aside, there is only one thing that gets me out of my foxhole and onto the field. Look at our allies in

Vietnam. Without morale, you're backing a loser.

"How do you get this morale?" I hear a politician ask. It's relatively simple and employs time worn techniques. First, you've got to have a well defined purpose, raison d'etre, some goals you can believe in. Then you stir in some good leadership. You want a guy up there who goes to bat for you so you'll go to bat for him. When it comes to the grunt, you have to trust your leadership and your leaders have to earn your trust. Thirdly, while you are out doing the grunt, you've got to know that the wife and kids are O.K. That's all there is. The three part secret to morale. Simple. Time tested.

Since the coast is quiet and it's still raining, I'll continue with another thought. A country gets the kind of military it deserves in a democracy. This outfit reflects precisely what our public wants it to be. It's our job to make sure John Q. Public is aware of exactly what happens, where his defence dollar is going, what kind of military he's got. After all, that's all part of knowing your goals and believing them. From my foxhole, John Q. isn't getting the message. If he is, we are in trouble because there may be only 78,000 people who care about our military. If he's not we should wake him up and show him. Think about it, talk about it. We certainly have the time now.

## Professionalism

In these times of grave uncertainty in the Canadian Military, there has been much written, and even more spoken, in regards to the "Professional" Canadian Military man.

Most of the feelings that are expressed are rather well received by this particular Military Man. It illustrates to me that quite possibly, there is someone out there in that "Great Beyond" that we call many things, but mostly call "Civvy Street", that there is someone that really does appreciate the job that I am doing, and the hardships that I encounter. It seems to me that there is a position that is becoming more and more difficult to get applicants for; that of the New Recruit. Quite possibly, "the New Breed of Cat" that are leaving our schools these days have failed to grasp the meaning of the statement, "Country before Self," or maybe they have been given insight into the advantages of the various modern day Welfare benefits.

According to my handy-dandy little book of words, a Professional is a member of a Profession; and a Profession is "an avowal or statement of fact made upon entering a religious order, a calling, or vocation that in-

volves some branch of learning or science."

In thoroughly examining this definition, a military man is neglected. He is engaged in no Religion, (although the SWO may have his own opinion.) He is engaged in no Science, (von Clausewitz declared that war was an art) and there hasn't been any learning in the military for years, (are we not still preparing for World War II?).

Upon looking at the word "Professional," we find that it is possible to break it down into four root words. They are: PRO: A word derived from the Latin meaning "for"; FESS: Derived from the Southern U.S.A., meaning to confess; as in "C'mon, fess up."; ION: From the language of Chemistry, meaning an electrically charged particle usually of Salts. AL: your friendly correspondent.

Therefore, by definition a "Professional" turns out to be, "An electrically charged salt confessing as for correspondent."

Similarly, it can be taken that the only true "Professional" is rather active sailor that is involved in someone else's divorce proceedings.



## EDITOR'S MAILBAG

### A Reply to "A Plea For Sanity"

By S. IRBOSS

As the Physical Education and Recreation Officer at CFB Comox I would like to reply to the lady or gentleman who expressed the dissatisfied views in the above mentioned editorial.

First of all let us define the Aerobics Program that you are so adamantly opposed to; the whole program, not just the evaluation portion of the program, that you find so barbaric. The Dr. Kenneth Cooper's initiated and the CF endorsed program strives for total cardio-vascular fitness. To meet this goal the individual must obtain a minimum of 30 points per week based on an intricately worked out system concerning stress put on the heart and lungs during the particular activity. These activities which warrant point value cover every form of physical activity from walking after your supper to playing a couple sets of tennis, but this is where you and many other people are ignorant of the facts.

The fitness program endorsed by the CF is the total aerobics plan, not just the evaluation -- running a mile and a half every six months. This particular PER staff encourages and promotes the total program in the form of a booklet, which allows you to keep track of your points week by week, and gives a listing of points per activity. Example: run 1 mile under 7 min. -5 points, walk a mile -1 or 2 pts depending on the speed, a round of golf 1 1/2 pts., etc., etc. The emphasis is on doing something enjoyable that will benefit your total fitness.

Let's get back to your article, the one that is so opposed to proving that you are a serviceman fit enough to meet the CF standard of physical fitness which, by the way, indicates a very minimum level of cardio-vascular fitness. You must remember that it is our responsibility as CF personnel to maintain this level of fitness; a responsibility to our employers, our families and particularly ourselves. This is where many people misinterpret the order. It is our duty to stay fit, not run a mile and a half every six months; any sensible person could tell you that running only "the test" is going to do more harm than good.

Irboss, do you really need your supervisor to lead you by the hand over to the gymnasium during working hours to prepare for an event that says you are only fit enough to live happily and healthfully from day to day. If there is extra time during the working day for physical education and recreation, great, but it's our duty to maintain this acceptable level of fitness.

Now to the point of going to the hospital staff for a couple of hours a week, please tell me Mr.-Mrs. Miss S. Irboss what are 1600 people going to do at our lovely MIR for two hours a week to help maintain a higher level of physical fitness. I hold our medical people in high regard, but I don't think they have the ability or facilities to prepare you physically for a semi-annual fitness test. No, let me take that back, I'm sure that everyone over there has the ability to tell you what you could do to obtain the acceptable level of physical fitness, and it wouldn't be "undress to your waist and get on the table."

So in conclusion, S. Irboss, I must say that you're dead right in your views about the detrimental effect of running a mile and a half every six months if that's all you are going to do, but your reasoning for doing your training so infrequently is invalid because the recreation centre at Base Comox is open and manned with a professional PERI fourteen hours a day Monday through Thursday. If you still can't find time for supervised or unsupervised physical activity it seems to me that you must enjoy punishing your old executive body twice a year.

J.K. Power  
Lieutenant

### Chief Thanked

Dear Sir,  
Just a short note to compliment your paper and in particular one of your contributors on the efforts exerted for servicemens benefits. I speak primarily of C.W.O. Jim Brown. His unselfish efforts to champion the causes of all of us in regards to pensions and related subjects are appreciated and I for one have often meant to write and thank him and give my support to him but for some reason could not find the time.  
If more people did just this I'm sure we could fill most of the paper with short "one liners" just to express support for the works this one man has done on our behalf.  
Thanks "Chief" Jim Brown from myself at least.

Cpl. B.J. Lavigne. (A)

### Generosity?

Dear Editor,  
May I comment on the base UGN fund drive recently concluded? I wonder how many servicemens are aware that the grand total collected (\$6,603.50) represents an average contribution of \$3.30. That average contribution works out to about 28 cents per agency making up the fund.  
The underwhelming generosity of our 1700 base service personnel is perhaps due to the low expectations of the funds organizers, who set a goal of only \$5,000. When we set low goals, we generally achieve them.

Yours truly,  
K. Weaver (Capt)

### Shattering

Dear Editor,  
It has been stated many times in the past by many different people, civilian and military alike, that PMQ kids are worse than any others, and although I feel that this is an unjust statement, there are a few delinquents around that give a bad name to all the others. A case in point is the recent destruction of a players bench in the PMQ school grounds. One evening last week several teenage youths, in the cover of darkness completely broke apart the heavy wooden bench, obviously for some "weird kicks". What enjoyment they received from

such action I'll never understand.

Also in recent months, there have been several cases (or cartons, if you prefer) of eggs being thrown at residences' front doors and windows. At todays prices this is not only a senseless act but an expensive one. This action does not end here, however. Lately it is dangerous to enjoy a movie in our own base theatre, for fear of being hit by a flying egg. And if you need a case in point for this statement, there were at least three eggs thrown during the free show on halloween night and the staff have confiscated as many as one dozen eggs in one evening at the base theatre, in recent weeks.

In my opinion, all this stems from a lack of concern and interest in their children, by some of the parents in our community. If anyone reading this is saying to himself "it could never be my kids," just check your refrigerator and see if you're missing any eggs. That's not saying that these delinquents can't buy their own eggs.  
Sure there are bad kids on both sides of the fence, but it seems that military kids have more to rebel about; and with the increase opportunity for service parents to ignore their kids for their own social life at "the club," it is no wonder PMQ kids seem worse than other.

A concerned PMQ resident and councillor. (name withheld for obvious reasons)

### The Benefits of Fitness

Dear Sir:  
In recent editions I have read articles and letters on Service pensions, retirement, etc. and in the last issue an editorial entitled a "Plea for Sanity" and it dealt with the writers disdain for a program which requires each service person to run one and one half miles to determine physical fitness of said service persons. The writer argued that this, - quote "Barbaric test of manhood" be discontinued, and then spoke of a program to get people into good physical condition and keep them there.

Firstly, lets all agree that to be in good physical condition is wonderful and to stay in good physical condition takes in many facets among which is:

(a) Education - People will not be forced into doing things they don't like doing but if the brain can be programmed the body will follow suit; and a good idea is to start the process in our schools and in your own homes with your children.

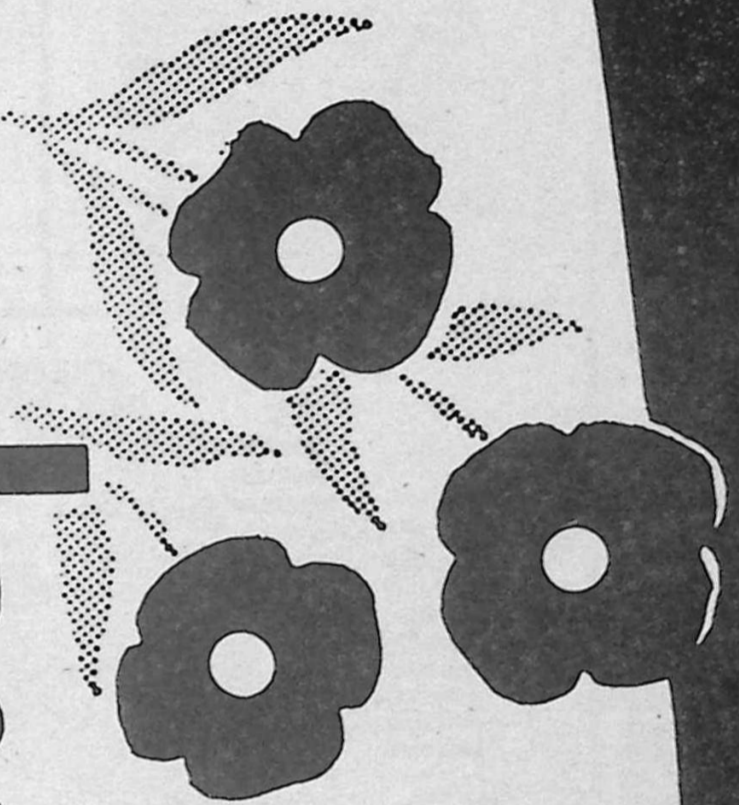
(b) Health: what about health-as a nation Canada is less active than ever before, by and large many of us could be called sedentary-characterized by an inactive life style. This is having a detrimental effect on our

(Continued on page 13)

# TOTEM TIMES

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For walls & ceilings  
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# 116 A.T.U. - Ismailia



ON THE 25TH OF OCT. A Retirement Dinner was held by the W.O.'s and Sgt.'s Mess for retiring members. Each member was presented with a silver tray. Members from left to right are: M.W.O. "Gus" Baudais (War-time Service Aug. 42 to Nov. 45; 31 years); Sgt. "Lou" Vennance (25 years); M.W.O. "John" Hammond (War-time Service 1943-46; 28 years); Sgt. "Trev" Hawkins (23 years); Sgt. "Jock" Cross (War-time Service Apr. 43 to Sept. 47; 27 years).

Once again we send greetings and salutations to one and all from our home on the desert.

We are starting to see new "Pinkie" faces at our Unit now. With their arrival, old established members are reluctantly (?) giving up their positions and taking the long airplane ride home. By the time this goes to press we will have seen nearly one quarter of our Unit replaced with new personnel.

For the newcomers, one thing has been added to help make living here a little more enjoyable and that is the addition of honest to goodness beds and mattresses, plus pillows, sheets and blankets. Personally, they arrived almost too late but I am enjoying my remaining nights in a bed. We now have to re-educate our backs from the Camp Cots to the bed but this should come with time. For those personnel who will be here during the rainy season, have no fear of sleeping in water, as the beds are the hospital variety - high up from the ground.

From all indications the Here crews are enjoying their one night stay at the 166 Ismailia Hilton but they are in agreement that one night at a time is sufficient.

Quite a few of our members are making use of the opportunity to go up to either Tel Aviv or Beirut for a few days shopping and relaxing, away from the sand and flies.

A medals parade for the Contingent was held on a Saturday morning not long ago with the Force Commander Lieutenant General Silasvou presenting medals to representatives of each Unit, followed by Unit C.O.s presenting the remainder of the medals to their Unit. We in 116 had 98 per cent of our personnel receive medals, a good indication that most personnel have crossed the halfway mark of their tour.

Reflecting back over six months here, a few things come to mind such as the first impression of Camp Shams, especially when arriving in the dark - No Comment - the Taxi ride to and from downtown Cairo with a frustrated Grand Prix driver behind the wheel and the inevitable discussion with said driver over the fare and his change from your pound note. The ride into town on the Piastre Wagon was especially interesting; you see movies of similar things, but you have to ride it to believe it. There were first and second class cars, though the only difference readily apparent was the price - 2 Piastre against 3 Piastre (5 to 7 cents). By the time you arrived at Ramsees

Square both were so crowded, getting off was a feat in itself. Memories of Camp include the blowing sand, the heat, the indestructible fly; the move from Cairo to Ismailia and getting our new home away from home set up to liveable standards; the anxious wait for mail call and the ever welcome Care Packages from home, which made life that much more enjoyable; the opportunity to get away from the heat, dust and flies for a few days stay in a hotel either in Israel or Lebanon; the day you caught the "Gut" and the long wait for it to run its course; trying to keep cool on warm days; the welcome sight of full containers of ice cubes in the freezer; watching Ma Salaam parties take place for departing members, wondering if yours will ever come; the magic day you

passed the 90 day mark and were on the down-half side of your tour; the inevitable rumours about anything you care to mention; and the long wait during your last few days before leaving, each day seeming like six months.

There are many more reflections of events which do not come readily to mind but have none the less helped to make this tour both enjoyable and unenjoyable. One final memory we are not likely to forget for a long time: the last minute rush around the Unit saying "So Long" to all compatriots before heading over to catch the aircraft Home ...

Ma Salaam

God has given us tongues so that we may say something pleasant to our fellow men. (Heinrich Heine)

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## My Mother Wore Army Boots

We all wish Joel Dube good luck as she goes on her way to Jordan for her trades training.

Congratulations are in order for Barb Benoit and Dominique Violante who were engaged on the first of November. Could this be a sign of a trend???

If you run into Luce and she talks to you in sign language, it's really all right (she's recovering from a tonsil operation).

For our "Believe It or Not" item this week Marion and Nancy are both certified drivers.

If you're down by the beach and see Judy riding her motorcycle straight into the depths - don't panic; she's now a qualified scuba diver.

Chief Howard has specified that our unique hair dryer is to be used only as a vacuum cleaner. I guess we'll just have to resort to the more conventional methods of drying our hair.

The plans for the female barracks are still like the weather (foggy).

Harry and Jessie will be

back this month along with two new Pte (W)'s.

Till Mother's Boots come marching by again - "au reservoir".

## "PARENTS" "YOU HAVE A VOICE"

### PANEL MEETING

Career Counselling - Is It Adequate?  
- Students, Teachers, Manpower Reps. -

18 Nov., 74, 8 p.m.,

Courtenay Elem. School, McPhee Street

### ANNUAL MEETING

Community Educ. Advisory Committee

ATTEND - GIVE US YOUR VIEWS ON EDUCATION



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A Fire Sale will be held later in November to dispose of smoke-damaged goods.



View 6438 Properties in the Comfort and Privacy of Your Living Room or at Your Local Block Bros. Service Centre, 449 5th St., Courtenay



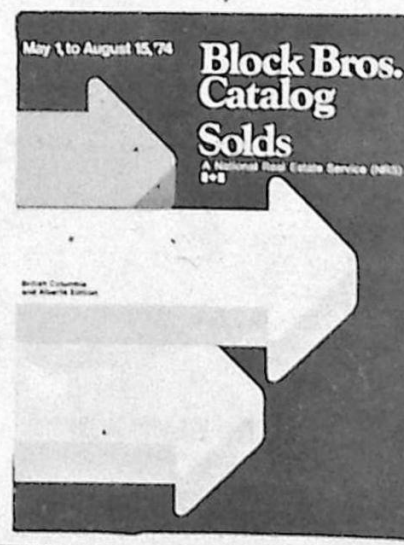
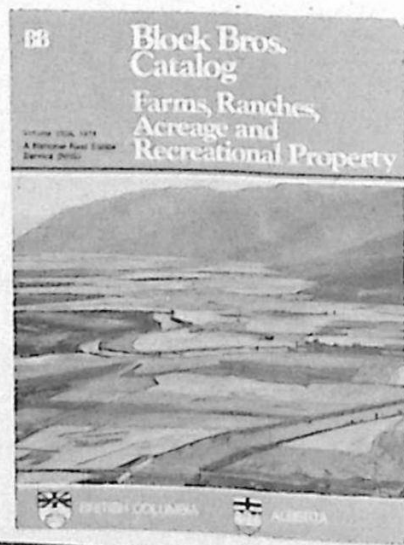
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30 DAYS	\$27,000	or	Cash & NEW	Dr. Trunk		Dr. Sinks	1	Dr. Direct	NO	Dr. Direct		334-3111
1st Amount	\$27,000	Payment	\$42.48 P.I.	Dr. Trunk		Dr. Sinks	1	Dr. Direct	NO	Dr. Direct		338-5233
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# The Secret of Those Nutty Skiers

Being involved with the base ski club and often taking it up one sometimes gets asked to describe skiing. If you want a basic idea on all the possibilities of skiing, Mo Morrison's articles on types of skiing will fill you in. Only, if you are of the many, you'll say, "But why try it, I've read enough about it." Maybe talking to a fanatic like myself will interest you. I mean, you might want to find out what causes this addiction. A good ski film might give you an inkling, but if you really want to know READ ON.

We'll skip the first hour of learning and move to the peak of the mountain. You are now standing on top of the world. No you are not on Mt. Everest or on the North Pole. It isn't cold or high enough, but the state of euphoria an explorer or climber has, must find its way to your senses. Some people actually feel next to God up there. The sheer beauty of it all is indescribable so come up top for a look see sometime.

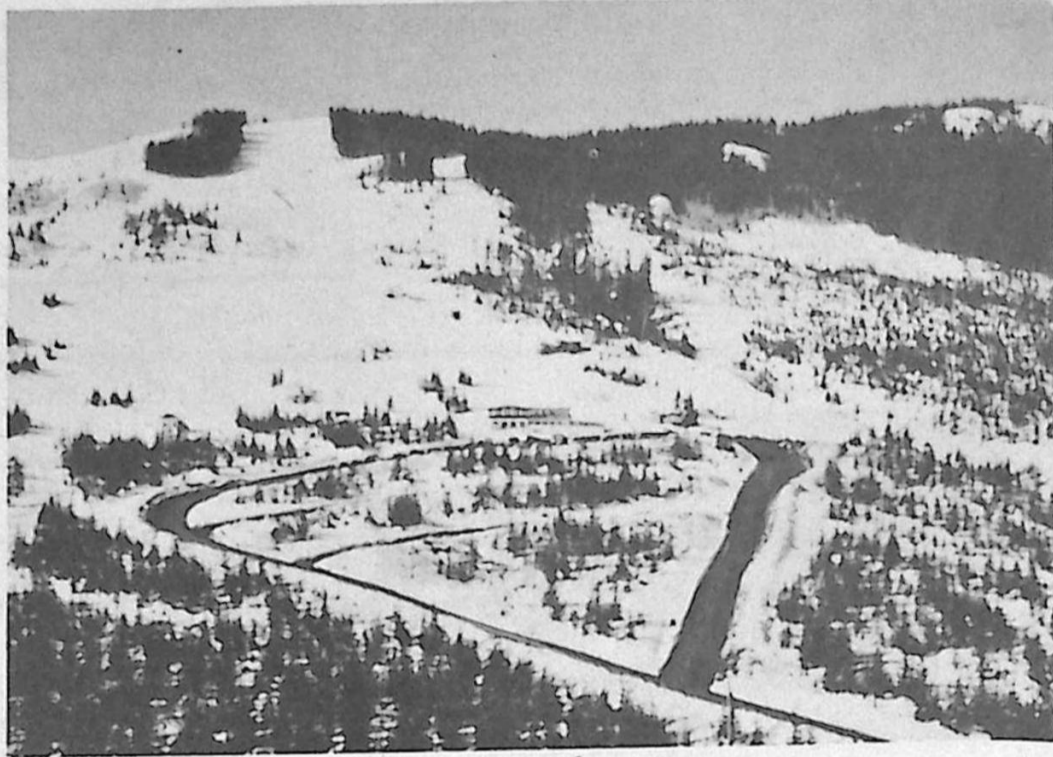
Now we must find our way down. You have just conquered the mountain via lifts now you will physically beat it going down. It's no great torture test, in fact it's loads of fun, thrills and other kinds of super duper sensations. The sound of your skis cutting through, the wind in your ears, and the sun in your face.

Skiing isn't always quite like this. Believe it or not it can be better. As your style improves you can go to mogul mashing, jumping around mounds of snow caused by skier traffic. Some skiers of varying degrees of sanity go so far as doing somersaults, spins and such things as quergesprung. The last word is German meaning queer or crazy jumping. This even

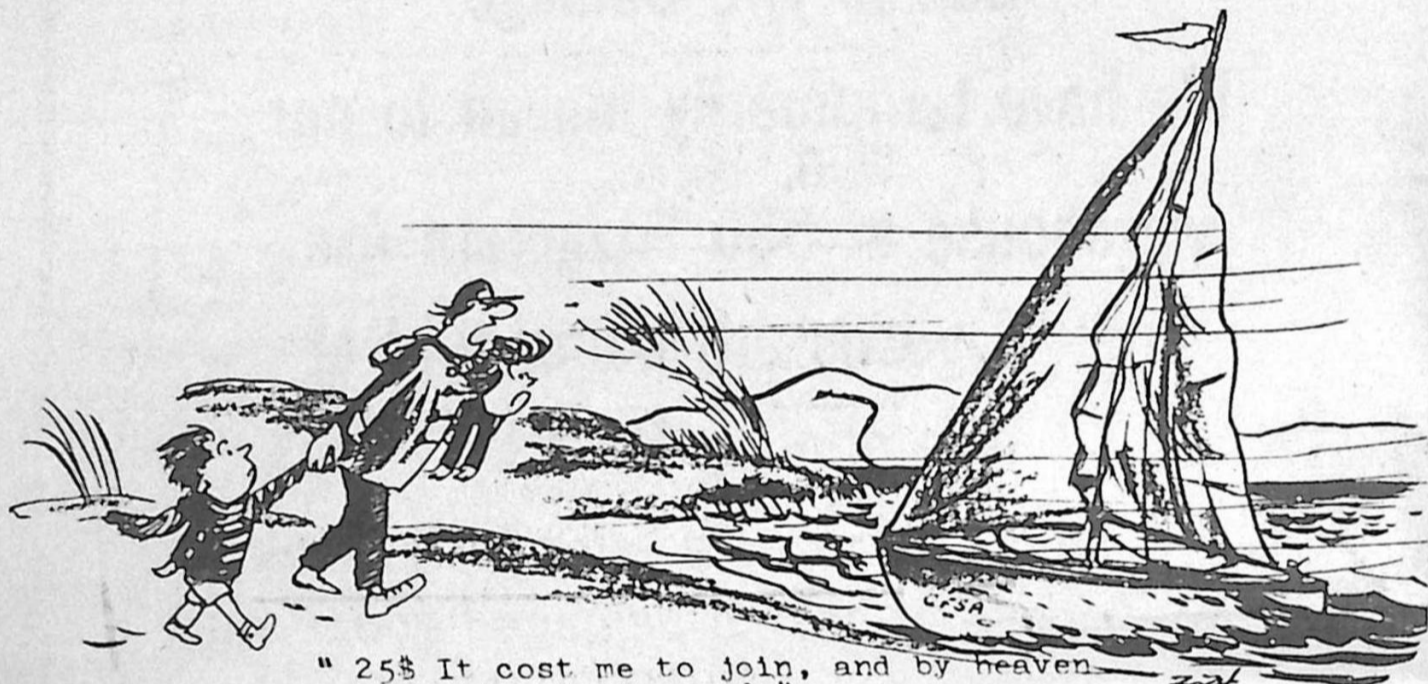
makes a good spectator sport. Some people become bonkers in a different sense. They're powder hounds. They dream perpetually of skiing fresh snow that will fly right over their heads when it's skied. Your boards float through this like being on a water bed. You have just put the first tracks down the side of a mountain, you're in new territory, great new dimensions and discoveries with

style and flair. What an ego trip!

In fact that's what skiing is all about. No matter how good you are, each run feels like you have done something really special. The last time I did something special I felt pretty good. Think what doing this each winter on a regular basis could do for you. Try it, you'll not only like it, you'll love it.



INVITING TRANQUILITY of Forbidden Plateau.



"25¢ It cost me to join, and by heaven its going to be used."

## C.F.S.A. Regatta Hosted By Comox

As its second year of sailing since its formation draws to an end, Comox Squadron CFSA hosted its premier invitational team racing regatta on October 26 and 27.

Activities got under way as the eighteen participants representing Chilliwack, Vancouver and Comox gathered in the squadron's Quadra clubhouse to receive their racing instructions. Each team would compete against the others three times for a total of nine races during the week end. By Saturday afternoon in light winds it became apparent that the Vancouver team would be the one to beat as they outfooted and outmanoeuvred Chilliwack and Comox in the first and second races. The third race however went to Comox against Chilliwack as local knowledge of the tides

paid off in the ever lightening conditions.

Saturday night's wet and windy weather did little to dampen the spirits of the visiting dinghy sailors as they hope to in some of Comox town's better known snug havens. By Sunday morning the Bay loomed gray and forbidding with winds of 25 knots with gusts to 30 knots reported with the SE blow expected to go to 35 knots during the day. A thirty minute delay was called while the participants retired to the (mercifully heated) clubhouse for coffee and sufficient pause to muster enough courage to brave the sea and force six winds in an eleven foot dinghy.

A slight moderation in the wind (which was more imaginary than real) convinced everyone that it was

now or never. The remaining six races were completed in rapid succession as the Mirror dinghys screamed around the race course in record time once again showing what they can do when the going gets rough.

The Vancouver team romped home with five wins in the heavy going closely followed by Comox with four wins while Chilliwack were

deprived of their possible two wins as a result of protest deliberations. Tonni Hellens, one of the two pretty young ladies sailing with the Vancouver team accepted the Commodore Brett team racing trophy on behalf of her team mates.

A moment's thinking is an hour in words. (Thomas Hood)

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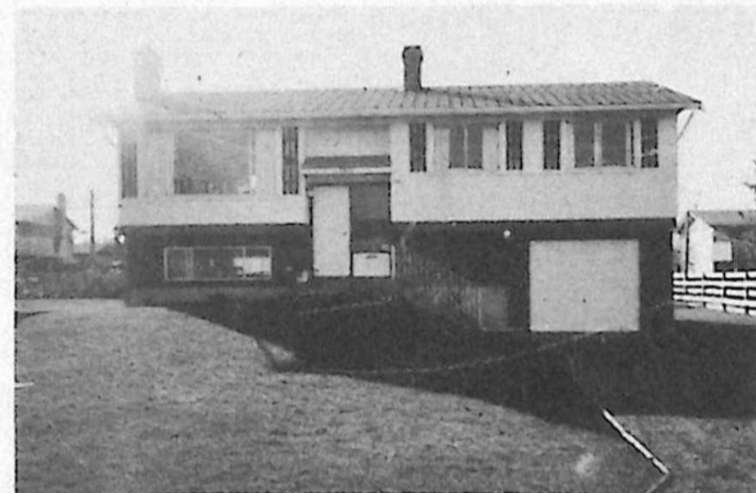
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JERRY BURTT RES 334-4323



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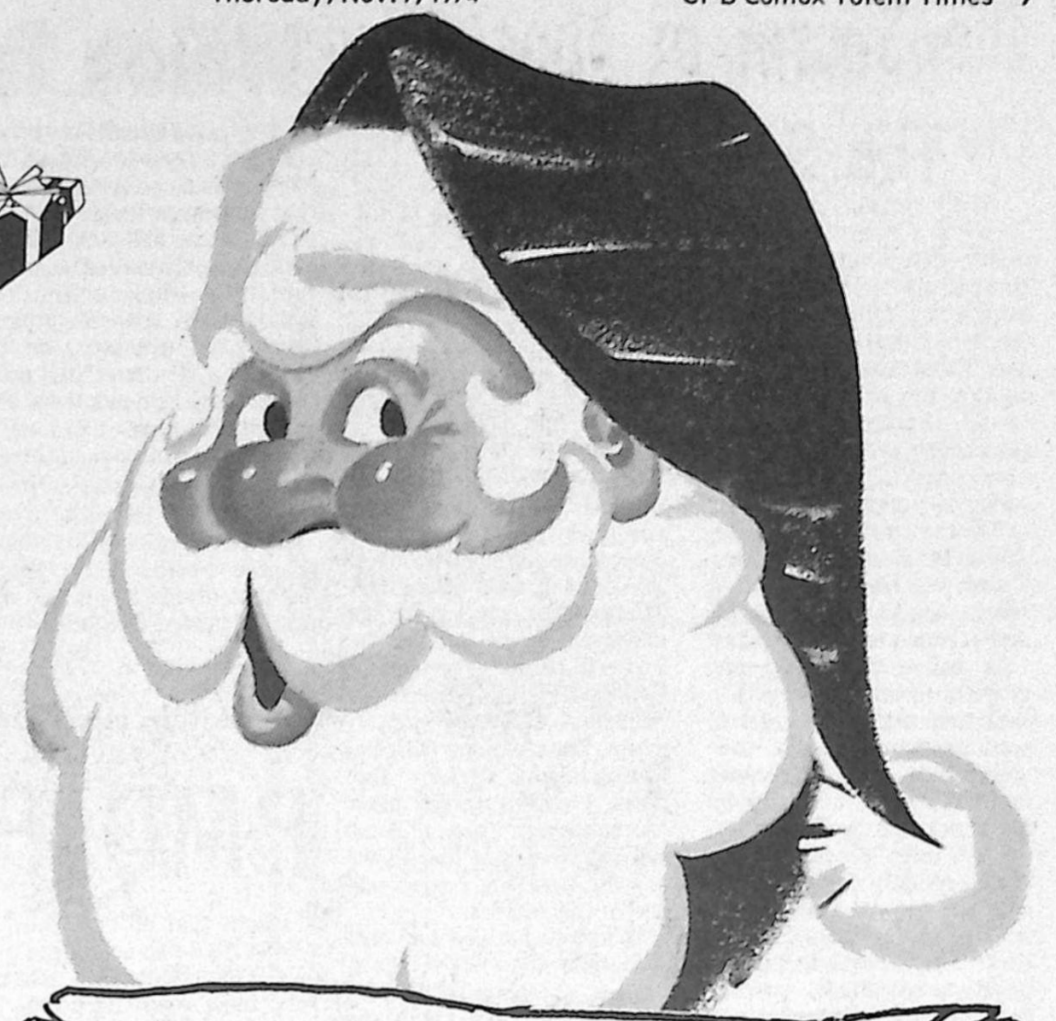
Graceful trees and green lawns provide a restful backdrop for this 3 bedroom part bsmt. home that has just come on the market. Located on a dead end street in an exceptional area of Courtenay. You must see this home to really appreciate it. Call today for an appointment to view.

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# RED TAG PRE XMAS SPECIALS

# RED Christmas SALE

13 thru 18 NOV. 74



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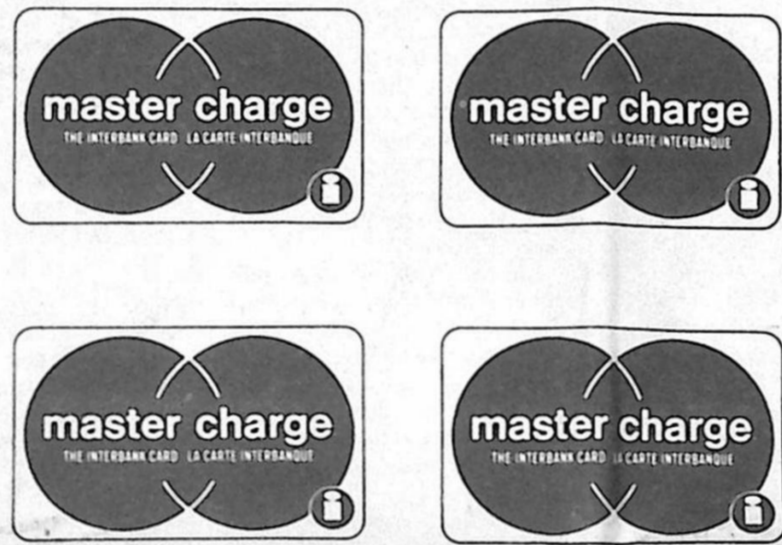
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\* CLOSED: 11 NOV 74      25 and 26 DEC 74      1 and 2 JAN 75  
Snack Bar opens for Coffee at 0900 hrs daily when Retail Store is operating.  
NOTE: Retail Store & Snack Bar open on Wednesday evenings from 13 Nov and see 15 Dec thru 24 Dec.  
Open regular hours again Fri 3 Jan 75.  
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# Reflections From The Salmon Pool

By Tex

Recently while browsing through my "IN" basket I ran across an article from the Editor of a local newspaper. It seems that there is a dearth of input to this editor's desk and he is pleading with the population to increase their communication with him in order to provide a more entertaining and enlightening spread for his hungry readers. Today everything is either in short supply or very costly and it would seem that along with spare parts, fuel and recruits, there is a shortage of local interest on the part of community members. This situation is caused by many factors, one of which is an ailment known as confisition.

Confisition is a growth or metaphysical extension of the root condition known as gone fishing. In the old days when times were more deliberate, people would gladly support the village of their choice and freely become involved with the community. Daily exchanges of smoke signals would take place and the town crier would regularly broadcast information of immediate concern. Even in those days pressures would occasionally build up. Sometimes the monthly stagecoach would not get to the village because of fog in the valley and the spare parts for the butter churn thus did not arrive. When this sort of situation occurred people would completely opt out of involvement and go fishing. During fishing, all worry, hate, confusion, disinterest and other atomic problems would completely disappear. There is no rational explanation to this cure, but it is adequately recorded on many scrolls that this was the only known cure for tension and disinterest. In fact this cure has over many centuries been so effective that it is now an inherited trait.

Each person is born with some trace of this reaction and thus when tension builds up that natural cure starts to apply itself. It is at this point that confisition sets in. Instead of quietly setting down the tools of the trade, locking the establishment and going fishing, the modern day citizen becomes infected with this dreaded disease.

During the actual condition of gone fishing, the mind was necessarily blank, the body was completely disconnected from the mind and the two became normal by themselves before reuniting. After a full day of this a bouncy human person returned.

## Xmas Seals

In the next few days, 639,605 homes in British Columbia will be receiving an envelope of Christmas Seals in the mail. This will mark the culmination of eight months of list building, folding, labelling and envelope stuffing during which an estimated 20,000 hours of volunteer time has been consumed in the effort to distribute Christmas Seals to every household in the Province.

Since early March, 56 Christmas Seal Committees throughout British Columbia have been engaged in the awesome task of correcting a mailing list which this year saw 242,375 additions and changes and 193,290 deletions for a total of 435,665 address changes.

The target for the 1974 Christmas Seal Campaign is \$500,000. All monies gathered by the Christmas Seals are aimed at the eradication of respiratory diseases, whether through public education, construction of medical facilities, funding of research projects or the purchase of medical equipment for established institutions, such as hospitals or university Departments of Medicine. Several research projects are underway in British Columbia at the present time, funded by Christmas Seal dollars.

Since 1923, Christmas Seals have been at work in British Columbia. Nearly 4,000,000 residents have been tested for tuberculosis since 1944, when the B.C. Tuberculosis-Christmas Seal Society presented the first mobile x-ray unit to the provincial government. Many mobile x-ray units have come and gone since then, but the spirit of the fight against all respiratory disease goes on, thanks to Christmas Seals.

ready to join in the community struggle. In the advanced stages of confisition when the mind and the body separate, as they have been trained to do, they do not receive the balmy cure as they are in the wrong boat. These people will be observed in ready rooms and messes, complaining of their conditions and conjecturing about the course of their discomfort. There is no pattern to the apparent cause factors for they will blame governments, General Motors, Corporals, inflation, military police, wives, Commanding Officers, immigration, racism, fuel costs, Vietnam or any other contemporary irritant. Some sufferers will proceed to the nearest watering trough and drown themselves.

Folks today are seldom able to decipher the smoke signals, some of which are so large as to completely blot out whole villages and they are unable to tell the dots from the dashes. The town crier has such powerful lungs that separate channels have to be provided so that the village people are not unintentionally hearing the voice of the crier from the neighboring village. Because of the smog, some people don't even know their village channel number and end up listening to the wrong town crier. These folk frequently develop tensions over things which don't even concern them.

The vast majority of citizens thus sooner or later catch confisition and once the disease has been contracted are never again able to carry out their responsibilities to their families or their communities.

The other day, while reflecting in the salmon pool, I began to realize that this disease could probably be cured if people would only follow their basic instincts. When beset with worldly troubles they must leave the world for a short time, stop trying to decipher the smoke signals and take no heed of the town crier. The only way to achieve this is to quietly sneak away to a fishing hole and let the normal cure set in.

**IT TAKES A MAN TO HELP A BOY BE A BIG BROTHER**  
Call Major Stroud at Local 205

**THANK YOU**  
The Protestant Chapel Ladies' Guild would like to say Thank You to one and all who helped in any way (large or small) to make our Bazaar a success.

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# Which Province?

The 1281-foot covered bridge on the Saint John River at Hartland is thought to be the longest in the world. Magnetic Hill near Moncton, offers a remarkable optical illusion. An automobile left in neutral near what appears to be the bottom of the hill will seemingly roll uphill to the top.

Mysterious inscription in French appears on a rock near Albert. Translated, the inscription reads: "1822, May. To the North, 1505". Some persons think it marks the way to buried treasure.

The Rocks at Hopewell Cape in Albert County, rise in fantastic forms, carved from

the red sandstone cliffs by the Fundy tides.

Maliseet Indian Reservation at Kingsclear has exhibits of historic relics and Indian handicrafts.

Bonar Law Cairn at Rexton honors Andrew Bonar Law, the only British prime minister born outside the British Isles. Law's birthplace is nearby.

The fiddlehead grows in this province. The pod of this plant is shaped like the bow of fiddle.

Anglers prize the Atlantic silver salmon called "the king of game fish".

The quahaug or quahog is found in abundance here.

The province? New Brunswick.

# PMQ Preamble

I hope that all residents of PMQs read this column in the last issue and made a note of who their councillors are. If not, get hold of an old copy and cut out the list for handy reference.

PMQ council meetings are held on the third Thursday of each month at 1:30 hours in the Base Conference room in the HQ building. Any PMQ resident can, and indeed is very welcome to, attend as an observer. The next meeting is on 21 November.

Your Mayor had a very successful meeting with the Base Construction Engineering Officer last week, and many of your suggestions are to be included in future programming of improvements. Other suggestions which were of a more immediate nature or which could be done on a maintenance basis, should bear fruit within the next year.

As was mentioned in the last article, the PMQ Council is planning a Community Bingo for the night of 23 November. Please keep this night open and come out and support your council and community.

With the coming of the cooler weather, it is time to get those storm windows up. Let's save a few extra gallons of one of those depleting national resources this winter. Besides, it gives one an excuse to wash the windows whether they need it or not. Maybe in a couple of

years aluminum combination storms and screens will be installed and save that tiresome, but necessary chore.

If anyone out there is interested in garden plots in an accessible location let your council know as soon as possible. If there is enough interest we will arrange to have enough land worked over so that it will be ready for spring planting. Let's hear from you.

Following is a list of councillors who hold executive positions on the council. More information will be found in later columns which will give more details on what the various jobs involve.

- Mayor - Maj. A.J. Nichols;
- Deputy Mayor - Capt. L.B. Kingens;
- Controller of Works - Sgt. W.A. Hannam;
- Deputy Con. of Works - MWO E.L. Fox;
- Controller of Recreation - Lt. D.E. Godfrey;
- Deputy Con. of Recreation - Sgt. J.F. Lynch;
- Controller of Community Activities - MWO D. Gardiner;
- Dep. Con. of Community Activities - MCpl. F.H. Dupuis;
- Controller of Special Activities - Maj. R.C. Vinnege;
- Deputy Con. of Special Activities - Sgt. H.F. Coffey;
- Controller of Publicity - Capt. A.B. Elieff;
- Deputy Controller of Publicity - Cpl. G. Murray;
- Town Clerk - Sgt. D.R. Smart;
- Deputy Town Clerk - MCpl. L.H. Kuhn.

# Akela says

"It was nice talking with you, over." "Say, what's that stuff?" "You mean all those dots and dashes?" "Yea!" and that's the way it was around the 1st LAZO Cubs and Scouts Hut on the 19th of October.

All the static was the participation of the Cubs and Scouts with the Courtenay Wireless Club, celebrating the national H.A.M. Week. This is when all the big boys play with their expensive toys.

The boys really enjoyed being a part of the 17th Jamboree 1974. 1st LAZO Cubs and Scouts say many THANKS to Al Hampshire and Vic Berndt for making this possible for us.

The traditional SCOUTS APPLE DAY was held 26 Oct 74 and the 1st LAZO Unit went out as most of you know by now. When I visited the stand at the Canex, a lady replied to

the Scout salesman, "No, thanks again you boys got me out of bed this morning." But then, we started at 10 a.m. the Post Office stand was a big seller as the one over at the IGA. We say many thanks to the manager for letting us run a little competition with

The LA outdid themselves again. On Apple Day, Mrs. Sandra Fullbrook and Mrs. Ida Ritchie, had coffee, kool-aid, and cookies for all the workers. Yes, the workers. (I had to go to the ice arena for mine.) Thanks ladies!

At 1700 hours 28 Oct 74, I received a call from the district representative, and he informed me of something big was to happen to a couple of the leaders at 1830 hours.

It seems Paul Faulkner had earned his scarf and wood-badger. This is a very high honor for the volunteer Scout Leaders to attain. It consumes

many free hours of time and requires lots of their energies. In addition Paul received his group level beads. Those fully qualify him as a Scout Leader.

At the same ceremony Terry Wray received his Scout Pin, which was earned after many hours of work. Look next issue for Akela

Says and there will be a special for everyone, but until then remember save up your bottles for us and on 30 Nov. we will be by to get them. If you haven't purchased your 1975 Scout Calendar yet, call Local 314 on Mon. - Thurs., 6:30 - 8 p.m. and some Scout will deliver you one.



BOY SCOUT APPLE DAY

# Hospital Anaesthesia

First item in our news line-up this issue is to bid a hearty welcome to our newest staff member, Lt. Bev Shoemaker. Bev hails from the thriving metropolis of Paisley, Ontario, but has since frequented such hot spots as London, Toronto, and Ottawa, Ont. She has been well-indoctrinated so far in her duties here at CFB Comox, and has managed to cap the fun and thrills of four air-evacs - not bad for only being here 7 days! She's even pulled off an "overniter" in Vancouver, complete with no change of clothing and no toothbrush - a pleasure everyone deserves only once in a lifetime.

We note that our mad pill-pusher has finally convinced the powers-that-be that repairs and renovations to his pill-cellar are absolutely necessary, despite the austerity program the rest of the mortal world is subject to. Somehow we just can't believe he's really having a bar installed! Is that true in John?

Capt. Anne Doran hits the news scene after her exhilarating trip in one of those high-flying, supersonic machines usually known only to "night hawks". It seems that she enjoyed the adventure but her ear drum didn't. We've heard of lots of ways to get out of doing air-evacs, Anne, but that one seems a little risky.

Before terminating this epistle, yours truly offers a pat on the back to all those ardent athletes at the hospital who passed the mile-and-a-half run with such a good show. Now that one really is almost beyond belief!

P.S. A question for any member of the base fire department who scrutinizes this nonsensical column closely enough to notice it - "What useful purpose does water sensitivity serve in a fire alarm?" It seems the hospital possesses one that responds extremely to a leak in the roof!

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**safer speed limits now coming into effect**

**WATCH FOR NEW SPEED LIMITS**

The new reduced speed limits are now coming into effect and motorists are requested to watch for the changes as the new signs appear on our highways. Speed reductions will vary throughout the Province according to traffic volume, terrain, population density and road standards. The Government has established these new limits in the interest of public safety.

GOVERNMENT OF BRITISH COLUMBIA DEPARTMENT OF HIGHWAYS  
Honourable Graham R. Lea, Minister

# Chapel Chimes



## RC Chapel

Father Francis Swoboda - Base Chaplain (RC) Telephone No. 339-2211 Loc. 274

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

**WEEKDAYS:**  
The Chaplain will celebrate Mass in the Chapel or in private homes on request.

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

**BAPTISM:**  
By appointment.

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

## Protestant Chapel

Telephone: 339-2211 Loc 273. D.L. Martin, Maj (Base Chap. P.)

The fall activities for the Protestant Chapel have now begun. This summer has seen many changes in our Military Community. The Chapel looks forward to welcoming all members at CFB Comox to participate in our religious life. Many new families have moved into this area and each one is given a special invitation to make the Protestant Chapel their "home church."

The following is a schedule for your direction and guidance:

- 10 Nov. 74 - 11:00 a.m. Divine Worship
- 17 Nov. 74 - 11:00 a.m. Divine Worship
- Sunday School: 0930 - 1030 a.m. in the Chapel
- Senior Choir - 8:00 p.m. every Thursday evening
- Junior Choir - 6:00 p.m. every Thursday evening
- Teen Group - 7:30 p.m. every Tuesday evening in Chapel Annex.

# Stewardship: CF Protestant Chapels

The Christian Ministry was provided to servicemen and their dependants by Regular Force chaplains in the Navy, Army and Air Force after World War II. This ministry led to the building up of congregations on the camps, naval establishments and RCAF stations. The chaplaincy Directors together with the Command Chaplains developed a common policy in regard to offerings received during the chapel services. Because the bulk of congregations' financial needs were already met, it was felt that we should look beyond ourselves to the wider programs of outreach of our national churches. This resulted in a policy concerning chapel offerings that provided for:

a. one-quarter of chapel offerings to be retained for local chapel purposes; and

b. three-quarters to be set aside to support the programs of missionary outreach.

The Missionary funds above were divided as follows:

a. two-thirds was contributed to the outreach programs of the five denominations which supply Regular Force chaplains (Anglican, Baptist, Presbyterian, Lutheran and United Churches) in proportion to the denominational census of Canadian Forces; and

b. the remaining one-third was allotted to the support of selected projects.

Most chapel congregations responded with annual contributions in excess of the three-quarters of total offerings. A system was then also initiated whereby monies were received by chaplaincy directors and forwarded to the appropriate church authorities.

In general the policy for receiving and disbursing chapel funds did not change with unification of the forces. However, over the years certain well authenticated projects have been confirmed as "official" chapel projects including an annual Sunday School Mission Project, the Vellore and Ludhiana hospitals in India (supported since 1958), the Theological College Assistance Fund, Canadian Indian Assistance, Canadian Negro Assistance, the Refugee Fund and the Canadian Bible Society. Information concerning these projects has been circulated by letters, brochures and posters, as well as through "Dialogue".

On 13 June 1972, at Royal Military College, Kingston, a meeting of the Chaplain General (P) and members of his staff, the Command Chaplains (P) with elected lay representatives from each Command, CFSRS, CFB Europe and the Canadian Council of Churches' Committee on Chaplain Service in the Forces was held and a new stewardship policy was

authorized for the Canadian Forces. The Canadian Forces Protestant Chapel Stewardship Committee was formed. This committee will meet annually or more often as required and will be responsible for:

a. reviewing and appraising all wider mission projects current and proposed;

b. recommending overall monetary objectives for wider missions; and

c. ensuring proper disbursements of all funds allocated to wider missions.

This meeting recommended that each chapel operate on a locally planned budget and that each congregation establish the target for their participation in the wider mission fund. The funds raised for the Sunday School Mission Project and Vellore-Ludhiana will be administered as in the past.

This stewardship policy is a great venture of faith and those attending the inaugural meeting were confident of the leading of the Holy Spirit in this important area of the life of the chapel congregations.

In June 1973, at the second meeting of the Canadian Forces Protestant Chapels Stewardship Committee, our chapel stewardship programs

(Continued on page 13)

# Courtenay and Comox Library Services

Si vous pouvez lire ceci, nous avons des livres pour vous!

The Courtenay Branch of the Vancouver Island Regional Library has a collection of books in French to interest a reader with wide tastes. We also have an additional list of books from which requests by be made.

The library also has a good selection of books in French for children. They vary from the easy-to-read to more advanced stories.

The Courtenay Branch

Library provides free public library service to all residents of the area. Come in and see us at 267 6th Street, Courtenay.

Books, magazines, paperbacks, pamphlets, framed pictures, cassettes! The Vancouver Island Regional Library provides these, as well as references services, to all residents of the area. The Library's services are FREE of course. Just bring identification on your first visit. It's easy to join.

The Comox Branch Library

is located at 1790 Comox Avenue and it's open every afternoon Monday through Saturday. The Courtenay Branch at 267 6th Street is open from 10 to 5:30 Tuesday through Saturday, and open Tuesday and Friday evenings as well.

You'll find a good browsing collection in both Library Branches. Our catalogue lists all the books in the Regional Library system - any of these may be requested.

You'll find books on history, aircraft, weaponry, sports, as

well as novels, mysteries, and science fiction stories.

Yes, of course, we have books on construction, building, remodeling and all kinds of projects and handicrafts. You'll find books on children for parents, and a large collection of books FOR children.

Whether you are looking for specific information, studying, or reading for pleasure the Comox and Courtenay Libraries can serve you. Why not come in and get acquainted?

## TEACHER WANTED

Wanted Immediately. Teacher for half time assignment in Junior Secondary French and English.

Please Phone or Write:  
MR. L. E. BULLEN  
Director of Instruction  
892 Harmston Avenue  
Courtenay, B.C.

## ELECTION NOTICE

Re-Elect Mary Edith McNish  
Rural Area School Trustee

Edith McNish taught as a sub. teacher at Airport School for years. Edith McNish knows the contribution made by C.A.F. personnel to education. Mrs. McNish has represented P.M.Q.'s as part of the rural area since 1970.

**VOTE FOR M. E. McNish**  
**NOV. 16, 1974**  
Vote at Lazo W.I.  
or  
Courtenay Polling Booth

# Child Development Centre

A treatment and training centre for children handicapped by cerebral palsy and other neurological disorders is to open this month.

The Comox Valley Cerebral Palsy and Neurological Association expects to begin operation of the child development centre Nov. 18. It will be located in the old elementary school in Cumberland.

June James, well known in the Comox Valley for her outstanding work with children, is executive director. Mrs. James has top-rated qualifications as a pre-school supervisor, nursery children's nurse, and teacher of children with learning disabilities.

It is planned that the child development centre will be in operation from 9:30 a.m. to 2:30 p.m., Monday through Friday. Initially there will be approximately 12 children attending, with as many more coming to the centre periodically for treatment on an out-patient basis.

Establishment of the centre to aid cerebral palsied children comes about as the result of the efforts of concerned persons who formed the Comox Valley Cerebral Palsy and Neurological

Association last summer. Ken Osmond is president of the association.

Lorraine Hendry has been hired as pre-school teacher for the centre. She holds Bachelor of Arts and Bachelor of Paedogogy degrees from the University of Manitoba, and obtained her Bachelor of Education diploma from Brandon University. Prior to coming to the Comox Valley Mrs. Hendry was director of a pre-school nursery in Brandon under the auspices of the Society for Crippled Children and Adults of Manitoba.

Diane Webster, nurse for the centre, obtained her RN through the University of Ottawa General Hospital School of Nursing. She has also completed a library course, and is now well on the way to accreditation as a pre-school supervisor.

Physical therapy and occupational therapy for children at the new centre will be conducted by Patricia Maris. She is holder of diplomas in both physical and occupational therapy from the University of Toronto. She has previously been employed by the Ontario Crippled Children Centre, the Welby Hospital Clinic for Perceptually

(Continued on page 13)

# Good news from Autoplan: Your car insurance will cost less next year.

In spite of soaring accident claim costs and increasing insurance rates everywhere else in North America, most motorists in the Central and Upper Vancouver Island\* area will pay less for Autoplan insurance in 1975.

For private passenger cars and light trucks with full insurance coverage, savings will be \$18.

Older cars and light trucks which do not carry optional collision and comprehensive coverage will save \$4.

These savings will be distributed in the form of Territorial Equalization Discounts as the first step towards the creation of a uniform Autoplan premium rating system throughout the province.

Commercial and recreational vehicles will receive a standard twenty per cent discount.

Specific information on the discount for the vehicle you own will be shown on the Autoplan renewal form which will be mailed to you at the end of the year.

Meanwhile, if you have any questions, just phone the Autoplan information centre. Dial your Operator to call collect to Vancouver 665-2800.

And remember: Autoplan is lowering your car insurance costs but it's up to you to keep them down through safe driving.

\*Insurance Territory "C".



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## Re-elect . . . George Cochrane

**ALDERMAN  
CITY OF COURTENAY**



- 3 year Aldermanic experience.
- 3 years Advisory Planning Commission.
- Chairman Parks and Recreation and cultural activities.
- Married with 3 children.
- Resident of Comox Valley for 41 years.
- 22 years teaching in School District 71.
- Past president of several fraternal and service organizations.

Alderman George Cochrane has actively pursued his keen interest in recreation, for both the young and old alike. His forthright stands on other important matters of City policy has, in our opinion, earned him the right to re-election on November 16.

**Cochrane, George**



# SERVICE DIRECTORY

## You ... and the law

BY COL ARTHUR K. SWAINSON  
Assistant Judge Advocate General  
Headquarters - Air Defence Command

(NOTE: Generally these articles are valid throughout Canada, although some are based on Ontario law. If acting on the contents of an article outside Ontario, ensure that the applicable provincial law is the same).

### SELLING USED CARS

In a recent article, there was a discussion of the problems involved in buying a used car. This article will deal with the problems of selling a used car.

Around Christmas last year, a man in North Bay had his driver's licence suspended because of offences committed, and accidents caused, by the man who bought his used car. The man who had his licence suspended did not even own a car at the time. The reason this occurred was because the seller had not made sure that the Passenger Motor Vehicle Permit was completed on the reverse side and the new owner's name registered with the Department of Transport.

Section 9 (2) states that "every person shall, within six days, forward to the Department a notice in the prescribed form of the sale or purchase by or to him of a motor vehicle...". This places the onus on both the buyer and the seller. The reason the owner who has sold a vehicle gets into trouble if the sale is not registered is that the buyer may be charged with parking offences, speeding offences, traffic light offences, stop sign offences, etc., and traced by the licence plate number which is still registered to the seller.

In one case in Winnipeg, the seller did not register the sale and the buyer committed 23 parking offences. The court issued a warrant for the arrest of the seller as the car was still in his name. Unfortunately, when the seller when served with the warrant was able to talk his way out of being arrested on these parking offences, he was spotted by the Winnipeg police as being wanted on another charge and promptly arrested on the other charge.

The best policy when you sell a car is to complete the car registration transfer portion and go with the purchaser down to the Motor Vehicle Registration office and stay there until the transfer has been recorded. As a matter of interest, in Ontario, many Motor Vehicle Registration offices are located in dry cleaning establishments, insurance offices, even service stations. This practice has an added advantage, in that when you go down there you can do two jobs at the same time.

Finally, if you sell a car which still has money owing on it, you must ensure that the debt is paid and the lien, chattle, mortgage, etc., discharged. Alternatively, it is always possible for the buyer to assume responsibility for the payments still owing, but this must be done in co-operation with the bank or finance company involved.

Most private sales do not involve guarantees or warranties, but if the car is fairly new and the original warranty is still valid, you should advise the purchaser of the conditions of the warranty and the rules under which he can have it transferred to his name. He must then decide whether this is an economically sound thing to do or not.

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Re-elect SANDY STRACHAN on NOV. 16 for ALDERMAN CITY OF COURTENAY



To the Voters:  
You have given me the honor of representing you for the past 18 years. I have worked together with the other members of Council to discuss, plan and put into action those policies and programmes best befitting our city. May I ask for your support on Saturday that I might continue to serve.

STRACHAN, Alexander Hugh

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## More Jobs For Women

OTTAWA — Defence Minister James Richardson announced today that an increased number of trades and classifications are being opened to women within the Canadian Armed Forces.

In making the announcement, Mr. Richardson said that, effective immediately, the ceiling on the number of women in the Forces will be removed, and female members of the Force will be eligible for 82 of the total 121 job positions. Previously 48 trades and classifications were open to women.

Under the new program women will be accepted into 18 officer classifications and 64 non-commissioned trades. The change will enable women to serve in such roles as land ordnance, engineers, Protestant chaplains, truck drivers, firefighters and electricians.

Mr. Richardson said positions involving combat trades, sea-going duties and isolated postings remain open to men only, but under the new policy most other openings will be filled by selecting the best applicant available, male or female.

Women now represent about 3.2 per cent of the total strength of the Canadian Forces; of the 2,695 women now serving in the military, 2,098 are in the non-commissioned ranks, 597 are officers.

Last week Mr. Richardson announced that early in 1975 female members of the Canadian Forces will be assigned peacekeeping duties in the Middle East.

Next CFB Comox Totem Times Deadline Monday Nov. 18th.

## Classified

FOR SALE: 2 tires B.F. Goodrich. 9.50x16.5 8 ply rating on 8 hole, Chev. rims. Also, truck canopy 6' x 8' plywood. Call 339-5373 anytime.

FOR SALE: Comox Mobile Home Park. 1969 12' x 60' 2 bdrm. mobile home. Call 339-4901.



**DEFENCE MINISTER JAMES RICHARDSON** congratulates one of the first female members of the Canadian Armed Forces to volunteer for service with the 1,030-member Canadian contingent of the United Nations Emergency Force in Egypt. She is Master Corporal Karen Sterling, 27, of Melita, Man., a teletype operator with the Canadian Forces Communication System at National Defence Headquarters, Ottawa. The defence minister announced a plan Wednesday (Oct. 23) whereby 50 women will be selected to serve six-month tours of duty with the U.N. force, beginning in early 1975, as communications, photographic, teletype and supply technicians, and teletype operators, medical assistants and administrative and finance clerks.

(Canadian Forces photo)

# Lest We Forget

Happy band of experts...

All work, if necessary, a seven-day week, and the hours of each day's labour are determined, not by any set rules, but by the amount of work to be done. Only when there is nothing more left to do will they relax. They work in all weathers. The repair party is perhaps luckier than the ground crews for they deal with damaged aircraft in hangars, while the ground crews service M for Mother or P for Peter far out beyond the edge of the great perimeter of the aerodrome. They live, for the most part, in Nissen huts near to their work, cut off for many hours from the central life of the station. This isolation seems to strengthen

their strong sense of duty. Each man in each ground crew regards his own particular "kite" with the esteem - it is almost possible to say the affection - which the groom has for his horse.

They seem a singularly happy band of men, perhaps because in an age of mechanism it is their good fortune to have to do with mechanical things. Their mouths are full of a language of their own, in which expressive slang and the Greek and Latin hybrids used by modern engineers mix and mingle. The mid-underturrent is the "Dustbin", the pilot's cabin is the "Greenhouse"; while the Astro Dome, from which observations of the heavenly bodies are made, is known as the "Observatory." The 4,000 lb. bomb in the racks beneath is called 'the Big Noise'; the workers, who deal with the instruments, are known as "Clock Bashers"; an airman in charge of a gang as the "King Pin". A recruit is a "Sprog", a W.A.A.F. officer a "Ladybird".

and other equipment. "As I went around I was repeatedly asked, "How do we stand now, sir? Have we time to get through another eighty hours' inspection?" As a result 44 Wellingtons took off at dusk on 30th May for their targets in Cologne. While the armourers were still bombing up, the crews attended the briefing at 6.0 o'clock. It was then that they were informed what the target was and heard a message from the Commander-in-chief. "Press home your attack," it ended, "to your precise objective with the utmost determination and resolution in the foreknowledge that, if you individually succeed, the most shattering and devastating blow will have been delivered against the very vitals of the enemy. Let him have it - right on the chin."

Excerpts from: Bomber Command Continues (RAF)



**PRIVATE JOHANNE BROWN**, 18 of Shawinigan, Que., a supply technician at National Defence Headquarters, Ottawa, operates a new computer terminal introduced into the Canadian Forces Supply System. A central computer automatically keeps records of stock inventory throughout the forces and resupplies bases when stock levels reach predetermined levels. The system was developed under the DEVIL program, an acronym for development of integrated logistics.

Canadian Forces photo

## Curling Capers

By BEV MUSKETT

This past week the C.V.C.C. was very active with most leagues full. I believe there are some openings still available in the Men's, Mixed and Seniors Leagues. If anyone is interested in curling in these leagues please phone Ken Aitken at 334-4712.

This week will be very busy with the commencement of the School Leagues. These children will be taught the proper way to curl from many volunteers who have received instructions from Chuck Perry. Chuck attended a Curling Instruction Course in Vancouver this Fall in order that everyone may learn to curl correctly.

Congratulations go out to the Overwaitea Rink for scoring a 7 ender in the Monday Night Mixed League October 21. Curling on this rink are Ken Ellerbeck, Skip, Charlene Strachan, Third, Don Kraushar, second, Donna Jackson, Lead.

I would again like to remind you of the Ladies Club Spiel November 15 and 16 and also the Shorty Mixed Bonspiel this coming weekend. If you haven't got your entry in yet please do so, so that the draw may be made up.

In understanding some of the Ladies rinks will be attending the Campbell River Ladies open Bonspiel November 1, 2 and 3. Also the Port Alberni Ladies open November 15, 16, 17. I will keep you posted on results when I have them. Good Luck and Good Curling.

## Meeting A Wizard

By DAVID ZIELKE (Age 10)

On the night of October thirty-first at seven o'clock, Kevin and I went out trick or treating. Kevin was dressed up as a school desk and I was dressed up as Frankenstein. After the first couple of houses Kevin and I got lost in a dump. We went to the north-east end of the dump and found an old tumbledown house. A couple of hours passed, then the door opened and a man said "Come on in kiddies."

We said "Okay." We walked in the house. The man was dressed in a wizard's dress and behind the wizard was a ten foot long lizard. We ran out the door then headed for the trees. The wizard didn't bother to follow us. After we hid ourselves the wizard clicked his fingers and was standing right behind us. Then we ran home.

The next day Kevin said "I don't want to go back to that house."

"Well we're going to tonight," said David, "Because I want to do some investigating."

"No way. I'm not going with you, I've got to help Bob with his model," said Kevin.

"Well okay," said David, "I'll get another partner."

"I'll come," said Kevin. That night my dad drove us to the dump. The house was gone so we went home.

The next day Kevin and I went to the public library to find out about wizards. The book said that wizards are known to take anything including themselves into a world of unknown.

The next night when we got to the house we opened the door and found Mr. Andrew putting David's dog into a lizard suit and himself into a wizard so we solved the mystery.

## Child Development Centre

(Continued from page 10)

handicapped Children, and the Vancouver Neurological Centre.

Work of the Comox Valley Cerebral Palsy and Neurological Association has received enthusiastic support through donations of money, services and equipment.

Contributions have been made by several service organizations and a number of private donations have been received.

More contributions are needed. Furnishings such as chairs, chesters, floor coverings, toys and play equipment are required.

The centre is open to any child in the Comox Valley who is handicapped by cerebral palsy or any neurological affliction. Referrals to the centre must be made through the family doctor.

Anyone wishing to make a contribution to the work of helping these children may contact the Comox Cerebral Palsy and Neurological Association, P.O. Box 280, Cumberland.

Please Note: An article outlining the proposal for this child development centre was published in the Totem Times last Spring. Totem Times readers may be interested to know that the hoped-for centre is now a reality.

Also, personnel who have been transferred to CFB Comox since that first article appeared may know of some child who could benefit from the service offered - or may be willing to offer help in some form for this worthy project.

If any further information is required please contact: Virginia Pugh, Vice-President, Comox Valley Cerebral Palsy and Neurological Association. Phone 339-2610. Thank you!

## Warning

**ISMAILIA (CFP)** -- Unknown authorities in Canada's U.N. contingent in the Middle East have issued a warning to relatives, friends and acquaintances of servicemen on their impending return to Canada, described as the land of walls and doors.

The warning suggests that he be treated kindly and that he be remembered as he once was, "for there are strange things done 'neath the Sinai sun."

Although subtle changes have taken place in the peacekeeper's character, they add, you are advised to "take no alarm," because all who have served here will be subject to the same nervous twitching, blinking of eyes, and an uncontrollable urge to dive for cover at unexpected noises.

Apart from these general symptoms, they list other idiosyncrasies which may prevail for a while:

1. When the wind picks up, he may begin driving tent pegs around his house, apartment or PMQ;

2. To turn off a light, he may reach up and unscrew the bulb;

3. When starting out to work in the morning, he may stuff a roll of toilet paper in his pocket;

4. He may go to see the same movie four times;

5. When invited to dinner, he may take along his own knife, fork and spoon;

6. If he has to get up at night, he may put on combat boots and take along a flashlight;

7. He may cover the floor of his car with sandbags and violently refuse to pull off a paved surface, even to repair a flat;

8. He may shun the bathroom, preferring instead to dig a hole in the yard, put some rocks in the bottom and install a cylindrical tube;

9. Waking up at night and hearing nothing, he will begin to curse all generators, and then go back to sleep.

## He's Coming Home

10. Every morning, he may strip the sheets off the bed and hang them outside;

11. He may want to keep a steel helmet on his bedside table;

12. He will violently hammer to death, with anything available any creature with more than four legs;

13. For the first two weeks at home, the water bill will be astronomical;

14. You will be subjected to an uncontrollable rage if you mention UNTSO, UN pay, rehab leave or camping trips in his presence;

15. Never mention that all your neighbors - who didn't serve in UNEF - seem to have gone to all the postings he has been requesting for the past six years;

16. He may brush his teeth with Canadian Club, preferring not to trust the water;

17. He will dissolve into a sobbing mass if you ask how much money he managed to save while serving with the UN.

They recommend patience and understanding, and suggest that in a couple of months, with proper rest and care, he likely will revert to the character you knew before he donned a blue beret.

## Stewardship:

CF Protestant Chapels

(Continued from page 10) were given a further boost in the direction of individual chapel congregation-organization responsibility and trust. Colonel Nickerson's letter of 15 August, 1973 emphasizes these changes as do the Minutes of the June 1973 meeting; e.g., the decision not to provide "recommended targets" for 1974 but to have congregations set their own objectives for official projects. This increases the scope for responsible decision making

by congregations by which it is hoped that there will be even greater responses to the world wide mission of the church.

Again, the Vellore-Ludhiana fund has been included in the objectives for the Canadian Forces Chapel (P) "Wider Missions" - 1974. This is because in past years the amount raised by the chapel guilds has been supplemented by a portion of the chapel offerings. In order for Vellore-Ludhiana not to suffer, it was made a chapel project also so that each chapel could properly budget its share - taking into account its chapel guild contributions plus a bit extra.

## Mailing Dates Set

OTTAWA (CFP) - Let's talk turkey - the kind many Canadian servicemen stationed outside the country won't be able to enjoy with families and loved ones this Christmas.

Short of joining them, the next best thing you can do is write or send packages, letters or cards. But time is running short. Christmas mailing dates are:

Location	Unsealed Mail including Unsealed Christmas Cards		Sealed		Parcel Post	
	Airmail	Air Surface	Air	Surface	Air	Surface
Britain	13 Dec	13 Dec	18 Nov	06 Dec	18 Nov	18 Nov
European Continent	06 Dec	06 Dec	18 Nov	05 Dec	18 Nov	18 Nov
Cyprus	06 Dec	06 Dec	18 Nov	19 Nov	28 Oct	28 Oct
Ghana	06 Dec	06 Dec	01 Nov	29 Nov	11 Oct	11 Oct
India & Pakistan	06 Dec	06 Dec	08 Nov	29 Nov	11 Oct	11 Oct
Middle East	06 Dec	06 Dec	18 Nov	29 Nov	28 Oct	28 Oct

Dates are for items of mail addressed to CFPOs. All mail should be properly addressed and customs declarations completed and affixed to all parcels.

## JUNIOR RANKS MESS

8, 9, 10 Nov. "Leather & Lace"  
 10 Nov. - Wine & Cheese  
 11 Nov. - Remembrance Day  
 Combined WO/Sgts/Jnr Ranks  
 Open House in Totem Lounge.

## Benefits of Fitness

(Continued from page 4)

health. In fact Medical evidence tends to indicate that "Lack of Aerobic Fitness is one of the Contributing Factors to this Nations No. 1 Killer, Coronary Heart Disease. Lack of Aerobic Fitness is being implicated in other disorders too:

In summary:  
 1. You cannot buy fitness, you have to earn it.

2. Fitness does not come overnight like obesity, it must be worked at, little by little, by gradual changes of your lifestyle and activity patterns.

3. You don't need expensive fitness equipment, it is all around you. Stairs, streets, parks, pools, mountains, non-power tools, bicycles, things to lift and shift: The world around you is your gymnasium.

4. For those who are nearing pension time, a money pension is useless if you don't have a Pension Plan for Health.

And finally, active recreation, sports and fitness programs, these three are the avenues to fitness: if your recreation and sports are infrequent or low exertion activities, consider supplementing them with your own balanced personal fitness program.

Your for fitness, Bert Linder, Comox Recreation Director.

## Pension Or Prison?

I very much appreciated CWO J.W. Brown's letter in your last issue regarding our pension and its inadequacies. While most unions have requested and received better pension benefits in their contracts, our own has remained relatively stagnant. I have also examined some

## Letters To The Editor

figures that are spent by other departments of our government and, with a little co-operation, our pension could be improved immensely.

In the wake of today's inflated costs it takes eight to ten thousand dollars to keep a prisoner in relative comfort in a Canadian prison, depending on the location and the degree of security. An Old Age Pensioner receives, at best, two thousand, four hundred dollars per year and a corporal retiring from the Service after twenty-five years receives approximately five thousand two hundred dollars per year. Now, the solution to our inadequate pension problem is quite simple. As each corporal retires he will be requested to give a written guarantee that he will be responsible for keeping

himself, his wife and his children out of jail and, so long as he is successful, he will receive the amount it would take to keep any one of them in such an establishment.

This has the advantage of almost doubling the pension benefits and also give a very worthwhile incentive to keep his family within the letter of the law. If such an agreement can be worked out I know we can beat any existing pension plan hands down.

Yours sincerely, D.H.S.



## OFFICERS' MESS

NOVEMBER 1974

**SATURDAY, NOVEMBER 9** - Beef and Burgundy Nite. 1930 hrs. - Prime Rib of Beef. Free Burgundy with Dinner - Informal Dress. Dance to "The Tidemen" - 2100 hrs. \$6.00 a couple; \$10 guest couple. Reservations by 1600 hrs., Wednesday, Nov. 6th.

**SUNDAY, NOVEMBER 17th** - Candlelite Dinner - 1930 hrs. Smorgasbord - 1930-2130 hrs. - \$5.00 a couple. Informal dress - Reservations by 1600, Wed., Nov. 13.

**SUNDAY, NOVEMBER 24** - Grey Cup Day. 1330 Game Time - Pancakes and Sausages 1200-1300 hrs. Free Beer and Moosemilk, 1300 hrs. East-West TV's. Costumes Welcomed or Casual Dress. No charge - No reservations.

**SATURDAY, NOVEMBER 30th** - Wine and Cheese. Wide selection of wines and cheeses - 2000 hrs. Dance to "Music Factory" 2100-0100 hrs. Informal dress. Reservations by 1600 hrs., Wednesday, Nov. 27th. \$4.00 a couple; \$6.00 a guest couple.

**JUGS** - Saturday, November 16th. 23rd.

## HI-LITES FOR DECEMBER

**FRIDAY, DECEMBER 6th** - Xmas Bingo, Decorating Party.  
**SUNDAY, DECEMBER 22nd** - Kids' Xmas Party.  
**TUESDAY, DECEMBER 31st** - New Year's Eve.

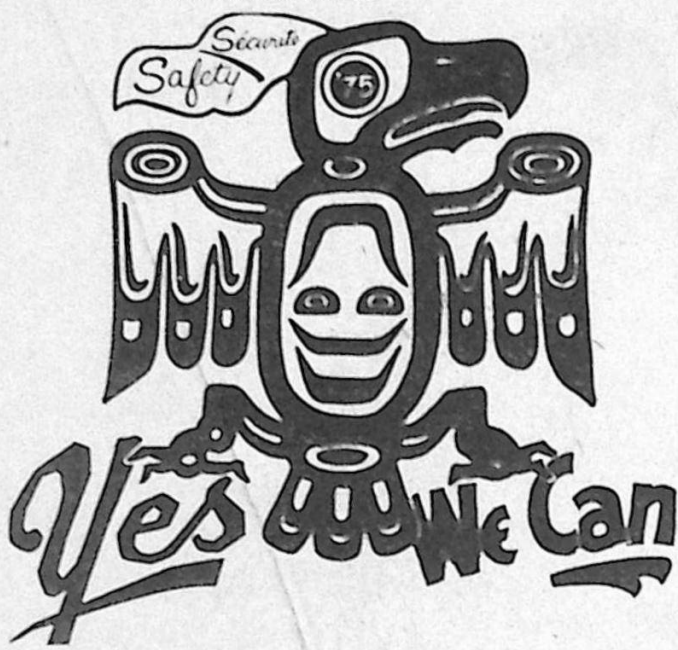
If you're going to start getting into shape maybe the first thing you should do is lift yourself up from that chair.



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## Hydroplaning

THE ACCIDENT VICTIM, badly shaken, said "The steering wheel became loose in my hands."

Another victim said: "My front wheels just didn't respond when I turned them." Still another said: "All of a sudden there was nothing to get hold of."

Many other drivers have made similar statements after accidents caused by a mysterious - and terrifying - loss of control on wet roads. They weren't talking about ordinary skidding in rainy weather, which is bad enough.

They were talking about something far more frightening: a complete loss of steering and traction - as if their cars actually began to float on the water-covered pavement.

Those eerie reports are no longer attributed to emotional

shock, alcohol, drugs, deceptive alibis or defective steering mechanisms. Today, thanks to a lot of scientific sleuthing, we know the survivors are telling the truth. Their cars did float - on less than an inch of water.

Safety engineers call it "hydro-planing." Oddly enough, hydroplaning was discovered by the National Aeronautics and Space Administration. NASA scientists were investigating a rash of military aircraft accidents on wet runways, when a tire-tread mill experiment finally provided the clue.

Watching a tire spinning on a wet belt one day, they suddenly saw it come to a full stop - for no apparent reason - while the belt continued to travel at 60 mph. That clue broke the case

wide open. NASA quickly proved that, as a tire displaces stationary water on a highway, hydrodynamic pressures build up a wave-like wedge of water right in front of the tire's point of contact with the road. The size of the wedge, as you probably guessed, increases as the speed increases.

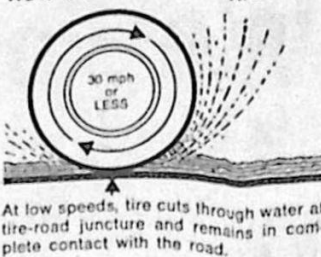
Water, like all liquids, refuses to compress and eventually the tire can no longer penetrate the wedge. When that happens, say your prayers, for the tire then climbs up on the water and rides on it like a water ski. All traction, all steering, all control are lost.

No statistics are available yet for automobile hydroplaning, but the latest National Safety Council figures reveal that in 1972 almost 500,000 people were killed or injured on wet roads.

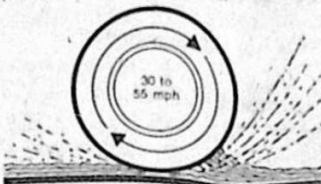
Safety experts strongly suspect that hydroplaning was guilty in many of those cases.

Hydroplaning certainly comes off as a crime - a crime committed against the unwary. And, as such, it represents a conspiracy involving water, speed, tires, over-all weight and weight distribution.

### HOW HYDROPLANING HAPPENS



At low speeds, tire cuts through water at tire-road junction and remains in complete contact with the road.



At speeds above 30 m.p.h., water wedge may penetrate tire-road contact and partial hydroplaning occurs.



At speeds above 55 m.p.h., water wedge may increase and tire loses complete contact with road, causing total hydroplaning.

Water - It doesn't take much. Although hydroplaning is more likely to occur on roads covered with half an inch or more of water, it can happen with less.

Speed - Below 30 m.p.h., a tire should disperse water under and around it, and maintain contact with the

road. Above 30 m.p.h., partial hydroplaning can occur. Above 55mph, the tire may lose contact with the road, causing total hydroplaning. This can occur at much lower speeds under slush conditions.

Tires - Worn or under-inflated tires invite hydroplaning, and will do so on less water and at lower speeds. Good treads channel the water through the grooves without lifting the wheel.

Weight - The lighter the car, the more chance of hydroplaning.

Weight distribution - If too much weight is concentrated in the rear of a car (back seat or trunk or trailer), hydroplaning is also likely, for the front tires will tend to tilt up much like the bow of a speedboat.

So far we've discussed "dynamic" hydroplaning. "Viscous" hydroplaning is more common and every bit as dangerous.

Viscous hydroplaning often happens when those first few drops of rain mix with oil, dust and dirt on the road. Even fog or dew will do the trick - a dirty trick indeed.

Here's how to protect yourself and that family of yours against both kinds of hydroplaning:

Be alert for hydroplaning conditions. As we just mentioned, viscous hydroplaning can occur with minimum moisture: dew, fog or the first few raindrops.

Dynamic hydroplaning is produced by standing water. Look for it, especially on curves. Warning clues: you see clear reflections of other cars and poles; or you notice raindrop "dimples" appearing on the road; or you hear your tires splashing or sizzling on what seems to be only a thin film of water.

Slow down. Slow way down on curves. Even on a straightaway, partial hydroplaning can happen at 30 mph.

Driving smoothly is as important as driving slowly. Corner carefully and don't make abrupt movements with the steering wheel, brakes or accelerator.

Become sensitive to what's going on between your tires and the road. To feel the "vibes," sit snugly in your seat and maintain a secure but relaxed grip on the steering wheel. If you develop a feel for the road, you're more likely to ease up on the gas before your tires start acting like water skis.

To feel loose, your tires are in the process of saying goodbye to the road. Ease off the accelerator but stay away from the brakes.

Follow the tracks of the car ahead. Its tires will clear away the water for you.

But, needless to say, don't tailgate. When hydroplaning conditions are present, you should increase your following distance.

If you anticipate those conditions, increase your tire pressures too. But don't exceed the recommended maximum pressure.

Worn tires lower the speed required for hydroplaning. Check your tread depth and, if necessary, replace your tires. (Historical note: treads were originally placed on tires to dissipate water and eliminate skidding.)

Try not to place too much weight on the rear wheels of your car. If you do and are "down by the stern," be extra cautious.

Extra caution is also called for when driving a light compact car, particularly in strong crosswinds.

Follow those simple safety tips and you'll keep hydroplaning where it belongs - in water sports!

## Indoor Soccer Roundup

The Indoor Soccer Season is well underway with four teams fighting for top honours. The Lions and Wolves are leading the league with three points, while the Bears and Falcons are tied with one point each.

Last Monday's action saw the Lions squeak by the Bears 1-0 on a goal by Mike Herrington late in the first half. The Bears controlled the play throughout the game but just couldn't manage to put the ball in the net. Lee Bryson scored two goals for the Wolves in leading them to their victory over the Falcons in the second game of the night.

Next action is slated for November 18th.



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