



# TOTEM TIMES



..... Then There Was This Pilot Who Burned His Lips Bobbing For French Fries

VOL. 19 - NO. 22

CFB COMOX TOTEM TIMES

THURSDAY, NOV. 17, 1977

## We Did Not Forget



Base photo

**THE NEW GUARD** ... Young cadet stands guard in honor of the fallen during Remembrance Day ceremonies in Courtenay. Officers and men from C.F.B. Comox participated at ceremonies in

Courtenay, Comox and Cumberland. Thank you ladies and gentlemen - your efforts express our feelings for those who were sacrificed for our freedom.

## An Act Of Courage

Corporal Thomas J. Tonks, 29, of Fredericton, N.B., a bombardier with 2 Royal Canadian Horse Artillery at Petawawa, Ont., has been commended by the Chief of the Defence Staff, Admiral Robert H. Falls for an act of courage.

In May, 1975, when he was with 1 RCHA in Germany, he was instrumental in extinguishing a dangerous fire aboard an ammunition-carrying British Army vehicle, preventing an explosion of the vehicle and of a nearby Canadian truck also loaded with high explosives.

Both vehicles were parked in a large concentration of Canadian artillerymen and equipment. He fought the fire for 10 minutes, throwing burning material from the vehicle and emptying seven extinguishers and five jerry cans of water.

The citation states, "His prompt action in a situation of immediate peril not only saved the vehicle from destruction but also prevented a potentially more dangerous secondary explosion of ammunition or gasoline."

Directorate of History records at National Defence headquarters in Ottawa show that 103,694 Canadian men and women were killed in the two world wars and the

Korean conflict.

In the 1914-1919 First World War, over 735 thousands Canadians were in uniform.

Canada had 1,086,343 in its

forces in the 1939-1945 Second World War.

In the Korean conflict, 25,583 Canadians served in the war theatre.



Base photo

**COMMENDATION FOR GERRY** ... Pvt. Gerry Steckler is given the "Biggie" from Colonel Burgess for his outstanding contributions to the base canteen shop ... A smiling boss looks on ... Good show Gerry!



Base photo

**HARRY'S HOTEL OPEN FOR BUSINESS** ... Col. Burgess and LCol. Burrows do the honors at Capt. Harry Chapin's new lodging establishment. "Harry the House" as he is known is now located in BB80 with offices on the second floor. Rumor has it that off season rates are now in effect.

## Big Dan Retires

OTTAWA - Major D.M. (Dan) Campbell, OMM, AFC, CD, of Saskatoon, Sask., recognized as the Canadian Forces' top search and rescue pilot, has retired with over 29 years of Royal Canadian Air Force and Canadian Forces service, Chief of the Defence Staff Robert H. Falls has announced.

Maj. Campbell was involved in search and rescue (SAR) for most of his career, and was a specialist in that field at National Defence headquarters in Ottawa since April, 1974.

"His dedication to search and rescue has always been total and selfless. Many of the developments we see occurring in SAR today are the things he has been advocating", said Colonel Walter Niemy, of St. Catharines, Ont., director of

air operations and training at NDHQ.

Maj. Campbell joined the RCAF in January, 1948 at 18, after soloing a Tiger Moth with a Saskatoon air cadet squadron, and trained as a pilot at Centralia, Ont. on Harvards and Expeditors. He was assigned to 123 Rescue Flight at Sea Island, B.C., in March, 1949, and Qualified on Canso, Norseman, Dakota and Lancaster aircraft. In 1953 he converted to helicopters on the Sikorsky S-51.

He has also flown the H-19, H-21, H-34 and CH-113 helicopters and the T-33 jet trainer. His log book records over 9,000 hours flying time - over 375 days in the air - more than 5,000 on rotary wing aircraft.

## "Money Talks"

OTTAWA (CFP) - The 18th annual conference of Military and Affiliated Credit Unions, was held in Ottawa Sept. 22-23.

Principal speaker was Brig.-Gen. J.B. Tucker, of Toronto, then director general of personnel services at NDHQ.

## Nighthawks And Demons On The Go

# It's Exercise Time

With the Nighthawks...North American Air Defence Command (NORAD), conducted a four-day test of its aerospace warning and defence systems Nov. 14-17.

The quarterly exercise, called "Vigilant Overview", was conducted by the U.S.-Canadian command, headquartered in Colorado Springs, to provide a realistic picture of how well its people and systems perform NORAD's mission of providing immediate warning of an air, space or missile attack.

Approximately 12,000 NORAD personnel took part in Vigilant Overview. Fighter interceptor squadrons, missile batteries, region control centres across North America, radar networks, and missile and satellite-tracking sensors at various locations around the world were involved in the latest exercise.

Canadian Forces personnel from 409 All Weather Fighter Squadron based at Canadian Forces Base Comox, Canadian Forces Station Baldy Hughes, near Prince George, Canadian Forces Station Kamloops and Canadian Forces Station Holberg on Vancouver Island participated in the exercise.

Some 180 NORAD fighter interceptors were scrambled to intercept target aircraft simulating enemy bombers. The approximately 200 target aircraft came from forces of the Aerospace Defense Command, Tactical Air Command, Strategic Air Command, Air National Guard, Navy and Marine Corps and the Canadian Forces Air Defence Group.

They flew routes over Alaska, southern Canada, the northern part of the U.S. and along the coast lines of the United States and Canada.

U.S. Army surface-to-air missile batteries also took part, simulating firings of their defence missiles.

Vigilant Overview flying activity was scheduled during the late evening hours of Nov. 16 and early morning hours of Nov. 17, when civil air traffic was at its lowest level.

And with the Demons... Ships and aircraft from four nations will take part in a joint naval-air exercise off New Zealand's northern coast later this year.

Codenamed "Auckex" the exercise will take place between November 28 and December 9.

Participating naval units include United States and Australian destroyers, an Australian submarine and New Zealand frigates.

Long-range Maritime patrol aircraft from the Canadian Armed Forces 407 Squadron based at Canadian Forces Base Comox, the Royal Australian Air Force and the Royal New Zealand Air Force No. 5 Squadron will operate in both support and enemy roles throughout. Skyhawk Strike Jets from No. 75 Squadron RNZAF will also carry out a series of air attacks on the naval task force.

The exercise is designed to test the ships and aircraft in various phases of anti-submarine warfare. There will also be an intensive period of weapon training with the ships carrying out live firing.

Exercise Auckex will be under the joint control of the Commodore, Auckland, and the Air Officer Commanding Operations Group at Whenuapai.

## Its ARAF At Comox

There is a new unit being formed at CFB Comox. It is the Air Reserve Augmentation Flight or ARAF and, as the name implies, it will be made up of members of the Primary Reserve. Its purpose is to provide short and medium term manpower (person power?) assistance to the Regular Force by filling in for regular Force people who are sick, away on lengthy periods of TD or temporarily over tasked. The Base decides where and when help is needed and the ARAF tries to provide it. The total size of the unit will be 30 persons, established as follows: five officers, one warrant officer, two sergeants, five master corporals and seventeen corporals - privates.

Working for the ARAF will primarily be part-time employment. Some people will be needed (and willing to work) one or two days a week all year. Others may wish to work a block of time: one week, two weeks or two months. Still others may be needed almost full time.

All of the people who join the ARAF will be members of the Primary Reserve and will work in uniform. Since they are in the Primary Reserve, all members will be subject to the same code of discipline as the Regular Force and they will be expected to dress to the

same standard. The overall intent is to have Reserve personnel doing Regular Force jobs under Regular Force supervision and receiving Regular Force training. The goal is an effective, visible Primary Reserve.

The rules for membership in the Primary Reserve are much the same as for the Regular Force. A person without previous military service in the Canadian Forces must: be between the ages of 17 and 35, be a Canadian citizen of good character, have completed grade 8 and be medically fit. Those who have previous service also must meet those criteria except for age. Age limits for ex-service people are relaxed considerably because they are already fully trained. Thus much of the recruiting effort for the ARAF will be directed toward ex-service people.

If the experience here follows that of CFB Moose Jaw, where an ARAF has been in operation for almost two years, a large part of the unit will be composed of ex-servicemen, now married to servicemen on the base, who became interested in returning to the Service part-time.



Base photo

**NEW ARAF BOSS** ... Major Ernie Wray an ex-navigator in the RCAF and CAF has been named the "head honcho" for Comox's new ARAF organization. After twenty four years with the regulars, Ernie retired in '75 and decided like many others to settle here in God's country. Congratulations on your new appointments Ernie and best of luck from the Totem Times.

Those who are interested should contact Major E. Wray, the ARAF Flight Commander for further information. His office is Room 17 in Base Headquarters and he can be contacted by phone on local 246.

## Miss Wallace Gardens

# Search Is On

Once again the search is on to find the lucky lady who will become MISS WALLACE GARDENS and represent their community in many events to be held here in the Comox Valley in the next year.

The lucky winner automatically becomes eligible to receive many gifts and prizes some of which will be awarded by the PMQ council. MISS WALLACE GARDENS will also compete in the Comox Valley Snow Queen competition to be held in February, 1978.

Plans at present call for a tea to be held at CFB Comox on the 28th of November, at which time our beautiful MISS WALLACE GARDENS will be selected. The exact location of the tea is not known at press time but it will be passed to all

concerned as soon as it is known.

To be eligible to compete you must simply be a single female, sixteen years of age or over and be a resident of Wallace Gardens. Sound easy? Sure it is. So if you're interested please call the MISS WALLACE GARDENS co-ordinator - Don Leblanc at 339-4114 or contact one of your ward councillors who will be more than pleased to pass your name to Don or one of his committee.

We are pleased to announce that already six lovely young ladies have entered their names. Thanks girls! We will be printing your names and photographs in the next issue of the TOTEM TIMES. To those already entered and to those who may be joining the contest in the next few days - GOOD LUCK.

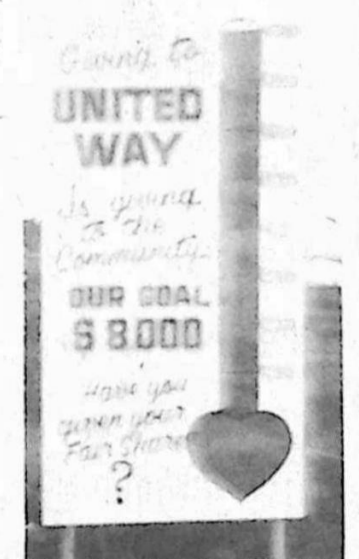
## Over The Top

The 1977 CFB Comox United Way campaign, in co-operation with the Comox District United Way, collected \$8280.99. This is an increase of \$1245.94 over last year and \$280.99 over the Base goal of \$8000.00. This was achieved through the hard work and enthusiasm of the canvassers and the generosity of the donors.

These dollars will go a long way toward assisting those associations and organizations who help the many individuals and families requiring aid. In an optimistic view, it may be these very dollars which may make the difference between finding a cure or not.

It is with sincere thanks to all the personnel at CFB Comox and especially the Comox and especially the canvassers, that I can hand-over your donations to the

Comox District United Way for distribution ... Capt. Gordon Pritchard, Base United Way Co-ordinator.

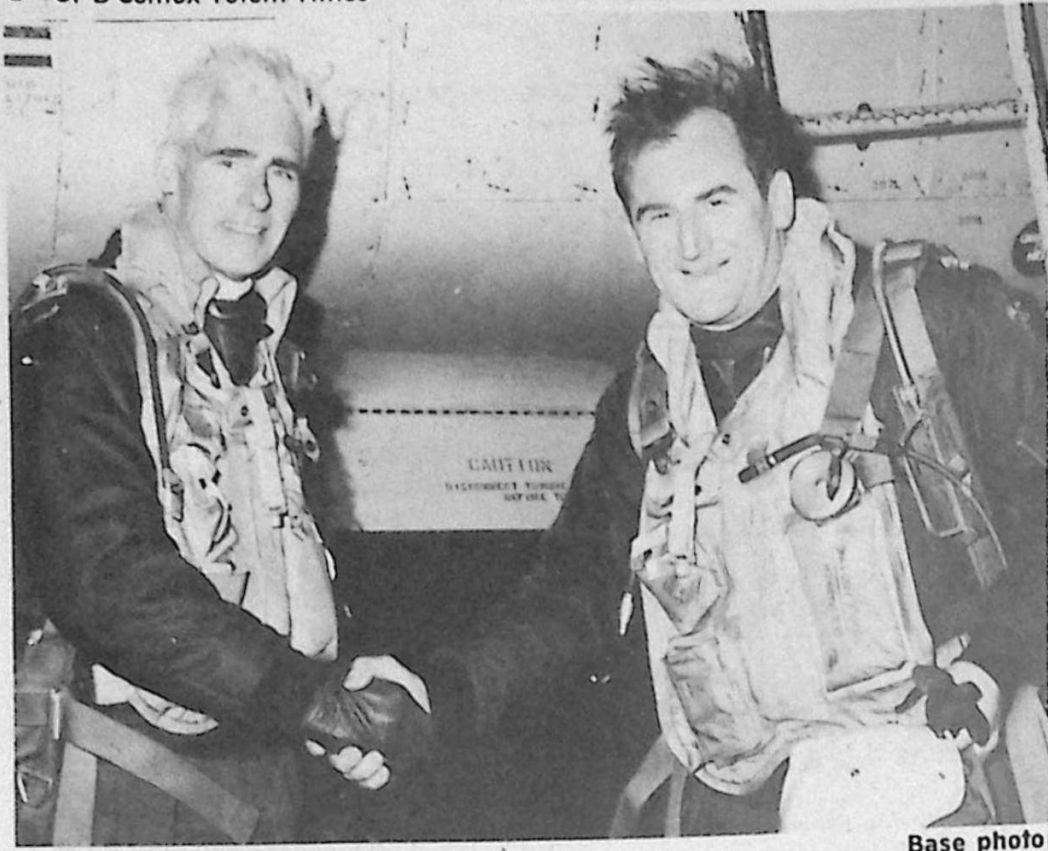


Kruger Photo

**NEXT TOTEM TIMES DEADLINE MONDAY, NOVEMBER 28 12 NOON**

## BLOOD SUCKIN' TIME

A Red Cross Blood Donor Clinic will be held in the Rec Centre on 2 Dec 77 from 1030 to 1430 hrs. All available service and civilian personnel and dependents are urged to attend this important clinic. For those unable to attend the Base Clinic, a clinic will be held in Courtenay on 28 and 29 Nov. 77.



**A HAIR RAISING EXPERIENCE** ... Are Maj's. B.K. Doyle, left, and Wes Allen, arm wrestling on the sacred grounds of 409? No, actually they've both just completed their 1000 flying hours in the CF101 Voodoo. Their hair should be back to normal by the end of the week. Congratulations on a job well done.

## Nighthawks Nest

409 would like to thank all the coordinators of Oktoberfest for a most enjoyable evening. We must admit, the decorations were superb.

Stalwart ex-cadets got together for the first west coast ex-cadet reunion last week at Royal Roads Military College in Victoria. LCol. Herbert presented the Commandant of the college with a squadron plaque to commemorate the occasion. The ex-cadets' march-past on Sunday was impressive with the exception of a few. Cadet Cleland had to be dragged from the washroom to participate in the parade. After noting his personal drill, everyone realized he should

have stayed there. Cadets Reith and Watt were the only two in step (crew concept!).

Welcome back Kent Smerdon (Kent who?) after three months of staff school. See you in the Q, Kent.

Congratulations to Bart and Peggy Wickham on the birth of their baby boy, Bartley Alexander (how distinguished!).

More congratulations to Majors Allen and Doyle, both having reached the 1000 hr. mark on the Voodoo.

Maj. Hellberg has proved that his system of Friday afternoon Q's is working.

409's hockey teams are now into their dynamic season. All squadron members are encouraged to come out. Wives,

the cheering section is lacking in numbers.

All beware of flying lead, Thursday 17 Nov. A Flt., and Tuesday 22 Nov. B Flt. will be qualifying on the pistol at the base firing range.

Jim Reith is making everyone aware of the "Ides of February" with his list of ground school dates.

Evan's Rookies will be making their family trek to McChord this weekend, while their wives will be wining and dining at the Old House. The Officers' Club and VOO's have been warned. We understand McChord recovered from Alexander-Koski's last bunch of Midnight is Our Nooners (Mooners?) about a month ago.

## ATC News

Ring, ring — What do you mean Base Recall, it's only 6 a.m. Oh well, let's get moving. That time of year is upon us again, with work-ups for OPS-EVAL taking place. Our job in ATC changes very little for we are always concerned with getting A-C airborne and landing them safely. If it was an actual wartime situation, our job would be easier because there would be no civilian traffic.

Our radar techs, plus a couple of NDHQ types, installed a new SSR (secondary surveillance radar) at Ratcon last week. Advantages include ease in tracking targets and more sensitivity to pick up weak returns. Although we could use more features, we are moving in the right direction (but oh so slowly).

This week's late flying was in aid of Vigilant Overview, an

exercise designed to test the effectiveness of NORAD and despite what the Green Sheet says, 409 Sqn. is not going to Colorado.

Congratulations to Capt. Fred Kempe on his checkout in Ratcon. As a result, Capt. Art Brooks is back on straight days trying to figure out the new flight progress strips and getting rid of piles of overdue paperwork. Capt. Ted Norrie started his IFR checkout (reluctantly) this week and both Capt. Curt Brown and Pte. Eric Hawk are learning more and as they say, are "getting better every day". Sgt. Dave Bews, our ace radar controller has been shifted to the tower as the NCO i-c and can be found with his feet up and meditating most any day.

The section wine and cheese party was a success with the

only casualties being Eric Hawk's thumb from all the guitar picking that he did plus a few headaches the next day. Is it true that all Tequila drinkers shout Ole and stamp their feet? The next mixed bash will be the section Xmas party on the 10 Dec. Plan to attend, 'cause it's your money that we are using.

Section hockey is going well and we have beat both 409 and 407 Sqn's. It looks like people are starting to realize that this is actually a fun league and few, if any, cheap shots have occurred. Vancouver ATC should be coming over near the end of the month for a long awaited hockey game.

D.J.B.

## FOUND SOME DOPE LATELY?

On Tuesday evening 29 November at 1930 at the Base Social Centre located in the gymnasium, Sgt Vern Fortems of the RCMP will be presenting an information lecture on how to identify the common drugs in use today. The legal aspects regarding drug use will be explained at that time.

This presentation is strictly reserved for married personnel and civilians working on the base, their wives and/or single parents. Please do not bring dependents under age 19.

## Under The Toadstool

Our toadstool is bare, The Tweenies are gone To join the Brownies In dance and song.

On September 22nd, the 6th Comox Pack resumed for another year. We started with sixteen Brownies and four new leaders. Welcome back Brownies and welcome new leaders: Happy Owl, Marcie Cudmore; Tawnee Owl, Sharon Brady-Brown; Packy, Cheryl Chamberlain; Grey Owl, Nancy Cassibo.

September 29th, five new Tweenies joined us to make our total number 21. Welcome Tweenies!! Also, on September 29th, Roseann Hornby received her Golden Ladder. Well done, Roseann.

We found two Golden Bars under our Toadstool on October 20. We discovered that these belonged to Jane Cassibo and Alysia Sharpe. Congratulations, girls.

October 25th found us at the 3rd Pack's Halloween Party, and everybody had a delightful time. The games we played were fun and everyone most certainly enjoyed that beautiful lunch. The costumes were all so nice; everyone had to be given a little prize. Thank you, 3rd Pack, for the wonderful time and we hope to get together again!

We had our own little party on October 27th, although no costumes this time. This meeting was used to work on a Craft Badge under the guidance of Mrs. Cuthbert, Mrs. Bruce, and Mrs. Simpson. The masks the Brownies made were all very nice. Good work, girls!

October 30th, a memorial service was held for Lady Baden Powell at General Georges P. Vanier School. It was well attended and our Pack enjoyed the new songs they learned at the gathering afterwards.

On November 3rd, Nicole Desnoyer found her Third Year Service Star under the toadstool. Congratulations, Nicole.

On Saturday, November 5th, the 3rd Pack joined the 6th to be tested for their Cyclist Badge. All who turned out, passed, and I'd like to thank MP's Pat McInnis and John Koskewich for their co-operation and interest.

November 10th was the BIG DAY!! This was enrollment day for our fine Tweenies: Charlotte Smapson, Angela McNicol, Danielle Ladouceur, and Jody Bailly. Theme for the enrollment was Hawaiian and as each Tweeny skipped over the stepping stones to the Toadstool, was enrolled by Division Commissioner, Ruth Hazlett. When they skipped back, they were greeted by their Sixer, who gave them a Hawaiian lei, then taken to join their Six. After their enrollment, the new Brownies joined their parents and were entertained by the other Brownies who magically had become Hawaiian dancing girls. Our room was tastefully decorated with fishnets, sea shells, tropical flowers and tropical fruit.

I would like to add this was a special night for Happy Owl, Marcie Cudmore, as she was enrolled as a Guider by the Division Commissioner. Welcome to our movement, Happy Owl! Our thanks goes out to our Pack Mother, Mrs. Barbara Schneider for serving the food, and a big thanks to the other mothers who baked, and a special thanks to the Special Events mothers for the time donated to making our flowers and grass skirts. Without you, the enrollment would not have been the success it was.

November 11th was the Remembrance Day Parade in Comox, and I'd like to thank all the Brownies who attended and also the Transportation Committee.

That's all for this month, Brownies, and remember: Don't keep your smile in your pocket Don't keep it in your hand Wear it proudly upon your face So all can say, "She lends a hand!"

# Mushroom Mutterings

Surprise! Surprise! I'll bet you thought with all the searches that the Mushroom Squadron is or has been involved with lately, that there won't be any Mutterings this issue. They also serve who sit in a nice warm hangar and swill coffee.

Now for news from the home front!! 442 Squadron, this is your last warning!! The annual Christmas Stag will be held in the Totem Lounge on Thursday, Nov. 24th. In the event that everybody is away through one pretext or another, the Stag has the alternate date of Dec. 2 in the Social Center of the Rec. Hall. A poor turnout like the last time makes it very tough on those who do attend...they are forced to guzzle all that free "suds" and then take their chances at the Front Gate "Snake". By the way, just leave your dimes at the Canteen counter for the Christmas "Cheer" draw...the more the merrier. After the amount of "cheer" carried off by the Pararescue section last Christmas, they will be given a handicap in 1977.

Our British guests got more than they counted on when they hoped for a search to film

before heading home. Their ride home departed and they are still in Williams Lake with the rest of the search team. When they do get around to leaving, they'll take with them fond memories of B.C. weather (all sorts in a very short time), bounteous souvenirs, bags of audio tape cassetts, and miles of film in glorious technicolor. Before Tony and his team are finally finished with 442 are weeks of developing, printing, cutting, splicing, dubbing, editing, and all the good things it takes to put together an hour of feature film together. All the very best, gang!! Everyone here at 442 hopes that you enjoyed your stay with us and we'll be looking forward to seeing the finished product when it's ready.

John McKee is well on his way to duplicating (or bettering) the navigational feats of Sir Francis Chetcheater as he readies his 30-foot hull for the saltchuck. We all know plywood floats, John. It's just the present configuration that has us wondering. Never mind the world, the big question is, will you make it around Comox harbour...or under it!!

The latest word on the first 442 "Big Yellow Canary" is

that 463 will be arriving from Ismailia via overhaul in January. This advance notice will allow all you wags time to dream up something new in the way of jokes. Prizes will be awarded for originality. First Prize will be a one-hour flight in the bird with a crew of your choice. Second Prize will be a Two-Hour flight with a crew of OUR choice!! Don't forget, a 37,000-lb. canard doesn't say, "cheep", it says "CHEEP!!"

Not much in the way of dirt back from the search site at Williams Lake. Everybody up there is too busy to get into any kind of trouble...or so they assure us. One recently honoured Flight Engineer has taken up a secondary occupation should he ever run out of aircraft to play with...that of seamstress. By the way, have you sewn the rank back up on that Flight Jacket yet, JJ?

See you all (those applicable) at the Stag. Sobriety is optional!

## Classifieds

### Real Estate

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## WO's & SGTS MESS

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### \*MESS ENTERTAINMENT INFO

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### — MOVIES —

21 NOV. — THE SHOOTIST, John Wayne

28 NOV. — WHITE LINE FEVER, Jan Michael Vincent.



# NOTICE PUBLIC HEARINGS

## REGIONAL DISTRICT REVIEW

Pursuant to the Department of Municipal Affairs Act the Minister of Municipal Affairs has appointed a Committee to review the regional district concept. The individuals appointed to this Committee are:

- Mr. Philip Farmer, Kaleden, Chairman
- Mrs. Rendina Hamilton, Penticton
- Mr. Alfred O. Hood, Victoria
- Mrs. Daphne Phillips, Dawson Creek
- Mr. Ronald Thompson, Galiano

The Regional District Review Committee is to examine:

1. The jurisdictional role of regional districts, including an examination of present and future functions and responsibilities.
2. The structural and administrative organization of regional districts including internal and external boundaries; the relationships between regional districts and Provincial, municipal and the citizens; and Provincial financial support policy for the regional districts.
3. Such other issues germane to the review of the regional district concept as may be appropriate.

The Committee plans to hold Public Hearings at central locations throughout the Province to hear presentations from organizations or individuals. The first series of Hearings will be held in December 1977 and the remainder in the early months of 1978.

The Public Hearings scheduled for December are:

- Fort St. John . . . . . December 12 and 13
- Prince George . . . . . December 14 and 15

The location and times for these Hearings will appear in Public Notices to be published in the appropriate regional newspapers. Evening sittings will be included.

Any organization or individual wishing to appear and present a brief to the Committee at either of the above noted Hearings or at any of the subsequent Hearings in early 1978 should advise the Secretary at the address below as soon as possible. Briefs for the December Hearings should be forwarded to reach the Secretary by Wednesday, November 30, 1977.

The Committee would also welcome briefs or letters from individuals who can not or do not wish to appear before the Committee at a Public Hearing.

On behalf of the Committee  
Brig. Gen. E. D. Danby (Retired)  
Executive Secretary  
Regional District Review Committee  
Suite 206-515 West 10th Avenue  
Vancouver, B.C. V5Z 4A8

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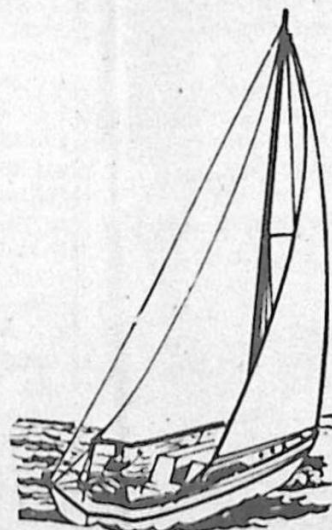
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# PMQ Preamble

On Sunday, (Nov. 6) I visited most of the PMQs in my ward to pass on the word about Neighborhood Watch, the engraving pencils, etc., and to introduce myself. I was totally surprised at the number of families that were victims of vandalism and property destruction here in Wallace Gardens.

Would you believe a trailer had its windows broken, a with its side kicked in a ten speed that had been "borrowed" and returned with its spokes kicked in? One person, who is an outstanding citizen of our community stated he, at times, felt like forming a vigilante committee. Obviously that is not the answer but I can to some extent understand his feelings.

As was mentioned in the last TOTEM TIMES your council is serious about this problem and with the help of our town policeman, the Base Human Resources Team and you the good people of Wallace Gardens we will clean it up. While on this subject I must thank, on your behalf, the staff of our local MP section for the patrol work they do here in our community. It may not always seem that we appreciate what you fellows are doing but believe me we are indeed very appreciative of your efforts.

I had hoped by now to be able to publish the list of those selectees-volunteers who are filling the various community secondary positions - i.e. Rec., Works, BTO, etc., - but

Mayor Bossons informs me that there are a few more very minor changes forthcoming so standby.

So you have trouble with your Cable TV set-up? Be advised we are in touch with BPSVCSO and will attempt to get things going a little better for you in this regard. Initial reports indicate that in some areas the cable TV arrangement is messed up to put it mildly. Your council will keep this problem as an agenda item for future council meetings and will keep you advised with respect to any progress we are making.

Councillor and D-Mayor Art Brooks informs me that some areas of PMQs are bothered with horses invading your local pasture. Art has taken it upon himself to ensure that the only type of horses permitted in Wallace Gardens are the two legged variety. So if this is a problem in your area please, once again, call your ward councillor or call the man himself - "Tex Brooks". (Please call about the four legged variety only).

Our town clerk Gord Stallard informs me that just a few weeks ago a memo was passed around to each residence of Wallace Gardens indicating where your council gets its dollars which enable us to operate the many facilities we have here in PMQs. Since some of you may not have seen that written word here it is again:

Money, money, money. That's what everyone talks about these days and we of your

Community Council are no different. However, we are not out to get rich, but rather to offer something.

PMQ residents are assessed a monthly sum of \$1.50 which is collected quarterly in advance. That means in the months of January, April, July and September you may expect your pay to be short another \$4.50 (is it ever any other way?). But we must make it clear that this assessment or tax is purely voluntary and is only charged if you authorize it when you move in.

If we were able to collect for every PMQ for every day, we would gross about \$5400 a year. In practice this doesn't work out because in the first place we offer refunds when a family moves out based on the number of days left in the quarter. In most cases, there is at least a two week waiting period before the new family moves in, so there is lost revenue there. There is also a small number of families who have chosen not to pay into the Council.

But our biggest source of lost revenue is in the case where the member is posted and his family remains in the PMQ. We have no legal means to obtain payment from such persons and so suffer the loss. At present, the only other source of revenue available to us is base bingos - the policy is that a certain percentage of profits be used for the benefit of the community.

For those not in the know and wonder what is happening

to the money we do get, let us run down a number of things your taxes manage or support. Perhaps then it will be seen that the dollar fifty a month we pay is really peanuts and a bargain for what we get. And don't forget we are always open to suggestions for adding to the list.

Baseball; School Sports Day; Swimming; Totem Times Delivery; Playground Maintenance; Summer Program; Venture Playground; Youth Bowling; Cubs-Scouts; Brownies-Guides; Miss Wallace Gardens; Airport School Library; PMQ Beautification; Sunday School Picnic; Base Teen Organization.

Every idea involved with the expenditure of money is carefully considered by Council and if it is thought that it would benefit the community as a whole, then approval is usually given. It is only in exceptional circumstances that one individual would receive support: Miss Wallace Gardens is one example. Groups receiving revenue from other sources are required to show why Council should offer assistance. Therefore, while our support is widespread, it is not automatic for every request received.

After that there should be no questions regarding where we get our money and where it is spent.

Just one last thing before I call it a day! Did you ever think about why they call it Beautiful British Columbia? Well, why not - the place has a shower every day.

BEAVERS - "I'm a Little Beaver" - on November 8th twenty Kits were invested as Beavers. There was a large turnout of parents present to help the boy's celebrate. Thanks to the ladies auxiliary and parents, we had lots of cookies, kool-aid and even coffee for the older "kids." Also thank you to Mr. George Penny, District Commissioner, for taking part in the ceremony. Our new Beavers are: Richard Brooks, Brian Cassibo, Robby Jorgensen, Charles Hornby, Shane Taylor, Jimmy Parker, Dennis Christensen, Jeff Jorgensen, Michael Ridler, James Durst, Bobby Bourque, Robin Coleman, Sean Morton, Tyson Reiser, Chris Cudmore, Douglas Wheeler, Billy Bishop, Andrew Patey, Shawn Hornby, and Daniel Landry.

## FIRING AWAY

In order to meet a demand for capable and responsible baby sitters, the Base Fire Department, in conjunction with the Military Police and Base Hospital, have produced "The Baby Sitters' Training Course." The aim of the course is to upgrade the standard of baby sitting, to make the sitter aware of his/her responsibilities and how to handle different problems if they arise.

Dates: 6, 7 and 8 Dec. 1977

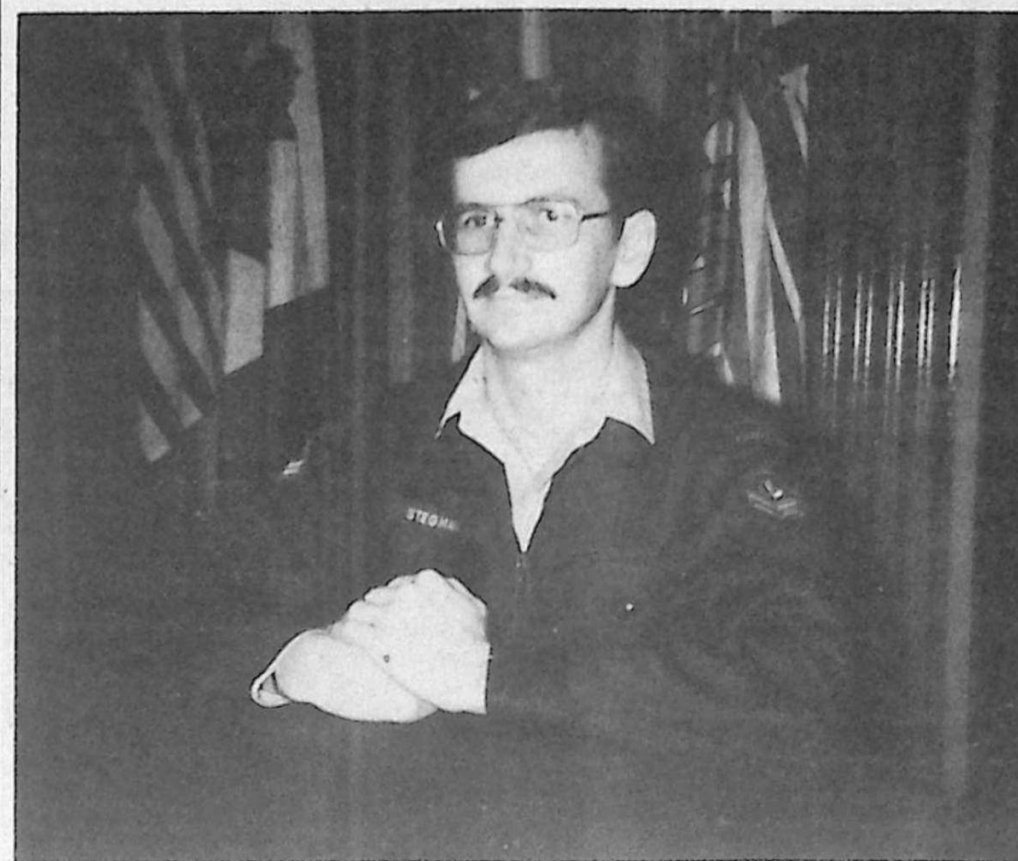
Times: 1800 hrs. to 2100 hrs.

Place: PMQ School  
Age: 12 years of age or older; 11 years-olds whose birthday falls on or before 31 Mar. '78 may apply and will be taken if space available.

Registration: Registration forms will be available at PMQ School Principal-Secretary Office on 9 Nov. 77. Registration must be in by 1 Dec. 77.

Course Content: Child care; Child behaviour; Special care (sick children and elderly); Games to play and safe toys; Responsibilities and rights of sitter and employer; Security (safety of sitter, children and dwelling); Very basic first aid; Fire prevention, protection and action in event of fire.

## The Nice People



Kruger Photo

### M/Cpl Gary Stegman

In this issue, a VU-33 personality, MCpl. Gary Stegman, grabs the headlines. Gary is the Admin. Clerk over at VU-33 and as such, ensures that the tail never wags the dog but follows along behind. His happy smile constantly indicates the cheerful mood of the squadron. As the squadron "token PONGO" (and proud of it, he says), he brings a vast knowledge of Administration, garnered in various outposts of the Dominion, such as Borden, Winnipeg, Soest, Lahr, Baldy Hughes, Ottawa, and Egypt to bear on his squadron duties.

Gary has been designated "Honourary-Acting-Temporary" aircrew from time to time in an effort to bolster the sometimes meager numbers of personnel in the squadron. In this regard, he is probably one of the few "ground-pounders" who hold a valid High Altitude Indocination Certificate, thereby enabling him to fly in both types of VU-33 aircraft.

Gary was born in beautiful downtown Vancouver, but spent the majority of his youth in Campbell River. He joined the Canadian Army as a Boy Soldier (Apprentice), in 1965 at the tender age of 16 and has been at it ever since.

His principal hobby is wood-butchering, and is pretty good at it. Evidence is in the house that he has built and is living in here in Comox.

So, it's hats off to Gary Stegman, the congenial young man with the big smile and the pleasing personality -- Gary, you are truly one of the ...NICE PEOPLE!!



## Welcome To The Club

### RE-ELECT

Alderman

### Ron Webber

City of Courtenay  
on  
Nov. 19, 1977



- Teacher's Aid, Physical Education, Vanier Sr. Sec.
- Born and raised in the Comox Valley.
- Married to Lorraine, two daughters.
- Served in the Canadian Scottish and Black Watch.
- Past Zone Chairman, Zone I-5 Lions Clubs.
- Chairman of Traffic Advisory Committee, Protection Services Committee, and Chairman of the July 1st Celebrations.
- Interested and energetic.

I have enjoyed serving the citizens of Courtenay during the last two terms and feel with the knowledge and valuable experience gained, that if elected for the next two year term, I will be able to contribute even more as Alderman for the people of Courtenay.

**WEBBER, Ronald Vern** X

If you need a ride to the polls, please phone 338-6603



Poison ivy rash can be recognized as clusters of small blisters of various sizes, on reddened shiny skin.

### Timekeeper:

Your heart works harder when you're not in the game. Get fit — and turn the clock back.

Fitness is fun. Try some.



### At the Top of the Hill COURTENAY CHRYSLER PLYMOUTH (1970) SALES LTD.

Dealer Lic. 10004

TOP QUALITY

TOP QUALITY

— VOLARE — ASPEN —  
"CAR OF THE YEAR" AWARD WINNER

DODGE TRUCKS - PICK-UPS  
- VANS - WAGONS

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AND THEN SEE US



Bank Financing available on approved credit.

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### CENTRAL BUILDERS SUPPLY LTD.

Foot of Sixth Street  
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### PSYCHOLOGY



Successful dieting means more than simply depriving yourself of food. Some psychologists say it means re-educating the eating habits. Many people were taught to prefer fattening foods when they were children. They can "unlearn" it and begin to enjoy non-fattening foods instead!

### HOMEMAKING THEN & NOW!



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CF/RCAF n.d. will work for you and enlist Block Bros. resources on your behalf.

TRANSFERRED IN - or had enough of rent payments, call or write Al for professional service.

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Men or Women to operate own vending route. New invention. No service problems. 4 hrs. per week to operate. High profit locations supplied.

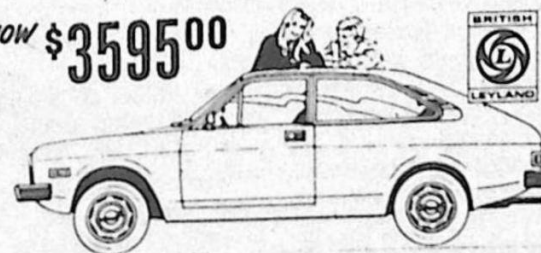
Write to Box 12 this paper and include phone number.

## NEW!!! LOW!!! PRICE

NEW '77'S AT '76 PRICES INCLUDING:  
\*RADIO \*HEATED REAR WINDOW \*POWER FRONT DISC BRAKES  
\*RADIALLY-PAY TIRES \*DELUXE INTERIOR \*AND MUCH MUCH MORE!

AUSTIN MARINA 2-DOOR COUPE  
ONE OF THE BEST-EQUIPPED SPORTS COUPES FOR THE MONEY!

NOW \$3595.00



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## WHAT DO I WANT FOR COMOX?

- a common sense and business like approach to municipal government
- encouragement for tourism and revenue producing light industry
- continued, orderly growth
- promotion and facility for the cultural arts

NOW, WHAT DO YOU WANT?

**DOUGLAS, Martyn** X

# Editorials

A View From Stu

## Overaged And Overweight

Canadian servicemen are "overaged and overweight" according to the CBC radio program "Update". This statement is both demoralizing to the serviceman and misleading to the public.

It demoralizes the serviceman by portraying of him an untrue image. While the age of the average serviceman today is higher than was the case during the last war, it is no where near the age 40 as claimed by CBC. Even if it was, by whose criteria is forty "overaged"? Most people would have just as much or more confidence in a forty year old technician, pilot or ships' watch keeper than they would in one who is twenty. In the age of computers and electronic warfare, expertise and experience count for far more than youth.

Furthermore, if the CF is ever required to expand quickly once again as it had to in 1939, the potential for a large cadre of experienced instructors is invaluable.

Nor can servicemen be criticized for being overweight. From the day a young man or woman joins the service, they

are taught a respect for their physical health and well being through enforced participation in physical activity -- something which is not always required of children in school these days. Being in good physical condition is a matter of pride for most, and every service member is only too well aware that he is required to meet high physical standards throughout his career. The claim can easily be made that the average service member is in better physical condition than the average Canadian citizen.

While the serviceman can look at this claim by CBC and see that it is clearly untrue, the average civilian cannot. As he may have no other information about the CF, he will probably accept the claim at face value.

The statement was obviously not based upon statistical analysis. Perhaps it is only a subjective observation made by a reporter after having interviewed a particular serviceman.

Nevertheless, it was broadcast to the public as a fact, and the damage has been done.

## A Different View

In a recent addition of the Totem Times an article was presented that I'm sure raised a lot of controversy. The article: An Open Note to Drug Users In the Canadian Forces and one man's view on this growing dilemma.

While there can be little disagreement over the seriousness of drug abuse, it's sad when mature people resort to name calling to get their point across. I'm sure everyone in the Canadian Forces is aware of the rules and regulations that govern this establishment, unfortunately it is not only the drug users who fail to observe and abide by them. This brings up an important point that was made in the article, Open Note to Drug Users. I Quote "The rules are there. You know them and you know the consequences of breaking them. If you're too dumb to govern yourselves accordingly you're too dumb to work here." Unquote. If that were the case, we would certainly be fewer in number in all ranks.

When an individual is stopped for impaired driving, he gets the usual Military treatment of a twenty-four hour suspended license and a slap on the wrist from his superiors. But then alcohol is

legal isn't it. Well drinking in excess and driving IS NOT. Or the guy that doesn't show up for work or a parade or who makes a mistake at work because he wasn't supervised properly its all covered up very quickly.

The examples are endless. It seems so easy to justify the breaking of some of our rules and regulations. Is the drug offender so different?

It's high time people started to realize that the drug problem is here to stay and we are certainly not going to solve the situation by kicking out every drug offender. That's a cop-out.

We are not going to help drug users by sticking our head in the sand and ignore the problem. We need to start doing something constructive to help. Where are the programs and QUALIFIED people so badly needed to educate people on the harmfulness of drugs, and where is the justice that our rules and regulations are supposed to represent.

When are we all, as members of the Canadian Forces going to stop being part of the problem and start being part of the solution...Irene Jordan - CFB Comox.

## What Do You Think

In a recent article for the Royal Canadian Legion Magazine my colleague Douglas Fisher paraphrases a lieutenant colonel's explanation of why so many men and women in the Canadian Armed Forces are fat. "The plain reality is," says Fisher, "that 85 per cent...are intrinsically not fighters. Most...do not live in barracks...They're out on the economy (meaning they rent their own dwellings and buy their own food out of their pay). They have a five day week...and long vacations. Much of the recruiting emphasis is on occupational opportunity and ease of adjustment when shifting back to civilian life. Overwhelmingly the forces are civilians in uniform...and their values, mores and leisure patterns are hard to distinguish (from the civilian). So a lot of them are fat."

Recently my colleague Susan Ford pointed out that the first five listings in the telephone book under National Defence, Regular Force, are: Base Barber Shop; Base Exchange; Beauty Salon and Credit Union. Here is confirmation, surely, that Canadian citizens are supporting a cream-puff army.

The fault lies with a left-lib government that shrinks from military traditions because it fears losing the votes of pacifists, cowards, dodgers and dotting nummies. Better no armed forces at all than armed forces in which 85 per cent of the personnel cannot fight. What is the point of feeding, clothing and sheltering more than 50,000 so-called sailors, soldiers and airmen who, in fact, are nothing more than a bunch of bureaucrats taking in each other's washing?

If Canada is to preserve her independence she must brandish her power to protect it. If some troops must tap a typewriter, drive a truck or repair a telephone that is no reason why they should not also be capable of doing what they are paid to do: kill an enemy.

To smarten up the armed forces and restore the martial spirit, the following measures are necessary:

- (1) Abolish extra pay for married women and men. Whether a service man is married is neither the business nor the responsibility of the services.
- (2) Abolish married quarters, children's schools and living out allowance. Let married personnel look after their own families and visit them when they get leave.
- (3) Insist on the wearing of uniform at all times except during leaves of more than 48 hours.
- (4) Insist that all ranks, in all arms and services, remain at all times up to infantry standards of physical fitness and are capable, at any time, of fighting in a simple infantry role.
- (5) Retain all ranks for as long as they care to serve provided they remain fit enough for the infantry. Some men of 60 can stand up to this stress. Discharge all the others, with pensions appropriate to rank and length of service, no matter how young.
- (6) Limit all non-combat roles, including the piloting of naval supply ships, transport aircraft and army bulldozers to women and men over 40.
- (7) Recall all personnel to barracks and begin each day's regimen with 30 minutes of rigorous P.T., followed by one hour of drill and one hour of weapon training.

Now that they are unified, the Canadian Armed Forces are ideally suited to a specialist role in the service of our allies. They should be reformed as a Combined Operations service for short raids on enemy positions and seizure of strong points ahead of an advancing friendly army. A light role of this kind would enable us to dispose of such costly hardware destroyers, bombers, fighters and tanks. Every ship, aircraft and ground vehicle would serve a single purpose: the carrying of men into battle. The force should be given the noble name of The Royal Canadian Commandos...McKenzie Porter...Toronto Sun.

## NEWS OF YOUTH

The youngest university professor was Colin MacLurin, who was Professor of Mathematics of Marischal College, Scotland in 1717, when he was only 19.



## Testing - Testing - Testing . . . With All The Testing Lately Maybe It's Time For Some New Equipment

### From The Legislature

In a recent interview on C.B.C. radio, Labor Minister Allan Williams, who is also the provincial cabinet minister responsible for Indian Affairs, categorically denied the existence of the concept of aboriginal rights for Indian land claims. He further stated that if the concept ever did exist it disappeared following British Columbia's entry into Confederation. Mr. Williams went on to say that his discussions with the Nisgha Indians were just that - discussions. They were not negotiations because the word implied that the Indians had something to exchange, - say the way a union negotiates its labor for wages.

Mr. Williams is on a sticky constitutional wicket here. The Nisghas took their case to the highest court in the land, the Supreme Court of Canada. Three judges ruled in favor of the constitutional validity of the Nisgha position. That is, the Nisghas did not have their rights to the Nass River Valley land extinguished by B.C.'s entry into Confederation. Three other judges voted solidly against the Nisghas. The judge that cast the deciding vote, Mr. Justice Pigeon, took the position that, due to a technical legal consideration he could not agree with the Nisgha case. I shall have more to say on this procedural ruling but, suffice to say, it by no means settled the constitutional matter.

Perhaps Mr. Pigeon intended that there be a split. One is tempted to say the learned judge realized that an adversarial approach in which there were winners and losers would not have worked. Had the Nisghas come out empty-handed in a "black or white" type of decision, there would certainly have been resentment. The courts were perhaps not the forum to settle a question with such important political implications.

Mr. Williams, however, contends that because of the split decision at the Supreme Court level, the ruling of the Lower Court should prevail. This is technically nonsense as the issue was decided at the Supreme Court level. It is extremely important to note on what grounds that decision was based. The Nisghas lost their case because they did not have the right to sue the Crown. In the judge's decision there was NO mention made of aboriginal title. Mr. Williams is either receiving extremely poor advice or he is seeking to confuse the issue.

During the same CBC interview Mr. Williams laments the fact that "100 years have gone by and no one in the province of B.C. has ever seriously addressed the problems of Indian citizens." Mr. Williams chooses to overlook some recent and very progressive steps that have been taken.

The words that we use every day reflect both our thinking and our interests. As our priorities change, so does our vocabulary. When we were all young, and business was usually transacted behind closed doors away from the public eye, the words that related to it were very different from the words we are hearing today.

Before the Seventies, had you heard of "credibility", "corporate responsibility", "multinationals" and now, the latest one to surface in business periodicals, "social auditing"? Yes, social auditing, a way of measuring or stock-taking to determine how well companies are living up to their obligations to their employees, the community and the government.

It is a fact of life that the role of business has become significantly more complex than when the first man started making widgets for his neighbours and trade and commerce began.

Business, now, has responsibilities which extend far beyond the balance sheet. Opinion on this is divided three ways. The first school of thought regards business as a necessary evil: as the provider of goods, services and jobs it can be accepted but always in an adversary role.

The second school of thought suggests that the role of business should retain its old methods - get on with production, look after the

shareholders and employees. This school does not acknowledge that business has any responsibility as a corporate citizen other than the one common denominator of being a taxpayer.

Now something new has been added, a third option. A change which has been forced by the new ideologies of the sixties, ideas expressed in words like consumerism, environmentalism, conservation, small is beautiful, community responsibility and social auditing.

Periodically, we all call for reduced government spending; at times coinciding most frequently with budget speeches and the filing of our tax returns! However, at the same time that we suggest governments reduce their spending, we expect the continuation, on the same scale, of the social assistance to which we have become accustomed - from Children's Allowances to Canada Pensions.

It has to be appreciated that, if government spending is reduced, somebody has to pick up the slack - and this new trend of social auditing suggests that that "somebody" is business. If you think that the trend is barely established and is restricted to a few large corporations with major shareholders from religious groups, we give one example.

The decision of the National Energy Board in August recommended that the builders of the Arctic Gas

## CIDA Gives

TORONTO - Canada gives foreign aid "because we cannot let more than half of this world go from bad to worse without taking an extremely short-sighted and wasteful view of our own future", Michel Dupuy, president of the Canadian International Development Agency, told the Empire Club here today.

Speaking on the subject "Why are we in the aid business 'and' are we doing it well?", he said the "fine reputation" of Canada's aid program in the world is well deserved "even with the soft spots" revealed by a "corporate review" carried out within CIDA.

The CIDA president said a legitimate feature of Canada's aid program is the fact 60 per cent of CIDA's \$1.1 billion budget is spent in Canada for goods and services provided to developing countries.

"It is estimated that over 100,000 jobs can be related to our foreign aid program," he said.

Mr. Dupuy said much is being done to improve CIDA's ability to manage the aid program "and relate it more closely to the Canadian economy."

As examples of recent measures he cited a complete rebuilding of the agency's financial base "in keeping with the recommendations of the Auditor General"; the introduction of advanced financial reporting and information retrieval systems; revival of the Canadian International Development Board which provides for inter-departmental consultations at the Deputy Minister level; a review of multilateral aid; drafting of a new food aid policy, now "at an advanced stage"; "revisiting" the Strategy for International Development, adopted in 1975, to determine its validity for the 1980s; and "good progress" on developing new forms of cooperation, including industrial cooperation.

### Trends And Tracking

Pipeline be required to pay \$200 million to cover the "social and environmental costs" of the project. (Imagine the Van Horne response to a similar request!) This is probably the first time that the social obligation of business has been predetermined but the message is clear: the trend has been established and is confirmed. In this, and other smaller ways, business has responsibilities which are not always shown on the balance sheet.

Are we moving towards a society where the Great White Father is no longer in Ottawa? Where custody has been awarded to the business sector? Before we applaud yet another way of "passing the buck" we would do well to ponder.

There is one more new word to be considered - "tracking" - when the costs of a project are passed 100 per cent to the end user. If business is to assume social obligations, it is only realistic to assume that tracking will become a new, probably unwelcome word in our everyday vocabulary.

There is no escaping the fact that we all pay for these obligations. Changes in philosophy and the resultant changes in our society have a price tag. Those who promote the changes would do well to remember the old expression "Be careful what you ask for, you may get it" - Vancouver Board of Trade.

## Property Assessment . . .

If you are an average property owner, you've probably been confused about those assessments you receive each year for your home.

But the mystery should be cleared up this year.

Assessment notices will be taking a new and understandable meaning for the average homeowner.

This is the result of amendments to the Assessment Act which were approved by the Legislature this year.

In the past, legislation has required the actual value assessment base to be restrained in a manner which eventually destroyed the fairness, or equity, of

assessment. The new system continues to recognize that some restraint is desirable, but not at the expense of equity. The amendments provide for assessments to be based on a percentage of the actual value of your property.

The taxation base has been streamlined. No longer is land taxed at a different percentage rate than buildings. The total value of the property (the actual value of land and buildings combined) will be used for taxation purposes at 15 per cent for residential property, 25 per cent for business operations, and 30 per cent for industry.

"There are two main reasons for the change," says J.T. Gwartney, Assessment

Commissioner.

"First, it puts all property assessments on the same basis. Generally, up to now, assessments have not reflected market value. Now, the assessed value will be directly related to the market value for most classes of property."

That means that if your home and property have an actual value of \$60,000 the assessed value would be 15 per cent of that, or \$9,000.

"Secondly," Gwartney said, "the change will make property assessments more equitable."

"Over the years, many assessments have got out of line with assessments on similar or like properties in

### the mystery clears

other parts of B.C. This means it hasn't always been fair as between one taxpayer and another.

"Now the assessed values for school purposes will bear the same relationship to actual value throughout the Province regardless of location, thus ensuring fair sharing of school grants and costs," he said.

The 1978 assessment notices - which will arrive in the mail about December 1 - will show clearly the actual value of the property. That actual value should approximate "market" value.

The assessed value - 15 per cent of actual value - will also be provided.

# TOTEM TIMES

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CNA

BLUE RIBBON AWARD

1977

# 407 Squadron

## Demons And Their Doins

### Fincastle 77

October 15, 1977 marked the return of Argus 10716 and the Canadian ASW delegation to Fincastle 77 in Edinburgh, Australia. The Fincastle competition is the arena in which the nations of the old Commonwealth - Australia, Canada, Great Britain and New Zealand, compete in a rock battle against a submarine in an effort to score the greatest number of points, as allocated by the competition rules, thereby succeeding to the honor of bringing home the Fincastle Trophy.

The year's champion was the team from Great Britain marking the fifth year in a row that they have held the trophy either independently or jointly. VP407 extends congratulations again to this highly professional and aggressive team.

Each nation flew two sorties against HMAS Otway - a formidable foe. His ability to mimic whales or vice versa was the premiere obstacle to Canada during our five-hour day exercise. It is interesting to note that the MK1 eyeball was among the most effective detection devices available to all the teams.

Not all the lessons of the competition were learned over the water. Much valuable ASW information was disseminated during the symposium which is an integral part of the Fincastle competition. Although it does not come into play where scoring is concerned except as a tie breaker if the necessity arises, each team presented topics addressed to the present roles of all Maritime Squadrons. A more informal and free flowing style of communication was available each and every moment not spent in the air. The RAAF Base Edinburgh messes became arenas of a great variety of discussions and other social activities. Some of the keenest competition and most interesting tactical

manoeuvring was on display in these venues ... As always, in a meeting of the members of any community old friendships were renewed and new ones begun.

In recognition, not only of providing a sight for this year's Fincastle competition, but also of the warm welcome and hospitality extended by RAAF Base Edinburgh to all competitors, VP407 expresses here our heartfelt thanks and hopes that we will be able to provide similar comforts for your representatives at some future date. We have taken special note of the effectiveness of your determined attack on the sobriety of all the competitors.

### THE JOURNEY

The Argus being what it is and the distance to Australia being what it is necessitated some stop overs along the way. To ensure that our team would arrive on time we planned our departure for the 25th of September and designed a route via Hawaii, Tahiti, New Zealand and Australia. After all the wives and kiddies were bussed and stowaway attempts by other squadron members aborted we succeeded in getting Argus 10716 (alias Arnold Ziffle) complete with the kit for its thirty-three passengers and mobility spares, airborne.

After a short layover in Hawaii we repeated the attempt successfully and let the navigators try to find Tahiti. Amazingly enough, after tripping over the Equator at position 15355W at time 241432Z and entertaining King Neptune's court (with a cast of thousands), the navigators managed to put the island paradise right on the nose. Naturally once the Tacan locked on the constant flow of coffee and sandwiches to the routine navigator mysteriously stopped.

Translation duties were assigned and the visit to the local French Air Base was called for. Through their kind co-operation accommodations

were found in a local beach resort hotel. Shorts, bathing suits, and cameras were unpacked and put to good use around the pool and on the beach nearby. Many a lovely Vahine has been preserved for posterity. We all found a chance to try out our French on the merchants of the capital city of Papeete.

The French army made provisions for a bus tour of the whole 120 km. along the island's perimeter road on our return stop. It was a healthy exposure to the countryside and some of the interesting points of local color such as a stop at the Paul Gauguin Museum and a seaside restaurant that kept a pen full of sharks for the menu. It was easy to see why members of the French Armed Forces find it hard to leave after a two year tour in this Pacific-paradise.

The holiday by the pool was ended after a short 36 hours and we were airborne for Auckland, New Zealand on the outbound leg. We were met at the airport by some of the members of New Zealand's VP Squadron who brought with them a sample of the local brew to clear the dust from our throats and an invitation to their messes that evening. Never wishing to show bad manners we accepted. It was almost our undoing as some members of the crew were reticent to leave after being told how the beer in New Zealand is transported in tank trucks and stored in tanks beneath the sidewalks in 25,000 gallon lots. The search for the long straws was on.

After managing to find 33 heads attached to 33 bodies in the aircraft the next day we completed our outbound transit with a coast crawl around the southern portion of Australia. Upon landing our hands were filled with cans of the local suds and were to remain that way until we departed with the exceptions made only with regard to the

safety of the adjudicating staff who had to fly with us.

While in Australia the Canadian exchange officer Capt Gary Mulcaster and Australian flying officer Ron Vansetten ensured that we were properly toured on and off base. Gary was especially helpful in the mining of opals and the hunting of kangaroo and koala souvenirs. Ron seemed to be everywhere whenever you might have a question or request concerning local activities or procedures. He was also responsible for the Australian assault on the Canadian flank. His wife is to be commended for her patience and tolerance with us.

After all the flying was done a wine tour to the Barossa Valley was laid on to ensure a rosy outlook when the news of the competition results had to be passed on. Most of the people on the tour have fond memories of the Barossa Valley - the others have no memories at all. Thus the wine tour succeeded in mellowing, a little, the disappointment of defeat that three of the four teams had to take home with them. And so the next day Great Britain's team paid its dues at the closing social function of the competition. Momentos were traded and farewells were exchanged. After resting the next day we were ready for the long journey home.

The Kiwis were so impressed with the performances by Lt. Col. Bart's three ring circus that they insisted that a demonstration be put on their messes for their wives. Again "good" manners ensured a success and all were impressed to one degree or another. After many of the local sheep had parted their pure virgin pelts we jumped into the air and started to feed the navigators again.

Just because they found Tahiti once did not mean they could do it again and this time from a different angle. But lo



THE GLINT OF SILVER. The Fincastle Trophy with the competing Crew captains - Flt. Lt. D. Earp (RAF), Capt. Gayle Winterburn (CAF), Flt. Lt. P.H. Johnson (RNZAF), and Flt. Lt. K. Feeney (RAAF).

was good to be home after being packed like sardines in oil for the better part of three weeks. But the trip is not over as we could not truly be finished without a big thank you to the people here in Comox who made our trip to Australia a huge success.

### Fincastle Trophy

The Fincastle Trophy was presented by the late Mr. and Mrs. Aird Whyte in 1960 in memory of their son Sergeant Nair Fincastle Aird Whyte who was killed on action in 1943 whilst serving as an Air Gunner in RAF Coastal command.

The trophy was first competed for in 1961 in a simple annual bombing competition between anti-submarine crews of the RAF, RAAF, RCAF, RNZAF.

In 1970, the competition was extended to examine a wider range of ASW skills, including localizing and attacking a submerged submarine.

### Back Home

Things are quiet on the homefront this week. The big event was the acquisition of a new television by Operations. Now the SDO can watch Sesame Street and the weather brief at the same time.

New Demons in the den are John Melson and Tom Cobb with recent course graduates being Ken Ramsdale, Frank Maniak and Steve MacLean. Welcome to the new and old.

Some guys will do anything to stay in Comox instead of going on first aid courses - Sgt. Delorme is in the hospital with pneumonia. Get well soon, Bob. Meanwhile Bob Carscaden is trying to get "back" in the swing of things.

Congratulations to Joe Jocksch on his promotion to Warrant Officer.

And finally, a thought for the week, "Submarines are a myth."

and beheld the Tacan locked on again and the nav's went hungry. A strange system of awards! Having honed our French to a keen edge outbound the team was anxious to put it to good use at the pool side. Alas except for the occasional topless stewardess all the tourists were American or Australian. So we packed up our French and the next day our bags bidding adieu to Tahiti and Aloha to Hawaii. It almost seemed like home.

At least it was more familiar territory than we had been exposed to for the last couple of weeks. Most of us had shopping lists the length of our arms to fill at the exchanges. And so to these tasks we retired. While we had been warned about the cocaine trade in Tahiti, (by the dogs who sniffed our luggage at Honolulu airport) we were unprepared for the traffic in bogus American currency which appears to flow from

the banks. Our Italian impresario holder sure was red-faced about the whole thing as was the member of our group who was caught passing the stuff. Happily the situation was resolved to the near satisfaction of everybody and we were granted take off clearance with all souls on board.

Ten and some hours later we landed to a welcome that made us feel as if we had in fact won the competition. It

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# Sports Beat Comox

jock talk at c.f.b. comox

## Jock Talk

**"UP EARL'S ALLEY...."**After an absence of six weeks, I guess it is about time for an up-date. I was at the Maple Leaf Training Camp for six weeks and it certainly was a good one. Roger Neilson sure made an impression on everyone, including the Leaf Brass which at times can be a bit TACKY. It was by far the best Camp that I have attended over the past eight years. Everything was organized right down to the finest detail. All Leaf hopefuls were sent a six-week programme prior to the Camp opening date and this they carried out to the letter in most cases. This programme consisted of a quite a bit of running and some weight training. Our Phys. Ed. programme for the Camp consisted of daily pre-ice stretching and loosening-up exercises and an after-ice workout that was composed of ten weight training exercises in the form of a Circuit.

The Leafs will continue on with this type of training all season long. Let's (all Leaf fans at least) that the team continue on with their winning system. Defensive hockey might be a bit boring to the average fan but, if it is successful, don't knock it... Maybe they haven't got the talent required to win the Cup but, they are very close and will surprise a lot of hockey fans this season....if they keep the injuries down...

Well, that took care of three of the six weeks of my absence and, then I was off to Europe to conduct a week long Referee's Clinic along with a chap from the ODH and a representative of the CAHA, Sgt. Dick Cordick from CFB Ottawa. We had 46 service and civilian personnel attend the Clinic, which was held at CFB Lahr and also ran a level 1 Clinic for 20 minor hockey refs. Hockey is a big thing for the servicemen in Europe and the rivalry is unbelievable. There are teams that are strictly Army, RCHA, RCR and the Vandos, etc. and the referees really have their hands full when they have to handle games between these teams. It really reminded me of the old days before integration.

Money seems to be no object over there. The sport's budgets are full and NPF are building a new arena (it will be done by 1 Feb. 78) at Lahr at a cost of around three million. It certainly does not seem to make sense when we here in Canada have to scrimp and cut corners so drastically in our budgets and they have an abundance. We can't even get a roof put on our swimming pool...or squash courts (which Baden are now getting) or better still a fence around our number one ball diamond... Oh well, maybe next year. Stay tuned.

**"THE COACHES' CORNER"**...This column will appear in each edition of the Totem Times and it is intended for those volunteers that we refer to as Coaches. Without these helpers, it would be very difficult for us to conduct any worthwhile programs such as Minor Hockey, Baseball, Soccer, etc. As this is the winter and hockey season, this corner will deal mainly with antidotes for those coaches involved in hockey whether it be Minor or otherwise.

Each article will consist of a few helpful "Tid Bits" with the hopes that it just might assist you fellow coaches in your never-ending goals to success.

Some of the topics to be covered will be: Face-off alignments, Power plays, Defence, Offense, Man short, and many more facets of the game of hockey.

**STICK SELECTION**...Selecting a stick is probably one of the things that most of us take for granted. It is not a weapon, so therefore it must be of some useful purpose. When you purchase a stick for your youngster, the length of the shaft should reach about to his chin. Of course, you must allow an additional two inches or so for the height of his skates. Have him take his normal playing stance to see if the entire bottom of the blade is flat on the floor.

Now you coaches can play an important role as to how the lad holds his stick and it is very important that he has the right lie for his height. A quick check of the blade for wear spots will tell you if the lie is too high or too low. If the lie is too high for the

player, the heel will show more wear than the toe of the blade. If the lie is too low, the toe of the blade will show the effects. If the lie is correct for the player, then the bottom of the blade will lie evenly over the entire surface.

Simple as this may seem, the above points are very important to the young player and it is the job of the coach to check them out and make corrections, as necessary. If not, the lie of the stick can and will certainly affect the player's ability to handle and shoot the puck properly.

If just the heel touches the stick (lie) is too high for him. If just the toe touches the stick (lie) is too low for him. The lie is the number that appears on the handle, i.e. R5. The letter stands for the shot, or which way the blade is curved to suit a right-handed shot player and the number represents the angle that is formed between the handle and the blade of the stick. The higher the number, the less the angle, so the lower the number, the greater the angle. As an example, a tall player would use a 6 or 7 and a short player would probably use a 4 or maybe even a three. 5's and 6's are probably the most common lies used.

**INDOOR SOCCER**...The CFB Comox Indoor Soccer League for dependents 8 - 12 years of age is well under way, with a total of 38 dependents, boys and girls, making up the four-team league.

The season started 17 Oct. and will continue on through until 8 May 78. All games are held in the Rec Centre every Monday evening between 1800 - 2000 hours. The competition and enthusiasm of all team members is at a high level as the team standings, after four rounds, show.

Yellow Jackets are in first place with 6 pts. Purple Panthers and the Green Demons are tied for 2nd with four points, and, the Red Barons are in third place with 2 pts.

**CROSS COUNTRY SKIING**...There will be a cross country Ski Clinic at the Rec Centre Wednesday, 23 Nov. 77 at 1830 hrs. The Clinic will cover preparation of equipment and waxing. All interested personnel are requested to attend.

For further information, call M-Cpl. Swann at local 315. **CFB COMOX TOTEMS HOCKEY**...The Pacific Region Hockey Championships will be hosted by CFB Comox the 8 - 12 Feb. 1978.

In order that we might be able to come up with a competitive team for this Championship, we must get on with it and start organizing now. Practice times have been allotted at the Arena and it is hoped that ALL players wanting to play for the Totems will make every attempt possible to attend.

Exhibition games are planned and will be announced at a later date and will probably be played on Sunday p.m. Interested? Call Earl at local 315.

**"OLDTIMERS" HOCKEY**...HELP!!!!!! That's right HELP. The Oldtimers hockey team which are in a League with Campbell River, Port Alberni, Courtenay, Powell River and others, are in need of players immediately. There must be more than a dozen good hockey players that are at least 35 years of age interested in donning the blades once a week.

Capt. Gary "The original Dirty HAIRY" Anderson has done a lot of legwork in getting things organized, so why not do our part and help him out by participating.

M-Cpl. Ty "Punch" Garrison is the new Coach and if you are interested, give him a call at local 315. Practice sessions are held every Friday morning commencing by at least 0830. Power Skating drills are limited, as we rely on "Fineth" so, it really isn't that PAINFUL.

## With Uncle Earl

## Cross Country Skiing

## With Mister Klister

Nordic or Cross Country skiing is the hottest thing in sports these days and if you are at all interested maybe this column will help you. Why is XC (the short form) so popular? I don't know, but some of the reasons people give for taking up the sport are: it's convenient, you can ski wherever there is some snow; it's as easy or as hard as you want to make it, you pace yourself; it's inexpensive with complete sets of gear selling for under a hundred dollars; the best reason of all is it's FUN!

I should hate to ruin anyone's appreciation of the sport but I must also mention that it is good for you too. Aside from the fresh air and sunshine you also get exercise. Sitting in your chair reading this article you burn 73 calories in an hour. Out on a tour with your body working as a co-ordinated whole the same number of calories goes in under ten minutes. If you think it's a good way to lose weight, think of the racer who burns the same 73 calories in three and a half minutes. The average skier (you and I) won't approach that rate but your heart and lungs will be showing the benefit in years to come.

Let's take a look at gear and garb. First of all there are the skis, which are made of wood or fiber glass. The glass come in wax and no-wax. The no-wax come in step, fish scale and mohair. Things are getting complicated you say. Don't panic, in a few words all will be clear. The wax is put on the ski sole to grip the snow when you "kick" for your forward motion, then it allows you to glide as you slide forward. Fish scales and steps are patterns in the ski soles and mohair is skin strips set in the ski sole which do the same as the wax. Which type do you want? Well these days it's up

to you with no one type holding a clear advantage over the others. Wood is cheaper, glass more rugged, no-wax less complicated, wax more efficient for kick, mohair strips can be replaced while the other waxless patterns wear out. The solution: rent before you buy. The size of ski to use varies with the type of skiing you are going to do with a longer wider ski for brush kicking or mountaineering and real "skinny skis" for racing. Generally thirty centimeters longer than your height is a good length, thus a person five foot nine or one hundred seventy six cm. will use two hundred and five cm. skis. A good rule of thumb is to reach up with the ski standing beside you, and the tip of the ski should touch your palm. Light touring skis of 55 millimeters width will be more than adequate for the beginner.

Bindings are a real shock for the alpine skier who decides to try Nordic. They are simple metal plates with three small pins sticking up, and a bail and hook to hold the toe of the boot down on the pins. Because of the striding motion used, the heel of the boot must be free to go up and down, so there is no heel attachment. That is it for the ski and binding with possibly only a "heel popper" to prevent snow from building up under the heel.

The poles are light usually of tonkin cane bamboo with a basket roughly four inches in diameter. With the poles providing up to fifteen per cent of your forward motion it is important that the poles be the right length, and that is from your armpit to the floor. 145 cm. is a good average for our 5 foot 9 inch person. Also if you are going to do most of your skiing off of the beaten track a larger basket is a help in getting around, but not too

much larger because you will be swinging that extra weight around for a long time.

Waxes come in hard, soft and Klister. The harder the wax the colder the snow it is to be used on. This holds true for the experts eighteen waxes starting at black for skiing under Arctic conditions to the recreational skier with the newer simplified waxes, one for below 0 degrees C, one for above 0 degrees C, and a Klister for snow that has melted and refrozen. By the way Klister means glue, it comes in tubes, it is thin, it sticks to - everything -, it is hard to put on and worse to take off, but it saves many a trip from being a slipping sliding disaster.

Boots range also from the square toed ballet slippers a racer wears to save weight to the high sides and double construction of the tourers boots like summer hiking boots with square toes. The square toe of course is to fit the binding. The fit on your foot must be good to prevent the agony of your toes from jabbing into the toe of the boot with every stride. Too big is no better, as you lose control while your feet slide around inside. Put the boot on over the socks you are going to wear skiing. Two pair of socks are used, one light pair to wick away moisture from your feet and a heavier pair of wool to insulate and protect your feet. Lace up the boots so that your feet are held firmly in place but not so tight that your feet are cut off from their blood supply then flex the boots by bending the toes to ensure your feet will not be cramped. Then feel for the ends of your toes, they should have about a half inch of clearance from the end of the boot.

Now for some good news, all those calories you are burning mean that you probably own

all the clothes you need to go touring. Knickers are traditional wear because they allow free movement of the legs and have no cuffs to get wet, sodden, heavy and ice crusted. However a pair of jogging suit pants or wool slacks tucked into the tops of your socks are just as practical. Jeans are not recommended because cotton when wet is heavy and cold. A shirt, light sweater and wind breaker complete the top part of your ensemble. Note that it is better to dress in several light layers, so that as you warm up you can remove a layer and prevent sweating. Then when you stop you can add layers and stay comfortable. A hat, cap or tuque will help to keep your feet warm because roughly 25 per cent of your body's heat loss is through your head. Mitts or light gloves will probably be the first things you take off as you warm up, but still are necessary to ensure complete comfort as the weather changes over a day.

You are now ready to go skiing. The next article in this series will cover basics of waxing and skiing. If you have further questions regarding Nordic skiing we are lucky at CFB Comox to have some qualified ski instructors.

Kim Letson works in the Base Orderly room.

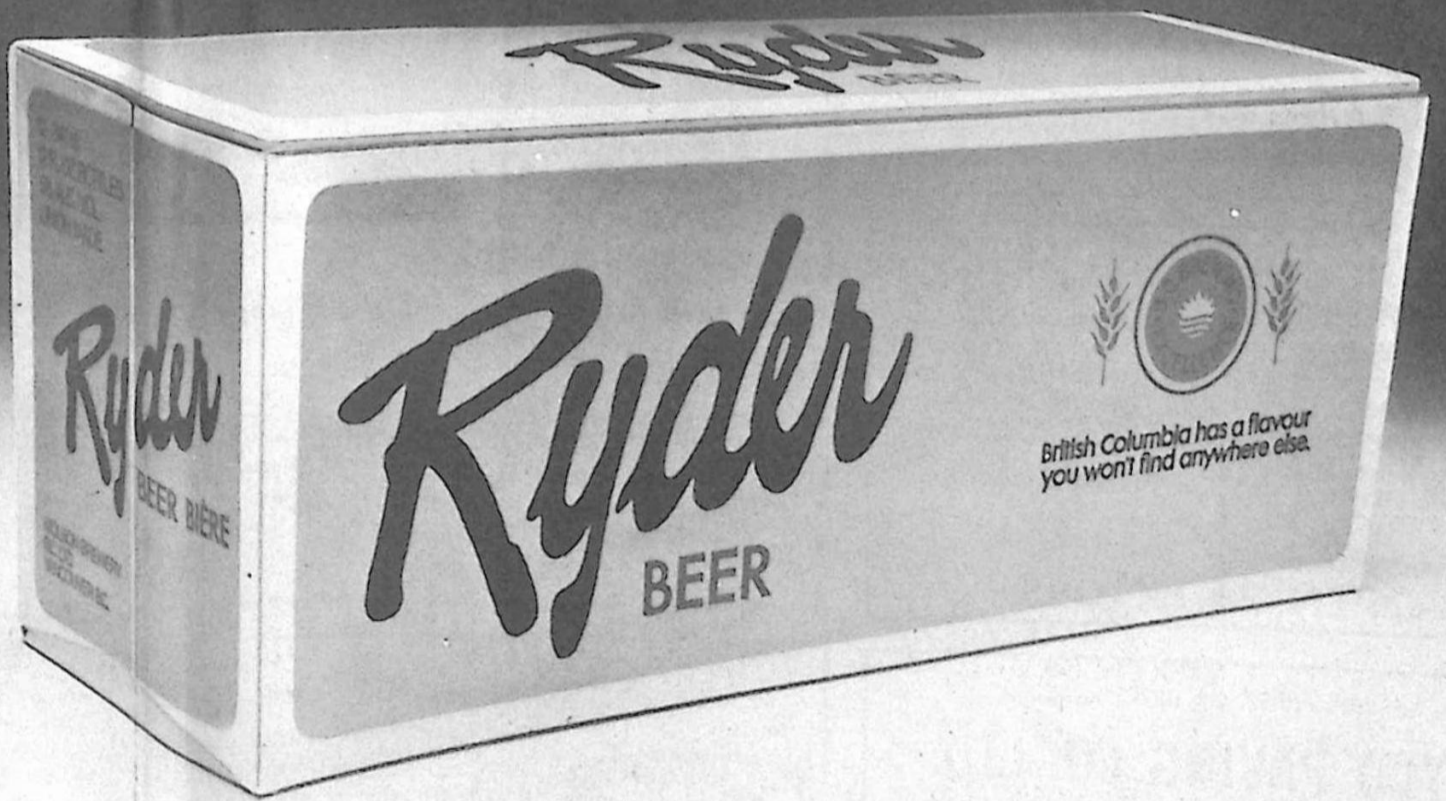
Ev Swann and Apollo Athanasopoulos are found around the Rec. Center.

Bill Ouellette hides in the 407 Avionics servicing shack.

Dig them up or attend the following clinics. On Wednesday the 23rd at the Base Social Centre at 1900 hrs. There will be a waxing and ski Preparation Clinic. Come out and see how it's done. On the 30th there will be another clinic for basic lessons and exercises, same time same place.

"God Tur"

We now present our case for a B.C. beer:



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**SIZING THINGS UP** - Are you aware that lumber's actual measurements aren't what you ask for?

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- COMING EVENTS -

DECEMBER 2nd - Xmas Bingo and Decorating Party

DECEMBER 18th - Kid's Xmas Party.

☆ NOTICE - During regular TGIFs - When Muggings are scheduled, food hours will be extended 1600 - 1730 hrs.

# Project Bart

In the last issue of Totem Times, we announced with pride the attempt of a local aircraft company to attain world-wide recognition by submitting a design to the Canadian government for the NFA competition. Here are further details of this revolutionary new aircraft.

The Comox Valley Fighter Aircraft Company has been founded here in the Comox Valley and is an all-Canadian project, with the aircraft conceived and built right here in the Valley. Unfortunately, it has received scant attention in Ottawa since the decision-makers must have been influenced by the schemes and lavish expense-account dinners of the multinational arms salesmen. Possibly they've been turned off by the name chosen for the project, the "Bart".

Because of the unwarranted lack of publicity for this worthwhile aircraft, the staff of the "Fishwrapper" is attempting to bring it before the powers-that-be. Details have also been passed along to the pilots, navigators, technicians, officers and rankers of the 409th All-Weather Interceptor Squadron, for technical appraisal by what-have-been-called, Canada's Finest.

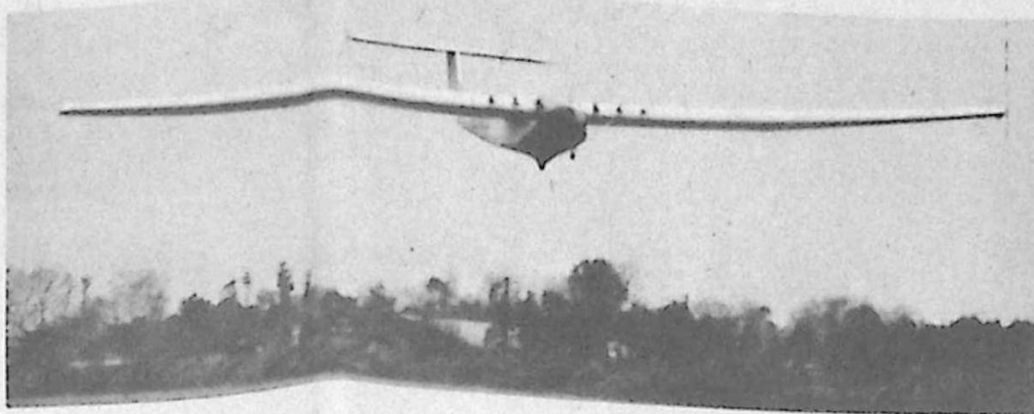
As can be seen from the accompanying photographs, the OS.60 engines are mounted three-a-side on a boom just forward of the cockpit. The most prominent feature in the cockpit are six throttle levers and six cut-out switches.

Each 10 c.c., two-stroke, glowplug, engine drives a twelve-inch, two-blade propeller, and produces 1.7 h.p. at 14,000 r.p.m. or 1.275 h.p. at cruising r.p.m. of 8,000. This provides 10.2 h.p. total for take-off and combat.

A partial list of advantages follows:  
 i) It is 100 per cent Canadian designed and built.  
 ii) It would provide much-needed employment for the Comox Valley.

## PROJECT BART

**LEADING DATA**  
 Span 46.25 ft. Length 21.3 ft. Height 5.2 ft. Wing area 185 ft<sup>2</sup>. Aspect ratio 11.6. Tailplane area 25.8 ft<sup>2</sup>. Rudder area 9.7 ft<sup>2</sup>. Empty weight 143 lb. Gross weight 297 lb. Wing loading 1.6 lb/ft<sup>2</sup>. Engines six OS.60s. Power loading at take-off weight 29 lb/h.p. Cruise speed 24 m.p.h. Stall speed 21 m.p.h.



- iii) It has six-engine reliability (the safest competitor has a mere two engines).
- iv) It flies at speeds impossible for the competition to even contemplate.
- v) Its complete lack of Avionics and Armament mean low acquisition costs.
- vi) Similarly, maintenance costs would be at a minimum.
- vii) Therefore, large numbers could be bought and operated, providing much-needed work for our Fighter Jocks.
- viii) It has a small RADAR cross-section and small infrared signature.
- ix) Its STOL performance and simplicity would enable it to operate in all areas of Canada.
- x) Its small size would enable large numbers to be stored cheaply during budget cutbacks.

Before the skeptics scoff, it might be pointed out that the

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HOLY COMMUNION: Holy Communion (ACC) 12:00 hours first Sunday of the month.

BAPTISM: By appointment. Consultation with parents expected 2-3 weeks in advance of Baptism.

WOMEN'S GUILD: All women are encouraged to support this group which is very active in missionary efforts. Meets in the Chapel Lounge at 2:00 hours on the second Wednesday of each month.

CHAPEL CHOIR: Our Choir extends a warm welcome to all new arrivals. New voices are always needed. Please speak to the Choir Director, Organist or Chaplain.

Junior Choir: 1830 Hrs. Thursday at the Chapel.  
 Senior Choir: 2000 Hrs. Thursday at the Chapel.

SUNDAY SCHOOL: The Sunday School operates from September to June. Ages 6-15 meet in the Chapel at 0930 hours each Sunday, and the ages 3-5 hold their sessions during the Church period at 11:00 hours. All children are invited to attend.

OFFICE HOURS: 0800 - 1630 hours. Phone 339-2211, Loc. 273.

HOSPITAL VISITATION: The Chaplain would appreciate the co-operation of the members of the congregation and would request that they phone the Secretary's office (339-2211 Loc. 273) to report the names of any members of the congregation who may be in the hospital.

## CE - Firehall Curling Funspiel

The CFB Comox Construction Engineering Section and Base Fire Hall held their annual Mixed Curling Funspiel 5 Nov. 1977. Everyone was on the ice Saturday night eager and ready to show their stuff!! Some of them should never have shown it!!

In the past two Funspiels, Steve Eggiman of the Plumbing Shop in CE, skipped his teams to victory. This year the management decided all the skips would be women. The winning team consisted of Skip, Doreen Johansen; Third, Ed Kingston; Second, Pat Lewis; and Lead, Al Hatfield.

The competition was tough and physical. Most of the exertion, mind you, was from retrieving rocks that died before the hog line. The occasional shout was heard from Tom Finney, "Sweep, you dummy, don't dust!" As always, Al Kraus was trying to do two things at once; curl and listen to the football game.... At least he heard the football game.

After the presentations, hot chili, salad and rolls were served for the cold and hungry players. Stereo music was provided by the Pomfrees.

A special thanks is extended to Tom Finney for organizing this outing. We hope more CE and Firehall personnel will turn out for further functions. They are a lot of fun!!!

G. Eggiman

## Chanel No. 5 Attracts Wolves

It may seem that scientists of the Canadian Wildlife Service have discovered the obvious. In this case, however, the wolf attracted by this internationally famous perfume is not the woman-chasing human variety, but Canis lupus, a fur-bearing carnivore abundant in most parts of Canada.

As part of the Canadian government's contribution toward making the trapping industry more humane, biologists have studied ways of making traps more selective. If some specific scent or other lure could be developed to attract only one type of animal, the killing of

non-commercial species might be reduced, thereby adding to the humaneness of trapping.

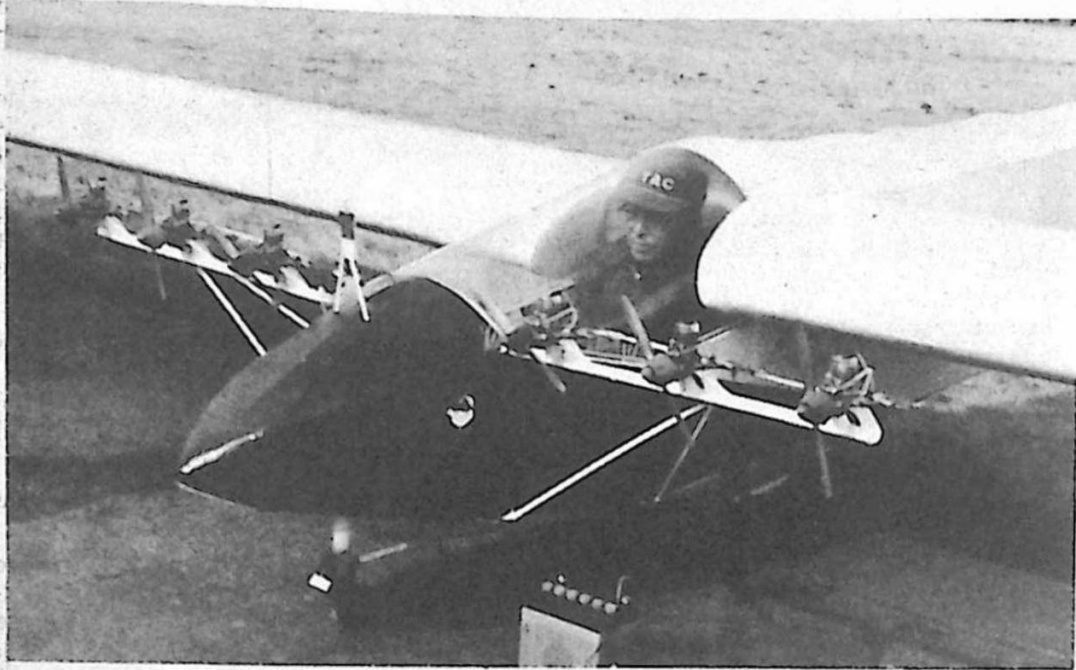
Through the testing of various scents it was discovered that Chanel No. 5

had a specific attraction for wolves.

The next problem is how to get the trapper's wife or girlfriend to let him use the expensive perfume on his trapline.

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Military clothing, bicycles, axes, silverware, surveying instruments, refrigerators. "Deal yourself in!"

A checkerboard of topflight items, from cameras to space heaters, highlights the second CASH AND CARRY SALE of surplus government materials set for Saturday, November 26 at Canadian Forces Base, Esquimalt, Building 517, Dockyards, from 9 a.m. to 6 p.m.

For bargain hunters, this prime time action is being made possible by the Federal Government's Crown Assets Disposal Corporation, Jean-Pierre Goyer, Minister Responsible.

Crown Assets' Pacific Region Manager, will pilot the event which also lists electric tools, desks and adding machines in its kaleidoscopic line-up.

Approximately 80 vehicles including semi-trailers, buses and four wheel drive army trucks, will be on display and may be inspected by both media and the public November 17 and 18 from 9 a.m. to 4 p.m. and on the day of the auction itself, Saturday from 8 a.m. on.

In addition to cars and motorcycles, also consigned to the block are dump trucks and a 20-ton shovel-crane.

## THEN NOW!



WHEN, PROBABLY THE FIRST MOTORCYCLE EVER SEEN IN AMERICA WAS A TWO-WHEELED VEHICLE INVENTED BY WILLIAM A. AUSTIN OF WINTHROP, MASS., IN 1868. IT WAS STEAM DRIVEN AND HAD A BOILER SUSPENDED AMIDSHIP. THE VEHICLE HAD A VERY LIMITED TRAVELING RANGE BECAUSE OF THE SMALL AMOUNT OF STEAM GENERATED!



NOW, THERE ARE AN ESTIMATED SIX MILLION MOTORCYCLES REGISTERED FOR STREET USE IN THE UNITED STATES, EACH USED BY AN AVERAGE OF 2-3 RIDERS. THAT'S ABOUT 15 MILLION CYCLISTS WHO ARE SHARING THE ROAD WITH MOTORISTS. THE MOTORCYCLE SAFETY FOUNDATION POINTS OUT THAT DRIVERS SHOULD KEEP A CLOSE WATCH ON TRAFFIC AND BE PREPARED TO SHARE THE ROADWAY WITH MOTORCYCLES AND OTHER VEHICLES!



OH HAPPY DAY! These smiling faces are what greeted the photographer at the noon hour break of C.F.B. Comox's first Youth Conference, November

5th. Ecumenical in its gathering, it was a day for these teenagers to share with their peers, their problems and their joys within a Christian attitude.

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**Bob Goldie . . . 27 Years**  
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**Paul Gill . . 23 Years**  
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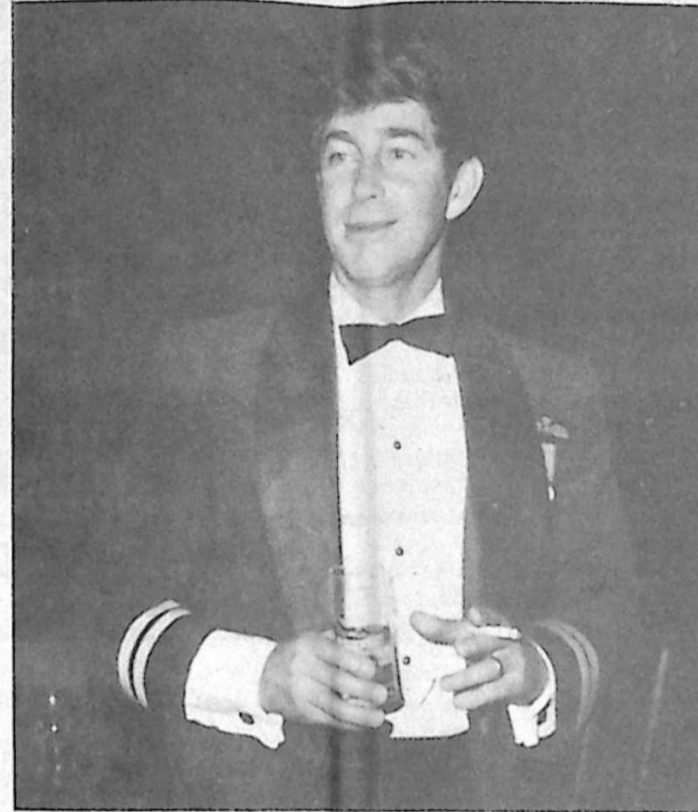
Base photo

**Reg Garnett . . . 26 Years**  
407 Squadron



Base photo

**Don Martin . . . 35 Years**  
Protestant Padre



Base photo

**Ron Breedon . . .**  
24 Years 409 Squadron



Base photo

**Dick Borys . . . 23 Years**  
409 Squadron

## Microwave Ovens Cause Concern

A program to monitor microwave leakage of older microwave ovens should be considered by the federal government and the Canadian Standards Association (CSA) Subcommittee on Microwave Ovens according to CSA's Consumer Advisory Panel. The group, which started its third year of operation in Toronto last week by discussing CSA's draft standard on microwave ovens, was concerned about microwave radiation leakage and recommended that Health and Welfare Canada conduct studies on the effect

of prolonged periods of low level radiation. The consumers were also worried that the ovens and door seals may deteriorate through long term use which could result in excessive microwave leakage. "The limits of leakage in our draft new standard on microwave ovens are in accordance with the Health and Welfare Canada requirements," explains Keith Sidwell, CSA's Manager of Operations. "The draft also contains a test requiring the door to be opened and closed 100,000 times which simulates

30 years of use, nevertheless, the panel was concerned about excessive leakage in ovens that have been in service several years and that is why, the members suggested that a re-testing or monitoring program be carried out. Several panel members said that consumers should not have to pay for this re-testing and the manufacturer should bear the cost, whereas, others said they would be willing to absorb reasonable re-investigation costs." The panel also recommended that manufacturers supply literature with their

ovens, advising the consumers that the ovens leak radiation which may become excessive if the oven is damaged. Consumers should be advised that the level of microwave leakage should be checked if the oven is damaged. All ovens should be marked to indicate that they should not be operated without a load because of possible deterioration of the appliance.

Another recommendation called for a design feature to be developed to make it impossible to run the oven empty.

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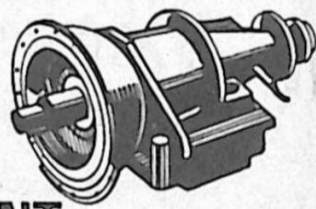
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## KELLOW E. H., "Rick"

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By: The residents of Comox who will be voting in the Municipal Elections on November 19th.

Because: "Rick", married with two children, has been, in his capacity as Credit Union manager in Comox, vitally concerned with the financial and social growth of the Town for the past ten years.

Twenty years experience in the Armed Forces, "Rick's" work done on the executive committee of the Royal Canadian Legion, Comox, and the Vancouver Island region of the B.C. Central Credit Union, and his active involvement in Federal and Provincial political campaigns have given him the discipline and decisiveness required by the position of Alderman.

Understanding the need to broaden the local tax base and reduce the burden on homeowners, 'Rick' is committed to encouraging the development of tourist facilities to enhance and promote the enjoyment of Comox's natural beauty which attracted he and his family originally and light industry to support a flagging tax base.

Aware of local issues, such as the construction of the new fire hall, which "Rick" supports and wants to see done with as much volunteer labour as possible to save taxes, "Rick" makes only one promise:

*"I will do my best for the people of Comox!"*

VOTE for "Rick" Kellow on November 19th.

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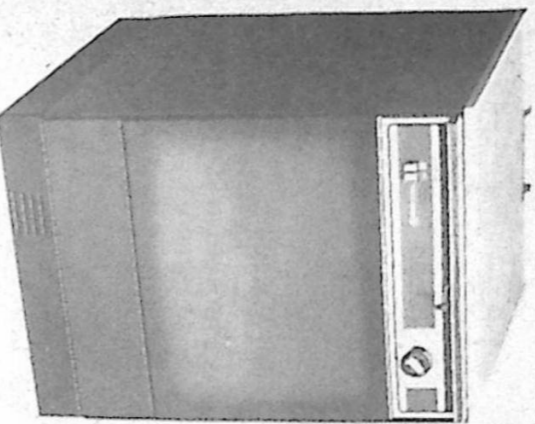
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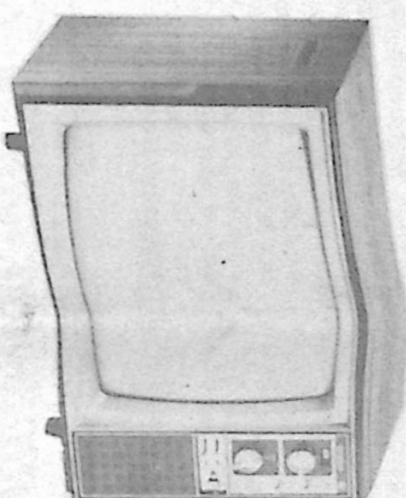


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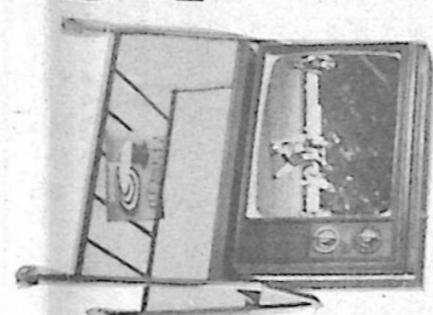
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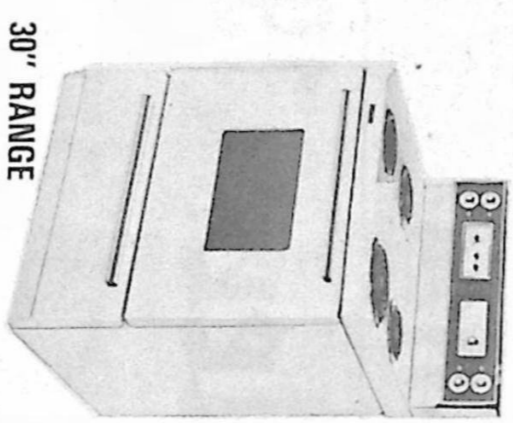
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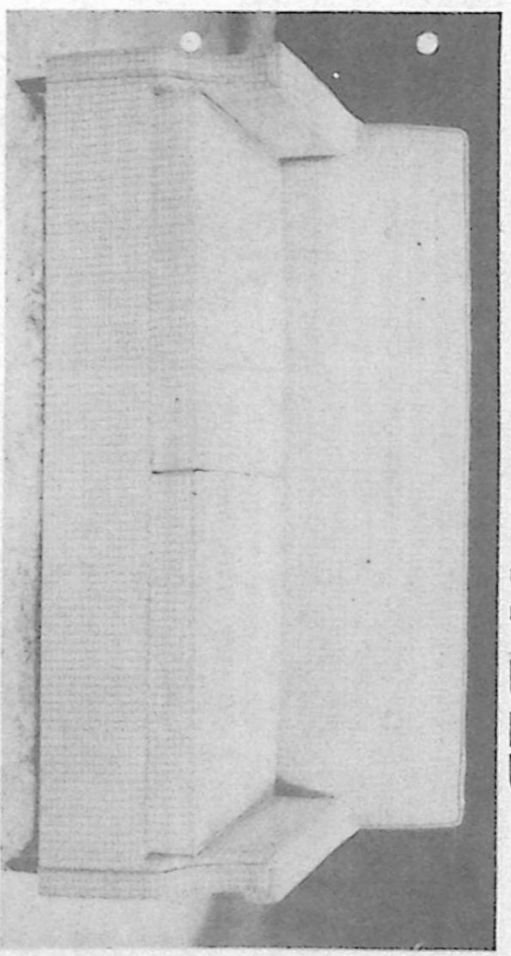
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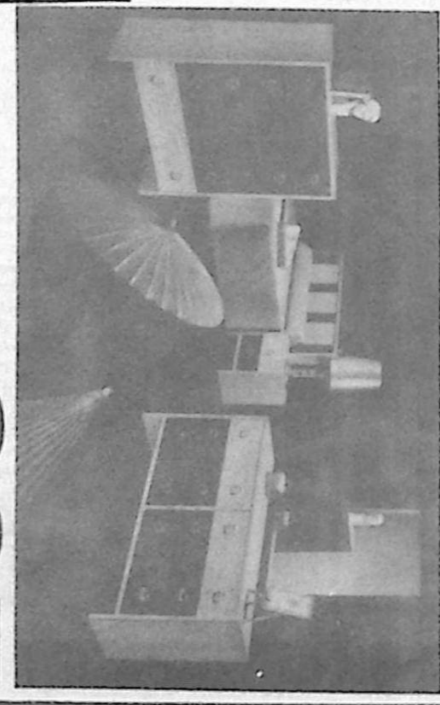
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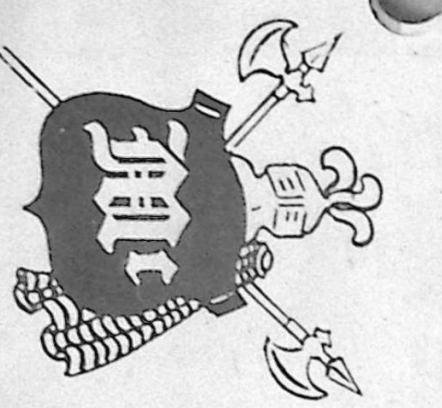
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# Cancer!

sensible facts for our readers

## The Nature And Treatment Of Cancer

Cancer is a growth disorder. Growth is a normal process which goes on in adult life as well as in childhood. It is obvious only in such areas as hair and nails, but many tissues of the body are constantly being sloughed off or removed and replaced by new tissue. The feedback mechanism by which the body regulates this process so that just enough growth occurs to meet body needs, but no excess, is not known. An understanding of this regulatory mechanism would be a giant step towards understanding the nature of cancer. A cancer results when growing cells totally escape this regulatory mechanism and invade and metastasize, interfering with the function of normal tissues.

There are four identifiable stages in the development of cancer:

**In Situ Cancer:** Only in the cervix can the first two stages be recognized; in most sites the tumor is already in at least the third stage before its presence is identified. Cancer presumably arises in a single cell which divides and becomes two, then four, then eight and so on. The normal growth process is usually separated from underlying tissues, lymph vessels, and blood vessels by a basement membrane. As long as abnormal (malignant) cells are outside this basement membrane, they can neither invade nor metastasize, the two criteria for "malignancy". In the cervix, this phase may last for many years, perhaps 12 to 20 years.

**Microinvasion Cancer:** When malignant cells first penetrate the basement membrane, this fact can only be recognized microscopically and this is referred to as "micro-invasion" and is still in a very early and generally curable stage.

**Local Invasion:** In the third stage of development, the tumor becomes grossly invasive and can be seen extending into underlying

tissues and even outside the organ from which it has arisen.

**Metastases:** The fourth stage of development is when the tumor cells have extended directly to involve other organs or tissues, or gained access to lymph vessel, blood vessels, or cavities like the pleurae to set up colonies of tumor elsewhere, metastases. At this stage, the chances of a cure become very low.

### GROWTH KINETICS AND SIZE

Switching from the microscopic development of a tumor to the size where it can be seen with the naked eye, a tumor which measures approximately one cm. in diameter and weighs approximately one gram, would be considered an "early" cancer in most tissues of the body. However, such a tumor contains approximately 1,000,000,000 cells and is the product of 30 successive doublings from the original single cell which became malignant. By the time this tumor reaches seven cm. in diameter (three inches) it weighs one kilo., and contains 1,000,000,000,000 cells and is of a life-threatening size. However, it has only gone through another ten doublings from the one gram tumor to a total of 40 doublings from the original single cell to reach this size.

Accordingly, what we think of as "early" cancer may really be a fairly advanced stage in the life history of a malignancy. From a clinical standpoint, "early" refers to a tumor which is still locally confined and has not yet metastasized.

### FACTORS IN THE CAUSATION OF CANCER

Up until now, we have considered the events which follow after a cell becomes "malignant". What factors, though, cause this change to take place? In about 70 per cent of patients the physician is unable to say why a particular cancer has arisen,

about 30 per cent can be tentatively explained.

However, there are a number of factors we recognize which are associated with an increased likelihood of developing cancer. The presence of these factors does not inevitably lead to a person developing cancer, but it is recognized that when these factors are present, there is a greater chance of an individual developing a cancer than when they are absent.

These factors are not mutually exclusive i.e. it may take several acting together to induce the start of any particular cancer.

Factors are genetics, radiation, food additives or dietary patterns, viruses, industrial, social such as smoking and immunodeficiency stages.

### OBJECTIVES OF CANCER MANAGEMENT

Prevention is currently

possible in 30 per cent of cancers. For example, it is possible to prevent smoking related cancers, cancer of the cervix, by use of Pap tests and skin cancer by reduced sun exposure. Ultimately, probably 75 to 90 per cent of all cancer may be preventable.

Cure is another objective of cancer management. This means restoring the individual to a normal life expectancy, comparable to other individuals the same age and sex. "The five-year survival rate" is a statistical convenience and may indicate cure for some types of cancer but certainly not for all. In most types of cancer, to achieve cure, all recognizable cancer must be eradicated and at the same time, adequate normal tissue must be preserved to permit survival.

Sometimes it is necessary to accept the objective of

prolongation of meaningful survival in the same way as doctors treating diabetes, arthritis, and most heart and chronic chest disease achieve this without actually achieving a "cure".

Except for nutritional and infectious diseases, most medical treatment is of this type.

Regrettably, the time comes in about half of all cancer patients where therapy can only improve the quality of the remaining time without affecting quantity. Thus alleviation of symptoms becomes the goal.

Where measures known to be effective are not available, consideration may be given to innovative therapeutic approaches in a small proportion of patients. When this is done, the patient will be informed and understand the rationale behind this investigative treatment.

## Residential Campaign Planned

The Canadian Cancer Society, British Columbia & Yukon Division, are planning to step up their campaign activity throughout the Comox Valley District, to raise funds for cancer research programs within the province.

Commencing April 1978, it is hoped that they will be in a position to conduct a residential door to door canvas in the Townships of Courtenay, Comox and Cumberland, with expansion to the rural areas to follow in 1979.

Mr. "Hank" Hoffart, of 1815 Noel Avenue, in Comox, is the Campaign Manager, and has taken on the responsibility of organizing the drive in readiness for April 1st.

"I see the job as a very worthwhile challenge," said Hoffart, "and more so, as one that has to succeed. Up to now, the Society have been using the mail solicitation

approach in our community," he said, "which yields roughly \$3,500.00 annually."

"It is our hope that this can be increased by door-to-door contact, and in a community of roughly 12,000 homes we could feasibly double the returns."

Mr. Hoffart went on to say that he realizes the undertaking is a big one, calling for the help of many people, volunteers, to assist him in the project.

Mr. Hoffart is presently in the stage of breaking down the various communities into workable areas, and is seeking the help of anyone interested in forming a campaign committee. He can be reached at 339-5605 in Comox.

"Cancer touches us all at some time in our lives," said Hoffart, "and I see this project as a most needed one if we are ever to beat this disease. I am very hopeful

that our community residents will see this in the same light, and back us up, not just by donating when the time comes, but by volunteering their time to work with us NOW, in putting the campaign together. Let's get behind it 100 per cent.

All proceeds will be channeled through the facilities of the Courtenay Credit Union, who have offered this service voluntarily, and to whom the Society is most grateful.

Funds raised in British Columbia are used for Provincial Cancer Research, (70 per cent), plus Education and Patient assistance programs, (20 per cent), and over the years many local residents have been helped.

Campaign costs are four per cent of every dollar raised, thanks to volunteers, while administration is the other six per cent.

The Canadian Cancer Society's public education program is based on the premise that early detection of cancer, followed by immediate treatment, saves lives.

The need for lay education is nowhere more evident than in regard to cigarette smoking. The U.S. Surgeon-General's report of 1964 made it clear that cigarette smoking was a prime cause of lung cancer but it is only in recent years the number of smokers has stabilized. In fact, a recent survey by the national department of health and welfare showed a sharp increase in the number of teenage girls who are smoking, almost as many girls as boys smoke regularly.

Further evidence of the need for lay education relates to another two of the seven steps to health, the Pap test and the monthly breast self-examination. A recent national survey conducted for the Canadian Cancer Society to assess the acceptance of the Pap test and breast self-examination showed 22 per cent of the women in this sample had never had a Pap test and the reason given by 26 per cent of these women was that they had never heard of the test. Another 19 per cent considered themselves to be healthy and were not concerned about cancer.

With breast self-examination, 36 per cent of the women reported they had never examined their breasts and more than one-half of these women were not interested in learning the examination technique. It is clear a different approach is required if these women are to be persuaded that breast self-examination is important to their health and perhaps their life.

The process of lay education about cancer may be considered to have three phases: the accumulation of knowledge about the disease, the dissemination of this information and the motivation

to change behavior. Whatever the method of approach, an essential first step is to inform all concerned of the urgent need for preventive measures. The information must be accurate and complete. That cancer facts are commonly complex and difficult to explain does not justify the use of simplification that is inaccurate or misleading. In the long run, such explanations are detrimental to both cancer education and preventive programs. We may have been guilty of making such oversimplifications in the past, but we should guard against doing so in the future.

Schools offer an ideal learning climate for the growth of a sensible, unemotional acceptance of cancer as a fact of life. In this atmosphere, old inherited prejudices can be replaced with honest matter of fact information. While instruction of this kind in school makes obvious good sense, its implementation has been understandably slow and difficult.

Every agency that has a worthwhile message seeks to present it through the schools, which in self-defence may develop a hard-shell of resistance to any new approach.

In preparation for this symposium, a survey was done of the provision for health education in schools in each of the ten provinces. The purpose was to determine if a study of cancer was being included in courses of hygiene, health, biology, chemistry or environmental studies. All of the ten provinces have health education in their programs of study but only three specifically include cancer in these health courses. In five other provinces, cancer is introduced incidentally in the study of other topics in health. A unit on cancer is included in biology courses of five provinces. In most provinces, the curriculum provides

opportunities to integrate cancer education into other areas of study at all grade levels, rather than prescribe specific courses or units of instruction in cancer.

Response to the questionnaire indicated that, at present, very little if any attention is given to cancer education in teacher-training programs across Canada. The attitudes of teachers and their knowledge of cancer may determine their willingness and ability to teach the subject. It is important then, that provision be made for training teachers.

The acquisition of knowledge does not necessarily lead to intelligent behavior. Our education process must go beyond disseminating facts about cancer prevention. It must help establish and promote conditions under which the learner will want to translate his knowledge into sensible action. For example, the relationship between cigarette smoking and lung cancer is well known but some people still refuse to act on the knowledge they have acquired. Cancer education may be more successful if the approach is indirect, and if it is aimed at society's values rather than at a health concept.

If the education program then is carried through these three phases, what is the prospect of "payoff" in cancer prevention? There is research evidence that lay education reduces patient delay seeking medical advice. Research has shown that delay in visiting a doctor is a minimum among women who practice breast self-examination regularly and a maximum among those who never practice it. The public education program has contributed to the increase in the number of women who practice breast self-examination (from 20 per cent in 1960 to 63 per cent in 1976).

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# Law Talk

BY GORDON HARDY

**FAMILY COURT**  
An organization called Parents of Kidnapped Children, formed in 1975, estimates that up to 10,000 kids are stolen yearly in Canada by one or other of divorced parents.

According to the Criminal Code, anyone who deprives a lawful parent of a child under the age of 14 is liable to a prison sentence of up to 10 years. However, until a court of law makes a custody order putting the child of a broken marriage under the care of one or the other of the parents, both have equal rights to it. In fact, most child-snatches take place before the custody order has been obtained.

Elain Deware, in a recent article in McLean's magazine, writes "Even when there are clear grounds for criminal action, the police and Crown prosecutors gear for it only under the most intense pressures. Professionals in the criminal courts view child-stealing as little more than a poisonous family fight..."

Even when the courts have decided who should have custody of the children, their decisions are often unenforceable if a kidnapping parent flees the province. B.C.'s Attorney General, Garde Gardom, recently announced a new law which makes custody orders from outside the province enforceable in B.C. Gardom said that it means "B.C. will no longer be a haven for civil kidnapping." B.C. joins seven other provinces with this kind of legislation.

The Federal government is concerned, too, and has put the issue on the agenda of the International Conference at the Hague. Justice Minister Ron Basford is currently studying an Ontario proposal to give provincial courts the right to order employers to furnish the addresses of abductors.

The courts, of course, are often given the unenviable chore of having to choose between two distraught and embittered parents. Custody is usually awarded in Family Court or Supreme Court as part of a separation agreement or a consent order. Family lawyer Penny Bain writes that "Custody decisions are made on the basis of the welfare or best interests of the children." The judge considers the conduct of both parties, their plans for the children and other factors.

In the past, judges tended to give young children to the mother but now more and more fathers are being awarded custody too. If cir-

cumstances warrant it, custody can even be awarded to someone other than a parent.

In the case of children born in common-law relationships, the child is usually given to the mother but not necessarily so. A B.C. judge gave custody to an unwed father last year, saying that he thought the child's best interests were better served with the father. Again, family lawyer Penny Bain writes that "a vital element of custody applications is that there are no hard and fast rules! Each and every case is determined on the basis of its own facts."

The Courts have recently come under fire from the Concerned Fathers Association which claims they are unfairly disposed towards mothers rather than fathers. Former football player Davey West, who served a 45 day prison sentence in Oakalla in 1974 for abducting his daughter, claims that the prejudice of the courts against fathers drives them to radical solutions like kidnapping.

Vancouver family lawyer, Sefton Levine, retorts "The law only reflects the value-structure of society which, in this area, favours the woman who is traditionally closer to the child."

Sometimes, when a full court hearing is delayed due perhaps, to the need for counselling or more information, a temporary decision on custody called an interim order is made. The child is given over to the care of one of the parents or even a grandparent until a more permanent solution is found.

Interim orders can be obtained through either Family Court or Supreme Court although the Family Court is usually much quicker. An interim order can be obtained from Family Court the same day as the Application. If both parties are happy with this arrangement, it can be made permanent.

When the court makes a decision about custody it usually deals with visiting rights, or access, of the parent not granted custody. This is decided in the best interests of the child, like custody. If it appears that the parents can work out visiting rights amongst themselves without resorting to fistcuffs, the judge will simply order reasonable access, leaving the matter to the tolerance and forbearance of the parents.

If, however, access becomes a bitter, petty squabble between the estranged spouses, the judge can specify that the visits take

place at certain times or in certain places or even in the presence of a third party like a mutual family friend. Cases like these make lawyers shudder.

Both custody and access orders can be varied when the circumstances of the parents or children change sufficiently to warrant another hearing.

It's interesting to see how dry, legal matters suddenly take on a very human dimension when applied to men, women and children in shipwrecked family relationships. Judges have to bone up on child psychology and the latest therapies. Take a recent case involving a British Columbian family:

A television repair man, separated from his wife for eight months, is not satisfied with the access he has to his three sons and two daughters, only once every two weeks with supervision. He applies to a Family Court judge to vary the access order giving him more time with his children.

The judge notes that, in point of fact, the circumstances of the parents and children have not really changed substantially enough to merit another hearing, but agrees to it anyway, saying that it is in the best interests of the children not to force the

parents into an expensive appeal at a higher court.

The mother bitterly opposes the request, accusing her former mate of sexually molesting the daughters, aged nine and five. But an investigating psychiatrist has not been able to discover any truth in this horrible accusation.

The judge writes in his report "I am satisfied that under no circumstances could the wife consider the matter rationally enough to appreciate what effect her attitude is having upon the children. It appears to be a stroke of good fortune that the two girls have managed to avoid having their emotional relationship with their father poisoned by their mother's attitude."

Adding that he is satisfied that the father has conducted himself properly as far as the visits are concerned, whether or not the original allegations of his conduct towards the girls are justified, he agrees to vary access. The man is now allowed the company of his daughters one full day a week and for three days at Christmas without supervision. He's permitted to visit his daughters every second Sunday but on the condition that his visit is supervised by an uncle and that the girls continue therapy with the psychiatrist.

## Changes At The Top

Promotions and new appointments involving senior Canadian Forces officers have been announced by Defence Minister Barney Danson.

Brigadier-General John B. Tucker, 51, of Toronto, director general of personnel services at National Defence headquarters here, has been promoted to major-general, Defence Minister Barney Danson has announced. He has been appointed chief of financial services, replacing L.E. Davies, 46, of Halifax, named assistant deputy minister, finance last January.

Maj.-Gen. Tucker attended Royal Roads naval college in Victoria, B.C., and in 1945 entered the Royal Canadian Navy as a midshipman. He served in HMCS Uganda and HMCS Warrior, and held various shore postings at

Royal Roads, Washington, D.C., HMCS Naden and the Naval Supply Depot in Montreal.

Commodore Noel Cogden, of London, Ont., commander of the Canadian Defence Liaison Staff in London, England, is retiring and will be replaced by Colonel Arnold W.D. Garlick, of Ottawa, promoted to brigadier-general effective Dec. 1.

Brig.-Gen. Jack B. Gibbons, of Hamilton, Ont. now director general of supply systems, becomes director general of personal services, replacing Brig.-Gen. John B. Tucker, of Toronto, promoted to major-general and appointed chief of financial services.

Col. Ervin O. Hardy of Summerside, P.E.I., promoted to brigadier-general effective Oct. 15, replaces Brig.-Gen. Gibbons.



# Accent Safety

Skiing ... getting there is half the fun

If you are lured to the Forbidden Plateau ski area for an initial try at this popular sport, for a fun-in-the-snow day, for the splendid view from the top or the Winter Carnival activities, you should brush up on your winter driving skills.

Access to the Forbidden Plateau ski area is provided by a well-marked, paved road for the first three or four miles after you leave the Island Highway. The actual distance is academic, because the blacktop ends at the "Cat Shack" (a shelter for road maintenance equipment - not what you think!) and there you stop worrying about the road you just left and start worrying about the gravel road. Jacking or working beneath a car on a slope is dangerous, so most drivers put their chains on at this lower, level spot, or leave their cars and hitchhike up with others (commonly known as the Colonel Saunders option). To help you decide whether or not you

should bother, the local radio station broadcasts local snow and road conditions at 0705 and 0910 hours. The second information agency is a Dept. of Highways sign near the Cat Shack which tells you if chains are mandatory. As an added incentive to join the chain gang, be advised that the RCMP often station themselves further up the hill on "chains mandatory" days and delight visitors with picturesque Canadiana and souvenir traffic tickets, if they fail to heed the sign.

Once your decision has been made and you are on your way, you will notice the pleasant, reassuring sounds and vibrations that chains bring into your life. You will also notice that the conditions change quite drastically as you begin climbing and you begin to appreciate the wealth of meaning hidden beneath the brief statement on the ski report "The road is good - but chains are mandatory".

By now you will be used to the tendency of your car to

want to travel sideways rather than forward at every opportunity. Do not be alarmed, chains are just like that. One thing that most newcomers do is drive too slowly uphill. This is particularly bad if the vehicle is Detroit Iron and weighs in at 3500 lbs plus. With the exception of "Switchbacks", try and keep your speed between 20 and 30. Keep a sharp lookout ahead for downhill traffic; keep your headlights on; keep well to the right on sharp turns. Visibility at these points is limited to about 20 feet and you have little or no time to react and correct your road position.

At the two major crisis points: The Forbidden Plateau overnight lodge and the infamous "Cranapple Corners", try to avoid gripping the steering wheel too hard. It doesn't help the traction and may turn your knuckles permanently white. The road grade at these points is demanding on most cars and impossible for some -

depending on the road surface; the temperature; how recent the snowfall; and particularly the driver's technique. When you finally reach the parking area, be sure and turn right at the sign. This avoids one more demanding grade and a possible head-on collision.

On busy days, a staff member will direct you to a parking spot. If you do not get that far and choose your own parking spot, be sure to avoid corner locations that will make your car an obstacle to others. Finally, turn off the ignition and headlights, place transmission selector in gear or in "Park", set your parking brakes, heave a giant sigh and mentally shift your thoughts from the questionable pleasure of driving to the unquestionable pleasure of skiing.

SAFETY SAM

## Boxtop For Alert

Canada's most northerly military base - Canadian Forces Station Alert, N.W.T., 500 miles from the North Pole - will be resupplied with diesel and aircraft fuel in a round-the-clock airlift Nov. 4-17.

In the operation, called Boxtop 3-77, Air Command C-130 Hercules transport aircraft from 435 Squadron at Edmonton, Alta. and 436 Squadron, Trenton, Ont., will fly 103 missions to carry 370,000 gallons of diesel fuel and 7,000 gallons of aviation fuel from storage facilities in Thule, Greenland to Alert, 430 miles north.

A Boeing CC-137 from 437 Squadron at Trenton will transport 80 ground support personnel to Thule. A C-130 will airlift radar air traffic control equipment, operators and technicians to Alert.

## The Crowded Heavens

Twenty years after the launch of the satellite that inaugurated the space age, North American Air Defence Command headquarters in Colorado Springs in September reported 4,472 objects in space. And in another 20 years the figure could climb to more than 19,000.

The first man-made satellite, a 23-inch aluminum sphere called Sputnik I was rocketed into orbit by the Soviets Oct. 4, 1957. It came down after three months in orbit.

Since then, more than 10,000 space objects - instrumented payloads, rocket motors, and debris fragments - have been detected and catalogued.

Radar, optical and radio-energy sensors at various locations around the globe are

used in the space detection and tracking system, and send some 20,000 observations daily to NORAD's control facility. Two optical sensors - Baker-Nunn cameras - are in Canada at CFB Cold Lake, Alta. and at 21 Radar Squadron St. Margaret's, near Chatham, N.B. Others are in Korea, New Zealand, Italy and the U.S.

The number of space objects mounts not only with each new satellite launch but also with in-space breakup of large objects. Most objects now in space are in the debris category. Of the total now up there, only 971 are payloads, many of them no longer working.

As collisions become more probable, keeping track of all satellites gains importance in

determining whether a payload stopped functioning because of a collision, malfunction or some other cause.

Although NORAD is watching thousands of space objects with its global system, it hasn't been able to track all of them. Some are too small, and others are out beyond the range of the sensor network.

But two new NORAD radars now reporting information are improving the satellite watch capability. Both are phased-array radars that shoot out beams electronically under computer control, rather than using the old, conventional rotating dish antennas.

One of the new radars is on Shemya Island at the tip of the Aleutian chain and the other is in North Dakota.

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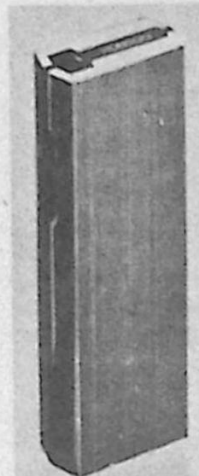
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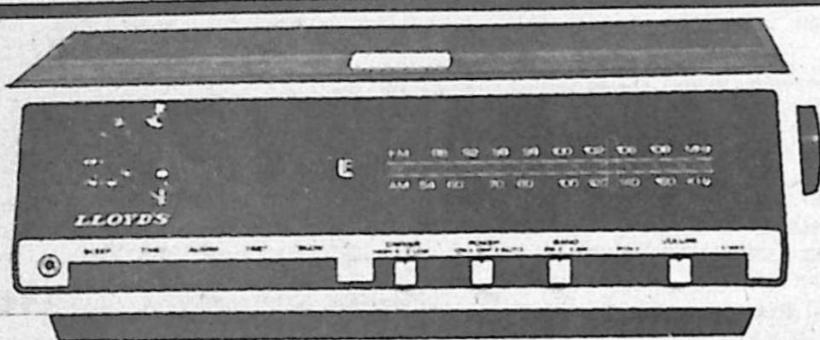
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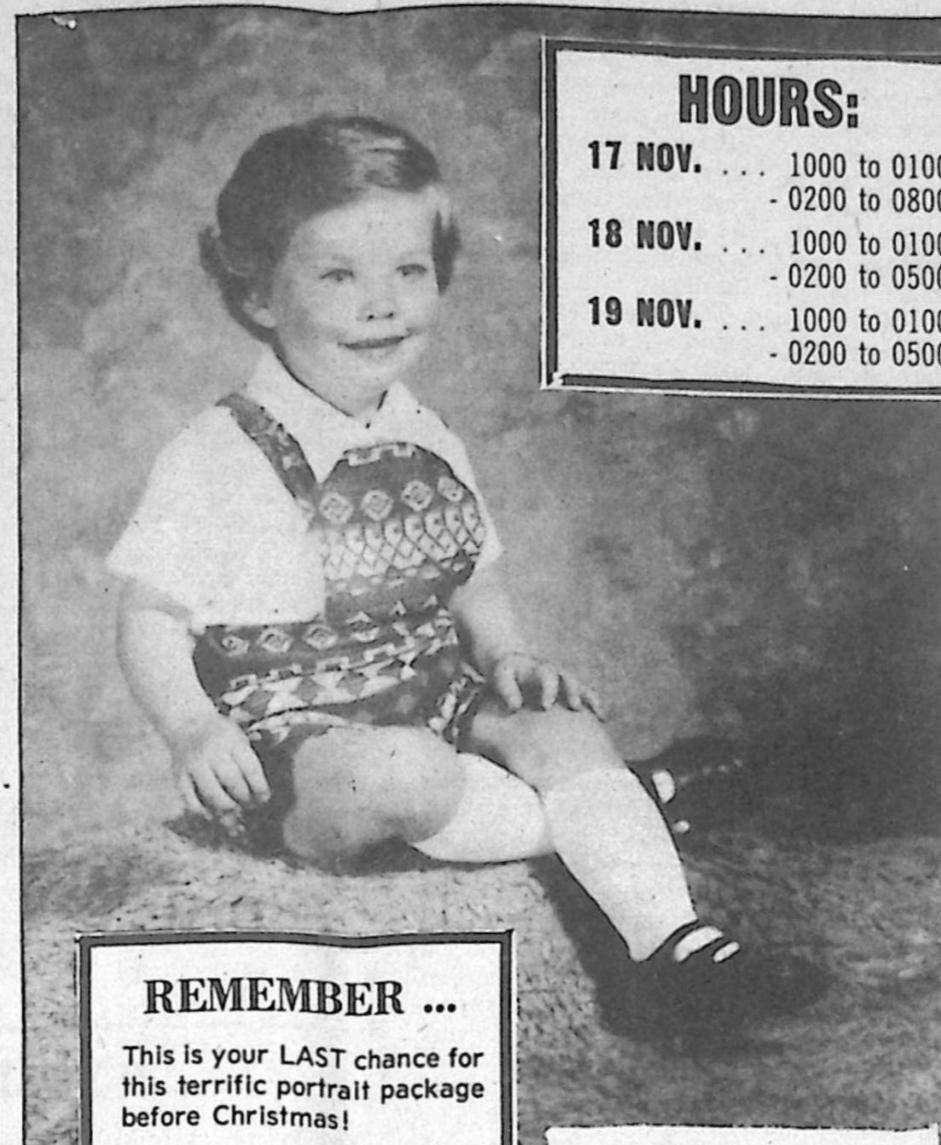


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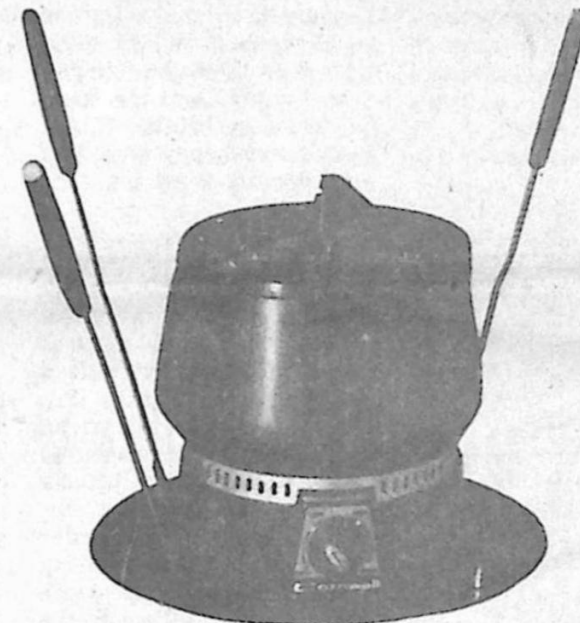
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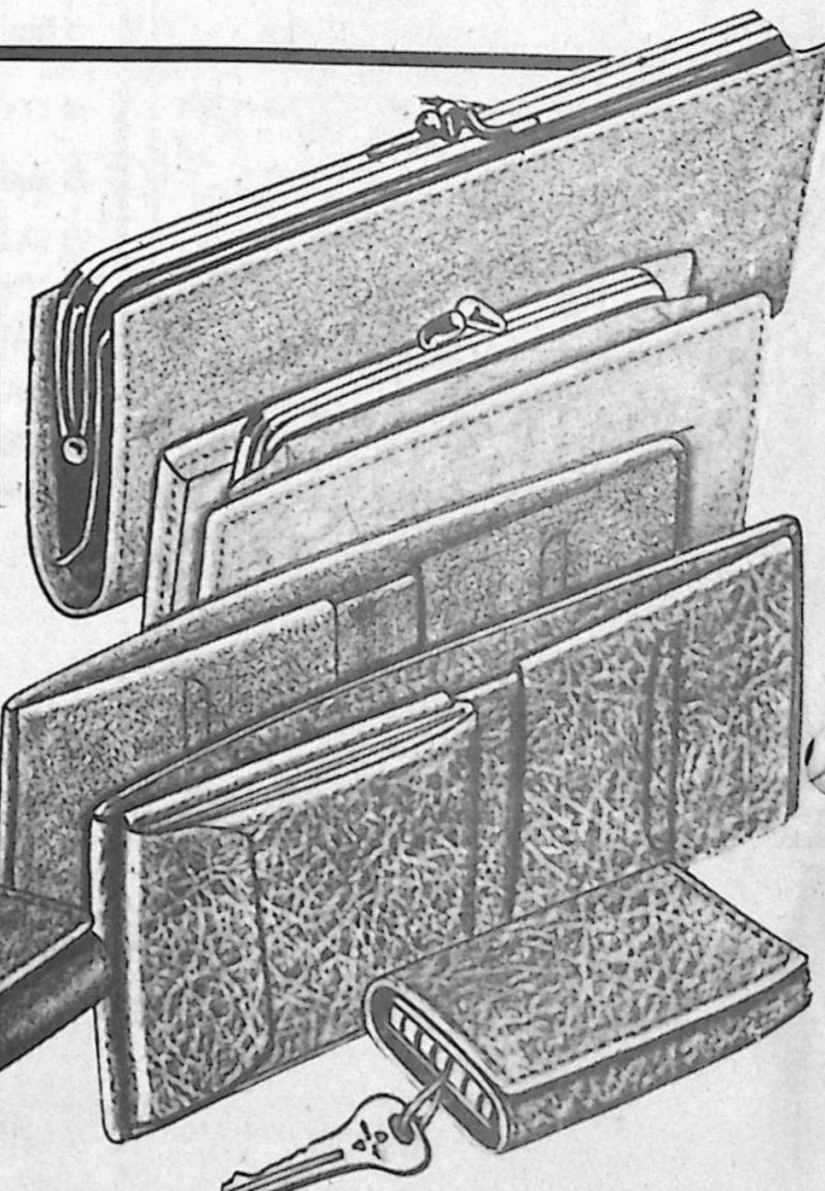


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