

TOTEM TIMES



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CFB COMOX TOTEM TIMES

THURSDAY, JAN. 11, 1979

NO CHARGE

Looking back on '78

'Morning Light' tops news in a busy year

OTTAWA — For Canada's Armed Forces the year 1978 was one of much activity and progress.

In the forefront was Operation Morning Light, the search for and recovery of debris from the Soviet nuclear-powered satellite Cosmos 954 in the Northwest Territories, which held world-wide attention in the first few months of the year.

NATO exercises on land, in the air and at sea continued at a high level. A Canadian took command of NATO's small multi-national standing Atlantic fleet for a one year term. Canadian signallers provided support to the UN Interim Force in Lebanon. New Leopard tanks began to arrive in Canada and at Lahr, West Germany, while the first new armored vehicles reached the training bases.

Still to come, but further along the road, were the programs for the Aurora long range patrol aircraft and the Canadian Patrol Frigates for Maritime Command and the New Fighter Aircraft for Air Command.

NATO defence matters also kept the defence minister and his advisors busy throughout the year.

During the December meeting of NATO's Defence Planning Committee, the members of the Alliance approved the program for the NATO Airborne Early Warning and Control System, designed to help deter the Warsaw Pact from launching surprise attacks.

Canada's share of the estimated acquisition cost of \$1.8 billion will be approximately \$180 million phased over the next eight years. Canada will also contribute to the annual personnel, operating and maintenance cost of the system, a portion of this by contributing Canadian Forces personnel to the Headquarters and Airborne Component of the NATO AEW Force.

In the naval world, the Standing Naval Force Atlantic (STANAVFORLANT) celebrated its 10th anniversary during 1978 and for the third time a Canadian took command of NATO's five-ship deterrent force.

Throughout the year, members of the Canadian Forces stationed in Canada and abroad participated in NATO training exercises on land, in the air and at sea.

In February and March, the 1st Battalion, The Royal Canadian Regiment, CFB London, Ont., with smaller support elements and eight CF-5 jet fighters from Bagotville, Que., joined Norwegian, British, Italian, German, Dutch, and American sea, land and air forces in northern Norway for Exercise Arctic Express. The exercise tested rapid deployment procedures of the multi-national Allied Command Europe Mobile Force.

Again in Norway, Canadian Forces fighter pilots and their counterparts from Britain, Denmark, West Germany, Norway and the United States took part in Exercise Best

Focus from May 26 to June 3.

This biennial tactical air reconnaissance exercise conducted by NATO's Allied Forces North concentrated on visual and photographic reconnaissance of simulated land and sea targets in Norway, Denmark and surrounding waters.

Members of 433e Sccadrille tactique de combat, CFB Bagotville and 434 Tactical Fighter Squadron CFB Cold Lake, Alta., flying CF-5s and their ground support crews represented Canada in the exercise.

Later in the year, Maritime Command destroyers and aircraft participated in one of the more extensive NATO maritime exercises.

Along with STANAVFORLANT, the destroyers HMCS Algonquin, Assiniboine, Margaree and Skeena, the operational support ship Preserver and Argus aircraft from 415 Maritime Patrol Squadron, CFB Summerside, P.E.I., participated in Exercise Northern Wedding 78.

More than 40,000 men, 150 ships, 22 submarines and 800 fixed and rotary wing aircraft from nine NATO countries took part in the exercise conducted in the Eastern Atlantic, North Sea and English Channel between Sept. 4 and 19.

Exercise Northern Wedding is designed to give NATO participants practice in rapid reinforcement and resupply of Europe in times of tension and war.

In Central Europe,

Canada's European-based 4 Canadian Mechanized Brigade Group (4 CMBG) and 1 Canadian Air Group (1 CAG) joined the NATO forces of Germany, The Netherlands, Belgium, United States and United Kingdom for major exercises of the Autumn Forge series in September.

The brigade group participated in Exercise Blau Donau, an exercise designed to test the capability of the 50,000-strong NATO force in combined operations in simulated wartime conditions. 1 CAG participated in Operation Cold Fire, the air equivalent to Blau Donau.

On October 31, during the visit of the Norwegian Defence Minister Mr. Rolf Hansen, to CFB Petawawa, Ont., Canada's Defence Minister Barney Danson announced that in September 1980, the responsibility for providing the Canadian Air Sea Transportable (CAST) Combat Group will be assigned to the Special Service Force in Petawawa. The Canadian Airborne Regiment, 1 RCR London and a battalion from the PPCLI will be in the infantry component and the 8th Hussars the armored reconnaissance component.

On the NORAD scene, U.S. and Canadian officials continued their studies to upgrade the long range radars which aim to improve the detection capability of the system and reduce the size of maintenance staffs.

At NORAD headquarters in Colorado Springs, there was a

change of Canadian personnel near the top, when in August, Lieutenant-General David R. Adamson, the Deputy Commander in Chief of NORAD retired and was replaced by Lt.-Gen. Kenneth E. Lewis former Deputy Chief of the Defence Staff.

Live and simulated exercises continued unabated to keep personnel and equipment operationally ready and provide a realistic test of aerospace warning and defence systems. NORAD's quarterly four-day live air defence exercises, code-named "Vigilant Overview" went off on schedule and each one saw about 200 target aircraft, simulating enemy bombers, carry out mock attacks from turn-around positions in the Canadian north and off the Alaskan, Atlantic and Pacific coasts. The approaching "enemy" were met by USAF and CF all-weather fighter interceptors augmented by aircraft from the U.S. Navy and Marine Corps. During two of these exercises U.S. E-3A Sentry airborne warning and control systems (AWACS) participated, and, for the first time, one of them operated with 22 NORAD Region headquarters at North Bay, Ont.

In mid-September, a top Canadian fighter interceptor team composed of air and ground crews from Comox, B.C., Bagotville, Que., and Chatham, N.B. backed by air weapons controllers from St. Margaret's, N.B., and North Bay, Ont. joined their U.S. counterparts in an airborne shootout called "William Tell 1978". Operating with CF-101 Voodoos, the team came away with two awards in this highly competitive series held every second year at the U.S. Aerospace Defence Command's Air Defence Weapons Centre at Tyndall Air Force Base, Florida.

Neither NATO nor NORAD, but rather jointly sponsored by Canadian Forces Air Command and USAF Tactical Air Command, two month-long air combat exercises were carried out at CFB Cold Lake, Alta., in 1978.

Code-named "Maple Flag", the exercises ran in the spring and fall with the manoeuvres designed to hone fighter pilots combat skills against a variety of aircraft and ground threats under realistic battle conditions.

American participation included A-4 Skyhawks, A-7 Corsairs, F-15 Eagles plus support aircraft all operating from Cold Lake, as well as B-52 bombers, F-111 fighter-bombers and E-3A AWACS aircraft which took part without landing in Canada.

For Canadian pilots, Maple Flag marked the first time that CF-101 Voodoos, CF-104 Starfighters and CF-5 Freedom Fighters operated together in a major tactical exercise.

UN PEACEKEEPING
UN peacekeeping activities continued in Cyprus and the Middle East while the countries involved in the disputes sought more permanent solutions. The bat-

talion-strength rotations took place in Cyprus at the regular six-month interval while many more Canadian military completed a first or second tour of UN support duties along the Suez canal or on the Golan Heights.

Meanwhile, the flare-up of armed conflict within Lebanon in April precipitated UN intervention, with Canada contributing 117 communicators drawn mainly from 1 Canadian Signal Regiment of Kingston, Ont. After fulfilling their six-month mandate, they turned over their responsibilities to UN civilian personnel and returned to Canada the first week in October.

OPERATION MORNING LIGHT

Early in the year a highly publicized and potentially dangerous emergency occurred. In the early hours of January 24, following a warning from the NORAD Space Defence Centre in Colorado Springs who had been tracking it, Cosmos 954, a Russian nuclear-powered satellite disintegrated and crashed in the Northwest Territories between Yellowknife and Baker Lake, approximately 800 kilometres to the northeast. Operation Morning Light was immediately launched.

From the start, DND was assigned the lead role in the search for the radioactive debris which became a prime challenge to CF personnel. The Atomic Energy Control Board (AECB) was assigned responsibility for the recovery of any debris.

For two months, more than 250 members of the Canadian Forces, 30 Canadian scientists and technicians from AECB, Energy, Mines and Resources and Environment Canada and approximately 115 members of the Nuclear Emergency Search Teams of the U.S. Department of Energy searched for and recovered radioactive debris from the satellite.

CFB Edmonton became the operations centre with forward search detachments quickly set up at Baker Lake and in the operations room of Northern Region Headquarters at Yellowknife. Later, following the accidental discovery of a large piece of debris by naturalists working in the area, a forward base camp of tents was set up on the banks of the Thelon River, approximately midway between Yellowknife and Baker Lake. ere, in the bitter cold, a landing strip for Air Command's Hercules aircraft was prepared on the frozen river to enable airlift of supplies in support of the search teams and support crews.

By the end of March, the time had come to reduce the military recovery operation. Operations at the forward base camp, named Camp Garland after the commander of Operation Morning Light, Colonel David Garland, base commander of CFB Edmonton, ceased and the personnel who had built and manned it returned to their home bases. The final search and clean-up operation was



OPERATION MORNING LIGHT -- This piece of the Russian nuclear-powered satellite Cosmos 954 was discovered imbedded in the ice of the Thelon River by a group of adventurers who were wintering in nearby Warden's Grove, N.W.T. (CANADIAN FORCES PHOTO)



WOMEN'S ROLES EXPANDING. Canadian Forces women serve in many and varied locations. Pte. Donna Lynn Monkhouse with the UN Emergency Force in the Middle East operates a tow bar on a recovery vehicle. (CANADIAN FORCES PHOTO)

St. John's, Regina, Moose Jaw, Edmonton and Victoria. Acting as equerries were Major Roger Simard of Coaticook, Que., equerry to Her Majesty the Queen and Major George Macdonald of Red Deer, Alta., to His Royal Highness Prince Philip.

The summer of 1978 saw 885 service personnel working in direct support of the XI Commonwealth Games in Edmonton.

Tasks assigned to the Canadian Forces included setting up and operating a transportation system for the athletes, officials and members of the media; designing a supply system; maintaining control of millions of dollars worth of equipment installed at 11 games sites; helping to maintain an efficient communications network; and feeding, housing and training.

Fixed-wing transport aircraft from Trenton, Ottawa and Edmonton plus helicopters from Edmonton provided the extensive air support. Regular and militia units mounted guards of honor in

(Continued on page 3)

Aurora Update

Rollout minus 14 days

The final assembly stage is now well underway. The wings, engines and undercarriage have been installed, the wiring has been checked out, power and hydraulic pressure have been applied. In fact, it now looks like an aircraft.

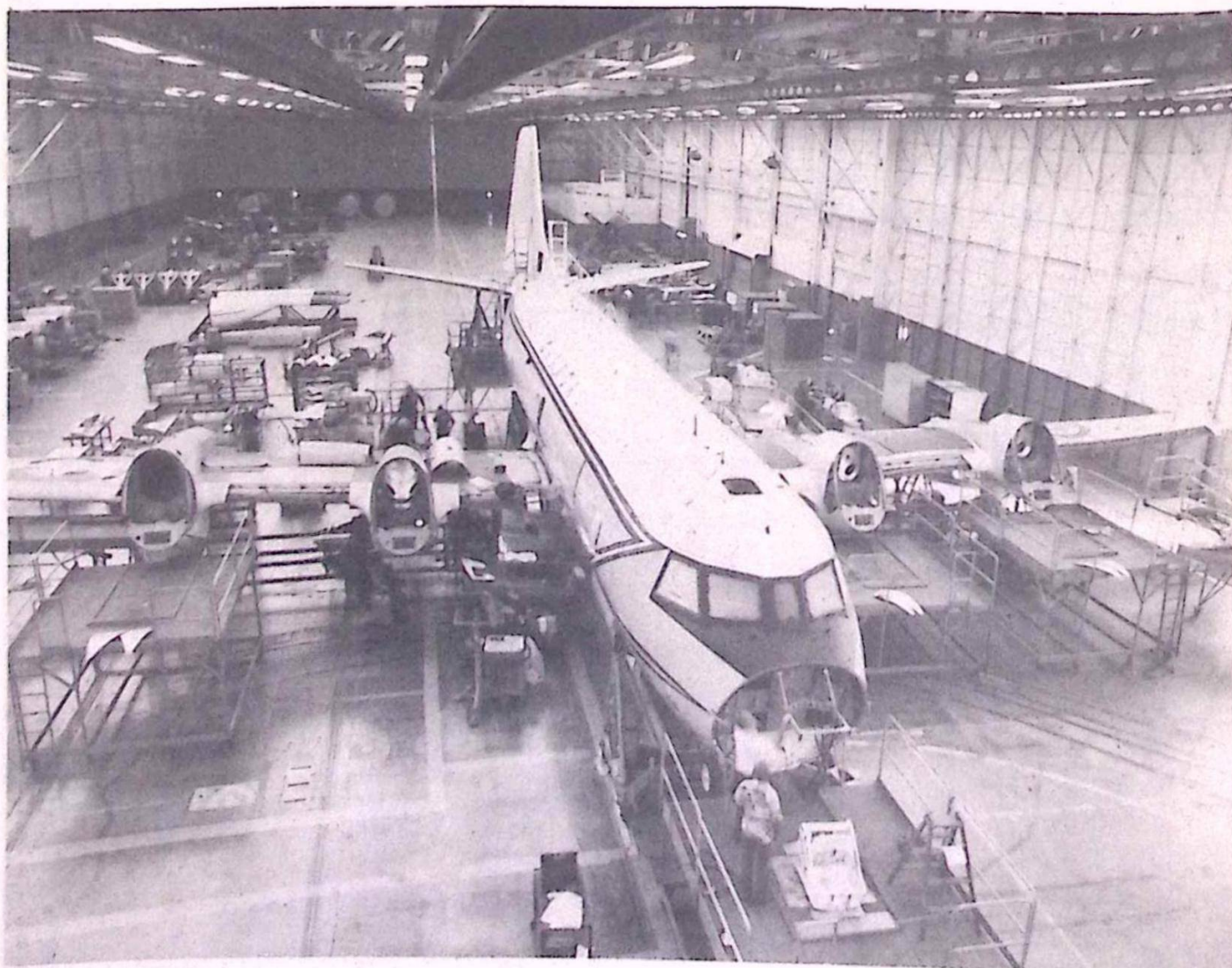
The expression sometimes heard these days is, "MY

GOSH IT LOOKS LIKE AN ARGUS". Indeed, at first glance it does look unchanged. The color is the same, the red and white lightning stripe is in its familiar position and it still uses those "four bladed fans" to pull it through the air. The similarity however, ends there.

The sophisticated electronics and computers inside

this "old look" are the most advanced in the world. Also, the turbine engines connected to those "four bladed fans" can propel the Aurora along at twice the speed of the Argus, and it's much quieter. Of more importance however, is the objective to deliver an aircraft worthy of replacing the Argus which has served so well for over 20 years.

Much more work remains to be done before the final assembly phase is completed for the 25 Jan. '79 rollout ceremony. All the avionics equipment remains to be installed and the special wiring, sensors and test monitors required for the flight test program will also be installed and checked out.



ROLLOUT MINUS 14 DAYS. The nose of the aircraft is being prepared for the installation of the

radar and the Forward Looking InfraRed viewer. The nacelles are set to receive the engines.

Next Deadline
Totem Times
JANUARY 22nd
PLEASE MEET OUR DEADLINE

Section news — As it happened at Comox

Open mike '79

The parties are over; the country side is white and fresh and cold; and Santa has been generous. A.T.C. staff have been seen in Tower and Ratcon praying for a thaw and a quick pay day to replenish Bank Accounts. As soon as that happens all the regular activities should begin with new vigor.

NEW KIDS ON THE BLOCK. LT. GREG NICHOLS and OCDT JUDY GJOS joined the ATC staff over the holiday season. Greg is fresh off the Aerodrome Controller Course in Borden and has commenced his check out in the glass house. Judy joins us for some On Job Training awaiting the next edition of that same course in the new school at Cornwall, Ontario. Welcome to God's Country.

TOWER EMPIRE GROWS. Congratulations are in order to one of our own. WO ART KIRCHENER has just returned from Camp Borden where he successfully completed the Aerodrome Kntroller's Course. Art will join tower staff here.

SGT PAT HUDSON has taken over as NCO i c at the tower and is still getting his eyes adjusted to all that sunlight after his tour in Ratcon. SCORE Tower 4-Ratcon 0. Time for another raiding party.

RUMOR. BRIAN PUTTOCK HAS AGREED TO SHAVE OFF his moustache if he breaks his New Year resolution and starts smoking again. MEANWHILE, another reformed smoker can be heard groaning in Ratcon.

TOWER RECEIVES WELL DONE. At the best of times, providing the service of Air Traffic Control can be considered a thankless profession. It's always nice, however, when the aircrew work for pass on a pat on the back and send the Controller home with re-inforced pride and a 'Raison d' Etre'.

This happened the other day after tower had been particularly busy with a mixed bag of traffic. T-Birds' Buffalo's, 101's, PW, Light Aircraft and an Argus made for an interesting day in the Glass House.

The praise came from the Argus crew after they had completed a 4 hour pilot trainer without having to hold out over the water until the dust cleared. The system really works when everyone does their part to fit in. In any case, well done Rick and like we said earlier, thanks guys, we needed that. Like the sign says "We do it ALL for You".

BIVOWAC TRAINING FOR RATCON STAFF. The smell of canvas and fuel oil permeated RATCON on Monday as the staff underwent survival training on the job. Power bumps knocked the heating system off line so a "Herman Nelson" was installed to heat the building. Some of that chatter that aircrew heard Monday was strictly involuntary. Later in the day the heat was great, but the smell ech.

FAREWELL. DON DIENO leaves Comox this month for VICTORIA RCC. As one of the unsung hero's of the section Don has completed one of the most rounded tours at ATC Comox. He has worked as a TOWER 'B' STAND, NCO i c FLIGHTPLANNING, put in SIC MONTHS IN EGYPT, WORKED 'B' STAND IN RATCON AND PULLED SHIFT AS PAR CONTROLLER. THIS KIND OF FLEXIBILITY AND EXPERTISE HAS BEEN A REAL ASSET TO THE SECTION and he'll be missed by all. Good luck, DON.

See you all in two weeks, in the meantime, guys, MAKE NEWS.

Say Again.



WITH A HEEL AND A TOE AND AWAY WE GO... "The man" sets mean pace as he leads the troops in a rousing march from the officers mess onto their annual vigil at the WO's and Sgts. Guest Ranch.

The officers danced along to the swirl of the pipes courtesy of two of our fine young (?) Lieutenants. The visit was termed an overwhelming success. Thanks guys!

Demon doins . . . Year end doins

Since we still have 348 days to complete our Christmas shopping, let's not rush anything for a few months. This way, everybody will have a chance to recuperate from the last one!

First, here is a clue to LCol Peter Hamilton if he would like to thank the one who put a Demon Decal on his bathroom mirror during the cocktail hour he gave prior to the squadron party: don't look for a pilot!

At the end of last year, Crew 4 handled the hottest contact in years for the squadron: they were tasked to help in the

rescue of the Japanese trawler that was on fire north of Vancouver Island. Meanwhile, Crew 5 had some problems during their NAVEX to Greenwood. Thanks to Crew 6, they did not have to spend too much time in Edmonton!

During one of the many NAVEX flown during the festive season, few members of Crew 6 did not feel too well. It can have been caused by the food or the high altitude of the flight. For a full diagnosis, see MCpl. Bob Gray!

Capt. Lloyd Corney's last attempts to revise the flying

schedule has demonstrated his ability as a career manager: he has successfully transformed his happy Crew 3 into a pack of howling bloodthirsty demons!

From servicing, MCpl. Holcombe, is Tech, was promoted to his present rank

(effective to 21 August '78), congratulations! MCpl. Holcombe is also posted to Shearwater this month, "you can't win them all!"

I would like to close this article by wishing you all a Happy New Year in the upcoming '79.



Firing away . . . At a new year

Here we are at the start of another New Year. The Fire Department recorded no major incidents over the festive season and the thanks for a job well done is extended to you, the householder for allowing CFB Comox to have a fire safe Christmas and New Year.

Looking back over the past year, CFB Comox was relatively fire safe with no major fires but many minor ones with great potential. The old adage "large fires always start out small" still holds true and only the efficient response of the duty fire crew kept the situation in check on occasion.

For you people that are statistically minded, here is a breakdown of recorded Fire Department emergencies over the past year:

- False Alarms - Accidental - 8.
- False Alarms - Mechanical - 37.
- False Alarms - Unknown - 11.
- Emergency Responses to non DND fires - 8.

Emergency Responses to DND fires - 4.

Grass and Bush fires - 17.

Emergency Response to DND properties - 40.

Aircraft Emergencies - 99.

There was a recent incident on base which could have developed into a serious fire if it had went unnoticed. A 100 watt light bulb was used in a lamp which was only designed for a smaller 40 watt bulb. The 100 watt bulb in the lamp had started the plastic on the lamp to melt. An information sticker on the inside of the light shade stated that the maximum wattage bulb which was safe to use, was 40 watts.

All light fixtures are designed to accept only a certain size light bulb and are marked as such. What you do when you install a light bulb of higher wattage and generally, larger in size, is to decrease the clearance between the bulb and the surrounding combustible material and increase the amount of heat being given off from the surface of the bulb. The end

result is a large amount of heat which dissipates slowly. This potentially could start the surrounding combustible material on fire.

Large accumulation of dust or lint could further aggravate this situation.

Nighthawks nest . . .

It has been fairly quiet at the nighthawks nest for the past couple weeks in the flying department, as Christmas parties occupied a great deal of time. Most of the missions that were flown included a ski hill inspection to check snow conditions. A number of the nighthawks managed to get away from the Comox Valley for the holidays to get a taste of winter. Little did they know that winter had seized the valley and awaited their return.

Of course the QRA was manned continuously throughout the holidays. The Christmas day crews were pleasantly surprised with a

Scorching marks or discoloring on the inside of a lamp shade or underside of a ceiling are indicators of a bulb which is too large. So take a common sense approach when installing light bulbs, and save yourself grief.

visit from LCol and Mrs. McAffar.

A report was filed by the Christmas Eve Crews that at 2330 hours they were scrambled to intercept an unidentified aircraft. It was a strange looking machine, painted red, with an unorthodox aerodynamic design. Unfortunately photographs could not be made due to the bright blinking light at the nose of the reindeer mark eight power unit. Obviously due to fiscal restraints, it was a single seater, however judging by the size of the pilot, there was plenty of room for two. It seems he didn't require a helmet and oxygen mask but

The discarded Christmas tree pick-up held during 02 removed from Married Quarters and taken down to Airforce Beach. The local cub pack is going to permanently dispose of them by having a large bonfire.

he looked quite jolly in his red flying suit.

Using the standard Grey book intercept signals which they had so diligently learned in the sim, the alert crew persuaded the elderly aviator that he must turn eastward to find land. Impressed by the professional execution of the intercept he smiled and observing the Island coast on the horizon he pulled ahead under his own navigation. Off he flew into the starry night to make his scheduled deliveries and a low approach at deserving airports.

Happy New Year. Norman

BASE DRUG AND ALCOHOL COMMITTEE

Capt. Frank Manuel	407 Sqn.	Loc 302
Capt. Wayne Fisher	442 Sqn	Loc 239
Dr. Culver-James	Base Hospital	Loc 213
Sgt. Gerry Murphy	407 Sqn	Loc 417
MWO Ken Greer	409 Sqn	Loc 379
MCpl Jim Judge	BAMSO	Loc 336
Sgt Hank Oke	B Compt	Loc 383
MCpl Gord Pflug	B Sec	Loc 218
WO Ted Forget	407 Sqn	Loc 302
Padre Coleman	B Cahp (P)	Loc 273
Padre Stack	B Chap (RC)	Loc 274

If you think you have a related problem give any of the above a call at any time.

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FEATURE OF THE WEEK



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Custom built with many quality features. On a good view lot in Comox. Immediate occupancy possible.

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OFFICE: 338-7781

Jr. Ranks Club

JANUARY 12th — DISCO
JANUARY 13th — DANCE by D.J.
JANUARY 10th, 17th, 24th, 31st — BINGO
JANUARY 20th — HARD TIMES DANCE
Music — STILLWATER
JANUARY 27th — DANCE
Music By LIGHTNING EXPRESS

MOVIES

JANUARY 16th — GREEN BERETS
JANUARY 23rd — LET'S DO IT AGAIN
JANUARY 30th — THE PACK

— ENTERTAINMENT ANSWERING SERVICE —
PHONE 339-5212

OFFICER'S MESS ENTERTAINMENT

FRIDAY, JANUARY 12 — REGULAR TGIF

Subsidized drinks 1700 - 1800 hrs. Bottle and Jackpot Draws, 1800 hrs. Free food as indicated, 1700 - 1800 hrs.

FRIDAY, JANUARY 19 — MESS DINNER

NADEN BAND. As per W.R.O.'s: Section Memos.

SUNDAY, JANUARY 21 — FAMILY DAY

DINNER - MOVIE - Movie 1500 hrs. in Cabaret Room for children. Find out name of movie when you reserve by phoning Mess Manager at Local 324. Dinner: Table service 1700 - 1830 hrs. Roast Beef or Southern Fried Chicken - Ice Cream - Cones - Toppings. Fix your own. Cost \$1.25 children - \$2.00 adult. Dress: Casual. RESERVATIONS PLEASE!

FRIDAY, JANUARY 26 — MIXED TGIF — BAND

Subsidized drinks 1700 - 1800 hrs. Bottle and Jackpot Draws at 1830 hrs. Chinese Menu: Egg rolls, sweet and sour spareribs, fried rice served in lounge, 1730 - 1830 hrs. Super Special: "Golden Cadillac" - \$1.00!! Music by "Lightning Express" from Victoria. Dress: Casual. Cost: Nil. Reservations: Nil.

WO'S & SGT'S MESS

12 JAN. — TGIF & GAMES NITE
Food: Spaghetti and Meat Sauce.
19 JAN. — TGIF & GAMES NITE
Food: Fish and Chips

26 JAN. — TGIF & GAMES NITE
Food: Swiss Steak.

— MOVIES —

14 JAN. — "GREEN BERETS"
21 JAN. — "LET'S DO IT AGAIN"
28 JAN. — "THE PACK"

— "BINGO" —

20 JAN. — 20:00 HRS. SHARP
Admission: \$2.50 per person (Includes one card)
Extra Cards 25c Each or 5 for \$1.00
Food and Music to Follow

KEEP IN MIND OUR "DOWN-HOMERS NITE"
03 FEB. 79 — More info TBA.

EW
COURTESY

Mon. to Thurs. - 8:15 p.m.
Two Shows Fri. & Sat. -
7:00 and 9:00 p.m.
No Matinee This Saturday

Thurs. to Wed. - Jan. 11, 12, 13, 15, 16, 17
Anthony Hopkins, Ann-Margret
"MAGIC" A Terrifying Love Story
"Some gory violence; coarse language" - B.C. Director

Thurs., Fri., Sat. - January 18, 19, 20
— MATINEE SATURDAY - 2:00 p.m. —
James Stewart, Mickey Rooney
"THE MAGIC OF LASSIE"

Mon., Tues., Wed. - January 22, 23, 24
Bradford Dillman, Heather Menzies
"PIRANHA" "Some frightening scenes" - B.C. Dir.

Starts Thurs., Jan. 25 - Gregory Peck, James Mason
"THE BOYS FROM BRAZIL"

Van Isle
Campbell River

Mon. to Thurs. - 7:30 p.m.
Two Shows Fri. & Sat. -
7 & 9 p.m.
No Matinee This Saturday

Thurs., to Wed. - Jan. 11, 12, 13, 15, 16, 17. "NATIONAL LAMPOON'S ANIMAL HOUSE" "Occasional nudity, suggestive scenes, coarse language" - B.C. Dir.

Thurs. to Wed. - Jan. 18, 19, 20, 22, 23, 24 Gregory Peck
"THE BOYS FROM BRAZIL" "Some gory scenes" - B.C. Dir.

Looking back on '78

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sporting a military work-force drawn from both the Regular Force and the Militia.

Beyond Canada's shores in February, the Esquimalt-based destroyer HMCS Restigouche transported emergency food supplies to the drought-stricken inhabitants of Niue, a small island approximately 640 kilometres southeast of Samoa in the South Pacific.

The drought relief program was initiated by the Western Samoan government who lacked immediate means of transporting the supplies. The presence of the Canadian warship in Apia, Samoa, solved the problem.

The Restigouche and two other Maritime Forces Pacific ships, the destroyer Kootenay and the operational support ship Provider, were participating in a South Pacific deployment.

Back home, throughout 1978 Canadian Forces Explosive Ordnance Disposal (EOD) teams continued to assist police agencies who are responsible for the disposal of non-military explosives and other hazardous material.

Explosive safety and education are important elements of the DND EOD program which for young audiences often includes the showing of the new jointly produced National Film Board DND award-winning film entitled "I Wasn't Scared".

On Nov. 25 the first of four Canadian forces Boeing 707 flights carrying Vietnamese refugees touched down at Montreal's Dorval Airport. The 159 refugees on board then were transported to the military facilities at Longue Pointe where they were housed and fed.

Assisting the Department of Manpower and Immigration, the Canadian Forces provided the transport from Kuala Lumpur, Malaysia, accommodations in Montreal and medical personnel in Canada, Kuala Lumpur and on board the aircraft.

Canada accepted 604 refugees among the 2500 stranded on the freighter Hai Hong off the coast of Malaysia since Nov.

SEARCH AND RESCUE

This has been another busy year for the Canadian Forces Search and Rescue (SAR) squadrons and Rescue Co-ordination Centres. Military aircraft flew 8,200 hours on SAR missions up to Oct. 31, 1978, compared to a total of 10,266 hours during all of 1977. The four co-ordination centres across Canada handled 7,266 incidents in the first 10 months of the year, 418 less than for all of 1977.

The program to provide an improved marine search and rescue capability is progressing well. The first phase of the program which will provide the existing SAR helicopter fleet with improved navigation and communication facilities will be completed by mid-1979, and the major modification program to install improved hoists, search radar and long range tanks will be contracted early in 1979 and be completed in 1983. Besides the recent formation of the new SAR unit at Gander, Nfld., additional personnel have been added to the rescue squadron at Comox, B.C., to handle the increased workload brought on by the responsibility for marine SAR response.

Canadian Forces search and rescue specialists took top honors at the annual Canadian-U.S. military search and rescue com-

petition held in September at Eglin Air Force Base, Florida winning four of the five events which tested life-saving skills.

Six Canadian two-man teams competed against six from the U.S. Air Force, Air National Guard and Air Reserve organizations.

The best overall team winner was 413 Transport and Rescue Squadron, Summerside, P.E.I. who led competitors in the team jump and the combined search and medical events. Top individual winner was Sergeant Peter Howard of the Survival Training School, CFB Edmonton.

ARCTIC AIRFIELDS

Meanwhile, in Canada's Arctic, Canadian Forces engineers headed by the Winnipeg-based 1 Construction Engineering Unit this summer completed construction of a 4,400 by 300 feet gravel landing strip at Pond Inlet, on Baffin Island. The military engineers also continued construction of a landing strip at Spence Bay on the Boothia Peninsula, and are expected to complete the project next summer. They were supported by military Hercules from Edmonton, Buffaloes from Trenton, Ont., and single Otters from 400 Air Reserve Squadron at Toronto.

Transport Canada pays construction costs and controls the completed strips, which are then operated by the Northwest Territories government.

NORTHERN AIR PATROLS

In the air, Argus aircraft crews of Maritime Patrol Squadrons based at Summerside, P.E.I., Greenwood, N.S., and Comox, B.C., regularly patrolled the vast North to detect unauthorized incursions by ships or aircraft and report any other unusual activities within Canada's northern boundaries. These flights also contribute to the growing knowledge of Arctic weather, ice conditions, ecology, the progress of oil and gas drilling and any Northern expeditions that may be in progress.

BOXTOP

In three round-the-clock operations code-named Boxtop, Air Command's C-130 Hercules aircraft carried out the annual resupply of Canadian Forces Station Alert, N.W.T., 800 kilometres from the North Pole. During the April operation, aircraft carried 370,000 imperial gallons of diesel fuel from storage facilities at Thule, Greenland, to Alert and 8,500 imperial gallons of aviation fuel from Sonderstrom in Greenland to Thule.

During July, Maritime Command's replenishment vessel HMCS Protecteur carried out the vital task of transporting 1,120 tons of supply and construction material from Montreal to Thule, most of which was immediately airlifted to Alert in support of its improvement program.

In November, the final airlift of the year saw over 500,000 gallons of diesel fuel and 3,000 gallons of jet fuel carried from Thule to Alert.

MAPPING AND CHARTING

Since 1903, Canadian military mappers have provided needed maps, charts and geographic information, which contributed immensely to the development of

Canada's North. Last summer a major field survey operation was carried out on Northwest Baffin Island. The survey party consisted of 12 topographic surveyors, two map reproduction technicians, eight doppler operators (from the department of Energy, Mines and Resources) and 19 support camp personnel including four members of the militia.

NATIONAL UNITY

Sunday, June 25 was officially designated National Armed Forces Day in 1978 to give Festival Canada week an added send-off.

The Canadian Forces also did their utmost to help Canada celebrate its 111th birthday on July 1. This often took the form of marching contingents and military bands with their martial airs contributing to the festive spirit. In Ottawa, two of the highlights of a spectacular program were the performance of the Forces' Snowbirds air demonstration team and the colorful Skyhawks parachute team.

While the good weather lasted across the country these teams were featured at most military units "open houses", and also assisted many other communities in celebration of their annual festivities or air shows.

PEOPLE

The year brought two changes of senior commanders. With the retirement of Lieutenant-General William K. Carr, in August, his deputy Lt.-Gen. G.A. MacKenzie became the new commander of Air Command in Winnipeg. In Ottawa, Brigadier-General D.P. Harrison became commander, Communication Command the same month, to coincide with the tenth anniversary of the Communication and Electronics Branch and the 75th anniversary of military communications in Canada.

WOMEN IN THE FORCES

The expanding role of women in the Forces was given increased attention throughout the year. In April, the Minister authorized a detailed study of the effects of women employed in near-combat roles, studying at military colleges and even going to sea. Part of the study involves opinion sampling among servicewomen and servicemen, as well as their husbands or wives.

As a prelude to the possible acceptance of women students into Canada's military colleges, the Minister appointed two well-qualified civilian women administrators to the Canadian Military Colleges Advisory Board last March. Then, in the fall, Lieutenant Valerie Spencer became the first woman to attend post-graduate training at the Royal Military College at Kingston. She is a reservist, living off campus.

RESERVES

In addition to conducting their own training programs, members of the Reserve forces once again participated in training exercises with their Regular force counterparts in Canada and in Europe.

At year's end, 128 members of the Reserve forces are serving with Canada's peacekeeping forces in Cyprus and the Middle East. Nine female members are serving in Ismailia, Egypt.

Major-General Richard H. Rohmer was promoted to that rank and appointed Major-General Reserves in late January. As the senior Reserve officer, he is responsible for advising the chief of defence staff on all matters pertaining to the army, navy and air Reserve forces.

CADETS

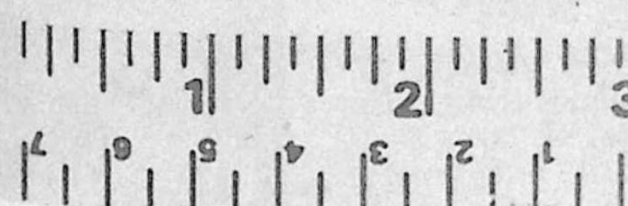
Cadets continued to receive strong support from the Canadian Forces throughout the year. Following ten months of regular training at their home units across Canada, 18,600 sea, army and air cadets, over one-quarter of them girls, had productive activities at summer camps, on foreign exchange visits, in the air or at sea.

Sometimes members of all three cadet services found themselves in a mixed training program such as the athletic leadership courses at Bagotville, Que., and Borden, Ont.

Forty-six more army cadets now proudly wear parachute wings while 251 air cadets earned their pilot wings under the flying scholarship program and 300 qualified as glider pilots.

Meanwhile many sea cadets underwent training aboard Ministry of Transport, Department of the Environment and Canadian Forces Maritime Command ships on both coasts.

Help!



CAN YOU HELP TO IDENTIFY THIS ITEM? -- Cpl. Cosby a keen collector of militaria recently had this item donated to his collection. No details as to its origin are available, but it is hoped one of our readers maybe able to help answer the following. When was it manufactured, and on what was it attached -- truck, building, A.C., etc. The plate is made of brass with a blue grey background. The crown would indicate pre-1953! If you can help, please phone local 369 or 339-2559.

51 Sqn. tops

The Air Cadet League of Canada announced today that its top squadron award for 1978 has been won by 51 Squadron, Ottawa, Ontario, sponsored by the Optimist Club of Ottawa. The Ottawa squadron has been selected as the winner of the RCAF Association Trophy, awarded annually to the Air Cadet squadron assessed as the "most proficient" in Canada.

The award is based on an assessment of all 400 Air Cadet squadrons, made by visiting officers of the Canadian Forces and officials of the Air Cadet League. Final

judging is carried out by the League's National Awards Committee which met in Ottawa last week and compared reports on the top squadrons from each of the ten provinces, Yukon and Northwest Territories.

The Commanding Officer of No. 51 (Ottawa Optimist) Squadron is Major Leo Lanthier and Mr. A.E. Percival is chairman of the Sponsoring Committee.

The runner-up squadron for 1978 and winner of the Air Cadet League Sword of Honor is 533 (St. Albert) Squadron, Alberta.

No. 41 SQUADRON CADET REUNION

May 25, 26, 27 has been set aside for the planned 3 day Squadron reunion of No. 41 Hercules Regina RCAC (Air) Cadet Squadron, culminating with the Annual Inspection on Sunday, May 27, 1979.

All former Cadets, Officers, and Sponsoring Body personnel are requested to contact the undersigned for further information.

Phone 306-543-3032 or 525-7323, or write:

Lt. NM Merk
112 Woodward Avenue
Regina, Saskatchewan
S4R 3H4

or Major JF Hicks
Commanding Officer
No. 41 Hercules Squadron
260 Coldwell Road
Regina, Saskatchewan
S4R 4L2

C.D.Q. needs you

CDQ editor John Gellner continues to seek DND CF authors to write articles for Canadian Defence Quarterly.

During last seven years this commercial publication has proved a useful vehicle to communicate opinions and ideas on matters relevant to Canadian Security and Defence. It performs a valuable role in promoting professionalism in military and it contributes to an informed public opinion. In this context all personnel are encouraged to submit articles on matters which come within their areas of competence and authority.

Prospective authors may submit articles or ideas for proposed articles directly to editor CDQ or through the NDHQ office of DG Info who will provide assistance and guidance on request.

CDQ is seeking articles on any defence subject but is particularly keen at this time to have DND of authors for the following subjects: a) Canadian engineers in the Arctic (achievements in recent years the six airstrips anything else what tasks remain and what would be needed to fulfill them).

The 200 mile economic zone surveillance problems what is

needed for close surveillance surface craft aircraft the ro

CDQ is seeking articles on any defence subject but is particularly keen at this time to have DND CF authors for the following subjects:

a) Canadian engineers in the Arctic (achievements in recent years the six airstrips anything else what tasks remain and what would be needed to fulfill them).

b) The 200 mile economic zone surveillance problems what is needed for close surveillance surface craft aircraft the role of the Canadian Forces.

c) AWACS in NATO (related to recent decision to introduce the system and substantial Canadian contribution their purpose what they can do distinguish early warning from use as command post are objections to them (vulnerability) valid?).

d) Satellite reconnaissance (present state of the art what can and can it not do ocean and sub surface surveillance verification of arms control agreements other tasks expected developments).

Prospective authors of these or any other subjects are urged to contact CDQ editor John Gellner, Suite 1300, 100 Adelaide W. Toronto.

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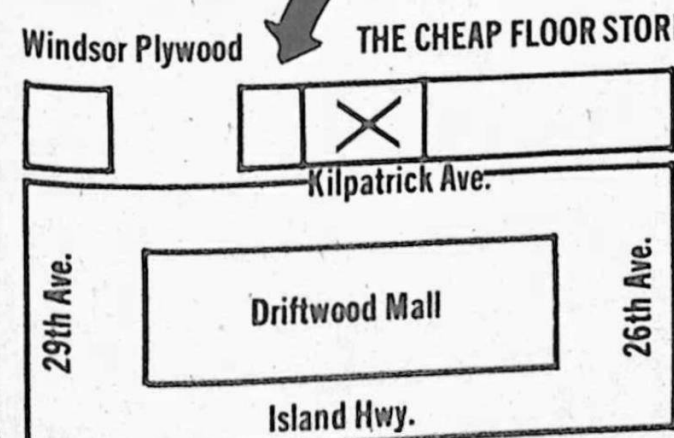
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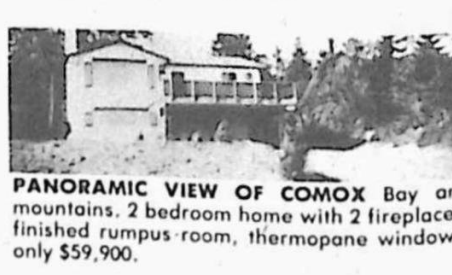
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Editorials

Ken's pen

20% 30% yes, even 50% off

During the "Everything you wanted but didn't get for Christmas" sale.

A new slogan, but the meaning is the same. This is the season where people feel they really got taken. The flyers in the papers tell us that the toy we bought for little Johnny for \$32.75 is now selling for 40 per cent off regular price, and that new gown your wife wanted for the New Year's party is also drastically reduced in price. So drastic is the reduction, that if she were to buy it now, you would have enough money left over to also pay for the party.

It really burns you up doesn't it. And yet, it is not like this was the first time. Oh no, this is an annual occurrence, but it always seems like the new twist because our memories are so bad that we forget about the \$200 we could

have saved last year had we waited to buy our presents after the holiday season.

Perhaps each of us should start a new family tradition. We celebrate the real meaning of Christmas with family and friends -- the anniversary of the birth of Christ -- and we have the exchange of presents at a suitable date after the 15th of January. This way, the commercialized Christmas does not get in the way of our celebrating the traditional Christmas, and we save money to boot.

Sounds good, doesn't it?? One word of caution though. This practice of leaving the gift exchanging until mid-January must never be leaked to the merchants. If it is, then the January sales won't come until some time in March.

BX has good idea

The Base Exchange is so frequently criticized, it seems appropriate to give them a compliment when the occasion arises.

If you went to the BX after Christmas looking for bargains on toys and decorations, you were no doubt disappointed. By Christmas Eve, they were virtually sold out.

WHY? Because they had the good sense to have their sale for the three days preceeding Christmas, rather than waiting until after as so many stores do.

No matter how you feel about the commercialization of Christmas, you cannot help but see the soundness of their logic. A quick look around town will show how much stock is still left in many stores. Unsold stock cannot fail but to cost the store owner money.

Other stores should consider the BX's plan. I, for one, am happy that our BX is not stuck with a large amount of stock -- guess who would suffer if they were.

B.P.

Tax talk

Gas guzzlers can save money

By The Institute of Chartered Accountants of British Columbia

Don't forget your car when you're filling out your income tax return. That costly gas-guzzler can save you money.

Big business, remember, isn't the only segment of the community to receive so-called tax breaks in the form of expense deductions.

The ordinary wage-earner can claim them, too, and one deduction he often overlooks is the cost of running his automobile.

An employee who owns or leases a car and uses it partly to earn income in his job and partly for personal purposes may deduct a "reasonable" portion of the total running expenses during the year.

This includes a depreciation allowance, called capital cost allowance, and interest on money borrowed to buy the car. The rental of a lease car comes under the heading of operating expenses and also is deductible.

But what is "reasonable"? And how do you separate "business" and "personal" reasons?

The best and most common method is simply to use the relative mileages involved. (But remember here that mileage between your home and place of work is considered "personal" driving.)

For example, if you drove a total of 20,000 miles in the year and 10,000 of them were "business" mileage, you could claim 50 per cent of your expenses as being deductible.

Naturally, this calculation may vary slightly to allow for a blending of the "business" miles driven with the actual time the car is used for business if, on the basis of mileage alone, the figures seem unreasonable.

Operating expenses include all the normal costs of running a car, such as gas and oil, licences, insurance, lease rentals and ordinary repairs.

Repairs as a result of an accident while the car was being used for "personal" purposes are not deductible. The system is quite simple but, of course, it involves keeping records of receipts and mileages driven (total and those on "business") for scrutiny, if necessary, by the tax people.

Here's a sample breakdown: If you're married and supporting a spouse and two children and earning \$25,000 per year, this is how you would claim your car expenses:

	Year One	Year Two
Cost of car...\$7,000		
Depreciation (Capital Cost Allowance)		
30 per cent x \$7,000	\$2,100	
30 per cent x \$4,900		\$1,470
Gas and oil	750	950
Repairs and maintenance	500	650
Licences and insurance	200	230
Interest	850	750
	\$4,400	\$4,050
Miles driven to earn employment income	10,000	15,000
Total miles driven	20,000	25,000
Per cent "business" use	50	60
Tax deductible expense	\$2,200	\$2,430
Income tax saving	\$845	\$933

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Letters to the Editor

An open letter to Ken's pen

Dear Ken,
I read with interest the article from Ken's pen entitled Hup-two-three-four which was in the December 21st issue of the Totem Times.

You felt that the posted speeds along Pritchard Avenue were reasonable for that road, and you felt that the pavement was wide enough. The only negative comment you could make was concerning the students walking along it.

Well, in my opinion, if that is the only negative thing you can say about Pritchard Avenue then I must assume that you have been asleep at the wheel, or daydreaming as you drive.

The first time I drove along Pritchard, from PMQs to Highland school, I thought that the front end had gone in our truck. I agree that the road is nice and wide, and for that I am thankful because I need that much room to keep my truck on my own side of the road.

Now, if you are thinking I am just a typical woman driver, I would like to point out that most men I have talked to have had the same comment to make concerning the road. This comment was also made to me by an RCMP officer. The road is a hazard!

The portion of road from Highland school to Knight Road was cold rolled. This cold rolling has resulted in large grooves in the road which catch vehicle tires and cause the vehicle to wander or pull from one side of the road to the other. In wet weather water lays in these grooves making it very possible for a vehicle to hydroplane. The road also lacks a proper crown.

If you take a good look you will see that there is very little shoulder to the road. Where are the kids supposed to walk? In snowy weather such as we have just had there is no place for them to walk except on the road!

I will agree that if the kids walked single file facing traffic it would help greatly, but let's face it, kids will be kids just as drivers will be drivers. For every kid I see walking improperly, I see a driver speeding or driving with undue care and attention. You can't just educate the kids. You must educate the drivers too.

Lack of lighting along Pritchard also presents a problem. School starts at 8:30, and during the winter

months when the kids leave for school it is still dark, and if students stay for any after school activities it is beginning to get dark when they head for home.

I also point out that there is nothing between the school and PMQs. Should a youngster run into any

problems on that road, where do they go for help?

As you mentioned, speed limits along this road seem to change daily, but in all other school areas the speed is 30 kmph, and there are signs cautioning motorists that they are entering a school zone. It seems that on Pritchard one

day signs are there, next day they're gone.

We have two daughters attending Highland, and we simply refuse to allow them to walk. Until sidewalks and lighting are installed we will continue to drive them back and forth to school -- not because they are pampered,

but because we want them alive to utilize their education.

Pritchard Avenue as it stands now is a death trap, and I only hope it won't cost someone their life before something positive is done to correct a dangerous situation.

Sincerely yours,
Donna Messer

Thankyou to paper & community

Dear Sir:

The Arthritis Society is again very much indebted to your paper and its helpful staff for their continuing assistance in bringing about a greater awareness in your community of our treatment, research and education programs.

During 1978, the Society has expanded its territories to reach more arthritis patients, added a new mobile occupational therapy van, initiated new drug studies, and increased our campaign totals by 25 per cent. A new book, "You Asked About Rheumatoid Arthritis,"

edited by our medical director also became available.

We were again studied by a Task Force which is using our provincial program as a prototype for a similar one being developed in the United States.

My purpose in writing is to say that your paper and your

community through their support are helping to make a great deal possible for the arthritis patient in B.C. and for our Society. We extend our sincere thanks and warm wishes for the New Year.

Yours sincerely,
R.J. Smith
Executive Director



TOTEM TIMES

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8	16Apr	19Apr
9	30Apr	3May
10	14May	17May
11	28May	31May
12	4Jun	7Jun
13	25Jun	28Jun
14	16Jul	19Jul
15	6Aug	9Aug
16	27Aug	30Aug
17	10Sep	13Sep
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CNA TOTEM TIMES

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BLUE RIBBON AWARD

1977

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HEY GUYS LISTEN UP -- I'M BOSS TODAY! Pte Mary Bradley, the Base's youngest private, is placed in command of all for a day as part of a long-established military tradition. Col. Burgess looks relieved and the BWO, CWO Craig, eagerly awaits the first order.

164 years of service



THE BASE COMMANDER, Colonel Burgess recently presented CD clasps to CFB Comox personnel whose total service represent 164 years. MWO Muloin was presented with a second clasp for 32 years of service while the remaining received clasps for 22 years of service. Pictured with Colonel Burgess are the recipients (seated L to R), Sgt. Schroeder JA, Capt. Wolfe LM, Col Burgess, MWO Muloin LB, and Sgt. Hayward. Standing L to R Cpl. Lake, Cpl. Gerow HL and MCpl. Dulder WE.



SHOWN HERE receiving Base Commander's Commendation are WO Haysey, Sgt. (now WO) C.F. Michon and Mr. P.L. Landroche. Here's why: "These men are commended for the outstanding dedication and expertise they demonstrated when dealing with a major problem in the turbo fuel farm. They designed and implemented a unique method of reversing the fuel farm filling system, thus allowing the removal of 350,000 gallons of out-of-specification fuel and its replacement with good fuel. For a period of four days and four nights they worked with only short breaks for rest, observing meticulously all safety precautions, working tirelessly to do double checks, and even sleeping at the fuel farm on one occasion in order to be available if needed. Also commended are the many others who support the operation in many small but important ways. These men set an example worthy of being honored and emulated."

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Parade of stars



AND YOU THOUGHT THE OFFICERS DIDN'T KNOW WHICH WAY TO MARCH. Colonel Burgess commands a parade of officers to the WO and Sgts mess on December 15. The officers were hosted by the Senior NCOs for the yearly Christmas gathering. The parade was "piped" by Lt. MacLeod and Lt. Corbett with Lt. Waller "swinging the stick". Next year the Officers' Mess will eagerly await (host) the WO and Sgts "precision march troop".

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Totem sports

Up Earls alley

Here we are at the start of a new year and already the "OL SWEAT SHOP" is swamped with activity. First of all we are hosting a Prairie - Pac Region Broomball Officials Clinic with such notables attending as Capt. Roy "Tiger" Hillier, MWO Fitz "Old Smoothie" Fitzpatrick and the Course Instructor Bill "Mr. Versatile" Jones. These fine chaps hail from CFB Calgary and Esquimalt respectively.

The Clinic should be a dandy and yours truly is the duty co-ordinator and attendee ... These clinics are very essential and it is always a bonus when we are able to host one. Broomball is an up and coming sport and it has made great strides over the past few years. They no longer have to use the "original" household corn broom, they even have a special ball as well... The sport has grown in popularity and this year for the first time it will be an official sport in the B.C. Winter games. The Pac Region Championships will be hosted by CFB Comox the 28, 29 and 30 Jan. so stay posted for times, etc...

The "Oldtimers" will be travelling to Victoria for the Annual Western Canada Oldtimers Championship which will be held the 25-26 Jan. and it should be a great time. The Base "Oldtimers" have been playing very well and have lost only two games this year. I had a letter from Greenwood Bob Homes and they have a Senior Citizen team there as well and are entering into the Atlantic Championship and also they have an Atlantic Region Championship so, let's hope we out here can follow suite and have a Pac Region Championship and, who knows perhaps in a couple of years we can have a CF Nationals...

The Base Hockey team, the Totems, are preparing for the upcoming Pac Region Hockey Championship. This years' team should do very well and let's all hope that we can make it to the "Big Apple", the Nationals, which will be held this year in beautiful downtown "Petawawa". Sorry guys, no Europe trip this year ... The team will be playing some exhibition games hopefully against the Elks and perhaps some out of town teams. Dates and times will be promulgated.

The Rec Centre "Whip" and Base Phys Ed Officer, Capt. Al Ettinger is off to CFB St. Jean to improve his English, ah, er... French. He is not aware of it yet but, his next posting is to the land of snow ... Bagotville ... He will surely be missed here for the next three months especially around the arena at lunch hours during Inter-Section Broomball.

Al is a good Base team player as well and will surely be missed on this years Base Team. Although his strong sport is soccer of which he has never missed a National (10 years) in that sport he is very versatile at Basketball as well. We wish him good luck on his course and look forward to his return in late May.

Ricks viewpoint

Being the first paper of the new year, I guess it's time to take pen in hand and write my first column as sports editor of the ol' fishwrapper. Sports editor. Amazing! Only in B.C. could a young good looking person volunteer to help with the layout of a newspaper and in a matter of weeks become sports editor of the largest military newspaper in the Comox Valley. Could a kid with that kind of talent be destined to become another Lou Grant? I doubt it very much.

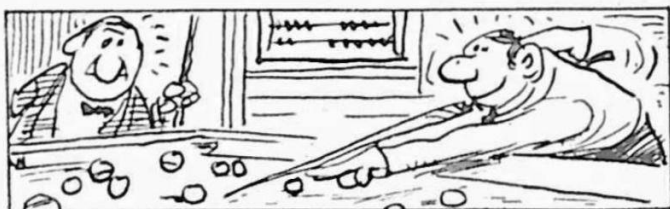
Anyway, it shouldn't be too bad. In fact I'm looking forward to it. The sports section has a great reporter contributor in WO Earl Thompson. I can always count on him to have enough material on hand to fill at least half my quota of pages. Also Chris Hosford helps fill the gap with photo closeups of various recreational activities.

The sports budget for the new fiscal year has been submitted and hopefully my boss will approve the seven and a half dollars a week for boat rentals. In depth interviews with fishermen right in the hot spots would prove invaluable to the many readers who wile away the summer days and evenings searching out the sometimes elusive salmon.

There's also the all expense paid hunting trip in early fall to check out the local deer population. How better to feel the pulse of the hunting public? I don't really expect to have my budget approved but I do want to bring you the info you're looking for. What I need is sources. The Rec staff keep us up to date on base and inter-base functions and that's great. I'd also like to hear from the skiers the fishermen, the hunters, the sailors, anyone who has a sports orientated hobby or interest. If you were fishing up island and had good bad nil luck give me a call and we'll pass it on. There's all kinds of readers who are looking for their first steelhead. A small tip on the general vicinity of a good run could mean the difference between catching a "first" or being "skunked".

Little bits of info can add up to an interesting, informative column. How was the skiing at whistler? Many bare patches? Give me a small hand and we'll make sure the TOTEM TIMES conveys the sports news the readers want!!!

R.B.



The first synthetic plastic was celluloid, developed by John Welsley Hyatt as a cheap substitute for ivory billiard balls.



Marathon men

IF YOU THINK THAT RUNNING 26 MILES is a breeze, just ask these fellows. These gentlemen from left to right -- Capt. Bruce Arnold (USAF), T SGT George Scholer (USAF) and M CPL Barry Whillans participated in the Seattle Annual Marathon recently and they all did extremely well.

Their post run remarks ranged from "What a neat way to win a T-Shirt" to "I'll never run another", but, the chap that said that has already looked into the possibility of entering the upcoming Marathon in Vancouver ... Right George??? Well done guys and ... Keep on Marathonin'...

FISHING RESTRICTIONS

While the cold weather is great for skiers and ski-doers, the below freezing temperatures Valley residents have been experiencing for the past couple of weeks has put the local Steelhead enthusiasts into a holding pattern for a while. The Oyster River was frozen last week making it a bit difficult to get to the holding pools. With the Puntledge closed to steelheaders until March, there won't be much fishing action on the rivers until we get a thaw. I haven't talked to anyone who has been down

Qualicum way lately, but I would guess it's in just about the same condition as the local stream.

...RUMORS from reliable sources have it that the odd salmon is being taken off the Comox Dock and kids are lucking in fairly regularly from the breakwater. But a word to the wise. Don't go fishing where you aren't suppose to!! A man recently got fined fifty dollars and lost his fishing tackle to the Crown. Ignorance of the law is no excuse.

Base hockey practice

The CFB Comox Base hockey team will be conducting practices twice a week. These practices have already commenced and will continue on right up to the 27 Feb. at which time the fiscal selection will be made. The last couple of years we have only made a token attempt at competing in the Regionals and this year we WILL be giving it a good shot.

There are a number of talented (Base Level) players at his Unit and with some proper planning and direction we feel that we have enough talent to win the Regionals

and advance to the Nationals which will be held at Petawawa later on in March. A number of players have been contacted and if you have not and you do feel that you have enough talent to give it a try give the Manager Pete Chelleva a call at local 414 or the Coach Earl Thompson at local 315.

Practice sessions will be run from 1015 to 1145 on Tuesday and Thursdays (mornings). All players are

reminded that they must wear helmets for these sessions and all games including the Regionals. Also for the immediate future they will have to sign out their equipment for each practice and return same on completion of that session. As soon as the team is picked the Base equipment will be issued on a permanent basis. If you have any equipment problems you are asked to call the Trainer Kip McLean at local 489.

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Vancouver Island Nordics

The B.C. Inter Games will be held in Kamloops from March 1 to 4, with X-country ski competitions being held on March 3 and 4.

Representatives from various zones are to be chosen through competitions held within the zone. Our area is in zone 6 along with the rest of Vancouver Island, Powell River, and Ocean Falls. Zone 6 may send 10 competitors, one from each category, which cover different ages from 13 years and over. (Men, Women and Juveniles). Young people have a good chance to attend the games and should be encouraged to participate. Transportation to Kamloops, accommodation and meals will be provided free.

The Vancouver Island Nordics Ski Club has been asked to host the Time Trials to determine the Zone 6 team for the Winter Games. The Time Trial race will be taking place in Courtenay on January 14 at Forbidden

Plateau. Registration deadline is 10:30 a.m., January 14 at the Lower Lodge. Registration fees are: \$2.00 for all 17 years and over, \$1.00 for those 16 and younger.

In addition, all participants must have a Canadian Ski Association touring card, which will be available at the race for \$2.00 each. A course will be set at the top of the chair lift, so be prepared for this operation both going up and skiing down.

Please participate in these trials yourself and encourage all XC skiers to do likewise. For more information phone Irja Svensson, 338-6379 or alex Stewart, 334-4770.

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2 and 3 bedroom town homes for rent. Includes, heat, hot water, cable TV, stove and fridge. No dogs. References required. Call 338-8346.

Personal

Do you have a drinking problem? Maybe alcoholics anonymous can help. Meetings at the CFB Protestant Chapel Annex, Mondays at 8 p.m.

For the best deal in town! \$1.50 per insertion up to 50 words! Call 339-5851 or local 224.

Obituaries

WOOD: On Monday, December 18th, 1978, Christine Florence Wood of the Glenfair District, Kamloops, B.C. age 84 years. She is survived by 2 daughters: Mrs. Gloria (John) Millard of Kamloops and Mrs. Barbara (Edward) Kucey of Comox, B.C., 4 grandchildren, 5 great grandchildren and 3 sisters: Miss Charlotte MacQuarrie of White Rock, B.C., Mrs. Rebecca MacQuarrie of Thunder Bay and Mrs. Willina Brownell of Boston, Mass. and numerous nieces and nephews. A private family service was held in the Schoening Funeral Chapel, Kamloops, B.C. on Thursday, December 21, and interment followed in Hillside Cemetery.

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BROWNIE ENROLMENT: A warm welcome to 13 new Brownies of the 3rd Comox Brownie Pack. They were enrolled Nov. 7, 1978 by Madame Commissioner - Mrs. Ruth Hupman. They are (L to R Front Row): Lisa Brodie, Karen Dodge, Deann Johnston, Ann Boulanger, Laura Lee Ross, Sherri Fiddy. (Back row L to R): Kimberly Johnson, Leann Mastin, Tammy Miller, Françoise Dipsell, Nicole Young, Nicky Davidson, Krista Grosvenor. Mrs. Olga Mastin (Brown Owl).

Awareness - key to good picture

One of the joys of travel is seeing things for the first time. Every scene is new. Every detail is exciting. The travelling picture taker, with awareness sharpened, records it all happily and effectively.

Once home among familiar surroundings, however, it is easy to lapse back into a state of nonseeing. The camera goes back on the shelf.

And yet it is entirely possible that the opportunities for beautiful scenes, interesting mood shots, amusing people pictures, and abstract pattern studies are plentiful right where you live. All you have to do is follow this good advice and "look around with awareness."

Notice how the trees on your street are backlit by the early morning sun. And then, at the end of the day, notice how the rich light of the setting sun sharply defines each autumn color and outline.

During the day, as you have the time, observe the shadows. A city fire escape, a wrought iron fence, a strand of ivy, can all become more interesting abstracts when accented by shadows.

Days without bright sun have picture potential too. An otherwise ordinary tree or building becomes an object of beauty and mystery when partially shrouded in fog. Outlines are softened and colors are muted. The

resulting low-key, almost no-color, color pictures can be works of art.

There's no need to stay outdoors, either. Put a bouquet of brightly colored flowers in a sunny window and record their brilliance. Put the bouquet on a glass-topped table, and shoot the flowers from below for a really new angle.

And of the foregoing can be photographed with a simple, nonadjustable camera.

The new Kodak Ektra-max camera, however, broadens your scope considerably. A true existing light camera, it allows you to take pictures indoors without flash and outdoors in marginal lighting. When existing light fails, it has built-in electronic flash so

you can go right on shooting.

With your newly-heightened awareness, you should find yourself noticing an increasing number of potential pictures indoors. A cat, draped over a chair in the total relaxation only a cat can achieve, or roses in a gleaming silver bowl brightening a rainy afternoon, or your young son sound asleep on the floor are only a beginning.

A collection of at-home pictures, made indoors or out, can be enlarged to make a wall arrangement to rival - or blend with - your best travel shots. So, keep your awareness at travel pitch and discover your local photographic wonders.

First Lazo Beavers

Holidays are over and we're back in print. Hope everyone had a nice Christmas. We are looking forward to renewed activity around the Beaver Pond. Soon we will celebrate Baden Powell week. Baden Powell, of course, is the original founder of the scouting movement. We will have lots of interesting activities centered around him during the week of his birthday, February 22.

According to what I've read about Baden Powell, he loved a challenge and the great

outdoors. therefore, I'm offering you a challenge. Could someone prepare and present a talk about the world of nature. If interested, call Pat Evans at 339-5851 or come to the Pond (Airport school gym) for one of our meetings. At our Christmas Party on December 19, Chris and Dean became eager beavers. Welcome to the colony. Beavers, are you keeping your uniforms neat and tidy and in one place on your special hanger?

Busy Beaver

Help yourselves

Do you help CE to help you? When you phone in with a problem, we need sufficient detail to make a proper response; we need your name, telephone number, location, and what time some member of the family will be at home to let the tradesman in. It's a two-way street - often our

tradesmen call at a married quarter two or three times before finding someone at home, after being advised by the occupant that someone will be there. That wasted travelling time means that some other MQ neighbor has to wait that much longer to have his repair carried out.

Husband away

Everyone knows that when the husband's away everything in the married quarter falls apart! When it's late at night and you're up to your ankles in water, who do you turn to? - your trusty, dependable man-of-the-hour: the CE Duty Technician, who

on after-duty hours and on weekends can be reached through the Fire Hall, local 250. Yes, ladies, when he's contacted he will phone you directly, obtain the necessary information, and respond as fast as Super Tech.

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339-5719 (H); 334-2428 (O)

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Hypothermia

Everyone knows what it's like to be cold. But very few really appreciate the dangers that can be associated with it. This is the message being carried by Shannon Clarke, Program Co-ordinator for Red Cross' Water Safety Service, as she continues her tour about the Province.

"Hundreds of deaths every year in Canada are attributed to exposure to the cold," began Clarke. "The fact that many of them actually could have been avoided is the reason why we, in the Water Safety Service, are so optimistic about our winter safety education program."

Red Cross, in British Columbia, is concerned with providing year-round public education in the area of water related activities. The emphasis, as might be expected in these winter months, is centered around cold water survival.

Exposure to the cold, according to Clarke, initiates a condition known as hypothermia. Characterized by a general slowing down of the body processes, hypothermia is defined as the state brought on when the "inner core" body temperature falls to a level at which the vital organs can no longer function effectively.

The threat of its advancement can arise in a surprisingly short span of time, particularly, of course, if the water is especially cold. "Obviously, the colder it is, the more dangerous the situation," Clarke continued, "But it's important to realize that polar conditions are not required for a threat to be present."

Clarke pointed out that any one of us could be called upon one day to assist in the rescue

of a hypothermia victim. Most important to remember, if at all possible, is to get the victim out of the cold. Take advantage of any dry clothes and blankets that may be available. If the person is not seriously in trouble these, along with warm liquids, should suffice.

"But if the condition is more serious," she cautions, "delivering heat to the victim becomes even more critical. Warm baths and showers, gradually heated up, can be very effective but that's not always possible."

Towels, warmed up, can be applied to the head, chest and groin, those areas where heat loss is high. Where not even this option is available, then direct body heat should be applied to the victim. This, to be effective, should be done skin to skin and under some form of cover. "In this way, not only is the heat directly transferred, but the warmth generated will be captured and maintained by the covering."

Clarke was quick to emphasize that not all hypothermia accidents occur in the water. A great percentage of them, in fact, happen on dry land. "The Water Safety Service, however, restricts itself from this equally important educational area. Other organizations and government agencies fulfill this particular educating role and

One of the main reasons for these accidents occurring is that most people are not as safety conscious and aware as they think they are. "How often do we have people wandering around in this weather without a good hat on?" Clarke questions. "The fact that an uncovered head can account for up to 60 per cent of body heat loss highlights the importance of wearing warm, functional clothing." It also points out that some areas of the body deserve special attention when dressing up.

"The head, sides of the chest, and groin area are all characterized as being major routes for inner core heat loss. We should ensure that all these areas are especially well protected."

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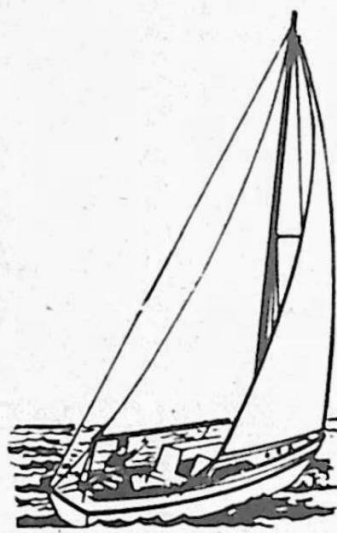
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19	53	72	22	8
17	71	25	58	
17	52	85	51	
16	26	75	58	

DEC. 13 DRAW

06	83	31	8
07	96	89	3
08	61	01	3
03	98	45	2
04	11	09	5

DEC. 20 DRAW

03	57	89	93
09	68	32	6
12	61	25	0
15	12	49	7
12	15	66	9

DEC. 27 DRAW

01	76	64	5
07	12	71	5
04	84	14	3
08	79	47	8
12	81	40	0



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