



TOTEM TIMES



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VOL 21 -- NO 3

CFB COMOX TOTEM TIMES

THURSDAY, FEB. 8, 1979

NO CHARGE



C.F. Photo

Aurora rolls out

AURORA ROLLS OUT BURBANK, CALIFORNIA -- The Canadian Forces newest aircraft, the CP-140 Aurora, made its first public appearance at rollout ceremonies here. The long-range patrol aircraft is

the first of 18 ordered by Canada to replace the Argus which has been in service for more than two decades.



C.F. Photo

The old and the new

THE OLD AND THE NEW BURBANK CALIFORNIA -- To the average layman, Canada's newest military aircraft shows few visual changes from its 20 year old sister. The fact is the CP-140 Aurora has been labeled as the world's most sophisticated long-range patrol aircraft. The

Aurora (foreground) is the first aircraft to roll off the Lockheed production line. Built to replace the aging Argus, the Aurora is one of eighteen ordered for delivery to the Canadian Armed Forces early in 1980.

Ten years after unification

Single service concept 'outstanding success'

TEN YEARS AFTER unification, doubts still linger on whether it was a wise move. The prime mover for unification, then Minister of National Defence, offers his assessment in two articles. (Toronto Sun Syndicated Columns).

PART I

BY PAUL HELLIER
"There must be only one service; the survival of three of them at this stage in the development of armaments is wholly idiotic." -- Marshal of the RAF, Sir Arthur (Bomber) Harris.

Ten years after the unification of the armed forces, I find, from articles I read and from talking to some serving officers, that either the reasons for unification were never fully understood or that they have been forgotten in the intervening years.

Consequently, I would like to restate part of the rationale for those who do not share my conviction that the concept of a single service, if not an

unqualified success, has been at least an outstanding success viewed in historical perspective.

Critics of the re-organization have apparently forgotten:

- That previously there was no unified planning. Each service prepared for its own kind of war, ranging from a five-day nuclear holocaust to a World War One-type mobilization, without consideration of the plans of sister services.

- That priorities were grotesquely distorted. The army had virtually no Arctic equipment, mortars or practice ammunition. There were no armored personnel carriers for frontline troops in

Europe and the ship repair and replacement program was lagging. Air transport capability was virtually nonexistent.

- That the more than 200 committees set up to "integrate" a wide range of requirements and practices between services took months, sometimes years, to reach their conclusions -- only to have them vetoed by one or more of the service chiefs.

- That one service would be selling surplus equipment as junk at the same time that another service was buying the same product new.

- That joint operations were slow and cumbersome because the commander had to "request" the loan of ships or planes.

- That inter-service rivalry reached such ludicrous proportions that services felt slighted if they weren't "represented" at social

functions, including cocktail parties.

- That sailors and soldiers seldom enjoyed flips (free transportation) on scheduled service flights. Often they didn't even know of their existence.

- That differences were so important that three different colors of cases were acquired for the same sunglasses.

These problems of inter-service rivalry, duplication and lack of co-ordination were well recognized. They had been talked about for decades and had been the subject of innumerable staff college papers. Everyone knew that they resulted in gross inefficiency that cost the taxpayers millions of dollars.

Right solution

The Glassco Commission in 1960-63 was made fully aware of the problems in the course of its studies. Privately --

(Continued on page 4)

Operation Baton

A Canadian Armed Forces Hercules climbed unnoticed into the evening sky over Lahr, West Germany while below thousands of cascading fireworks heralded in the New Year, destination: Ankara, Turkey.

On advice of the Canadian Embassy in Iran, the Montreal-based Stadler-Hurtler Company had agreed that the normal day-to-day operations in the Caspian Sea area of Iran were breaking down and that their employees and dependants should be evacuated to Turkey.

At the request of External Affairs, Canadian Forces Hercules and Boeing 707 aircraft were sent to Ankara, Turkey. This was the beginning of Operation Baton which was to see the safe evacuation of more than 400 Canadian, British, American and other foreign nationals from Tehran and Rasht in northern Iran.

At 0400 local time, Wednesday, January 3, Major Paul Aubin led two aircraft into unknown circumstances at the Tehran International Airport. Weather forecasts were not available from the Iranian air traffic control system nor were the crews to have any assistance during

their let-down and landing at Tehran. Fortunately visual flying conditions prevailed.

Once on the ground embassy staff flagged down the aircraft and began the task of clearing evacuees through Iranian customs. Meanwhile, the aircrews tried to file flight plans to their second stop, Rasht, about 300 kilometers north of Tehran. Again air traffic control assistance was not available and aircrews had to rely on experience and training to carry off the mission.

Then, while preparing for take-off an unserviceable starter caused Maj. Aubin's crew to alter plans to go to Rasht and to load their plane with passengers from Tehran. The second aircraft continued to Rasht.

For three days the operation continued around-the-clock while ground crews fought the severest weather conditions of the season in Turkey.

A Boeing crew held continuous stand-by until Thursday, January 4 when they were recalled to Canada. Hurried preparations were made by Canadian Embassy Personnel to clear and load 65 of the evacuees to Ottawa.

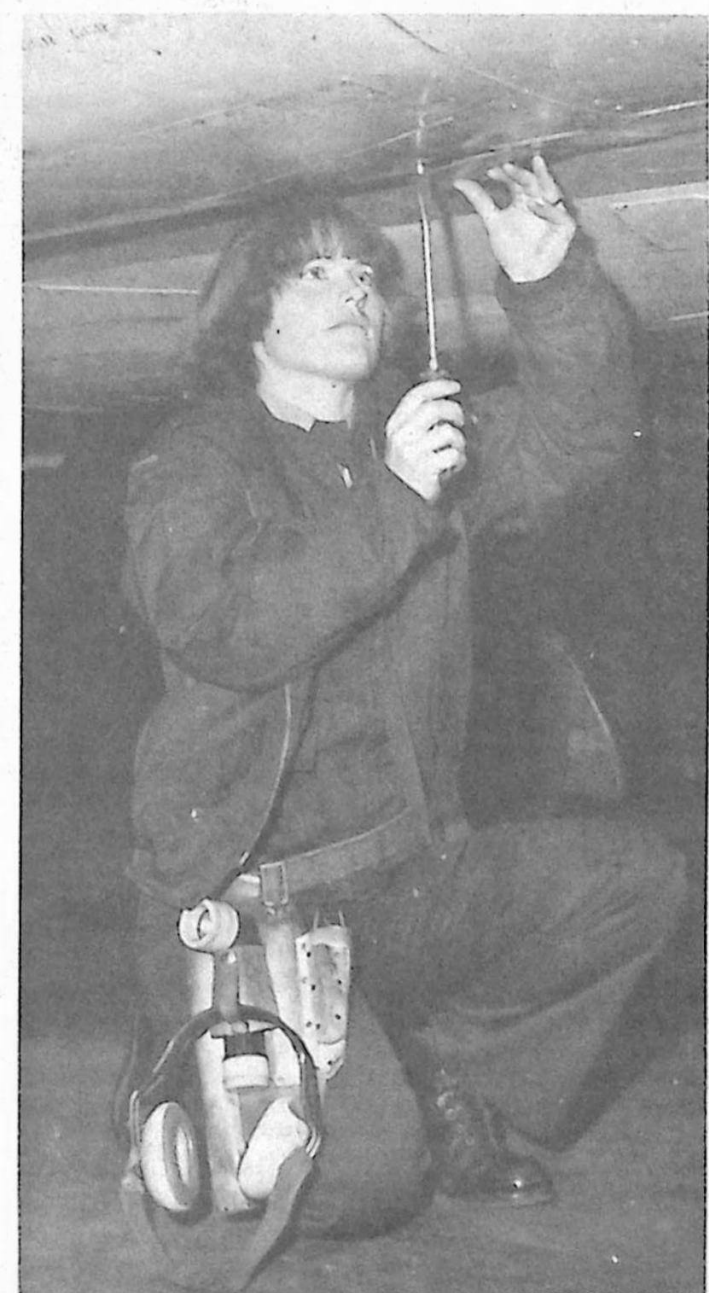
The same day a second

flight of two Hercules aircraft who had faced the same difficulties with air traffic control in Iran and had been forced to remain overnight in Tehran flew a VFR flight into Rasht. Again, the trip into Tasht went like clockwork and

while these flights were still enroute plans were in the mill for the final flight which would carry less than 60 passengers.

When clearance was

(Continued on page 10)



Base Photo

409 Sqn. First

ON FRIDAY 26, JANUARY, 1979 a "first" occurred at 409. Pte. (W) Chris Lajoie, from Saskatoon, Sask., became the first female to stand QRA (Quick Reaction Area) duty at 409 Squadron. Pte. Lajoie has been in the CAF for three years, two of which have been spent at Comox as an airframe technician. She has recently completed her on-the-job training and has been selected for advanced training in her field. Chris's day to day job includes primary inspections and snag rectification on the CF101 Voodoo aircraft. In addition, she has been trained for line servicing and QRA duties. Of the three female airframe technicians at 409 Chris is the first to stand Q duty and take her rightful place among her male counterparts.

Features

Look for a good place to eat. Our restaurant guide may help see page 2

Canada's own fighter CF 1001 see page 4

Retiring soon see page 5

Boz takes a slapshot at base hockey see page 6

Would you rather be sailing see page 7

NEXT DEADLINE
MONDAY, FEB. 19

Women's roles to be expanded

Defence Minister Barney Danson has announced that employment opportunities for women in the Canadian Forces will be expanded.

While women already are employed in some 81 of 127 trades and classifications, new opportunities will be opened including service in near-combat units of the land environment, non-combatant ships and aircrew training. Initially these positions will be filled by women on a trial basis.

Mr. Danson stated that women already serving in the Canadian Forces will be selected for these trials, thus ensuring a fair and equitable basis for evaluation of the program. Each trial unit or area will have a reasonable number of women assigned initially again to ensure the

program is not prejudiced by having too few female participants.

With the number of servicewomen now standing at approximately 4700 most major bases and units have already learned that most jobs can be effectively handled by women. At CFB Comox for example, women have been employed for some time in all of the aircraft maintenance trades, Air Traffic Control, Military Police, Firefighters as well as Supply, Transportation, Communication and Administrative areas.

Generally the performance of women in all of these areas has been on a par with their male counterparts in their trades. Some have been

(Continued on page 2)

Jane's Intelligence

Editor's Note: Capt. Lance Dann, a pilot with 409 AW (F) Sqn. will be contributing a regular column to the Totem Times dealing with Soviet and Warsaw Pact military equipment. Source material is used with the kind permission of the publishers of the renowned Jane's series of books.

Over the past several years there has been a tremendous build-up of arms by NATO and the Warsaw Pact Countries. The Soviet Union in particular has increased its defensive and offensive military might immensely.

The general public and indeed many members of the military community are not familiar with a great number of these technological advances and capabilities. In many cases the Russian weapons systems surpass those of NATO both in numbers and capabilities.

It is felt that knowledge of these systems should be made readily available to the public to increase awareness of a real and constantly growing threat.

The Jane's Pocket Book series has been chosen as the source for information on the Soviet Air, Land, and Sea equipment.

SECTION NEWS

Nighthawk's nest

The Nighthawks have been busy for the past two weeks gearing up for TacEval which is not very far down the road. A ground school session each week reviewed some "required to know" information and showed most of us that a little studying might help.

An exercise last week tested the Squadron Weapons Load operation in procedures and efficiency, and the usual top-notch results were achieved. An intensive briefing left several aircrew confused as to whether normal or reduced print was the order of the day. It was resolved, however, that the whole issue was irrelevant.

Also last week, a deployment of A flight personnel travelled to McChord AFB for a SAGE (Semi-Automatic Ground

Environment) Centre familiarization. The tour enable those nighthawks who participated to observe and experience the challenges which a controller must face. This exchange is valuable in that it allows both the aircrew and the controllers to appreciate the job being done on the other end of the radio signal.

This week 409 had its first Cudgel Caper of 1979. For this exercise the squadron was divided into two separate teams and all aspects of the operation were scored including maintenance repair, starts, and flying missions. An excellent target force consisting of B-57's, a Falcon, a Tracker and T-33's provided challenging intercept training and a preview for TacEval. The competition was close and although an excellent

effort was put forth by all of the members of both teams, B Flight was ahead when the final score was tallied. Maj. Ron Egli, A Flight deputy commander, accepted "the bomb and chain" at the debriefing.

Also this week, a stag was held in honor of Trev Wallace, an ex-Nighthawk, who was back from North Bay for the Cudgel Caper. A large number of Nighthawks were on hand to congratulate Trev and partake in the festivities. A 409 Squadron All-Ranks party was held on Friday night. A delicious meal followed by an evening of fine entertainment proved enjoyable for all who attended. Thanks to everyone who worked hard to make the evening a success.

Norman

Mushroom mutterings

Due to cold and rioting support from our avid readers their favorite script has been the scene once again.

Xmas stag was enjoyed by most, but with a switch in winners the big bottle draw left some with a lip on; sorry R.S. section. Also a big upset in our quarterly Indian Wrestling matches occurred as Maj. Stormin' Norman Hartley captured the much sought after Trophy. Stormin' fought Opponents one after the other to reach the finals and then defeated our reigning Champion Bob No. 1 Pearce. Harry David ref'd all matches for fairness and dirty play none of these were displayed.

The Entertainment Committees for last year have to be commended for a fine Christmas party and well organized year of functions and what ever, three cheers for an outstanding effort fellas.

To 116 ATU from 442 sqn. Naneu, Naneu guys, some camping site and spacious

gardening area; see you at home soon. While on the sand dunes subject 442 Sqn. opened their doors for the very talented singing Allen Sisters one of Canada's top entertaining acts originally from Edmonton, Alta. L. Col. Sid Burrows personally escorted Jackie and Coralie with their fantastic backup band "Cloud Burst" through our SAR aircraft and were shown the role we play on the west coast. This was our way of saying thank-you for the show they put on for us while in Ismailia Christmas '75.

In with the new, welcome aboard the famous fighting Four Hundred and Forty Second Sqn.; Lt. Farrell taking over as ARO, watch out for Sgt. Ken C—! Pte's Becker, Ford, Butler, Davis, Quadros, Ruston, Toth and in 6 Grp pte Marie Parks replacing Cpl. Coleen "have a nice day" Viau phone — jest. Sweeping right along and out with the old our head Gardener of the mushroom farm Maj. Jerry "SAMO" Skotnicki

has paid his dues and will be rewarded for the tortures we inflicted on him in such a short stay, via way of Colorado U.S. of A. Darn luck can you imagine, Colorado!

On the lighter side of things WO Harv Copeland parachuted while on a mission the other day and landed upon this Alder tree. As he prepared for descent some branches gave way which sent Harvey down in a fashion he's not accustomed to. So the story is told Harv now has a new respect for his "ALDERS" heavy sigh! We wish you a quick recovery.

Per's are finished once again and I can SUB-STANTIATE that. I saved the best for last as Base Transport Section really put out for the base this year and at this time 442 Sqn. thanks you for all services rendered, especially over the festive season.

Mushy, Mushy Valentine to all.

OH HUMM

Out of the flying pan . . .

The national taste for "chips" with everything is proving to be something of a fire hazard. Certainly the number of fires started by the ignition of cooking fat or oil is on the increase especially in the home. While the preparation of chips—or other fried foods—should not normally present a hazard, it seems that all too often the fat or oil in the pan is allowed to over-heat beyond the maximum recommended cooking temperature of 400 Degrees F.; as soon as the temperature gets up to 500 degrees F., there is immediate danger of fire.

PROPERTIES OF COOKING FATS AND OILS

There is little difference in the fire properties of cooking fat. Generally cooking fat gives off an ignitable vapour within the 435-570 degree F. range and the cooling fat will burst into flame if the fat is heated within the 590-680 degree F. range. A recent report has stated that if they are never heated above 445 degrees F. cooking oils and fat never discolor and will have an indefinite life.

It has been reported that a faint haze will rise from cooking oil or fat when a temperature of 400 degrees F. is reached. But a recent report states that in tests conducted on samples of cooking oil and fat, the first clearly-discernible haze was not produced until the oil or fat was at least 75 degrees F. above the maximum recommended cooking temperature.

HOW THE FIRES START

There are two main ways in which these fires start.

1. Overheating. In commercial or industrial kitchens, fires arising from overheating and spontaneous ignition of cooking oils and fats usually occur because the thermostat fails after a frye

has been left unattended. In the home, ignition often occurs when the person leaves the kitchen after placing the cooking utensil on the stove to heat.

2. Spillage on to a Hot Surface. When damp chips are put into cooking fat at or near the maximum recommended cooking temperature (400 degrees F.), the moisture quickly turns to steam, expanding greatly in the process and causing immediate and violent frothing. When this happens in the home and fat spills over and is ignited, the flames are unlikely to cause ignition of the pan contents, providing the fat in the pan is at ordinary cooking temperature. Consequently, as long as no combustible material is nearby, the fire should burn itself out without causing much, if any, damage. To avoid this risk, however, it is advisable to drain off excess water from chips and dry them before putting them into the fat or oil. If they are slightly damp, they should be put in a few at a time to reduce the risk.

ACTION IN EVENT OF FIRE

If the Grease in a Pot or Pan Catches Fire:

- a. TURN OFF HEAT.
- b. SMOTHER FLAME BY COVERING PAN WITH SUITABLE LID WHICH MUST ALWAYS BE READILY AVAILABLE.
- c. WATCH OUT FOR YOURSELF OR CLOTHING. Should Fire Ignite Nearby Combustibles or Threaten to Spread:
 - a. GET EVERYONE OUT OF THE BUILDING (GIVE ALARM).
 - b. CLOSE KITCHEN AND ENTRANCE DOORS.
 - c. CALL FIRE DEPARTMENT.

NEVER RISK CARRYING OUT A BURNING PAN NEVER USE WATER ON GREASE FIRES

ups and downs around the base

425 AW(F) SQUADRON HISTORY BOOK

All former members and friends of 425 AW (F) Squadron are invited to purchase a copy of a book relating the complete history of "Les Alouettes" for the nominal sum of \$15.00 each.

The book was published in a limited edition as part of the Colors Presentation ceremony commemorating 25 years of active service in the RCAF and CAF.

When ordering, indicate if and when you belonged to 425 Squadron.

Send your cheque or money order payable to "425 Sqn. Colors" to:

Captain J.P. Paquette
425 AW (F) Squadron
Canadian Forces Base Bagotville
Alouette, Quebec
Canada
G0V 1A0

CFB COMOX RESTAURANT GUIDE



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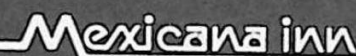
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Jr. Ranks Club

February 9 - TGIF.

MOVIES

February 13 - "Band Of Angels"

February 20 - "Exorcist II"

February 27 - "Oh, God"

BINGOS - February 14, 21, 28

February 10 - Disco

February 17 - Candlelight Dinner

Garry Lewis and Playboys

February 24 - Showband from Vancouver.

PLEASE NOTE DATES

—ENTERTAINMENT ANSWERING SERVICE—
PHONE 339-5212



THE ALLEN SISTERS - LCol. Sid Burrows with the Allen Sisters and band in front of one of 442's great yellow whirlybirds. The group was in the area performing when invited out for a tour of the Mushroom Farm.

Hosford Photo

Women's roles

(Continued from page 1)

outstanding and have been recognized as such by accelerated promotion to Cpl. and some have been unable to attain the required performance levels and have been remustered or released. While no hard statistics are available, the attrition rate for women in trades formerly thought of as male preserves is generally no higher than the attrition rate for men in the same trades.

One area of concern in some trades is that some women may not be equal to the physical demands of some jobs. Mr. Danson pointed out

that women must meet the same physical standards for their trade as do the men. The Surgeon-General is preparing common physical standards for all personnel.

Military Colleges have been included in the new opportunities package. Females may now attend as Post-graduate students and next year (1979/80) selected female UTP(M) and UTP(O) applicants may attend the Colleges.

The following year (1980/81) female ROTP Cadets will attend the Military Colleges if sufficient members of qualified applicants are available.

PAUL HORN CONCERT

FEBRUARY 9, 1979

COURTENAY CIVIC THEATRE

7:30 P.M. and 9:30 P.M.

TICKETS \$7.00

PHONE 334-4514

WO'S & SGT'S MESS

9 FEB., 79 — TGIF.

Food: Hamburger and Chips.

11 FEB., 79 — Movie: Starting Time 20:00

"Band of Angels".

"COMING UP"

16 FEB., 79 — Gary Lewis and The Play Boys.

Floor Show and Dance.

Food: Hip of Beef.

Cost: \$20.00 Per Couple.

NEXT BINGO — 3 MAR., 79

OFFICER'S MESS ENTERTAINMENT

FRIDAY, FEBRUARY 16 - MIXED TGIF - "OLD UNIFORM NITE"

Subsidized drinks 1700 - 1800 hrs., Bottle and Jackpot draws at 1830 hrs. Disco Dance. Dress: Old Uniform or Casual. Menu: Chili con carne, 1700 - 1800 hrs. Cost: Nil.

FRIDAYS FEBRUARY 9 - REGULAR TGIF

Subsidized drinks 1700 - 1800 hrs. Bottle and Jackpot Draws at 1830 hrs. Free food as indicated, 1700 - 1800 hrs.

SUNDAY, FEBRUARY 11 - CANDLELIGHT DINNER

Cost: \$15.00 a couple. Time: 1930 - 2130 hrs. Dress: Informal - Adults cordon bleu.

(b) Prime rib of beef au jus. Assorted dinner vegetables. Dessert: Chocolate eclairs, assorted cheeses. Reservations and menu (a) or (b) to Mess Manager by 1300 hrs. Wednesday, February 7th, 1979.

EW
Courtenay

Adults \$2.75, S.A.P. \$1.00, Child \$1.00

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. — February 8, 9, 10, 12, 13, 14

A Robert Altman Comedy — Desi Arnaz Jr., Mia Farrow

"A WEDDING" — Occasional suggestive

scenes & dialogue — B.C. Director

MATURE

Thurs., Fri., Sat. — Feb. 15, 16, 17 — MATINEE SAT., 2 p.m.

Karen Valentine, Don Knotts — Walt Disney's

"HOT LEAD & GOLD FEET"

GENERAL

Mon., Tues., Wed. — Feb. 19, 20, 21 — Mel Brooks,

Madeline Kahn — "HIGH ANXIETY"

"A psycho - Comedy"

MATURE

Starts Thurs., Feb. 22 — Richard Dreyfuss

"THE BIG FIX"

MATURE

Van Isle
Campbell River

Thurs., Fri., Sat. — Feb. 8, 9, 10

MATINEE SAT., 2 p.m. Walt Disney's

"HOT LEAD & GOLD FEET"

GENERAL

Mon., Tues., Wed. — Feb. 12, 13, 14

"HIGH ANXIETY"

MATURE

Feb. 15 to 21 — Desi Arnaz Jr.

"A WEDDING"

MATURE

Mon. to Thurs. - 7:30 p.m.

Friday & Saturday -

7:00 & 9:00 p.m.

Matinee This Sat. - 2 p.m.

Demon Doin's

Co-ordinator is putting on weight these days, you're probably right, since his shoulders are getting broader. Congratulations from all the Demons to Major Bob Eby on his promotion Feb. 1.

Crew 2's Ground Training Day? We heard it was cancelled due to lack of interest.

Meanwhile Crew 5 has finally returned home after their trip to the OET in Greenwood. I say finally, since they experienced a 30 some hour delay and a round robin flight on the White Knuckle Express. Besides the 707 highlights of the trip, the crew was amused to hear of some of the former antics of one of their new counterparts.

But since Lt. Rick Bialachowski believes what happens away from home should stay away from home, and rightly so he should, and since this is an extremely clean column, any inquiries about Crew 5's infamous "organ man" will have to be spread by word of mouth.

Crew 4 is off to ZX on the

White Knuckle this week - Good Luck!

There is a rumor going around Squadron about the annual polar bear swim that the crews are participating in off Point Holmes. It is said that on a beautiful day sitting in a raft on the chuck is like nothing you've ever experienced as far as some are concerned. Who are the fishheads trying to kid!

Lt. Mike Bourduas, our Squadron Deputy Sports Rep., advises us that it's that time of year for intersection volleyball. Willing participants are to contact MCpl. Garrison at the Rec. Center as free agents, as the Demons will not be entering a team for this noon-hour event.

Have you noticed a new subby on loose around Squadron; if you haven't then you may consider yourself lucky. 2Lt. Rick Thompson has recently joined from Nav school for an interim period prior to MOAT. He seems like quite the nice chap, but beware of his pet tarantula,

which appears in strange spots and does strange things. We wonder which crew will be blessed with such a mascot. Crew 3 is back from Moffett after a well enjoyed Read-ex and probably a wild tear since it was their first away trip in months. While we are on the

888 Wing RCAF

At a well-attended initial planning meeting in the Comox Legion upper hall on Jan. 19, 1979, strong support was shown for the formation of an RCAF Association Wing in the Comox Valley.

Accordingly, a number "888" for the new Wing was chosen by the gathering, a listing of names of over 50 potential members was collected and a provisional Wing Executive (four people) was appointed. In all this preliminary work we were ably assisted by members of the RCAF Pacific Group Executive, 800 (Pacific) Wing, Victoria, 802 (Dogwood) Wing, Vancouver, 806 (Gulf of Georgia) Wing, Richmond and 808 (Thunderbird) Wing, Nanaimo who joined with us at the meeting.

Since then your provisional Executive members have been busy behind the scenes setting up the ground work.

topic and we have nobody's attention we would like to apologize for our mistake in the last column concerning Capt. Dave Johnson C.D. (Chrome-dome) position on Squadron. Let it be known he is VPCC of Crew 3. Dave, we don't mean to pick on you all the time, but you're so susceptible.

In closing, we would like to leave you with this thought - who was once called "Funny Bunny?"

We now feel that we have advanced sufficiently to call a second GENERAL MEETING and accordingly have booked the COMOX LEGION UPPER HALL for 1900 hours FRIDAY, MARCH 2nd, business to start promptly at 1930 Hrs.

If you attended the first meeting, come again to this one and bring a potential or a sure-fire member for the new Wing. If you missed the first meeting, come out and find out what is happening. We want to stress that it is an "ALL RANKS" association, so pass the word around. We hope to be able to sign up members, so come prepared.

The annual fees will be decided by the membership at this meeting, however we are hoping the fee will be kept in the \$20.00 range. See you there on March 2nd! Chimo

Law talk

Wills & estates

BY GORDON HARDY
Column 1

When the dead are laid to rest, their distraught survivors are all too often faced with additional burdens due to lack of an adequate will.

This can mean painful delays in inheritance payments to a widow. Or it can mean the gifts you had always intended to make to special people just don't reach them. Or that a court rather than you will decide who has custody of your orphaned children.

An ordinary will drawn up with the help of a lawyer only costs about 35 to 50 dollars yet a surprising number of Canadians die leaving an untidy estate puzzle to the despair of their families, friends and business partners.

Some die without wills. Others leave behind antiquated wills that do not account for more recently-acquired assets. Often the deceased's family cannot determine how big the estate is because there is no inventory with the will.

Vancouver lawyer Paul Beckmann, who handles wills and estates, says he's had cases where baffled survivors "just come in here and dump Dad's desk drawer on my desk and tell me to go to it."

If you die without a legally binding will, or intestate, your property will be disposed of according to a set of provincial regulations in a time-consuming process that may go not as you would have wished it.

If you die intestate and have no living relatives or a spouse, everything you own simply becomes the property of the government.

Otherwise, the provisions of the Administration Act determine who will inherit your estate, according to classes of people. Wives, husbands and children have priority in claiming an estate if there is no will.

If none of these can claim, then the mother and father can. Following these, brothers and sisters of the deceased and their children are entitled to claim. The estate is divided up equally among members of the qualifying class.

Nephews and nieces come next, followed by other degrees of relationship determined through the nearest common ancestor.

There is some provision under the law for common law spouses and their children. If the common law spouse has lived with and been supported by the deceased for the two years immediately before the

death, then there is a claim on the estate. Likewise, the illegitimate children of a man who dies intestate have a claim on his estate but only if he was physically or financially responsible for them at least a year immediately before his death.

"A will is very important in common law relationships," Beckmann says. "The provisions for common law inheritances are very new and not very generous."

In intestate cases, the distribution of the estate is supervised by an administrator appointed by the Supreme Court of B.C., usually a close relative of the deceased.

One very important point that many people are not aware of is that a marriage automatically cancels the wills of both parties unless the wills have words to show they were made in contemplation of that particular marriage. If you marry, you must have a new will made up or you risk dying intestate.

Next: What a Will Does
For more information please contact the Vancouver People's Law School for its booklet, Wills and Estates, by writing 2110-C West 12th Ave., Vancouver, B.C. or telephone 734-1126.

Operation Morning Light

1. The Directorate of History, National Defence Headquarters, is at present researching a great variety of material which will eventually be incorporated in an official history of Operation Morning Light.

2. The vast majority of the available data, however,

deals with air operations; there is very little on the numerous contributions by ground personnel. For example, it is known that the "hits" on McLeod Bay and the "antlers" at Cosmos Lake were guarded by Canadian Forces and RCMP members but, whereas the names of the

latter are known, the former are not.

Anyone interested in contributing whether ground or aircrew, could do so by letter to Capt. C.A. Morrison N.D.H.Q. Ottawa, Ontario. In all this preliminary work we were ably assisted by members of the RCAF Pacific Group Executive, 800 (Pacific) Wing, Victoria, 802 (Dogwood) Wing, Vancouver, 806 (Gulf of Georgia) Wing, Richmond and 808 (Thunderbird) Wing, Nanaimo who joined with us at the meeting.

OPEN MIKE

Welcome back to action central in the third edition of the fishwrapper for '79. Well while it was trying to make up it's mind whether to rain or snow, last week, the ground hog didn't even come out of his hole to see if he had a shadow. We don't blame him, but for the rest of us it was an interesting two weeks with the exercises in preparation for OP-Eval '79 and some interesting flying programs.

CONGRATS. ART KIRSCHNER completed his TOWER check out last week and showed a real flare for the glass house. Well done Art. Quite a change from the old dark room, eh?

RUMOR. A new star was born on the ice last week as the ATC hockey team dropped (a close one) 7-5. Next time put the deck on the other goalie, Curt and keep on smiling.

NEW EQUIP. The new Secondary Surveillance Radar slated to be installed in February of this year has been delayed until May or June. This will depend solely on the number of Bluebacks caught in the fast approaching fishing season. So until then, no Ident feature or altitude read-out for RATCON.

BRIDESMAID AGAIN. That's the way it was again for the ATC Curling team in the Zone playoff last week. The team consisting of Jim Hue, Rick Watcher, Ken Macdonald and Trev Jones came within inches of representing the Base, however, had to settle for second in a close final against Dennis Vickland. Good luck in Chilliwack Dennis.

FACT. A training crew consisting of Brian Puttock and Ted Norrie has been set up to cover the second officer position in Ratcon. Now Ted can run to work from Comox everyday - Brian can figure out a way to keep his mustache for starting to

smoke again. Time to go but I'll leave this thought. If the Good Lord had wanted to be a pilot, he would have kept a pair of wings for himself instead of giving them to all the angels. Some of us have to be Controllers. Say Again.

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FEATURE OF THE WEEK



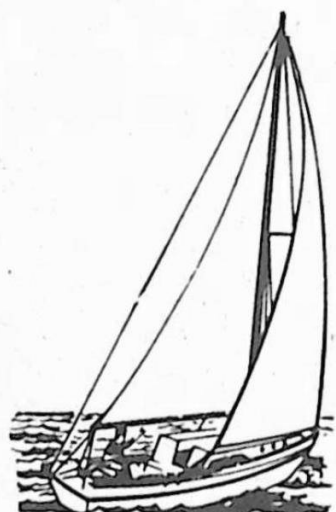
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Unification big success

according to one of the researchers who gave me this information — it came to the conclusion that a single unified force was the right solution.

But on the assumption that armed forces unification was politically impossible, it recommended, instead, that the common elements such as medical and dental services, transport, supply, communications, etc., be removed from the individual services

and placed under the command of the chairman of the Chiefs of Staff committee.

After thorough study, I concluded that this was the worst possible solution. Rather than solving the problems, they would have been exacerbated. It would have meant the creation of a fourth force, with its own uniform, support staff, etc.

Three objectives

Instead I opted for a single

service — one legal entity instead of four. That permitted the demise of the committees instead of adding an extra member to each.

Objections to the single force concept ran along three lines. The first was the spectre of the "rider on the black horse" raised by Brigadier Malone of FP Publications.

His thesis was that democracy was in greater

peril with a single force than with three because the unified chief was more likely to establish a military dictatorship.

Apart from the fact that even in a single service you have widely disparate commanders who might not see eye to eye politically, Malone failed to produce any evidence of correlation between the single-service concept and the establishment

of military juntas.

The second objection was the image of the universal man — the notion that every tank driver must also be able to drive a ship and pilot a plane. The whole idea was so ludicrous that I admit I had little patience with its proponents.

The third objection was identity. This, in my opinion, was the only genuine criticism. For generations,

fighting men had been identified as sailors, soldiers and airmen with special traditions associated with each. Because of the deeply ingrained emotions attached to these traditions, interfering in any way was bound to give rise to difficulties.

But there is no solution to the other problems of duplication, rigidity and rivalry that doesn't produce some "fall-out" with regard to identity.

Apart from the question of identity, most of the current criticism of armed forces policy attributed to unification has nothing at all to do with it.

At the top of that list is money. Critics recall the promise that the forces should have at least 20 per cent of their budget available to buy ships, planes, and tanks. Certainly they should, but the fact that they haven't is due to the inflation of the Canadian

dollar, not to unification.

Actually about one-third of all the money spent on new equipment these last 10 years (approximately one billion out of three) was only available as a direct result of the reorganization. Without that billion which is probably the largest ongoing saving in Canadian political history, the unsatisfactory situation that now exists would have been disastrous.

Unification

"The Navy, the Air Force and the Army must work as a unit. If I had my way they would all be in the same uniform."

—General of the Army, Dwight D. Eisenhower

In his decennial review of the unification, John Gellner, editor of Canadian Defence Quarterly, cited the fact that since 1964-65 the defence budget has risen at a faster rate than the Consumer Price Index. But he failed to explain that military costs for fuel and a host of other items have risen much faster than the CPI.

The F-18 — one of the two airplanes in the government's short list to replace the Voodoos and Starfighters — has a price tag of about \$17 million each as against approximately four million dollars for a Phantom F-4 10 years ago. It is misleading to use the Consumer Price Index as a direct comparison.

Gellner also failed to note that in 1974 and '75 the armed forces spent more on pensions than they did on equipment — their version of the "Canadian

disease", encouraged for years by the present government.

Another criticism levelled at unification is the demise of the Black Watch Highland regiment. That is nonsense! The reason there are only three regiments on the active list today is because the force is so small. It has nothing to do with unification.

Nor is the question of what regimental or other badges may be worn relevant. That is a matter of departmental policy that can be changed at any time.

Foreign policy is another area of concern. In some strange way unification is falsely identified with changing roles in Europe.

When the Trudeau government came to office it undertook a foreign policy review, notwithstanding the fact that Prime Minister Pearson had just completed one.

Trudeau's objective was to reduce or eliminate Canadian participation in NATO — his personal preference being the latter. But he compromised

for a reduction and a change from a front-line to reserve role when Defence Minister Leo Cadieux put his job on the line and threatened to resign if the government pressed further.

Bilingualism blues

Morale has been further affected by the implementation of the bilingualism policy. To achieve a higher proportion of French-speaking officers in the top echelons, merit points for language capability have been accorded more weight than previously in comparison to military merit.

Nor does the number of generals have anything to do with unification. When I was minister, I reduced the number of senior ranks substantially. The chairman of the Chiefs of Staff insisted that an interdepartmental committee had the authority to establish the rank structure, including the number of

generals. I disagreed.

Subsequent ministers have let the establishment get out of hand again. But any minister could reverse the trend if he wanted to.

What unification has done is to provide a basic structure capable of rapid and efficient expansion, if the government should ever decide to provide the money necessary for the forces to perform their varied tasks at full strength.

Combined operations

In addition to the savings over the years, the best test of unification's effectiveness has been in combined operations. A story of dramatic improvement is described by an eyewitness to three such operations.

The first was planning the Cyprus contingent. The chief of the General Staff was in charge. When his group met, few people around the table knew each other.

The conversation was stilted and indecisive — something like this:

"Where's the Bonaventure (carrier)?"

"I don't know, Sir, but I think she is off Bermuda," replied the naval rep.

"Is she available?"

"I don't know, but I think she is otherwise engaged."

"We need her for this operation."

"I'll report that to the chief of the naval staff."

"You know that the prime minister puts a very high priority on this operation?"

"That, too, Sir, I'll report to the chief of the naval staff."

The discussion lasted for

hours and ended inconclusively with officers going back to their services to see what they could arrange.

The two subsequent operations involved Africa. One briefing lasted 22 minutes; the other 27. Because the command structure had been unified, it wasn't a question of, "May we borrow your airplanes?" It was, "Where is the nearest Hercules? How soon can it be at Trenton, etc." Minutes later everyone knew what was required and the operation was under way.

Another significant test of the success of unification, in my view, has been the order of priority in purchasing new equipment. Tanks to re-equip the armored squadrons in Europe were ordered first.

Next came the long-range patrol aircraft to support

Maritime Command's anti-submarine role, as well as aerial surveillance for Canada's extended coastline. And finally, the new fighter airplane to replace the Voodoos and Starfighters and the ship replacement program.

The priorities have made sense, but it's highly improbable that they would have been maintained with three separate services.

So I believe that unification is working. The continuing concern about identity may be partially due to the fact that so many of the old problems are gone.

Without them to fret about, concern over identity has become an emotional outlet for frustration due to the force being under-manned and under-equipped. Money for

more personnel and an acceleration of the re-equipment program would re-focus attention on military preparedness.

I still think that other countries will follow Canada's example, although it may take more than the 30 years estimated by former U.S. defence secretary Bob McNamara. But it will eventually happen because changing technology and the pressures of history are on the side of a single force.

No doubt if the Swedes rather than ourselves had pioneered unification, its virtues would have been extolled in a dozen different languages. It is perhaps typical of the Canadian psyche that we downgrade our achievements and let them go unrecognized until they are acclaimed abroad.

Part 2

Youth employment 1979

In announcing the details of the 1979 Youth Employment Program, Labor Minister Allan Williams urged employers to make an extraordinary effort to provide worthwhile summer jobs for youth under 25. The initial target for the program for 1979 will be the creation of approximately 13,500 jobs for young persons.

The minister said "this year's program will again place special emphasis on the creation of jobs offering opportunities for training through work experience which will better equip young persons for entry into the work force."

Mr. Williams said the Government will again share wage costs for the employment of young persons. As in previous years, small businesses, farms, non-profit organizations, local govern-

ments and post secondary educational institutions, are eligible to receive funding for the creation of summer job opportunities for young persons.

"Experience in the past three years indicates that the small business and farm sectors have the greatest potential for job creation and in light of this with the assistance of the Honorable Elwood Veitch, Minister of Tourism and Small Business, and the Honorable Cyril Shelford, Minister of Agriculture, additional emphasis will be placed on encouraging job opportunities in these two areas."

The Labor Minister emphasized that the Government's Youth Employment Program is available both to students and to non-students. Twenty-eight Ministry of Labor field co-ordinators will

be located throughout the province to administer the Program.

The Program this year will make it possible in qualified cases in the private sector for the job opportunity to be extended by up to eight months. This extension will only occur where there is a clear indication that full time employment will result, the Minister said.

Mr. Williams also said that the Program was being announced earlier this year which will provide greater opportunity for prospective employers and employees to participate in the Program. Employers and youth interested in participating in the Program can obtain applications from any Provincial Government Agent, Ministry of Labor office or British Columbia Youth Employment office.

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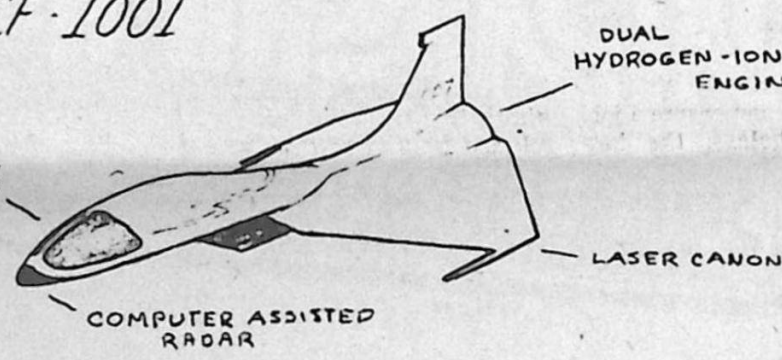
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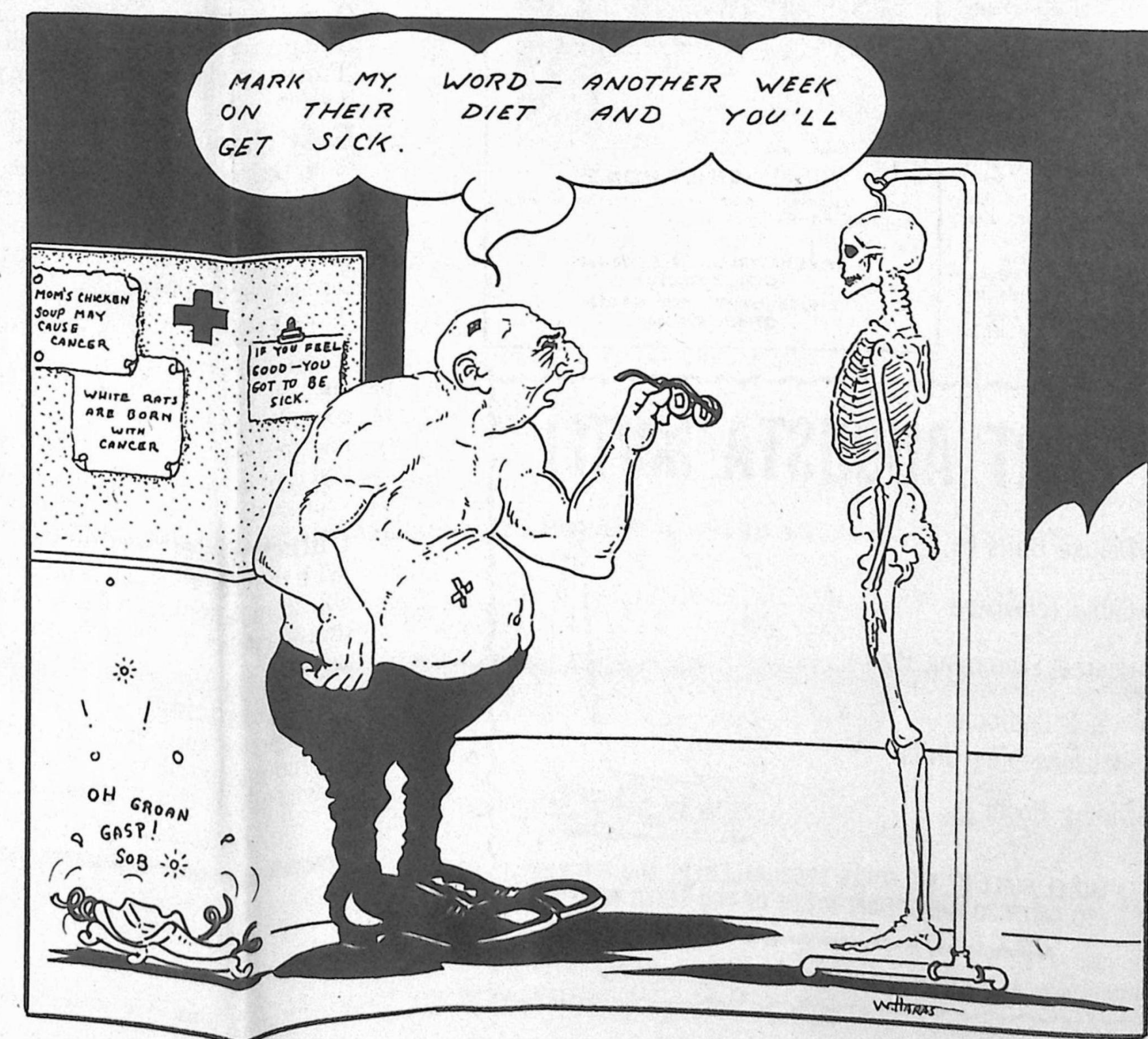
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CNA BLUE RIBBON AWARD 1977

Planning a second career

Sergeant Bill Jackson, stationed at CFB Halifax, and an administration NCO in the Canadian Forces for 27 years, will soon retire at the age of 49. But with six months to go before he's out, Sergeant Jackson is confident he can find work to supplement his pension until his two sons and a daughter, ages 15, 17 and 20 are through school and on their own. He has made up his mind that in two or three months he will go down to the manpower centre, register his name, tell them when he wants to start his new job and begin wearing civilian clothes again.

Sound familiar? It should. Compulsory retirement happens to approximately 4,000 servicemen and women every year. And like death and taxes, it's going to come to all of us one day. So getting back to Sergeant Jackson (a fictitious Sergeant) it would seem that he has given some thought to his retirement and is ready to make the transition.

But is he really ready? Or will he find when he registers at the manpower centre that the likelihood of his finding work in the field he has been in is indeed slim? That not only is Halifax one of the highest unemployment areas of Canada but that the person who is looking for employment in the general administration field has selected just about the hardest field in which to find work. Thus, not only does Sergeant Jackson have to face the trauma associated with leaving the Forces but he's also looking at the gloomy prospect of a limited job market.

So what can be done that will save us from ending up in the same circumstances as Sergeant Jackson?

Well, whether you knew it or not, the Canadian Forces have a Civilian Employment Assistance Program which has been set up to look after this final phase of your career which for many years had been neglected both by the Forces and its members. Reading the program at

National Defence Headquarters is Major Terry Christopher who, with a staff of approximately 40 Base Personnel Selection Officers (BPSOs) scattered throughout Canada and at Lahr, is confident that given some flexibility they can place any retiree looking for work in a job.

"We may not always be able to place a man or woman in the exact job they want or in the location they want," said Major Christopher "but we think that we can obtain good, meaningful work for all our retiring members."

One problem he has though is the limited time given to the BPSOs by Forces members to try and assist them in their job hunting.

"We would like a member to at least touch base with his local representative approximately five years before his compulsory retirement date," said Major Christopher. "This means he or she is thinking already of their last day and five years is really not a long time if the individual requires extensive academic or technical upgrading to get the type of job he wants."

The BPSOs, in order to help an upcoming retiree, initially need to find out his plans, his goals, and his financial situation.

"Also, we try to find out in our interviews what experiences and skills, the serviceman had acquired throughout his career, that are marketable in the civilian world," said Major Christopher.

He adds that while many trades in the Forces are almost exactly like their civilian counterparts others, such as combat in arms, are not. In the latter case the individual's management and supervisory skills are emphasized in the preparation of a resume.

Assistance in the preparation of an individual's resume is another service of the CEAP and one of the most vital. A person's resume, while it does not ensure a job, is, nevertheless, the key

which opens the door to an interview for the job.

"We suggest that a person have more than one resume prepared," said Major Christopher, "and that each resume zero in to emphasize the skills that the various employers are looking for."

He emphasized that, while the resume will get you past the secretary and into the office of the person doing the hiring, the rest is up to the individual to show the employer that his attitude, motivation and skills make him the most attractive prospect.

"Because of the importance of resumes in opening the doors to employers we ask retirees to give us some feedback, if at all possible, on how the employer considered the resume," said Major Christopher. "That way we can hopefully improve them if they are deficient in any way."

BPSOs also try to ease the way of a Forces member from a regimented military life to a less structured civilian life. And it is not an easy job because of the many stress factors involved in the transition. The retiree has to face economical, sociological, and psychological stress factors which explains why most BPSOs have had to major in psychology to practise their trade.

"We have a program of on-base seminars conducted by Forces specialists in finance, benefits and other fields which we encourage both the retiree and his wife to attend," said Major Christopher. "We ask that his wife attend because retirement is not done in isolation but is a family affair." And the seminars have been well received with more than 200 attending one recently.

"In brief," he added, "we counsel the individual, help him prepare his career resume, inform him of academic and technical courses offered, and provide him with job information selected from more than 300

employment opportunity contacts. Also, as a test project, we have opened Job Information Centres at three bases in Canada - Gagetown, Halifax and Valcartier - which are situated in areas of high unemployment and have large numbers of combat arms personnel. The Job Information Centres co-locate Canada Manpower and Base Personnel Officers to give, hopefully, even better service."

So, while the Canadian Forces, like civilian companies, do all they can to keep skilled, competent workers employed in their organization, a youthful military necessitates a relatively youthful retirement age for its members. Thus, early retirement and a second career are usually part of the career life cycle of service members.

Having realized this, the Forces are continuing to develop the facilities and the expertise to help you meet this challenge of a second career. How well you meet this challenge depends only on yourself.

At Comox, contact Capt. C. Schofer, at Local 469.



HELPING HAND -- Corporal Bob Lane (left) and Corporal Gray Linney (right), members of the Mobile Air Movements Section, help Canadian evacuees from a Canadian Forces Hercules at the Ankara (Turkey) airport. The seven member MAMS crew worked round-the-clock with a team

member on each aircraft into and out of Iran to supervise in the loading and unloading of aircraft and to assist in ground servicing of the aircraft during the airlift of Canadian civilians from strife-torn Iran.

C.F. Photo



LOFTY POST -- Perched on top of Pink Mountain, about mile 143 of the Alaska Highway is a Canadian Forces radio truck. The 19,300 lb. truck was hoisted to its 5,850 ft. level by 447 Squadron Chinook of CFB Edmonton. From this wind-swept position, three soldiers of Signal Squadron, CFB Calgary relayed messages on a 24-hour a day basis to various

military units encamped in the area on exercise Rapier Thrust '79. To keep the generator-operated radio van in business required a constant fuel re-supply. Edmonton-based 408 Twin Huey helicopters handled this portion of the exercise by supplying needed fuel jerry cans to the isolated van.

C.F. Photo

War games

A major "battle" started Jan. 29 involving about 700 soldiers supported by helicopters and armoured personnel carriers in the Sikanni Chief River area about mile 143 on the Alaska Highway.

All told 1600 soldiers began arriving at Fort St. John B.C. by military aircraft and vehicles about ten days before marking the first large military concentration in the area since the U.S. Army Corps of Engineers completed the Alaska Highway in the mid-40's.

The area was selected to give soldiers experience in their "defence of Canada" role under snow, severe cold and mountainous terrain.

Basically, the 3rd Battalion, Princess Patricia's Canadian Light Infantry of Victoria B.C. were given the job of defending the area and repelling an invasion of "Fantasians", a mythical country located in the Yukon whose oil and natural resources were becoming depleted and who therefore sent their soldiers to capture the Fort St. John area oil fields.

Helping the Victoria-based soldiers were elements of the 3 RCHA, Brandon and 1 CER, Chilliwack. Playing the role of the "invaders" were elements of the 2nd Battalion PPCLI, Winnipeg. The entire exercise was controlled by 1 Combat Group Headquarters, Calgary.

About 450 military vehicles including personnel carriers travelled by convoy from Calgary to support the Exercise. Helicopters from 408 Squadron and 447 Squadron Edmonton plus Hercules aircraft of 435 Squadron Edmonton took part in the exercise along with four CF-5 Freedom Fighter jet aircraft from Cold Lake.

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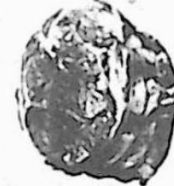
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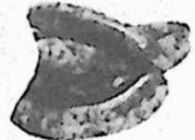
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Totem Sports

MackKean runs for future glory

BY DON LAMONT

In modern day sporting endeavors, glory is usually included with success.

For Gail MacKean the success has been sweet and the glory non-existent.

But marathon runners are used to the hardships of training on their own, running endless miles, through sleet and snow, rain or shine with little but their own thoughts.

So what is a little glamor when it comes to personal satisfaction.

MacKean is Canadian women's marathon champion and Manitoba road runner of the year, a feat few people know or care about. She won the title in September, in New Glasgow, N.S. At that time, she recorded the second best time ever, for a Canadian woman in the marathon, covering the 26-mile, 385-yard course in 2:49:56.

Out of the 82 participants at the start of the race, mostly men, she finished 20th.

At 21, MacKean, 5'5" and

108 pounds, is a late bloomer to marathon racing. She started at age 12 as a track star at Hedges Junior High in Winnipeg. Her father, who is in the armed forces, was then transferred to Comox, B.C., on Vancouver Island.

"I didn't run at all the whole time I was in Comox because there were only four people who trained and they were men. The coach told me I couldn't train with them because I was a girl," said MacKean, reflecting on what she considers the injustice of it all.

"We moved to Victoria for my Grade 12 year, and the high school I went to emphasized track so I started running again.

"I decided to run track back then because I was lazy, and believe me, training for the marathon is hard work. Still, I put a lot of effort into track, too much as a matter of fact, and I developed stress fractures. Fractures bothered me every year until I came to

school at the University of Manitoba and met Chris McCubbin, the track coach there.

"Chris encouraged me to do more miles just jogging in order to build up a base to prevent all the injuries I had been having. I took his advice and started doing slow, easy miles and it worked. Now I don't have any injuries."

Free of injury, MacKean decided to concentrate on the marathon because she "didn't have enough speed to do anything else."

To prepare for a race, marathon runners put themselves on a high-protein diet for three days, then on carbohydrates the next three days prior to the race. This pre-competition dietary practice packs the muscles with significantly more fuel than they ordinarily contain and thus postpones exhaustion.

"During the actual race, pacing at the start, is the most important factor," explained

Gail. It's a technique driven into the subconscious through thousands of miles of training. If a runner goes out too fast, then fatigue sets in at the end, resulting in loss of time.

Ideal conditions for the marathon are relatively cool weather, no wind, and a straight course with no hills. Unfortunately, those are few and far between. If the weather is too hot, the body becomes dehydrated and fluids have to be consumed during the race. If it is cold, too many clothes have to be worn, restricting movement.

Doctors recommend an individual should not run more than three marathons a year due to the stress on the body. It takes a day, for every mile run, for the body to recover after the gruelling 26 miles are completed. Only then can serious training start again.

"For two days after the race you feel great, then all of a sudden it hits you so hard you can barely move for

days," added MacKean.

MacKean is in her third year at Manitoba, her second in the athletic therapy course offered in conjunction with the Health Sciences Centre. In her spare time she trains six miles in the morning and nine in the evening - 90 miles a week on the average.

"It's so hard training in Manitoba because of the cold weather and snow. To be able to run in this climate you have to put on so many layers of clothes it is uncomfortable."

"Very rarely do I feel fantastic when I run but sometimes it does happen and that's what makes it all worthwhile. It also becomes a habit. If I don't run I feel guilty psychologically plus the physical side effects, which include leg cramps and other physical discomforts."

Gail continues to run in preparation for the Pan-Am trials in May, and with a personal goal in mind.

"The Canadian record is what I want for my own satisfaction, but it would be nice to go to the Boston Marathon," she adds wistfully.

Oldtimers

The second annual Western Canada Oldtimers Hockey Tournament is now history. The beautiful city of Victoria was once again the host of this great event. There were 68 teams from Western Canada and the Western United States and these teams were placed in Divisions according to their experience and age.

There were 6 divisions - from A to F - and the Comox Oldtimers were in division D along with 15 other teams, one of which was service - CFB EDMONTON. The Edmonton team ended up winning the D Division and the Cold Lake team won the F Division.

The Totem "Oldies" played very well and had a won loss record of one win, one tie and one loss, in that order. They defeated Calgary 8-2, were tied by Grande Prairie (two goals in the last 4 minutes) 4-4, and, lost to Vernon (who lost to CFB Edmonton for the title) 5-3.

The team is already planning for next year and with some luck we should be able to get into the National Oldtimers Championships if

they are held in Victoria, who has made an application to host them.

This year's team was well looked after thanks to the Manager Duke Reid the Coach, Pete Schelew and the Pr. and Equipment man, Ruddy Rudolph.

The breakdown of the "Totems" games were as follows:

Comox (8) Calgary (2)
1st period - Tressell from Durst and Williamson.
Flath from Durst and Williamson.
Durst from Tressell and Thompson.

2nd period - Williamson from Flath.
Martinson from Blais and Fraser.

Tressell from Thompson.
3rd period - Durst from Tressell and Thompson.
Main from Tressell.

Comox (4) Grande Prairie (4).

2nd period - Davis from Thompson and Brooks.

Williamson from Flath.
Martinson from Burgess and Fraser.

3rd period - Durst from Thompson.

Comox (3), Vernon (5).
1st period - Thompson from Williamson and Tressell.

2nd period - Brooks from Thompson and Boran.

3rd period - Gailey from Brooks and Thompson.

Boz's views

What is intersection hockey intended for? Not a hard question to answer. Presumably it is to provide members of Canadian Forces (and associated personnel) the opportunity to maintain a level of physical fitness and to satisfy a need for competition.

The 'A' league is available for people with enough skill to play an aggressive, heads-up style of hockey. The majority of 'A' leaguers have played enough to have learned how to give out as well as take a good stiff body check. They are good to excellent skaters and know how to handle the puck and put it where they want it.

Some people accuse 'A' league of being a "bush-league" composed of woodchoppers. I disagree. Anyone who plays in a body contact league realizes he must skate with his head up or find himself on his back. He must be aware of his opponent and be capable of at least attempting to avoid a well placed check.

"B" league, however, is a different matter. According to official sources it is strictly a fun league, with no slapshots and no body contact. In its purest form 'B' league is for the benefit of those people who have not skated in ten years, have not yet mastered the skills of stops and starts or slapshots but enjoy competition and get a thrill from directing the puck into the net.

"B" league hockey may not be the best to watch and the play, no doubt, resembles shinny more often than not, but to the players on the ice it is definitely competitive. If the players did not like the feeling of pitting their hockey skills against those of his opponents, he would not come out at nine o'clock at night to get on the ice seven or eight times. He would not endure the frustrations of sitting out the first period because he didn't have equipment until ten minutes into the game. But that's another story.

"B" league in its initial concept may have been meant for old men and/or non skaters only, but anyone who has played in it recently knows that probably 25 per cent of the players can skate well, can stick handle, and can pick the upper left hand corner of the net from just outside the face off circle.

In fact I would bet money that there are a couple of teams that could outskate, out hustle, and outscore some of the teams in "A" league under the right conditions. How could this be, you say? There are players who are far beyond

the calibre of play in the fun league. But why play heads up hockey and be mediocre in "A" league when you can skate circles around guys and be a star in "B" league???

Something is wrong when a team laughs and calls down at an opposing player who is constantly falling instead of stopping, and they (the laughers) are winning 9-0. It seems they are taking something too seriously and belong in another league.

It is believed in certain circles that there is no such animal as body contact. However, if there is a free puck, two players skating for it there's bound to be collision. Trips are common in the fun league. Some are caused by the frustrations of having an opposing player continuously skate by with the puck, laughing because you can't stop him. The majority of trips are due to the fact a poke check usually becomes a jab at the skates if the defender isn't too steady on his blades.

Most of the players take contact in stride, hopefully because they know it's not intentional. But others, usually the better hockey players get upset at this harassment by non skaters. My feelings are if they want to play Guy Lafleur in this type of league they must face the consequences, or move up in the leagues.

The hotdogs aside, it is good sport and a lot of satisfaction and camaraderie is derived from it. However to realize the maximum benefit from the Intersection system, either a third tier or level must be made to accommodate those players too good for one but not good enough for the higher, or else find a means to ensure the players participate in the league they are most suited for.

A LEAGUE HOCKEY STANDINGS

	GP	W	L	T	PTS.
442 SQN.	17	11	5	1	23
407 SQN.	16	9	7	0	18
740 COMM. SQN.	15	8	7	0	16
MP's	15	7	7	1	15

TOP TEN SCORERS

	TEAM	G	A	PTS.
HASWELL	407	25	20	45
LEBLANC	740	18	24	42
VARTANYAN	MPS	15	23	38
BERTRAND	740	16	20	36
RIQUX	740	25	10	35
GOULET	MPS	20	9	29
BROWN	442	16	12	28
MERCER	442	11	14	25
BRAZEAU	407	12	9	21
WILSON	407	6	15	21

Stats are as of 1 Feb. 79. If any discrepancies are noted please call Cpl Doubleday Loc 451.

Badminton playoff

The Base Badminton playoff to determine the team for the Pac Region Tournament will be held in the near future. There is a list in the Rec Centre on the main notice board and if you are interested in participating in this play-off either drop in and let your name down or, give Pte Sue Tuck a call at local 315 and have it put down.

With the exposure of players that are now participating in the normal noon-hour play there should be a large number trying out for the positions on the Base Rep Team. The Regionals will be hosted by CFB Esquimalt the 5-8 March '79. The divisions of play in the Regionals will be:

OPEN SINGLES, OPEN DOUBLES, SENIOR AND MASTERS (SINGLES AND DOUBLES).

The individual championship will be a single elimination best two of three games among players selected from the round robin. A. Open Singles, Open Doubles, Senior Singles,

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Norrie spurs ATC

The ATC intersection hockey team, spurred on by the return of their player-coach, edged a spunky squad from 409 last Thursday evening. Norrie, after being given up as retired or lost in the bowels of the dark and mysterious RATCON, donned his blades and inspired rookie goaltender Devon into playing a fine tilt between the pipes.

Devon was also playing under the pressure of possibly losing the starting position on the team as veteran "Gump"

Bozwell put in a spectacular display of goaltending in the warmup of the previous weeks game. Many of the guest analysts at that game felt the Boz could have earned the teams first shutout of the season had it not been for Curt Browns well placed tip-in late in the first period.

Chris Coughlin popped in the winning goal against 409 to make the score 2 to 1 in a well fought battle.

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For Sale

1978 Bendix 14' x 64' mobile home. Two bedroom mobile with deluxe furnishings. Situated in Uplands Subdivision (top of Ryan Road) on permanent foundation on partial view lot. Services include water, sewer, sidewalks, etc. Open house on weekends.

HOUSE FOR SALE - Cumberland, two stories, 1800 square feet. Oil furnace and wood heater, electric hot water, unfinished basement. Price includes washer, dryer, stove, fridge, wood heater. Established garden, fruit trees, price \$25,000. For further information or viewing call Judith at 338-6747.

Family house for sale. Anderson Road. 3 acre. 5 yrs. old. Call after 5 or weekend. 339-3035.

For Rent

FOR RENT
Tsolum area. 3 bedrooms, 2 baths, LR, DR, lge. kitchen and family room. Two car garage. Electric heat and two wood stoves. Close to school. Ideal for young or older couple with children. \$300.00 a month. Information Mrs. McGill 338-5859.

PADS FOR RENT
Falcon Trailer Park. 3/4 mile west of Base. Children welcome. Sorry, no dogs. First month - rent free. 339-3125 or 339-2576.

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

Mobile Home Park
Trailer spaces for rent. First month rent free. Cement pads. Mission Heights Park, 2787 Wentworth Road, ph. 334-4386.

Real Estate

Coming to Victoria? Posted or retiring to sunny Victoria? For help with all your housing needs write or call collect to:

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Personal

Do you have a drinking problem? Maybe alcoholics anonymous can help. Meetings at the CFB Protestant Chapel Annex. Mondays at 8:30 p.m.

RETIRED in the next year or so? Start a new and exciting career as a management and marketing consultant for an International Corporation. Start part time with no investment and retirement may see you earning 3 times your present income. Sound interesting? Interview phone 338-7887.

Sports talk

Up Earl's Alley

Well the CFB Comox Broomball team made history last week. They lost their first Regional Broomball game in six years. The team that turned the trick on them was CFB Esquimalt. Sgt. Bill Jones (Esquimalt PERI) turned back the Base players time and again and was nearly unbeatable as his team scored three while he only allowed one to get past him. His play was simply outstanding and he certainly deserved the first star of the game. But, revenge was sweet for the Comox team as they won the Pacific Region Championship for the up-teenth time. They played a super game and defeated Esquimalt in the Championship game 2-1.

Our 01 Buddy George Scholer from the USAF is in training again, this time for the Annual Marathon in Vancouver. His "I'll never run again," theory did not last long ... You did say that after Seattle didn't you George ... Good luck and hang in there, George...

Gary Flath was out fishing last week and caught a few "down home" minnows... Compared to the picture I carry around in my wallet of the magnificent catch I caught in NB they were RATHER SMALL... Better luck next time Gary ... sigh...

Now that the snow is about gone the Golf course will soon be a flood with golfers again. Memberships will probably be going on sale at the Rec Centre in the very near future. Hopefully the fees will stay the same as last year. Our Greek PERI Anastasios Athanasopoulos (Apollo) will be the man looking after the membership sales this year so if you have any questions give him a call at local 315.

I saw a lot of old friends down at the Western Canada Oldtimers hockey Tournament which was held in Victoria recently. That is the best thing about those type of tournaments. You get a chance to meet old buddies that you haven't seen for years. Ray Bowe, a PERI in St. John's was out refereeing and I also met a chap that I once played hockey with in the NS Senior League and he told me he had gone to Grande Prairie 16 years ago to play hockey for the winter and has remained there ever since.

The Tournament itself was a great success. The work of Duke Reid who looked after all of the details was super. He already is looking forward to next year and with his enthusiasm it should go well for all. The wives that went down really helped the team and their cheering was welcomed by all the Totem "Oldtimers".

Special thanks to Wally Berger, PMC Jr. Ranks Mess, and his Committee for doing such a great job in allowing the Pac Region Broomball players to utilize the Mess during their stay in Comox.

Hang in there folks, this type of weather will not last and before you know it you will be sitting out in your boat, cursing the tide, waiting for the water to rise so that you can get your boat in ... loaded with springs ... well ... at least four per person...



Yo Ho! Blow the man down!

Would you rather be sailing?

If the answer is "YES", then the Comox Squadron of the Canadian Forces Sailing Association has good news for you.

WHAT - The 5th Annual Comox Squadron "Cruising under Sail" Course commences.

WHEN - At 1900 hrs. on Mon. 12 Feb.

WHO - Paid up members of the Canadian Forces Sailing Association, who have a keen desire to learn the art of basic coastal piloting under sail. Enrolment is limited to a maximum course loading of 10, with preference given to persons with dinghy sailing experience if we are over the limit.

WHERE - The CFSA Comox Squadron's Clubhouse is located on the foreshore at H.M.C.S. Quadra, Goose Spit,

hard by the Marine Section. **HOW** - Phone Chris Tuck at Local 204 or John Fox at 339-4216 for further info and then make a date for 12 Feb.

HOW MUCH - \$40.00 for the forty hour course - 20 per cent classroom, 80 per cent afloat, and the 1979 Membership Fee for the CFSA Comox Squadron is \$30.00.

COMOX SQUADRON of the Canadian Forces Sailing Association has been alive and very active since its formation in 1972. They have been pioneers in both 'learn and sail' and 'sailboat learn and cruise' programs to Canadian Yachting Association standards. In addition to its fleet of six Mirror dinghies and the use of four 'Unica' 420 Class racing dinghies, the Squadron now owns out right its own

Columbia 22 cruising sailboat.

'Klim Lwash' as she is called, has a large cockpit four berths, an enclosed head and a full galley. She has proved herself very suitable for tuition, cruising and even racing. Several of our qualified 'Klim Kwash' skippers have planned their family summer sailing vacation cruises aboard her; and all this at a cost affordable no matter whether you are a private or a General.

SAILORS DO HAVE MORE FUN for less with the Canadian Forces Sailing Association. So check it out! Then make a date for 1900 HRS, 12 February 1979 and join in the fun.

John Fox 339-4216.



Base Photo

BROOMBAL DYNASTY - Pictured above is a happy Coach, Dave Collins of the CFB Comox Totems receiving the Trophy and Pennant, emblematic of the Pac Region Broomball Championship. L COL C.R. Hallowell, BOPSO is making the presentation to the coach.

CFB Comox broomball champs

CFB Comox has won the Pac Region Broomball Championship again this year. Things were a little different however, as they finally lost a game in Regional competition. The Esquimalt team beat the Totems by a score of 3-1 in the Round Robin. The scores this year overall were much closer than the past years and it was a great competition right down to the final game.

After there portion of the Round Robin, CFS Beaverlodge and CFS Kamloops were tied with 3 and one records. This called for a playoff and Kamloops won 2-1. In the Big Base side of the competition the Comox team won as a result of a better goals for and against (15-5 compared to 15-6 for Esquimalt) and after a cross-

over Semi-Finals between the Big Base 1-2 finishers and the Small Base 1-2 finishers the two teams to meet in the finals were Esquimalt and Comox.

Lead by the majesty of the Jim Whelen who scored both goals and the defensive play of Russ Roux, Weiner Levisne and Wayne Lyle the Comox team won the game and the

Championship 2-1.

A Star in a losing cause had to be Bill Jones the Esquimalt goaltender as he made many, many point blank stops. The officiating personnel, Al Gil, Gilles Gervais, Rick Durand and Apollo Athanasopoulos did an excellent job. Thanks to the Minor Officials and the Arena Canteen Staff.



KAMLOOPS KAPER - L COL C.R. Hallowell the BOPSO is shown in the above photo presenting SGT. Bob Lowry with the Pac Region Small Base Trophy and Pennant on completion of the Pacific Region Broomball Championship which were held in CFB Comox 12-14, Feb. '79.

Base hockey

The Base hockey team is busy preparing for the upcoming Regionals which will be hosted by CFB Comox the 28 Feb and 1 and 2 of Mar. 79.

The team is undergoing practices every Thursday at 1015, Saturdays at 1930 and Sundays at 1600. To date things have been rather unsettled but the team management has been organized and with this matter straightened out we are ready to get on with the task at hand and, that is to win the Regionals.

The Team executive is: Manager, WO Bill Fraser; Coach, Earl Thompson; and Team Trainer is M CPL Kip McLean. If you have any problems give Bill a call at local 311.

All team hopefuls must make an attempt to make every practice from here on in and by the look of the talent that has shown up to date we should do very well. The Defense corps will be lead by Bob Main, Reg Tressell, Bill Boran, Dave Zacker, George Wissler and Rollie Cramer. The forwards looking for berths on the team are Pat Armstrong, Doug Wheeler, Pat Mercer, Randy Brown, Capt. Russell, Floyd Murrin, Danny Sanscartier, Mark Sabad, Bob Haswell and Bill Shaw to mention a few.

The team is certainly not set as yet and if you feel that you have the skill to make the squad you are invited to try out. The final team selection will be made on Sunday, Feb. 26. If you don't come out you will never know.



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MQ PreAmbLe

Since no new news has been reported to me, this column will be a repeat and reminder of several items of old news. As evident by the Free Press headlines, the Winter Carnival is well underway. Support and best wishes to Debbie McLaughlin, our own Miss Wallace Gardens, for success in the Snow Queen Contest.

Remember the Ladies Auxiliary Bazaar on Saturday, Feb. 17. It will be held at the Airport School Gym from 1400-1600 hrs. Baked goods are needed. Please call Barb Lamoureux at 339-4114 if you have white elephants to donate. She NEEDS them! Please be generous - clean your closets while supporting the Scouts! Remember, one

man's garbage is another man's treasure!
More of "Bill Adler's All Time Great Classic Letters From Camp".
Dear Parents: I am having a good time at camp. Please send me the name of my camp. I forgot again. - Love, Jean.

Dear Mother: Our counselor is very nice. Every night before we go to sleep, he reads us another story from Playboy magazine. - Your son, Mike.

Dear Grandma: I miss you and Grandpa very much. Please send a few dollars so I won't forget you. - Your grandson, Arnold.

Dear Mother and Father: How are you? I am fine. There is nothing exciting to write about except the fire at the

camp. - Love, Richard.
Dear Folks: Remember last summer when I broke my left arm? Guess what just happened to my right arm? - Love, Mickey.
Dear Mom and Dad: Yesterday I went to the camp barber. His name is Victor

and he gave me a nice haircut. I think you will like it. - Love, Carl. P.S. The kids call me baldy now.
The next PMQ Council meeting will be held on February 15 at the Parish Hall at 0830 hrs. Please call 339-2623 with ANY news!

Chapel Chimes



RC CHAPEL

Father M. Allan Stack - Base Chaplain (RC) - Telephone 339-2211
Loc. 274; Residence - 339-2102.

MASSSES FOR SUNDAY:

Saturday - 7:00 p.m.
Sunday - 9:30 a.m. and 11:00 a.m.

WEEKDAY MASSSES: 9:00 a.m.
SACRAMENT OF RECONCILIATION: Confessions are heard before all Masses and any time upon request.

BAPTISM: By appointment. Please phone ahead in plenty of time.

MARRIAGES: Please come in months before your marriage.
CATECHISM CLASSES: Each Wednesday night at the PMQ School, 6:30-7:30 p.m.

THE PROTESTANT CHAPEL

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

CHAPEL SERVICES

The Protestant Chapel is located in Wallace Gardens (PMQ area) and Divine Service is held every Sunday at 11:00 hours. This is the Base Chapel and everyone is warmly invited to share in the Service.

HOLY COMMUNION: Holy Communion (ACC) 1200 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 2000 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 1100 hours. All children are invited to attend.
OFFICE HOURS: 0800-1630 hours. Phone 339-2211, Loc. 273.

HOSPITAL VISITATION: The Chaplain would appreciate co-operation of the members of the congregation and would request that they phone the Secretary's office (339-2211 Loc. 27) to report the names of any members of the congregation who may be in the hospital.

Since our last report, our executive has been planning for future events. The first major event will be a tournament to be held on SAT., Feb. 17 and SUN., Feb. 18. Competitions will be held in shuffleboard, darts and table tennis. Depending on the number of entrants, singles and doubles will be held. Prizes will be awarded to the winners. There will be an entry fee of 50 cents per person for each competition. We hope to have the preliminary competition on Sat. and the finals on Sunday. You've been warned, so come out and practice! See the executive for further details.

IMPORTANT -- The

membership renewal date has been extended to Sun., Feb. 18. No further extensions will be given and it will cost you more to renew after that date.
We are also trying to get money to buy sports equipment, records and other items which will improve the club. At the moment, we are raffling off a Lloyds Portable stereo radio cassette player-recorder. It's a beautiful machine and we wish all who have bought tickets good luck and encourage those of you who haven't to do so. Only 250 tickets will be sold so your chances of winning are good. Wednesday sports nights are now a reality. Last week 30 teens showed up and played

badminton, volleyball and floor hockey. Oh yes, rumor has it that a few of the girls were seen in the weight room. We're not sure if that's good news or bad news, but we're all anxiously waiting to see what develops!
New sports games such as wall-ball, murder-ball,

European hand-ball and others are being planned for future Wednesday nights.
While all teens are welcome to the sports night, it is primarily a B.T.O. organized event. We hope you will come out, enjoy yourself, and decide to become a member. See you at the B.T.O.

THE HOME FRONT



Home-Ownership isn't for Everyone - But in this series of articles I would like, as an experienced - Real Estate saleslady to aid and guide those who are considering entering the real estate market and also those who now have "Pride of Ownership."

As a service wife of 19 years and nine postings, I am familiar with the transient life of service personnel. If no rental accommodations or married quarters are available at your next location, or the decision has been made to acquire real property, there is a tremendous amount of assistance and guidance available from Nanaimo Realty that will smooth that traumatic period, from posting notification until the movers (have left the driveway of your new home).

I am knowledgeable of all the headaches, frustrations and pitfalls in that period and hope to serve you and your family's needs on your move to or from the Comox Valley.

I am fortunate enough to have sold real estate in Ontario for 3 years just prior to moving to the Comox Valley. Although the basic need is a roof over your head, no two homes or two clients are exactly alike; people, like houses, vary from the first time purchaser to the experienced and expert buyer. Both of these will eventually become vendors with equity requiring a professional to sell their home at the best possible market value free of complicating factors.

I plan on covering the requirements of purchasers and vendors with regard to questions they may have in the British Columbia Real Estate Market. Each article I hope will help you in some way and I intend to cover a wide variety of topics from the British Columbia Grant to the Assisted Home Owner Program qualifications, land and mobile homes and mortgage funds, interest rates to name a few. In addition, I hope you will contact me regarding any questions you may have on the Home - Front series.

Today's footnote is related to the real estate market or investment, the basic problem is not selling - but buying - if goods are bought at the right price - they can always be sold at a profit! Au votre service - At your service.

Maureen

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1st Lazo BEAVERS

Brown Colony.

The coming two weeks will be busy for all those in Scouting. On Feb. 17th from 2 to 4 p.m. there will be a bazaar in the Airport School Gym. On our last meeting before that date, Feb. 13th we'd like all the Beavers to have returned their tickets and money, have brought one canned good and some old comics and pocket books. Brown Colony will be selling the books at the bazaar, the money will be added to our wood chips and used for the operation of the Colony. On Feb. 25th there will be a church parade followed by a campfire at the Airport Beach and on March 4th there will be a Parent-son banquet, times will be available later.

At our Feb. 20th meeting we will be having a tail celebration with all the Beavers receiving new tail levels. Each Beaver should bring an adult along with a needle and thread for sewing on the new tails. Everyone will be included in the meeting from opening to closing so come prepared to work and play.

We've had a tour of the Courtenay RCMP station, it was interesting, especially the cells and for some reason the paper shredder. A big tail slap of Thanks to MSE for providing us with a bus and a very patient and cordial driver.

Welcome to John and Kyle, two new Kits, I'm sure you will soon be ready to become Eager Beavers.

The Colony Cook Books will be available at the bazaar, Brown Colonies table, be sure and get your copy, they're a terrific keepsake. If for some reason you miss the bazaar let us know and we will keep a cookbook for you to pick up at the Feb. 20th meeting.

Busy Beaver! Blue Colony Hi again Beavers. When the Blue Colony Beavers gathered on Jan. 22,

the entire group went around Oak, Ash and Cedar Crescent selling tickets for the Ladies Auxiliary on a Transistor Radio. Beavers really enjoyed meeting so many friendly folks. On behalf of the L.A. thanks to all supporting the boys. The rest of the P.M.Q.s will be done by Tuesday's Brown Colony.

Beavers are bored with Winter and the answer to this solution THINK SPRING! When Beavers think spring they change tails. The 29th Jan. we did just that. The boys who had yellow tails are now sporting green tails which opens the door to "Discovery". Blue tails were changed to Red for "Exploring". The busy Beavers have added a lightning bolt to their white tails as they prepare for the Cubbing World. All were measured and weighed, and were surprised at how much they've grown since Sept.

POSTER CONTEST.

These posters were done at a regular meeting and each are numbered. They will be on display at the L.A. Bazaar and judged that day. If you are looking for your son's poster please ask one of the leaders.

"The BROWN UNIFORM" bag some weeks have six hats. This bag holds the hats, etc. for one week. Misuse of uniform results in the loss of the hat etc. Ask your boys about this.

The Beavers received their flashes and registration cards. The year flash is to be sewn on the top of the left pocket. The three boys who registered later in the year will receive their flashes and cards as soon as they come in. Sorry for the delay.

The 12th Feb. we will be having a Valentine Party. Parents will be phoned with more details.

Until next time. Busy Beaver. Rainbow.

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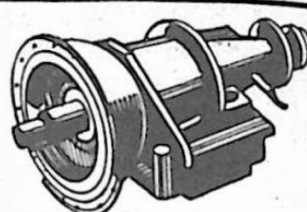
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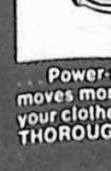
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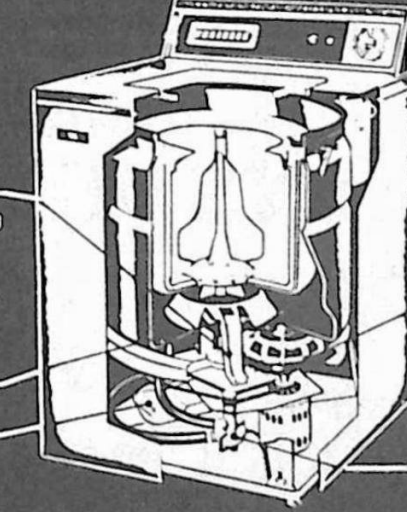
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Drugs figure in suicide bids: study

Drugs were used in more than three-quarters of suicide attempts studied by a Toronto General Hospital team, nearly half of them prescribed by a doctor.

The six-month study of 99 patients showed their suicide attempts are higher among women and that individuals who actually kill themselves generally have made previous attempts.

Dr. Alistair Munro, psychiatrist-in-chief at the hospital, said the aim of the study is to identify factors in the background of an individual who has made a suicidal attempt that might be used to predict the likelihood of a repeated attempt.

Dr. Munro said the team coined the phrase "parasuicide" because

"attempted suicide" seems to imply a real desire to kill oneself that has failed. In fact, many "attempts" are gestures — either the traditional "cry for help" or, often, simply an impulsive act of desperation by an individual who, at that moment, can see no way out of problems.

Studies show that if a person is likely to be within the following four to six months. Painting a detailed profile of a "parasuicide" person might enable these short-term repeaters to be picked out and possibly to be differentiated from those who might make a serious attempt in the long term.

The TGH study was carried out by a psychiatrist, a psychologist and two social

workers who work exclusively with people entering the hospital after such attempts. It was based on 140 patients seen at the hospital during a six-month period, who had made their attempt within the week before they were seen. Only 99 of the 140 could be reached for an interview and questionnaire-filling. There were 61 women and 38 men between the ages of 15 and 76.

(Toronto General rarely takes patients under 15).

Eight per cent of the group was between the ages of 15 and 19; 25 per cent between 20 and 24; 17 per cent between 25 and 29 and another 25 per cent between 30 and 39 — a total of more than 75 per cent under 40.

Dr. Munro said that 30 years ago most of those who attempted suicide were much

older and the attempts usually were indeed failed attempts at the real thing. Today, throughout the Western world, the numbers of suicides and attempted suicides had about doubled from 1965 to 1975 in Western countries.

He said the TGH sees nearly 400 "parasuicides" annually now. However, it is impossible to compare these numbers with the past because until the team began its studies, the attempt was not recorded — for example, the records might show the cause of admission to be a broken leg, but would not show that it occurred because the individual jumped off the roof.

He said the "guesstimate" for suicide attempts in Metro Toronto is about 2,000 a year, "but it might be many times that — we simply don't know." The study showed that approximately 42 per cent of the 99 people were single; 27 per cent married; and 25 per cent separated, widowed or divorced.

Dr. Munro said loneliness is commonly associated with successful suicide, but suicide attempts more often arise from quarrels or some other disturbance in a relationship with others.

The psychiatrist said that more details are being obtained from new patients on such things as education, jobs, whether there is family support, if any crisis has occurred in the family situation. All this data will be fed into a computer.

"We are looking for factors which cluster together that might differentiate some patients from others and indicate the people who might eventually really kill themselves. If we could do that, we could use it as an early warning system," Dr. Munro said.

He said it is difficult to follow up on many of these patients because they move about a great deal particularly the younger ones, and often avoid keeping in contact.

Pay less!

OTTAWA (CFP) — Canada uses more energy per capita than any other nation in the world. More than the United States and twice as much as Sweden, a country with a similar climate and standard of living.

And within the Canadian federal government, DND uses nearly half of the energy consumed, if you exclude the crown corporations, Air Canada and the CNR.

With DND's third energy conservation week scheduled for February 11 to 16, 1979, it is appropriate to examine what we have achieved so far in energy conservation.

Since its origin in 1975, DND's energy conservation program has resulted in these accumulated savings: 4,700,000 gallons of fuel; 38,600,000 gallons of heating oil; and 3,300,000,000 cubic feet of gas.

However, while there has been a saving in these areas,

the consumption of electrical power by DND has increased from 927,000,000 kilowatt hours (KWH) in 1973-74 to 1,045,000,000 KWH in 1977-78.

The area that accounts for the largest energy demands in DND is that of utility services. Energy conservation practice, however, resulted in an 11 per cent reduction in consumption by 1977-78. This reduction was a result of the combined efforts of military personnel, their dependants and civilian employees. Also, insulation improvements to buildings helped in the saving.

This year, the target for the PMQ fuel consumption program is a 15 per cent reduction over the 1977-78 figures. The practice of good conservation habits such as switching off lights, using less light, turning down the thermostat and closing all doors and windows should help to reach this goal.

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You'll be working with the Ministry of Labour to create summer jobs that provide opportunities for B.C. students and unemployed youth to learn work skills. It's a simple system that requires a minimum of paperwork yet lets you help yourself and the economy in a positive way. British Columbia businesses of all kinds and sizes can benefit. But act today. The program is available for a limited time only. Should your situation change in the meantime, you are under no obligation. Here's how it works:

BUSINESSES AND FARMS — If your business or farm has been in operation for at least a year, the Ministry of Labour will help you pay the wages of up to five young people this summer. We will pay between \$1.30 and \$2.50 an hour as our share of the cost.

SOCIETIES — You are invited to apply for funding for any worthwhile project that provides an opportunity for young people to learn valuable job skills this summer. Tourism Information Centres that meet the standards established by the Ministry of Tourism and Small Business Development are also invited to apply for funds under this program.

HOW TO APPLY — Applications for funding are available from any Provincial Government Agent, Ministry of Labour Office or one of the B.C. Youth Employment Offices listed below.

LOCATION	PHONE
VANCOUVER ISLAND REGION	
Courtenay: 576 England Avenue V9N 5M7	334-4403
Nanaimo: 66 Front Street V9R 5H7	753-6683
Victoria: 808 Douglas Street V8W 2B6	387-1431
INTERIOR REGION	
Cranbrook: 12A - 13th Avenue South V1C 2V3	426-2283
Kamloops: 345 - 3rd Avenue V2C 3M5	374-0078
Kelowna: 1449 St. Paul Street V1Y 2E4	763-9241
Nelson: 601 Front Street V1L 4B6	352-5378
Penticton: 301 Main Street V2A 5B8	492-7247
Vernon: 3306 - 32nd Avenue V1T 2M6	542-1397
LOWER MAINLAND REGION	
Abbotsford: 201 - 2630 Bourquin West V2S 5N7	853-7497
All Other Lower Mainland Areas:	
4946 Canada Way V5G 4J6	291-2901
NORTH REGION	
Dawson Creek: 214 - 10401 - 10th Street V1G 2H9	782-5296
Prince George: 1663 Victoria St V2L 2L4 (Local 224/225)	562-8131
Smithers: 3883 - 2nd Avenue V0J 2N0	847-4229
Terrace: 4548 Lakelse Avenue V8G 1P8	635-4997
Williams Lake: Ste. 1 - 123 Borland Street V2G 1R1	398-8258

From all other areas, call Operator for Zenith 2210 (toll free) and an application form will be mailed to you.

APPLICATION DEADLINES:
BUSINESS/FARMS: MARCH 12, 1979
SOCIETIES: MARCH 2, 1979

NOTE: All applications received by deadline date will be carefully considered for funding.



Province of British Columbia

Ministry of Labour

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Fewer smokers

OTTAWA — The majority of Canadians are non-smokers, according to statistics released today by Health and Welfare Minister Monique Bégin. The figures were released to mark this year's National Education Week on Smoking (January 21-27).

The 1977 Canadian Smoking Habits Survey shows a continuing increase in the percentage of Canadians who do not smoke. Approximately 58 per cent of the population 15 years of age and over were non-smokers in 1977, compared to 50.2 per cent in 1965 and 55.3 per cent in 1974.

The smoking habits survey has been conducted annually by Health and Welfare Canada in conjunction with Statistics Canada.

It is encouraging to note, the Minister said, that as of 1977, 13.3 per cent of the population 15 years of age and over had successfully kicked the habit.

In 1977, however, approximately 6.3 million Canadians, some 35.9 per cent of the population 15 years of age and over, were regular cigarette smokers.

Regular smoking among males 20 and over has declined steadily since 1965, from 57.9 per cent to 43.0 per cent in 1977. Between 1975 and 1977, a 2.6 per cent decrease was reported, with the largest percentage decreases occurring among men 45 to 64 and 20 to 24.

According to the 1977 survey, the percentage of women who smoke regularly has remained relatively unchanged during the past 13 years, at approximately 32 to 33 per cent of the adult female population.

Smoking in the teenage population continues to decline. In 1977, 26.8 per cent of teenagers 15 to 19 were regular cigarette smokers compared to 30.5 per cent in 1970 and 28.5 per cent in 1975. This trend is largely attributable to substantial decreases in the percentage of teenage boys who smoke daily. In 1977, 26.9 per cent of teenage boys and 26.7 per cent of teenage girls were reported smoking regularly.

The survey reveals considerable differences in the regional distribution of regular cigarette smokers. As in previous years, Quebec had the highest percentage of both male and female smokers 15 and over in 1977. About 48 per cent of the Quebec male population indicated they smoked regularly, followed by the Atlantic provinces (43.5 per cent), Ontario (38.2), the Prairie provinces (37.90 and British Columbia (34.0).

Regional distribution of the female smoking population was: Quebec, 35.5 per cent; Atlantic provinces (32.5); the Prairie provinces (29.8); British Columbia and Ontario, (28.8).

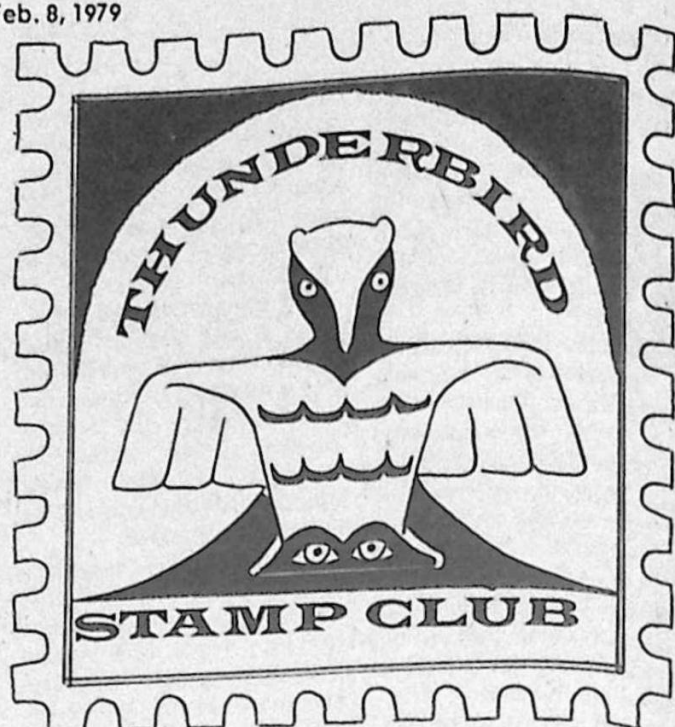
Peterborough Naval Association

The 25th Naval Veterans' Reunion, sponsored by the Royal Canadian Naval Association will be held in Peterborough, Ontario during the Victoria Day Weekend, May 18-21, 1979.

Through your publication, we would like to extend an invitation to all Naval Vets and their families in your area who might be interested in returning to the site of the 1st Naval Reunion held in Peterborough in 1955.

Special recreational activities and Remembrance services are only a small part of our Silver Anniversary celebrations, with the focus being on re-acquainting former servicepersons with one another.

Additional information and registration forms may be obtained from writing the address below. So, plan early to tow the line to Peterborough in '79.



History of postage stamps

The first postage stamp was issued by Great Britain in 1840. This did not represent a discovery of the postal system. It was rather an improvement over the prior era of stampless covers (folded letters).

Postal systems go back thousands of years, even perhaps to 3,500 B.C. when the Sumerians of ancient Mesopotamia developed the cuneiform system of writing impressed on stone, clay, brick and tablets. Such messages have been unearthed by excavations of their ruins and that of their successors, the Babylonians, Assyrians and Persians. The phrase "Neither snow nor rain, nor heat nor gloom of night stays these couriers from the swift completion of their appointed rounds", was coined in 485 B.C. by Herodotus the Greek traveller and historian, in his admiration of the post systems of the Persians.

The early Greek and Roman post systems were carried out in relays by the fleet of foot and by horse. Pigeon posts and carriages were also used in those days. Post systems are known to have been established by the pharaohs of ancient Egypt, Charemagne, the holy Roman Emperors, King Henry VIII of Great Britain, and the leaders of the Hanseatic League of Towns. Progressive stages of improvement occurred until 1680 when a very efficient penny post system was established by William Dockwra in London with over 400 receiving stations. He is supposed to have been the first to have originated and postmark indicating the date, time, and place of mailing.

It was Sir Rowland Hill, who is known to philatelists as the father of the modern postal system, because he introduced the first adhesive postage stamps in Great Britain during the reign of Queen Victoria. On May 6, 1840 the first two adhesive stamps went into use in England. The two stamps issued were the 1p black and the 2p blue (both bear the profile of Queen Victoria).

The United States of America issued their first two stamps in 1847. A 5 cent red brown (Ben Franklin) and a 10 cent black (George Washington). The Province of Canada issued its first stamp in 1851 a 3d beaver (red) called a pence issue.

The Dominion of Canada was established in 1867 and our first postage stamps were issued in 1868. They were called the large queen issue (on white wove paper), a profile of Queen Victoria with various denominations and colors.

T. Lucas Pres.

Boxla aims for 100

"Well over a hundred." That's the number of boys and girls the Comox Valley Minor Lacrosse Association hopes to have playing box lacrosse in its restructured league this summer.

If numbers permit, novice and bantam players will have their choice of lacrosse leagues this spring. Experienced players will have the opportunity to try for places on rep teams in their respective divisions, while those who are new to the game will have the option of playing in a recreational, or house, league in which skills and fundamentals of lacrosse will be stressed.

To encourage as many young boys and girls as possible to play Canada's national game, the Comox Valley Minor Lacrosse

Association is undertaking a concerted drive for membership.

Players who have been active in other minor sports in the Valley such as hockey and baseball can anticipate receiving personalized mail next week.

The mail will consist of an invitation to try lacrosse this year. In addition, young athletes will receive applications for the Hamilton Babcock Lacrosse School, and an opportunity to learn the fundamentals of the game from several of this country's truly great lacrosse players.

Plans are underway to guarantee young lacrosse players a maximum selection of new and used equipment at the best possible price. Already bulk orders for sticks have been placed. In addition

the C.V.M. L.A. has undertaken to have equipment made locally in order to provide local players with safe and serviceable gear.

Bob Nygren and Tony Lucas, both members of the Comox Valley Minor Lacrosse Association executive will be visiting local schools in order to demonstrate many of the fine points of the game and to show films specially designed to illustrate the game's strategies.

All this is part of the Comox Valley's Minor Lacrosse Association's attempt to sell the game locally. Registration for lacrosse, which begins early in February is expected to net over one hundred new players.

It is hoped that the majority will be novices to the game and can be assigned to teams

in the recreational league. It's the beginning of a program that the Comox Valley Minor Lacrosse Association hopes will continue to grow in the years to come.



Accidents in the home don't just happen, they are caused. Read the labels on all household chemical products. Follow the directions. Let the large symbols be your guide for handling and storing these products. Think safety - be safe.

COMOX VALLEY MINOR LACROSSE ASSOCIATION

Dear Lacrosse Player and Parent:

I am pleased to welcome you to our association for the 1979 Lacrosse season. We are anticipating a most successful year, especially since we will now have our newly constructed lacrosse box on Martin Road (20th Street) in Courtenay.

To all parents, we make an appeal for any help you can give. We are in need of coaches, time keepers and referees.

This year we intend to try something different. In addition to the representative team, we are going to form a recreational league. This league will consist of four teams in each division and will stress the skills and fundamentals of lacrosse and good sportsmanship.

The season begins in April and league play finishes at the end of June with a wind-up banquet for all players and parents.

Registration fees will be \$15.00 per player. A family which enrolls three or more players may do so for \$35.00.

Deadline for application is February 15, so hurry and return the application form below along with your cheque.

Note: Cancelled cheque is your receipt.

Yours truly,
Walter Brodie, President.

Cut and mail to: Comox Valley Minor Lacrosse Association, Box 3461, Courtenay, B.C.

Name: (please print) Birth Date:

Address: City: Phone:

Previous Lacrosse Association (if any): Experience:

Signature of Parent: Date:

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Operation Baton

received for this flight a light, damp snow was falling and servicing crews arrived in the early morning to find their aircraft covered with a heavy layer of ice. De-icing equipment was not available to the Canadian detachment and an improvised system of heating the wings with Herman-Nelson heaters and sweeping off snow and ice was adopted. Finally, Turkish airways agreed to allow their de-icing equipment to be used and after a delay of more than eight hours Captain Larry Fischer's crew from 435 Squadron, Edmonton departed for a round-trip to Tehran.

No such luck — a 2100 hrs. curfew had been evoked in Iran. Hercules 329 arrived just as the airport closed and was forced to remain overnight. The following mornings' departure was slowed by the tedious process of clearing passengers through customs and immigration. In Ankara weather conditions continued to deteriorate during the day and by the time 359 was overhead the airfield was closed to civilian traffic

and ceilings and visibility were down to 800 feet and 3/4 mile in snow.

No time was lost in preparations to return the Operation Baton aircraft to home bases in Trenton and Edmonton. By now crews had been away six days and their normal routine taskings were building up awaiting their

return. At first light Saturday, January 6, Mobile Air Movements Section and servicing personnel were on tap to reconfigure and load aircraft for the return to Lahr. Chocks departed Ankara at hourly intervals, remained overnight at Lahr and departed Sunday, January 7 for Canada.

About 80 Canadian Forces personnel, four Hercules and one Boeing 707 participated in the operation. Countless hours of sleep were lost and countless problems arose and were dealt with but for detachment commander LCol. Pete Detracy and his team Op Baton was "all in a week's work".

from page 1

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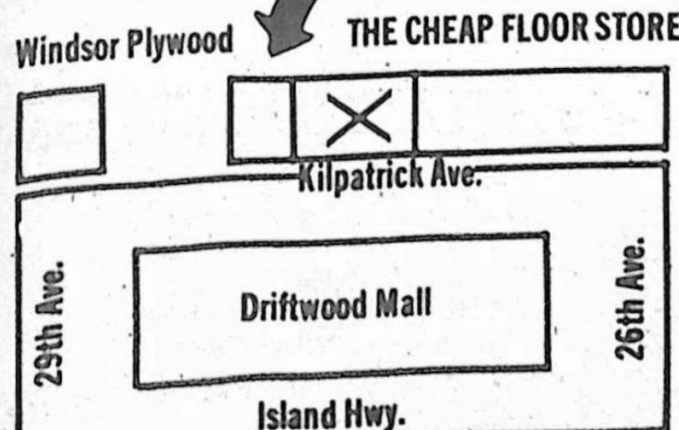
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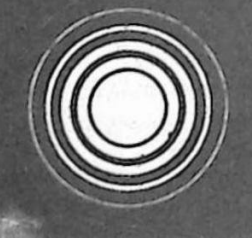
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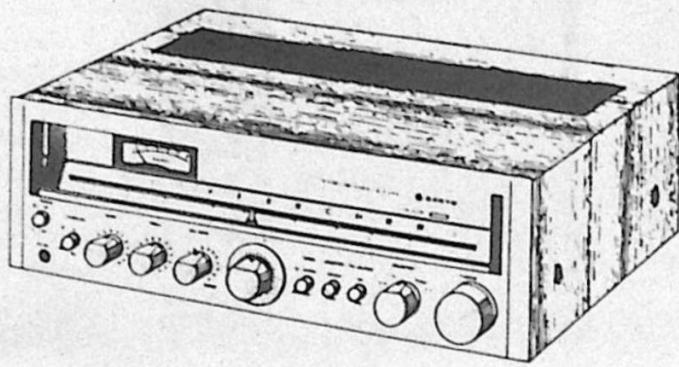
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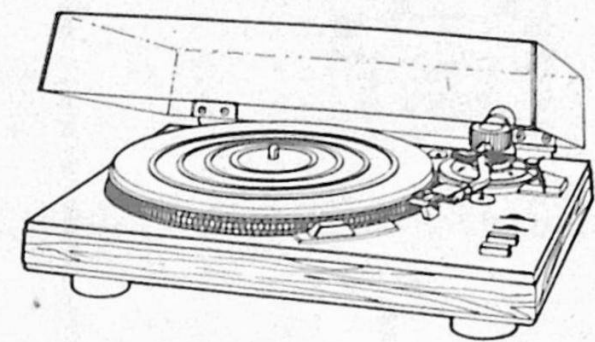
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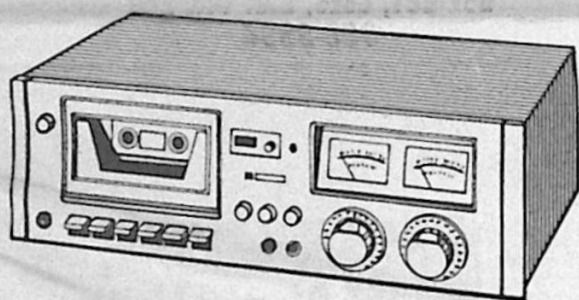
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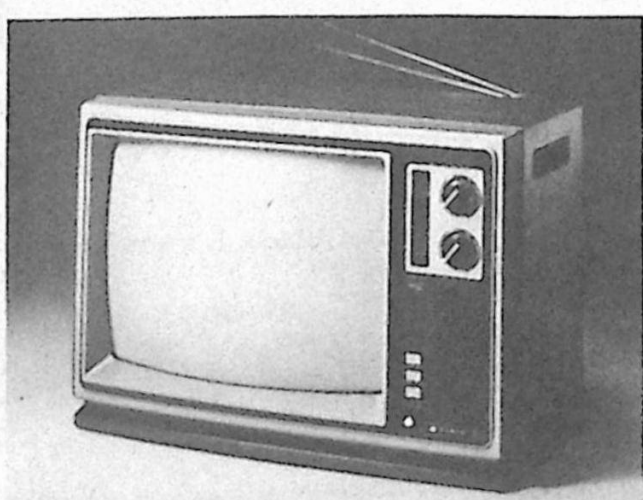
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