



TOTEM TIMES



About the only ones not prepared to strike in B.C. . . . are the salmon

VOL 21 -- NO. 19

CFB COMOX TOTEM TIMES

THURSDAY, OCT. 11, 1979

NO CHARGE



Thanksgiving at the R.C. Chapel

GOD BLESS THE CWL LADIES: They never cease to amaze their Chaplain. In the photo above, their creativity is displayed for Thanksgiving. In his sermon Father Stack evoked the now familiar

theme of Pope John Paul II on thinking, in our abundance, of the needs of others. (Photo: Felix Amiraault)

"A NATO ace"

The story and background of the Allied Command Europe Mobile Force

(BY MAJ. R.A.J. YOUNG, PUBLIC INFORMATION OFFICER, AMF) INTRODUCTION

Card players know the value of an ace. It is a top card. It can make or break a winning hand.

NATO also has some "aces", one of which is the Allied Command Europe Mobile Force, or, as it is more commonly known, the ACE Mobile Force.

HISTORICAL BACKGROUND

During the late 1950s the Western Powers began re-evaluating the Communist threat to Europe. The policy of massive retaliation was one which might, in the case of a local threat, severely limit the options open to the Allies in managing the crisis.

Of particular concern then, as now, were the more remote and vulnerable areas of

Europe within the NATO area; Northern Norway, Denmark, Greece, Turkey and North East Italy, where there exists political ambiguities and possibilities for intimidation and where NATO forces were not strongly represented. In these areas the aggressor might have been tempted to mount a surprise, limited scale attack before the main NATO defence forces could be adequately deployed.

It was, therefore, felt that within the concept of flexible responses a multinational force was required: a force which could be rapidly deployed to a flank country during a period of tension and which would, by its composition and presence, make clear to any actual or potential aggressor that an attack against one member of the NATO Alliance would

constitute an attack against all of the member countries. This force would demonstrate NATO's unity of purpose and presence of soldiers from the many different member nations could cause the aggressor to think again. The primary mission of the AMF is deterrence, but the Force should be capable of remaining alongside the host nation and fighting should deterrence fail.

So, against this background, in March 1960, General Lauris Norstad, then Supreme Allied Commander Europe (SACEUR), announced the formation of a small, strategically mobile, multinational task force - the Allied Command Europe Mobile Force (AMF).

EARLY DAYS
The NATO nations responded promptly to forming this Force. The first

headquarters was established at Heidelberg, West Germany, and was staffed by officers of the U.S. Army in Europe. In 1961 the headquarters was established at Seckenheim, West Germany, near Mannheim, and was staffed by officers and non-commissioned officers from six nations that contributed to the Force. Staff positions were assigned to nations with the commander's position rotated among the nations every three years.

Belgium, the United Kingdom and the United States were the first countries to commit units to this new Force, followed by West Germany, Canada, Luxembourg and Italy. These units were placed in a permanent state of readiness and were prepared, at short notice, to be deployed to any threatened area of the Alliance, particularly to the flank countries.

TODAY
Today the Force has two components, AMF (L) - Land, and AMF (A) - Air.

The land component has a permanent headquarters at Seckenheim and is conventionally equipped with infantry, artillery, light armour, combat support and administrative elements.

AMF (A), the air component, includes squadrons from Belgium, Canada, West Germany, Italy, Netherlands, the United Kingdom and the United States. With the exception of the Italian tactical air reconnaissance unit, the squadrons operate fighter bomber aircraft which include the F-5 Harrier, Phantom and Mirage. Unlike the land component the

(Continued on page 9)

Forces play part in aiding the "Boat People"

437 airlift complete

Members of 437 Squadron based at CFB Trenton and flying Boeing 707 aircraft recently completed the military portion of the "boat people" airlift which saw 2136 Vietnamese flown from Hong Kong to Canada. In all 11 flights were needed, beginning on July 26 and finishing on August 26.

The remaining Vietnamese are being flown to Canada by charter and commercial airlines.

"The operation went off without a hitch," said Lieutenant-Colonel Jacques Forest, who was 437's squadron commander at the start of the mission, "and

other than a baby being born on one flight, was without incident."

The 28,000 km return flight was done in six stages - Trenton to Elmendorf, Alaska; Elmendorf to Tokyo and Tokyo to Hong Kong with the return flight making the same stops.

"We positioned crews at Elmendorf and Hong Kong," said Lt.-Col. Forest, "and the round trip took approximately 36 flying hours to complete."

"Also, we added five additional cabin crew members including a nurse and a medical assistant," he said. "The nurse and the medical assistant delivered the baby

which was born on the first flight."

The size, or lack of size of the refugees, was instrumental in the large number of them being able to be accommodated in the 707. Normally configured for approximately 170 passengers the smallness of the Vietnamese allowed the squadron to configure the aircraft to 212 seats. Approximately 200 were taken on each flight.

"Although it meant many extra hours for the crews," said Lt.-Col. Forest, "it nevertheless presented an excellent training exercise for the movement of large numbers of people."

Two reception centres

OTTAWA (CFP) - While the part played by 437 Squadron in the "boat people" saga was of vital importance, another important task is being performed by the Forces. That of running the two reception centers to look after the Vietnamese once they arrive in Canada.

The requirement is for two centers - one in the west and one in the east and after a survey of bases in Canada, Edmonton (Griesbach Barracks) and Montreal (Longue Pointe) were selected.

The function of the centers

is to feed, clothe, bed down and process the immigrants before sending them on to their sponsors. Their normal stay is one and one-half to two days and a limit of 500 at any one time at each center has been set to prevent overcrowding.

Armed Forces and civilian cooks man a virtual 24-hour mess and care is taken to provide meals which are not too drastic a change from what the Vietnamese have been used to.

Accommodation is in barracks and normally eight to a room.

While in the centers the immigrants are processed by immigration and customs officials and inspected by military medical personnel to determine their standard of health. Forces doctors also look after primary care of the sick and injured, inspect for infectious diseases and, if parental approval is given, administer oral polio vaccine to those under 10 years of age.

The centers will be open as long as the flow of "boat people" to Canada continues which will be until the end of October 1980.

Canada savings bonds

-This year marks the 34th anniversary of Canada Savings Bonds. They were first sold in 1946.

-Since the first Canada Savings Bond campaign, Canadians have purchased more than \$60.1 billion worth of Canada Savings Bonds.

-More than 2,800,000 Canadians bought Canada Savings Bonds last year bringing the total number of applications since 1946 to over 49 million.

-As of Nov. 1, 1978, 22 issues of Canada Savings Bonds have matured. At present there are about \$18.5 billion in Canada Savings Bonds outstanding.

-Canadians have purchased nearly \$9.5 billion worth of Canada Savings Bonds through the Payroll Savings Plan over the past 34 years.

-Sales of Canada Savings Bonds through the Payroll Savings Plan last year totalled a record \$781.7 million.

-Last year, more than 6,000 establishments across Canada offered their employees the opportunity to purchase Canada Savings Bonds on the Payroll Savings Plan.

-There were over 847,000 applications for Canada Savings Bonds through the Payroll Savings Plan last year. This represents an average of \$922 per application through Payroll Savings Plan purchases.

-Canadians have the choice of two types of Canada Savings Bonds. The Regular Interest Bond and the Compound Interest Bond.

-The Regular Interest Bond

pays interest annually by cheque or direct deposit in the bondholder's chequing or savings account. They are available for cash in denominations of \$300, \$500, \$1,000, \$5,000 and \$10,000.

-The Compound Interest Bond which earns interest on interest is available for cash or on instalments on the Official Monthly Savings Plan and the Payroll Savings Plan in denominations of \$100, \$300, \$500, \$1,000, \$5,000 and \$10,000.

-The 1979-80 Series of Canada Savings Bonds yields 10.25 per cent each year for 7 years to maturity in 1986. The average yield to maturity on the last five issues of Canada Savings Bonds will be increased to 10.25 per cent effective from November 1, 1979.

The best damn truck driver in Canada

VICTORIA -- Gordie "Rodeo" Smith, 57, of the CFB Esquimalt Transport Section, has done it again - he's the 1979 National Truckers' Rodeo tractor-trailer driver champion, won the 15th of September in Truro, Nova Scotia.

Gordie took the title in the most difficult of driver events, the tandem-tandem class (largest of tractor-trailers) which required him to successfully answer difficult driving questions, repair a hidden malfunction and demonstrate his driving skill by manoeuvring the huge tractor-trailer through a delicate obstacle course with only inches to spare.

Gordie, a DND driver for 31 years, advanced to the national competition, representing British



(CANADIAN FORCES PHOTO BY MCPL M.D. JOHNSON)

Columbia, after winning both the Regional DND Rodeo, May 5th, and the Provincial Truckers' Rodeo held June 10th. He is, however, no stranger to the world of professional driving competition - as his collection of trophies testify. Driving a smaller class of vehicle, he has won past DND Rodeos in 1956, 58, 59 and 61; placed first in British Columbia Provincial Rodeos in 1952, 53, 54, 55, 57, 71 and 73; and was declared National Champion in his class at Canadian National Rodeos in 1956, 71 and 74.

Gordie Smith is a recognized world-class driver who works very hard in his spare time perfecting his skills to be, as his boss describes him, "the best damned truck driver in Canada".

NEXT TOTEM TIMES DEADLINE

Monday, Oct. 22, Noon

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Montreal international marathon

BY NO. 7163
There was only one access to the Ste. Helene site of Man and His World that somber morning. Excitement mounted as thousands of people in jogging gear, accompanied by their fans, crammed into the Montreal Metro. Anyone who didn't know could still sense that some colossal happening was taking place. It was August 25th, the morning of the Great Montreal Marathon.

Nearly 9,000 registered participants were assembled at Man and His World going through various stages of preparation. It had begun to rain a little, at 7:45, when a voice from the many loud speakers summoned all runners, 450 yards away, to the centre span of the Jacques Cartier bridge. I nervously followed the crowd to begin what was to be my second marathon. The first was at the Ottawa National Capital Marathon, May 1978, where I had finished with a time of 3 hrs.:42. My objective now was to complete it in less than 3 hrs.:30, which is the CAF officially required marathon qualifying time for males over 40 (I am 42). To accomplish this, I must average at least 8 minutes per mile and have a fast finish.

"At last we were off!" but contrary to ordinary races, those of us towards the rear had to, content ourselves to wait until some running space became available at the front. The track width narrowed from 5 traffic lanes to 3 after 1 mile, then down to 2 lanes when we reached Autoroute 132. So far

(Continued on page 6)



SCHOONER OVER COMOX! Left to right: LCol. Syd Burrows (Base Operations Officer) and Lt. Tony Hirst after flight in 434 Bluenose Squadron jet aircraft the CF-5. LCol. Burrows is no stranger to the schooner squadron. It was during his tour with 434 squadron overseas that he was awarded the AIR FORCE CROSS. Despite serious injuries after a bird strike accident he was able to return to base with his Sabre. The Cold Lake based squadron operated out of CFB Comox in support of Exercise Kernel Potlatch II that took place at the north end of the Island last week.

Photo by Maurice Robert.

HOCKEY REFEREES CLINIC

WHERE: Rec Centre.

WHEN: Oct. 15 and 16
1900 hrs. - 2200 hrs.
Both Nights.

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Winner of 2 Academy Awards

Brad Davis — John Hurt

Drama. Based on true story of smuggling out of Turkey.

PLEASE NOTE: Price increase for this show — Adults \$2.50
Students \$2.00 — Children \$1.50

SHOWTIME: 2000 hrs.

Thurs., Fri., Sat., Sun. —
Oct. 18, 19, 20, 21

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Nick Nolte — Football Comedy

SHOWTIME: 2000 hrs.

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Mon. to Thurs. - 8:15 p.m.
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Matinee Sat. - 2:00 p.m.

Adults \$3.00, O.A.P. \$1.25, Child \$1.25

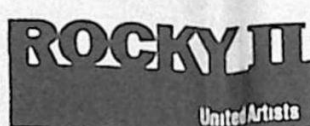
Thurs. to Wed. — October 11, 12, 13, 15, 16, 17
— MATINEE SATURDAY 2:00 P.M. —

Jim Henson's

"THE MUPPET MOVIE"

GENERAL

Thurs. to Wed. — October 18, 19, 20, 22, 23, 24
Sylvester Stallone, Talia Shire, Burt Young



MATURE



Fri., Sat., Sun. — Oct. 12, 13, 14
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Jane Fonda "THE CHINA
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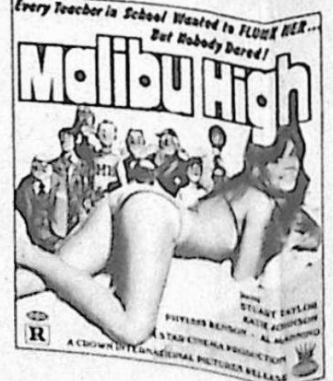
Fri., Sat., Sun. — Oct. 19, 20, 21
Gene Wilder "THE FRISCO
KID" - Plus - Michael Caine
"ASHANTI" - Plus - Michael Caine

MIRACLE DRIVE-IN

Black Creek, B.C. Phone 337-5097

ADMISSION - 13 & over: \$3.25, All Niter: \$3.50 BOX Office: 7:30 Show: 8:15

FRI., SAT., SUN., OCTOBER 12-14



WARNING: Occasional
nudity and suggestive
scenes. - B.C. Director.

PLUS



WARNING: Some
suggestive scenes and
coarse language. - B.C.
Director.



SSGT. REDJOU of Det-5 receives certificate after re-enlistment ceremony. Sgt. Redjou is a first term re-enlistee.



Some people once believed that by putting lost teeth into a rat's nest, their new teeth would develop the excellence of a rat's teeth.

OFFICER'S MESS ENTERTAINMENT

SATURDAY, OCTOBER 13

OKTOBERFEST — featuring "Edelweiss Echo".

Continuous German food available.

Mugs for sale at door, \$2.00 each.

Free Beer with mug.

Dress is German or Casual.

Cost: \$15 per couple - \$20 per guest couple.

Reservations by 11 Oct.

SATURDAY, OCTOBER 27

HALLOWE'EN PARTY — featuring "SYSTEM 525".

An Imported D.J. and LIGHT SHOW from Vancouver.

"Chicken in a Basket" available.

Dress is Costume or Casual.

PRIZES for Best Costumes!

Cost: \$6.00 per couple - \$8.00 per guest couple.

Reservations by 25 Oct.

COMING EVENTS —

- CASINO NIGHT
- GREY CUP DAY

SEE CALENDAR FOR DETAILS

WO'S & SGT'S MESS

OCT. 5th — TGIF — Food.

OCT. 6th — Merchandise BINGO & DISCO. Start time 2000 hrs. Cost: \$2.50 per person.

OCT. 7th — Movie

OCT. 12th — MCPL OJT NIGHT — Food, Games.

OCT. 14th — Movie

OCT. 19th — TGIF — Food

OCT. 20th — DOWNHOMERS NIGHT

DRESS — Casual (Jeans, etc.)

FOOD — Seafood and Hip of Beef (Served at 2000 hrs.)

BAND — "Country Express" (Starting 2130 hrs.)

cost - \$20 per couple. Guests \$30. Tickets from Mess Manager (Seating plan)

DOWNHOMER BEER Available

OCT. 21st — Movie

OCT. 26th — TGIF — Food.

OCT. 28th — Movie

Be Partners in
FIRE PREVENTION WEEK (7-13 Oct.)
Make Your Home FIRE SAFE.

Jr. Ranks Club

OCT. 16 — "Starship Invasion" - Robert Vaughn.

OCT. 23 — "Capricorn One" - Elliott Gould.

OCT. 6 — "Disco" by Peter May. Admission: Members \$1.00.

Guests \$2.00. Dancing: 2100 hrs - 0100 hrs.

OCT. 13-14 — SAT. 13th — "Tropical Night". Music by LaTropicale.
Dress: Tropical or Semi-Formal. Dancing: 2100 hrs - 0100 hrs. Smorgasbord will be served at 2000 hrs. Admission: \$20.00 Couple.
- Member. \$30.00 Couple - Guests. Drink out of your own Pineapple or Coconut Shell. (Hips of Beef, Hips of Ham, Shrimp and Assorted Salads & Cole Slaw.

SUN. 14th — Dance to La Tropicale from 2100 hrs - 0100 hrs. Dress: Semi-Formal. Admission: \$5.00 Couple - Members. \$7.00 Couple - Guests. Tickets on sale at P.M.C.'s office.

OCT. 20 — "Disco" by Peter May. Admission: Members \$1.00. Guests \$2.00. Dancing: 2100 hrs - 0100 hrs.

OCT. 27 — Dance to "Country Express" which is back by popular demand. Dancing 2100 hrs - 0100 hrs. Admission: "Costumes Free" - Party. Costumes & Prizes. Treats for Kiddies. Starting at 1200 hrs - 1500 hrs.

T.G.I.F. ON FRIDAYS — Food at 1800 hrs. Games at 1900.

BINGO EVERY WED — In the Lounge, commencing at 2000 hrs. - 3 Oct.

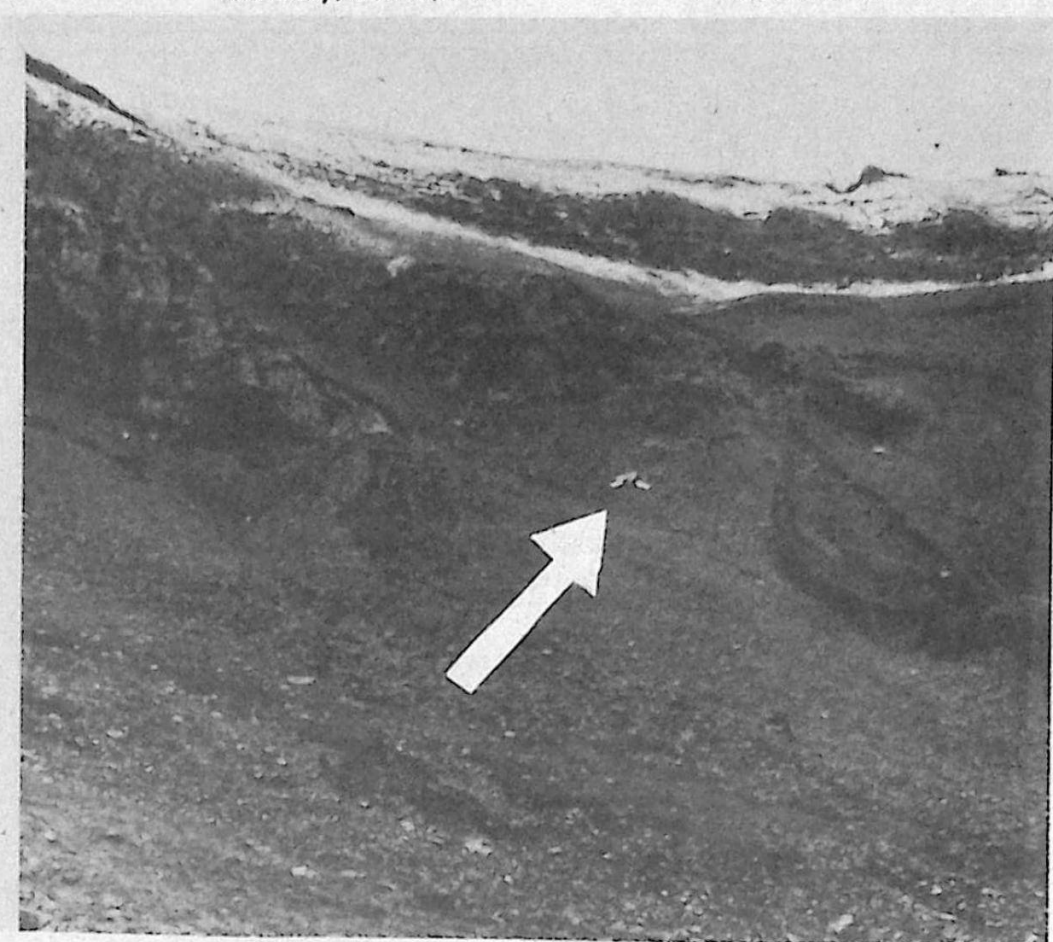
"TOTEM SING ALONG" - Every Sunday starting at 1930 hrs. Enjoy the new relaxing atmosphere in the Totem Annex. Live entertainment. Table service. Free Admission. Bring the wife, girl friend and/or boy friend.



442 busy again

442 Sqn busy again!
On 16 Sept. 1979, SAR Mathis was launched by 442 Sqn to locate an American Cessna 189 that went missing in Northern B.C. with two people on board. Two Buffalo and two helicopter aircraft were dispatched to the search area.

The aircraft was located by a 440 Sqn. Twin Otter from Edmonton who was aiding 442 in the search. The Cessna had crashed and burned near Ydhe Mountain 12 miles South of the Alaska Highway, killing the two people on board.
(442 Sqn. Photo).



Nighthawks nest

As this week's Nighthawks Nest is being written, the October 1 pay raise has not yet been released and there is much speculation as to its percentage and distribution. Already one hears complaints that it will not be enough, that we are falling behind increases in the cost of living and that it is well below the gains made by those in the civilian world. Is this fair? Are we not jumping to conclusions before the facts are known? All of us who have been honored with the op-

portunity to serve our Queen and Country should know that our leaders will not let us down and are looking out for our best interests. I have no doubt that our pay and benefits will be increased in a fair and equitable manner; and when the numbers are released we will all be content and convinced that our government has treated us in its usual just and benevolent manner. But if not - too bad, because you can't do anything about it anyway.

Another real important issue in the news that I'm sure

you've all heard about, is that our Minister has appointed a committee to study unification and make recommendations about de-unification etc.

The issues are too deep to be dealt with in this column, but we don't suggest that you rush out and buy too many boxes of blue Rit dye yet.

Congratulations to Major Ron Egli and A Flight for their Cudgel Caper victory on Sept. 27. Too bad Major Evans sold the bomb for two beers to the Portland Air National Guard.

Major Harvey-Clark and selected crews participated in Kernel Potlatch II on the weekend of Sept. 28-30. I have read that the majority of the press were a little miffed at the Commander's negligence in not providing good weather and left before the exercise was complete, so in the interests of solidarity, I won't say anymore.

Don Thornton has finished his Combat Readiness training, and can now join the ranks of the trained killers.

We would like to welcome Captain Doug Swanson who has arrived from Bagotville.

Dave Dixon
A 409 Footballer

Magnificent "7"

In to battle ride the Magnificent 7,
To do the battle with their foe.
Win or lose they know how to show,
The great fortitude and pride to which they go.
To all facets of sports they shine,
To say, "Why should we, play with Nine?"
To date these men have derived a 2nd place tie,
To show the pride in a Sqn is quite so high.
To name them would be a great story.
But, with loyalty, they hide their glory.
To say, play and try to win, with so few, so small
Why, ATC, you told us, we had our gall.
To the respect of these Magnificent 7,
The pride of victory, the agony of defeat,
To each other they so greet,
Goes the Proudness of just being 409.

Planning

High unemployment is a reflection of the general slowdown in the economy. A slowdown expressed in terms of fewer houses being built, cut backs in factory production, and, of course, the human reality of more and more people looking for work. Some of us can afford to be snug but not those approaching retirement.

The service person approaching retirement now needs, as never before, to take a long hard look at the situation. Naturally the economic situation is going to affect his planning but he has a number of important advantages that he should take into account. For example:

-One of the most important advantages is time. The serviceman approaching retirement has in most cases the time to prepare for his second career because he is told when he will be entering the labor force. The civilian is rarely given twelve month's notice.

-A second advantage is one of flexibility. Since retirement is available on thirty days' notice during his last year of service without penalty against his pension, he can choose the moment of release.

-A Third advantage is a service member's marketable skills and experience. Some find it difficult selling these skills to an employer but the firm base to build on is there without question.

-Fourth, the serviceperson approaching retirement has mobility. When the crunch comes in finding work he can move to where the jobs are without eating up his own money. Personal circumstances dictate this choice but this is a real advantage when compared to most other people looking for work.

All of these advantages add up to a brighter and stronger outlook for the retiring service person. The secret is early planning and careful preparation. None of us wants to be part of those unemployment statistics this coming winter.



SGT THOREN takes the oath during reenlistment ceremony at Det-5. Sgt. Thoren is a first term re-enlistee.

Ocean safari

OTTAWA - Four Canadian Forces helicopter-equipped destroyers, an operational support ship and several anti-submarine patrol aircraft will participate in Exercise Ocean Safari 79, a major NATO exercise to take place over wide areas of the North Atlantic and the Norwegian Sea from September 24 to

October 5, 1979.

The destroyers, part of Maritime Command's Fifth Destroyer Squadron, under the Command of Captain John Harwood, include HMCS Iroquois, Annapolis and Fraser, as well as HMCS Nipigon which recently joined the Standing Naval Force Atlantic. The Canadian

complement participating in Exercise Ocean Safari also comprises the supply ship. Belgium, Canada, the Federal Republic of Germany, the Netherlands, Norway, Portugal, Britain, and the United States will all participate in Ocean Safari with over 17,000 men, 70 ships and 200 aircraft.

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GOOD'S GROCETERIA

Ruth, Gary and Jim Bourque
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Prices Effective Oct. 10 - 13

BONELESS CHUCK STEAK Canada Grade A..... lb.	\$1.89
CROSS RIB ROAST Canada Grade A..... lb.	\$1.89
RANCH BRAND BOLOGNA By the Piece	89¢
MAPLE LEAF PARTY SAUSAGE STICKS 1 1/2 lb. pkg. ea.	\$2.69
MAPLE LEAF PORK SAUSAGE 1 lb. pkg.	\$1.39
MAPLE LEAF WEINERS	\$1.49
OUTSPAN ORANGES 88 - 112 Size	39¢
B.C. POTATOES Canada No. 1 Grade	5 39¢
B.C. MEDIUM COOKING ONIONS Canada No. 1 Grade	2 29¢

Editorials

Will Quebec secede or is it the right question?

The Quebec referendum -- how will it be worded? Jean-Paul Letourneau of the Quebec Chamber of Commerce says the latest version is: "Tell us, yes or no, do you want us to negotiate for all of the benefits of economic association with Canada and none of the drawbacks of political union?"

Now, westerners may be confident that the answer will be a resounding NO but those closer to the problem are not so sure. Mr. Letourneau suggests that there could be four groups of Quebecers who will vote YES.

The first -- the dedicated 'secessionists' who believe that nationhood belongs with linguistic and cultural groups. Second, the hard core 'independentists' who will vote YES come hell or high water because they feel that a poorer but freer Quebec will be a happier one. Third, the more militants PeQuists who will vote YES because they sincerely, if naively, believe that, faced with a YES vote, English Canada will agree that Quebec should have all the joys of political independence and none of the miseries of economic independence. Somewhat more logically, they believe that if English Canada insults Quebec opinion by refusing to negotiate, the next referendum (or general election) would receive a hearty backlash of YES votes.

Quebec's economy is very dependent on the protected Canadian market. Once outside

Confederation, Quebec would be unlikely to negotiate a better economic association than it enjoys now. In this event, a second vote would be asking Quebecers to vote for a lower standard of living and a higher level of political instability.

The fourth group to say YES would be those who believe that English Canada will never willingly enter into constitutional debate. They reason that a YES vote on the P.Q. referendum might be just the shock that English Canada needs for true reform.

The P.Q. platform appears to ban any negotiations leading to a new political status for Quebec within Canada. A YES vote means negotiations from a position as a sovereign state (failure to do so would cost the P.Q. its power as the government). This sovereignty position came from the militant wing of the Parti Quebecois and was forced upon the government last June. It is a provision little known and easily misinterpreted -- which is how the government wants it!

Mr. Letourneau thinks that efforts to maintain this confusion could lead to bizarre political behavior in the next few months. BUT, if the confusion clears, Mr. Morin may be expected to include the words "special status, not necessarily sovereign Quebec" in the referendum.

Courtesy Vancouver Board of Trade.

Viewpoint

Intersection sports

Sirs:

My curiosity has been aroused as to how many people are aware or even care how intersection sports is run here on base? For example -- Football. I have been made aware of the fact that the rec centre may be understaffed. However, I for one feel that a little more time and care could be spent in organization.

Teams, schedules, referees, etc. Let's look at each one individually. Teams -- It seems at the beginning of the season there was some question as to whether or not team rosters were to be submitted. No one seemed to have a definite answer. Not even the rec. specs themselves could agree. Eligibility of players was and still is sometimes a question. Team schedules -- It seems that teams play a very limited season.

Some have suggested it is because of conflicting schedules with other sports, e.g. base teams. There seems to be more care in base teams. This is fine but what about the people who enjoy sports but are not quite good enough to make the base teams. Are they not afforded the

same benefits and playing time.

Referees -- a topic I'm sure leaves a great deal to be desired. It seems that the refs were given a list of rules as were the teams. Unfortunately, I have yet to play a game where the calls are the same. The question is do they know the rules well enough or maybe they pick favorites.

One referee is quoted in saying, "This is the dumbest I?&S??& league I have ever seen." It was the first game of the season, Bamso vs. Telecom. I would not volunteer to be ref because I feel I am not qualified. I would not want the teams to suffer.

Granted the refs, they do have when they show up, e.g. USAF vs. Telecom, the game was delayed due to lack of officials, do try their best. Which brings me to another point -- the rules. I won't get into those. I let the previous quote from the referee speak for itself. I feel complaining to the rec. centre is useless. I have tried!

Player's United

STUDIES SHOW THAT 48% AIR TRAFFIC CONTROLLERS ARE CANDIDATES FOR THE "FUNNY FARM."

NOW! HE IS NOT AN AIR TRAFFIC CONTROLLER. JUST TOOK ALL THOSE PAY RAISE RUMORS SERIOUS



Letters to the Editor

The "terrible seven"

With reference to the picture "The Terrible Seven" appearing in the Sept. 27 issue the caption read in part quote: "It is suggested if you are within view or shouting range of the terrible seven, conduct a quick appraisal of your dress and deportment that might decide whether you are suitably attired to be in his

presence". Unquote. It would appear that one of the "Chiefs" wishes to be incognito (no name tag) or are the other five improperly dressed? An Old but not to crotchety MWO

Car help

Dear Sir:

I would like through the medium of your newspaper to thank the people of the base there who assisted me

recently when I had car trouble.

Two gentlemen in the AMU braved the rain and cold and spent an hour trying to get my car started.

They were unsuccessful, but their efforts were greatly appreciated.

I would also like to thank the staff at the service station on the base who gave me prompt and efficient service the following day so that I could return to Victoria as quickly as possible.

To these people my heartfelt thanks.

Bill Smith,
Military Reporter,
Victoria Daily Colonist.

Re-union

Dear Sir:

Victoria Normal School (Teacher Training) Class of 1929-30 are planning a 50th anniversary to take place at the University of Victoria on May 12th and 13th, 1980.

Recent re-unions have been very successful and we would appreciate your co-operation in providing public service to make this event known.

Enquiries in connection with the re-union should be made to the Alumni Association, University of Victoria, Box 1700, Victoria, B.C. V8W 2Y2, attention, Mrs. Margaret Dempsey.

Thanking you in advance.
Phyllis Eltringham and
Edna Bery.
1929-30 Reunion Committee.

YOUR "FISHWRAPPER" NEEDS YOUR SUPPORT

Any astute reader of the Totem Times can plainly see that we are somewhat lacking in content. Because we have no reporters, as such, we count on the readership for their input.

There are many sections and groups on and around the Base we never hear from (for e.g. who is VU 33?!)

On a Base this size, we should be swamped with articles.

If your section or group has an event of any kind worth sharing, drop us a line.

We also welcome your letters and editorial opinions. Drop us a line.

WRITE: THE EDITOR, TOTEM TIMES
CFB COMOX, LAZO, V0R 2K0
OR THROUGH C.R. MAIL

CNA TOTEM TIMES

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Promotions & Awards At CFB Comox

And over at the Demons
Some happenings



A new chief is made
CWO Keith Wyman



300 dollars richer
Sgt Kraft

Maritime commander retires

OTTAWA (CFP) - Canada's Maritime Command Commander Vice-Admiral Andrew Collier, 56, of Salmon Arm, B.C. has retired from the Canadian Forces.

He is a veteran of both the Second World War and the Korean conflict. During the latter, he was awarded the Distinguished Service Cross.

Vice-Admiral Collier entered the Royal Canadian Navy as a cadet in October, 1942, and attended Royal Canadian Naval College Royal Roads, Victoria, B.C. Following training with the Royal Navy in 1945, he served in various HMCS ships and at naval establishments. He was the navigation officer in the destroyer HMCS Cayuga during her first tour of the Korean Campaign in 1950.

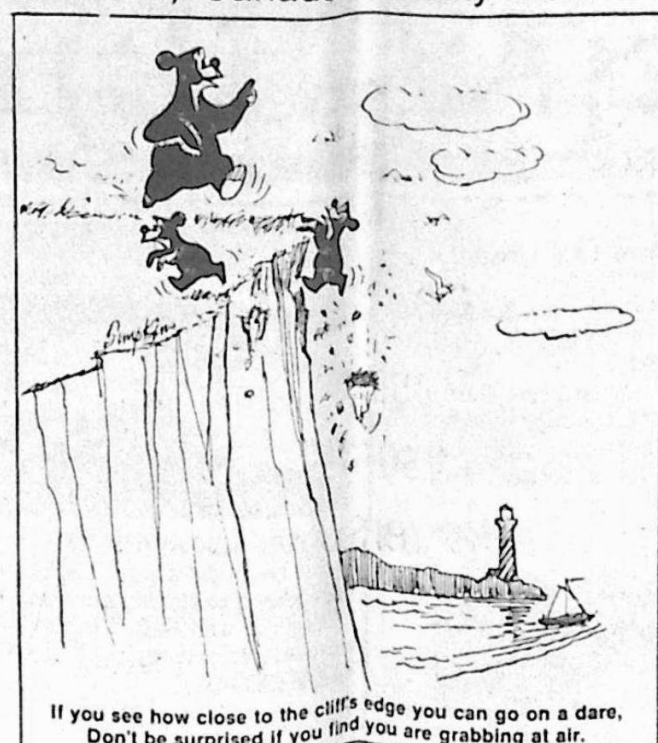
A graduate of National Defence College, Kingston, Ont., Vice-Admiral Collier has served at Maritime Command as deputy chief of staff, combat readiness and is a former commander of Canadian Fleet (Atlantic).

He has also served as Canadian Forces Attache (navy) at Canadian Defence Liaison Staff, Washington, D.C., and at National Defence Headquarters Ottawa, as chief, maritime operations.

Previous to his present appointment he was commander, Maritime Forces, Pacific and commander Pacific Region at Esquimalt, B.C.

In November, 1977, he was invested in the Order of Military Merit in the grade of Commander, in recognition of conspicuous merit and exceptional military service.

JASPER, Canada's Safety Bear



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HAPPENINGS AT 442... Back row L to R. New Sgts. Johnson and McCullough, LCol. Diamond SqnCo., Maj. Hartley 10,000 hrs. helo. Front row: Capt. Pettman 2500 hrs. helo, MCP. Edwards 1000 hrs. buff, Cpl. Bell, accelerated to Cpl 15 months early, Capt. Flath 2500 hrs helo, Capt. McLellan 1000 hrs CH118.



A new batch of Sr. NCO's
MWO Synnuck Sgt Wiwchar Sgt Christenson



WO Bill Munden
10,000 hrs on this
aluminum pig

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Marathon cont. from 2

the course was flat, but we encountered stiff winds and heavy rains for the next 5 miles along the St. Lawrence River. Just after mile 7 we faced the longest and steepest hill of the race which was up the Champlain Bridge. As we climbed, I realized that I was well over 12 minutes behind my schedule. I felt angry and disappointed, after all, I hadn't travelled all the way from Comox just to end in failure. I resisted a compulsive urge to step up my pace, knowing full well that to do so at this early stage would result in some devastating consequences. From the highest point on the bridge the going became easy, the rain had subsided and we could look forward to the almost 2 mile descent to the toll booths and on to the Bonaventure Autoroute — an entirely flat section with a good tail wind. We took the Cite Du Havre exit; ran past Habitat 67 and on to the Concordia Bridge which marked the exact half way point of the marathon and the fact that I was thankfully making up for lost time.

The last half of the route was very winding as it was all compacted on the two Islands: Notre Dame and Ste. Helene. It began by following the Grand Prix race circuit in front of the Canadian Pavilion and around Regatta Lake right on the water's edge. Two hours having gone by and I still felt confident and strong so decided it was a good time to increase my pace. Could I maintain it until the finish? I had to take that chance. On flat land and sheltered from the wind by nearby pavilions, we raced through the location of the upcoming Florales 80 and made a complete tour around the Olympic rowing basin. The excellent environmental conditions and physical beauty of the sites spurred me on. I caught sight of the 20 mile marker as we re-entered Man and His World. 6.2 miles to go. "Will I make it?"

The sun was peeking through the clouds now and I was growing very hot, tired and thirsty. "Maybe I didn't pace myself correctly? Mustn't slow down now; got to keep going". We made a complete circle of La Ronde — there was the 23 mile marker. "How I wished I could stop! God I'm tired". Had I stopped at that point I know I would have had to walk to the finish line. It seemed the cheering spectators could sense my dilemma as their encouraging shouts of "Ne lachez pas" were music to my ears.

As I pressed on I was thinking; "Could I be hitting that infamous 'wall' — where you get the hopeless feeling that you are putting out an incredible amount of energy but not getting anywhere? No! Not me; I'm okay, after all I'm seven pounds lighter than I was for my last marathon, I'm better trained and I'm wearing those light weight shoes that I won at the Totem Times race".

Twenty-five miles. I don't know how but I still maintained the pace and could see that if I didn't let up my time would be even better than expected. The last mile was sheer agony, I refused to slow down even though every part of me was throbbing with fatigue. Suddenly, I recognized that we were nearing Helene de Champlain park where the finishing line was. As the roar of the crowd grew louder in my ears, I was overwhelmed with a great sense of relief, for only at that moment could I feel absolutely positive that I was going to finish.

I can faintly recall the explosive joy I felt when finally crossing that line. Before the race, I reminded myself to be sure and check the official time and standing at the finish line or it would be like the last marathon where I had to wait months before receiving the official results, but I did it again, I only remembered to glance down at my wrist watch. I had finished in 3 hrs: 23.

I sprawled on the cool grass simply basking in the fact that I didn't have to move a muscle. There was a thousand bed hospital tent set up nearby and although I had a few minor blisters I felt grateful I had no need to go inside. Having regained my strength I helped myself to a nice cold beer from one of the Molson Wagons. It was absorbed as if I were a dry sponge and savored like I couldn't believe a beer could taste so good. Number 7163, a mere dot in a wilderness of runners, but I felt so elated that I may as well have had come in first.



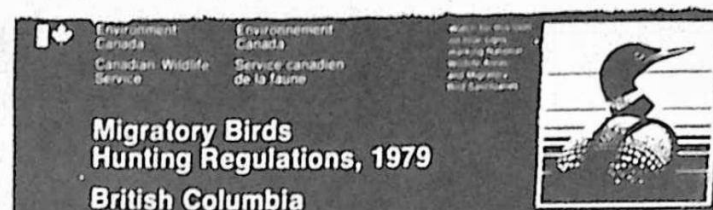
And there they go

THE BASE REP TEAM was off and running recently as they participated in the Air Command Challenge Run. Our own Sports Editor "The boz"

streaked across the finish 3rd in 7 min. 40 sec. The new BPero Al Kimick set a blazing pace and finished with a time of 7 min. 10 sec.



A friendly game of flag football



Migratory Birds Hunting Regulations, 1979

British Columbia

When hunting or transporting migratory game birds, you must have in your possession a valid Canadian Migratory Game Bird Hunting Permit and a valid Canadian Wildlife Service License.

No person who has been convicted of a hunting offence under the Migratory Birds Act or Regulations shall apply for or hold a Canadian Migratory Game Bird Hunting Permit unless he or she has been the subject of a pardon.

OPEN SEASONS, BOTH DATES INCLUSIVE

District	Species	Season	Season	Season	Season	Season	Season	Season	Season
1	1	1	1	1	1	1	1	1	1
2	2	2	2	2	2	2	2	2	2
3	3	3	3	3	3	3	3	3	3
4	4	4	4	4	4	4	4	4	4
5	5	5	5	5	5	5	5	5	5
6	6	6	6	6	6	6	6	6	6
7	7	7	7	7	7	7	7	7	7
8	8	8	8	8	8	8	8	8	8
9	9	9	9	9	9	9	9	9	9
10	10	10	10	10	10	10	10	10	10

PROVINCIAL MANAGEMENT UNITS

1. Provincial Management Unit 1, 2, 3, 4, 5, 6, 7, 8, 9, 10, 11, 12, 13, 14, 15, 16, 17, 18, 19, 20, 21, 22, 23, 24, 25, 26, 27, 28, 29, 30, 31, 32, 33, 34, 35, 36, 37, 38, 39, 40, 41, 42, 43, 44, 45, 46, 47, 48, 49, 50, 51, 52, 53, 54, 55, 56, 57, 58, 59, 60, 61, 62, 63, 64, 65, 66, 67, 68, 69, 70, 71, 72, 73, 74, 75, 76, 77, 78, 79, 80, 81, 82, 83, 84, 85, 86, 87, 88, 89, 90, 91, 92, 93, 94, 95, 96, 97, 98, 99, 100, 101, 102, 103, 104, 105, 106, 107, 108, 109, 110, 111, 112, 113, 114, 115, 116, 117, 118, 119, 120, 121, 122, 123, 124, 125, 126, 127, 128, 129, 130, 131, 132, 133, 134, 135, 136, 137, 138, 139, 140, 141, 142, 143, 144, 145, 146, 147, 148, 149, 150, 151, 152, 153, 154, 155, 156, 157, 158, 159, 160, 161, 162, 163, 164, 165, 166, 167, 168, 169, 170, 171, 172, 173, 174, 175, 176, 177, 178, 179, 180, 181, 182, 183, 184, 185, 186, 187, 188, 189, 190, 191, 192, 193, 194, 195, 196, 197, 198, 199, 200, 201, 202, 203, 204, 205, 206, 207, 208, 209, 210, 211, 212, 213, 214, 215, 216, 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Read a good label lately?

If you want good food value for your dollar try reading the label the next time you make a food purchase. Food packages used to have pretty pictures but very little information. Not any more!

In the last few years, now government labelling regulations have forced food manufacturers to put more information on packages. Because of this the label must now provide the following information to the consumers:

Ingredient listing: This is the most important piece of information a label can give. Ingredients are listed in DECREASING order. The one which weighs the most comes first. Do you feel this would be a good stew to purchase?

BEEF STEW ingredients: Beef broth, potatoes, beef, carrots, modified food starch, corn flour, beef fat, tomato paste, sugar, caramel coloring and flavoring.

The brand name or trademark and the common or generic name must both be on the item.

The net quantity will appear in Imperial and Metric measure. Gradually by 1980 this measure will appear in metric only.

The name and address of manufacturers or distributors

must also be printed on the label.

If the shelf life of the item is less than 90 days the "Best Before" date must appear except for fresh fruits and vegetables. Processed meats, dairy products, bread and pastries will appear with this information. This date means that the product is still edible but not in top form in nutritional value or taste. It is best to check, before you buy!

If meats, fish, poultry are offered for sale in a thawed state, they must state PREVIOUSLY FROZEN or FROZEN PORTIONS. For your own safety use the food right away or cook and refreeze.

Note the package date on meat. Also check the sign on the meat display counter. The two forms of information will tell you the time limit before you must cook or freeze the product.

If a product requires special storage conditions, instructions must be on the label.

The number of servings shown in the illustration must be equal in number contained within the can or package. Example: If a picture shows 5 pieces of chicken then there should be 5 pieces of chicken within.

Canned fruits and vegetables must contain a specified amount of the product. This means that if you buy a 19 oz. can of pears, 12 oz. can't be syrup.

Just because there is a picture of peaches on a yogurt container, don't presume it contains the natural fruit. Check to see if it says natural or artificial flavored.

If a product has been enriched, such as bread or flour, then it must be marked "enriched".

Words such as Standard, Fancy, Utility, Canada A, indicate the grade of the product. All grades are equally nutritious but flavor and tenderness differ from grade to grade.

The small vertical lines on the label are called the "universal product code". These are used in automated check-out stores and it will be coming to Courtenay soon. The first 5 numbers and corresponding lines tell a computer the name and the manufacturer and the next 5 digits identify the product.

The price is not on the code. It will still be on the shelf. This will be beneficial to the consumer since the register tape will be more detailed. For further information contact Food Talk at 338-1153.

"Flea Market"

Saturday, October 20
10 a.m. to 4 p.m.
COURTENAY JUNIOR SECONDARY SCHOOL GYM

- Free Babysitting - Door Prize
- Entertainment
- Pot Panduro - Dancers
- Variety of Booths
- Arts - Crafts - Home Baking
- Books - White Elephant

SPONSORED BY COMOX VALLEY CHILDREN'S DAY CARE SOCIETY

Influenza vaccine

The Upper Island Health Unit has now received a supply of adult-type influenza vaccine. It is provided free by the Ministry of Health to the following:

- (a) Persons of any age who have such conditions as:
 - acquired or congenital heart disease associated with pulmonary congestion.
 - chronic pulmonary disease associated with compromised respiratory function.
 - chronic renal disease with azotemia.
 - chronic metabolic diseases such as diabetes mellitus.
 - immunodeficient or immunosuppressed conditions.
 - chronic severe anaemia.
- (b) Any person 65 years of age or over.

This vaccine may be obtained at your local health centre as follows:

COURTENAY - 480 Cumberland Rd., Courtenay. Phone - 334-314. 3-4 p.m. - Monday to Friday.

CAMPBELL RIVER - 110 Birch St., Campbell River. Phone - 286-6275. 3-4 p.m. - Monday to Friday.

COMOX - Special flu clinics will be held October 4th and October 11th. Phone: 339-2263. From 1-3 p.m.

PORT HARDY - Market Street, Port Hardy - Fridays from 2-4 p.m. Phone: 949-6421.

GOLD RIVER AND TAHIS - Phone the Health Centre any Tuesday or Thursday morning to make an arrangement. Phone: Gold River - 283-2462. Tahis - 934-6561.

Children's vaccine i.e. for children 12 years and under may be ordered on an individual basis. Anyone desiring this vaccine should phone your nearest health Centre immediately to arrange for this. Small quantities of vaccines will also be available to private physicians for office use.

Music for UNICEF

Sing along with Rita Coolidge, disco with the Bee Gees - it's all part of a new program called Music for UNICEF and this year thousands of Canadian students will give "the gift of song". It all started when the "founder composers", the

Fire Away

Well Fire Prevention Week is almost at the end for 1979, our program so far has been outstanding success and we hope with your help this trend will continue throughout this year.

The Bicycle Decorating contest was very successful. The entries were divided into two groups. Those five years, old and less and those six and above. Three cash prizes were

awarded to the winners who were finally chosen after great difficulty by the Judges because of many excellent entries.

The colorful parade through PMQs was held after the Bicycle Decorating contest. The parade consisted of "Little Toot", Fire Vehicles, Ambulance, Military Police and all those happy children riding their decorated bikes.

After the parade and Open House held at the Firehall which was well received and greeted with enthusiasm by all our guests. We showed a film and fire fighting equipment.

We also distributed free coupons for french fries, pop and potatoe chips to everybody.

The Fire Department would certainly like to thank all of you who helped to make this a successful day. We especially like to thank "MacDonald's Restaurant" and "Grey Beverages" for their donations.

In the next edition of Totem Time we hope to have some pictures of the parade and the winners of the different contests that were held during Fire Prevention Week.

Until next time THINK ABOUT FIRE WHEREVER YOU ARE.

"Partners in fire prevention"

We have become so used to electrical living that we take our electrical devices too much for granted. Electrical cords are a good example, people walk on them, overload them, yank them out of sockets, children play with them, and some of them are even chewed on by mischievous pets.

FOLLOW SOME SAFE PRACTICES
Buy only those electrical appliances which have the approval label of the Canadian Standards Association.

Always use a non-combustible insulated pad, such as asbestos with electric irons, soldering irons, and other such heated devices.

When cords become frayed, they should be repaired or replaced immediately.

Never place cords under rugs or carpets. Cords should not be hung on nails, over piping or behind radiators.

Beware of the "Octopus" wall outlet fitting, which will allow five or six extension cords in a single socket designed for one or two.

If the insulation covering on an electrical cord becomes hard and brittle it is a danger signal. The cord is being overheated, possibly by overloading or by short-circuiting if you cannot find the trouble call a qualified electrician.

If you notice the lights dimming when one of the electric motors in your house start up, it is another danger signal, it is a sure sign that the circuit is overloaded and that the motor should be shifted to a separate circuit.

Do not place back of a TV or radio set against other furniture, the back of a set contains heat.

Vents and sets become dangerous if the air cannot circulate through them.

Ghosts and goblins to haunt OWC

BY SUE MCKINLEY

The October meeting of the Officers' Wives Club will be a Halloween costume party and penny auction on October 17th at 7:30 p.m. in the Officers' Mess. Ladies, dig into the backs of your closets for some creative outfits. There will be a \$1.00 penalty for those not in costume.

While searching for those outfits, look through your homes for some unwanted white elephants or gag gifts for our penny auction. Please wrap those gag gifts beautifully so that someone will want them. Bring along some loose change for that terrific buy you'll find. Admission is \$1.00 for members, \$2.00 for non-members. Come on out for a fun-filled evening and mingle with the "spirits".

Fire!: Family instructions

Gather your family together for a short explanation of the night time Fire Escape Procedures.

1. Always sleep with bedroom or hall door closed. It can keep out fire long enough to allow escape through your Emergency Escape Route (usually a window).

2. Agree on a way everyone can sound a Family Fire Alarm. Keep in mind that fire may block hallway, preventing you from reaching other bedrooms. You can pound on walls, holler, use a whistle, strike a pan, etc.

3. Don't waste time phoning, getting dressed or gathering valuables. Precious seconds can count in a fire!

4. Test doors before opening. Intense heat and deadly smoke may be on the other side ... ready to strike you down in just a couple of breaths.

Remember in Gagetown last year a fire is believed to have originated in the living room of a two storey family dwelling at a time when the parents and both children were sleeping. The father and two children evacuated the dwelling via the second storey

window, however the mother was not successful and perished. Apparently she delayed in evacuating in order to phone the Fire Department and to dress.



A hedgehog has a normal heartbeat of 250 per minute which will drop to three per minute during cold weather!

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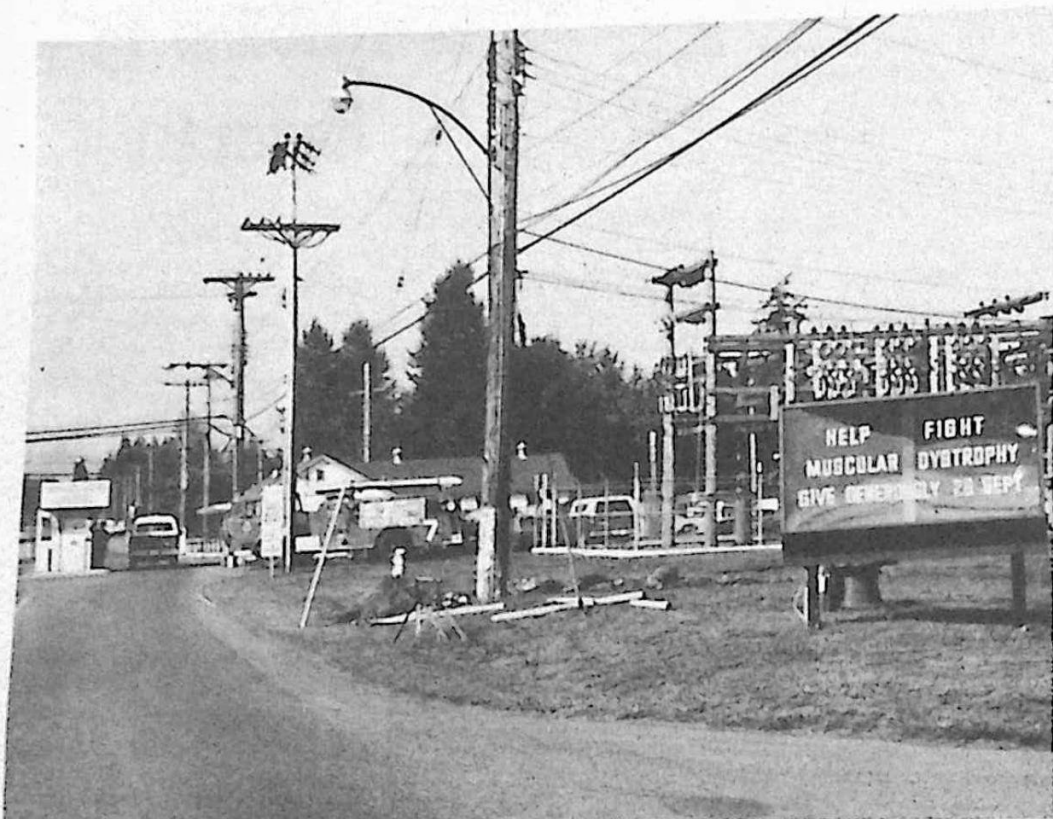
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Muscular dystrophy drive



DONATIONS BEING collected at the Main Gate.



THANK YOU FOR YOUR contributions to the Base Fire Department "Muscular Dystrophy Drive" that was on the 28th of September. Together we raised \$516.08 -- Thank you again.

Open mike

The frost is on the pumpkin, beer prices are up and the fog is rolling in off the Straits. Not to worry, all the news is not bad in the controlling world. Return of the Arab: Cpl. Wolfgang Wolf has returned to the Ratcon Staff from his action packed stay in the land of the Pharaohs. He's back in the dark room now, requalifying and losing his tan.

Newie Scope Dope: Capt. Pat Wolfe-Milner has taken the giant step from tower to Ratcon this week. He claims to be looking forward to straight days and watching the magical tube.

ATC Gala Event: Saturday night saw what we hope will become an annual ATC event.

The first ATC Oktoberfest was held under the big top, where we gathered not only for mugs of ice-cold draft and bratwurst, but also to bid farewell to retiring BOPSO, LCol. Bob Halliwell.

On hand to make presentations was the BATCO, who is to be commended for making it through the entire evening without getting lumpy.

Other guests included new BOPSO, LCol. Sid Burrows, ex CC Trey Jones and ex ATC WO, Blake Muloin.

Our resident professional student Bob Walton, took time out from his studies to join us and was celebrating his birthday that night.

Spirits were high and traditional German food and music complemented the evening which proved to be an overwhelming success.

Glas House Addition: Capt. Howie Thibault will be buying the beer within the next few days after checking out in the tower. Howie will be a welcome addition to tower staff after tours in Cold Lake and Greenwood.

Promotions Promotions: CWO Jim MacManus is hard at work in Ottawa picking the cream of the crop for promotions in the ATC, AWC and MET trades. He will be returning to God's country later on in the month and collecting all the bribes from the Comox troops.

Jocks' Corner: In closing for this edition all are reminded that the ice is in and practices are starting for the try-outs on the section hockey team. All comers welcome to this no hitting, no argue. Until next time, keep your eyes on the puck.

Home buyers

New regulations under the Home Purchase Assistance Act will permit the payment of a \$1,000 grant on both new and existing homes to all first home buyers who satisfy the eligibility conditions Lands, Parks and Housing Minister Jim Chabot announced today.

These regulations bring into effect changes that were made in the act during the last session of the Legislature and will apply to purchases made on or after July 18, 1979.

The regulations also give effect to the one year, as opposed to five years, earning period for grants and streamline the regulations and administration of the program.

The existing regulations for \$1,000 grants on new homes are being kept in effect up to December 31, 1979 to permit all qualified applicants for these grants to apply. This grant is being replaced by the \$1,000 grant on both new and existing homes for first home buyers.



Banana oil does not come from bananas; it's a synthetic compound.

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MAKE YOUR OWN WINES AT HOME

White wines to win friends and praise

White wines come in many delightful tints and colours, from crystal-clear with a tinge of yellow to green or amber.

The whites have zoomed into popularity recently in Canada, as elsewhere, helped along by the busy wine bars cropping up in major cities, and the fact that the whites are particularly appropriate for intimate lunches and friendly warm-weather sipping.

White wines have a history as distinguished as that of big reds. More wine enthusiasts are now recognizing the pleasure a good white offers. They're suitable for all occasions around the pool, birthday celebrations or whenever your friends get together.

White wine is attractive to the novice home winemaker for another reason, however, it matures faster and is very easy to make. Most winemakers start with white and then go on to red.

Another basic difference between "white" wines and "red" is that whites tend to be fractionally sweeter than reds. Certainly there are "dry" whites and "sweet" reds on the market, but a taste test quickly reveals that most "dry" whites have a trace of sweetness to give them interest. At the other end of the sugar scale, many famous white wines — sauternes, for example — are very sweet, whereas few notable reds are that high in sugar content.

So, for the home winemaker, this raises the interesting question of how to retain a level of sweetness in white wine.

There is some natural sugar in the grape juice, although the exact level varies from one variety to another, from one region to another, and from year to year, depending on sunshine and rainfall. Grape growers try to get maximum sugar levels at the time of picking, but some years are more successful. Since fermentation involves the conversion of sugar to alcohol by the wine-yeast, it follows that the more sugar there is in the juice the more alcohol will be produced. At the same time, the more alcohol in the juice to give the desired alcohol level, other sugar can be added.

This is exactly what winemakers do to adjust the vagaries of nature in the vineyard, and they have methods of measuring these factors which the homemaker can adopt. It requires another piece of equipment: a hydrometer set. Inexpensive (under \$5.) and simple to use, it will remove much of the guesswork from your winemaking.

Your first use of the hydrometer will be to check the specific gravity of the grape juice when you've reconstituted it with water, but before primary fermentation gets under way. With the hydrometer reading you can estimate the ultimate alcohol level. And this indicates whether or not you have to add a quantity of sugar to reach the desired alcohol level.

And what is the alcohol level you want? Most wines have an alcohol content by volume somewhere between 10% and 13.5%. Some people mistakenly think that

the higher the alcohol level, the better the wine, but there's no direct connection between quality and alcohol content. You can make a superb wine at 10% and a terrible-tasting product at 14%. The sensible course seems to be that if you like drinking wine, opt for the lower alcohol numbers. Higher alcohol levels take longer to mature.

The wine recipe you are using will specify a certain amount of sugar (try corn sugar and see if you can detect any difference over claim) to be added, but that's for an average taste. By using the hydrometer, you can adjust for your individual requirements.

For practical purposes, primary fermentation is over when all the sugar has been converted into alcohol. (The hydrometer can be used again to measure the alcohol content and therefore confirm that the yeast has done the complete job and hasn't quit too soon, which can happen occasionally.) It is much easier for the amateur winemaker to let the yeast convert all the sugar during fermentation. But, since some residual sweetness is desirable in a

white wine (truly dry whites tend to be a bit flat), the "sweetening to taste" can be done after secondary fermentation and before bottling by stabilizing the wine and adding either a sugar syrup or a proprietary wine conditioner.

However, it must be clearly understood that all fermentation has to be finished before the sugar syrup is added. Otherwise fermentation could take off again and carbon dioxide gas will build up in the bottles possibly to the extent of blowing the corks or exploding the bottles.

Now take a look at this recipe for an Australian white wine equal to a Moselle you might buy.

NEXT: BIG REDS FOR HEARTY MEALS

If you would like to receive further winemaking recipes and information simply send your name and address to: Wine Recipes, P.O. Box 4035, Station "A", Toronto, Ontario, M5W 2E5. Each name received will be eligible for a draw, the winner to receive a free trip to Australia CP Air and a tour of the vineyards of South-eastern Australia.

JOHANNISBERG RIESLING (White Table Wine)

The grape that produces most of the famous German white wines. At last you can produce the real thing — the best selling white wine in the world!

INGREDIENTS: YIELD 26 BOTTLES

1 tin Australian Johannisberg Riesling grape concentrate
5½ tins Water
1.8 kilos (4 lbs.) White Granulated Sugar (or 5 lbs. Corn Sugar)
Acid (as directed in recipe)
2 tsp. Grape Tannin
2 tsp. Pectic Enzyme
2 tsp. Super Nutrient
Riesling (or any German) Wine Yeast
Starting Specific Gravity: 1.090
Starting Acid: 4.5 g/l

OPTIONAL ADDITIVES

(a) ½ ounce Dried Elderflowers in primary fermentor only
(b) 8 ounces Dried Apples in primary
(c) 1 kilo fresh crushed green Grapes, Muscat preferred.
(d) 1 ounce French Oak chips one month in secondary

METHOD:

Mix all ingredients EXCEPT WINE YEAST(S) in a sterilized primary fermentor. It is advisable to use three containers of hot water to dissolve sugar, acids, nutrients, etc., then add balance of cold water to reduce the temperature of the must to 21-23 degrees C (70-75 degrees F) before adding the yeast(s).

Fermentation should start in approximately 24 hours. If there is a pulp present, the must should be stirred twice daily while in the primary. In 5 days or when the S.G. of the must drops to 1.020 or below, rack into the secondary fermentor. When racking, place the siphon hose at the top of the secondary and allow the wine to splash to the bottom of the secondary. This is known as the aeration stage. Attach the fermentation lock. (Some foaming may occur but will quickly subside.)

Rack in 10 days, again using the aeration technique. Be sure the carboy is topped up at all times and attach the fermentation lock. Rack in 3 to 4 weeks when the S.G. is 1.000 or below and the fermentation has ceased. Before racking, first rinse out a carboy with a standard sulphite solution (2 oz. metabisulphite crystals dissolved in 160 oz. water), shake out excess sulphite but do not rinse with water. Rack the wine carefully into the carboy by placing the end of the siphon hose at the bottom of the carboy so that the wine does not splash. All further rackings should be done so that there is no aeration.

After a further 3 to 4 weeks, finings may be added to the wine to enable the wine to clear faster. In a further 10 days, the wine should be filtered into another carboy. Your local wine store should have rental filters available at a nominal charge.

Further bulk aging of 2 to 3 months is recommended. Before filtration process and every time the wine is racked thereafter, add 1 level teaspoon Anti-Oxidant powder (dissolved) for each 5 gallons to the wine before the filtering or racking is done.

Demon doins'

It's hard to believe October has crept upon us. Where else but in Comox can one take lazy walks along Airforce Beach amid lonesome driftwood and breathtaking seaweed in sunny, cloudless skies.

Well, another busy two weeks comes to a close for the Demons. Our most notable achievement has to be Crew 2 and their participation in Fincastle '79. Fincastle is an annual commonwealth ASW Competition between Canada, Australia, Britain and New Zealand. This year it was held on home soil, namely Greenwood, N.S. Crew 2 left Comox on September 20 for ten days of flying, exchange of ideas and numerous bashes with our commonwealth brothers.

The main event of the exercise consisted of two flying sorties: one night-ex and one freeplay with a real submarine. After diligent preparation by our groundcrew, the evening of the 24th saw our well represented crew take off, flames rolling over the wings, in search of glory with the aging, but majestic argus. They returned some hours later, tired and disappointed, as extremely high sea states dulled their senses.

After a day of rest, undaunted and spirits uplifted, they headed out once more for the freeplay exercise in search of prey and retribution. This time Crew 2 returned victorious, systematically outsmarting the submarine and their counterparts in competition.

When the points were finally tallied, it was found that Crew 2 placed a close second to the winning Australians. 407 Squadron lifts its glass to the aircrew and groundcrew who have given us reason to be very proud indeed! When one considers the Brits with their fancy Nimrod, the Aussies and New Zealanders with P3B's full of computer technology, it is little wonder that we are proud of the achievements made by the old Argus and air ground crew! Wouldn't it be fitting if next year on the eve of the Argus' retirement, she brought home the Fincastle colors after such a long and faithful service! Yes, that would be splendid! It is all

confirmed that the Australians liberated a rather large photograph of Argus 713 out of the social centre at CFB Greenwood during their stay. Could the "Down Under" boys really be ingenious enough to get away with such an undertaking? Apparently the MP's and officials at Greenwood think so! Sly Devils! Crew Two and ground crew are on their way to a well-deserved out of area. Again, Good Show!

All 407 crews recently participated in a Major Canada U.S. Exercise held off our West Coast. Named Kernel Potlatch II, it consisted of an armada of American and Canadian naval vessels simulating an amphibious assault on our Northern Shores of Vancouver Island. We were tasked to simulate enemy RECCO aircraft plotting positions and directing fighters to the convoy steaming towards their objective. Crew Four took advantage of this situation by using their "Tail-Gun" and shooting down two U.S. Naval Helicopters carrying the exercise commanders. Good work men! Apparently through hard work in co-ordination and co-operation by all involved, the exercise was a huge success. Much was learned throughout and Phase IV saw our crews take to the air again, disrupting a long weekend, but giving 407 the opportunity to indulge in a rare and valuable subex.

Wednesday, October 3, brought the offices and gentlemen of Demon Squadron together for lunch at the Officers' Mess. The affair was called to bid farewell to the good Major "Bagpipes" MacPhail, who recently departed our Demon ops for a berth in the Base ops organization. Major MacPhail responded to his plaque presentation by the C.O. with a tasteful story or two, and was then chased from the room by a barrage of Pilot-dropped corks. The ensuing fete in the Lounge was attended with great enthusiasm by all diners.

In closing, we would like to extend our congratulations to Capt. Walt Dennis on his appointment to VPCC of Crew Six.

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."

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A DEFINITION OF THE WORD "REALTOR"

It seems that Maureen has been rather negligent in writing the Momefront articles. Vocabulary wise, I have been misusing the word Realtor, with a request from V.I.R.E.B. plus C.R.E.A. which is the Canadian Real Estate Association requesting clarification of the word Realtor and what it means in the real estate industry. It makes me happy to do so, as someone is reading my articles.

Research on my part, plus imagination is required to endeavor to fill in some of your blank areas on the real estate industry. So any topic that you out there wish information on, please call me or write Nanaimo Realty (North) Ltd., a letter.

The Canadian Real Estate Association has a certificate granting to it the exclusive rights in the trademark REALTOR. It is registered as a certificate mark and recognized under Section 12 (2) of the Trademarks Act, which states: "Brokerage of real estate, industrial brokers, farm brokerage, mortgage brokerage, in the appraisal of real estate, management of subdivision of real estate properties and for consultative and advisory services in community planning for the development of raw land and slum clearance areas."

Persons may be given permission to use the mark by virtue of their membership in

the Canadian Real Estate Association wherever they may live as long as they are individual members or active members of constituent boards of the Canadian Association.

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Maureen Arthur is a duly licensed sales representative with Nanaimo Realty (North) Ltd., 578 England Avenue, Courtenay, B.C. 334-3124.

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"A NATO ace"

continued from page 1

AMF(A) has no permanent headquarters. The squadrons, when deployed, operate under the command and control of the appropriate regional NATO air commander.

Both land and air components are part of the same political signal. The authority to deploy is always a political one, requiring agreement of the nation in whose territory it will operate.

Command and control of the Force remains at all times with NATO. On deployment to a contingency area control of the AMF(L) may be delegated to the Major NATO Regional Commander or a national Corps Commander - provided the Corps has been "chopped" to NATO.

UNIQUE PROBLEMS - UNIQUE SOLUTIONS

Like many fighting formations composed of a variety of arms the AMF(L) has a number of problems - complicated by the multinational composition of the Force, the requirements of rapid deployment and the operation of multinational communications and logistics. AMF(L) has faced these problems and solved them in its own way from the start. It is possible that these unique solutions paved the way for much that is now common practice in NATO, particularly with regard to readiness, rationalization and reinforcement.

READINESS

In AMF(L) this is and always must be the key word if the Force is to achieve its aim of always being the "first in". Its presence on the ground in any area must be seen as a visible deterrent. To achieve this, an international air transport lift flies the AMF(L) to any threatened area. Many of the units comprising the Force are based in their country of origin and therefore must be transported to the country in which they are to operate.

To achieve the readiness required by SACEUR for the Force, a system has been built up over the years and is practised at least twice a year. Transport arrangements are co-ordinated by Headquarters Allied Forces Central Europe (AFCEUR), a NATO Major Subordinate Command based at Brunsum in the Netherlands.

This headquarters provides the co-ordination centre for the aircraft which carry out the airlift. Belgium, Canada, West Germany, Italy, the United Kingdom and United States provide a variety of aircraft: C5A Galaxies, C141 Starlifters, Boeing 707s, VC-10s, C130s and C160s.

AFCEUR also runs an internationally staffed control element at the arrival airfield to handle the airlift fleet and assist in the reception of the Force's men and material.

RATIONALIZATION

While the scope of its activities requires HQ AMF(L) to plan and co-ordinate at the theatre army level, in the field it controls a reinforced brigade sized unit of seven nationalities. Rationalization

in such a heterogeneous force may sound improbable but it is in this area that the AMF(L) believes its greatest progress has been made. The AMF(L) functions smoothly and efficiently in conducting the full range of combat operations despite national differences in philosophy, organization, equipment and procedures.

This is not done with miracles but is a result of fundamental developments found effective over the years: a common language - English; a full knowledge and appreciation of each national contingent's capabilities and limitations; detailed and well understood SOPs; exchange of liaison officers and radio operators; stability of assigned units and key personnel; frequent exercises of various types. Notwithstanding all of these measures, AMF(L) believes that the key to interoperability is largely the attitude of the people involved, reflected by their determination to make the organization work regardless of differences.

As a result, interoperability is a fact of life in the AMF(L) and perfected to a degree unseen in any other organization, e.g. on one recent exercise, the covering force was commanded by a British reconnaissance squadron commander whose squadron was augmented by a Belgian infantry company, elements of a Belgian anti-tank company, Germany and U.S. TOW sections, U.S. engineers and multinational fire support teams. The Force's multinational artillery batteries (usually five) fire under the direction of any nation's Forward Observers and on any target.

Within the logistic support battalion, interoperability is apparent to even the most casual observer. Here, cooks, drivers, mechanics, policemen and storemen all work together to meet the needs of the Force. It is not uncommon to see mechanics of three different nations working side by side on the same vehicle. All bread consumed by the Force is cooked in a modern, air mobile, British bakery. Traffic is controlled by an international group of military police. Such a system is good management and essential in a force which must constantly seek ways to keep its logistic tail as light as possible.

REINFORCEMENT

This term has a different meaning for the AMF than for other NATO formations. Because AMF(L) is an immediate reaction force it would expect to deploy in advance of the normal reinforcement of an area of Allied Command Europe.

By doing this the AMF(L) demonstrates the solidarity and determination of NATO to defend one of its member countries. Here it must be emphasized that the primary role of the AMF(L) is to deter aggression against the territory of the ACE by timely

deployment to one or more of the contingency areas.

TRAINING

Each year there are two and sometimes three major exercises. These familiarise all those involved with the area in which they may have to operate, practises the system involving liaison and co-operation with the host nation and of course makes the Force familiar to the host nation.

The efficient deployment and manoeuvring of a NATO force in a remote part of the Alliance has a deterrent value in itself. It also reassures the people of the host nation by showing NATO's willingness and capability to defend its territory.

The Force Artillery conducts a live firing exercise once a year as well as having a "live shoot" in or as near a possible to the contingency area after a major exercise.

There are also study periods for all command elements and command post exercises are carried out in the field.

Each nation is responsible for the individual training of its national element. A high level of training efficiency is maintained at all times. This is ably demonstrated during exercises when the competition between units is extremely keen.

AIR SUPPORT

Air support for the AMF(L) component when deployed is divided into offensive air support and tactical air transport. The former is provided from the air resources of the NATO region in which the Force is operating, augmented by the AMF(A) squadrons.

The tactical air transport is provided by the Force Helicopter Unit. This is an element which has eight German UH-1d and four RAF Puma aircraft, and takes part in the air mobile operations, airlift of the Force artillery batteries and logistic air support missions. The United States also provides up to three UH-1H helicopters for command and recon purposes. Control and co-ordination of all tactical air support is exercised through a Force Air Support Centre within the AMF(L) headquarters in the field.

THE CONTINGENTS

It is worth taking a closer but brief look at the national contingents which make up the Force and contribute to its unique character. Some of the contingents are dedicated to specific contingency areas, others to all of them.

BELGIUM

It is worth taking a closer but brief look at the national contingents which make up the Force and contribute to its unique character. Some of the contingents are dedicated to specific contingency areas, others to all of them.

BELGIUM

The Belgian contingent to the AMF(L) consists of a battalion from the Belgian Para-Commando Regiment, a battery of 105 mm Howitzers and an independent anti-tank company. The anti-tank company deploys within the

Force to all the contingency areas.

The soldiers of the battalion are fully trained paratroopers or commandos, or, in some cases, both.

The independent anti-tank company will shortly be re-equipped with twenty-seven Milan anti-tank guided weapons.

CANADA

Canadian forces have been part of the AMF(L) since 1964. Since then they have taken part in nearly every exercise on the Northern Flank of NATO.

The contingent consists of an infantry battalion, with supporting helicopters and an artillery battery. The infantry battalion is particularly equipped with tracked armoured personnel carriers as well as the normal jeeps and load carriers. The battery is equipped with 105 mm pack howitzers which are carried on tracked cargo vehicles. The battalion group is supported by a helicopter detachment with up to 6 UH-1H and 2 COH-58 (Kiowa) aircraft.

The whole contingent is highly trained in winter warfare and its areas of responsibility are therefore in the North.

WEST GERMANY

Since the formation of AMF(L) in 1960, West Germany has made a notable contribution to the Force, especially on the Southern flank. The main element of the contingent is the 262nd Parachute Battalion. It has taken part in all the AMF exercises on the Southern flank. Supporting the battalion is the 235th Mountain Artillery Battalion equipped with the 105 mm pack howitzer.

The 9th Airborne Signal Battalion provides the Wire Troop, which furnishes the Force with telephone and teletype communications, with a courier service and a message centre.

West Germany also provides helicopter support for the Force helicopter unit and the Force field hospital and holding station each with a complement of fifty beds.

ITALY

The Italian Alpini Susa Battalion, along with an air transportable field hospital, forms the nucleus of the Italian contribution.

The battalion group contains the Alpini Susa Battalion and a battery of mountain artillery. The battery is equipped with 105 mm pack howitzers. The field hospital has 105 beds in tents and a field operating theatre.

All the Italian units are fully trained in winter warfare. The battalion and battery go to the Northern Flank, but the field hospital goes to the southern contingency areas. Included in the group are helicopters which can be fitted with TWO anti-tank missiles.

LUXEMBOURG

Since 1969 Luxembourg has provided the 1st (Light) Infantry Battalion to the AMF. In 1974 a TOW platoon was added to the battalion. The battalion has taken part in AMF exercises in Norway,

Denmark and Turkey, although now it concentrates on the northern area.

UNITED KINGDOM

The United Kingdom provides a substantial contribution to the Force: an infantry battalion, the Force Artillery Headquarters, an artillery battery, the Force Reconnaissance Squadron, a radio troop, half of the Force Helicopter Unit, the Force Air Support Centre, an intelligence detachment and the Logistic Support Battalion.

The infantry battalion, the 1st Battalion, the Prince of Wales' Own Regiment rotates approximately once every three years and carries out two months' winter training in Norway every year.

The Reconnaissance Troop provided the 12-21st Lancers is equipped with Scorpion, Scimitar and Spartan tracked combat reconnaissance vehicles. The battery has the new British 105 mm light gun. 249 Squadron Royal Signals provide the radio troop and 38 Group Royal Air Force provide the Puma helicopters and man the Air Support Centre.

UNITED STATES

This is again a substantial contribution: an infantry battalion group with an artillery battery, an engineer company, an aviation detachment and a headquarters company.

The infantry battalion is the 1st Battalion (Airborne) 509th Infantry, which has been with AMF(L) since 1973. It is fully trained in its parachute role, although when operating with the AMF(L) it would not normally parachute into action.

The battery is equipped with the M102A 105 mm howitzer. The engineer company operates heavy engineering equipment and gives support ranging from laying minefields, snow clearing (critical in northern Norway during winter operations) to building bridges.

IN PERSPECTIVE

It would be easy to conclude by saying that this unique and interesting Force has been a NATO public relations success story, but it is much more than that. Nations contribute

some of the best and most professional soldiers that they have to offer, they have come together, they have learnt from each other and they are still doing so, every day the professionalism of the Force improves.

It has not passed the notice of many military observers that one of the most impressive things about AMF is the spirit that exists throughout the Force. Everyone is proud to belong to it. Because of this there is a high level of motivation towards it and the reason for its existence.

There may be doubting Thomases who would say that the Force has never been tested operationally, but there cannot be many national forces that have been tried and tested through continuous and consistent training.

In its composition and performance, AMF is a microcosm of all that is best in NATO. It is able to react to the political decision to assemble and deploy in a matter of hours. It is capable of performing the full range of tactical operations in the extremes of terrain and climate. It also melds together these professional soldiers and airmen with their equipment into a smoothly operating military organization.

And finally, it brings to the host nation a welcome addition to its combat power. General John Groven of the Belgian Army, a past Commander of the AMF said: "... it is a Force today - for tomorrow".

For eighteen years, AMF(L) has been NATO's quick reaction option to display its composite determination to defend NATO territory - no matter how vulnerable or distant. AMF(L) is visible evidence in peace and periods of tension that article 5 - "an attack against one..." is not mere words. NATO is willing to put its men, material and money on the line to show that it means business.

Could there be better conclusions than to quote Oliver Cromwell, "... a few honest men are better than numbers"?

One rung at a time leads to safety

Success is not always found at the top of the ladder. In fact...many "do-it-yourselfers" are on their way to the biggest fall in their lives as they rush outdoors before winter sets in to make needed home, barn or shed repairs or to paint.

Dr. David Goldfinger, medical consultant for Combined Insurance Company of America - Toronto, warns that "a fall from almost any height on a ladder can result in a serious injury or even a fatality."

The safety and research team of Combined cautions climbers to - ...never use ladders that are too long or too short for the job, and always place the ladder in a position where you will feel most comfortable in working from it.

...stabilize both the ladder's base and top before taking the first step upwards. When working on cement or other slippery flooring, place

rubber "boots" on the base of the ladder. These may be purchased at your local hardware store.

...check rungs for rot or defects before stepping on them.

...never paint your ladder as it hides rot and defects.

...use only ladders that have rungs "rabbited" into them.

...always use accessory equipment to hold your tools or paint.

"If you come across a person that has fallen and appears injured, let the patient lie as motionless as possible exactly where he is. Don't try first aid unless you've been trained," said Dr. Goldfinger.

"Do call a doctor, an ambulance or your local fire or police emergency station and then cover the patient with a light blanket. Above all, do not give the injured person a stimulant to drink," concluded the doctor.

Potlatch II rescue

Onboard USS New Orleans at sea - three members of 408 tactical helicopter squadron based at Canadian Forces Base Edmonton, Alberta, were instrumental in the rescue of a drowning woman and her teenage daughter on September 22 at the United States Naval Air station near San Diego, California.

Sergeant Arthur Warren, Corporal Marcel Bertrand and Private Charles Stewart were swimming at the military beach off North Island when they noticed two people were caught in the treacherous rip-tide. Corporal Bertrand and Private Stewart immediately swam to their assistance. Sergeant Warren signalled to a young man standing nearby with a surfboard that people were in trouble and then proceeded to join the rescue attempt.

Corporal Bertrand and Private Stewart had managed to keep the two from going under when Sergeant

Warren arrived and grabbed the girl. They tried to swim to shore but the rip-tide dragged them further from shore.

A few minutes later two young men with surfboards arrived and they clung to the two surfboards until rescued by a lifeguard.

Although the three airmen managed to save the lives of the mother and daughter, they were also in danger until rescued.

They were on duty in the San Diego area with 408 squadron for preliminary training in preparation of exercise Kernel Potlatch II being held off the west coast of the United States and Canada.



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Teamwork safety -- you are not alone

During Phase Two the teamwork safety emphasis is on training, particularly with safety training which is the responsibility of individual sections and supervisors. INDOCTRINATION TRAINING -- is a responsibility of the workplace supervisor. No person is better qualified or in a more strategic position to identify safety hazards and the controls and precautions required than the supervisor. He deals directly with the worker and the job and is in the best position to improve safe attitudes, knowledge and skill and to insist on safe practices on the job ("It's my way or the high-way!").

Most sections already require new personnel to read and initial as having read base standing orders and section orders. There are lots of other items that can and should be added such as where to find fire orders, weekly routine orders, hazard report forms; who to contact on the section or squadron safety committee, a tour of the work areas, and assignment to a "Buddy" or "Big Sister".

Be sure that you cover the specific major workplace hazards and precautions, such as dangerous substances, noise levels, portable electrical power tools, radiation and

high voltage. Follow this list up with the protective equipment and protective clothing and operating instructions that make it possible to do hazardous work safely.

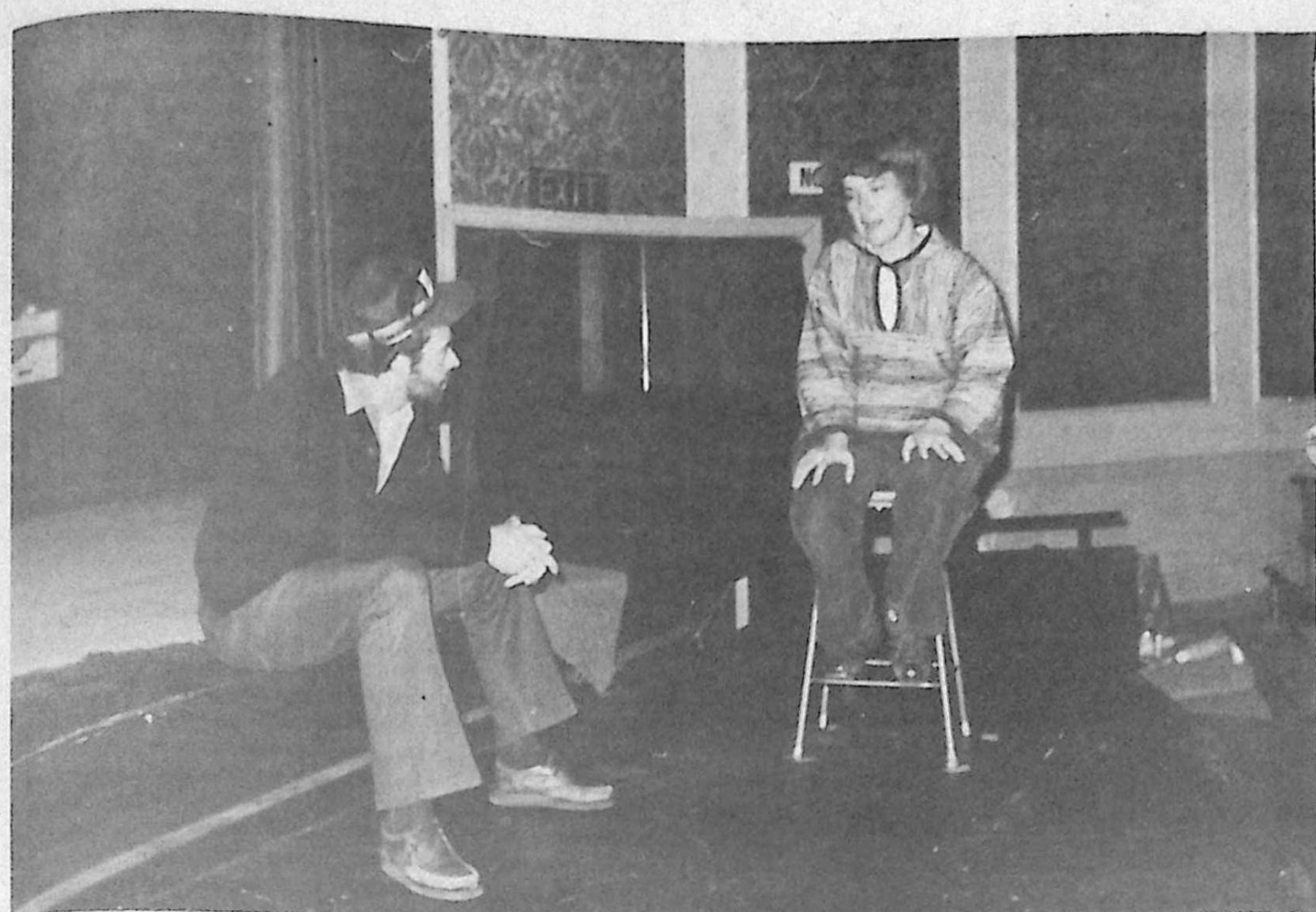
Don't forget the Do's and Don'ts of our aircraft environment, including security restrictions, jet intakes and exhaust hazards, propeller arcs, ramp driving, foreign object damage control, tool control, correct fuel challenge, fire prevention and energy conservation.

And then there's the emergency equipment and response. Point out the location of fire alarms, extinguishers, emergency exits, eyewash station, emergency shower, fire aid kit, and the hospital. Don't stop now...Make sure the new arrival knows what to do and how to use the equipment. Find out if he or she is currently qualified in first aid -- both the medical variety and fire fighting types.

Need a little help? It pays to consult the "Safety Who's Who" list. Here are the names, phone numbers and appointments of CFB Comox Safety Staff, Specialist Officers, Squadron and Section UFO's and GSO's.

Teamwork Safety -- You are not alone.

Safety Sam



Courtenay Little Theatre

KATHY DALMER AND TED PRICE rehearse a scene from the upcoming production of "The

Shadow Box" by Micheal Cristofer for the Courtenay Little Theatre.

As its fall production, the Courtenay Little Theatre will present *The Shadow Box*, a new American play which won for its young author, Michael Cristofer, both the Pulitzer Prize and the Tony Award for Best Play in 1977. *The Shadow Box* is a wondrous play about dying that reaffirms for all of us the joy in living. The playwright tackles his serious subject with compassion and wit, creating a theatre piece that vibrates with warmth and humor.

The play weaves together the stories of three terminally ill patients who are living out their last days in a kind of experimental hospital for the dying. They live in individual

cottages on the hospital grounds where they are joined by those close to them.

Poised on the edge of survival are a working man, trying to help his wife and son accept his death, a vigorous intellectual balances between his flamboyant wife and his male lover, and an irascible old woman clinging to the hope of a visit from a long departed daughter. The production focuses on the relationships between these vivid characters; the hope they share, the despair they fight, the lies they tell, and the love they hold for each other. Mr. Cristofer himself has said of his play, "I believe the play says something about the fact

that life is not meaningless, and relationships are important, that people can communicate, that things like love and trust and faith are possible in a real sense."

To help meet the demands of producing this challenging and stimulating play, the Courtenay Little Theatre has brought from Vancouver, professional theatre director Kathleen Weiss. Ms. Weiss works extensively in the Vancouver theatre and has recently directed shows for the New Play Center, City Stage, and the Frederic Wood Theatre. Ms. Weiss's last show was a highly successful production of *Ring Round The Moon* in the Dorothy Somerset Studio.

An exciting cast for *The Shadow Box* has been assembled including Ted Little, Gail Limber, Tony Arnold and Anne Laughlin from last season's sell-out production of *The Good Doctor*. Others in the cast are Don Bowen, Kathryn Dalmer, Sheila Girdlestone, Ted Price, and Stuart Berkman.

The show opens October 18 and runs to the 20th. A special student preview is being offered October 17 and will feature a discussion period with the director and the cast after the performance.

For further information or questions, please contact Kathryn Dalmer at 334-2769.

Red Cross involved in largest IYC project

The largest International Year of the Child project in the world, involving the Canadian Red Cross and UNICEF, is scheduled to begin this month in Canadian schools.

"We're embarking on the most ambitious education project ever developed in Canada," said Randy Ormston, Director of Red Cross Youth, B.C. Yukon Division, "and, of course, we're pleased that Comox, B.C. is going to be part of it."

Ormston said that the project focuses on problems of third world children and our responsibility to them.

"Four main objectives have been set-out for the project," explained Ormston. "Each student will have a knowledge of basic human needs, will become familiar with the differences and qualities of world cultures, will develop an awareness of some major world problems, and will have a sense of his or her ability to take steps in searching for answers to world problems."

Throughout the next two months, Canadian students will be preparing for October 24th, a day designated nationwide for all schools to devote

the entire day to global awareness. Coinciding with the schools project will be a nationally broadcast CBC special, focussing on IYC, on the evening of October 22nd and on the morning of October 24th during the schools broadcast.

"We hope that a concern for children of the world will remain a priority beyond the end of 1979 and that 'development education' will continue in the school curriculum," said Ormston. Ormston also pointed out that Red Cross Youth programs are on-going in our schools to develop humanitarian concerns, to improve health and safety standards and to encourage volunteerism.

"There are moments when everything turns out right. Don't let it alarm you; they pass." Jules Renard

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Former military personnel or personnel on release are required by rapidly expanding national company with long standing record of service to the Canadian Armed Forces to provide service to our clients in the Comox Valley area.

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Nuclear Safety	BNSO	Maj. Dunkerley	228
General Safety	BGSO	Sam Brown	502
Occupational Health	BSurg	Maj. Bardsley	265

SPECIALISTS

Fire	BFC	Capt. Wright	224
Explosives	ArmSupO	Capt. McPhail	380
Radiation	BNDO	Capt. Hallam	474
POMV Safety	BTnO	Maj. Breer	260
MSE Safety	WO i c	WO Watson	263
Marine Safety	CPO i c	CPO Maybin	339-4231
Sports	BPERO	Capt. Kimick	315
Hygiene	BPMedTech	Sgt. Andrews	465
First Aid	BNDO	Capt. Hallam	474

UNIT GSO'S

407 Sqn.	407 GSO	MWO Chaignon	310
407 Sqn.	d 407 GSO	WO Forget	302
409 Sqn.	409 GSO	Sgt. Martinson	369
442 Sqn.	442 GSO	MWO Harvey	286
740 Comm Sqn. Det	Det GSO	Sgt. Osborn	296
USAF Det 5	Det GSO	Lt. Alvarado	434
Sea Survival	Det GSO	Sgt. Busch	339-2312

MAJOR SECTION GSO'S

BAMSO	BAMSO GSO	WO Fraser	311
CE	CE GSO	Capt. Corbett	297
BTnO	BTnO GSO	CPO Maybin	339-4231
Food Svcs	Foods GSO	Sgt. Chellew	319
BSupO	Sup GSO	WO Campbell	516
BTelO	Tel GSO	MWO Young	501

CIVILIAN SAFETY REPS

UNDE	Mr. Keith MacKenzie	271
DCL	Mr. Ian Martin	486

UNIT FLIGHT SAFETY OFFICERS

407 Sqn.	UFSO	Capt. Kerry	387
	D UFSO	Capt. Gearing	387
409 Sqn.	UFSO	Capt. Cleland	412
	D UFSO	Capt. Shaddock	412
442 Sqn.	UFSO (Rotary)	Capt. Cox	335
	UFSO (Buffalo)	Capt. Schonberg	335
VU 33 Sqn.	UFSO	Capt. Parkinson	240

The Energy Savers

Like a house on fire

You may have seen those pictures that show heat as if it were light. The technique is called infrared photography and, with it, heat escaping from homes in cold weather can be photographed. A house or a whole block photographed in infrared from the air will often look as though it were going up in flames.

B.C. Hydro does infrared photography on buildings and the result often shows that the structure's energy waste is the real burning issue. Infrared photography shows the degree to which we use our energy resources to warm the air outside our homes and places of business.

Proper insulation can cut a year's heating bill in half and also conserve the energy resources that would have been wasted in generating the other half that is lost.

Better insulation makes a home more comfortable. In a poorly insulated home, a chair near the wall may be in a region 4 degrees to 8 degrees C. cooler than the center of the room. Turning up the thermostat only increases the temperature difference.

Resistance value (R) is an insulating material's ability to keep the heat from flowing

through it. The thickest insulation may not necessarily be the best: it is the type of material that counts.

The "R" value is stamped on the cover of most packaged insulation material. As an example, a 15 cm layer of a good insulator like glass fibre has an R value of 20 but the same thickness of gypsum board scores only R4.

The minimum recommended R values for insulation in various parts of the home are: ceiling 28, walls 12, basement walls (less than half exposed) 8, basement walls (fully exposed) 12, floors (over unheated basement) 8 to 12.

The first step in cutting heat losses from your home is to check the fit of doors and windows, where the walls meet the foundation and the present insulation in the ceilings and attic and the walls, basement and floors.

The least protected areas of a home call for attention first and other things to consider include the cost of the work and the possible need for expert assistance. The time of year is another important factor.

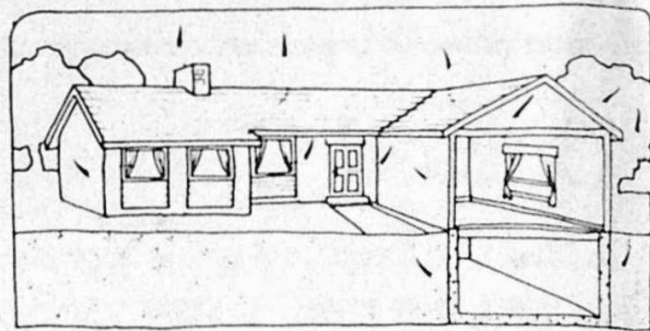
The amount of insulation that can be added to a home may depend on the way it is built. Some homes cannot be

improved beyond a certain level. And in any home, there are a multitude of little things that can save fuel and make a home more comfortable in winter. Even some of the larger jobs are not that difficult.

Whatever a homeowner invests in insulation is repaid in the higher resale value of his home, as well as lower fuel costs. And the Canadian government has a grant

program to assist people in insulating their homes. For information on whether a home qualifies, phone the Canadian Home Insulation Program in Vancouver 666-2717, or (514) 341-1151, collect.

For more details on home insulation, write to Conservation Books, P.O. Box 3500, Station "C", Ottawa, Ontario, K1Y 4G1 and ask for *Keeping the Heat In*.



UNICEF Hallowe'en

Let's call her Maria, she's four years old. You reach out to hug her because the round face with the haunting black eyes is irresistible. Suddenly, there is a look of fear in the eyes, she trembles and pulls away. "It's because I'm a stranger," you say to the woman in charge of the little daycare centre. "No," answers the teacher. "It's because no one has ever touched her except to punish her. She's changing now, but we've had to give her a lot of attention and a lot of affection."

It's heartbreaking to think of a child who has to learn affection, a child that has to learn to trust. Learning to love, learning to play, learning to accept affection -- it's all part of the work being done by the volunteer workers at El Tablado, a small village south of Tegucigalpa, Honduras. The volunteer teachers are being trained by UNICEF and they will continue their work in El Tablado and ten other communities. Your support of UNICEF this Hallowe'en will help neglected, abused children like Maria learn about love, just as it helps our children learn about sharing.

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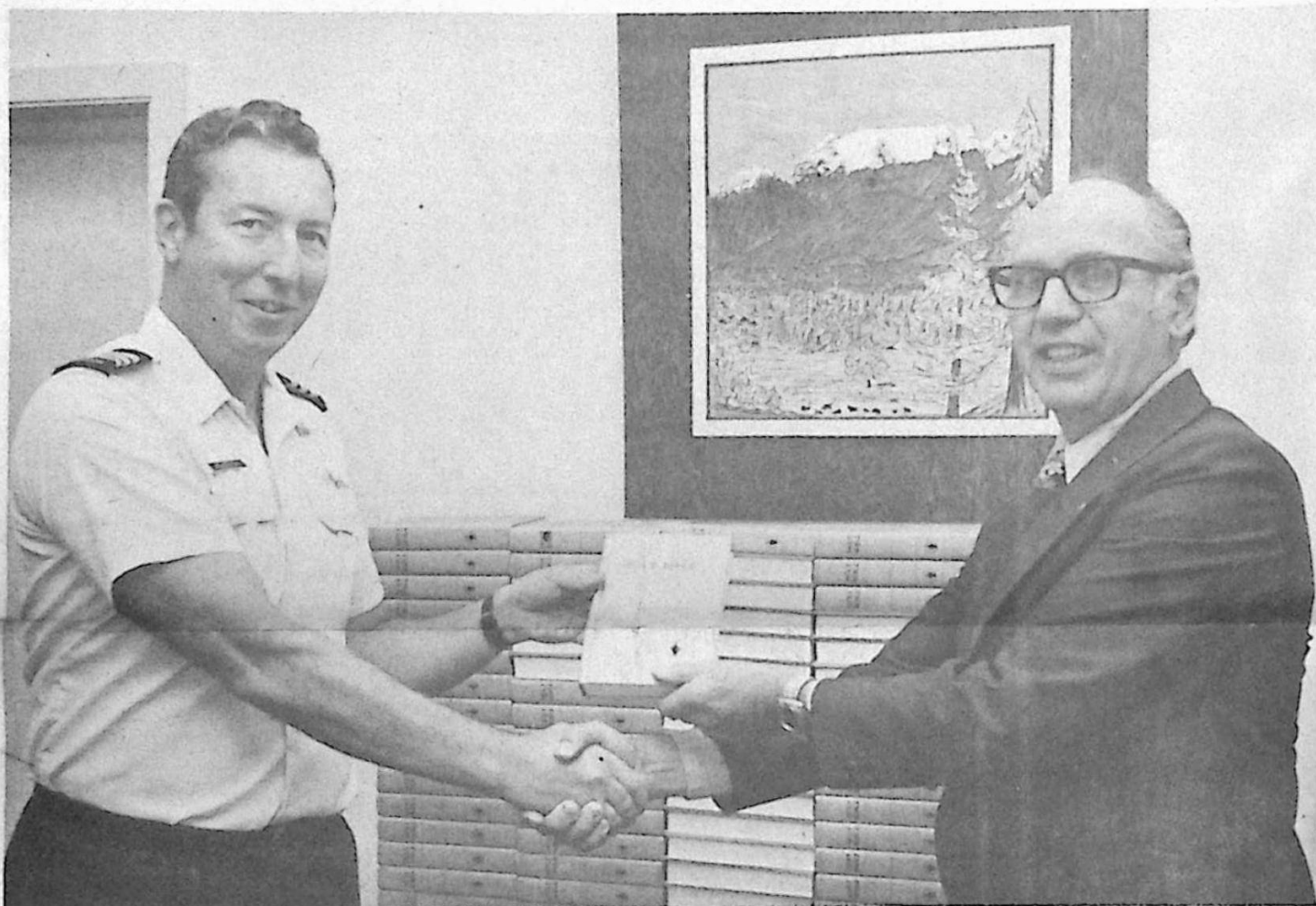
JUST INSURANCE AT

Gideons at work

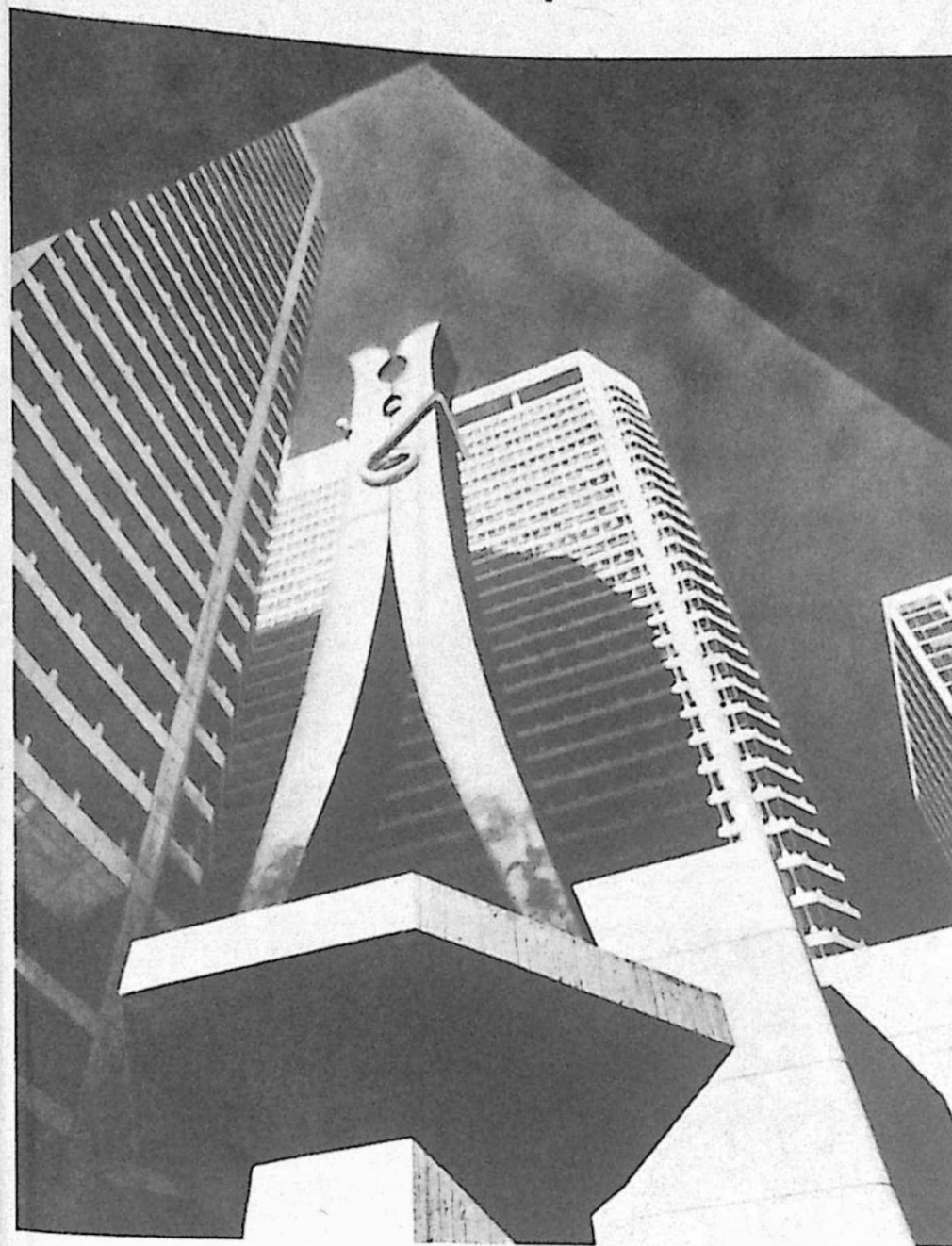
The local chapter of the Gideons recently presented for our transient rooms in a short dedication service. This event may be the first such action of its kind in the Canadian Forces and is in keeping with our Base policy of catering to the needs of visitors to the maximum of our capability.



PARTICIPANTS IN THE Dedication: Left to right LCol. Kilpatrick, Mr. Burns, Padre Coleman, Father Stack, Mr. K. Cochrane, Mr. C. Burns, Capt. Kimlick. LCol. Kilpatrick accepts the Bibles from the President of the Gideons, Mr. K. Cochrane.



Forget the rules; compose an abstract



A combination of lines, angles and shadows that the photographer turned into a notable abstract composition, this shot is a good example of when to ignore the rules.

Amateur photography, in its early days, was governed by a set of rules, most of which began with don't. Don't aim at the light. Don't shoot pictures early and late in the day. Don't aim up at buildings. And so on.

As with most rules, they did make reasonable guidelines but gradually, photographers have found that the exceptions to these rules can produce exceptional pictures.

Take the rule about aiming upwards, for example. When you do aim up at a tall building, its lines will tend to slant in at the top. On the whole, this does not seem to be desirable.

When you consider your picture as an abstract composition, however, it can be a real plus. In a city scene, with more than one building surrounding a central focal point, the converging lines can create a most interesting arrangement. On a bright, sunny day, patches of shadow will add further elements to the composition.

The current favorite of city architects, the almost all-glass building that reflects its surroundings, could provide still another dimension to your composition.

The first step in this kind of picture-taking is the cultivation of your perceptive eye so that you see the picture possibilities.

The composition itself should then be done in the viewfinder. A Kodak Tele-Ektra camera, which gives you four choices, is an ideal camera for this use. Not only can you view each scene as a horizontal or vertical, but at the flick of a switch you can move from normal to telephoto lens. Also called cropping in the camera, this use of the viewfinder can also aid in eliminating unnecessary or unwanted elements from the picture.

The next time you're in the city with your camera look — and aim — up as well as around.

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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.

Send **SHORT STORIES ABOUT SASK.** for Christmas to ex-prairie people to remind them of our 75th Anniversary next summer. 1500 sold. 23 stories. 160 pp. \$3 from Les Dybvig, 3405-25th Avenue, Regina, S4S 1L7. (also book stores Saskatoon, Regina and Moose Jaw).



Improper storage and use of flammable liquids causes 3 per cent of Canada's fires. Use only non-flammable cleaners in washing. Store flammable liquids in a metal locker or approved safety containers and leave sufficient space for expansion of the liquids for vapours. Make safety consciousness a part of your Lifestyle.

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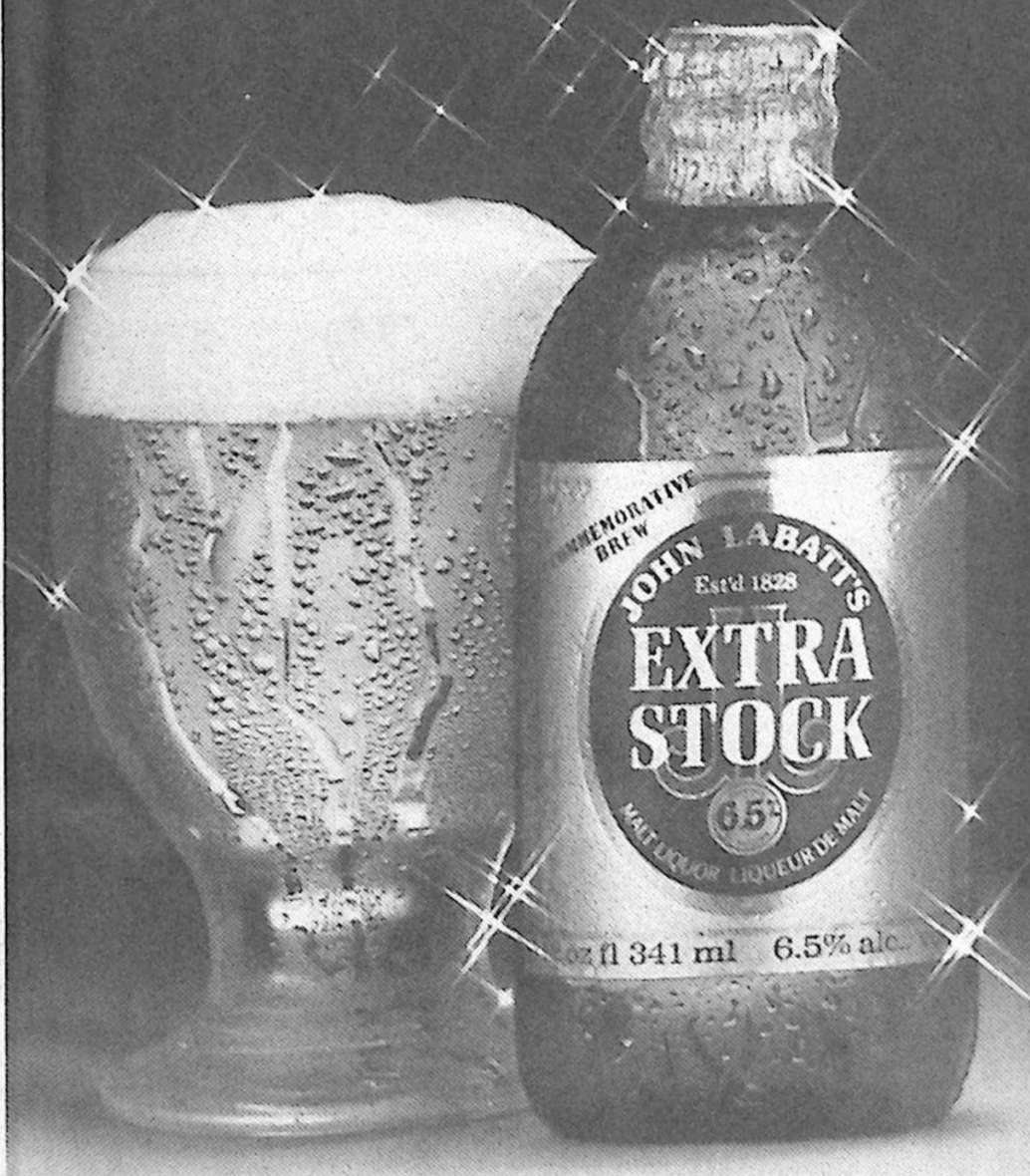
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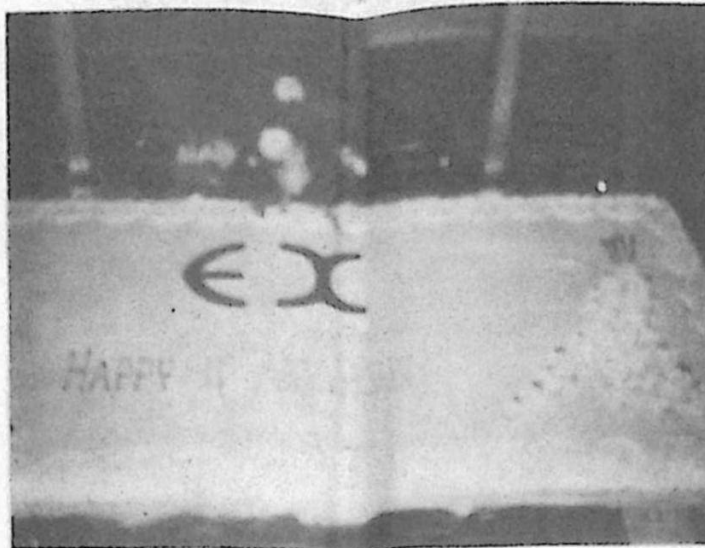


STORE HOURS

MON. - 9:30 a.m. to 5:00 p.m.
 TUES. - 9:30 a.m. to 5:00 p.m.
 WED. - 9:30 a.m. to 5:00 p.m.
 THURS. - 9:30 a.m. to 9:00 p.m.
 FRI. - 9:30 a.m. - 5:00 p.m.
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