



TOTEM TIMES



Bring back the rain -- you don't have to shovel it!

VOL. 22 — NO. 1

CFB COMOX TOTEM TIMES

THURSDAY, JANUARY 8, 1980

NO CHARGE

Election 1980

Even though the name of a member of the Canadian Forces may appear on the civilian list of electors, he is not legally entitled to vote at a civilian poll on Feb. 18, 1980 or at an advance poll unless he is actually residing on polling day in the electoral district in which is located his place of ordinary residence made by him under the special voting rules.

Since there will not be the usual door-to-door enumeration for this federal general election, the May 79 civilian list of electors will be used, subject to revision backed up with a public information campaign advising eligible Canadians to communicate with local returning officers to ensure that they are enumerated. Members of the Canadian Forces and their dependents who may be entitled to have their names on the civilian voters list and who have not received a card confirming enumeration at their present address by Jan. 25, 1980 may apply to have their names entered by contacting the returning officer in the applicable electoral district. A member of the CF wishing to so apply is to be provided with a certified true copy of his statement of ordinary residence for presentation to the returning officer on bases with a substantial number of married quarters.

Former 409 CO promoted

OTTAWA — Colonel Les Price, 48, of New Westminster, B.C., was recently promoted brigadier-general and will become deputy commander 23 NORAD Region with Headquarters at Duluth, Minn.

Brig-Gen. Price joined the Royal Canadian Air Force in 1961. He trained as a pilot and served in a number of flying positions and staff appointments in Canada, the Federal Republic of Germany and France. He was commandant of the Canadian Forces Officer Candidate School, Esquimalt, B.C., from 1968 to 1970 and later commanded 409 All-Weather Fighter Squadron, Comox, B.C.

He served with Air Defence Command and later Air Defence Group, at CFB North Bay, Ont., as senior staff officer for operations and training and as chief of staff for operations. He is now commander of CFB Cold Lake, Alta.

CDS commendation

Sergeant R. Ardelain is shown receiving his scroll from Brigadier-General A. Pickering at the last Argus MOAT graduation parade recently.

On occasion, the Chief of Defence Staff may commend a member of the Canadian Forces who has performed a

deed or activity that is considered beyond the demands of normal duty.

The CDS Commendation is a framed, gold embossed scroll that is inscribed with the individual's name and narrative and is signed by the CDS. The symbol for this commendation is a gold bar

with three maple leaves and is worn below the button of the left breast pocket of the Canadian Forces Uniform. Sgt. Ardelain's Scroll reads:

The Chief of the Defence Staff the Canadian Armed Forces commends Sgt. R. Ardelain, 442 Transport and Rescue Sqn in recognition of his outstanding performance and prompt action during a rescue operation off Cape Scott, British Columbia on December 1, 1978. While lowering his rescue specialist partner to a crab boat to evacuate a casualty, rough sea conditions caused the helicopter cable to become caught around the boat's mast. During this very dangerous situation Sgt. Ardelain played a vital part in freeing his partner who eventually rescued the patient.

The scroll is signed November 1979 Admiral RH Falls, Chief of the Defence Staff.
Courtesy of The Argus.



Sgt. R. A. Ardelain



A little late for Christmas

BETTER NEVER THAN LATE. This week's snowstorm caught us all by surprise (as usual). More than a foot of the white stuff was dumped on the valley early in the week and Met suggested more was on the way. The main reaction seemed to be disappointment that it had not arrived for

Christmas. Many of us also agree the nicest thing is that it will all likely melt by next week. (P.S. note all you aircrew types, being grounded for snow was not so bad -- Moosejaw types were grounded on Tuesday because it was too cold -- 35 degrees C!)

Photo by Robert

SECRETARY WANTED

The Totem Times is looking for a Secretary, part-time, commencing in Early March. Duties will mainly be typing but will also include familiarization with the newspaper business and dealing with advertising clients, etc.

HOURS: Approximately 3 days every 2nd week. Must be flexible and willing to learn. Send resume, stating typing ability and experience to —

Editor,
Totem Times
CFB Comox
Lazo, B.C.
VOR 2K0

NEXT TOTEM TIMES
DEADLINE -
Monday, Jan. 21 - 12 noon
PLEASE MEET OUR DEADLINE

1979

Year in review

OTTAWA — A new commander-in-chief, a new defence minister, a delayed decision on the new fighter aircraft and aid to other government departments at home and abroad highlighted the Canadian Armed Forces' news in 1979.

In late January, the Canadian Forces welcomed their new Commander-in-Chief when the Right Honourable Edward Schreyer was sworn in as Governor General of Canada.

Allan McKinnon, a former army officer and Member of Parliament representing Victoria, B.C., was appointed defence minister following the Conservative election victory in May.

At year end it was announced that the new fighter aircraft program to acquire either the CF-16 or the CF-18A aircraft had been placed on hold until after the February 18, 1980 general election.

Meanwhile, the Canadian Patrol Frigate Program to find a replacement for Canada's aging destroyer fleet entered a new phase. The interdepartmental evaluation of the industries responses to request for proposals to build the Canadian Patrol Frigate was completed. A decision on the two finalists to enter negotiations on the competitive contract definition phase of the program is also expected in the new year.

Iranian Evacuation

Early in 1979, a successful airlift of evacuees from Iran to Ankara, Turkey was completed. Two Canadian Forces Hercules aircraft from 435 Transport Squadron, Edmonton, and 436 Transport Squadron, Trenton, with support from 437 Transport Squadron, Trenton brought out over 400 Canadians and nationals of other countries. Subsequent events have confirmed the wisdom of this move.

Aid to St. Vincent

In April, a 1,600-metre volcano erupted on the Caribbean island of St. Vincent necessitating the evacuation of residents from the northern part of the island. At the request of the Department of External Affairs, a 13-member Canadian Forces Medical team, complete with vehicles and supplies from 2 Field Ambulance, CFB Petawawa, Ont., established a medical station next to the civilian hospital at Kingstown, and operated a mobile clinic for 10 days providing first aid and emergency ambulance service.

Supplies to North Pole for EMR

Specialized skills of Air Command's 435 Transport Squadron based at CFB Edmonton were called upon in late March. Over 200 tons of fuel, explosives, buildings, and supplies were delivered to an ice island near the North Pole for the Department of Energy Mines and Resources (EMR). Using the LAPES (low altitude parachute extraction system) technique, 15 flights delivered the supplies essential for EMR's two-month project LOREX (Lomonosov Ridge Experiment).

Aid to Southeast Asian Refugees

The eleventh and last Canadian Forces flight of the "boat people" airlift from Hong Kong to Canada was completed on August 26. In all, 2,136 refugees were flown by Boeing 707 aircraft of 437 Transport Squadron at the request of the Department of Employment and Immigration. Two reception centres, one at Griesbach Barracks, Edmonton, and the other at Longue Pointe Garrison, Montreal looked after approximately 15,000 refugees upon their arrival in Canada. These Canadian Forces centres whose function is to feed, clothe, bed down and process the refugees before they go on to their sponsors, will remain open until the expected 50,000 immigrants have been processed by the end of October 1980.

Manitoba Flood Relief

For three solid weeks early this spring, often working 12 to 18 hours a day, more than 600 Canadian Forces personnel, at the request of the provincial government, helped to protect property in southern Manitoba communities affected by flooding of the Red River. The Winnipeg-based 2nd Battalion, Princess Patricia's Canadian Light Infantry (PPCLI), augmented by 60 militiamen from local units in Winnipeg, 28 regular force engineers from Chilliwack with inflatable assault boats, civic officials, the Emergency Measures Organization and various government departments worked side by side, sandbagging and patrolling dikes.

The fifty-member air and servicing crews from Winnipeg, Edmonton, Portage la Prairie and Moose Jaw often provided the only supply link between isolated towns and CFB Winnipeg. The well-organized and smoothly-run operation significantly helped

to restrict the damage.

Northern Airfields

Defence Minister Allan McKinnon toured the North in September to familiarize himself with the area and to visit the troops. While at Spence Bay, the sixth airstrip constructed by Canadian Forces engineers, as part of a 1974 agreement with the Department of Transport, was handed over to Transport officials. This airfield along with those already constructed at Pangnirtung, Whale Cove, Eskimo Point, Cape Dorset and Pond Inlet, will serve as a major contribution to the opening of the Canadian Arctic, providing airstrips capable of handling large cargo transports year-round.

Search and Rescue

1979 proved to be another busy year for the four Canadian Forces Rescue Coordination Centres (RCCs) situated at Victoria, Edmonton, Trenton and Halifax as they handled approximately 7,920 incidents (up to 30 September). Of the total number, 1,595 were air incidents, 5,739 were marine related, 407 were of a humanitarian nature, and 179 involved assistance to civilian authorities. Canadian Forces aircraft logged a total of 5,564 hours in Search and Rescue (SAR) activities.

Phase one of the SAR helicopter capability update (SARCU) program is now almost complete. This includes the installation of high-intensity searchlights and more sophisticated navigation and communication equipment into Labrador and Voyageur SAR helicopters. Phase two, which will primarily improve the rescue capability of these helicopters, should commence early in 1980. It includes the installation of external fuel tanks to extend search range and an improved hoist system.

Overall SAR policy orientation and planning is carried out by the Interdepartmental Committee on Search and Rescue (ICSAR), co-chaired by DND and Transport Canada. Charged with assessing the needs for SAR services throughout Canada and to help ensure that the entire operation runs smoothly and efficiently, ICSAR draws up an annual SAR plan and forwards it for approval to Cabinet.

SARSAT - 13 Million \$ Program

In late August, Defence minister Allan McKinnon

(Continued on page 4)



SOMETHING OLD, SOMETHING NEW The first of 18 Aurora long-range patrol aircraft was rolled-out at Burbank, California in January. It will replace the 20-year-old Canadian-built Argus in the background.

(CANADIAN FORCES PHOTO)

Section news



YOUR ONLY AS OLD AS YOU FEEL. The big snowfall, although a little late for Christmas, brought a lot of enjoyment to young and old alike.

Snowmen, toboggans, skidoos and the like were the order of the day. The consensus was the snow was great as long as it is all gone by next week!

(Robert photo)

Physical activity, fitness and health

BY JOHN BARDSLEY, M.D.

The twentieth century has given us the "good life". Unfortunately, however, one of the major side effects of the "good life" is physical inactivity. North American society is hit particularly hard by this effect probably because having the "good life" is a sign of success.

To say we North Americans are physically inactive is an understatement. Did you know that, whereas 78 per cent of Canadians spend less than one hour per week in any form of exercise (including walking) 84 per cent of us spend more than four hours per week watching television, and 40 per cent watch more than 15 hours per week. Did you also know that in spite of the fact that North American children are in relatively poor physical condition, that condition deteriorates abruptly about the age of marriage (22 to 24 years of age) — overweight increases by 6 pounds as our fitness level decreases by 17 per cent.

This is not to say that we as Canadians are not concerned. Quite the contrary, in fact, if the 1.5 billion dollars spent annually on sports-related purchases, rentals, and memberships is any indication. However good initial intentions are, though, our enthusiasm seems to flag — only about 20 per cent of the paid members in health clubs use the facilities regularly, and even fewer have regular programs. And only God alone knows the number of pieces of new sports equipment gathering dust on closet shelves. The Question remains — why?

Part of the reason is obvious — it is just too easy nowadays to be physically inactive. There are too many automobiles, snowblowers, elevators, escalators,

automatic washers and dryers, snowmobiles, and the like. Moreover, exercise has been made historically unattractive, boring and sheer hard work. There is also a deep-seated misconception that sports are for the athlete, or at least the strong and healthy young, not the average person. Athletics are also made synonymous with competition. For the average student athletics are given a very low priority in our schools. And finally, there is just not enough incentive for physical activity, in large part because we do not really appreciate the benefits of it on health, and more importantly, on the quality of our lives. Indeed studies done on people who do not start, or quit, a regular physical activity program have shown that lack of knowledge of, and experience with, regular activity are two of the main reasons given.

With this in mind, what this series of articles will do is discuss physical activity and fitness from a positive perspective in an attempt to illuminate some of the gloom which surrounds it.

What is Physical Fitness?

Everyone knows what physical activity is. But what is physical fitness? Let's start by defining this key term. Physical fitness is your body's ability to cope with, or respond to, demands made upon it — the more physically fit the body, the better it is able to cope. Not only can the fit body cope with its regular tasks with efficiency and ease, but also has a larger reserve to meet the unexpected without overtaxing itself. In other words, fitness is a state where a person can function optimally under any circumstances. (Although physical and mental fitness are closely connected, I will

stick to physical fitness here.)

Physical fitness has four interrelated components — the four S's:

- a. Strength (muscle power);
- b. Suppleness (flexibility);
- c. Motor skill (dexterity and co-ordination); and
- d. Stamina

Any of these can be very important, depending on the task undertaken. For example, for a person concerned with moving heavy equipment, strength is at a premium. For a dancer, suppleness and motor skill would be exceedingly important. However, stamina, or the ability to last, is important in just about any endeavor, and is, without question, the most important from the health and well-being standpoint. Thus, stamina, or endurance fitness has attracted a lot of attention of late. Let's discuss it in more detail.

Four terms are in general use to describe the endurance category of fitness:

- a. aerobic
- b. cardiovascular-respiratory
- c. cardiorespiratory; and
- d. cardiopulmonary

These fancy terms are

really self-explanatory if we consider the physiology of endurance fitness.

Endurance is the ability of the body to respond to physical stress such as work, illness and injury over a long period of time. Since all processes in the body that take place over a long period of time require oxygen, it follows logically that the fit body must be capable of efficient uptake and utilization of oxygen. Thus the use of the term aerobic (Greek: aero - air, bios - life: i.e. the need of air for life). Continuing on, two of the most important systems in the body involved in supplying the tissues with oxygen are: 1) the cardiovascular (heart and blood vessels) and 2) the respiratory or pulmonary (the lungs and muscles of respiration) — thus the terms cardiovascular-respiratory, cardio-respiratory and cardiopulmonary.

However, the process does not stop here. There are three other major steps involved in the efficiency of oxygen delivery and utilization: 3) the oxygen-carrying capacity of the blood, especially the number of oxygen-carrying

USE YOUR POWER SAFELY

Usually, home use of electric power is a simple matter. A flick of a switch and an appliance is operating. However, there are some situations to guard against and which will help to eliminate danger in your home:

Don't overload circuits. Most circuits are fused at 15 amps. Don't use a larger fuse than that specified for a circuit.

Don't run extension cords under rugs or between a door and its frame.

Make sure appliances and portable electrical tools are grounded with 3-wire cords and 3-prong grounding type plugs.

When an electric washer and dryer is installed, add a separate circuit from the main circuit panel.

Never replace a fuse by putting a penny behind it, or by wiring around it.

Replace worn or frayed cords on appliances.

Always pull on the plug, never the cord, when disconnecting appliances,

Power safety

light cords or extension cords from outlets.

When replacing a broken light bulb, make sure the circuit is dead and use insulated pliers to remove the bulb case. Don't use your fingers.

Never remove the back plate of your television set when the set is plugged in.

Don't leave television, electric irons and similar appliances turned on when no one is in the house.

Don't use extension cords as a substitute for proper, permanent wiring.

Don't attempt to repair electrical appliances or electrical circuits yourself. Call a licensed electrician.

Be careful even when changing light bulbs. A man was electrocuted when his finger slipped into the socket while he was putting a new bulb in his basement fixture.

MAKE SURE APPLIANCES, CORDS AND PLUGS ARE CSA CERTIFIED.

Firing away

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

SMOKERS CARELESSNESS

Approximately one third of our fires were the result of careless smoking. Fortunately, early discovery and prompt action averted what might have resulted in serious fires. It is an inescapable fact that certain individuals lack the desire or will power to refrain from the dangerous practice of smoking in bed with its accompanying risks to other occupants of the building.

DEVELOP SAFETY HABITS.

- never smoke in bed
- use only approved type ashtrays which are made of non-combustible materials and designed so that the cigarette, if left burning, will fall into the tray. If you have any other types of ashtrays in your house use them with caution.
- never empty ashtrays with smoldering cigarettes, cigars, or pipe ashes into a wastebasket or garbage can.
- check all rooms and furniture, such as chesterfields, before going to bed to make sure that no one has left a cigarette burning.
- keep all lighters and matches where children cannot reach them.

be sure the match is out before you throw it away.
- remove matches from pockets of stored clothing.
Remember this could happen to you. Last year 9 fires were caused by smokers carelessness so,
IT COULD HAPPEN TO YOU.

Jr. Ranks Club

JANUARY ENTERTAINMENT

MOVIES

JAN. 8 - "Beyond The Poseidon Adventure." Sally Field, Michael Caine.

JAN. 15 - "Inlaws." Peter Falk, Alan Arkin.

JAN. 22 - "Ashanti." Michael Caine, Peter Ustinov.

JAN. 29 - "Agatha." Dustin Hoffman, Vanessa Redgrave.

ENTERTAINMENT

JAN. 19 - "Disco" by Peter May. Admission: Members \$1.00. Guests \$2.00.

BINGO will resume at 2000 hrs. on 16 Jan.

T.G.I.F. - Held in the Annex on Fridays. Food - 1800 hrs. Games - 1900 hrs.

FOR UP TO DATE ENTERTAINMENT INFORMATION
PHONE 339-5212.

OFFICER'S MESS ENTERTAINMENT

FRIDAYS, JAN. 11, 18, 25

REGULAR TGIFs - 1700-1800 hrs. Food as indicated. Bottle and Jackpot draws at 1730 hrs. Member must have signed in and be present at time of draw in order to be eligible to win Jackpot. Free taxi service — ask at bar.

SUNDAY, JAN. 13

FAMILY BRUNCH - Lunch Menu 1200-1300 hrs. Tickets at Bar. Cost \$2.15 adult, \$1.50 children. Reservations to the Mess Manager by 1200 hrs., Friday prior.

MIXED MESS DINNER

This month — date and time to be announced.

OFFICERS' WIVES' CLUB — WEDNESDAY JAN. 23

OWC Bridge Night
2000 hrs. in Lounge
New members contact Mrs. Pritchard 339-5844

WEDNESDAY, JAN. 16

OWC Disco & Yoga — 2000 hrs. in Lounge.

SUNDAY, JAN. 20

SUPER BOWL SUNDAY - Y'all Come! Officer's Mess. Members and Wives. Beer - Moose Milk - Food. 1 Hour Before Kick-Off. Sponsored by DET. 5 USAF.

COMING EVENTS:

- ★ Old Uniform Night
- ★ Medieval Night

CFB COMOX RESTAURANT GUIDE



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EW

Mon. to Thurs., 8:15 p.m.

Two Shows Fri. & Sat., 7 and 9 p.m.

No Matinee This Saturday

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

Thurs. to Wed. - Jan. 10, 11, 12, 14, 15, 16

Monty Python's **"LIFE OF BRIAN"**

"Warning - Religious ridicule, some nudity and coarse language" - B.C. Director

MATURE

Thurs. to Wed. - Jan. 17, 18, 19, 21, 22, 23

Dudley Moore, Bo Derek

"10"

"Some nudity, frequent coarse language and suggestive scenes" - B.C. Director

Starts Thursday, Jan. 24 - Don Knotts

"THE PRIZE FIGHTER"

GENERAL

Van Isle
Campbell River

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

Two Shows Fri. & Sat. 7:00 & 9:00 p.m.

No Matinee This Saturday

Thurs. to Wed. - Jan. 10 to 16

Roger Moore as James Bond

"MOONRAKER"

"Some violence" - B.C. Dir.

MATURE

Thurs. to Wed. - Jan. 17 to 23

Don Knotts **"THE PRIZE FIGHTER"**

Starts Jan. 24 - "10"

CNA TOTEM TIMES

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base and squadron happenings

Phase 3

Teamwork safety

Phase Three of the DND Teamwork Safety Campaign emphasizes the timeliness of accident investigation and reporting; the importance of revealing true causes; prompt corrective action; and ensuring good information feedback to prevent similar accidents.

It is essential that the immediate supervisor be notified as soon as possible following an accident occurrence. The supervisor is required to investigate immediately and initiate a CF663 Supervisor's Accident Prevention Report.

As a supervisor, have you ever asked yourself, "Why do I have to investigate an accident?" All too often the cause of the accident seems to be due to carelessness or inattention. In reality, the so-called "carelessness" may be a result of inadequate job training, or unsafe conditions which caused the accident victim to take a chance. It could be that the so-called "carelessness" was really a combination of several reasons. None of these un-

derlying True Accident Causes can be identified without a complete accident investigation.

The only valuable by-product of an accident is the information that can be gained to prevent the same or a similar one from happening again. A thorough accident investigation often turns up potential accident causes not associated with the accident involved and not apparent from the accident description. Such information can be very valuable in accident prevention efforts.

Accidents and incidents can tell us a lot more than unsafe acts or unsafe conditions! The key to getting the most benefit from your General Safety Program is to recognize, understand and appreciate that any accident is an indicator to the management team that something has gone wrong - and that "something wrong" may not be the worker or the physical work-place.

The examination of accidents goes beyond "trouble shooting" to call attention to

potential weaknesses in policies, directives, personnel selection, training, long standing practices, equipment and the total work environment.

The accident becomes a focal point for studying the total management system to define the elements of that organization that create the climate for accidents.

So next time an accident happens in your areas of responsibility - make a good investigation, dig up the real accident causes, take the corrective action necessary, give the investigation the time and importance in your schedule that it should have. It will be time well spent.

SAFETY SAM



With the proper clothing, a man can stand the extreme cold as low as 50 degrees below zero Fahrenheit.



Province of British Columbia

PUBLIC NOTICE ROYAL COMMISSION OF INQUIRY INTO URANIUM MINING

PUBLIC HEARINGS

The following Commissioners were appointed in accordance with the British Columbia Public Inquiries Act in January 1979:

Dr. David V. Bates, Chairman
Dr. James W. Murray
Mr. Valter Raudsepp

Within the Terms of Reference, the Commissioners are to inquire into the adequacy of existing measures to provide protection in all aspects of uranium mining in British Columbia. In particular, they are to examine the adequacy of existing Federal and Provincial requirements in British Columbia for:

- The protection of the health and safety of workers associated with exploration, mining and milling of uranium, and
- The protection of the environment, and
- The protection of the Public.

On completion of the Inquiry, the Commissioners will make recommendations to the Lieutenant-Governor in Council for setting and maintaining standards for workers and public safety, and for protection of the environment in respect to exploration, mining and milling of uranium ores.

During 1979 the Commissioners completed their initial series of Community Hearings and also Technical Hearings in Vancouver, covering some aspects of Exploration, Mining, Milling, Waste Management and Environmental Impact.

The 1980 continuation of the Technical Hearings have been extended to accommodate the large number of witnesses to be called.

PHASING OF TECHNICAL HEARINGS 1980

January 8-11; 15-18;
29-February 1
February 5-8; 12-15

VII. PUBLIC AND WORKER HEALTH

Continuation of phases.

II. EXPLORATION

III. MINING

IV. MILLING

V. WASTE MANAGEMENT

Continuation of phase.

VI. ENVIRONMENTAL IMPACT

Continuation of phase.

VII. PUBLIC AND WORKER HEALTH

VIII. SOCIAL IMPACT

IX. ETHICAL QUESTIONS

X. JURISDICTION, REGULATION AND ENFORCEMENT

THESE HEARINGS WILL BE HELD DAILY

9:30 A.M. TO 4:00 P.M.

DEVONSHIRE HOTEL

849 West Georgia Street, VANCOUVER, B.C. V6C 1P8

Expert witnesses representing public interest groups, industry, government ministries and agencies, will be appearing at the appropriate Hearings.

Further COMMUNITY HEARINGS will be scheduled for the period September to November 1980.

On behalf of the Commission
Brig. Gen. E. D. Danby (retired)
Executive Secretary
Royal Commission of Inquiry
into Uranium Mining
3724 West Broadway
Vancouver, B.C. V6R 2C1
Telephone: (604) 224-2014

Words of wisdom

Welcome a new year and a new decade, come on ye new fighter aircraft, new maritime patrol aircraft, and of course new air traffic control equipment to keep ye all straight. Well, the old year went out with a bang. 409 Sqn. burnt up all their extra gas, and 407 Sqn. burnt up all their airplanes. 442 worked through the holidays and VU33 didn't. And ATC of course provided the usual high level of service throughout, despite the temptation to pack it in on those long nights when even the gulls had taken to the hangars and gone on call at home.

It's been a safe year at Comox. As one reads too often of the increasing number of aircraft crashes on or near airports throughout the world, it's hard not to feel a certain amount of pride in the work that we've done here. Contragulations also go to the aircrew who frequent the base, for Air Safety is a mutual affair requiring the concerted effort and co-operation of controllers and pilots alike.

A fond note of appreciation to the servicing personnel who work long hard hours to keep our vintage aircraft as trouble free as is humanly possible. Don't forget the many behind the scenes people: the firefighters always ready to respond at a moments notice when fate takes a turn for the worse, the techs who keep our radar honest and the old radios loud and clear, the airfield lighting lit, and of course the runways whole and smooth. Believe it or not, Argus drivers, runways are not indestructible.

The constant pounding that you dish out does take it's toll, and thanks to the continuing efforts of the CE section your tires will last much longer than you could seem to like.

It's been a good year because everyone has pulled together to make it that way. On behalf of the Base Air Traffic Control Section I wish all those who made CFB Comox a pleasure to work at in 1979 a happy and prosperous new year.

KEEP SMILING

A touch of down east

OUR TOKEN SNOWFALL. This is just for all you unfortunates who are not in Comox! The valley is not perfect as you can see but by next week we should be fishing for steelhead and admiring the snow up in the mountains (where it should be!).
Photo by Ron McMahon.

Firing away

Wood burning appliances

RECOMMENDATIONS

To all owners of factory built fireplaces, stoves and metal chimneys:

1. Inspect the metal chimney along its entire length for corrosion or warpage of the inner liner and corrosion or discoloration of the outer casing.
2. If defects are found, do not use your appliance and contact your dealer for further instructions.
3. Ensure your factory built fireplace is quality made, warranted by the manufacturer, listed by a recognized testing laboratory or is installed according to the manufacturer's instructions and local building code.
4. Read your installation,

operation and maintenance instructions. Follow manufacturer's instructions carefully and retain for reference. If in doubt concerning your installation, consult the local building or fire authority having jurisdiction.

5. Inspect your appliances and chimney frequently. Clear creosote deposits using nylon or steel brushes as required, but not less than twice yearly. Several effective chemical cleaners are also available, check with your chimney and fireplace dealer regarding their use.

6. Use dry seasoned wood. When using metal chimney, avoid use of salt water driftwood and trash, as they contain chemicals that may be harmful.

7. Do not in any way modify your woodburning appliance, as this could be hazardous and will void your warranty.

8. At this time there is no requirement that fireplace inserts be listed. Extreme caution must be exercised when considering installation of a fireplace insert. There are likely to be concealed combustible framing members within the house wall in the immediate vicinity of the fireplace. These combustible framing members may ignite if located closer to the fireplace insert than recommended by the manufacturer. Ensure that the fireplace insert is capable of being removed for masonry box and chimney inspection and cleaning.

How to start a small business courses

Television and classroom instructors will join forces to help many British Columbians get started in small business when a 10-week lecture series is presented in schools, colleges and on BCTV from mid-January through March.

"How To Start A Small Business" is being presented through the co-operation of the British Columbia Ministry of Education, school board adult education branches, and community colleges and institutes.

A.E. Soles, Assistant Deputy Minister for colleges and institutes for the Ministry of Education, said: "We see this lecture series as a benefit to educators in terms of

community awareness and think it will make a contribution to business people in B.C. as well."

Designed for the classroom with a complementary role played by television, the series was produced by the Federal Business Development Bank (FBDB).

"How To Start A Small Business" will be seen in British Columbia through the facilities of BCTV. Vancouver Island residents will receive the programs from CHEK-TV, Victoria, and its affiliated stations and rebroadcasters starting Saturday, Jan. 12, at 4 p.m. The rest of B.C. will receive the programs through CHAN-TV, Vancouver, and its rebroadcasters and affiliates starting Sunday, Jan. 13 at

11:30 a.m. (12:30 p.m. Mountain Time in Cranbrook). The series is scheduled to run for 10 weeks (pre-emptions will occur on Feb. 16 and Feb. 17).

"How To Start A Small Business" was developed by the FBDB as a comprehensive guide for people who want to go into business for themselves. But it also offers valuable information to those who want to stay in business. The FBDB was responding to an alarming number of small business bankruptcies in Canada when it undertook the production of the programs.

The host of the television series will be the well-known Canadian broadcaster, Percy Salzman, who was a network weatherman and interviewer

for many years.

Each program in the series deals with a different aspect of business, from getting one started to the legal and financial considerations.

Three actors take on a variety of roles to present in an entertaining and informative way the requirements of getting into business for oneself.

MILFOTO REUNION

"The Military Photographers (MilFoto) Reunion will be held at CFB Ottawa (Rockliffe and Uplands) on May 16-17-18, 1980. All former and serving photographers of the Canadian Forces (Army, Navy, Air Force) are invited.

Information and application forms are available at all Base Photo Sections or by writing to:

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Editorials

1980 our year

1980 could be one of the most exciting years for the Forces in a long time.

Early in the year, for example, we will get the results of the study on unification. No matter what they recommend, there will certainly be much argument and debate. Who knows, we might have Wing Commanders and such by the end of the year!

New equipment will again be much in the forefront this year.

The long awaited Aurora will make its debut and the New Fighter Aircraft will surely be announced. Many more equipment updates will also continue.

These examples, and there are many more, indicate the renewed interest in the CF by Government and the populace in general. We are definitely on the upswing and we should all eagerly look forward to the year ahead.

BP

Bravo!

It is always much easier to criticize than to praise. How many of you noticed the great job the crews did of snow removal, both on Base and in town, during the snowstorm? Would you have noticed an inadequate performance?

I was probably a typical example; my initial thought was to cancel the paper because, "there's no way those guys will

be able to keep the roads open after a foot or more of snow" ... It turned out my trip to Courtenay (via Ryan Road even!) was no problem, and four trips to the Base were also a breeze.

To everyone who had a hand in the snow removal, well done. I'm sorry I doubted you; you did a heck of a job and I, for one, appreciated it.

BP

Good health to you

"Doing your own thing" was the title given to a recent editorial in the Vancouver General Hospital magazine. It commented that often fads have turned into definite trends and that sometimes these trends have developed into accepted ways of life. Some of the more significant fads that have now become accepted facts of life include jogging, diet clinics and quit-smoking workshops.

The editorial discussed the implications that these moves towards self-preservation may have for the health industry. Unfortunately, even through some self-discipline, it is not possible to expect that hospitals and the medical profession will become obsolete!

The tremendous cost of health care has prompted some insurance companies to consider, for example, increased premiums for smokers. They should probably also look at those who take pleasure in excessive use of food and alcohol. Many doctors already acknowledge difficulties and frustration in treating patients who abuse their own health and will not follow advice.

For a nation to make social and economic progress, its health must be good. The Canadian health care system is well developed. It includes prepaid health services which substantially remove financial barriers to medical and hospital care. At the same time, through our prosperity, the standard of living has risen, better sanitary measures protect our health and medical science is advancing.

But all is not well. The high standard of living in Canada has produced some definite negatives. They include environmental pollution, crowded city living and a certain amount of laziness which started about the time that Henry Ford introduced the Model T! Alcohol, tobacco and drugs, singly or together, are detrimental to

health. Eating has become a sensual pleasure which far exceeds the needs of the human body.

A recently observed slogan "Those who indulge, bulge" brought home again, that it is our duty to look after ourselves and maintain, as far as possible, our own good health.

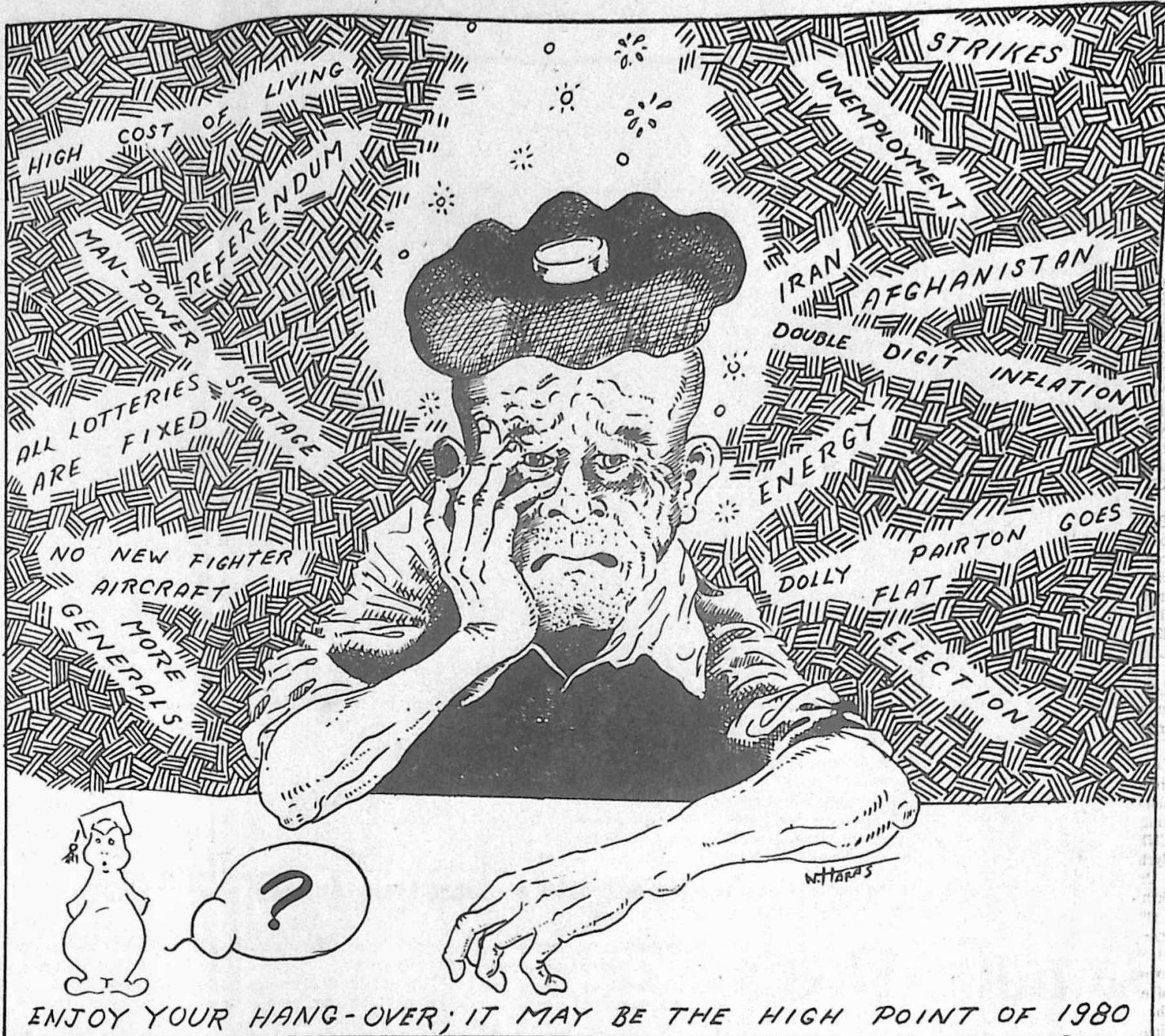
While it is easy to convince those in pain to see a doctor, it is not so simple to persuade those with moderately harmful habits to stop now, in the interests of a longer and healthier life. There seems to be a general opinion that everyone has the right to choose his own poison.

That we do NOT have that right is becoming more and more obvious as health care costs rise. It is unreasonable for those who look after themselves to bear the costs of the self-abuse of others, as those costs ultimately come out of the public purse.

Now, as never before, the emphasis must switch to preventive rather than curative health care. It is not feasible, nor desirable, to charge medical fees depending on the blame one can attach to the patient. What is needed is a greater public awareness of the value of good nutrition, exercise and a certain amount of self-restraint. Complementing this would be a program, spelling out even more clearly than is currently being done, the dangers and costs of not looking after oneself.

Anyone looking for a New Year's resolution, would do well to decide that health care begins at home, with the potential patient. It is not the entire responsibility of the state or of the general practitioner. Preventive health care with a very modest outlay in dollar terms or curative health care with its massive costs? There is a choice.

Courtesy Vancouver Board of Trade.



Institute of chartered accountants of B.C.

More on RRSPs

The tax laws allow you to take a portion of your income now and invest it tax free until your old age, when you can draw on your accumulated savings in your golden years. The program was set up to allow taxpayers to shelter a portion of their income from tax in their most productive years when the rate of taxation would be high. When the Registered Retirement Savings Plan funds are withdrawn by a person after his retirement, they would be taxed at a lower rate if they make up most of his income. Used properly, the plan allows you to defer paying taxes until a time when the rate of tax is lower.

Determining what amount to contribute to your RRSP is

important if a taxpayer wishes to take the maximum advantage of the tax shelter he can get with his contribution. RRSPs are perhaps the most publicized and widely used shelter today. They are also the most abused because contributions often exceed the limitations laid down under the provisions of the Income Tax Act.

In a given taxation year, a taxpayer is allowed to contribute the lesser of 20 per cent of his earned income or \$5,500 to his RRSP.

Employer contributions to pension plans affect the tax-deductible amounts a person may place in his plan. Where a taxpayer is a member of a pension plan and benefits from his employer's con-

tribution, his deductions are limited to the lesser of 20 per cent of his earned income or \$3,500 minus any amount he is claiming for current and past contributions to a registered pension plan.

For the Quebec provincial income tax, this latter limitation also applies if the taxpayer is entitled to benefits under a deferred profit sharing plan.

Many taxpayers subject to the "\$3,500 minus" provisions tend to contribute \$5,500. They are apparently unaware they are exceeding the limit; the excess is not allowed as a deduction and is taxable when withdrawn from the plan. The excess of the greater of your limit in that year and \$5,500 is subject to a special tax of one

per cent for each month the funds remain in your plan. If you are unsure of how to calculate the maximum amount you may contribute to your plan and get a tax deduction, consult your chartered accountant or tax advisor. It is wise to determine your limit before you make a contribution.

Not everyone can afford to place a sum of money that may total several thousand dollars in an RRSP all at once. However, you can borrow the money from the bank, contribute to the plan and deduct the interest on the money from your income. When you receive your refund, you can pay the bank and still have the money in your RRSP.

Contributions may be deducted in the year they are paid, and contributions in the first 60 days of a year may be deducted in that or the preceding year.

Special contributions may be made as "tax-free rollovers" on the following sources of income:

- (a) Old age security pensions
- (b) Canada pension plan
- (c) Quebec pension plan
- (d) Registered pension plan benefits
- (e) Retiring allowances
- (f) Deferred profit-sharing plan
- (g) Refund of RRSP pensions received on death of spouse.

Forces in review—continued

(Continued from page 1)

announced Canadian Government approval of a four-year, \$13 million program to participate in the development and evaluation of an experimental search and rescue satellite system (SARSAT). A fully operational SARSAT should reduce the notification time of a mishap to a maximum of three hours and narrow a search to within 20 kilometers. Canada, United States and France are currently taking part in the initial stages of the experiment which involves equipping and launching three U.S. satellites which will monitor and relay emergency transmissions to a ground terminal. Here, the signals origin would be determined and passed on to the appropriate Rescue Co-ordination Centre for action. The system should save lives and reduce the loss of property, especially during marine incidents where salvage is often possible in the early stages of an emergency. The 15-month demonstration and evaluation phase is scheduled to start in 1982. If successful, it is expected to lead to international acceptance and a world-wide SARSAT system.

North American Air Defence (NORAD) In mid-October it was announced that Canadian Forces Base North Bay, headquarters of the 22nd NORAD Region, will be the site of two co-located Regional Operations Control Centres (ROCCs) designed for the

control of Canadian airspace. As a result, primary command and control of surveillance, detection and identification of aircraft in Canada will be carried out completely in Canada. At present, only eastern Canadian airspace (with the exception of south-western Ontario and southern Nova Scotia) is controlled in Canada while the remaining Canadian airspace is controlled from centres in the United States. The two Canadian centres, to cost an estimated \$87 million in 1979 Canadian dollars will be part of a network of seven, including one in Alaska which will protect both U.S. and Canadian airspace. The North Bay centres should commence operations in late 1982 with final completion scheduled for early 1984. The ROCCs will work in conjunction with civilian air traffic control agencies and should continue to provide invaluable assistance in times of air emergencies or during any loss of civilian air traffic control capability. Additionally, the ROCCs will be able to switch from peacetime to wartime operations in support of the U.S. Airborne Warning and Control System (AWACS).

Maple Flag Two month-long air training exercises in the Maple Flag series were conducted in May and October at CFB Cold Lake, Alberta. Aircrews from

Canada, United States and Great Britain participated in these exercises, designed to increase their combat capability by providing combat-like experience in a realistic environment approximating the plains area of central Europe. Canadian Forces participation included CF-104 Starfighters, CF-5s, CF-101 Voodoos, CH-136 Kiowas, and C-130 Hercules aircraft from units of Air Command.

North Atlantic Treaty Organization (NATO) NATO marked its 30th anniversary in 1979 with little pomp and ceremony, but the milestone still evoked such commentary in both the Western and Soviet press. NATO members reaffirmed their solidarity and their policy of deterrence and defence, while still embracing detente and continued progress towards arms control.

The twenty-fifth annual session of the North Atlantic Assembly took place in Ottawa, Oct. 22 to 27. Delegations consisted of parliamentarians from all 15 NATO nations forming committees in the economic, education, cultural affairs and information; military, political; and scientific and technical fields. During the official opening ceremony Canada's new Prime Minister Joe Clark pledged the country's continued support to NATO as Canada's first line of defence.

Earlier it was announced that Admiral Robert H. Falls would relinquish his post as

Chief of the Defence Staff to assume the position of chairman of NATO's Military Committee effective July 1, 1980.

Throughout the year, formations from Canada's NATO forces in West Germany - 4 Canadian Mechanized Brigade Group and 1 Canadian Air Group - with headquarters in Lahra, carried on challenging exercises alongside our NATO allies. Interoperability of equipment and supplies and combined arms training were stressed. A major exercise nicknamed Certain Sentinel involving 66,000 troops of six NATO nations was held in mid-winter in Northern Baden-Wuerttemberg and Eastern Bavaria. Another, called Constant Enforcer, was run in mid-September as part of the annual Autumn Forge series. This exercise was conducted northeast of Frankfurt. Twenty-nine thousand men of the armed forces of Belgium, the Federal Republic of Germany, the United States and Canada practised co-ordinating exercises in the field especially testing support systems and communications. All three squadrons of CF-104 Starfighters based at CFB Baden-Soellingen took part.

Besides Canada's contribution of one destroyer to NATO's Standing Naval Force Atlantic (STANAVFORLANT) for the entire year, Maritime Command's sea and air forces participated in many exercises. The largest was Ocean Safari

(Continued on page 5)

(Continued from page 4)

79 - a major eight-nation NATO exercise conducted in the North Atlantic and the Norwegian Sea from Sept. 24 to Oct. 5. Four Canadian destroyers, the supply ship HMCS Preserver and Argus aircraft from 41st maritime patrol squadron, Summerside, P.E.I., were involved. A key part of the exercise was the protection of military supply and reinforcement shipping from North American ports, across the Atlantic to the Norwegian Sea in the face of "enemy" attacks from surface ships, submarines and aircraft.

UNICYF - Cyprus
In early April the 3e Battalion Royal 22e Regiment based at Valcartier, Quebec, replaced the 8th Canadian Hussars (Princess Louise's) in Cyprus. In early October, the Vandoos were replaced by 290 officers and men of the Lord Strathcona's Horse (Royal Canadians) LASH(RC) based at Calgary, augmented by 126 personnel from 3rd Regiment, Royal Canadian Horse Artillery, CFB Shilo, Manitoba. It was the 32nd rotation to take place since Canadians began serving there in March, 1964.

UNEF - Egypt and UNDOF - Syria, Israel

On July 24th, the UN Security Council allowed the 4,000-man UN Emergency Force Middle East's (UNEFME) mandate to expire after nearly six years of existence. Repatriation of the 850-man Canadian contingent responsible for the forces logistics and communications is now complete. However, United Nations headquarters requested Canada to supply 50 additional troops to the UN Disengagement Observer Force on the Golan Heights. The augmentation of UNDOF permits the establishment of a movement control detachment in Latakia, Syria and an increase in logistical services on the Golan Heights to compensate for support formerly provided by UNEFME.

A message of appreciation addressed to the Commander and members of UNEFME received from Kurt Waldheim, UN Secretary-General read in part, "The officers and men of the Force, its civilian supporting staff and the military observers of UNTSO assigned to the Egypt-Israel sector have carried out the important tasks entrusted to them by the Security Council with exemplary efficiency and dedication in often difficult and dangerous circumstances. The United Nations owes the members of UNEF a debt of gratitude for a difficult job well done." These words were echoed by the Canadian defence minister, the Chief of the Defence Staff and the Commander of the Canadian Contingent. During the period

of the UNEF mandate over 12,000 Canadian Regular and Reserve personnel have served in the area.

CP-140 Aurora
Burbank, California was the setting for the January roll-out of the new Canadian Forces long-range patrol aircraft, the Aurora. The first of the 18 CP-140 Auroras is to be delivered in May 1980, and the final one in March 1981. Phasing-out of the 20-year-old Argus aircraft now based at CFBs Summerside, Greenwood and Comox has already begun. Four of the Lockheed-built Auroras will be based at Comox and the remaining 14 at Greenwood. The Aurora is the world's most modern submarine hunter aircraft with high-technology sensors which can also be utilized for anti-pollution, ice reconnaissance and fisheries patrols.

CF-104 Renewal
Early in January a contract for inspection, repair and overhaul of the CF-104 Starfighter fleet was awarded to North West Industries Ltd., at Edmonton. This is primarily a life extension program and involves 97 CF-104s based both in Canada and Europe. Its aim is to ensure safe and efficient operation of the CF-104s until the new fighter aircraft arrives.

Aerodrome Radar Improvement

The Terminal Aids Replacement Program (TARP) first announced in May, 1977, to modernize landing aid radars at ten Canadian Forces flying bases and provide whole new systems at six major air bases is progressing well. Of the ten airfields scheduled for just solid-state quadraders or precision approach and secondary surveillance radars, only Canadian Forces Bases Chatham, N.B., North Bay, Ont., Portage la Prairie, Man., and Baden-Soellingen are not yet complete.

Full terminal radar and control systems (TRACS) are being installed at CFBs Greenwood, N.S.; Bagotville, Que.; Trenton, Ont.; Moose Jaw, Sask.; Cold Lake, Alta., and Comox, B.C.

The structure to house the communication and display systems has already been erected at Trenton where first field testing will commence early in 1980. First operational site will be the jet fighter operational training base at Cold Lake, in 1981. New Queen's Color to Maritime Command

On June 27 more than 700 officers and other ranks from Maritime Command ships and units on both coasts were on parade in Halifax when Her Majesty Queen Elizabeth, the Queen Mother, presented new Queen's Color to Maritime Command. The following day, more than 500 civilian and military performers participated in a tattoo marking the official opening of the

International Gathering of the Clans in Halifax.

Medals of Bravery
Two Canadian Forces members were awarded Medals of Bravery by the governor general. Captain William MacLennan, a protestant chaplain from St. Peter's, N.S. disarmed a

distraught man at CFB Gagetown on April 26, 1977. Warrant Officer Edgar Weatherbee, of Truro, N.S., while serving with the Canadian Airborne Regiment at Petawawa, saved Corporal R.C. O'Brien from falling to his death while parachuting near CFB Borden

on October 30, 1977.

Women in the Forces
1979 was a good year to be a woman in the Canadian Forces. The new Primary Reserve Unit - Canadian Forces Public Duties Unit - has but a single role, that of performing the Changing of the Guard Ceremony on Parliament Hill each summer. Introduction of this unit made possible for the first time the employment of female personnel in the colorful ceremony. Wearing the traditional scarlet uniforms and bearskin headgear, this integrated ceremonial unit performed this summer to much favorable comment from visitors, tourists, and citizens of the capital region.

Women's roles in the forces were further expanded in consonance with the Canadian Human Rights Act passed in 1977. Four serving women have begun aircraft pilot training at Portage la Prairie, Man. As part of a phased program, twelve servicewomen have been accepted into a university training plan as officer cadets and are attending military colleges as undergraduate students living off campus. Today 63 of the 100 trades and 21 of the 31 officer classifications are open to women. Women (as of 30 November) form 6.5 per cent of the Regular Force (effective strength) and 20.3 per cent of the Reserve Force (effective strength).

Reserves
Besides providing assistance during the Manitoba spring flood, the reserves were busy with their

rigorous training at home bases and at summer camps. The air reserve continued with their search and rescue assistance, the naval reserve helped man ships for training and NATO exercises, while militia men and women served side by side with the United Nations in the Middle East until the UNEFME force was disbanded at the end of October.

Colonel J.A. Mitchell, the last Canadian contingent commander in the Middle East in his last message to Force members said, "Worthy of mention is the contribution of women and reservists...Canadian women who served with UNEF II can be proud. Some of these women were among the hundreds of reservists who came over, often for second and even third tours. Reservists learned fast and worked hard, confirming the value of having a large, trained reserve in Canada."

Cadets
It was an active year for the 60,000 young men and women enrolled in 1,013 corps and squadrons of the Royal Canadian Sea Cadets, Royal Canadian Air Cadets and Royal Canadian Army Cadets. Two hundred and forty cadets, selected because of outstanding contributions to their units during the previous year, participated in an exchange program with cadets from the United States, Bermuda and several western European countries. Cadet camps operated from early July until late August in many regions across Canada. Approximately 18,000 young people received special

training in such courses as leadership, cookery, weapons, firing, scuba diving, bandman, gliding, powered flight, leadership and hospital attendant. This special training enabled the cadets to pass on new skills to younger cadets, in all, a challenging and rewarding experience that develops good citizenship and leadership qualities, physical fitness and interest in the Canadian Forces.

Royal Canadian Army Cadet Corps - Centennial

The Royal Canadian Army Cadet Corps celebrated its centennial on November 28. HRH Prince Philip, Colonel-in-Chief, issued a special Order of the Day and many special events took place to commemorate the event. Proud of their heritage, the young cadets strive to uphold their motto "ACER ACER-PORTI" (AS THE MAPLE...SO THE SAPILING).

Cadets at Bisley

The Canadian Cadet representatives at Bisley carried off many prizes, even in the open events. Louise Roy, an 18-year-old from Victoriaville, Que., won one event, placed high up in several others and placed 48th of 1,200 shooters in the top overall shoot. Jennifer Weir, 17, of New Glasgow, N.S., Brian Paynter, 17, of Ottawa, Andy Reckord, 16 and Geoff Phillips, 17, both of Calgary and Don Pittcairn, 17, of Delta, B.C., all excelled.

National Unity

National Armed Forces Day was observed on Monday, 25 June, launching the week-long celebration of Canada's 112th birthday. On this day, in Ottawa, the season's first

Changing of the Guard Ceremony took place on Parliament Hill, and for the first time in the 21 year history of the Guard, women took part in the ceremony. Wearing traditional dress red coats and bearskin caps the Guard performed the daily 30-minute ceremony until Labor Day.

To better inform the Canadian public about the Canadian Forces role in NATO and SAR, these two themes were used for major DND displays at the Canadian National Exhibition in Toronto, the Pacific National Exhibition in Vancouver and the Quebec Provincial Exhibition in Quebec City, drawing over one million visitors. Meanwhile, two mobile theatres, one covering Eastern Canada, the other the West, with both covering Ontario communities, ran educational films of a military nature which were viewed by another 100,000 Canadians.

Once again throughout the summer and fall, Canadians across the country were treated to both the precision free fall parachute jumping demonstrations by the Skyhawks - the Canadian Forces Parachute Team - and the precision flying of the Snowbirds Air Demonstration squadron.

Task Force on Unification

In September, Defence Minister McKinnon established a task force of five members to review the unification of Canada's Armed Forces to assess its merits after almost 12 years of operation. The findings of the task force are expected in the Spring of 1980.



NEW QUEEN'S COLOR. Queen Elizabeth, the Queen Mother hands the new Queen's Colour to Lieutenant (N) Laurie Spears at a ceremony in Halifax. The Colour replaces that presented to the Royal Canadian Navy by Queen Elizabeth in 1959.

(CANADIAN FORCES PHOTO)

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1st Lazo Beavers — blue colony

November and December have been busy months for all our beavers.

The wreaths and Santas are to be hung up in doorways or windows. The boys did a lot of hard work on them and they deserve praise for their wonderful effort. The boys have made special gifts for mom and dad so please don't peak until Dec. 25th. You'll be surprised at what your son can do.

On the 5th Dec. we had a special investiture. Welcome to the magical world of Beavering Bobby. You knew your promise and law very well, and said it nice and clear. Congratulations!

Our last regular meeting at the pond was held on Dec. 13th and Beavers did a gift for mother, played some special

games and sang some Xmas songs.

The next regular meeting is Jan. 10, 1980, regular time and place.

Special thanks to Pete Whitter for pictures.

The Xmas party will be over by the time you read this. I hope everyone enjoyed themselves, and told Santa what they wanted for Xmas.

I would like to wish everyone a Merry Xmas and I hope Santa brings each and everyone of you your special present.

The very best of the festive season to my co-leaders, Beaver parents, the hard-working L.A. mothers and to our two Keeo's.

We wish you all the very best til next year.

Busy Beavering
Rainbow, Rusty,
Hawkeye & Hawk

January 1980

My whole hearted apologies for this not making the paper in 1979, but I seemed to be awfully busy and it slipped my mind. I'll try and not let this happen again this year.

I hope everyone had a nice Xmas and everyone got what they ordered. Beavers will start again on Thursday, Jan. 10, 1980 at the regular time, 6 p.m. and the regular place, The Pond. Hope to see all the boys there. We have some exciting things planned for the new year.

Sorry again I'm late, but better late than never. "Call a taxi for Rainbow, Rusty and Hawk" and we'll see you all Thursday.

Rusty

Christmas in retrospect at the RC Chapel



THIS IS A picture of the new Christmas crib built by CMSgt. Don Pierce for the Lady Chapel. The crib comes complete with fence. Someone was heard to explain that the fence was there so the sheep could jump it and Jesus could thereby learn to count. Oh, the wisdom of children!

Base photo



THIS PICTURE SHOWS the "Jesse Tree" complete with ornaments done by children in the Catechism classes. These ornaments begin with the history of Salvation, -- the first being an apple with a bite out of it; another a miniature knitted 'Joseph's coat of many colors'; Noah's Ark; two tablets depicting the Ten Commandments; another the Star of Bethlehem and so on! This tree was a living sermon. Congratulations children!



FATHER STACK spoke of the 'special' graces God sends us at Christmas: one of these 'special graces' sent to us by God through Bishop Spence was seminarian OCdt Gilles Blanchard who has his own gifts and ways of passing on the Good News to Modern people. Seminarian Gilles Blanchard is studying in Ottawa to become a military chaplain. Our prayers are with you Gilles!

Base photo



A 'HORRIBLE' accident occurred the week before Christmas! The Angel Gabriel fell from outside the outside crib, no longer able to announce the Good News of a Saviour: waterlogged from rain, now irreparable, -- his neck severed, nose stubbed, his wing clipped (Gilles said he looked too fat anyway for an Angel) -- will no longer announce the Good Tidings, -- he is finished for '79. Father Stack is looking for a sponsor for a newer Gabriel for the 1980's. We're all just about broke! Any takers?

Base photo

MAKE YOUR OWN WINES AT HOME

How acid gives life to wine



Mention the word "acid" to many people and they immediately get a mental picture of a fuming liquid eating its way through metal or the stuff that puts life in car batteries. Not exactly what you want in wine.

Yet acid is common in fruit and is at its hardest in tongue-puckering lemon juice. Think of it that way and you begin to get an idea of the way in which acids -- a variety of them, actually -- can make wine interesting, whereas a complete lack of acid produces a wine about as dull as skim milk.

The grape juice contains nearly all the useful acids that the wine needs, and they are present in the concentrate. However, commercial wineries and the home winemaker have an opportunity to do a little balancing and adjusting of the acid level found naturally in the grape, to get a more palatable product. That's why most recipes for wine specify the addition of some acid. And in the first attempts at winemaking the novice should follow the recipe directions.

Later, as confidence grows, the winemaker can adjust the acid level for individual taste and experimentation. The results are usually quite rewarding but it involves the use of an acid test kit (inexpensive and available at winemaking stores) to determine the level of acid already present in the juice. When that is known -- and it varies slightly from year to year and area to area -- you can estimate the amount of additional acid. Remember, of course, that too much acid in wine can be quite a shock to the taste buds, even though fermentation and aging take a lot of the harsh edge off the acid.

Tannin is another constituent in wine, but with enough difference to be treated separately. As with acid, if there is no tannin in a wine it will taste flat; too much and the wine will taste like yesterday's cold tea. What the winemaker must aim at is balance, modified by personal taste.

Normally there is more tannin in red-wine concentrate than white because much of it comes from the seeds and skins. Which is fortunate since tannin is one of the ingredients which combine to produce the "dry" taste in red wine (in addition to the absence of sugar). But tannin takes a long time to be softened and mellowed, and that's why red wines benefit from longer aging than do whites. Another nice thing about tannin is that it helps in the clearing process, which ex-

plains why red wines clear more quickly than whites.

However, tannin is tough to measure (it takes the resources of a laboratory to analyse for it), so the home winemaker must be content with following the recipe for tannin, and only experimenting on quantities with your winemaking over a period of years. And, in addition, sample other wines and learn to detect the effect of acid and tannin on the total taste. (More about this in the article on tasting wine.)

Obviously if you are enthusiastic about white wine with medium sweetness (and many people are) your interest in boosting the acid and tannin levels in the

wines you make won't be the same as for the winemaker who prefers dry red wines. Nevertheless, both wines, to be successful and fully enjoyable, need the right balance of acid and tannin, so stick with the quantities indicated on the recipe which have been carefully formulated.

NEXT: BOTTLING WINE IS A LABOUR OF LOVE

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 Southern Australia.

MALBEC DRY RED (Medium Bodied Claret)

INGREDIENTS

1 tin Australian Malbec grape concentrate
5 1/2 tins Water
2 Kilos Granulate Sugar (or 5 lbs. Corn Sugar)
Acid (as directed in recipe)
3 tsp. Grape Tannin
2 tsp. Pectic Enzyme
2 tsp. Super Nutrient
*8 oz. Freeze Dried Grapes (optional)
French Wine Yeast
Starting Specific Gravity: 1.090
Starting Acid: 4 g/l

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 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.

BOTTLING: Rinse the clean wine bottles with a standard sulphite solution (see above), drain for about 5 minutes but do not rinse with water. Bottle the wine, cap or cork and age in a cool dark place for at least 2 to 3 months before sampling. We recommend that red wines be uncorked or uncapped at least 1 hour before serving.



Preamble

A letter to the council: A word of thanks from a PMQ resident and former Council member, Dee Tkacz, for the Council sponsored 'free' movie time and skating at Glacier Gardens. This was appreciated as it gave the children the opportunity to spend some energy and certainly did 'give Mom a break'.

January 12, at 11:00 a.m. will be the start of the Cubs and Scouts bottle drive.

Remember PMQ residents, if you would like to donate your bottles but will not be home, place your bottles on the front step and mark them for the benefit of Cubs and Scouts.

REMINDER TO PMQ COUNCILLORS: Our next meeting will be held on Jan. 31, time 0830 hours at the Parish Hall.

Contact J. Freeman at 339-6087 if there is anything you would like to publish in the Totem Times.

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Totem Times sports

Vancouver Island Nordic Ski Club

Did the whole family get out over the holidays trying the new Ski gear? Paradise Meadows, just across from the Mount Washington development was an excellent area over the holidays for just such a thing and should continue to be "The Place" for great Cross Country skiing. The folks from Mount Washington have done good work providing a cleared parking area and their efforts contribute to it being "The Place".

Do be careful on the road up, though. Good winter tires are mandatory at all times with a requirement for chains not uncommon. If you are at all unsure of driving up the road why not take the Shuttle Bus from the bottom of the mountain, or from several Downtown locations? Phone 338-9308 for information on schedules and fees.

The Dec. 29 first Annual Club Participation Day was a memorable occasion. Jane Remmerswaald and George Gavelis won awards while special mention goes to Irja Svensson for discovering the right glide and grip wax - and thus was the only one who raced on waxable skis.

In addition, Alec Stuart gets a pat on the back for providing the Chief Timer with a stop watch after the master stop watch failed 'midst the heat of the timing events. One does now wonder about Alec's subsequent winning, however! There were some 10 age categories ranging from under 13 to 45 and older. 23 Gold, Silver, and Bronze Medals were won including 3 in the 45 and over category. Who says you're too old? Alec, best in the 45 and over category, also beat all the competitors, but one, for

Birdcalls

The badminton club got off to a good start this season, with more than 30 members registering. Elections were held and Doug Black was elected President, Dennis McMahon takes on the job of treasurer.

The club meets every Sunday and Wednesday nights from 7 to 9:30 p.m. in the gym on the base. The only requirement is that you come to the gym ready for a good workout. Racquets and birds will be provided.


The membership consists of a wide variety of skills and ages (the youngest being about 12 while the oldest remains anonymous).

The membership fee, by the way, is only \$5.00 per person or \$10,000 per family, so you have no excuse for not coming out to the gym and having a good time.

That's all for now, until next time.

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New techniques increase fish production

What's two or three feet across, weighs up to a ton, costs about \$20 to install, has no moving parts or maintenance costs, and produces about two pounds of fish every year?

If you guessed, "a strategically placed boulder in a fish spawning and nursery channel stream", score 100 per cent.

Located in the right areas, in clusters of from three to seven boulders, these structures create and maintain year-round living space for young fish as they mature into sea-going migrants.

The basic idea of creating in-stream structures in salmonid nursery streams is not new. It was first tried in California back in the early 1930's and 1940's, using small rock accumulations and planks lashed together with cables or vegetation.

Unfortunately, these first early attempts frequently failed, because they were not adequately designed to withstand the peak autumn and spring freshets of Pacific coast streams, although similar constructions in Wisconsin and Michigan had a

better success rate, due to more gentle water flows.

Later, in the early 1970's, a similar program was initiated in New Brunswick to enhance the production of Atlantic salmon and brook trout. As in the earlier eastern American experiments, this produced promising results, but there were still certain drawbacks which limited the program's effectiveness.

One of these was the short-term environmental damage incurred when the boulders were placed in position. Heavy machinery - caterpillars, trucks, front end loaders - was needed to transport the rocks to the proper site and to place them in groups in the stream beds. Invariably, these machines left their mark on both the streams and the land surrounding them.

A more significant problem was that, even in long settled areas, it was often impossible or too costly to get any equipment into the areas where stream enhancement was most desirable. Roads extended only so far into the bush, and many streams where planned obstructions might have been used were

simply inaccessible to the men and their machines. This posed a particularly difficult problem in most parts of B.C., where even logging roads were sometimes few and far between, and most prime spawning and nursery areas were located miles from existing roads.

However, fisheries biologists from the B.C. Fish and Wildlife Branch, working under the joint Federal-Provincial Salmonid Enhancement Program, or S.E.P., have discovered a better way to place these in-stream structures - a way that not only eliminates these problems, but does the job for less money than required when using heavy equipment where suitable access is limited.

Their solution? A helicopter.

Using rock bolts and slings, a small crew of men can place thirty or more large boulders in special groupings - with no environmental damage - in exactly the places they want them.

And what of the future? For one thing, Slaney estimates that steelhead numbers in many streams can

be increased by as much as fifty per cent if in-stream structures are established where no cover presently exists.

And David Narver, co-ordinator of Anadromous Fisheries for the Branch, says that this approach to creating living space may prove an attractive alternative to the more traditional method of raising smolts in hatcheries.

The new technique en-

courages co-operation between fisheries managers and other resource agencies, while industry - particularly logging companies - will also be able to play a part. In other words, an excellent opportunity to carry the illusive ideal of integrated resource management into practice.

And the final result? More fish, at less cost, for the diverse river systems of British Columbia.

PAC region bowling

This year the Pac Region Bowling Championships will be held at CFB Chilliwack 28 Jan. '79 to 1 Feb. '80. All interested personnel please contact the Rec Centre, Loc 315 by 1200 hours on 9 Jan. '80.

The Base roll offs are 10-16 Jan. '80.

Judo Club

The possibility of re-establishing the Judo Club had been examined. Although a qualified instructor from Campbell River is available, a suitable location to permanently set up the mats is not available. Unless a large spot can be found with a high ceiling and where the special mats (which have a market value of over \$7000) can be laid, the club activities will be dormant for the New Year.

J.A. Kimick
Captain
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315

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WHAT'S FAIR?

FAIR stands for Fundamental Auto Insurance Rating. It's a totally new ICBC program developed in response to Bill 33, the Automobile Insurance Non-Discrimination Act introduced by the Government of the Province of British Columbia. The aim of the FAIR program is to eliminate discrimination from auto insurance rates - discrimination by reason of age, sex, marital status and geographic location. The FAIR program will be phased in over a five year period starting in 1980.

WHY FAIR?

For the past 50 years, the auto insurance industry has tended to categorize drivers in groups based on the probability of their being involved in an accident. But drivers in the same group don't necessarily have the same driving habits and attitudes, so each group included people who have actually had an accident as well as

those who haven't. One glaring inequity of this system is that a young man who is accident-free pays up to 3½ times more for his insurance than an older driver who has caused an accident. It simply isn't fair.

We could have eliminated discrimination by reducing rates for young drivers and adding the amount to the premiums of all other drivers. But that wouldn't have been fair either.

WHAT'S DIFFERENT ABOUT FAIR?

The basic difference in the FAIR program is that it is concerned with individual performance - with abilities, not probabilities. This new program is based on the concept that all vehicle owners - young and old, male and female, married and single - should pay a basic premium that is the lowest possible premium for their coverage. And this should apply whether they live in Prince George, Victoria or Osoyoos.

This will be achieved by placing everyone's premium at the approximate level of the present three-year accident-free rate, regardless of claims record. Then - and here's the big difference - premiums will be based on real losses rather than probable losses. Accident premiums will be introduced and charged only to those who are responsible for accidents which result in claims. And that's fair.

FAIR IN 1980

A. REMOVAL OF SEX AND MARITAL STATUS.
This will mean lower premiums for an estimated 215,000 male vehicle owners or principal operators under 30 years of age. Their average premium will drop by about 30%.

FAIR IN 1981

A. REMOVAL OF AGE AS A RATING FACTOR.
This will mean lower premiums for an additional 55,000 female vehicle owners under 25 and will bring to a total of 270,000 the number of people whose average premium will drop by about 25%.

FAIR IN 1982

A. NEW BASE RATE INTRODUCED.
Commencing in 1982, the base rate for all vehicle owners will be reduced to roughly the same level as the present three-year accident-free premium. The amount will be about the same as the premium paid by an owner who qualifies for the present 32½% Safe Driving Vehicle Discount.

FAIR IN 1983

ADJUSTMENT OF TERRITORIAL RATES.
Differences between territorial rates will now be adjusted to a maximum spread of 10%.

1984

ADJUSTMENT OF TERRITORIAL RATES.
Territorial rates will be further adjusted to a maximum difference of 5%.

1985

ADJUSTMENT OF TERRITORIAL RATES.
In 1985 there will be no differences between territorial rates. Geographical location will have been removed entirely as a discriminating factor in determining rates.

B. REMOVAL OF SAFE DRIVING INCENTIVE GRANT.
This drop in premiums will provide greater benefits for single male vehicle owners or principal operators under 25 than the Safe Driving Incentive Grant, so the Grant will be discontinued.

B. NEW ACCIDENT PREMIUM FOR DRIVERS.
This accident premium will be introduced in 1981. It recognizes that the person behind the wheel is responsible for the safe operation of a vehicle, whether or not he or she is the owner.

B. SAFE DRIVING VEHICLE DISCOUNT DISCONTINUED.
With everyone enjoying the same base rate, this discount system is no longer necessary. Instead of charging higher premiums for everyone and then giving a discount for those who are accident-free, ICBC is now applying the lower base rate for everyone but charging an additional premium for those who are responsible for an accident. In effect, everyone is considered innocent until proven guilty; everyone is rated as accident-free until they are responsible for an accident.

C. NEW ACCIDENT PREMIUM FOR VEHICLE OWNERS.
1982 will also see the introduction of an accident premium charged to vehicle owners who make claims on their Collision coverage. This is in addition to the accident premium for drivers, who may or may not be the vehicle owner. The amount will be \$20 a year for three years and will be payable for each claim. This amount will be payable at insurance renewal time; in 1982 it will be charged for any claim made in the preceding three years.

C. ADJUSTMENT OF TERRITORIAL RATES.
In 1981 the differences between territorial rates will be adjusted to a maximum spread of 20%.

D. ADJUSTMENT OF TERRITORIAL RATES.
Territorial rate differences will be adjusted to a maximum spread of 15%.

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