



Vol-22 No. 19

CFB COMOX TOTEM TIMES

THURSDAY, OCTOBER 16, 1980

COST: PRICELESS



MV Prinsendam on fire at sea, October 4th. 407 Squadron and 442 Squadron both participated in extracting and transfering passengers and crew to safety. The entire mission was accomplished with no fatalities. The Prinsendam later rolled over and sank while hooked up to be towed to port in Vancouver.

Rescue from the sea

On Saturday, Oct 4, 1980, both 442 and 407 Sqn. participated in the largest marine rescue operation ever on the west coast. It all began at 2 am, when the cruise ship MV Prinsendam's engine room caught fire. At the time, the ship was approximately 125 miles southeast of Yakutat, Alaska. Because of the rapidly spreading smoke, a total of 519 passengers and crew members were forced to abandon ship. Many of the passengers were elderly and were not adequately clothed to withstand the cold climate. To make matters worse, some of the passengers had medical problems that required medication.

Fortunately, the oil tanker MV Williamsburg was nearby, and it responded immediately to the emergency. It had been steaming sout.h from Valdez, Alaska with a full load of crude oil on board. The Rescue Co-ordination Centre in Juneau, Alaska deployed Coast Guard helicopters from Sitka and

Kodiak. USAF resources at Elmendorf AFB near Anchorage were also mobilized. A USCG cutter, the Boutwell, was dispatched to the scene of the fire. A request for Canadian

assistance was relayed from Juneau to our own RCC in Victoria. Shortly thereafter, two 442 Sqn labradors, two Buffalos AND A 407 Sqn Argus were enroute to Alaska. After arriving in Yakutat, the two Labradors

flew out to the Prinsendam

and began to hoist survivors from lifeboats to the oil tanker. One of the helicopters had to return to Yakutat because of an inflight emergency. The other one, (crewed by Capt. Gary Flath, Capt. John McLellan, MCpl. Frank Amadio, MCpl. Randy Bourquin, Sgt. Al Williams, and MCpl. Bob nine were flown back to Yakutat when the helicopter's fuel was getting low. Despite the heavy seas, Capt. John McLellan remarked later that landing on the oil tanker was similar to landing on a concrete of hypothermia. runway.

flown there by helicopter. Fifty-nine survivors were to everyone involved.

accomodated in this manner. Throughout the day, the 442 Sqn. Buffalos were flying a shuttle service between Coast Guard Air Station Sitka and Yakutat. On the way up to Yakutat, they carried fresh USCG helicopter crews and emergency supplies. Survivors were carried on the return trips to Sitka. In the meantime, the 407 Sqn. Argus flew over the Prinsendam and took many pictures of the rescue

operation. By Saturday evening, all the Prinsendam passengers and crew members were either safely on board the Williamsburg or the cutter Boutwell or on shore. The Williamsburg, carrying over 300 survivors (it is normally capable of carrying only 29 crew members), returned to Valdez and docked on Sunday Lang), completed a total of evening. Three 442 Sqn. 40 hoists of survivors SAR Techs (MCpl. Ron during the day. Thirty-one Holliston, MCpl. Bob survivors were hoisted to Mondeville, and Cpl. Chris the Williamsburg, while Girden) spent 30 sleepless hours on board the oil tanker. They had been transferred on Saturday to the tanker by a USCG helicopter. The three of them helped to comfort the passengers and treated cases

With the docking of the The citizens of Yakutat Williamsburg in Valdez, the set up an emergency recep- rescue operation concluded. tion centre at the airport for The fact that the rescue was the survivors who were accomplished without a single loss of life is a tribute

Recommendations on Unification

the initial report of the subjects. The Mobilization Unification Task Force, a Planning Task Force has synopsis of comments by completed its preliminary the Hon. Gilles Lamon- report which is being tagne on the more interesting and pertinent recommendations will be commenced this week. The comments and proposals will appear through the next two or three papers.

Task Force Recommendations on Mobilization Recommendation 18

"The current National Defence Headquarters study on the subject of mobilization deal with the associated problems identified by the Task Force included those aspects that go beyond augmentation: the organizational structure of the Reserve Force, the viability of the common training structure, and the ability of a unified structure respond mobilization."

MINISTER'S COMMENTS

The Department has shared for some time the concerns expressed by the Task Force on the subject of mobilization. On October 1, 1979 the Chief of the Defence Staff formed a Mobilization Planning Task Force to establish the confor ceptual basis mobilization planning and to develop the necessary supporting plans. This work addresses the concerns of the Task Force as well

As mentioned last issue in as a number of other related presented to Defence Council this autumn, we expect to have the final Canadian Forces Mobilization Plan by next June.

A special word on the Reserve Force would be in order. The Reserves are being considered in all aspects of the Mobilization Planners' work with a view to identifying the Reserves' role, structure and equipment needs as well.

Task

Force Recommendations on Command and Control Recommendation 20

"The Task Force recommends as an urgent priority that the Commanders of Commands be made members of the Defence Council Defence and the Management Committee and that measures be taken to ensure their influence is fully recognized in matters pertaining to operations, training, personnel, administration and support to the operational forces." Recommendation 21

"If this measure proves insufficient to solve the problems identified by the Task Force, it is further recommended that three environmental Heads of Service be established at Defence National Headquarters to be responsible to the Chief of the

Defence Staf for the com- first-line support to field mand of the navy, army units." and air force." MINISTER'S

COMMENTS

I consider these the most important recommendations in the Task Force recognized within have led me, as you will

Committee as a trial of two years' duration. This will tuning to the Command and Control structure. At the same time we are going to re-examine the central sitive to the needs of the field operations by 1985. army, the navy and the air Recommendation 11

ther adjustment may be den and Chilliwaci. needed.

Recommendation 3

The Unification Task Force recommended that "direction be given to address the recognized inadequacies in the supply system including organization, depot locations, system/component relationships and

MINISTER'S COMMENTS

As stated by the Task Force, these supply system inadequacies have been Report. My concern for Department; indeed they improvements in the area of were they subject of a Command and Control thorough evaluation which was completed in March recall to implement ap- 1978. In recent years we propriate changes in April have expended considerable of this year, before the Task effort and resources to im-Force Report was submitted prove the relationship between the logistics and main-I intend to treat the tenance systems and to presence of Commanders at change our item-managed Defence Council and supply system to systems Defence Management oriented management. Furthermore, new equipment, just acquired by the Forces, permit time for some fine will be managed on the required systems basis. Finally, I have been advised that on-going improvements to our automated supply systems to make the system are now planned to Headquarters more sen- extend data links into army. primary purpose is to sup-

"Environmental Training At the end of the two take advantage where pracyear trial we shall either ticable of existing common confirm the adjustments training facilities such as made or consider what fur- Cornwallis, St. Jean, Bor.

> The task Force's use of the term "environmental training" in this recom. mendation describes the process which is used by the navy and army to prepare support service personnel and airmen for imployment with the naval and land for,

ces. These environmental training courses have been in existence for a number of years and are given on Maritime Command, Mobile Command and Training Systems bases. I intend that they will continue and where possible that this training will take advantage of the common training facilities on the subject bases.

Recommendation 1

The Unification Task Force recommended that "the common central support systems be retained."

MINISTER'S COMMENTS

This rather significant recommendation refers to the need to retain the major central support agencies, created during the early years of unification, whose port operational component of the Canadian Forces. I have agreed with this recommendation on the

a. the integration of these support services has increased their efficiency and cost effectiveness;

b. a return to former service support structures would require more personnel and, under present circumstances, these additional positions would have to be taken from operation components of the Forces; and

c. I would be concerned over the implicit loss of professional opportunities and career benefits which would be felt by the thousands of personnel who are now providing these support services.

Recommendation 2

The Unification Task Force recommended that "support services personnel. rotate between the central systems and their particular environment."

MINISTER'S COMMENTS

This recommendation proposes that we create an employment pattern for our support services personnel that would limit their employment to either navy, army or air force components of the Forces and to the common central services areas. While we are conscious of the need to ensure that support personnel are properly equipped to serve with land, sea and air forces, I cannot agree to the creation of rigid employment barriers. The size of many support trades is such that splitting them into three separate groups is considered impractical; it would reduce the flexibility needed to fill positions in our operational commands, and would create morale problems among our sup port services personnel who now have expanded career opportunities.

Thank you

I wish to personally thank you and the crews of the Canadian Lab Helos 303 and 306, Buffaloes 454 and 458, and the Argus for their untiring support and maximum efforts in the successful evacuation of all passengers and crew off the M/V Prinsendam. I am heartened by the fact that no loss of life occurred during the entire operation. The professionalism and cooperation displayed between units involved reflects great credit on all concerned and again indicates the strong bonds between those who go to sea. Thanks again for a "job well done". Rear Admiral Knapp



Section news

Nighthawks

Nest

Congratulations are due indeed to Ed and Karen Campbell, who are celebrating the arrival of a new baby boy. Ed has been fretting for some time, but now had better get cracking - the kid's almost a month old and still can't skate.

As the accompanying picture graphically points out, the Campbell's have developed an interesting new approach to raising their latest child.

"It's really quite simple," Ed tells us, "you begin when the dog is a pup, and tie his front paws to the stroller. Several times a day, you let the stroller roll down increasingly steep declines to accustom the pup to the proper motion. As he grows in strength and temperament, a motorized cart is sometimes used to coax the recalcitrant beast into a receptive state of mind.

"German Shepards are the best, as English Sheep Dogs have a tendency to lose sight of the sidewalk and frequently run the stroller into mail boxes and such. Smaller dogs become tired of pushing too quickly, then simply dangle from the handle leaving the baby in uncontrolled flight through and about the neighborhood."

Not to miss a beat, the Campbells have been planning for the future when they may not be posted to such a mild and temperate location. Ed has trained twenty large, fierce alley cats to haul a huge sled loaded with provisions and his family lest they be caught in one of the prairies' deadly frequent blizzards.

In other news, the William Tell competition is proceeding down in Tyndall AFB in Florida. Scores have been sent out, but due to several reflies and protests it is difficult to determine exactly where the composite Air Defence Group team stands in relation to the two other F-101 teams - Niagara Falls

again, with next week the subsequent seven days.



RIN-TIN-SLAVERY. Capt. Ed Campbell, recently the proud new father of a bab boy, shows us his ingenius method of dealing with the problem of being away from home a great part of the time. "It may seem like animal slavery," says Eddie, "but it works, and gives an otherwise homeless dog a roof over his head and a couple of bucks to watch the greyhounds run on Saturdays." See text of Nighthawks Nest for details of how you, too, can own your own animal babysitter.

standard they set for us.

Have you ever heard an interview of someone with the morning following the The question to pair with the season is over - no matter how much fun it was at the time? Well I think I days around the squadron. remaining for the two week dry paraphenalia, and the duration, which may or other dangers inherent in may not prove a blessing. the joys of the water. The first up and the last to Rumor has it the boss has a by predicting Kansas City quit, this fact paired with memo in the works banning the social aspect makes for all summer sports en- seven games. If they do,

next summer shows up.

an, enjoyable job like squadron dining out night last week's answer in the playing pro sports where he at the Seaside. Bernie reverse riddle is, "Who will breaths a sigh of relief that Hughes graciously picked eventually win the Iraqiup the tab. Evidently he Iranian war?" plans to bill those who were BGJK present at a later date, but I Postscript: Congrats to It's Maple Flag time once hear that same sigh these checked my wallet carefully Dave and Mary Taylor, and I found no bill, check who Tuesday night seeing "B" Flight take off The boating season is or other indication of celebrated their thirteenth drawing to a close, and with having attended and I wedding anniversary. Hell it the rash of groundings, daresay no other squadron of a party you threw folks, The ground crew chosen for crashes, the loss of member will either. and I like the idea of the the exercise will be moorings, props and sun- Remember Bernie - h ired waitresses. possession is nine tenths of the law!

I'll end on a topical note will win the World Series in a tough regimen. The result thusiasts from winter par- judgement will be vin-

is a group of hardy vets by ticipation in order to retain dicated - if not, Lynn the second week, and it is enough crews to man the Housworth can retire three all the aircrew can do to "Q" for more than two years early and live the simmaintain the after-hour days a week by the time ple life which many folks think he has, in fact, been This is being completed living since birth.

442 SAR SITREP

The big news, of course, is the participation of 442 Sqn. in the Prinsendam rescue. That operation was the third time in three months that we have worked closely with our American neighbours. The first occasion was a search for a missing aircraft near Petersburg, Alaska in August. Our pickup of two survivors from the crash of a U.S. Navy helicopter near Mt. Baker in September constitutes the second occasion. Without a doubt, the Prinsendam rescue had the happiest ending because there were no casualties involved. Messages of appreciation from U.S. authorities have been arriving at the Squadron since the Prinsendam incident. The crews involved in the Prinsendam rescue certainly appreciate the tremendous co-operation and hospitality of our American hosts in Sitka, Yakutat, and Valdez. Accordingly, we extend to them our sincere appreciation and thanks.

A remarkable even took place at the Squadron on Sept. 9, 1980. Canada's oldest active SAR Tech, WO Harvey Copeland, completed his 800th career jump. Harvey has served with every SAR Squadron in Canada, and has flown in virtually every SAR aircraft from the Canso through to the Buffalo. Harvey has made 11 operational jumps during his career, the most recent one being on Sept. 27, 1980. He broke his leg on his 10th operational jump, but other than that he has avoided injury. As a matter of interest, Harvey vas the first to jump in to the Martin Hartwell crash in 1972. That jump was his most difficult because of the climate and deep snow.

A number of presentations were made at the Squadron on Sept. 30.

PROMOTIONS: MCpl Stenson (now of BAMSO) was promoted to Sgt. Cpl. Lorne Hawkins and Cpl. Paul Saunders were awarded MCpl's stripes. (Lorne also received a Canadian Forces Decoration).

FLYING ACHIEVEMENT SCROLLS were awarded to the following individuals: Capt. Pete Smith, Sgt. Don Lane, MCpl. Dan Bollong (2000 hours each with ATG); Don received another one for 1000 hours on the Labrador. Capt. wayne Cross received a Certificate of Achievement and Pin for completing 1000 hours on the Buffalo. A BOEING AIRCRAFT CO. RESCUE CITATION was presented to Pete Smith Finally, several GOLDEN

for his actions in the suc- EYEBALL awards were ch). Congratulations to all!

cessful rescue of a casualty made. This award is Personal Note: Many in-120 miles off the Newfoun- presented to the person who dividuals are breathing alot dland coast in May of 1979. first spots the object of a easier now because of the CERTIFICATES OF search without the aid of fact that the annual PT test MILITARY ACHIEVE- devices like an ELT. The is restricted to those under MENT were awarded to award is a new one. Capt. the age of thirty. One perthree SAR Techs for com- Erv Cross received the son who is not breathing pleting operational award for locating a Bell 47 easier, however, is the SAR parachute descents with 442 helicopter on July 5, 1973 Tech (initials: H.C.) who Sqn. The three recipients on SAR Oliver. MCpl. Dan challenged the Officers to a WO Harvey Ballong's award was for competion in the mile and a Copeland (2 jumps), Cpl. locating the pilot on SAR half run. His reputation Craig Seager and Cpl. Jim Briggs on Oct. 10, 1977. has been slightly tarnished MCpl. Dave Sheppard was because of the fact that: (1) bestowed with the award His star runner was U/S on for locating a missing duck the day of the challenge and hunter over Boundary Bay (2) Unable to accept defeat on Nov. 12, 1976. And, last gracefully, he tried to but not least, Cpl. Craig change the rules of the Seager received the coveted challenge. award for locating a dutifully noted by Maj. crashed aircraft on Sept. Cliff Fletcher, who prom-16, 1979 during SAR Yates. ptly dispatched a message (An article appeared recen- entitled "Death of a tly in the Reader's Digest Legend" to all SAR units about the experiences of across Canada. May he rest Walter Yates on that sear- in peace.



Cpl. Seager, MCpl. Sheppard, CO, Capt. Cross E., MCpl. Bollong. (See 442 article



MCpl. Bollong, Sgt. Lane, CO, Capt. Cross W., Capt. Smith. (See 442 article for details)



Sgt. Stenson, MCpl. Hawkins, Cpl. Trumbley, CO, WO Copeland, Capt. Smith, MCpl. Saunders, and Cpl. Seager. (See 442 article for details)



Friday, October 17 – MESS DINNER - 1900-1930 hrs.

Saturday, October 25 -OKTOBERFEST - Presenting Edelweiss Alpine Show Group featuring dance music and two floor shows. Music from 2030-0100 hrs. Continuous German food available: 2030-0030 hrs. in our Gasthaus. Dress: German or casual.

Porcelain Mugs for sale at door: \$3.00. Free beer with mug. Cost: \$20 per couple; \$22 per guest couple.

Reservations to Mess Manager by noon, October 22. NOTE: Amount of beer subject to conditions of beer strike.

Saturday, November 1 -

HALLOWE'EN - Music: 2100-0100. Dress: Costume or casual. Prizes best costumes. Cost: \$6.00 per couple; \$8.00 per guest couple. Reservations to Mess Manager by noon, October 30.

Coming events - Casino Night, Grey Cup Day



ENTERTAINMENT WOs' - SGTs' MESS

October

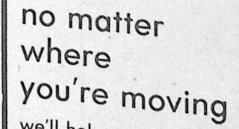
Movies 19 - Godfather II

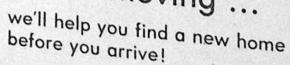
26 - Emmanuelle

TGIFs 24-Food 31 - Food

Special Functions 18 - Monte Carlo Nite

Games on WO & Sgt's side Dance on Junior Ranks side All Ranks welcome





Nanaimo Realty

576 England Ave., Courtenay, B.C. 334-37-



25TH NORAD Region Commander, BGen. Todd signs 409 Squadron guest book during his recent visit, as 409 boss LCol. McAffer (right) looks on. On hand to greet the General, as well as to balance this picture of two southpaws, was Col. Chisholm (a northpaw).



LCOL. DIAMOND congratulates WO Copeland on the completion of this 800th career jump.

SEX

I must start off my column with a big congratulations to all those over thirty who have finally after all these years, managed to pass their mile and a half. As the boss would say, troops that's a job well done.

Congratulations also go out to MWO Campbell on his recent promotion. We're still waiting for a few free brews, Sir.

Anyone who is interested in saving the Major from further embarrassment and a possible nervous bread-

a possible nervous breakdown, kindly offer him a good price on his fishing boat or ten pounds of salmon from your freezer.

Our SCO has recently discovered one of the joys of belonging to the elite. Will that be cash or Chargex, Sir?

Don't forget about our exciting Masquerade Party on the 24th of October. If you don't get dressed up you'll have to do the 11/2 again or take a posting to

See you all in a few weeks. I'm off to the land of sun and sun. Chow. IHJW

P.S.: Congratulations to George boy for catching the big one. (fish I mean.)

Demon Doins



MWO Sleigh receives his promotion from LCol. Cameron.



MCpl. Lapointe is congratulated by LCol. Cameron on her recent promotion.



MCpl. Lapointe receives his new hooks from

407 Skipper LCol. Cameron.

Whenever the squadron makes it into the foreign press we at the Demon Doins feel obliged to draw it to the attention of our own readers. We refer to a blurb in the auspicious journal "North Islander", base rag for the North Island Naval Air Station in San Diego. The story refers to the recent visit of 407 Sqn on Readiex 4-80, and sheds some light on the operational and servicing confusions that were experienced there. You see, the Americans believed that the planes that we brought down combine the best features of both the Argus and the Aurora, having 30 plus hours of endurance, as well as the electronics suite of the S3A Viking Carrier based aircraft. Hopefully, the Navy won't be too disappointed when we bring down a real Aurora.

The ill fated cruise ship Princendam garnered a great deal of media coverage, and the rescue effort was hailed as one of the greatest of the century. The contribution of 407 squadron in this affair was sadly understated. Few people realize that without the efforts of Maj. Breen and Crew Five, the US Coast Guard would never have known how many empty dinghies were left behind when the ship was evacuated.

While leafing through the cookie wrappers and log book scratch pads that make up the usual contents of the Demon Doins gossip box, the writer found this little gem:

On 2 Oct at 0900, I happened to spot 3 of 407's pilots rooting through the large garbage containers in (Pilots later identified as Maj. "Front End" Loader, Capt. Melson and Capt. Williams) at the same time, the MPs also noticed these gutter snipes and stopped to question them. It seems that they were looking for some lost publications, (flip charts, etc.), not their box lunches. At least that was their story.

Our photo for this week shows Cpl. John Logan of 407 Photo Section who joined Crew Six for a torp drop recently.

COMOX CONTROL

new ATIS (frequency 118.6/282.2). Someone has recently compared it to a civilian Air Traffic Controller; You can never really be sure it will be working

when you want it! By the time this is published, those people who attended the section beer/wine fest should be near recovered. Great food, good music and lots of friendly people made for an excellent evening. The music which was provided by the entertainment group had everybody dancing but there was a complaint that there wasn't enough Johnny Denver. The next social event is a western night on Friday 15 November. Put on you Roy Roger cowboy boots, Gene Autry Statson and boogie to the Niles Creek Bluegrass band. Get your tickets early because

time. The semi-annual Tower-Ratcon Challenge Cup Run is now history with the fleet footed Tower Team literally running away with the show. The coveted trophy will now reside in the tower of power for the winter. I'll bet right now that Ratcon will win it back in the

it's bound to be a good

spring. The ATC&A hockey team (Air Traffic Control & Associates) is getting geared up for the new season. A lot of vets are getting limbered up for training camp, led by "Flash" Brown who is returning for an unprecedented fourth season. "Gump" Boswell will be

First, a comment on our donning the pads to defend the pipes after playing as a forward last year. Also returning are "Chippy" Al Basinger, "Mad Dog" Ostner, Eric "the Streak" Arsenault and many, many more. The first part of the year will be just a warmup for a proposed challenge cup series with Vancouver ACC in early December. This will be a strictly no body contact IFR type of tourney with minimum separation standards in the

> ced by the BATCO himself. Good luck to the curlers who are off to Portage for a national bonspeil at the end of the month. It should be a good time, cold but fun. Take lots of warm clothes and remember that to survive you have to maintain at least 1000-on-top from the time you land Winnipeg. NOTE: Congratulations to Dave Rychly on his impending marriage. Good luck, just let us know when the

corners being strictly enfor-

FOR RESULTS **Call Collect or Write** For Information On Homes

Lots · Acreages · A.E. LePage TOM PROCTER Find A Home

FOR COURTESY, SERVICE AND PROMPT RESULTS CALL TOM PROCTER

Manaimo Realty (Morth) Ltd. Off: 334-3124 Res: 339-2668

Woodrow Bros. Farms

Knight Rd., Comox Quality fresh fruits and vegetables at farm prices 339-2455

"FRANCOPHONES"

ON S'EXCUSE de n'avoir pu publier "NOTRE" page dans cette edition du Totem Time.

LE RALLYE; C'est Samedi Prochain! le depart est au stationnement du Canex cout:

Souper au feve au lard, soupe au poid ect... DU FUN POUR TOUS!

DIRECTEMENT DE MONTREAL:

Lundi le 27 octobre a 19:30, on vous attend au local du club; Claude St-Denis, mimeur tres repute, vient nous viviter. Si vous voulez apprendre a mimer ou simplement assister a un spectacle francophone; on vous attend le 27 a 19:30. Le tout est gratuit (vin caffe et collation inclus)

- AU DEBUT de novembre, nous av ons une assemble general: plus de details a la prochaine edition.

club GENS DU PAYS

"Serving home owners and contractors for more than half a century" See our six main departments for all your building needs and good advice.



15

31

Central Builders Supply Ltd. Foot of Sixth Street Courtenay, B.C. Phone 334-4416

"We have

everything

for the builder"

Jr. Ranks Club

October

Bingo 17 TGIF with Sports Mixed TGIF in lounge 18 Dance with "Clipper" No Admission 21 "Godfather II" 22 Bingo 24 TGIF Mixed TGIF in lounge 28 "Emmanuelle" 29 Bingo

TGIF

Halloween dance with "Clipper" Members \$300 Guests \$500 Free admission if in costume 8:00 p.m.

Volunteers required for entertainment committee loc. 430. Presentable jeans allowed with D.J. D.J. start 2000 hrs

Preflight Specialists

POSITIONS:

Increasing production requirements for our Challenger executive jet and the CL-215 Water Bomber have created several permanent positions for the following Preflight Specialists:

- · Preflight Technicians
- · Avionics Technicians
- · Aircraft Systems Inspectors

QUALIFICATIONS:

Candidates should have an extensive technical background and experience in airline, military or aircraft manufacturing preflight operations.

REMUNERATION:

We offer attractive salaries plus an excellent package of fringe benefits which includes a generous productivity premium and a paid holiday period between Christmas and New Year. Relocation assistance to Montreal will be provided.

Should this offer be of interest to you, please send your résumé to Mr. G. Legault.

Canadair Limited **Employment Department** P.O. Box 6087 Montreal, Quebec



Editorials

It's that time again

The answer appears simple on the surface. The wailing and bemoaning of cruel fate that is heard twice annually during the mile-and-a-half period basically stems from the fact that people would rather participate in a physical fitness test that does not task them physically. If that sentence jumps at you with its built-in contradiction, it's understandable.

The main argument employed by those against the test is that it doesn't determine your fitness level - it simply tests your ability to run. As the run is an aerobic exercise, this is not strictly true, but it is abvious some people are better runners (or swimmers) than others.

So what is needed is a completely objective measurement of the lungs and cardiovascular system. A few times a year, a group of testers arrive on the base and proceed to issue a free examination of exactly those qualities, and throw in a life-style analysis to boot. A stationary bicycle is used for the test, and various harmless electrodes are connected lovingly to your body. The object is to pedal the bike against a set resistance in order to bring your heartbeat up to a predetermined figure. The pulse is then allowed to drop, and the computer within the cycle compares the rate at which it drops off along with several other factors.

The result is a list of your physical characteristics pertinent to the well being of your aging biological machine. Oxygen capacity and uptake as well as cardiovascular fitness

is measured, and a skin fold test is completed in order to tell you if your ratio of fat to bady weight is within the suggested norm.

This is a much more accurate and scientific check on a person's fitness, and despite the disadvantage of cost, is by far a superior method.

But here's the rub. The mileand-a-half run and the 750 yard swim were not brought into the system as fitness tests only, but remain with us as an incentive (albeit in many cases a loathsome one), to get yourself in shape. If you know you will be forced to run or swim, as well as to pass the test, you will run or swim in preparation or so the theory goes, and there is no question that running and swimming are two of the best exercises around for cardiovascular fitness.

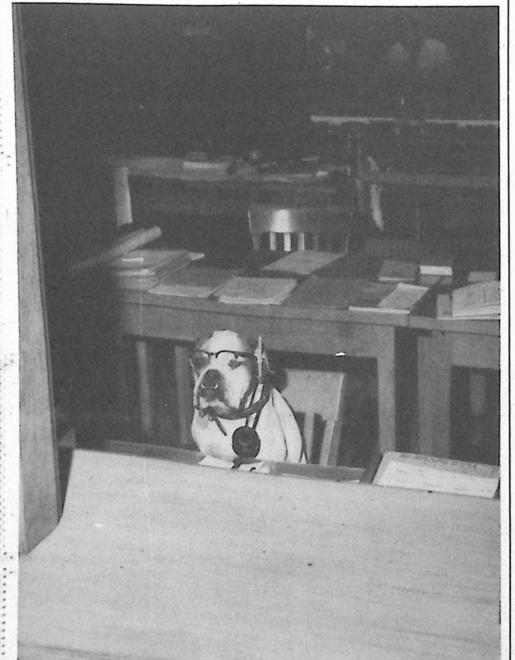
It seems improbable in the extreme that people who hate physical activity will be motivated to go out and participate by a simple five minute test on a stationary bicycle.

Of course if you failed the test, remedial training would be prescribed and that, you got It Marge, would be running and swimming.

What it comes down to is that there are people who en- The Editor, joy the benefits of physical fitness, and those for whom that goal is not important. Any type of testing will be abhored by the latter, but if good health and fitness is the goal of the outfit we are a part of, the tests will continue.

And don't worry you folks over thirty - they'll getcha' somehow.

BGJK



Capt. Gary Flath, 442 Squadron helicopter pilot, takes time out from his arduous flying duties to get in a little desk work. Despite the fact that Gary puts in the maximum amount of flying time he can squeak out of the squadron, he harbors a secret desire to become a writer, and to that end has been spending a lot of time behind his mahogany bomber. His first book, Gidget Goes to the Mustang Ranch, should be on the stands by Christmas.



In response to "custody & access"...

family disputes.

in the trunk of a car and left

her to die (which she did).

Apparently he became

violent when the wife was

awarded custody of their

But who said he could

not have generous access to

his kids? So he is either in

father knowing he killed

custody and access' (p.4), I wish to comment.

many of them believe a sometimes).

their former spouses..."

Mr. Powell seems to be men have rather distorted categorizing women when thoughts about family splithe states, "....(judges) have ups. They wonder why the a very definite prejudice in women grab the children favor of mothers. Too and flee (for their lives

Comment

While a lot of people on the public purse in Ottawa As a hedge against inthis week are fretting about flation, that might sound all "patriation" and "enright but, as one senior shrinement", I hope you citizen in Sechelt wrote to will not mind if I deal with me recently: "Who needs something as prosaic as more money at 90 then

when he is 70?"

The credit unions have

nment to change the for-

mula. Bob Frampton of

point we are stressing with

government officials is that

the formula should be ad-

payments in the early years

As I have noted before,

no function of the federal

government causes more

frustration than the post of-

fice, according to my mail.

Recently a constituent from

with pest marks showing

and stamped with the date

evidence to that effect. He gave me envelopes

retirement income. Believe me, I am not apologizing. A lot of those been lobbying the goverpeople wringing their hands over the constitution would be better employed, in my Vancouver City Savings opinion, if they too were Credit Union says: "The concerned about the incomes of our senior citizens.

Recently I met with the justed to allow for larger parliamentary secretary to the Minister of Finance since money requirements about a serious hitch in the in early retirement are payment formula for usually greater than in later Registered Retirement Inyears. vestment Funds.

Under the present system, payment is based on a specific fraction of the value of the fund for each year from the time payment begins to the year when the Port Hardy gave me more person holding the fund

Thus, if you put \$100,000 in a registered retirement the dates letters were sent income fund at the age of 70 (perhaps transferring it they were received. In one from your registered case, a first class sent from retirement savings plan) Ottawa on June 26 arrived and the plan is paying at the in Port Hardy on August rate of eight percent per 22. But here's the capper: year, your payment will be a letter mailed from Port \$5,400 when you are 71. Hardy on July 18 arrived in \$11,685 when you are 80 Port Hardy on August 13!

women can do no wrong when in fact many mothers In response to Arthur are very quick to use the Powell's Sept. 18 letter 'On children to get revenge on

Unfor tunately, many

jail or in a psychiatric hospital at present, and what of the kids? Who gets and \$23,305 when you are them now? And how will they feel towards their

their mother?

children.

The children are best with mom in most cases. And in most cases the children prefer to be with mom. Generally, mothers are calm, co-operative, safvetyconscious, non-drinkers, organized homemakers, dependable....and most of all - patient.

Following a marital

separation, the mother If you have been reading usually takes the children as the newspapers thoroughly, it is 'the most natural thing' you'd realize just how to do. But she doesn't stop horrible men can be to the the father from visiting the women with reference to children or having them on weekends and holidays. Recently, a husband shot Often, it is the father who his estranged wife - put her

chooses to stay away. The courts are loaded with cases. Enforcement of child maintenance orders far outnumbers the custody cases. It is the child support which often makes the man think the woman is vengeful and 'out to get him'. Not the custody angle of it.

It's about time the children came first. We have to take into account what is best for the child and where the child would be happier. When you hear of just too many cases where a husband kills his wife because she left him or children, one can understand why the judge would husband)

The legal department will

continue to make loads of money from unsettled family disputes. Family matters will never be settled satisfactorily if men continue to have it instilled in their minds that a woman is a slave in bondage. This slave business could be one of the chief reasons why more women leave their

and happiness. And in some cases, wives find that hubbies No. 2 and No. 3 are worse than hubby No. 1. That could account why there's nothing like 'the second time around'.

husbands for a life that

gives them liberty, freedom

Lastly, one chap summed up the situation when he told several women at a table one evening, "I'd love to shack up with different dames - get them all it was a fight over the pregnant - but not have to support any of them."

I think that's the attitude seem to have a definite of many guys. So if there's prejudice in favor of any revenge as Mr. Powell mothers. Because he has a puts it, the matter is violent nature. (the generally over money ---moreso than custody.

Mrs. L. Knutsson

Published every second Thursday, with the kind permission of Colonel Chisholm Base Commander, CFB Comox. Second Class mail registration is 4098.

EDITOR: Barry Kennedy (409) or (339-6052) BUSINESS MGR: Pat McAffer (339-5693) CIRCULATION MGR: Serge Wong (516) or (339-4379) SECRETARY: Michelle Ramesbottom (339-5790) EDITORIAL STAFF: Pete Witter, Doug Baker, Janie Baker, Jelle

PHOTOGRAPHERS: Maurice Robert, Pete Witter, Ron McMahon, CARTOONIST: Willie Haras

The TOTEM TIMES is an unofficial publication of CFB Comox. The Editor reserves the right to edit copy and reject advertisements to suit the needs of the publication. Views expressed are those of the contributor unless expressly attributed to DND, CF or other agencies. In case of typographical errors, no goods may be sold and difference charged to this newspaper whose liability is limited to a refund of the space charge for the erroneous item. "Advertising is an offer to sell and my be withdrawn at any time." Address correspondence to The Editor, Totem Times, CFB Comox, Lazo, B.C.

Printed in Courtenay, B.C., by the Comox District Free Press



FIRE PREVENTION PARADE

FIRE PREVENTION CONTEST AIRPORT SCHOOL



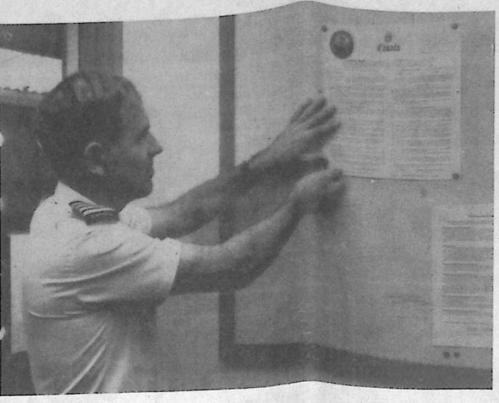
POSTER CONTEST 1st Prize - Paula Leroux - Div 4 - Centre

2nd Prize - Glen Stich - Div 9 - Right-3rd Prize - Heather McCormack - Div 4 - Left



COLORING CONTEST

1st Prize - Chandra Fisher - Div 12 - Right 2nd Prize - Marie Bourque - Div 11 - Centre 3rd Prize - Leah Slater - Kindergarden - Left



BASE COMD. COL. CHISHOLM places Fire Prevention Proclamation following Fire Prevention Week.



Prize Winners Bicycle Decorating Contest. 1st Prize - Centre - Tracey Macleod - PMO 1074 Wallace Gardens 2nd Prize - Right - Bev Byron - PMQ A 8 Wallice Gardens 3rd Prize - left - Cory Russel - PMO A 2 Wallace Gardens



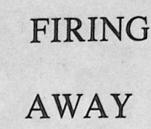
Thursday, October 16, 1980

POSTER CONTEST

HONORABLE MENTION Wayne Stich - Div 7 - Left Teresa Laheu - Div 6 - Right Tracy Dransfield - Div 6 - Absent



Winner of Fire Safety Puzzle Contest 1st correct puzzle turned in was from M/Cpl Hetman.



This year from 5 - 11 Oct during Fire Prevention week we again, have stressed to make people aware of "Fire" and how to prevent it.

With contests we stressed to get maximum participation from as many people as possible. We initiated unannounced fire drills and held talks and fire extinguisher demonstrations to various sections.

The open house at the fire hall attracted a large number of people with equipment displays, films and practical demonstrations.

After all this fire prevention is up to you, not only during fire prevention week but 365 days of the year.



SERVICE DIRECTORY

SEASIDE MOTORS

SERVICE - SALES - PARTS FOR ALL VOLKSWAGENS

148 ISLAND HIGHWAY, COURTENAY, B.C. V9N 3N8 PHONE 338-6791



WE HAVE MOVED TO SERVE YOU BETTER

685 Cliffe Ave. NEXT DOOR TO B.C. TEL

334-4845

KYE BAY

Phone 339-2921 New fully equipped large 2-bedroom family units Daily, Weekly and Monthly Rates

Owners: BETTE & DOUG HANDEL

*Alternators *Voltage Regulators

*Starters *Rewind Electric Motors

*Tune-Ups

*Fast Service

COMOX VALLEY AUTO ELECTRIC

(Foot of Ryan Road Hill) 338-5073

TELEPHONE 338-8200



971 CUMBERLAND ROAD . COURTENAY BC

- JOE PARKINSON

LAWSON ELECTRONICS

2703H Kilpatrick Ave. Courtenay, B.C. (Behind the Driftwood Mall) service for all makes

TV, Stereo & Microwave Ovens Warranty Depot For Most Major Brands Sales & Service For Auto Stereo, Marine VHF, C/B's, Depth Sounders, Zenith T.V.

BAYVIEW

3080 Comox Rd. Courtenay B.c.

(Next to Animal Hospital)

SERVING THE COMOX VALLEY WITH SHERWIN-WILLAMS.
BAPCO PAINTS AND OLYMPIC STAINS. Come in and see our large selection if Wallpaper Books

House of Dogs BOARDING KENNEL

DOGS & CATS PROFESSIONAL GROOMING - ALL REEDS

Heated Kennels' — Under-Floor Heated Bed ng Ares Large, New 18-ft. Individual Runs SANITARY CONCRETE BLOCK CONSTRECTION VISITORS' INSPECTION WELCOM

Don & Joyce Thomas RR1 Anderto Rd., Comox Phone 339-2955

GOODS GROCETERIA

P.O. BOX 190, LAZO, B.C. 339-2376

MEAT SHOP 339-3800

IN THE

339-3711

SHOPPING CENTRE

RED & WHITE **FOOD STORES**

COMOX HARDWARE LTD.

A COMPLETE LINE OF

HARDWARE, PAINT,

APPLIANCES AND

FISHING TACKLE

ADMINE LINK STORES

IN THE COMOX VALLEY



339-2911

COMOX VALLEY READY-MIX LTD CUMBERLAND, B.C.

PN. 336-2218

Ready Mix Concrete Sand and Gravel Trucking Cement Finishing Drain Rock Loaders

COURTENAY LUMBER

SPIKE SEZ: QUALITY, SERVICE & LOW PRICES

120 ISLAND HWY. COURTENAY, B.C. 338-6788

SERVING UPPER VANCOUVER ISLAND

TAYCO PAVING CO. LTD.

867 FIFTH ST., COURTENAY, B.C.

PAVING CONTRACTORS . INDUSTRIAL

. RESIDENTIAL . COMMERCIAL . MUNICIPAL

Phone 338-7251

416 PUNTLEDGE ROAD,

COURTENAY, B.C.,

Mighty Brake & Muffler

WAYNE ANDERSON

BUS. 338-1721 RES. 339-3351

V9N 3R1

UNITED CARPET 367 - Sixth St., Courtenay, B.C.

BRANCHES IN

CAMPBELL RIVER

& PORT ALBERNI

Remnants are our specialty.

COVALLE

2703 Kilpatrick Ave., Courtenay, B.C. Telephone 338-5511, 338-7769, 338-7512



OPEN

MONDAY, TUESDAY, WEDNESDAY FRIDAY

9:30 A.M. - 5:00 P.M.

THURSDAY

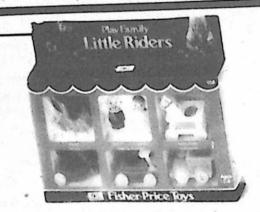
9:30 A.M. - 8:00 P.M.

SATURDAY

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

CLOSED SUNDAY

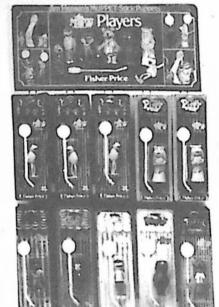
AUTHORIZED PERSONNEL ONLY



\$719



\$1899



\$249



\$1049

ELECTRONIC POKER

- . COMPUTER CONTROLLED
- . ELECTRONIC SOUND EFFECTS
- . PLAYERS AND DEALERS CARDS . CARD VALUES
- . CARD SUITS WINNINGS AND LOSSES

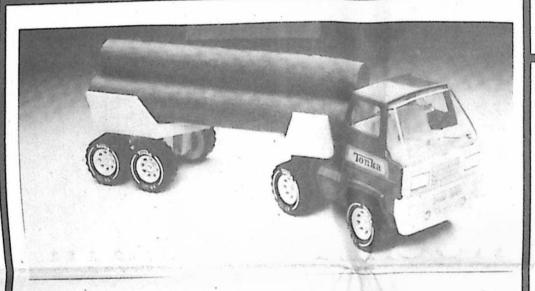
\$5999

ROCKET HOCKEY

\$11639



KITCHEN SET 24 PIECES \$1899



LOG TRUCK — \$2099



BARBIE **\$6**39



KISSING BARBIE \$999



\$4599



\$789





FARM ANIMAL PUZZLIS \$179



IT'S RONALD MCDONALD \$1899



\$1949

FOR BABY'S

CRIB

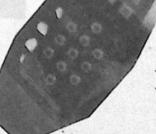
TURN & LEARN

\$1229





SCARE CROW \$759



MERLIN \$2999

COME IN AND USE OUR

LAYAWAY PLAN

WE WILL NOT KNOWINGLY BE UNDERSOLD



OPEN

MONDAY, TUESDAY, WEDNESDAY FRIDAY 9:30 A.M. - 5:00 P.M. THURSDAY 9:30 A.M. - 8:00 P.M. SATURDAY 9:30 A.M. - 4:00 P.M.

COMOX.CRESTED

CLOSED SUNDAY

GLASSES BEER GLASSES \$1999 WINE GLASSES AND

\$2399 **SET OF 8 GLASSES** \$2899

DECANTER

BROOM BALL EQUIPMENT NOW IN STOCK

CHECK FOR OUR 10% **OFF EVERY MONDAY** UNTIL ON SALE ITEMS SOLD*

"SPECIAL" **HOT POINT DISHWASHER**

\$44900

HI AND DRY PAPER TOWEL SINGLES 79¢

M.J.B. DRIP GRIND **COFFEE**

1 lb tin \$3⁴⁹

Oct 16 - Oct 22 or while quantities last

Check and Compare

ANNIVERSARY SALE

DAILY DOOR PRIZE WINNERS

THU - CPL. M. HENWOOD FRI - M/CPL K. WILK SAT - MR. GOODING SUN - MRS. K. O'BRIEN

MON - KATHY WILSON

TUE - PTE. C. CUCINELLI WED - S. MAIERS THU - J. FORBES FRI - SGT. C. VERGIE SAT - D. BOURROUGHS

\$1,000° WINNER MR. J.E. LANDRY COMOX

TRADE IN TIME

ANY OLD PAIR OF SHOES OR RUNNERS ARE WORTH \$500 TOWARDS A NEW PAIR of OSAGA SILVER STREAK

> Mens' and Ladies' 16 - 22 Oct. only

- \$9⁹⁹ SHOULDER PADS

ELBOW PADS -\$399 - \$1147

HOCKEY GLOVES - \$15⁹⁹-\$38⁹⁹ - \$15⁹⁷-\$18⁹⁹ **HOCKEY PANTS**

LACES

_ 69¢ - 89¢

SHERWOOD STICKS - \$699-\$949 SHERWOOD JR STICKS-\$279

LEG & SHIN GUARD - \$1349

- \$15⁹⁹-\$17⁹⁹ **HOCKEY BAGS**

- \$349 SUSPENDERS

WRIST AND HEAD BANDS— \$149

GOALIE STICKS - \$7²⁹-\$13⁹⁹

CUSTOM VIC STICK — \$579 **CUSTOM VIC 1000** \$699

ULTRA BRIGHT TOOTH PASTE 50 ml

SPECIAL

HEINZ TOMATO

KETCHUP

100 oz tin \$319

42¢

HEALTH AND BEAUTY AIDS

APPLE VALLEY 225 ml \$142 **SHAMPOO** 350 ml \$212

> **GRANDE BUFFET BAKE AND SERVE** WARE

. OVEN PROOF GLASSWARE . SURE GRIP HANDLES

\$1799 . EASY TO HOLD

FLUORGUARD MOUTH WASH 475 ml \$162

SAVE \$200 ON **MINIMATE 400 CAMERA** PRESENT THIS **COUPON** OCT 16 - 22 ONLY

EX **SAVE \$300** EX ON ANY BOXEDTOOL SET PRESENT THIS COUPON WITH ORDER OCT 16 - 22 ONLY WHILE QUANTITIES

LAST

EX

EX EX **SAVE \$300** ON MILITARY LONG SLEEVE SHIRTS PRESENT THIS COUP)N WITH ORDER OCT 16 - 22 ONLY WHILE QUANTITIIS EX

LAST

EX

EX

SAVE \$2500 EX EX ON ANY BIKE OF YOUR CHOICE ONE PER CUSTOMER PRESENT THIS COUPON WITH ORDER

OCT 16 - 22 ONLY WHILE QUANTITIES

LAST

EX

EX SAVE \$500 EX ON BLACK AND DECKER **WORKMATE** PRESENT THIS COUPON WITH ORDER OCT 16 - 22 ONLY

WHILE QUANTITIES EX LAST EX

We will not knowingly be undersold

EX

Totem sports

1980 Regionals

CALENDAR OF EVENTS

30 - 31 Oct 80 9 - 11 Feb 81

Hockey Old Timers Hockey Broomball (large & small Base combined) Curling **Badminton Co-ed** Bowling

Mens Womens

Mens

Volleyball Mens Womens Road Race 1 - 2 Dec 80

9, 10, 11 Jan 81 26 - 30 Jan 81 17, 18 Mar 81

z20, 21, 22 Jan 81

23, 24, 25 Jan 81

3, 4 Mar 81 3, 4 Mar 81 End of Apr 81

Esquimalt Esquimalt Chilliwack

Esquimalt

Comox

Comox

Holberg

Esquimalt

Chilliwack

(Back up Holberg) Chilliwack

(Back up Holberg)

REGIONALS

Comox (Backup Esquimalt)

Dates for Nationals forthcoming.

The agony of 'da feet



Pictured above is Barry Whillans, who has just completed his 10,800 mile. Barry is one of the more dedicated joggers on the Base who has just completed a marathon in Victoria in 2:55 and 25 sec. averaging 6:41 per mile. Keep on trucking.

Ladies golf done for the year

GLACIER GREENS McCaffery, LADIES WINDUP

The ladies of Glacier MAN: Millie Legg, Greens gathered on October 7 for their final scheduled round of golf. With a beautiful sunny sky overhead the atmosphere was one of a spring day and CLUB CHAMPION: the beginning of another Jackie Wilkie, season. The latter did apply MATCH PLA as a new slate of officers was elected for 1981. Following is the newly elected executive: PRESIDENT: Fran Hume,

CLUB CAPTIAN: Mona Ledgard,

VICE CAPTAIN: Frankie

SECRETARY/TREAS-URER: Clare Rathbun, HANDICAP CHAIR-HOUSEKEEPER: Wilander, and

PRIZES: Kay Banks. The annual competitions were won by the following: McCaffery, POWERHOUSE TRO-PHY: Kay Banks,

LEEWARD TROPHY: Joyce Aylward, RINGER BOARD: (tie) Mary Shaw and Frankie McCaffery,

MOST IMPROVED: Fran Hume,

PIN ROUND: Frankie McCaffery and Kay Banks. Break 100 pins were awarded to: Irene Murphy, Frankie McCaffery and Bev McGibbney. Sorry girls, no Break 90's this year--Better luck in '81!

The day ended with 9 holes of golf followed by a delicious pot luck dinner and wine. A good time was had by all and many thanks extended to the outgoing members of the executive: Gwen Hall, Pat Verchere and Barb Carter - Jobs well done! - Here's to lots of fun in '81.

FROSTY FOLLY

Here we stand with clubs in hand gazing at the sun. How can it be that summer's gone and with it all our fun? Someone said that it was fall and that we had toquit. But the weather's in and we long to hit that elusive little white ball. Fear not says one who knows the score and we begin to smile. Tis true that on a frosty morn that ball will run a mile. Dig out your fur lined mitt and don your rubber soles. Throw in a set of winter rules and lots of casual water. Methinks - quitting has to be for others!

LADIES SOFTBALL

Softball which is a growing sport in the service is seeing more participation by women and this year the little ladies held a national tournament in Shearwater.

The tournament slated 13 Sept and ended 20 Sept. Comox slated their first game with a win followed by another win and 2 losses. Comox who also represented the Pacific region last year with but a few changes this year is hoping to not only go to the Nationals next year, but to also bring back the trophy.

Coach of the team for the season was Gord Christensen, and the players hope next year will see their skipper back in the Billy Martin position

BASE THEATRE SCHEDULE CFB COMOX

Oct. 16 - 19

The Hunter

Steve McQueen, Catherine Harold Drama: MATURE Some violence and coarse language. Showtime: 2000 - 2155

Oct. 23 - 26

Airplane

Leslie Nielson, Peter Graves Satire Comedy: MATURE Occasional nudity, coarse and suggestive language Showtime: 2000 - 2150

SUPPORT YOUR BASE THEATRE AUTHORIZED PATRONS ONLY

Curlers Wanted

to fill openings in the following leagues Sunday night mixed - 7:00 pm \$45°°/person

Ladies Tuesday and Thursday afternoons - 1:00 pm \$8600/person

Thursday morning - 9:30 am \$50°°/person

Friday night - 7:00 pm

Juniors Leagues Sunday -1:00 pm to 3:00 pm

Seniors over 60, Monday & Wednesday afternoons \$4500/person

All curling supplies available at the club. All curling information phone 334-4712

10HISSION: 13 & OVER: \$3.50 ALL MITERS: \$3.75 BOX OFFICE 8:15 SHOW DUSK

October 17 - 19 Death Ship plus Jaguar Lives

Restricted - Some frightening and gory scenes

October 24 - 26 Mad Max plus Dracula Sucks

Restricted - frequent nudity and sex

7 and 9 p.m. No Matinee This Saturday

Thursday to Wednesday - Oct. 16, 17, 18, 20, 21, 22 Jason Robards, Anne Archer "RAISE THE TITANIC"

"Warning - occasional coarse language & swearing" B.C. Dir.

Thursday to Wednesday - Oct. 23, 24, 25, 27, 28, 29 Richard Dreyfuss, Teri Garr "The Special Edition"

CLOSE ENCOUNTERS OF THE THIRD KIND Starts Thurs., Oct. 30 - "CADDYSHACK"



Mon. to Thurs. - 8:15 p.m. Two Shows Fri. & Sat. -

Stardust Drive-in Theatre

Island Hwy. & Williams Beach Rd. Phone 337-5033

ADMISSIONS \$3.50 ALL-NITER \$3.79 OPEN THURS, TO SUNDAY GATES 7:30 PM; SHOW AT 8:15

Open Fri., Sat., Sun. - Oct. 17, 18, 19

Michael Caine "THE ISLAND" 'Frequent gory violence" - PLUS - Michael Douglas 'RUNNING"





101 Ryan Road Courtenay,

British olumbia V9N 3R6

Pho? (604) 338-5441

Tex 044-62524

THE NEW MEXICANA INN

Featuring totally new concept in dining and dancing pleasure. Feast on the exotic and home cooked Ukranian dishes cooked to satisfy your taste buds.

First on Vancouver Island

Outdoor BBQ steak and shishliki BBQ Ukranian style by our Ukranian chef. Live entertainment supplied for your dining and dancing pleasure; every Sunday after-

Phone for reservations; dress code in effect.

(Try us - you'll love us!)

Promotions and awards-

THE STATE OF THE S



Cpl. Larsen being congratulated on his promotion by Capt. Christie.



MCPL. HAYMAN receives his hooks and congratulations from Maj. Davis. Captain Wanda Kurpil is congratulated on her promotion by LCol. Morris.





CONGRATULATIONS: Sgt. Fred Miller being congratulated by 409 SAMCRO, Captain Grant, on his promotion effective 30 September. Sgt. Miller is employed in MWO CAMPBELL is congratulated on his promotion by Maj. Morriss. 409 Squadron Research Section as the AMMIS Co-Ordinator.

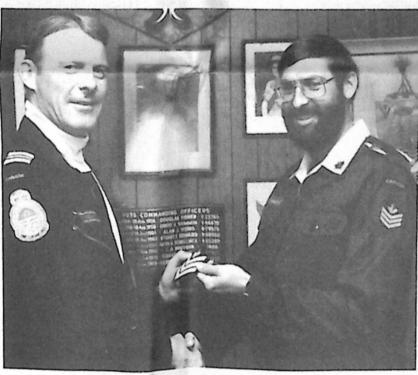




SGT. LARRY BELZAC is congratulated on his recent promotion by Maj. Beech.



ALTHOUGH THE PROMOTION was announced last spring the badges didn't go up and the money didn't start pouring in until fall. Maj. Beech congratulates Doug Cook on his promotion to Warrant Officer.



SGT. SIMMONS is congratulated on his recent promotion by Maj. Gibbon.



SGT. BOB LEWIS receives his Sgt. chevrons from Capt. N. Boehme, MSEO, on his promotion to Sgt. effective 2 Sep 80. Bob enrolled in the CF May 68 and is presently employed as the MSE Safety Supervisor.



Pte. (W) Nieman being presented with the "Top Student Award" by Capt. K.E. McGill, Officer Commanding Finance Training Company CFSAL, for graduating from the subject course with the highest academic results.

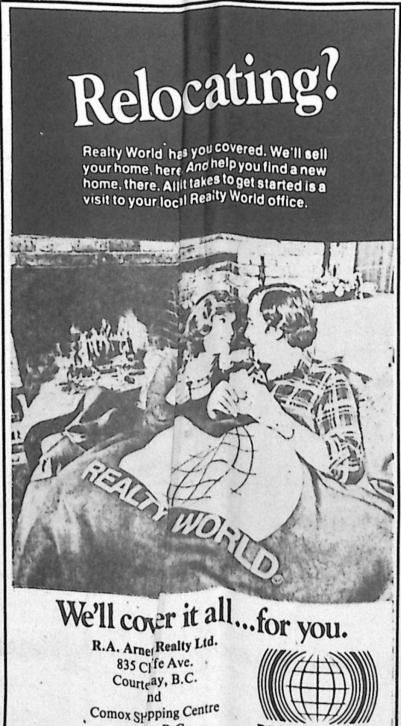
BAMBOO CURIOS NOW OPEN

Courtenays only Oriental shop. We have in stock Chinese lanterns and vase, exquisite cork and feather pictures, tea sets and dishes. COME IN AND BROWSE FOR GIFT

IDEAS GOOD SELECTION OF TOYS ALSO 12 NOON - 8 PM MON: THRU SAT. 12 MOON - 9 PM

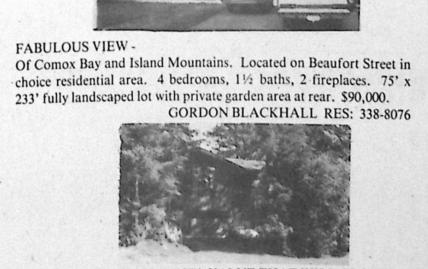
> 307C - 14th STREET (corner of Cliff and 14th St.) 334-2619

FRI



Copox, B.C.

REALTY WORLD



BEAUTY THAT WILL LAST! VALUE THAT WILL GROW! With this 3 bedroom, basement home in Courtenay. 21/2 baths, finished rec room with bar, fireplace, formal dining area, and on a well-treed 205' deep lot.

JERRY BURTT RES: 334-4323



576 ENGLAND AVENUE, COURTENAY, B.C. V9N 5M7 PHONE AREA CODE (604) 334-3124

AROUND THE BASE



At a coffee break Maj. L.R. Coleman (left) tells a whopping big fish story to Col. C.E. MacCara; BGen. S.M. Parkhouse; Maj. J. Farmer and Capt. M. Tipping. Note the intense interest of the listeners but disregard doubtful aspect seen in the



More greetings past the midnight hour are shared by Base Commander and the Base Chaplains in welcoming special guests. Lest to right Capt. E.L. Clifton; Dr. Rev. L. Hurtado; Col. J.R. Chisholm; Col. C.E. MacCara; BGen. S.M. Parkhouse; Maj. L.R. Coleman; Rev. A. Veldhuis.

Times Classifieds Totem

ATTENTION RETIRED PERSONNEL

DISTRIBUTION Company expanding nationwide requires Associate for

Comox and area. Products offered periodically to the public are unique and first-of-akind in the area. Renumeration limited only

by efforts expended.

This is a legitimate offer, not a pyramid sales scheme or inventory loading promotion. All personnel associated with our company are retired military.

Those genuinely interested may obtain complete details of company proposal by forwarding a brief career summary and present status and address

LEEWHITE DISTRIBUTORS, P.O. BOX 47, LION'S HEAD, ONTARIO NOH 1WO

OMNI

HORIZON

Book now for your dances. Country-Rock band available. Phone after 5 p.m. 339-5027.

Western Canada School of Auctioneering Ltd.

Canada's first and the only completely Canadian course offered anywhere. Licensed under the Trade Schools Licensing Act R.S.A. 1970 C 366 For particulars of the next course

Box 687, Lacombe, Alberta or Phone 782-8215

Storage facilities for people who have everything except space to store it! 2641 Kilpatrick Avenue, Courtenay, B.C. Call: 338-1052. Driftwood Mini-Storage.

> **GOLD PANNING** MERCURY

\$12/pound Comox Valley Surplus 4B 241 Puntledge Road Open Wed. and Sat.

E. Forchuk and Associates inc. REALTOR

Trenton office: 82 Division St. K8V 4W5, 394-4877, Betty Mills Sales Representative. Res.:

AT THE TOP OF MISSION HILL

North Island Highway, Courtenay, B.C.

CHRYSLERS - PLYMOUTH

DODGE TRUCKS

VANS - MOTOR HOME VANS -

PICK-UPS - 4-WHEEL DRIVES

CORDOBA - MAGNUM - Lebaron

"SERVICE AFTER THE SALE"

FRONT

WHEEL DRIVE

HANDICRAFT LESSONS

MACRAME 5 - 2 HR. SESSIONS \$1500 LAMPSHADE

COVERING 3-2 HR. CLASSES \$900 FOR ADDITIONAL IN-FORMATION CALL MARY DUNSDON 339-

2448 FOR RENT

1100 Sq. Ft. Bungalow, 3 br - 1 full bath & ensuite, fridge and stove included, Heritage Park, Comox, avail 29 Aug 80, \$400/mo. 339-5398

Model Railroad equipment. Nscale craftsman kits and buildings. Some European and U.S. prototype rolling stock - All Kadee equipped. Detail arts, etc. Call 339-4963

WESTERN EXPRESS LOTTERY TICKETS

"WINSDAY" are available weekly at the Pacific Western Airlines counter in the civil terminal - CFB Comox. Open seven days a

Chaplains visit Comox

of Air Command from of Winnipeg. Conference by the Chaplain General (P) ment in the 80's". field presented the guest lec- ethic.)

turers Dr. Rev. L. Hurtado Thirty-six Chaplains (P) and Rev. A. Veldhuis, both across Canada recently theological theme for the others. gathered at CFB Comox for Conference was "New and Testament Church Printheological studies. The ciples as they apply to meetings were also attended Congregational Develop-

BGen. S.M. Parkhouse and The Chaplains were members of his Division diligent at their studies as from NDHQ. The Com- they were in session from mand Chaplain (P) Col. 0815 to 2100 hrs. each day. C.E. MacCara with his (Must have something to do Assistant LCol. D.A. Hat- with the Protestant work

OCTOBER 29 DEADLINE FOR OWC CRAFT FAIR

The Officers Wives Club will have a Pot Luck dinner and Craft Fair for the Wednesday, November 19 monthly meeting.

All members interested in displaying and selling their craft items at the November meeting are urged to sign up at the October OWC meeting or to phone their reservations for table space in to Evelyn Kennedy 339-6217 or Diane Beech 339-5028 no later than October 29, as table space is limited.

The craft items must be dropped off, priced, by November 18 at one of the following drop-off centers: Alix Frazer 339-5082

DART LEAGUE

JUNIOR RANKS CLUB

2. Even if you don't know how to play darts,

3. the 1980-81 season will start, 14 Oct 80 at

For further information call Bill Chesnut Ext. 235 or

1. First night FREE beer and food.

Pat Black 339-3272 Sue McKinley 339-4523 Vicki Morris 334-3420

we can teach you.

1900 hrs.

339-6186.

Jolting experience

A recent incident where a civilian employee of CFB Comox was exposed to a live 600 volt circuit has forcefully reminded us of the unforgiving nature of electricity. It also serves as a reminder that safety responsibility includes your The own safety and the safety of

In this incident, a CE electrician returned to a job and received an electrical shock from a circuit which he had rendered inactive and tagged earlier the same day. Fortunately he was not injured, but the scene had been all set for a fatality!

We need to rely on more than luck to escape serious injury or death. That is why specific standards have been established, approved and issued in the Department of National Defence. The standard was adapted from Part IV of the Canada Labour Code and has been cleared by the National Joint Council. The DND Electrical Safety Standard Chapter 17.

How did our local electrician get exposed to risk? Obviously there is more to our story. In this particular instance, the circuit control was equipped with a lockout device of good design. The isolation of the circuit could have been guaranteed if it had been used. Instead, the common practice of "tagging out" the circuit was used. And now the plot thickens. During the absence of our electrician, someone had ignored or did not see the warning given by the "tag" and energized the circuit!

Needless to say, the system in use was reviewed and amended to conform with the DND standard. The other part of the equation is awareness of other base personnel, and recognition of the hazard and the warning tags. Not all electrical facilities can be locked out and some reliance on the "tagging out" system will continue.

Be sure - very sure - that you can recognize a "tagged out" circuit, that you know it means that the safety of an electrician, yourself and others may be at stake. Finally, accept can be found in DNDP 41, your part of the responsibility and never, never attempt to operatre the control involved or disturb the warning tag.

Watch your bird! (and your local electrician)

The Security Wives Club trunks! Fall Fashion Show was held Sept. 26 in the Totem Cheryl Thomas, members Lounge. Approximately of our wives club; Diane 150 people were entertained MacLean of the Security by sixteen models as they Section; Joy Bruce, Pat displayed the new fashions Hastings, and Marg Miller

5. Members from Sgt's mess are also Collings of Collings Mens the commentary. Wear did a wonderful job without a PA system! Maureen Osterpolski, Debbie Quesnelle, and Vicki Robertson, members of our wives club, modelled the lovely fashions from All Seasons Boutique. We were shown soft, flowing dresses, smart business suits and co-ordinates, cozy sweaters and slacks, coats and much more! Collings Mens Wear fashions moddelled by Phil Quesnelle and Dave Rodgers of the Security Section; Myron Wallace and Ted Wright were a huge success. A variety of suits, sweaters, coats, and lounge wear were modelled. The highlight of the evening was Dave

Rodgers modelling a

kimona and bikini swim

Security Wives fashion show

Evelyn McConnell and for the fall and winter modelled the fashions from Serendipity Boutique. Joan Pat Wallace of All LeBlanc assisted Georgette Seasons Boutique and Roy Sinclair of Serendipity with

Lesley and Victor of Barof commentating even net Fair did the lovely hairstyles. The makeup was Gladys Foster, Suzanne done by Carol and Debbie Greentree, Joyce Johnson, of Faces. Searle Shoes assisted us with handbags and shoes.

The lovely piano accompaniment was played by Kathy Dougan. We would also like to thank the Base Gardner for the lovely plants and Don LeBlanc of the Security Section for a great job on the spotlight.

Following the Fashion Show, light refreshments were provided by the Wives Club. For the remainder of the evening we danced to the "Sound of Music".

Thank you to everyone who helped us put on the Fashion Show and a special thank you to all who attended thereby making the show a success.

CFB COMOX OLDTIMERS "ALL RANKS"

4. All new players welcome

MONTE CARLO AND DANCE

- WO & SGT MESS LOUNGE
- TOTEM LOUNGE
- CLIPPER
- SAT 18 OCT
- **GAMES START 2000 HRS**
- **MUSIC STARTS 2100 HRS**
- GERMAN SAUSAGE & POTATO SALAD \$200PER PLATE
- FREE ADMISSION

Port Augusta

GAMES

DANCE

DATE

TIME

FOOD

DANCE

MUSIC BY



• 1 & 2 Bedroom Suites
WATER BEDS BY SLEEP ETE, COLOX

· Colourid T.V. Games Room · Dining Room

Sauna Heated Indot Pool CATERS TO SERVICE PERSOINEL

RESERVE NOW AT 339-227 2082 COMOX AVE., COMOX, B.C.

CFB COMOX RESTAURANT GUIDE EAT IN . TAKE OUT HAMBURGERS - SANDWICHES FISH & CHIPS • PRAWNS & DYSTERS SOFT DRINKS • COFFEE & TEA DESSERTS_ 11 a.m. - 10 p.m. 1743 COMOX AVE., COMOX 339-5322 fried chicken COME AND GET MR.Mike's A REAL MEAL Open Mon. - Thurs, 11 a.m. - 8 p.m. Fri., Sat. 11 a.m. - 9 p.m. Sun. Noon - 8 p.m. FAMILY RESTAURANT abc Full Service Menu . Open All Year Round Family Restaurant 8 A.M. - 8 P.M. AT THE DRIFTWOOD MALL 7 DAYS A WEEK. EAT-IN . TAKE-OUT

tastee-freez°

ice Cream • .Burgers • Fries • Sundaes • Party Ice OPEN 11 a.m. - 11 p.m. — 7 Days a Week 2002 Comox Avenue, Comox



DINING FACILITIES

Canadian Forces news-



C.F. Photo by Sgt. V. Tunstead

TOP AIR CHIEF -- Chief Warrant Officer W.J. (Bob) Neve, newly appointed Command Chief Warrant Officer for Air Command, looks over one of Canada's new long-range patrol aircraft, the CP-140 Aurora, when it stopped for a brief visit at CFB Winnipeg. At 53 years of age and 36 years of service behind him, the flight engineer of 30 years is a rarity, in that he has worn the uniforms of Canada's navy, army and airforce since starting off in 1944.

AUTUMN FORGE

begin intensive training this week with allied nations in the Central Region as part of the Autumn Forge series of exercises.

The 3300-man 4th Canadian Mechanized Brigade Group (4 CMBG) and 800-man 1st Canadian Air Group (1 CAG) will practice national and NATO battle plans, tactics and procedures in exercises designed to test interoperability and cooperation among allied forces.

For the third consecutive exercise units of the brigade group will be augmented by Canadian-based sub-units, this year adding one rifle company to each of the infantry battalions. In Jan and Sep 79 respectively, the brigade operated with an additional artillery battery and armor squadron. Although not practiced on all exercises, these additions represent the augmentation

hostilities.

The exercise period followed by a Canadian (VIGILANT BADGER IV) Munich. and the major NATO exercise "Certain Rampart" involving Americans, Danes, and Germans.

Exercise "Coldfire", the air exercise which runs concurrently with the land forces training, begins Aug 25 and includes American, Canadian and German aircraft from the 4th Allied Tactical Air Force (4 ATAF).

1 CAG aircrew will select targets of opportunity during the deployment and redemployment phases of the exercises and evaluate attacks through the aircraft's gun camera. They will also fly ground support missions for "friendly" and "enemy" forces during exercise play.

The Reserves will also

Canada's NATOassigned land and air forces planned for 4 CMBG during times of tension or cises. More than 180 militiamen from across Canada will join with their begins with two weeks of regular force counterparts unit and sub-unit training in the manoeuvres which take place in Bavaria, betcontrolled exercise ween Nurnburg and

ARTICLE THREE - CLASS C

AIR RESERVE & YOU

Last issue we touched briefly on the subject of Class C Service. This time service more closely. As Class C is a form of contract between the individual and the Department of will vary according to need more. Extensions to Class C contract are common if job for a year. the individual is giving good service and there is still a extended into the second

Let's talk about need. The Regular Force must overall manpower. It is when shortages in par- really gets into the act. filling a Regular Force as a lump sum. That's a vacancy and is counted as sizable sum. Next, all subpart of the Regular Forces sequent Class C pay will paid strength. Thus, there have pension contributions are limits on the number of deducted at source. Class C opportunities.

and/or Reserve), the skill sion. level attained and how long respectively, for non-pension is restarted. commissioned and com- There are a few other

always lots of questions about the effects of this:

a. During the first twelve we will look at this type of months of Class C Service an exserviceman in receipt previously mentioned, of a service annuity will continue to receive the annuity as well as Class C pay. No pension contributions National Defence for a will be deducted from the stated length of time at a Class C pay. If Class C is stated rank level. The terminated prior to the 12 length of service offered month mark, the Class C pay stops and there is no efbut will usually be from fect on the annuity. Easy three months to one year or and straight-forward. It's just like taking a civilian

b. If Class C service is year, it gets more complicated. At the one year mark the Class C Reservist operate within manpower is considered to have been limits and each trade has a re-enrolled in the Regular predetermined share of the Force for pension purposes. Now the finance section ticular trades occur that Pension contributions for Class C is offered. A per- the Class C pay in the first son on Class C is usually 12 months will be requested

Finally, the pension stops. The rank level offered For all sebsequent months (and thus the pay) will of Class C service the independ on the number of dividual receives Class C years service (Regular pay only, not pay and pen-

c. At the termination of ago. the person was Class C service over 12 released. Since the need is months an individual's seralways for workers not vice annuity is recomputed supervisors, Class C offers using the new best six years usually will be at the and the additional months Pte/Cpl and Lt/Capt ranks or years of service and the

who retired or resigned with dividuals. Anyone inmore than 8 years service terested in Class C service, could expect to receive an particularly ex-servicemen offer of Cpl IPC 4. The with a "500" series trade pay would be Regular Force background should contact pay for that rank and trade. the ARAF office 339-2211 Pensions. There are loc 357 for full details.

Lately I've

talking about

REED CAREER

been



WEITENUNG GERMAN/CANADIAN VISITS COMOX

17 day bus and boat trip pressed with it all. through British Columbia the Buhl/Weitenung area, and Mr. Ken McCrimmon Maj Rtd, the Community Baden.

missioned vacancies. Nor- "funnies" but they are per- and Prince Rupert, a boat signed the town guest book. Germans. mally a skilled technician tinent only to certain in- trip down the west coast to Mr. Kellow then took the Port Hardy, and a bus run group on a tour of the N.V. Davis, Maj. back to Vancouver via Filberg estate and the town

change of token gifts took become

On 19 Sep, 37 members Comox, Cathedral Grove, of Comox. This was Deut- Long Beach and Naniamo, followed by a dinner of sche/Canadisher Club of departing from Vancouver local salmon at the home of Weitenung/Baden toured on 23 Sep. They saw a lot Maj. Norm and Carol CFB Comox and the town of trees, mountains and Davis, who were formerly of Comox as part of their ocean, and were very im- associated with this group in Germany.

On arrival at CFB Many of this same group and Alberta. The group Comox they were welcomed did a similar tour of Onwas led by Burgermeister by the BComd, Col. tario and Quebec in 1977, Fritz, the political head of Chisholm when an ex- and as a result, have place, then taken on a knowledgeable of Canada. walking tour of the Base. From their reactions to Services Co-ordinator at This was followed by a visit both visits, there is no to the Comox town hall, doubt that they were The tour of western where they were welcomed favourably impressed with Canada included their by the deputy Mayor, Mr. what they saw, and that arrival in Vancouver on 7 Rick Kellow, where again they will better understand Sep, Victoria, the southern gifts were exchanged bet- the many Canadians living interior of B.C., Banff and ween the town of in their midst in Germany, Jasper, through the central Weitenung and Comox, where in some areas, the interior to Prince George and Bergermeister Fritz Canadians outnumber the



Province of British Columbia

Ministry of Forests

Responsibilities in Controlling Wildfires on Forest and Range Lands in British Columbia

The Ministry of Forests is currently producing a series of White Papers. The purpose of these papers is to obtain all additional views of the concerned parties. The current White Paper is entitled "Responsibilities in Controlling Wildfires on Forest and Range Lands in British Columbia.

Copies of this paper are available from the following Ministry of Forests Regional Offices:

> 631 - 355 Burrard Street Vancouver

518 Lake Street

Nelson

515 Columbia Street Kamloops

540 Borland Street Williams Lake 1011 - 4th Avenue Prince George Market Place Prince Rupert

Replies and comments should be received by November 30, 1980, addressed to:

Director, Protection Branch, Ministry of Forests. 1450 Government Street, Victoria, B.C., V8W 3E7

Comox Valley Ford RENTAL

Cars and Trucks

Mavericks, Comets, Pintos 1-Ton Furniture Van 3/4-Ton Pick-up Club Wagon

SALES SERVICE & RENTALS OPEN 8 a.m. - 9 p.m. Mon. to Sat.

For Daily Rental Call 334-3733

COMOX VALLEY FORD

Your Local Ford and Mercury Dealer 360 N. Island Highway, Courtenay, B.C. Phone 334-3161 MOTOR DEALER LICENCE NO. 5028

YOU CAN'T TAKE IT WITH YOU?

If you have been posted overseas and must consider Long Term Storage of your household goods and personal possessions then consider

Now find out more about

write: REED CAREER SERVICE

this amazing system.

#203 10235 - 124 Street

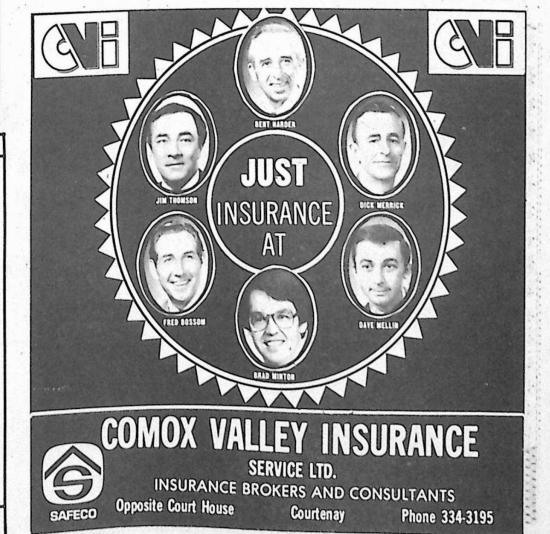
Edmonton, Alberta T5N 1P9

Tyee Moving And Storage

Your goods are carefully packed in individually palletized containers. Your possessions are professionally stored in our modern warehouse where their safety in your absence is our prime concern. To arrange for storage or tour our facility, call

Bill Atkinson

THE CAREFUL MOVERS.....SINCE 1921



GALLE COME

Thursday, Friday and Saturday

October 16, 17, 18

Unadvertised Specials throughout the store

Northern Feather of Denmark has weathered the storm. Since 1901, Northern Feather has been in the down quilt manufacturing business and there is no aspect of the process that has escaped their attention. From proper and rigidly controlled compatibility of cambric cover and filling, to blending and weighing of quilts to suit varying climatic conditions, Northern Feather has been converted traditional "blanket market" countries the world over.



Norbed

Twin \$169.
Double \$229.
Queen \$259.
King \$299.



GUARANTEE

Northern Feather quilt products carry an unconditional ten year quality guarantee against any defect that can be shown due to faulty materials, construction or workmanship. Backed by Northern Feather's world wide guarantee.



Northern Feather

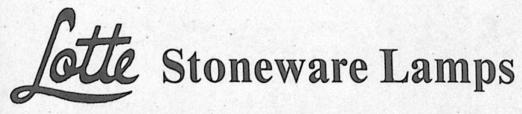
Twin	\$149.
Double	\$199.
Queen	\$219.
King	\$259.

Coordinating covers in 100% cotton

Twin	\$4295
Double	\$5295
Queen	\$6295
King	\$7295



Pillows 25% off



in a selection of decorator colors. Grand opening special 25% off.



Framed Prints

by selected artists.

Grand opening special 25% off.

J.S. Quilt Shops Ltd.

442-C Duncan Ave.

Courtenay, B.C.

(across from Eatons)