



TOTEM TIMES



Vol-22 No. 20

CFB COMOX TOTEM TIMES

THURSDAY, OCTOBER 30, 1980

COST: PRICELESS



CFB Comox had the opportunity to host an E3A AWACS recently. 409 squadron worked with the multi million dollar aircraft during a two day exercise period. The AWACS crews are based at Tinker, AFB, Oklahoma. The large radome on the aircraft provides interceptor crews with attack geometry similar to that obtained from ground sites. The obvious advantage of this system is its mobility to provide radar coverage where ever required.

Rumble over the tundra

With the weather turning cold, the wind picking up, and snow threatening anyday, Maple Flag VI at Cold Lake, Alberta is providing its participants with as close an approximation of European weather and topography available on this side of the Atlantic.

Held twice annually, Maple Flag is a tactical exercise used to expose Canadian, American and British crews to conditions and tactics similar to those in actual combat.

The RAF was absent this fall, but U.S. and Canadian crews flew dozens of joint training missions per week for the entire month of October. Canada was represented by CF-104's from Cold Lake, CF-5's from Bagotville and cold Lake, and Voodoos from 409 Squadron here in Comox.

Flying in a simulated European scenario is challenging in itself, but combined with this are the two most important aspects of the exercise. First, it provides an opportunity (in the case of some squadrons, the only opportunity) to fly, fight and employ tactics with and against large numbers of aircraft. Particularly in Canada, we seldom have the opportunity to become involved in aerial engagements that involve more than a handful of aircraft at any one time in any one piece of sky. In contrast to this situation, the range area in northern Alberta becomes filled to the point of saturation with attackers and defenders swirling about in great clots in the air. With the ground attack fighters trying to press to their targets, defenders pouncing down upon them on their way in and out, and aircraft assigned to CAP

(Combat Air Patrol) trying to shake the latter from the former, the air arena at times becomes congested to the point where 90% of your time is spent looking behind you.

Hand-in-hand with the benefits derived from this feature of the exercise are those garnered from working with the various crews themselves. There are as many ways to fight a battle as there are people involved, and the constant interchange of strategy and tactics between squadrons is invaluable for acquiring new skills and sharpening old ones. The fact that many of the USAF pilots have experienced actual combat, and that the tactics employed have for the most part been tried and tested in the South East Asia campaign, adds to the authenticity of the exercise. Lessons learned in battle are infinitely more valuable than those tactics postulated by arm-chair fighter pilots.

The Americans themselves love the opportunity to be able to fly in an area with so much more freedom of operation than that to which they are most accustomed. The size of the Cold Lake range, and the relatively relaxed set of flying restrictions is in direct contrast to those experienced south of the border, where heavily populated and sensitive areas severely curtail the flying operations of many of the squadrons.

Our U.S. comrades have also proven very adaptive. With only a few Maple Flags under their belts, they already have a firm grasp on the intricacies of Crud, and in the first two weeks of the exercise were able to overthrow last spring's champions - Cold Lake's 434 Squadron. The trophy

for the Crud champs was, in fact, donated by our friends from Nellis AFB and makes the treasures of Ali Baba pale in comparison. 409 Squadron was the only CF-101 unit participating in the fall version of the "war", and was used as an arm of "Red Force". Put succinctly - the bad guys. Working with the Aggressor squadron of F-5E's from Las Vegas, the Voodoo crews employed Soviet tactics and simulated Soviet weapons within the parameters of the battle. "Fox 2" calls were replaced by "Atoll" shots, as the one-oh-wonder flew sorties against the "Blue Force" strikers penetrating through to their targets.

Unfortunately, this placed the Voodoo in direct competition with one of the foremost air fighting machines in the world today - the F-15 Eagle. With an excellent marriage of weapons and fire control system, as well as a marvelous airframe and engine package, the F-15 was a formidable foe. The ability to shoot down the enemy before he can bring his weapons to bear, and the capability to accelerate straight up or pull off many other manoeuvres beyond the powers of the aging Voodoo, are valuable assets indeed in a kill-or-be-killed situation. Eagles can be killed - but it requires tactics designed to exploit their weaknesses, a bit of luck, and usually cannot be done without your section of airplanes taking a few hits in return.

409 plans on returning to the spring exercise, for there is too much to be missed by passing up opportunities like Maple Flag. To take a page from the Montreal Expos cries of, "Wait 'till next year!", we can only add, "Wait 'till we have the Hornet!"

Recommendations on Unification

Recommendation No. 4

The Unification Task Force recommended that "cross-posting between environments be used only for volunteers or to meet special personnel requirements."

MINISTER'S COMMENTS

While the underlying concerns of the Task Force for unit and individual ef-

ficiency are appreciated, I am convinced that operational units could not be effectively staffed by seeking volunteers who would be willing to serve in any environment. It has been our policy within the Department to attempt to satisfy individual employment preferences where they are not in direct conflict with service requirements. However,

since we cannot totally eliminate moving personnel across navy, army and air force areas of employment we simply could not gamble on volunteers meeting future needs. Therefore I am not able to accept this particular Task Force Recommendation.

Recommendation No. 5

The Unification Task Force recommended that "Of-

fering promotions as an inducement to personnel to accept undesirable postings be avoided."

MINISTER'S COMMENTS

The promotion process has been used to help fill positions which are considered by our personnel to be less desirable than others. Where a vacancy exists in one of those units which involves promotion, we have asked for volunteers in the order in which their names appear on the promotion lists for their trades. If they accept, they are promoted and moved to

the new job and if they don't accept, they simply wait until the next new promotion opportunity arises. A similar practice is followed in large corporations and elsewhere in the Public Service. This process has been carefully applied in the Canadian Forces and has resulted in many people remaining in the military who might otherwise have left, if they had been forced to accept a promotion and a move. I am satisfied that the current policy should remain in effect for the sake of all concerned.

Where's the party?

Halloween'80

Always on duty, Capt. Don Harrington - the Base Commander's Executive Assistant - prepares to escort a visiting female dignitary to one of the numerous Halloween parties taking place on and around the base this coming weekend.

But, as is the case with most people, Don is having the annual problem of deciding on a costume. P.E. Trudeau was ruled out as being too politically sensitive, Superman as too demanding, Loni Anderson as too provocative and a three-star general as too presumptuous.

"There's a good chance we may just end up going as we are," said Don disconsolately.



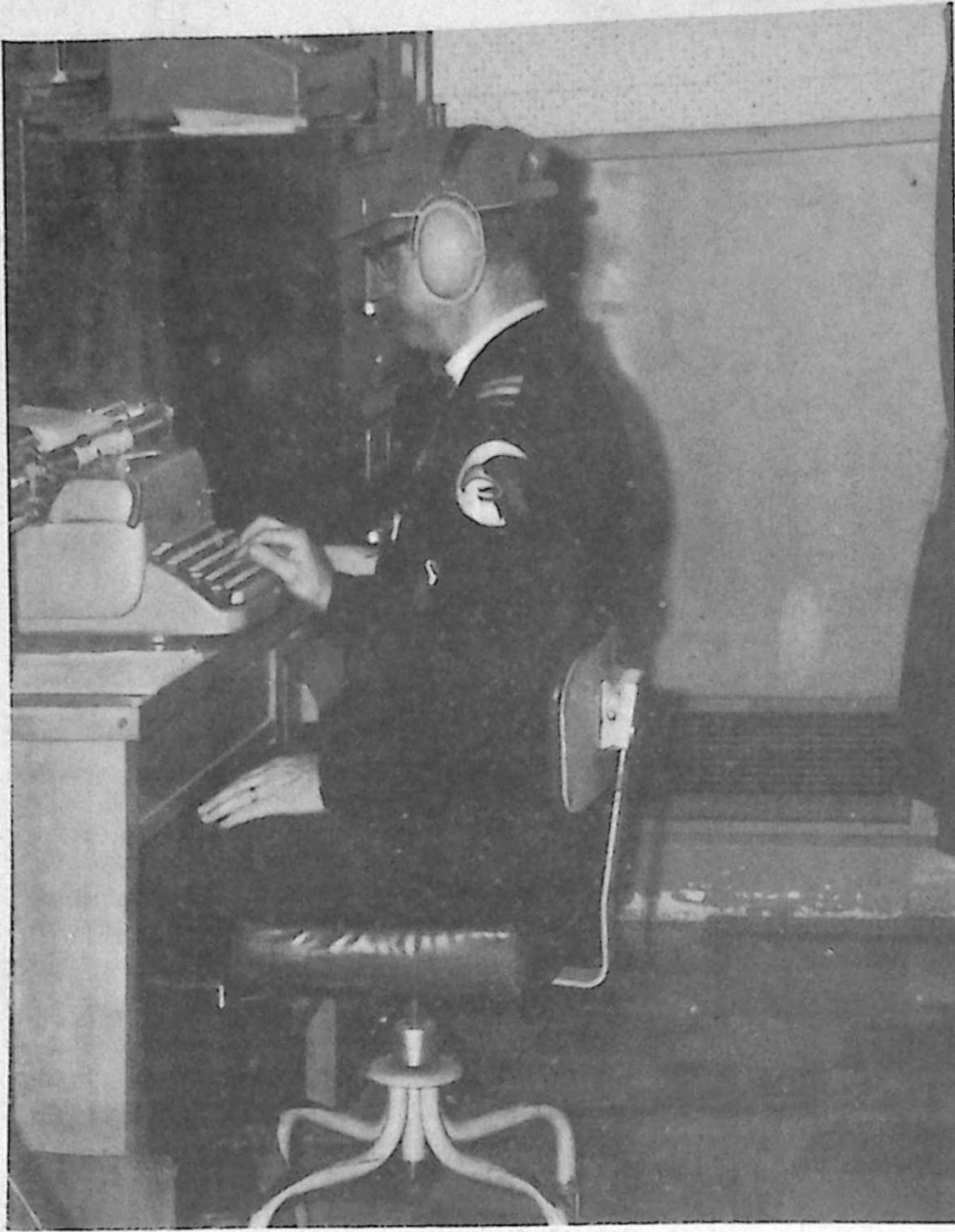
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Next deadline
Monday, November 10

Section news

NIGHTHAWKS NEST



Shutting out the slings and arrows of outrageous comment, Capt. George Rawson works on his memoirs during a break in his duties. As is obvious, George is a single digit typer, and for this reason plans to limit his reminiscences to the post-Confederation period. When asked why he didn't remove his ear defenders and take the heckling like a stoic, George replied, "...what?"

Don't you love a guy who won't quit? Apparently Rick Zyviski is going to try again this year. Last Halloween he decided it would be a great joke to slip a razor into one of the apples he was passing out, but the trick failed miserably. The batteries ran out.

Looks like a lot of the boys and ghouls will be collecting at the Kolupanowicz's house for a costume party. (Sorry Bill - I know adding another syllable to Kolupanowicz by making it possessive is adding insult to injury, but I had no choice.) Costume parties are a great relief for this squadron. Besides being enjoyable in themselves, peace officers generally tend to treat a 220 pound man found wandering drunk about the town with a little more respect if he's outfitted like Frankenstein, and with a bit more sympathy if he's decked out like Minnie Mouse.

"B" flight has arrived back from Maple Flag at Cold Lake, Alberta and, as Maj. Worbetts so aptly put it, it was time we got out of Dodge. It seems fitting to recount a line from a Mark Twain story about a man who was tarred and feathered then run out of town on a rail.

"Were it not for the glory," he said, "I'd just as soon walk."

"A" flight is due back this coming weekend, along with the ground crew who have remained for the duration. On the topic of returnees - welcome back to our Willy Tell boys who arrived safely after having contributed to Air Defence Group's second place finish in the Voodoo category.

LCol. McAffer was apparently quite impressed with the floor show at

Oktoberfest Saturday past and henceforth plans to introduce the slaps and kicks dealt out by the performers as a fourth type of leadership approach.

"The Free-rein Approach, the Participative Approach and the Authoritative Approach are the three commonly accepted forms of leadership," the boss stated, "and each have their place."

"However," he continued, "this new Martial Approach is a hell of a lot more fun, and I plan to use it exclusively in the future."

An apology in print to Barb Taylor, wife of 409 pilot Brian, for being congratulated by this writer Saturday night on the birth of her baby - eight months after the fact! (Jeez Marge, them gals all start foalin' and they's just no keeping track of 'em!)

This is a good place to thank Harlan Price for the efforts he made on behalf of the Terry Fox Marathon of Hope Campaign. Harlan collected almost \$550. through his own initiative - much appreciated, and an excellent cause.

Having brazenly gone out on a limb and predicted Kansas City to win the World Series, only to see the limb cut cruelly from beneath me, it would be understandable were I to refrain from such rash predictions in print. On the contrary, I feel it my duty to mouth off and hereby predict that Terry Bradshaw will not win the 1981 running of the Kentucky Derby. And I give odds.

In closing I'd like to wish Glen Buchanan good luck. No particular reason, but I think he could use some.

BGJK

442 SAR SITREP

Although the Sqn. has been involved in some major rescue operations recently, the last year has been relatively quiet. None of our SAR ops have developed into prolonged searches. A year ago last September, we had a two week search on SAR Yates, but searches of that length are becoming rare. Just a few years ago, two and three week searches were the norm. There were also many cases where two or more searches were being conducted at the same time.

By contrast, our longest search since February of this year was concluded in less than a week. This does not mean that there has been a significant decline in the number of searches. In October, for example, we had two consecutive searches in the Fort St. John area. Fortunately, both searches were concluded very quickly. This now seems to be the norm. Why is this the case?

Statistics have shown that the majority of aircraft accidents in any given year happen to low time pilots. Although the accident rate has remained relatively constant, why are searches taking less time than just a few years ago? Here are probably many reasons, but only a few will be offered here.

First of all, it is possible that the training and exper-

tise of private pilots is improving. Better flight planning, weather knowledge, and navigational expertise would mean a decrease in search time in the event of a crash. Also, better and more frequent position reporting by a pilot aids the searchmaster in the initial stages of a search. Secondly, it is possible that more accidents are happening closer to airports of departure or destination than in the past. Thirdly, we can't ignore the fact ELT's have considerably shortened some searches. Finally, it is possible that the experience and expertise of SAR crews (including PEP) has been improving. This is all speculation, of course, but there has to be an explanation for the decrease in time spent on most searches. Any way you look at it, though, the shorter the search, the better.

PERSONAL NOTES: Two Squadron members recently took part in marathons in order to raise money for charities. Cpl. Gord Bur-nell's run raised money for the United Way. Capt. John Stevens donated his "earnings" to the Terry Fox Cancer Fund. (It seems that some of us are in good physical condition!) After Kirtland AFB in a few months of "ace-deuce" and a holiday at the mountain flying course, final destination, Colorado Springs. Is there a lesson to be learned from all of this? (Has anything changed?)

On the same subject, Lt. Rick Lapointe has made a permanent impression in the couch that is located in the pilot's lounge. Even he has learned the game of accede! A few weeks ago, he started to make a photo album out of his log book. (May as well use it for something). OCdt Steve Harrison is anxiously waiting for an addition to the family. At the time of writing, the event was imminent. We're all waiting for those cigars, Steve! Finally, a story from a recent southern trainer. The Buffalo's itinerary on one particular day had them going from San Diego to Albuquerque to Colorado Springs. Before departure from NAS North Island, a U.S. Navy Captain and a Commander asked for permission to fly with the Buffalo to Colorado Springs. The Commander happened to be a Padre. When introductions were made to the crew, the Padre couldn't resist commenting on Capt. Zoltan Pegan's last name. He remarked that he had his work cut out for him with a "pagan" on board. For some mysterious reason, the Padre elected to get off at physical condition! After Kirtland AFB in a few months of "ace-deuce" and a holiday at the mountain flying course, final destination, Colorado Springs. Is there a lesson to be learned from all of this? (Has anything changed?)

BAMSO



BAMSO TURKEYS GET BIRDS Thanks to extraordinary organizational and logistical efforts by Base Armament staff the BAMSO Turkey Shoot was held the week before Thanksgiving and eight turkeys were presented by Major Beech to the winners, L to R Cpl. J. Sykes, Sgt. D. Chislett, Pte. C. Chartier, Sgt. A. Bennett, WO A. Toutant, Sgt. D. McMillan, absent Cpl. A. Barber. Alex Toutant dazzled officials and proved to be the big gobbler getter winning two turkeys, and Gabby Chartier astounded all concerned with the lowest score in the history of turkey shooting. Whereas a live turkey would have provided proper recognition of his shooting prowess, they were hard to obtain that close to Thanksgiving.

OFFICERS' MESS ENTERTAINMENT

Fridays, November 7, 14, 21, 28 -

REGULAR TGIFs- Subsidized drinks: 1700-1800 hrs. Bottle and Jackpot draw at 1800 hrs. Food as indicated. Free taxi service at the bar.

Saturday, November 1 -

HALLOWE'EN- Music: 2100-0100 hrs. Dress: Costume or Casual. Prizes for best costumes. Cost: \$6 per couple, \$8 per guest couple.

Saturday, November 8 -

MONTE CARLO NIGHT- Entertainment. "Big Bucks". Come and take on Lady Luck. Casino opens 2000 hrs. Subsidized drinks: 2000-2100 hrs, plus Drink of the Night. Cost: \$6 per couple, \$8 per guest couple.

Sunday, November 16 -

CANDLELIGHT DINNER- Time: 1930-2130 hrs. Cost: \$20 per couple. Dress Informal. Adults only. MENU: (a) Captain's Plate (seafood platter) or (b) Prime Rib. Assorted dinner vegetables and dessert. Reservations and menu (a) or (b) to Mess Manager by 1300 hrs., Thursday, Nov. 13. Inform Mess Manager if you desire a table to seat more than six.

OBITUARY

Suddenly, from 20 - 24, 1980, at Cold Lake, Alberta, Major Ray Dunsdon. Shot over twenty separate times in the back at ranges from a few feet to two miles, he is survived by his wife and children, several chickens, six rabbits, a chain-saw and his helmet bag. Foul play is suspected and Cold Lake police are questioning numerous F-15 Eagle pilots as to their whereabouts during the period. Memorial service to be held Friday at the lower bar of the Officers Mess until the last man drops.

ENTERTAINMENT WOs' - SGTs' MESS

31 Oct - Mixed TGIF - 8 p.m.

1 Nov - **DOWNHOMERS
NITE**

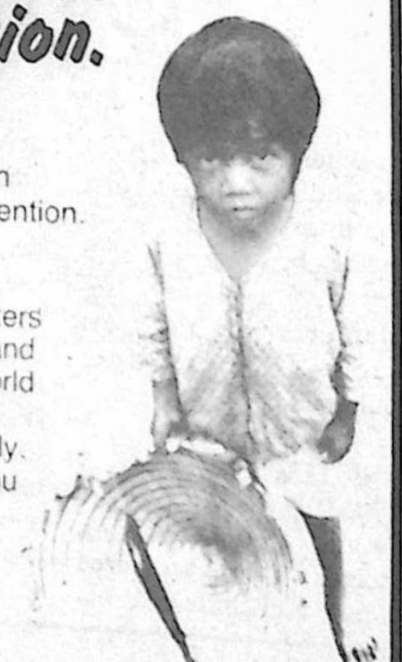
1. Band
2. Food - chowder & fish & chips
3. Cocktails

MEMBERS - \$15⁰⁰/couple
Hon Members/Guest - \$20⁰⁰/couple

Fridays - 7, 14 - TGIF (food, games, prizes)

No child should starve for attention.

But last year, 10,000,000 children did. So this Halloween we'll be asking for attention. And plenty of it. Because that's when UNICEF Trick or Treaters will knock at your door and ask you to help fight world hunger. Please give generously. The more attention you pay, the less hungry they'll be.



Fight World Hunger
From your Doorstep
Give to UNICEF
This Halloween

no matter
where
you're moving ...
we'll help you find a new home
before you arrive!

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407 DEMON DOINS

On to more doins! Last week two crews from "Ausie-Land" (you know, that place where all the cute kawala bears roam) were hosted by the squadron on their world tour. From all indications they seemed to have enjoyed themselves, after playing Monkey Golf at Glacier Greens, fishing for thoses elusive salmon, or else trying to pick up polar bears at Miracle Beach. Friday night they all congregated at the Seaside Restaurant where all of the 407 wives were (their husbands were attending the mess dinner). They sure don't miss a trick do they? Maybe it was just coincidence that some of the Ausies didn't return home until the wee hours of the morning - about the same time the husbands were coming home. Ah, it was a sad day when they had to leave the valley on Sunday.

Changes in the Squadron see Maj. Breen as the new Pilot Training Officer, Maj. Ainslie as the new Pilot Standards Officer and Maj. Crawford as the new SStandO. But the "smallest" change seems to be "Dr." Don Johnston is now VPCC of Crew 6 (Guess the crew had better start brushing up on their short jokes again). The only note for this weeks Rumour Section is that La Cremaillere Restaurant has extended to the CO another invitation to come again and run up another large bill just like last weeks - except that he is to leave his "sleepy" friend behind. Until next issue, a reminder to all the "veterans" in the forces - train a "sprog" in the way he should go, and walk there yourself once in awhile.



407 Servicing receives a visit from Rear Admiral Hughes on his recent trip to Comox.

CREW 6 SURVIVES!!

With great trepidation, courage, bravery and all the other qualities associated with heroes, eleven members of crew 6 ventured into the wild woodlands at Brewster Lake. Facing starvation, four cold wintery nights, rabid grouse, hulking bears, and...the "Mad Wine Jug" they arrived and conquered everything which stood in their path.

Although I wasn't there to see the camp set up, I would imagine the beer was opened first, then the war stories came out, and finally the camp (3 bell tents, a van, and a tent trailer) was set up. After supper the campfire was lit and everyone settled down for a quiet evening. Bottled sunshine flowed freely, war stories and jokes were exchanged and merriment by all was exuded.

It became quickly evident that several members had a naval background. Bill Ainolie expounded on his days as a Tracker co-pilot on the "Bonny". Don Knight (Sailor) practically lived on the Bonnaventure for part of his earlier life and Tony Ruthven recounted his days of paint-chipping and deck-scrubbing. One of the highlights of the evening was the near-branding of our ambassador-at-large Mark Scott. Fortunately he was not hampered by clothes in making his escape, so he was able to stagger faster than his pursuer. The branding iron went back in the fire for its next victim.

The days were spent in languid luxury, fishing for rainbow and cutthroat trout in the nearby lake, hunting grouse or lazing around camp. The weatherman cooperated to near perfect-

tion, sending warm sunny days and clear, star-filled nights. A little rain fell but not enough to "dampen the spirits" (pardon the pun).

The high point of the expedition was the mess dinner. Everyone remembered to bring their bow tie and a few "extras" were worn by same. A feast it was, fit for kings and queens! The appetizer was cream of celery soup, followed by "Marks" freshly caught trout. Wench service was provided by the various members "volunteered" for the task. The main course was barbequed steak, spuds, cream corn and carrots. The liberal doses of wine were employed in a "wash-down" manner - washing down the food as soon as it was eaten. Desert consisted of Peche Royale - the Royale coming from a bottle of Crown Royal. Boy, what a flavourizer!

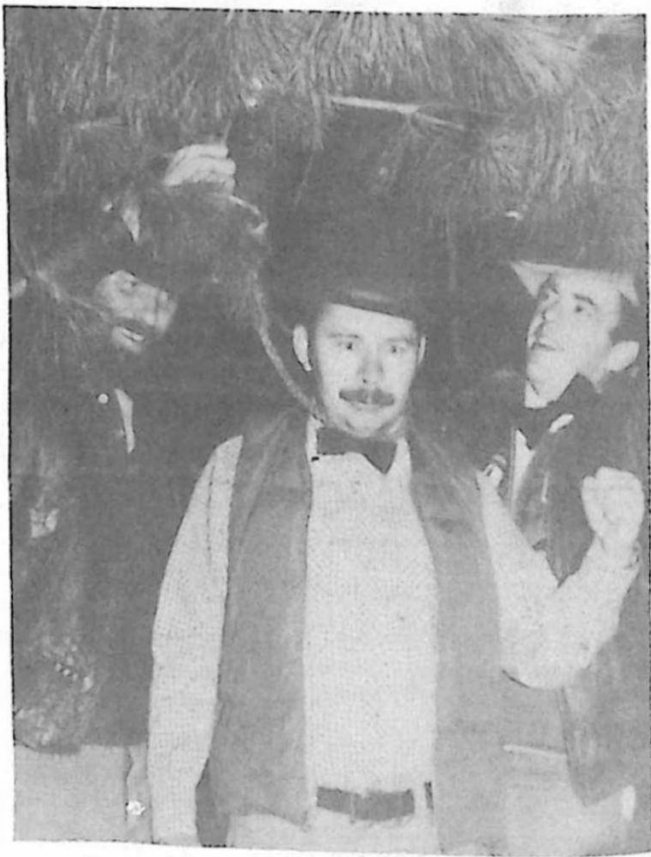
The rest of the evening? Several people were chastised for gross negligence in one way or another (Mark Scott was ceremonially hung). The ceremonial choir was burned on "the white-man's fire". Sailor, after tripping over a huge stump, nearly impaled himself on a tent peg. Not being satisfied with that, he later tripped over the same tent-peg and hit the ground with a vicious head-but. Tony Ruthven introduced the gang to several new songs

of ribald variety and the woods echoed with off-key tunes for the rest of the night.

The chef for many of our meals was none other than our "Padre", John Wood. His masterpiece was Monday nights' stew - words cannot describe the taste it left in our mouths. For a guy who doesn't use Grecian Formula he sure can cook.

Our adventure came to a close on Thursday when camp was reluctantly

broken and everyone headed back home. Narraa braver bunch of evil-smelling, easy going merry-makers has Brewster Lake seen or will see for many a moon. The tall stands of evergreens will once more wait in anticipation for the loud echoes of ravous laughter of war stories and joke-telling, as Crew 6 will return, once more into the wilds. And that's a promise.



AIR RESERVE & YOU

Article 4 - THE SUPPLEMENTARY LIST

This article is primarily aimed at you, the serving Canadian Force members, Regular or Reserve. I want to talk about a little-known section of the Canadian Forces Reserve and why you, on resignation or retirement should belong to it. That is the Supplementary List (SuppL).

The Canadian Reserve is composed of four sub-components: the Primary Reserve, the Cadet Instructors List, the Canadian Rangers and the Supplementary List. Only the Primary Reserve and the Cadet Instructor List have an obligation for annual training. Members of the Supplementary List simply keep their name, former rank and trade and an up-to-date address on file in Ottawa.

There are obligations of course. A member of the Supplementary List can be called to active service if there is an emergency involving the defence of Canada or a situation where we have treaty commitments, such as NATO. Those types of situations though, would see virtually all ex-servicement volunteering simply because they are ex-

service and would recognize the need. Call it patriotism or whatever, I'm sure that's the case. Being on the Supplementary List makes it easier to be contacted.

Now to more down-to-earth reasons for transferring to the Supplementary List when you get out. Servicemen and women leave the Forces to start businesses, for better jobs, at retirement age or for other reasons. Sometimes things don't work out quite as expected and maybe a return to service life for awhile would be welcomed. If the service is short in your trade and you are on the SuppL you can be found and asked if you are interested in serving again. If you're not on the List it makes it that much harder to find you to ask if you are interested. So the SuppL can provide you with an employment option and it's an important point. Keep your options open.

Right now there are opportunities for Class C service for some officer classifications and certain trades (primarily electronics). It's easier to bring in a SuppL member to one of those positions because it's a transfer. That's right. A member of the SuppL can be transferred to other components of the Reserve or back to active service.



GOOD'S GROCETERIA

Gary and Jim Bourque

Ryan Road, Comox, B.C.

PRICES EFFECTIVE: 29 Oct - 1 Nov.

CALIFORNIA TOMATOES

Can. No. 1.....59¢ 1b

B.C. TURNIPS

Can. No. 1.....23¢ 1b

SQUIRREL PEANUT BUTTER

Smooth 1 kg Jar.....\$2³⁹

CAMPBELLS TOMATO SOUP

284 ml Tins.....2/59¢

PAMPERS TODDLERS DIAPERS

Box of 24.....\$3⁹⁹

WESTON'S SUNBEAM SANDWICH LOAD

24 oz white or 60% whole wheat.....89¢

ROD'S WHIPPO

New - dairy whipping topper 1 1/2 oz can.....\$1⁴⁹

WE RESERVE THE RIGHT TO LIMIT QUANTITY

Jr. Ranks Club

NOVEMBER

- | | |
|--------|-------------------------------|
| 1 Nov | DJ - Music Punk Rock New Wave |
| 4 Nov | DJ "VILLA RIDES" |
| 7 Nov | DJ |
| 8 Nov | DJ |
| 11 Nov | "THE WARRIORS" |
| 14 Nov | DJ |
| 18 Nov | "TALES THAT WITNESS MADNESS" |
| 21 Nov | TGIF |
| 25 Nov | "NORTH DALLAS FORTY" |
| 28 Nov | TGIF |

Presentable jeans allowed with D.J. D.J. start 2000 hrs.

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Editorials

Trick or treat

Halloween, (hal' o wēn'n.(contr.<all hallow even) the evening of October 31, followed by All Saints' Day.

Halloween is traditionally the evening of the year when parents are allowed the privilege of dressing up their children in a dizzying variety of costumes and strange garb in order to participate in that age-old human endeavor called begging. Fortunately the lawmakers throughout the years have seen fit to leave us with this method of extracting labor from the youngsters, and it is refreshing indeed to see it has not gone the way of the child work shops, factories and mills.

They must have had this in mind when they were coming to their decision, as otherwise the parents wouldn't always manage to wheedle the best part of the loot from their kids.

Remember what it was like? The last block on the way home was reserved for hiding all the chocolate bars, bags of jelly beans and other "good junk" in pockets and folds of your clothing so that all your parents had to pinch was enormous wads of Halloween "kisses" glued to the inside of your pillow case or the apples that had been bruised and battered all evening into miniature replicas of George Chuvalo's head. The benefits were twofold. First, you avoided having your otherwise junk food hating folks turn into candy grabbers of the worst kind, and second you managed to escape the rigours of "candy rationing" - the system invented in order to prevent you from consuming the entire haul in one orgiastic splurge of acne inducing revelry.

But then you grew out of that stage and entered the period when dressing in costume wasn't "cool" and besides, who the hell wants to neck under the stairs at your girlfriend's house through rubber masks. Your newly discovered passions were dimmed somewhat when the target of your ardour looked like Richard Nixon with a big chest.

And now you've come full circle. Once again the fun at Halloween comes from going to someone's house dressed in ridiculous outfits and attempting all night to make a fool of yourself. In the Air Force we call this a "come-as-you-are" party and is pretty much stan-

dard, so Halloween poses no special challenges.

It isn't quite full circle, of course. Pumpkins are now purchased - not stolen; eggs are now eaten - not thrown; and the fireworks occur over who's driving home - not found tied to the tails of neighborhood pets. It's the results that are the same.

The results are, for the most part, a lot of fun. Unfortunately, Halloween suffers from the same problems many of our national holidays labour under, and that is repeated, intentional violence and destruction. It is difficult to understand the motivation behind the miscreants involved. Pumpkin stealing and such stunts by juveniles are at most minor annoyances, but each year sees an increase in the level of malicious and mindless vandalism and mayhem.

Halloween is not an isolated occasion in this regard, as the violence at the Vancouver Sea Festival, the past riots at the Nanaimo Bathtub Races, and the innumerable cases of violence on other carefree evenings such as Grey Cup eve will surely attest to. It does however, hold the dubious distinction of having the greatest rate of crime increase on a year-by-year basis.

When I was a youth, a few of us compadres banded together to lug an outhouse in from ten miles out of town and place it on the front porch of one of our "favorite" teachers. That was the talk of the area for months. This type of thing has been gradually replaced by systematic beatings of young trick-or-treaters, razor blades and pins in apples, arson and large scale destruction of school and provincial buildings, cruel harassment of the elderly in their homes and vandalism of private property far in excess of what can be labelled "just being kids".

It is a shame when a holiday or any period of time laid aside for enjoyment has to be marred by curfews and strict police vigilance because of a group of people intent on pursuing their twisted ideas of fun to the detriment of the holiday in general, and the suffering of the particular individuals on the receiving end.

Regardless - have a happy Halloween, and if you believe Webster's dictionary that it is followed by All Saints' Day, try checking out the Officers Mess Saturday morning. BGJK

A good word for charities

At the risk of having this editorial page read like a paid political announcement, I'd like to insert a quick plug on behalf of the charities in evidence at this time of year. Terry Fox's courageous efforts have

helped focus attention on the Cancer Fund, the United Way is currently on its annual campaign for support and UNICEF canvassers will be appearing in your neighbourhood during the Halloween period. All are worthwhile causes and

at the very least merit your investigation if not your immediate financial support. Try parting with a few of the dollars you saved as a result of the beer strike this summer past. You - and many others - will feel better for it.



YOU AND THE LAW OF WAR

Office of The Judge Advocate General

CHIVALRY IS NOT DEAD

The experience of the Second World War, together with evidence of what has happened in the various armed conflicts that have taken place since 1945 in Korea, Vietnam, Africa and elsewhere, suggest that in time of conflict human rights are among the earliest casualties. However, as stated in previous articles, since time immemorial attempts have been made to control the horrors of war and to maintain that even in such situations man must

comply with certain overriding principles or concepts. One of those basic concepts is known as the principle of chivalry.

In feudal times when the modern state system was beginning to develop, armed conflict was becoming a type of contest played according to rules. At that time, however, such rules as there were remained uncoded, but were generally accepted by knights as rules of chivalrous conduct to be observed among themselves. In fact, in both England and France there were courts of chivalry to ensure that the rules were observed. There was, in

other words, something similar to a rule of law prevailing among the orders of knighthood.

The concept of chivalry in combat continued to develop throughout the ages. In 1690, for example, we find it laid down that "he who would dare in foreign countries to set ablaze or demolish hospitals or schools or baking ovens or to deposit a smithy or ploughs or farm implements in a township or hamlet shall be punished as a bloody villain!" Pretty strong language! Modern technological and industrialized armed conflict has made war less a gentlemanly contest, so that the concept of chivalry is somewhat vague in present day circumstances. It lost its force with the passing of the aristocratic officer and his replacement by the business man in uniform. For a brief period in World War I it appeared that chivalrous conduct would form a basis for a new law of air warfare, but such expectations were not fulfilled. Today the con-

cept of chivalry denotes that there must be a certain amount of "fairness" in warfare and a certain mutual respect between opposing forces. Many of the ideas of chivalry remain, embodied in specific prohibitions reflected in international agreements and customs. The prohibitions against the use of poison, against dishonorable or treacherous misconduct and against misuse of enemy flags and uniforms, flags of truce or special flags and markings provided for in the Geneva Conventions of 1949 are examples of such rules.

The ideas of chivalry are clearly evident in General MacArthur's confirmation of the death sentence of General Yamashita who had been the Commanding General of the Fourteenth Army Group of the Imperial Japanese Army in the Philippines Islands. He was convicted of unlawfully disregarding and failing to discharge his duty as Commander to control the acts of members of his command by permitting them to

commit war crime. General MacArthur said in part:

"The soldier, be he friend or foe, is charged with the protection of the weak and unarmed. It is the very essence and reason for his being. When he violates this sacred trust he not only profanes his entire cult but threatens the very fabric of international society. The traditions of fighting men are long and honorable. They are based upon the noblest of human traits, sacrifice. This officer, of proven field merit, entrusted with high command involving authority adequate to responsibility, has failed this irrevocable standard..."

So, even today, the ideas of chivalry continue to apply and this concept makes armed conflict less savage and more civilized for the individual soldier. In the next article we will consider some of the basic rules of the law of war which every member of the Canadian Forces must know and obey.

Why I Fired My Secretary

I woke up early feeling a little depressed because it was my birthday and I thought, "Another year older," but decided to make the best of it. So I showered and shaved, knowing when I went down to breakfast my wife would greet me with a big kiss and say happy birthday, dear.

All smiles I went into breakfast and there sat my wife reading the newspaper as usual. She didn't say one word. I got myself a cup of coffee and thought to myself, oh well, she just forgot. The kids will be in in a few minutes all cheery and they will sing Happy Birthday and have a nice gift for me.

There I sat, enjoying my coffee, and I waited. Finally the kids came running in yelling give me a slice of toast! I'm late! And where is my coat? I'm going to miss the bus! Feeling more depressed than ever I left for the office.

When I walked into the office my secretary greeted me with a nice smile and a "Happy birthday, Boss" and said, "I'll get you some coffee." Her remembering made me feel a lot better.

Later in the morning my secretary knocked on my office door and said since it's your birthday why don't we have lunch together. Thinking it would make me feel better I said that's a good idea.

So we locked up the office and since it was my birthday I said why don't we drive out of town and have lunch in the country instead of going to the usual place. So we drove out of town and went to a little out-of-the-way place and had a couple of martinis and a nice lunch, and started driving back to town when my secretary said why don't we go by my place and I will fix you another martini. It sounded like a good idea since we didn't have anything to do in the office anyway. So we went to her apartment and she fixed us both a martini and after a while she said if you will excuse me I think I will slip into something more comfortable and she left the room. In six minutes she opened her bedroom door and came out carrying a big birthday cake and following her was my wife and all my kids and there I sat with nothing on but my socks.

Author Unknown.

Courtesy Gulf Wings

CNA TOTEM TIMES

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Canadian Forces news

HELICOPTERS REPLACE OTTERS

CALGARY -- Defence Minister Gilles Lamontagne has announced that Air Reserve Wings (ARWs) based at Montreal and Toronto will be equipped with a total of 16 CH-136 Kiowa helicopters. They

will be turned over to the reserves from the regular force inventory.

They will replace the CSR-123 Otter aircraft currently flown by the two Air Reserve Squadrons of 1 ARW, Montreal and the two Reserve squadrons assigned to 2 ARW in

Toronto. Each squadron will be equipped with four helicopters by the end of 1981 and will receive its first Kiowa in the near future.

Once the ARW's are completely equipped with Kiowas their primary role will be to augment the

Regular Force's tactical helicopter squadrons of 10 Tactical Air Group, St. Hubert, Que. The Kiowas will also be used in a light transport and reconnaissance role in support of land forces.

Air Reserves roles now, in addition to augmenting the regular force, include a light tactical support role, search and rescue, and photographic and reconnaissance support of land forces. All of those roles except the light tactical support role will continue.

In 1971, the department of national defence purchased 74 Kiowas for approximately \$24,000,000. They are now flown by helicopter squadrons based at Gagetown, N.B., Valcartier, Que., Petawawa, Ont., Edmonton, and with Canadian Forces Europe in the Federal Republic of Germany.

The Kiowas are also used for basic helicopter pilot training at 3 Canadian Forces Flying School, CFB Portage la Prairie, Man.



DEFENCE MINISTER VISITS EUROPE AND CYPRUS

LAHR, WEST GERMANY -- Defence Minister Gilles Lamontagne returned to Canada a few weeks ago following visits to Canadian servicemen in Europe and Cyprus and a Remembrance ceremony at Monte

Cassino, Italy.

Sunny warm weather, which had predominated during the 4th Canadian Mechanized Brigade Group's exercise period, ended abruptly after the Minister's arrival. Through

steady rains which turned the German countryside into a quagmire, Mr. Lamontagne sought out Canadian units as they pressed the "enemy" forces.

"In spite of the weather the spirit and morale of the

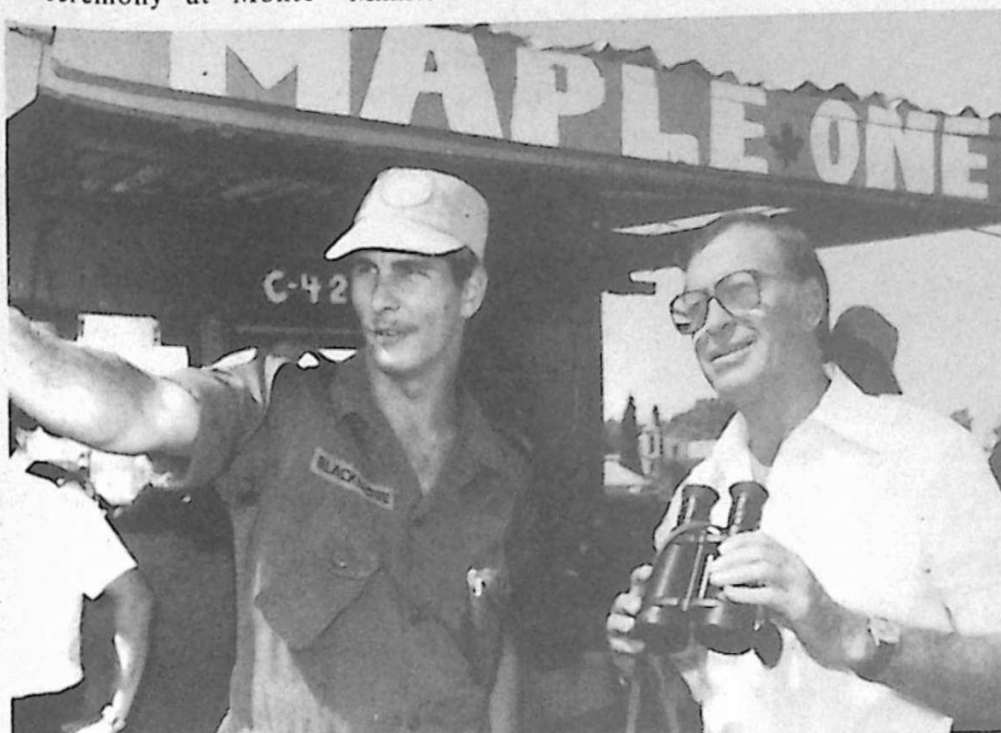
troops was very high," he reported, "It is their teamwork and dedication to their job that makes them very professional. It was the same pride in their jobs that I saw in Cyprus."

During that visit Mr. Lamontagne was met by Special Representative to the U.N. Dr. H. Gobbi to discuss the current situation on the Mediterranean Island. "The Canadian contribution to Cyprus has gone on for many years and we want to be certain that the existence of our force does not provide a climate where the two sides are too comfortable and do not seek a solution to their differences," said Lamontagne. "But Dr. Gobbi assured me that the recent renewal of intercommunal talks, assisted by the U.N. have given him reason to be cautiously optimistic of the chances for improvement."

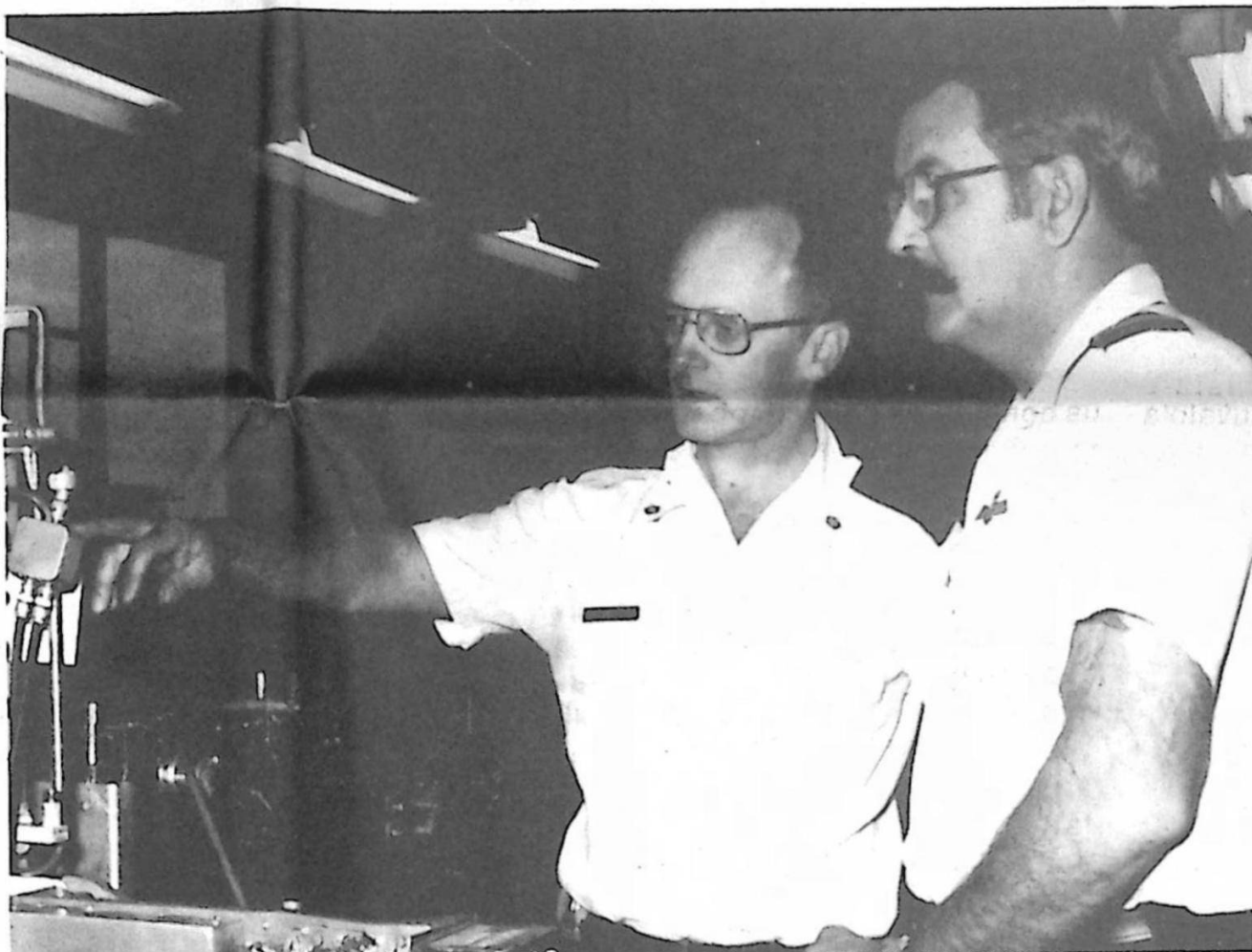
A two-hour refuelling stop on the island of Corfu gave Mr. Lamontagne the opportunity to meet with Greek defence minister Evangelos Averof. "I think at this time in our history personal contact is very important, we must be able to meet and talk to gain a better understanding of each other," the Minister said. "I am very happy that Mr. Averof was able to come to Corfu and that we could spend some time talking."

On the final leg of his trip Mr. Lamontagne paid tribute to Canadian soldiers buried at the Commonwealth War Graves Commission cemetery at Cassino, Italy. Most of those at Cassino died in the two week period May 11 - 25, 1944 in their push against the Hitler line which blocked the allies' entry into Rome. In two weeks the Canadian Corps of two Divisions advanced 70 kilometers to the outskirts of Rome.

Following a mass at the cemetery Lamontagne laid a wreath on behalf of Canadians. In an address he reaffirmed his position that "We (Canadians) do not want to have to fight a war so we must be ready to defend Canada and demonstrate our willingness and ability to do this and at the same time increase our efforts towards a peaceful settlement of international differences."



Corporal John Blackmore of Regina briefs Defence Minister Lamontagne on his duties as a United Nations observer at an outpost in Nicosia, Cyprus. Mr. Lamontagne talked with soldiers all along the ceasefire line between the Turkish and Greek Cypriot communities. Corporal Blackmore is a member of 3rd Battalion Princess Patricia's Canadian Light Infantry based at Esquimalt, B.C. and is just finishing a six-month tour of duty with the U.N. force.



Airman of the Year -- Airman of the Year for 1980, Warrant Officer Ross Grist, (left), a radar specialist serving as deputy avionics officer at CFB Winnipeg, discusses a problem on a doplar radar with his supervisor, Captain Terry Lawrence. Awarded annually by the RCAF Association to an outstanding airman of any rank, the award is designed to recognize significant contributions to military aviation or outstanding humanitarian deeds. WO Grist's outstanding expertise in the field of military and civilian radar systems, as well as his community involvement, figured prominently in his nomination. This is not the first time his special skills have been recognized; he earned the Order of Military Merit in 1972. WO Grist joined the RCAF in 1951 at Brandon, Manitoba, and has served at St. Jean, Saskatoon, Clinton, Edmonton, Borden, Rockcliffe and Greenwood before transferring to Winnipeg in 1976. In addition to working together on the job, WO Grist and Captain Lawrence share an after-duty activity, performing as "Uncle Vox" and "Flight Luster" in a comedy act put together for entertaining around Winnipeg.

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Promotions and awards



BASE COMMANDERS COMMENDATION to 407 Engine Bay for exceptional work during summer leave period, including engine changes while short handed. L to R MCpl. Aucoin, Sgt. Brazeau, Base Comdr., Cpl. Fleming, Cpl. Sladen.



MCpl. Harlan Price presents LCol. McAffer with a cheque for approximately \$550. as a contribution to the Terry Fox Marathon of Hope campaign. MCpl. Price solicited funds on his own initiative for this worthwhile cause. Good show!



MCpl. Gray is presented with the clasp to his CD by Rear Admiral Hughes.



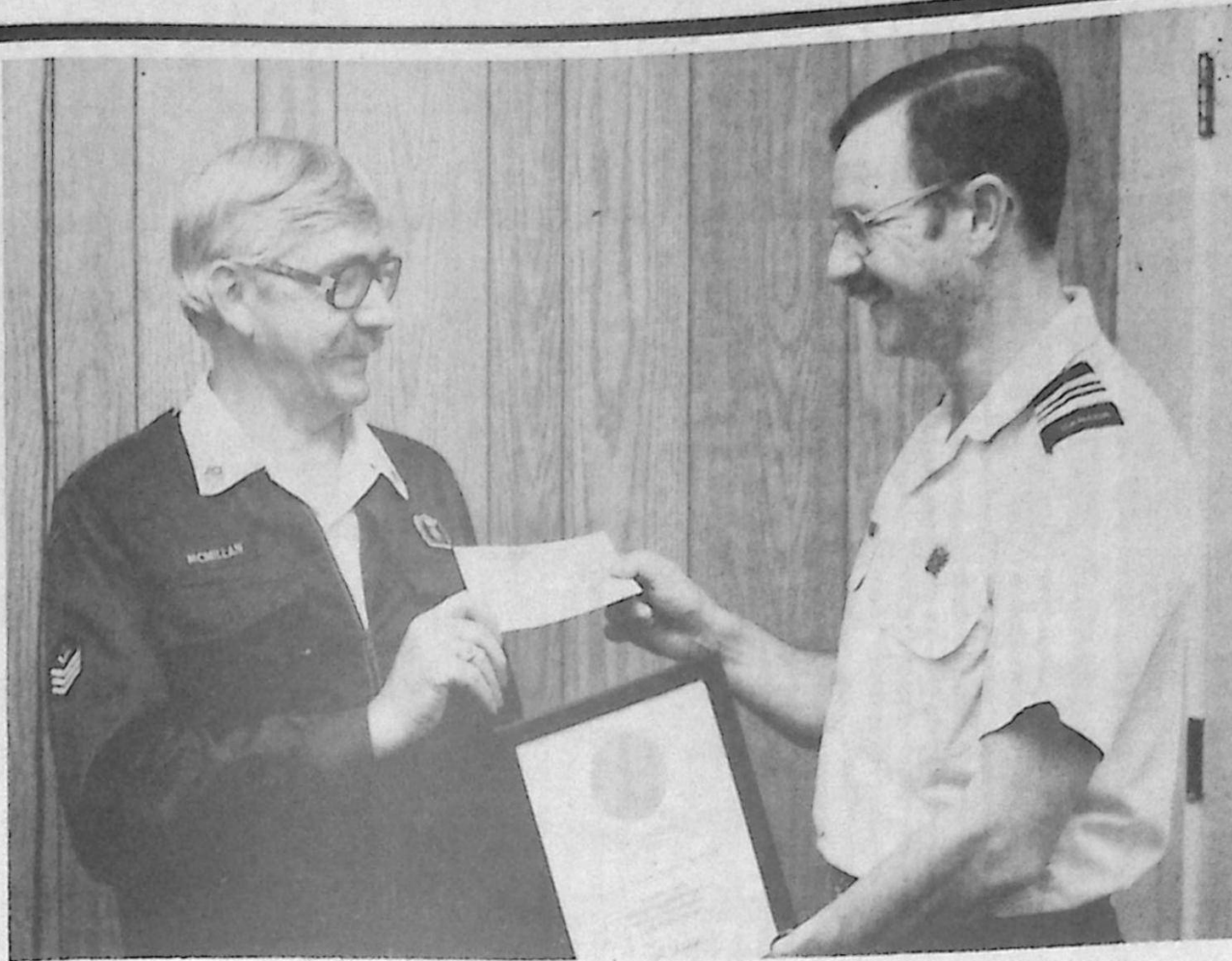
NEW CONSTRUCTION — 3 bedroom home of 1350 sq. ft. plus 500 sq. ft. garage & workshop. 1/2 acre of land in area of fine homes. Shake roof, ensuite, sunken living room. Custom built cabinets. Truly one of a kind.
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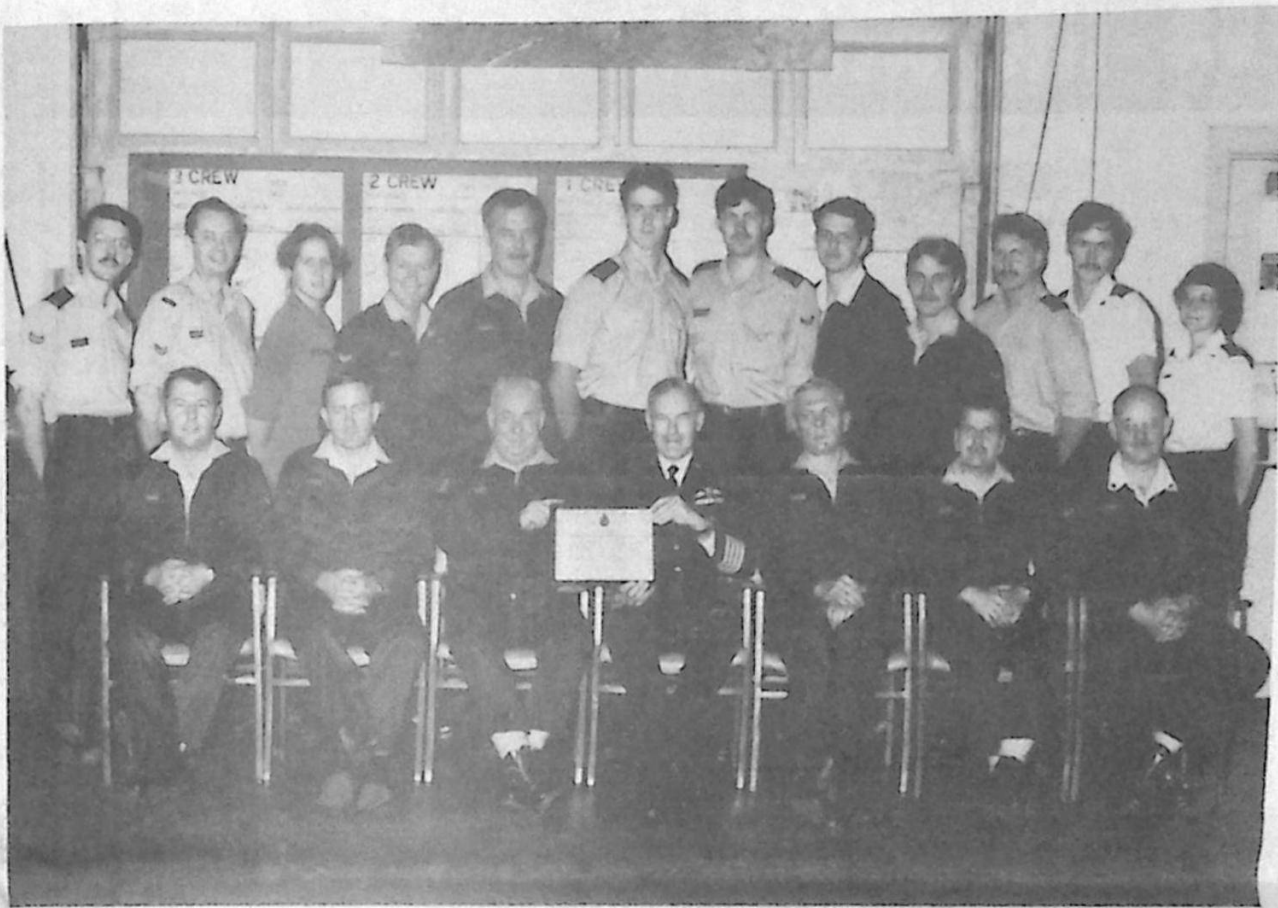
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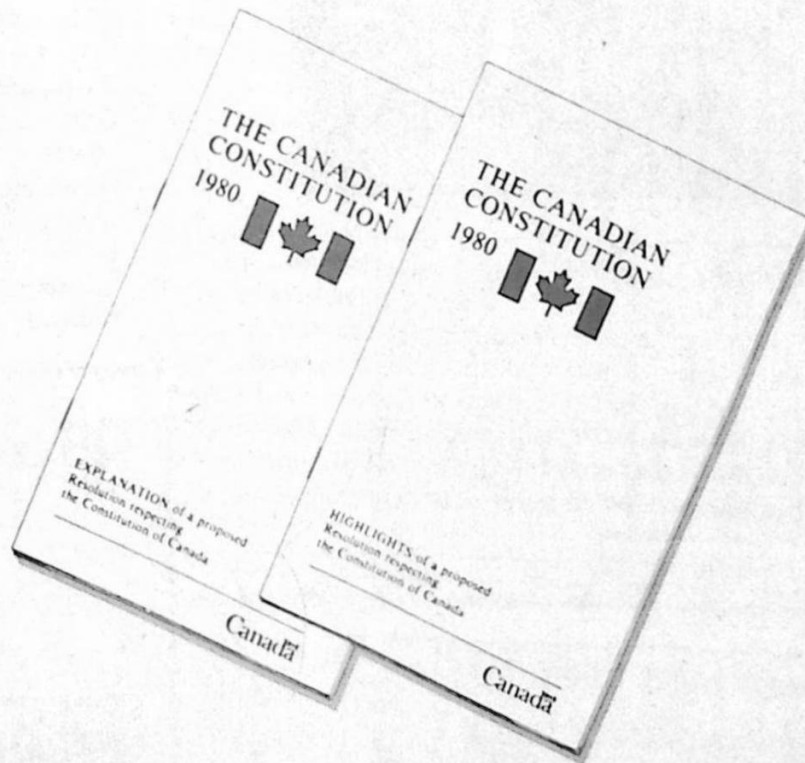


Sgt. D.R. McMillan of Base Armament Section being presented with a certificate and an award of \$150. for suggesting that expended marine markers could be disposed of by firing at their base with a 12-gauge shotgun. Major Beech happily makes the presentation with the knowledge that it is no longer necessary to transport high explosives on civilian ferries when these markers are found washed up on other islands or on the mainland.



BASE COMMANDERS COMMENDATION. This make-up 407 crew gave exceptional service during the summer block leave period. Present to receive the award: Front row l-r, MCpl. Doyle, MCpl. Main, MCpl. Ogden, BComd, MCpl. Brown, MCpl. Audet, MCpl. Fiddy. Back Row l-r, Cpl. McIssac, Cpl. Pearce, Pte. Cucinelli, Cpl. LeBlanc, Cpl. Lissell, Pte. Grass, Pte. Thauvette, Pte. Kerr, Pte. Hope, Pte. Thorburn, Cpl. Farrell, Pte. Blackmore.

Something to think about...



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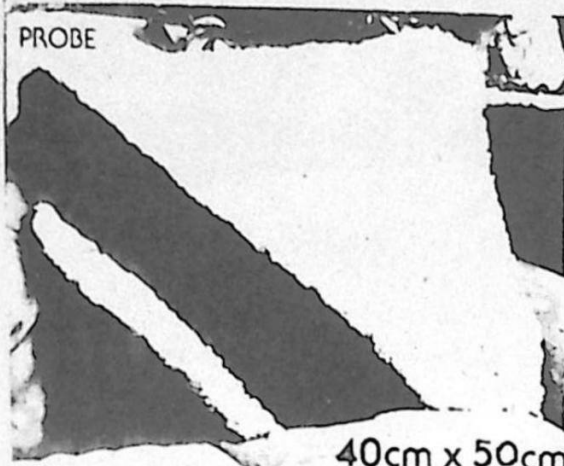
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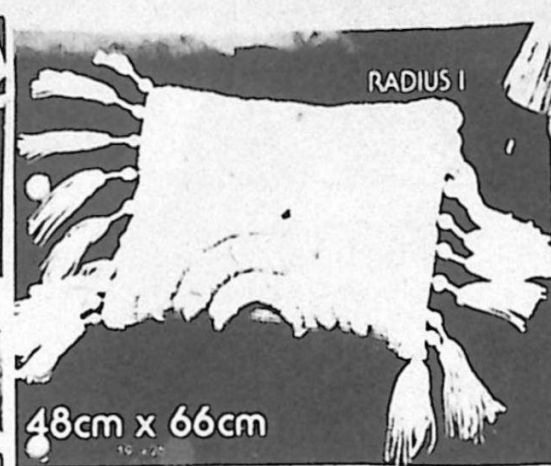
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Shetland or boucle cardigans in fashion shades of beige, burgundy, copper, forest, iris or grey mix. Sizes S,M,L. Made to sell for a much higher price - a special purchase means you SAVE!
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B. Wool skirts at less than 1/2 Man. Sugg. Ret.!

One of the affordable luxuries, thanks to a Canex "Special Buy". Carefully tailored, fully lined skirts from the workrooms of a famous Canadian designer. Choose muted tweeds or solid shades in an array of fall colours. Sizes 6-16.
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D. Save on Sport Shirts

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E. Low, low price on men's mini-wale cords

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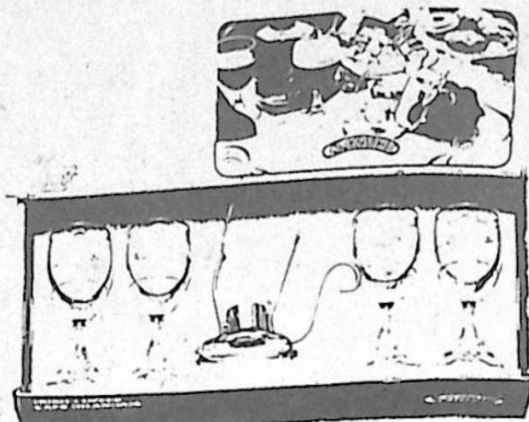
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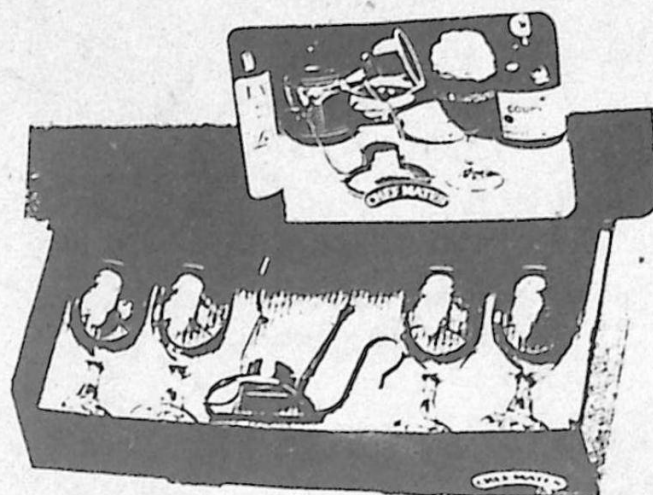


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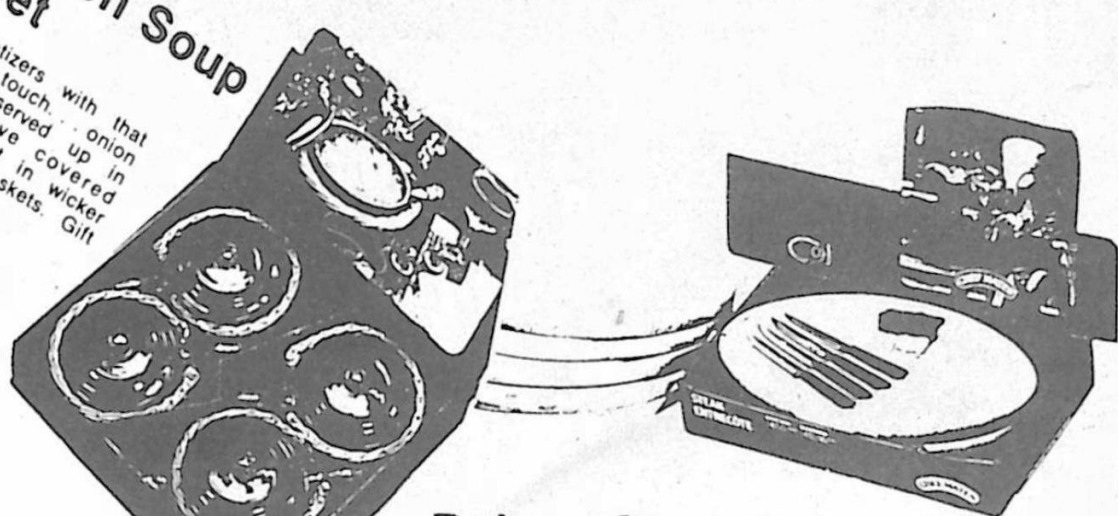
Just coffee, cream and your favorite liquor for
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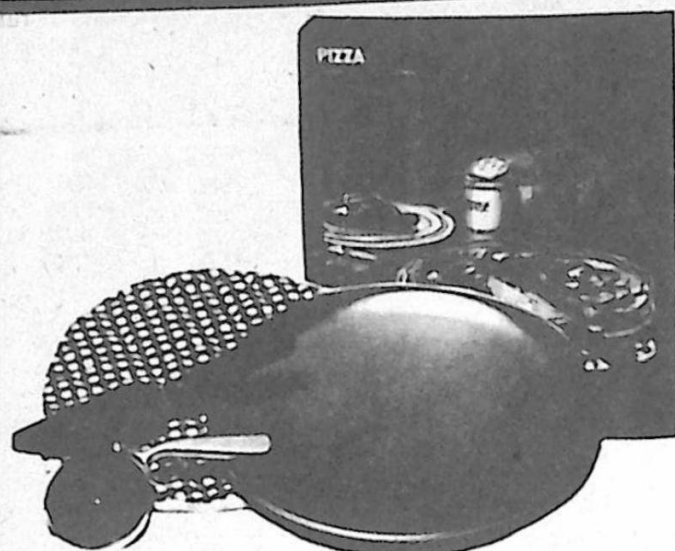
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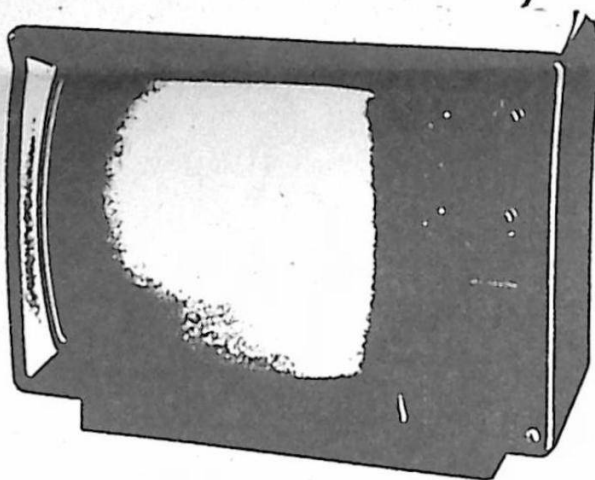
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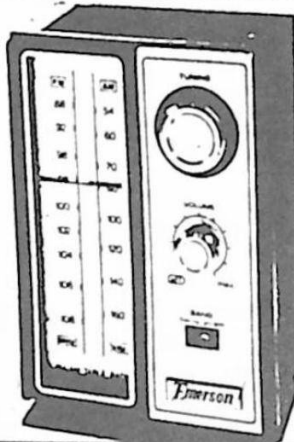
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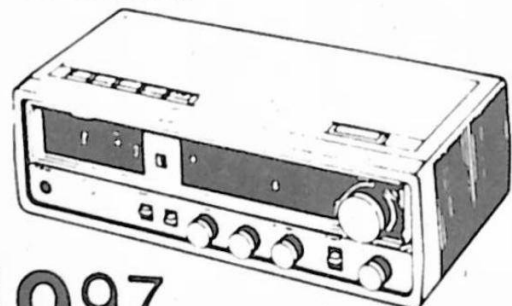
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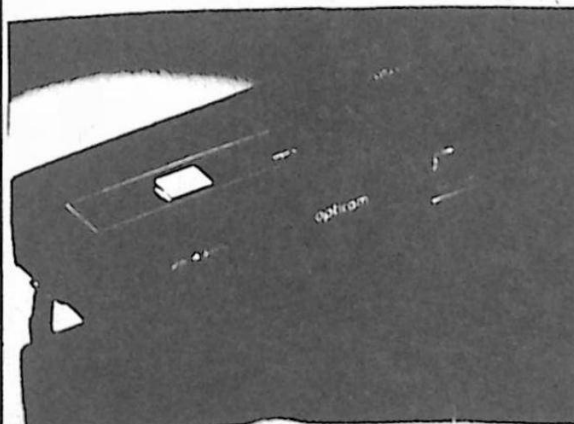
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WILL NOT KNOWINGLY BE UNDERSOLD

Totem sports

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29 OCT - 2 NOV

On 29th Oct the CFB Comox Soccer team will travel down Island to Esquimalt to participate in the Pacific Region Soccer Championships.

This year they will compete against teams from CFB Chilliwack, PPCLI, Fleet and CFB Esquimalt. MCpl. Swann, who is the coach of our team, offered

to save the Pac Region some funds by telling CFB Esquimalt to send up the trophy and plaques to CFB Comox as he feels there is no competition down there for his team, but I guess we'll have to wait until the 2 Nov when Ev and the boys bring back the hardware.
"Good Luck" CFB Comox.

USAF tops on gridiron

The 1980 Touch Football season is winding down to a close with only 1 round of games left to be

played prior to the play-offs which are scheduled to start Mon 3 Nov 1700 hrs.

LEAGUE STANDINGS

	G. Played	Won	Lost	Tied	Points For	Points Against	Total Points	Standing
442	10	4	5	1	209	186	9	2
BAMSO	10	3	7		114	182	6	3
USAF	10	7	2	1	218	184	15	1

INTERESTED?

WEIGHT LIFTING

If you are interested, be in the weight room 1900 hrs 3 Nov 80.

JELLY BELLY

That's what they had before they started belly dancing. Some still have, but now they are a sight to see and with a little encouragement we may before Christmas. The class seems to be doing really well under the instruction of Suzanne Greentree, who hopes to run another in the New Year.



MCpl. Ken Wilk being congratulated by Col. Chisholm for running his 3600 miles, since Apr 77. Lots more to come.

Totem Times Classifieds

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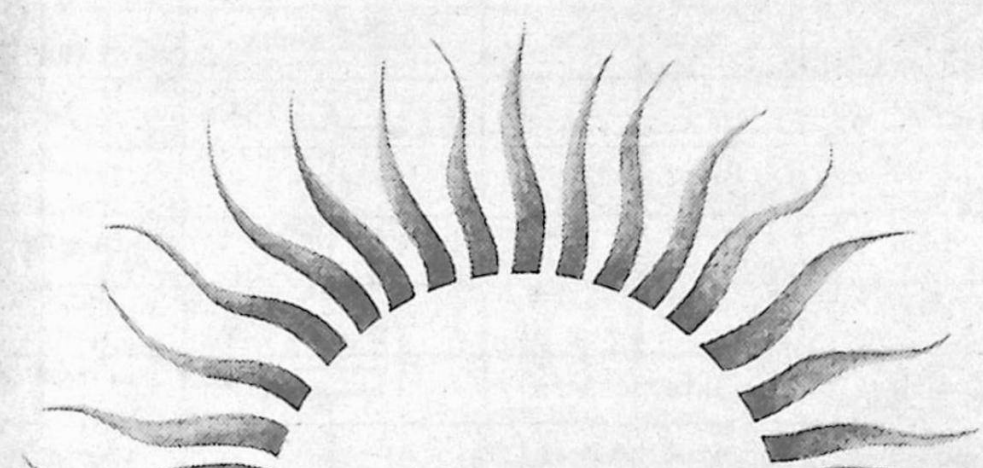
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FOR SALE
9'6" camper, 3 way fridge, stove, oven, shower, hot water. Great condition. \$5,600. Call 339-5790



GOODBYE DAYLIGHT SAVING TIME,

With the end of Daylight Saving Time comes Energy Saving Time; when heating and extra hot water use adds an extra burden to our currently limited supplies of electricity.

Particularly between 5pm and 7pm.

The problem is quite simple.

We all quit work around the same time.

So we all go home, turn up our heating, take showers and cook around the same time.

You can imagine the effect when, between 5pm and 7pm, 200,000 heating systems, water heaters and ovens are all blasting away at full speed.

And you can imagine how nervous Hydro's circuit monitors get when their dials suddenly zoom across to the point where our collective appetite is on the verge of overloading circuits from Victoria to Port Hardy.

Luckily, the answer is as simple as the problem, which will be with us every winter until 1983 when a new submarine cable from the mainland will be in service.

When we cook, it would help to knock a few degrees off the heating thermostat.

When we use the oven, we can often cook whole meals in it to save using the top elements, and can avoid using the self-clean feature around dinner time.

Anything that uses hot water (dishes, laundry, showers, baths) could be done outside the critical 5pm-7pm period.

Anything electrical (lights, TVs, etc.) not being used should be switched off.

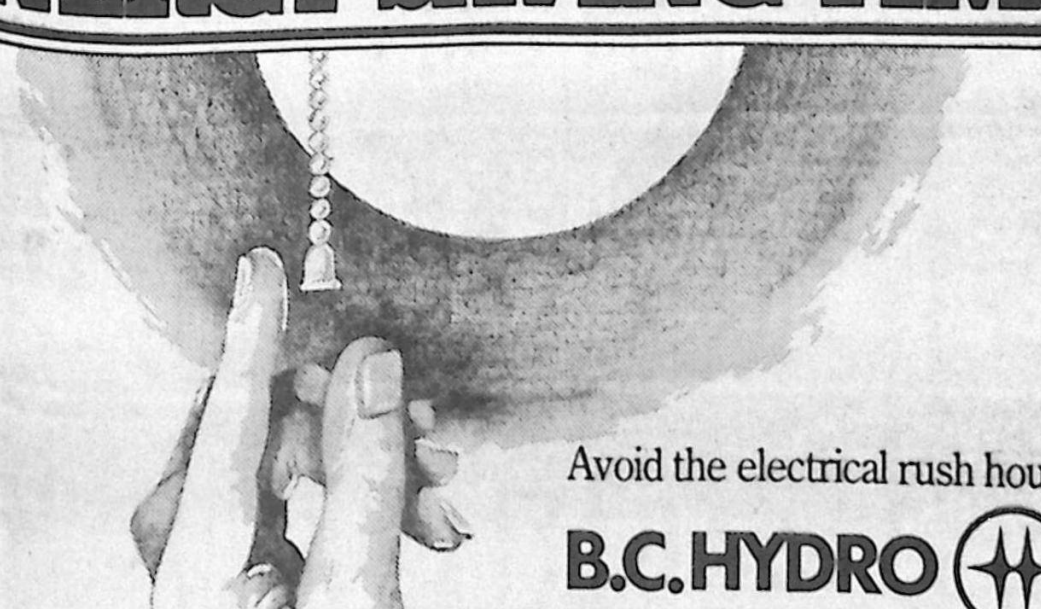
Ironing and work with power tools can be left until later.

In other words, if we repeat all the things we did last winter, we'll make it through again in good shape.

It's not that we can't do all the things we want, just that we can't all do them at the same time.

Which is 5pm-7pm during Energy Saving Time.

HELLO ENERGY SAVING TIME.



Avoid the electrical rush hour. 5pm-7pm.

B.C. HYDRO



Province of
British Columbia

Ministry of
Forests

White Paper No. 9

"Alternatives for Crown Timber Pricing"

Deadline for submissions has been extended to
January 16, 1981.

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 "Alternatives for Crown Timber Pricing."

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

631 - 355 Burrard Street
Vancouver
515 Columbia Street
Kamloops
518 Lake Street
Nelson

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

Replies and comments should be received by
January 16, 1981 addressed to:

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

ARENA ICE ALLOCATIONS

1980/81

Effective 20 Oct 80

Times	Day	Mon	Tues	Wed	Thur	Fri	Sat	Sun
0500 - 0600					Open for Booking		Open for Booking	Open for Booking
0600 - 0700		Open for Booking	Open for Booking		Minor Hockey			
0700 - 0800				Open for Booking	0730	Open for	0715	0715
0800 - 0900						Booking		
0900 - 1000		Maintenance			Open for Booking		Minor Hockey	Minor Hockey
1000 - 1100			Moms & Tots					
1100 - 1200			1130					
1200 - 1300		Intersection Broomball	Intersection Broomball	Intersection Broomball	Intersection Broomball	Base Team Broomball		
1300 - 1400			Maintenance	Open for Booking	Maintenance	Open for Booking	1345	
1400 - 1500		Maintenance	Old Timers		Old Timers Hockey			Base Hockey
1500 - 1600			Hockey 1530	1530	1530	1530	Figure Skating	Base Broomball
1600 - 1700		Minor Hockey	Figure					
1700 - 1800			Skating	Minor Hockey	Minor Hockey			1730 1745
1800 - 1900			Public Skating		Intersection Hockey	Minor Hockey	Public Skating	Public Skating
1900 - 2000		Intersection	1915 1930		1945		1945	
2000 - 2100		Hockey & Broomball		Intersection	Commercial Hockey			
2100 - 2200			Commercial Hockey	Hockey & Broomball	Dept. Highways		Base Hockey	Commercial Hockey
2200 - 2300					Hockey 2330			
2300 - 2400			2330					

Medical Category & your Health

As soon as the term "Medical Category" is mentioned, fear is struck into the hearts of service personnel. If a medical category is altered, the person so affected becomes anxious, and sometimes, angry. Why is there such strong emotional response to a set of numbers? In my opinion, there are three main reasons: 1.) the person's health is involved, and health is an emotional topic, 2.) the person's job, and thus, career, is involved, and prospect of losing a career is an emotional area, and 3.) a lack of understanding and knowledge of the category system. Even though I would like to, I can not do much to allay the emotions involved in the first two. However, I can attempt to shed some light on the function and design of the category system.

The medical category system was designed to give a simple reflection of a service member's medical state as it affects his employment capabilities in the CF. If the category is kept up-to-date, then, a career manager or supervisor could glance at a member's medical category, and know, for example, that the member was medically fit for a foreign tour, a certain course, or the like. Since

the category is numerical, confidentiality is guarded at the same time.

A typical medical category is composed of eight numbers in sequence like so: 40/222/22/5. Year of Birth (YOB)

The first two digits are the year of birth, in this case 1940, and are included because medical limitations are more likely to occur with advancing age.

Vision (V)

The next three digits are Vision, Colour Vision and Hearing respectively. Vision is usually tested for using wall charts without glasses and is restricted to an assessment of distance vision. Therefore, even though you may have to wear reading glasses, you could still be V-1 if your distance vision is normal. The V category goes from 1 to 6 with 1 being normal, and the higher numbers indicating progressively more serious loss of vision. The degree of correction obtainable with glasses also figures into the assignment of a V category. Sometimes, an ophthalmologist's assessment is needed.

Colour Vision (CV)

Colour vision has three category numbers: 1 is normal, 2 is colour vision defective, safe, and 3 is defective, unsafe. The dif-

ferent between CV2 and CV3 is degree. A person with CV2 fails the Colour Plate Test but passes the Colour Perception Lantern Test. A person with CV3 fails both.

Hearing (H)

Hearing has five numerical categories with 1 signifying no significant loss (ie, greater than 30 decibels) in either ear in the 500 to 6,000 cycle per second frequency range. Increasing numbers signify progressive hearing loss in the higher frequencies. The hearing category is assigned using the audiometer.

Geographical Factor (G)

Geographical and Occupational Factors are the next two digits in the profile. The Geographical Factor depicts any geographical restrictions a member may have based on climate, accommodation, living conditions and availability of medical care.

The G Factor has six categories, with G1 being the enrolment minimum indicating a person has no limitations geographically. G2 is reserved for personnel with minor medical conditions not precluding employment in any geographical area, save exceptional circumstances that would aggravate this particular condition. G3 is for personnel with some

moderate condition that does not require close medical supervision; accordingly they can serve in a support role in the field or at sea, and eat any type of rations.

G4 indicates a definite geographical limitation - a need for barrack or equivalent accommodation and physician services readily available. Such personnel are unfit for sea, isolation or field duties. G5 is like G4, except that Specialist Physician Services are needed and such personnel are restricted to Canada. This medical condition is one which requires, or is likely to require, periodic medical care. Finally, G6 is medically unfit for military service.

Occupational Factor (O)

The O Factor also has 6 categories, with O2 being the enrolment minimum and signifying an ability to perform heavy physical work and an absence of all but minimal medical conditions. O1 is reserved for personnel of above average fitness, that is, trained to endure sustained, hard activity under severe stress. O3 is reserved for personnel with a moderate physical disability which prevents them from doing heavy physical work. Such personnel are not fit for front-line combat, but can

operate in the field in a support role. O1 to O3 reflect mental stability.

O4 indicates light duties only, or inability to handle stressful demands under pressure. O5 is for personnel who can tolerate only sedentary duties due to their medical condition. Finally, O6 is unfit for military service. The O Factor, then, is a numerical way of reflecting a person's ability to do his job.

Air Factor (A)

The A Factor is the final digit and depicts either aircrew status or the ability to be transported by aircraft. A1 is for pilots. A2 is for navigators, flight engineers, observers and other operational aircrew whose duties involve the operation of the aircraft. A4 is for aircrew whose airborne duties do not involve the operation of the aircraft - such personnel are Flight Surgeons, Flight Nurses, Air Traffic Controllers and Assistants and Aeromedical Officers and Technicians. A3 is for aircrew who have a specific restriction - for example, "fit to fly with or as a co-pilot only". A7, on

the other hand, is for aircrew who are medically unfit for any flying duties but can still fly as a passenger.

A5 is for all non-aircrew members who are medically fit to fly as passengers in CF aircraft. Finally, A6 is awarded to members unfit to fly in any capacity.

Temporary Categories

Any of the above factors can be changed on a temporary basis. If this is done a T with a numeral is placed in brackets after the factor so-changed. For example G4 (T6) would mean a G4 category for 6 months, at which time the person will be reviewed and a permanent category assigned, or an additional temporary category given.

Changing Categories

Any change in category must be accompanied by two forms - a CF 2033 which is the Report of Medical Examination which is confidential and stays on the members medical file (CF 2034), and a CF 2088 which is the Category Change Form. This form is completed by the examining M.O., sent to the appropriate Command

Surgeon for approval and thence to the Surgeon General's Branch (Directorate of Medical Treatment Services) if necessary. From there it is sent back down to the original Base to be acknowledged by the member and his boss. The completed form is then sent back to NDHQ for the appropriate career manager, with a copy going to appropriate Command Surgeon and one to the Directorate of Personnel Information Systems. The member's unit retains one copy on the Pers File.

Minimum Medical Standards

CFP 154, Medical Standards for the Canadian Forces, explains all of these categories in greater detail. CFAO 34-30 lists the Minimum Medical Standards for Initial Assignment to Trades and Officer Classifications. Each trade's, or classification's, profile is based on the physical and mental demands of the jobs entailed in them. These minimum profiles were set by consultation between the medical and career manager

branches. If a member falls below his minimum in any of the six categories, his medical report (2033) is reviewed by medical authorities at Base and Command or Region, and then the file goes before the Career Medical Review Board (CMRB). The CMRB, made up of members from the medical, career and administrative fields, then makes a decision on whether this member should be retained in the CF, and if so, with or without career restrictions, or released, and if so, under which release item (see later). CFAO 34-33 deals with changes in medical categories.

TO BE CONTINUED IN FUTURE TOTEM TIMES ISSUES

YULE MAILING

It's early to be thinking about Christmas, but not at the Post Office where employees are readying for the annual crush of mail. You should check foreign mail deadlines to ensure delivery in time for Christmas.



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The Shining
Jack Nicholson, Shelley Duvall
HORROR DRAMA:
Some gory scenes and frightening scenes nudity and coarse language
Showtime: 2000 - 2220

Nov. 6 - Nov. 9
Going in Style
Art Carney, George Burns
COMEDY DRAMA:
Occasional coarse language and swearing
Showtime: 2000 - 2150

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Courtney

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Chevy Chase, Ted Knight

Caddyshack **MATURE**

"Warning - some coarse language, occasional nudity & suggestive scenes" - B.C. Dir.

Thurs. to Wed. - November 6, 7, 8, 10, 11, 12

Dyan Cannon **"HONEYSUCKLE ROSE"** **MATURE**

"Some coarse language & occasional suggestive scenes" - B.C. Dir.

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Friday, Saturday, Sunday - October 31, Nov. 1 & 2

Doug McClure, Yvonne McKinnon

"HUMANOID" **MATURE**

FROM THE DEEP

"Warning - Frequent gory scenes; some nudity" - B.C. Dir.

PLUS - **"THE BROOD"**

"Warning - some gory & frightening scenes" - B.C. Dir.

Around the base

KIWI WHEEL- A-THON '80

The light rain momentarily stopped as the loud crack of two pieces of wood being slammed together signalled the start of the CFB Comox Kiwi Club's annual wheelbarrow race. The wheelbarrows raced more than 5 kilometres from downtown Comox to the Air Base. Why would 40 men and women dress as children, babies, hobos, you name it, race wheelbarrows decorated with skirts or looking like outhouses or hot rods? There had to be a reason and there was a very good one - the Kiwi Club was racing to raise funds for the new Comox Day Care Centre and for the United Way.

Pledges for the race totalled \$2,300, more than double the previous year's total. This money will be used to purchase interest free debentures to assist with the purchase of the new Day Care Centre at the corner of Church and Noel in Comox. The debentures will be given to the 1980 CFB Comox United Way Campaign and, when repaid, will honour the Kiwi Club's \$2,300 pledge to the

United Way.

The light rain that started again during the race dampened the clothing but not the spirit or determination of the entrants. The first wheelbarrow finished in just over 30 minutes and the last, after overcoming a barrow breakdown (a bent training wheel), finished in just over an hour.

After the race, prizes were awarded in four categories. The fastest "modified" wheelbarrow prize was won by Randy Morris and Wayne Martin, and the "stock" wheelbarrow prize went to Ed Vos and Ian Munro. The prize for the "funny" barrow was by Terry Hallam and Jeep Grant, with the prize for the most pledges going to Dick Thomas and Bob Eby.

Interest and participation in this worthwhile annual event has increased in each of the three years of racing. This year's race included not only Kiwi members but also wives and ladyfriends. The Kiwi Club hopes to break the \$3,000 mark next year - they will be looking for your support.



HALLOWEEN 1980

The Canada Safety Council has some advice for children, parents and motorists as Halloween approaches.

Children should:

1. Wear light coloured, flame resistant costumes with retroreflective stripings so that they are easier seen by motorists.
2. Clothing must be short enough to avoid a tripping hazard.
3. Face masks must not obstruct vision. Make-up is

preferable.

4. Calls should be made along one side of the street and then along the other: No criss-crossing. Children should cross the street at intersections or crosswalks.
5. Let them carry a flashlight to see better or to be better seen.
6. They should travel in groups of four or five. Young children should be accompanied by an adult.
7. Set a curfew and boundaries within familiar

neighbourhoods.

8. Forbid them firmly to enter the house or apartment of a stranger.
9. Children must not eat any gifts until they can be inspected by an adult at home.
10. Drivers should be particularly careful on Halloween night as a little goblin might dart out of the darkness unexpectedly.

Let's all make this Halloween safe in every province!

A WORD ABOUT THOSE CONSERVATION DOLLARS

One point to watch. If we are all going to save money by conserving energy, we have to be careful how we spend that money. If we turn around and spend it on high-energy products or activities (such as a second car, a heated pool, a snowmobile) we might end up offsetting the energy savings we have made. A good conservation ethic means that we think about the likely energy implications of our purchase decisions.

Try to channel your conservation savings into low-energy investments like paying off the mortgage, further education, music lessons or hobbies, more healthy food, or perhaps some new energy saving appliances.

In short put your conservation dollars back into conservation where you can

benefit.

HOME HEATING

We can dream all we want about living in the tropical Caribbean. The hard truth is that we live in a country where home heating in winter is essential. And expensive. In a family's energy budget, home heating is the biggest item. It makes sense to save what you can. It's worth understanding how heat is generated, how it's distributed and how it's controlled.

WE'RE BACK TO USING THE WOOD STOVES AS DID OUR ANCESTORS. HOW SOON DO WE RELY ON CANDLE LIGHTS AND BEAT ING OUR CLOTHES ON ROCKS.

FIRING AWAY

PREVENT BURNS

Hundreds of children each year suffer from painful and disfiguring burns. Sit your children down and discuss with them the potential dangers involved in climbing roofs or up high tension poles. Sometimes children find dynamite caps that could cause serious injury. Caution them about playing around derelict cars. There have been cases where children put matches into what they think is an empty gas tank.

Follow these simple rules to prevent burns:

IN THE KITCHEN

Basic rule: no children in or through kitchen while cooking.

All pot handles towards the inside of the stove.

Tea or coffee pot and cups away from the edge of the table. If you use a table cloth on your table, watch out for toddlers who may pull tea cups over them.

Never hold a child while drinking hot liquids.

IN THE BATHROOM
Never run the hot water first for a bath.

Never leave a child old enough to turn on the hot water alone in a tub.

Check the temperature of your hot water. The absolute maximum should be 130°F or 55°C.

AROUND THE HOUSE

Don't leave matches or lighters within reach of children. Even if you think a lighter is empty never let a child play with one.

Protect children from open fires and barbecues (use screens or barriers). For tiny children, use restraints, constant supervision, playpens.

Clothing should be resistant to fire but it's important to remember any fabric will burn if conditions are right. Many accidents occur when children are in their sleepwear. Even cotton nightgowns will ignite quickly. Many synthetic materials will melt into a molten mass.

Discourage children from dressing up in adult clothing unless you are prepared to stay with them. Long, dragging clothing can catch fire and will be almost impossible to remove.

Firestarters are especially dangerous. Use them carefully. Make children stand far away from a barbecue when you use them.

Be alert to the hazards involved in using hair-sprays. If you are near a smoker a spart can ignite the hair. The can, accidentally placed near heat, may explode.

ELECTRICAL

Train children to stay away from outlets or cords. You can buy inexpensive electrical outlet safety plugs.

Keep a close eye on toddlers who may bite on cords or put appliance plugs in their mouths.

Buy only CSA certified appliances.

OFFICERS' WIVES' BRIDGE CLUB

Six tables of Bridge were in play at the October 8th meeting of the Officers' Wives' Bridge Club. High Score prize was earned by Georgette Drake, while Cher Evans received the Low Score award. The Hidden Score prize was won by Gail Thomas, and Belinda Breen captured the Two Prize. Special mention goes to Jan Sparks for her Newfie jokes' entertainment.

On October 22, five tables of Bridge and diet discussion filled the evening. Jean Leiter

secured a well-deserved High Score award, while Grace McPhail reluctantly accepted the Low Score prize. Diane Oliphant's tally was drawn for the Hidden Score, and the travelling Two Prize found an owner in Jan Sparks.

The next Bridge Club meeting will be at 8 p.m. on November 12, in the lounge of the Officers' Mess. Start looking now for a masculine card-player, because our first Mixed Bridge evening will be on December 10, with prizes for both male and female winners.

NEW PMQ COUNCIL

Mayor Lt. Martin, W.F.
Ward No. 1 S/Sgt. Tucker D.

Apts. A & B,
P

Ward No. 1 S/Sgt. Tucker D.
Apts. A & B MCpl. Brown L.T.

PMQ 1-11, 101, 119-122

Ward No. 2 Cpl. Fiddy D.C.

Apts. C, D, E, F Cpl. Tenpieri H.

Ward No. 3 S/Sgt. Bullard G.

PMQ 12-25A, 34-48 MSgt. Smith M.L.

Ward No. 4 MSgt. Futch M.H.

PMQ 26-33, 49-65A S/Sgt. Dunkle L.E.

Ward No. 5 Lt. Thuen E.B.

PMQ 66-83A Sgt. Landry J.J.

MSgt. Rouse E.D.

Ward No. 6 Lt. McBean J.D.

PMQ 84-100A Lt. Smendziuk R.W.

Ward No. 7 MCpl. MacLeod C.G.

PMQ 102, 103, 105 Pte. Barham M.L.

106, 107, 108 MCpl. Frazer C.J.

Ward No. 8 Cpl. Blackburn J.H.

PMQ 104, 109, 113, 115, 117, 118 Cpl. Hinds T.J.

Ward No. 9 MCpl. Cooley W.G.

PMQ 110, 111, 112, 114, 116 Cpl. Lowther K.J.

CHAPEL GUILD SETS DATES "FOR SALE"

St. Michael and All Angels Ladies' Guild held their monthly meeting in the Chapel Annex recently. It was decided at that time to have a Bake Sale and Crafts table in the Canex Annex on November 15, at 9:30 a.m. Since the number of active Guild members are few this year it is hoped that other Protestant families will help by donating baking. This can be dropped off at Canex the day of the sale or at Cliftons, PMQ 73A or arrangements can be made to have baking picked up by calling 339-4921 or 339-6705. Proceeds from this sale are used for our Mission work.

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GENS DU PAYS

L'HISTOIRE DE LA COLOMBIE

SIXIEME PARTIE

Maintenant, levons le rideau sur la scene historique. Nous avons vu, au chapitre precedent, que le nombre de colons canadiens-francais augmenta sans cesse durant l'epoque des voyageurs et des traiteurs de la Compagnie du Nord Ouest, fusionnee, dans les annees 1820, avec la Compagnie de la Baie d'Hudson. Une anecdote racontee dans une Histoire de la Colombie Britannique, par Walter N. Sage, illustre la proportion de Canadiens Francais parmi la population blanche des Territoires de l'Oregon, lors de l'etablissement d'un gouvernement provisoire sur la riviere Willamette. "Le 2 mai 1842, les colons, sur la Willamette, se reunirent a Chemsseg et voterent en faveur de la formation d'un gouvernement provisoire en attendant que les Etats Unis ne prennent possession des Territoires de l'Oregon. D'apres la tradition, il y eut presque egalite: tous les americains votant pour le gouvernement et tous les Canadiens francais, moins deux, votant contre. Ces deux Canadiens francais, dont l'un avait participe a la rebellion de Papineau et avait fui le Bas-Canada en consequence, se mirent du cote des americains et firent pencher la balance du cote du Stars and Stripes."

Le Dr McLoughlin, alors facteur de la Compagnie de la Baie d'Hudson, natif de Riviere du Loup, suggera, des 1832, de faire venir des pretres pour les nombreux catholiques, sur tout les canadiens francais, qui n'avaient aucun secours religieux. La compagnie accepta et insista pour que ces pretres arrivent au plus tot, defrayant elle-meme le transport, la nourriture et autres avances jusqu'a ce que des missions puissent etre etablies.

C'est ainsi qu'arriverent

les premiers pretres mentionnes plus haut. Leurs premiers devoirs consistaient a regulariser l'etat matrimonial d'un grand nombre de colons et a baptiser plusieurs douzaines d'enfants... Ce qui pourrait peut-etre le mieux expliquer l'harmonie relative qui regnait entre blancs et indigenes, du cote canadien, pendant que le sang coulait aux Etats Unis, c'est l'alliance naturelle qui s'engagea entre les voyageurs et les Indiens du Pacifique. Le voyageur ne semble pas avoir eu de prejuges raciaux. L'histoire des Metis n'est-elle pas, aussi, la preuve documentaire de cette fraternite qui, par extension, prevint qu'un sort impitoyable ne fut aussi le lot des Amerindiens du Canada? Dans cette mention des voyageurs, il ne faut pas oublier son compagnon ecossais. Lui non plus ne souffrait pas du complexe racial. Lui, comme le Canadien francais, etait rude, aventurier, mais humain. Les hymenees, si libertines et illegitimes qu'elles furent, se consoliderent, generalement, par des alliances durables, dignes de la tradition la plus chretienne.

Les missionnaires doivent avoir leur part d'hommage. Eux ne voyaient que l'ame des sujets qui leur etaient confies. Ils avaient laisse derriere eux la civilisation et son hypocrisie. Le contact avec la nature est la meilleure ecole de l'humanisme pratique. Au milieu de la foret les hommes sont egaux. L'ennemi est de taille; il n'y a donc plus de temps pour en creer artificiellement. C'etait le cadre ideal pour semer le christianisme.

Mais le regne de Christ semble impossible sans l'etablissement temporel de l'Eglise. La moisson etait riche parmi les peuplades

indiennes et la population blanche augmentait rapidement. Pendant que la population francophone s'assimilait graduellement a l'anglophone qui grossissait a la faveur d'une forte immigration britannique, l'Eglise fit de meme.

En retrospective il faut dire que l'Eglise n'avait aucune mission de respecter l'origine culturelle des colons qui avaient motive sa presence en Colombie initialement. Le titre de colonie britannique ne fut assure a la Colombie qu'en 1846. En 1856, il n'y avait pas encore de gouvernement responsable. De plus, la plupart des missionnaires, bien que francophones, venaient d'Europe et pouvaient facilement presumer de l'unilinguisme anglais de ce territoire; qu'il soit americain ou britannique.

Toutefois, il est important, aujourd'hui, en marge du dialogue qui se deroule au Canada, de rappeler ces faits historiques qui etablissent la tradition des deux peuples fondateurs d'un ocean a l'autre. Les liens d'est en ouest qui ont donne une identite commune a ce pays ont ete jalonnees, bon gre mal gre, par les deux. Soustraire l'un ou l'autre, retroactivement, au role qu'il a joue, remettrait tout en question, de l'Atlantique au Pacifique, avec la seule exception, peut-etre, de Terre-Neuve.

(A suivre)

D'AUTRE EXPRESSIONS DE MONTREAL TRADUIT PAR LES ANGLOPHONES:

TOUT UN DEFIT!

Il en a de colle!

(He has a lot of it glued)
This guy is loaded with money

Un beau char!

(A nice cart)
A nice heap

Les deux yeux dans la graisse de bine

(Both eyes in bean'S FAT)
Foggy eyes, the look the morning after.

Prendre une débarque

(To take an unload)
To trip over, to fall on his face or to go down in hierarchy.

Une poudree

(A powdered)
A girl who looks a little bit like a Xmas tree; can be used as the feminine of...???????

Un vrai peigne

(A real?????)

PaS PIRE PAN TOUTE!

(Not worst at all)
Appreciation like: not so bad!

Passer un sapin a quelqu'un

(To pass a fir-tree to someone)
To trick someone into something.

Il n'est pas regardant

(He is not a watcher)
A person who closes his eyes on anything.

Un tireur de couvert

(A blanket puller)
In a group, the person who always manages to have the honour on him, a show ????

C'est pas la tete a Papineau!

(He is not IPapineau's head)
He's far from being a genius.

Etre sur son trente-six

(To be on his thirty-six)
To be all dressed up for a big occasion.

Il a une grande trappe

(He has a wide trap)
He's a loud mouth.

Des vertes et des pas mure

(Some green and some unripe)
Tall lies, incredible stories.

C'est d'valeur!

(It is of value)
That's too bad, it is sad to hear.

DICTIONNAIRE D'UN QUEBECOIS OU LE MAUDIT MOT DIT!

Pourquoi s'obstiner a ne voir que le beau cote des choses (et des mots) lorsqu'on peut si facilement en decouvrir le ridicule

Claude Falardeau
Les Editions de L'homme

AFFAIRES

CULTURELLES: Comme si "Affaire" et "culture" pouvaient aller ensemble!

ANGES: L'enfant reve aux anges et l'adulte aux seins

ANNUAIRE DU TELEPHONE: Livre de chevet de la gent feminine

AUTOBUSTE: Buste naturel qui n'a pas besoin de soutien. A tendance a disparaître.

AUTOMATION: Science dans laquelle un homme de par son travail essaie d'enlever le travail des autres.

BAISER: La guerre microdienne

BARBE: Un homme sans barbe est comme une femme sans mamelles.

La sagesse ne tient qu'a un poil...de barbe et c'est pourquoi les femmes en sont privees.

Dans la nuit la barbe guide le chat. Dans la vie la barbe guide l'homme et la femme n'en a pas.

Malheureusement le dernier des singes a plus de barbe que le plus hirsute des hommes.

BEBE: Un pisse-en-lit. S'ecrit aussi BB quand le bebe a evolue!

BISTROT: Endroit ou l'on "pisse trop"

BOSSU: Un homme introverti

CAFE: Ancien combustible des locomotives bresiliennes

CENTRE: En politique, position de ceux qui n'ont pas d'idees

COMPTANT(AU): Les femmes s'habillent a credit mais se deshabillent au comptant

MONTER LA GARDE: Coucher avec une infirmiere

HUILE DE RICIN: La merde a boire

CORSET: Garde-frontieres de l'embonpoint feminin

DECEPTION: Quand une epouse frappe une "poche d'air"

DEPUTE: Nos deputes, c'est des lumieres qui me font penser aux mouches a feu; ils ont tous leur eclat dans le derriere, ca eclaire rien que les suiveux

ECHO: Plaisir paranoiaque a la portee de ceux qui aiment s'ecouter parler

ENFANTER: Publier ses oeuvres intimes

EPOUX: Charge de la mise en scene

FARD: Produit qui permet aux femmes de sauver la face

FONCTIONNAIRE: Les fonctionnaires sont comme les livres d'une bibliotheque: les plus hauts places sont les plus inutiles...

MORPION: Micro-faune des basses regions

MUSEE: Certaines femmes de leur vivant sont deja des objets de musee - regardez mais ne touchez pas

QUEUE: Tu dis que tu aimes les fleurs

Et tu leur coupe la queue

Quand tu dis que tu m'aimes

Comprends que je craigne un peu.

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SOLEIL: Il eclaire l'espace mais noircit l'homme!

TALONS HAUTS: Les femmes portent les hauts talons parce qu'elles n'aiment pas etre embrassees sur le front.

VIERGE: Si la vierge enfanta sans jouir de l'amour de nos jours il en est plus d'une qui jouissent sans enfanter. Les temps changent. JCT

SAMEDI LE 8 NOVEMBRE

Micheline Brodeur de Vancouver specialiste en publicite et promotion, viens nous donner un expose sur la publicite au local du club (a l'arriere du theatre).

Si ca t'interesse; tu es bienvenu (l'heure exacte sera affichee dans la fenetre du local)

Un douzaine de francophones de Powell River, Nanaimo, Port Albernie et Campbell River y seront presents.

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Viens rencontrer d'autres gens. Nos deux dynamiques professeurs Carol et se feront un plaisir nous aider.

C'est un rendez vous! Au local du club, a l'arriere du theatre.

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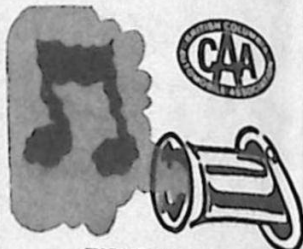
Individuals interested in applying with these airlines companies must be career oriented, have a public relations personality, be willing to travel if required, and be in good health. For further information on how to immediately apply directly with these major airlines companies, write to:

Travellex, Inc.
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3865 South Wasatch Blvd. Suite 101
Salt Lake City, Utah 84109

Please indicate briefly your background, what airlines position(s) you are interested in applying for and enclose a stamped, self-addressed envelope so that you may receive further information as to what steps to take so that possible interviews might be arranged by these airlines. All major airlines companies are EQUAL OPPORTUNITY EMPLOYERS.

YULE RUSH SOON

Mail, tons of it, arrives at Post Offices daily. At Christmas, the volume increases drastically. In the Western Postal Region, comprising the four Western provinces, NWT and The Yukon, Post Offices handled a whopping 2.1 million parcels alone last Christmas. No letup is expected this year. Other than the holiday season, the system in the West handles an average of 1.3 million parcels a month. To beat the rush, postal officials advise it's best to mail early.



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LE RALLY WOW !!

LE RALLY: "CHAPEAU!"

Samedi dernier a midi, 20 autos se sont rassemblées au stationnement du Canex pour le grand départ. Après l'enregistrement, l'inspection de sécurité de la voiture et la lecture des règlements, le "bolide No. 1" décollait à 12:45; les autres suivent à une minute d'intervalle. C'est un départ!

Le but de ce rally étant de répondre à une série de questions (très subtiles), les participants devaient donc suivre les instructions "à la lettre" afin de compléter le questionnaire. Le parcours nous a amené à des endroits aussi divers qu'au centre-ville de Comox, à Kyé Bay, à Little River etc...

Certain ont complété le trajet de 45 miles en 1:45 heures, d'autre ont pris près de 3:30 heures afin de le terminer. Mais tout comme lievre et la tortue, la voiture la plus rapide a effectivement terminé en onzième place. Evidemment, nous ne parleront pas ici des questions "truquées" et des faux "check points"...

Le rally terminé, "toute la gang" se rendait vers 5 Hr. en haut du gymnase la base afin d'y manger les meilleurs "beans" de la Colombie; non pas une seule sorte de fèves au lard mais bien trois, toutes aussi délicieuses les unes que les autres, et ce, sans compter les excellentes sandwiches, salades et hors d'œuvre etc...

Après le repas, tous attendaient impatiemment les résultats finals du Rally. Mais Ouh! la sagesse a vaincu, François Zibiersqui (l'homme aux belles jambes) avec l'aide de sa fille, a remporté la première place. Les trophées médailles et prix de participation étaient si nombreux qu'un seul des participants n'a pas obtenu de prix. Il y vas de soit que



la dernière place (le prix coco), ait allé à Jacqueline...une fille..Enfin bref...

Après les résultats, une foule de jeux suivirent et plusieurs talents naturelles ont été observés: Gilles, le singe par excellence; Fred et Bernard, les hommes aux belles jambes; France, la femme aux bananes...et aux oranges (sans doute le jeu le plus populaire); Serge, le docteur favori de "nos" femmes...

Pour couronner le tout, la seconde moitié de la

soirée était à "bar ouvert", merci à Brian Kinsman, un visiteur de la station de Masset. Finalement, la soirée se termina vers minuit trente après une journée bien remplie. Somme tout, Gilles Roy et son équipe (Danielle, Jacques Valcourt et Nicole Serge Wong et Jacky ainsi que Jean Marie Bossee et Giselle) ont fait un travail

superbe et ce, malgré leur expérience très limitée à l'organisation d'un Rally.

Un seul reproche à leur faire: De très mauvais "calleux" de bière...O la demande générale, on espère bien que l'expérience se renouvellera l'an prochain avec encore plus de participants.

Aux Organisateurs, en mon nom et au nom de chacun des participants: Un gros merci!

Quant à ceux qui n'y étaient pas, vous avez manqué quelque chose!...

Luc Maurice

A SINCERE THANKS TO THE FOLLOWING SPONSORS WHO CONTRIBUTED A GREAT DEAL TO THE SUCCESS OF THE BILINGUAL RALLY.

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CLAUDE ST-DENIS ici!



Un grand mimeur du Québec, Claude St-Denis, est venu nous rendre visite au local du club lundi dernier alors qu'il était en tournée sur l'île de Vancouver. Les Blagues, du plaisir et du "bon" vin ont terminé la soirée vers minuit. C'était un premier mais nous comptons bien inviter d'autres artistes dans un avenir prochain.

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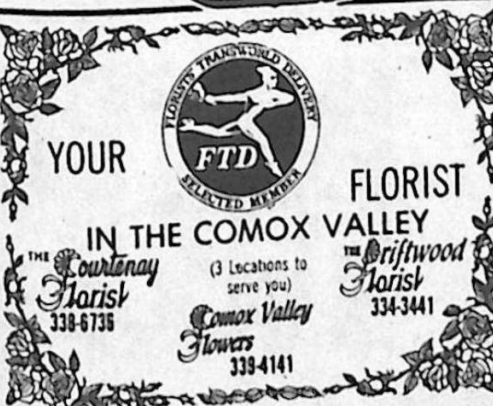
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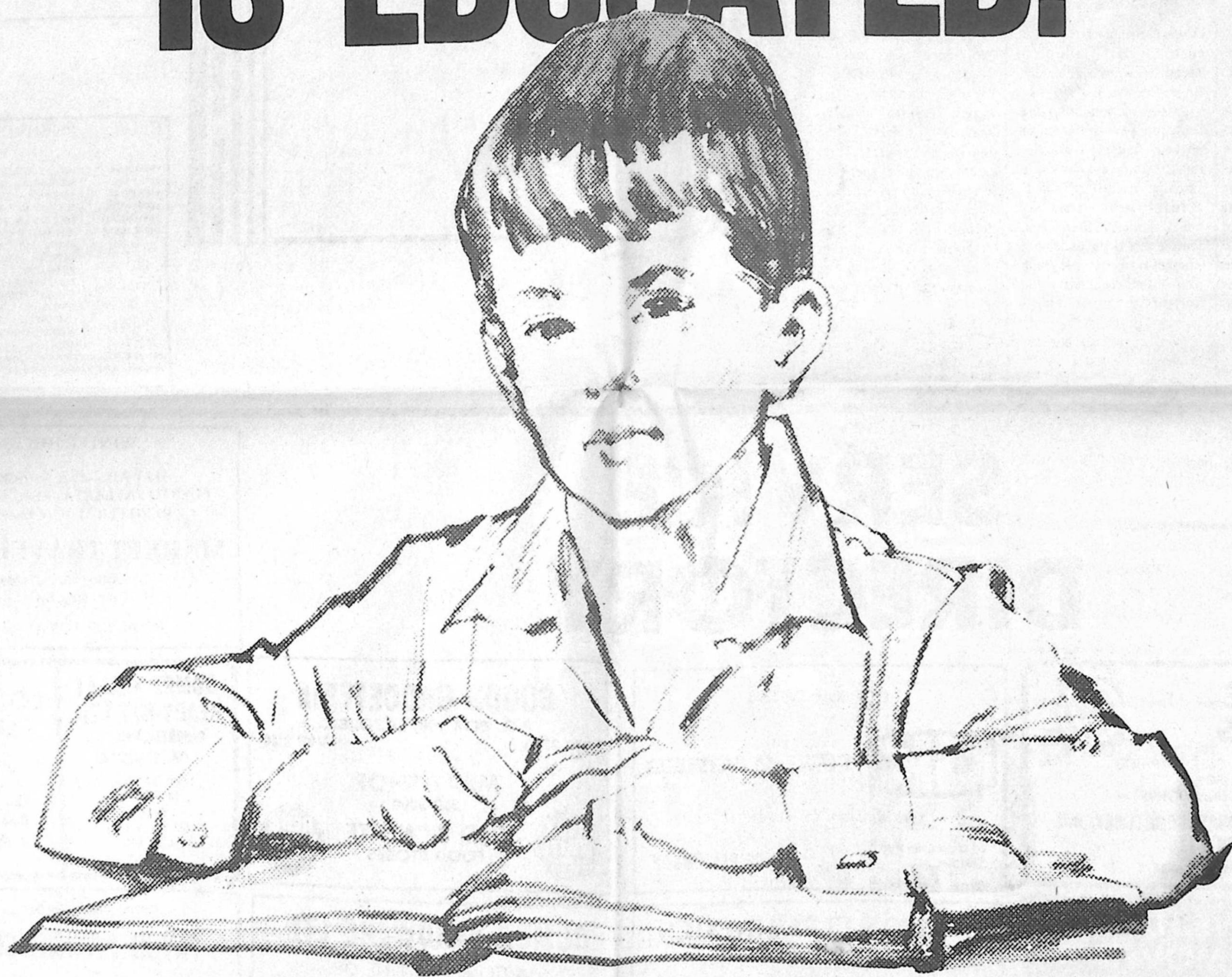
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