



TOTEM TIMES



Vol 23 No. 8

CFB COMOX TOTEM TIMES

THURSDAY, APRIL 16, 1981

COST: PRICELESS

NORAD agreement renewed in Ottawa



Defence Minister Gilles Lamontagne signs the five year NORAD agreement renewal in a ceremony held in Ottawa during the recent visit of U.S. President Ronald Reagan. Also signing the agreement were U.S. Secretary of State, Alexander Haig (center) and External Affairs Minister Mark MacGuigan. Behind the signers are Mr. Reagan and Prime Minister Pierre Trudeau. (CANADIAN FORCES PHOTO)

The Secretary of State for External Affairs, Dr. Mark MacGuigan, and the Minister of National Defence, Gilles Lamontagne, last month signed an Exchange of Notes with the Secretary of State of the United States, Alexander Haig, constituting an Agreement between the Governments of Canada and the United States of America to continue their cooperation in the air defence of North America through the North American Aerospace Defence Command (NORAD) for a further five years.

The five-year term of the renewal will allow for effective long-term planning toward the achievement of necessary modernization and modification of

NORAD surveillance systems for the defence of North America. The change of name of the Command to "North American Aerospace Defence Command" and related changes in the text of the Agreement more accurately reflect Canadian participation in the Command's on-going activities, including space surveillance and warning.

The decision to renew the NORAD Agreement was taken by the Canadian Government following a review of the various factors involved and after taking into account the comments and recommendations made by the Standing Committee on External Affairs and National Defence in its report to the House of Commons sub-

mitted on December 19, 1980, following a series of hearings on the question.

The Government has concluded that it is in Canada's interest to cooperate with the United States on questions of North American defence both as a means of dealing with mutual security problems and as a contribution to the security of the NATO area, which includes North America. A credible deterrent and defence against Soviet long-range bombers continues to be needed and the most efficient and cost-effective way to provide the capability required is to continue the air defence command arrangements provided for in the NORAD Agreement.

Who are these men and why are they smiling?



The 57th Anniversary of the Royal Canadian Air Force was celebrated here at Comox on 1 April, and in attendance were a number of retired RCAF members. A Force stalwarts who helped make the event memorable. Back row: Maj. Cratchley, Chisholm, AVM Plant, Col. Butcher.



Mrs. Helen Foden, of 1141 Denny, Little River, recently retired after 29 years of Public Service. The last twenty of those years were spent serving as secretary and executive assistant to nine consecutive Base Commanders at CFB Comox. A luncheon was held at the Courtenay Hotel in honour of Mrs. Foden, and was attended by fifty work associates and former friends. Three former Base Commanders plus the present Base Commander are pictured above with Mrs. Foden. From left to right, Col. (Ret'd) G. Nichols, Col. J.R. Chisholm present Base Commander, Mrs. Helen Foden, Col. (Ret'd) Irish Ireland, and BGen. (Ret'd) R.F. Miller.



CAN CANCER
BE BEATEN?

YOU
BET YOUR
LIFE
IT CAN.

Please Give

"Fishwrapper" Exposed

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Section news

Nighthawks Nest

Writing this article during one of the endless periods of boredom sprinkled liberally throughout a typical 409 exercise, I can sympathize with the individual who attempts all means (be they fair or foul) to avoid such odious duty. This is not, however, meant to imply any degree of condonement for the intentional attempt to render himself unfit for duty by Capt. Andy Dobson.

Twisting a knee skiing scant hours before an exercise is a feeble, camp excuse that should be exposed for what it is -- an attempt to undermine democracy by reducing NORAD manning levels to a low enough state that the Communist hordes may pour in freely from the north unchecked.

Although this is related to the old "shoot-the-big-toe-to-avoid-combat" ploy, it comes nowhere near the latter in class.

Capt. Dobson is to be reprimanded most severely for such a weak attempt to miss an exercise and is cautioned that in the future plausible excuses (sickle-cell anemia; alcoholism) will be the only ones entertained.

Welcome back to Doug Swanson, recently home from TD in Germany where

he enjoyed the pleasures of Continental living -- good beer and buxom women being foremost. Deutschland uber alles.

Temporary duty is the nectar of summer on fighter squadrons, and there will be a fair share this year. Brian Taylor and Bill Ricketts are set to leave for the AWIC course in Bagotville in short order, and Joel Clarkston and Chuck Fast are both in contention for the two week job of static display for a women's prison sex education course.

Scientific research does it again. Medicine is one field in which advancements are made constantly, and this fact was recently illustrated here at our home 'drome. Concerned for some time over his premature greying, and unable to get a reasonable explanation from medical officers on previous tours, Capt. Glen Buchanan finally had his problem sorted out by the redoubtable staff at the CFB Comox hospital. There's nothing premature about it. He's just old.

Terry Hunt is busy pushing and shoving eight individuals and four airplanes into a reasonably homogenous unit, at which time they will be named the Hawks and will be represent-

ing the squadron at summer airshows in Canada and the States. Besides the normal flying displays at Abbotsford, Paine Field, Washington, and others throughout the west, the team is planning a trip with Bob Hope on his USO tour, dinner with Pierre Trudeau at the Ottawa Keg'n Cleaver, a flypast through the giant hollow Redwood tree in California, and a checkout for all the pilots in the Columbia space shuttle. Abbotsford and Paine Field are confirmed, with the remainder depending on QRA manning requirements and other commitments.

Hearty congrats to Rick and Gerry Zyviski, the new parents of a healthy baby girl. Taking no time at all to initiate the infant in Air Force procedures, the young Ziff is already adept at BFM (Breast Feeding Manoeuvres), and is a

welcome addition to ADG (Abhorrent Diaper Group).

Although outwardly manifesting nothing but joy, scuttlebutt has it Rick is disappointed that the tot was born with only marginal skating abilities and is attempting to swing a deal with Irene Hughes involving a trade-in on a 4WD.

The only thing that could change his mind at this stage is if the baby turns out to be a boy -- still a possibility, as neither of them has yet checked.

To interject with a note of seriousness, the squadron passes on their best wishes to Pte. Carl Wimmi, resting in hospital in Vancouver after his unfortunate accident recently. MWO Jim Nodwell visited Carl and his parents last week and brought back the following notes of greeting.

BGJK

Hi guys! I just wanted to let you know that everything is fine here in Vancouver. I should be out (hopefully) in a month in Comox. I just wanted to thank you all for what you did even for one week in Comox. So hang in there. "Keep 'em flying."

Carl Wimmi

Our heartfelt thank you to all CFB Comox base personnel, for their kindness and support in a very trying time due to the unfortunate circumstance to our son Pte Carl Wimmi. We shall always be very grateful to each and every one of you.

Mr. & Mrs. Carl Wimmi



It's that time of the month again, and nothing has changed much over at 442. Everything is in a normal state of chaos. The Buffalo pilots have no place to stretch out; they could probably use the couch outside of OPS, but that would not create a favourable impression on anyone who really takes life seriously. During the renovations, most lab pilots are suffering withdrawal symptoms from the ace-deuce board, although they have finally set up a temporary games room in what used to be the pilot's lounge.

From time to time we hear mutterings drifting down the hall from the FE section about the lack of RON flights. (Especially Lew). On a daily basis, our intrepid SAR Tech leader gloats about the raise he just got, while the OPSO just grins and bites his tongue.

Speaking of OPS, we have had a change in officer cadets recently. Instead of just one (Ken Rae), we now have two. (Toby Nash and Inge Plug). With a female in OPS, the squadron might finally get back on an even keel. Why are the SAR Techs suddenly spending so much time upstairs? Don't they have chutes to pack? We can look after our own, thank-you very much. (That last sentence was a direct quote from Al Chouinard). To add to this scene, we have the screams that emanate from the servicing desk downstairs. Do they have a torture chamber down there? Between screams, you can sometimes hear hysterical laughter.

Major Chura, Lt. Baker, and WO Christensen come up to the met briefing every morning just so they can start the day off on the right foot. Besides, the morning briefing is always good for a laugh, especially when the aircrew tell them how to fix airplanes. Like I said, everything is in its normal state of confusion.

By the way, (I almost forgot), the CO is canvassing the squadron for volunteers to help him move. (There are no career implications if you refuse, of course). It is the opinion of this writer that the squadron is due for another search. Everyone gets along just great in places like Whitehorse, Williams Lake, or Prince George. If we don't get busy soon, strait-jackets might become dress of the day at 442.

Last weekend was an eventful one for two training crews. We had a PEPEX in Abbotsford and a trip to Seattle to brief the Washington State Pilot's Association. Because of the fact that a helicopter flew to Seattle, the crew was able to enjoy the surroundings a little longer than they had anticipated. The turnout for the briefing was rather disappointing, however. At Abbotsford, the PEPEX was a success despite bad weather. Because of the weather, many people did not show up, but those who did got some valuable spotter training. Five of the spotters on the first flight had to be pulled feet first out of airsickness bags, but they all survived the ordeal.

I wonder if the Snowbirds brought along some of

this foul weather from Moose Jaw. If the truth be known, Moose Jaw is probably enjoying record high temperatures and clear skies right now. One theory that warrants some attention is "the cloud formation as a result of Snowbird smoke" theory. If they would just fly their aircraft without turning on the smoke, I'm willing to bet that we'd all be basking in the sun. We've heard of "weather warfare" on the part of the Russians, but the Snowbirds are on our side. Aren't they? The weather put a damper on the Winox golf tournament at the beginning of April. Many 442 golfers were seen swimming down number three fairway, with only their snorkels and golf clubs

above water. (Must keep those clubs dry, at any cost). A wayward Labrador discovered the mayhem at the Glacier Greens course and completed a bombing run with marshmallows. This is an annual tradition, by the way.

It seems that rarely an issue goes by without the mention of Gary Flath. Well, this time the material was submitted by MCpl Wally Belanger. Now that my six o'clock position is covered, here is the story. During the Herring Roe detachment in Prince Rupert, a notice was made up and copies were distributed to all the local pubs. The complete and unabridged text of the notice is as follows:

MEET GARY FLATH NIGHT

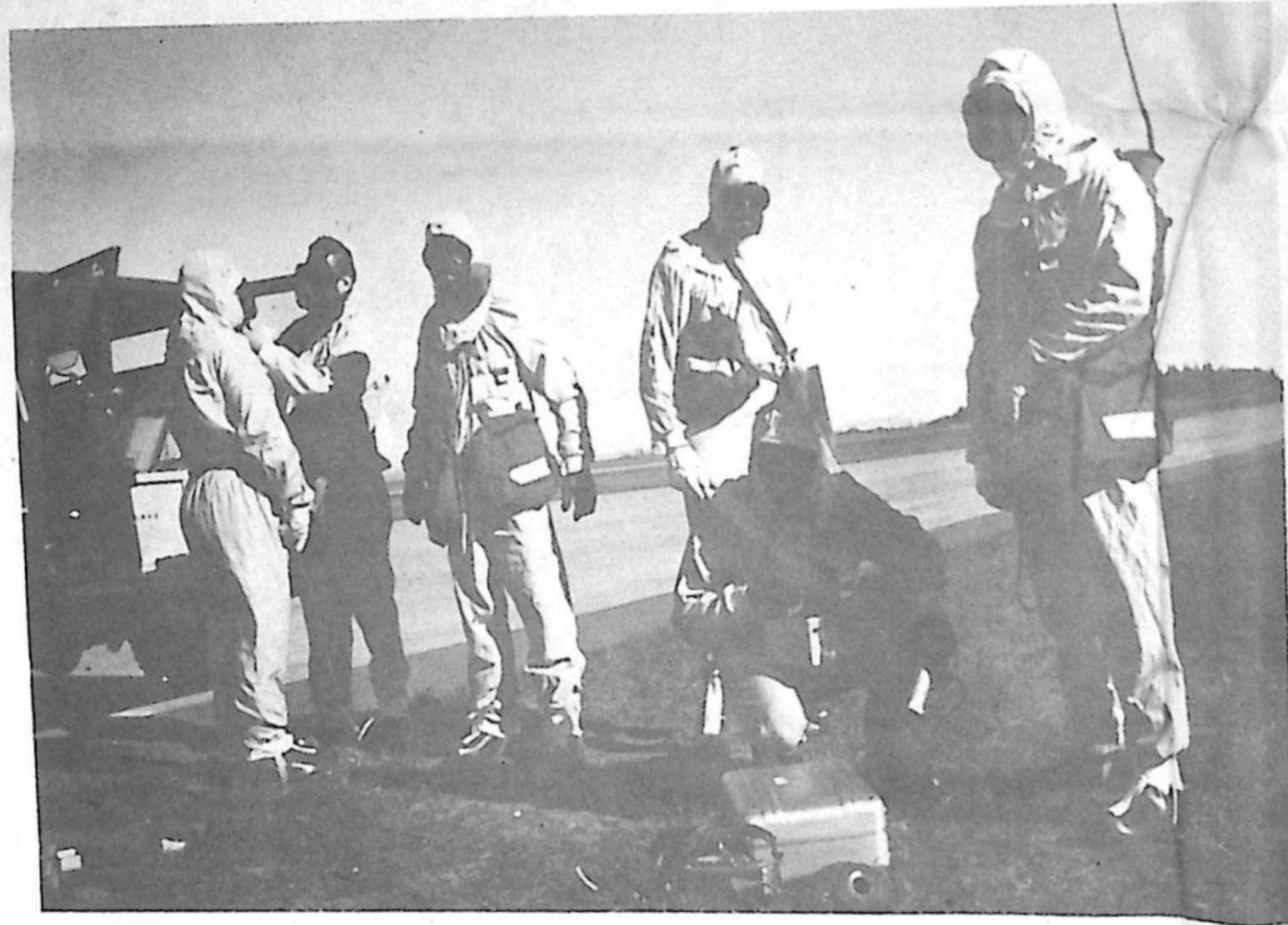
MONDAY
COMMERCIAL HOTEL
5:00 - 7:00 PM

The renowned Canadian Forces helicopter rescue and demonstration pilot, Capt. Gary Flath, recent recipient of the Coveted Chief of Defence Staff Commendation, presented for a daring, selfless and not unheroic mountain rescue mission in Washington State.

Capt. Flath returns to Prince Rupert for a limited engagement prior to his retirement from the Canadian Armed Forces to devote his full time and energy as president and chief executive officer of the well known aviation conglomerate, Flath Tours Inc.

Gary is looking forward to greeting his many friends and relatives in Prince Rupert and will be pleased to autograph copies of his recently published autobiography "How Do You Like Me So Far?" Come on down and have a jo-jo with Gary and his crew.

What else can one say, except stay tuned for some more juicy gossip in the next issue.



Spurning their normally garish garb in favour of this new 1981 uniform, six members of the CAF Snowbirds pose for the cameras prior to departing on their annual tour of North American air display sites. The past two weeks have seen the Snowbirds practising as often as possible in their spring workups. The "new look" for the 'Birds received international acclaim when first modelled by Cheryl Tiegs in New York, and was initiated by team member Chuck Gillespie, who insisted on an outfit designed to match his shoes and purse before signing his 1981 contract as a free agent.



OFFICERS' MESS ENTERTAINMENT

Saturday, April 25 -



NOTE: Special thanks to Capt. Splers and Kiwi crew for their work on Medieval Night.

- MPK

MAY 1981

Saturday, May 2 - Hawaiian Night
Sunday, May 10 - Mothers' Day

ENTERTAINMENT WOs' - SGTs' MESS

TGIFs
16th TGIT Dart Tournament
24th Mixed Shuffleboard Tournament
Note: Jeans will be allowed at 24 April TGIF

MOVIES
19th The Man Who Shot Liberty Valance
26th The Klansman

DOWN HOMERS NITE

25 April 81
Admission: Freeby
Music by "Georgia Strait"
Food at 23:00 hrs.

FOUND

An F-11 36 Fujicolor film
was left at the WO & Sgt. Mess. The
owner may claim it from the Mess Manager.



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407 Demon Doins

Not too much to write about this week, since I was down in Halifax for most of the time. However, I've been able to catch a few rumors flying about the squadron.

Rumor has it that Capt. Bob Banks now has a definite reason to stay at work longer, other than being the Aurora Day organizer. It seems that Bob has been coming into work blurry-eyed and is somewhat reluctant to go home at nights. Looks like his son Craig got a baby sister named Rikki Dawn and Bob is tired of seeing twice the amount of the usual dirty diapers. Coach Nancy seems to be in good health from the latest reports and is enjoying all the attention Bob has been giving her. The first gift Bob gave to Rikki was a mobile with Argus and T-33 aircraft replicas hanging from it. Congrats to both Nancy and Bob.

The Can. F. ASOs returned Sunday from a rough week down in Halifax. It turns out that they thought all the mariners in the wardroom were just fair-weather sailors and that the navigators had to teach them a few Air Force traditions of being rowdy and noisy in the wardroom, drinking copious quantities of beer and keeping the bar open at night. But I must say, the kind sailors came around at Weepers and put on 2 kegs of beer for us "zoomies". Being good guests, we didn't let a drop go untouched.

There is a farewell get-together to send off LC-mdr. Mike (Mac) Williams this Thursday with a tournament at the golf club. Apparently the newly promoted Captains are supplying the drinks, Frank Burke is supplying the entertainment trying to get par on the first hole, and the lonely ladies of Can 6

personnel are adding to the festivities. Mike will be sadly missed for his good humour and American "twang" as he heads to Norfolk Virginia to try and convince his superiors to buy a great aircraft that we have here in Canada -- something called an Argus.

Crews 2 and 5 became professional movers today, moving new furniture into the DIAC. After it was all over, grumbings were heard about bruised muscles and broken toe nails.

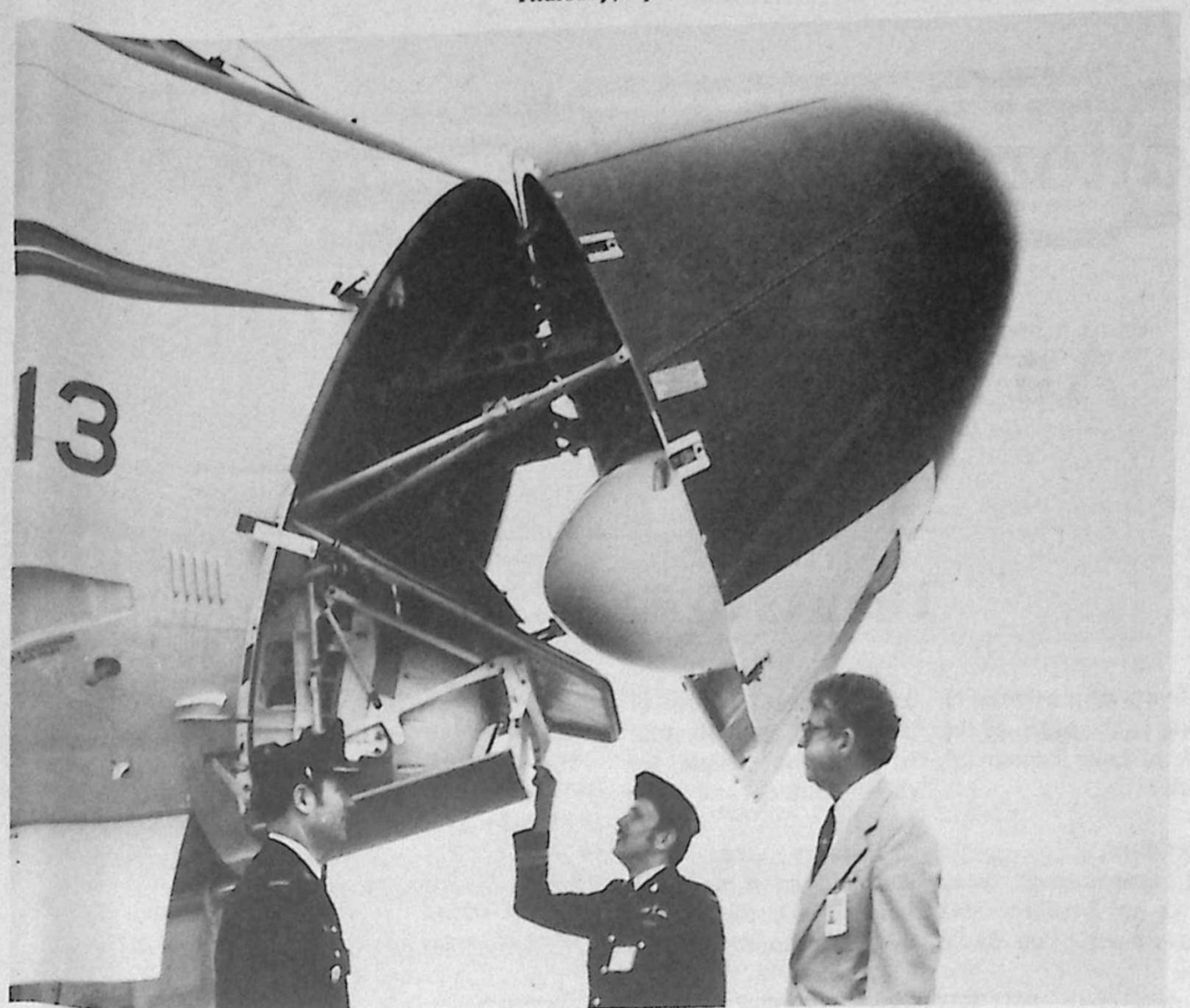
MP & EU are up from Greenwood this week under the pretence of doing trials on the west coast in the new Aurora. Yet rumour has it that Portuguese Joe's Fish Market got an order for 200 lbs. of salmon to be picked up the day the MP & EU leaves. When did they say they were having their shipwreck party?

Well, to nobody's surprise, Greenwood backed

out of last week's national ASW competition to be held in Summerside, when they found out how strong of a crew we were sending down. Guess they just realized their expectations and decided to back out, and Summerside consented to withdraw figuring they were no match without Greenwood. So, we've told MP & EU to bring the trophy with them the next time they want to come out and get some salmon.

Bravo Zulu go to MCpl. Shelton, Sgt. Pare, MCpl. Wohlgenuth on their recent promotions, and to Cpl. Beauchamp on his accelerated promotion.

Well I guess that wraps up all the scandalous news for now. If anything new comes up, I'll be sure to get the full details from my local smut services.



Maj. Lloyd Bolton, left, chief of the Canadian Armed Forces Instrument Check Pilot School in Winnipeg, and Capt. Merl Preuss originally from Prince Edward Island, inspect the forward-looking infrared (FLIR) system housed inside the nose of the CP-140 Aurora with Jim Hagenbaugh, a senior sales representative at Lockheed-California Company in Burbank, California. The FLIR spots objects at night based on their dispersal of heat.

The pilots were part of a group of 13 instructors and students from the ICPS who took the annual tour of Lockheed facilities, including the flight line where newly built CP-140s are prepared for delivery to Canada.

Lockheed is building 18 of the long-range maritime patrol aircraft, 14 of which are operating out of the Canadian Armed Forces base in Greenwood, Nova Scotia. Four Auroras will be stationed at Comox, British Columbia, beginning in June.

ANNOUNCING BRITISH COLUMBIA'S NEW EMPLOYMENT STANDARDS ACT.

HOW THE NEW LAW PROTECTS YOU, THE EMPLOYEE.

British Columbia has a new law that protects the rights of employees better than ever before. The Employment Standards Act (1981) covers virtually every aspect of employment, and sets out clearly the responsibilities of employers.

The following is an outline of the major areas affected by the law. Further information, and leaflets, may be obtained at any provincial Ministry of Labour office.

Wage protection and new minimum wage

As of December 1, 1980 the minimum wage in British Columbia was increased to \$3.65 an hour for persons 18 years and over, and to \$3.00 an hour for persons under 18.

The new Act stipulates when employers must pay wages, which deductions are allowable, which details must appear on pay statements, and what employees' rights are on termination of employment.

Hours of work and overtime

Most employees (with certain exceptions) are entitled to a half-hour eating period every five hours, and to 32 consecutive hours off each week. There are also new regulations regarding shifts.

Overtime pay at 1½ times the regular rate must be paid for the first three hours worked beyond the normal eight-hour day, and double time after that.

Annual vacations and general holidays

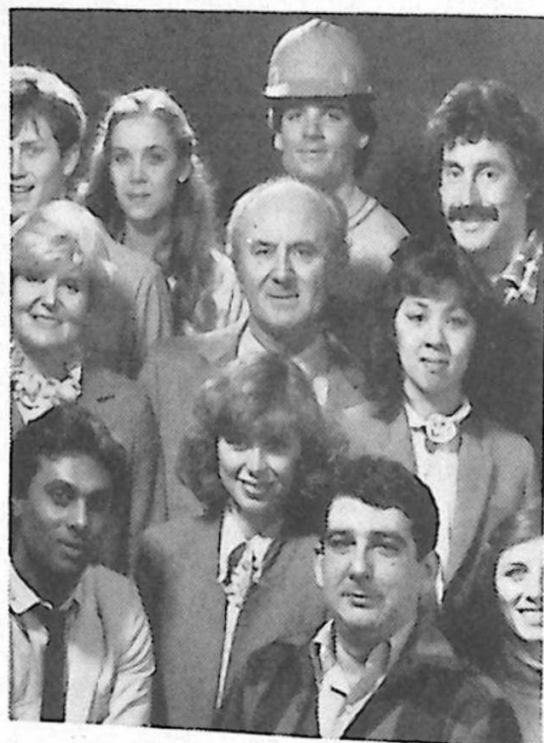
Employees are entitled to two weeks paid vacation after each year worked, and three weeks after five consecutive years of work. Most people who work on any of the nine general holidays must be paid overtime, and must also receive another day off later.

Maternity leave

Maternity leave is a right in this province and employees must be reinstated in their job, or a comparable one, on their return.

Up to 18 weeks leave, without pay, may be taken. During the absence, all benefit plans must be continued, provided the employee pays her normal share.

A leaflet is available dealing with Maternity Leave.



Farm and Domestic work

There is now a minimum daily wage of \$29.20 for live-in domestics and most agricultural employees (except piece-workers).

Farm labour contractors are required to be licensed, must pay employees each week and, in addition, all wage rates must be displayed at the work-site.

A leaflet is available dealing with Farm and Domestic Work.

Termination of employment

Employers are required to give minimum periods of written notice when laying off an employee. These are: two weeks for employees who have worked at least six consecutive months; and three weeks, after three years, increasing by one week per year of employment to a maximum of eight weeks. There are a number of circumstances in which written notice is not required.

A leaflet is available dealing with Termination of Employment.

Complaints

Employees who have a complaint or an enquiry should contact the nearest office of the Employment Standards Branch, Ministry of Labour. The Branch will provide further information and assist employees in resolving their problems.

Employee protection

Employers are prohibited from terminating, suspending or disciplining any employee who files a complaint under the Employment Standards Act.

Employees are also protected under the Act from employers persuading them to accept work by false representation or misleading advertising.

For further information or leaflets pertaining to the Employment Standards Act, contact any of the provincial Ministry of Labour offices listed below, or return the coupon.

Ministry of Labour offices:

VICTORIA 880 Douglas St. Victoria, B.C. V8W 2B7 387-1381	BURNABY 4946 Canada Way Burnaby, B.C. V5G 4J6 299-7211	CHILLIWACK 24 Victoria Ave., W. Chilliwack, B.C. V2P 2T1 792-0634
COURTENAY 9418 England Ave. Courtenay, B.C. V9N 2N7 338-8344	CRANBROOK Rm. 101-117 Tenth Ave., S. Cranbrook, B.C. V1C 2N1 489-4761	DAWSON CREEK 1201-103rd Ave. Dawson Creek, B.C. V1G 4J2 782-5931
KAMLOOPS 220-546 St. Paul St. Kamloops, B.C. V2C 5T1 374-7165	KELOWNA 206-1626 Richter St. Kelowna, B.C. V1Y 2M3 860-7616	NANAIMO 238 Franklyn St. Nanaimo, B.C. V9R 2X4 753-9185
NELSON 310 Ward St. Nelson, B.C. V1L 5S4 352-2211	PRINCE GEORGE 1011-4th Ave. Prince George, B.C. V2L 3H9 562-8131	TERRACE 4548 Lakelse Ave. Terrace, B.C. V8G 1P8 638-8191
	WILLIAMS LAKE 307-355 2nd Ave. Williams Lake, B.C. V2G 3W3 392-6261	

"Employment Standards"
880 Douglas Street
Victoria, B.C. V8W 2B7
Please send me the following leaflet(s) on the new
Employment Standards Act:

☐ Employee/Employer ☐ Maternity Leave
☐ Termination of Employment ☐ Farm & Domestic Workers

Name _____
Address _____
City _____ Postal Code _____

The New
Employment Standards Act
IT MAKES B.C. A BETTER
PLACE TO WORK



Province of
British Columbia
Ministry of
Labour
EMPLOYMENT STANDARDS BRANCH
Hon. Jack Heinrich, Minister

The armorer

Daddy came home in uniform;
To three little kids and a house that's warm,
Two little arms went around my neck...
And my son said "Mommy, what's a Weapons Tech?"
I guess at first I was a bit perplexed
But these were the words I told him next:

He can be in charge of a ten-man crew
And always be around to do a "Man-Two"
He'll load in the rain, the wind or snow
It's part of his job and hell always go.
He's all checked out at office work
Or he can be crewman on a giant here
Or if someone tries to bomb your school
They'll call a Weapons' Tech
because he stays cool!
If he has an A/C that he must load
Or pitch in and help when building a road...
To get to the scene of an airplane wreck,
You can always count on a Weapons' Tech.

Now they might use him to harmonize
Or work in the "Q" when A/C flies
Or run a typewriter and keep track of files
And out on a search he'll walk for miles
Has been known to build a self-help range
And re-build trailers just for a change
Or make up targets till he turns green
Sweating and cussing that sewing machine
Or if they need someone to set up a bash
Or maybe they're shorthanded when towing a kite
You can get an armorer day or night
You'll find this lad all over our base
And he'll end up in the darndest place
Maybe he's in SAS, where everybody's keen
Or slugging it out in 416.

Sometimes he'll be sweating in Tracadie
Or putting out fires that threaten our trees
Maybe he's in snags or in repair
Or fighting in Ottawa for a better share
Now some people call him versatile
And when he hears that, you can see him smile
Whether burning old ammo, or loading up new
It would be a sad day when he left the crew
He can shovel snow away from your door
And while still half frozen load a 104
He runs like mad when the hooter goes
Because he does the loading, as everyone knows
He heard one time, tho' it don't seem right
Decision's been made, that he can't moonlight
Just one job, in just one place
It would be bad news on daddy's base.

When he's not loading, painting or towing
Or keeping those ranges always going
Or working in snags and missiles too
Plus turning 'round aircraft, something else he may do...
Instructing in school, training new men
Doing DIs, every now and again
In a hockey game, he may be the referee
Or he could end up as the PMC
Building floats for every parade
On Air Force Day, selling lemonade
Cleaning windows, hanging doors
Shovelling fill and painting floors
Now some of these aren't a critical one
But it's the weapons tech that gets it done
They call on him to fix airplanes
He's even been known to unload trains

With all his loading, painting & towing
And keeping those ranges always going
And working in snags and missiles too
Plus turning 'round A/C something else he'll do
He'll sweat and strain till his muscles hurt
To make it safe where daddy works
When you add it all up, it does seem long
And hard to explain to one so young
But maybe when you're as old as me
A WEAPON'S TECH WILL A SPECIALIST BE.

FROM
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PER DAY

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p.s... we don't rent wrecks!

Editorials

An info miscellany

Thanks to 442

The following is a reprint of a letter to the editor of the Williams Lake Tribune (31 March 81).

Dear Editor:

The Search: Many, many thanks to Squadron 442 from Comox. You did a

terrific job in the hope of being able to find four irreplaceable people for their families and their friends.

Working three weeks solid, 12 hours a day, is unheard of in this day and age. You spoiled the ritual

of the unions -- to them every minute extra is called overtime. The elaborate effort you have done will never be forgotten by many of us.

Let us be proud of our Canadian Army.

Love and many thanks
Eva Riegl

We want you ... in '82

1982 marks the 50th anniversary of St. Michaels in Chatham N.B. Since there were many close ties with St. Thomas through the years a giant reunion is in the organizational stages for both these schools.

The date has been set for June 30, 1982 to July 4,

1982.

An effort is being made to contact former graduates of these schools, from C.F.B. Chatham during the fifties and sixties.

If you are a graduate from either school, 1971 and previous, we would

love to hear from you.

Kindly write us immediately sending your present address and graduation year to:

School Reunion Committee
51 University Ave.
Chatham, N.B.
E1N2V3

RCAF HOMECOMING 81

Former members of the RCAF are invited to attend RCAF homecoming celebrations at CFB Trenton on 14th, 15th and 16th of August 1981.

Golfing, boating, bus touring, boat cruising, dancing, eating, drinking and visiting are offered to all former RCAF members.

Look at our vintage aircraft - watch them fly. Cook a steak on the giant barbeque. Win a sight-seeing flight over Niagara. Join us Sunday morning for religious services on Baker Island.

If you are visiting Trenton area this summer do it in mid August and see your old RCAF friends.

Write for further information to:

The Chairman
RCAF Homecoming Committee
CFB Trenton
Astra, Ontario
K0K 1B0

RCAF Air Weapons Unit Decimomannu, Sardinia -- Personnel interested in a reunion contact: Harry Pownall, 15673 18th Ave., Surrey B.C., V4A 1X3 Phone: (604) 531-9501.

880 Presentation

26 September is the upcoming date for Colors presentation to 880 Squadron in Summerside. All ex-Bearcats that wish to participate in the festivities are encouraged to contact 800 Sqn. for further details and information.

CNA TOTEM TIMES

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YOU AND THE LAW OF WAR

Office of The Judge Advocate General



TREATMENT OF PRISONERS OF WAR

Rule three of our basic rules dealt with our conduct towards enemy combatants, and more specifically those who surrender or wish to do so. In this article, we will examine our duties in handling enemy prisoners from the time of their capture until they are handed over to an appropriate collection point or camp. These duties are the subject of our fifth rule which, stated simply, is: "Do not torture, kill or abuse prisoners of war".

The Geneva Convention Relative to the Treatment of Prisoners of War sets out what is required, permitted, and forbidden in the treatment of prisoners. If you become a prisoner of war, a knowledge of the rights guaranteed and duties expected under this Convention could affect your mental and physical wellbeing or your very survival.

As was explained in a previous article, you must treat as prisoners of war all captured or detained enemy personnel who commit acts of violence against you. Even in cases where the status of such a person is in doubt, e.g., a civilian partisan fighter, he must be treated as a prisoner of war until his actual status has been properly determined. Remember that the Convention stipulates that

prisoners of war are in the hands of your government and not of the individuals or units who have captured them and that the determination of the status of all captives and detainees is not made by you but by specifically designated tribunals at higher headquarters.

Basically, prisoners of war must at all times be humanely treated. All prisoners of war must be treated alike without any adverse distinction based on race, nationality, political opinions, religious belief, or other similar criteria. In certain circumstances, distinctive treatment may be given based on considerations of rank, sex, state of health, age, or professional qualifications. All prisoners of war must be protected against acts of violence, intimidation, insults and public curiosity. They are entitled to respect for their persons and their honour in all circumstances. Women prisoners must be treated with all the regard due to their sex, and as a minimum, at least as well as male prisoners. The principle that war captivity must not be regarded as imprisonment for revenge or punishment, but as a form of protective custody to prevent a prisoner of war from further participation in the war, is strongly embodied in the Convention. No reprisals or acts of

retaliation may be taken against prisoners of war. Although we all recognize that full compliance with this Convention is not always easy for the combat soldier, especially in the heat and passion of battle where some of his closest friends may have been killed, proper treatment of captured or detained enemy personnel is a requirement of international law and soldierly conduct. Murder, mutilation or torture of prisoners of war are serious punishable crimes under the law.

A prisoner of war must be disarmed, thoroughly searched and carefully guarded. Anyone captured may be questioned for military information of immediate value to your mission, however, a prisoner of war is required only to give his surname, first names and rank, service number and date of birth. If he refuses to give any of the above required information, he may render himself liable to a restriction of the privileges accorded to his rank or status. A prisoner of war must show his identity card upon demand; however, it must not be taken away from him. No physical or mental torture, nor coercion may be inflicted on prisoners of war to secure from them any information other than that which the convention

requires him to give.

When searching a prisoner of war remember that he can keep all his personal effects. Of course, this does not include arms, military equipment, or military documents. The prisoner, however, may keep articles such as gas mask and metal helmet issued for his personal protection. He can keep clothing, insignia of rank or nationality, decorations, and articles of sentimental value. Only officers may order that money or valuables be taken from prisoners. In all such cases, proper receipts must be given.

You are required by law to safeguard captives or detainees from dangerous combat activities. This means that you may have them dig foxholes or build bunkers only for their own protection. They are not required to work in support of the war effort or under conditions which are hazardous to their health. For example, you must not use captives or detainees as a shield or screen for an attack on, or defense against enemy forces, or use them as pack animals for your ammo or heavy gear, or as human mine detectors!

Prisoners of war must be evacuated to a collecting point as soon as possible after capture. Only those prisoners of war who, owing to wounds or

sickness, would run greater risks by being evacuated than by remaining where they are, may be kept back temporarily in a danger zone. They must not be exposed to danger unnecessarily. The method of evacuation must be humane and similar to that available for our own troops. Sufficient food, drinkable water, necessary clothing and medical attention must be provided. You must treat and evacuate wounded or sick prisoners in the same manner as our own casualties.

By now, some of you may well be thinking, "Surely all this business of the humanitarian treatment of prisoners of war is wishful thinking and of concern only to lawyers". (That may not be your exact thoughts, but we don't want to offend anyone by publishing that kind of language!) Rest assured that you will change your mind if you are ever a prisoner of war and your captor follows the rules. You will probably change your mind even more quickly if he doesn't!

Now that we know that we must at all times treat humanely, captives and detainees that come under our control in combat and that we can expect similar treatment ourselves, our next article will examine the rule concerning the treatment of civilians.

Can cancer be beaten?
You bet your life it can

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Canadian Cancer Society

GENS DU PAYS

ELECTIONS 81

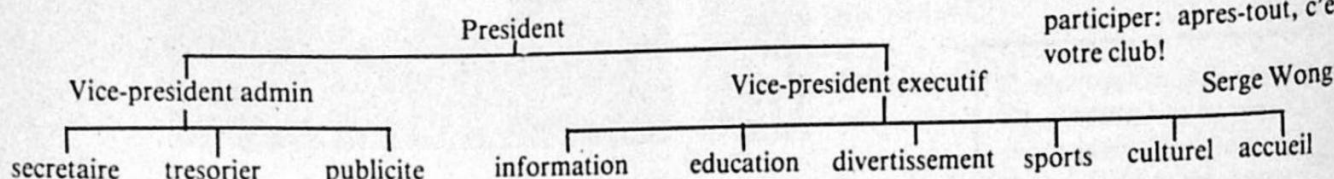
Peut-être moins importantes que celles du président Reagan, mais assez importantes pour assurer la survie de notre club, les élections des nouveaux cadres auront lieu jeudi le 7 mai prochain. Qui seront élus cette année? Voulons-nous garder les memes gens ou apporter du nouveau sang? A-t-on aimé la façon dont les choses se sont déroulées depuis septembre ou veut-on un changement? La parole sera à vous, électeurs, le 7 mai prochain.

Afin de mieux comprendre l'organisation du club et les fonctions des différents postes, l'organigramme ci-bas et la description des tâches qui suivent, tout au moins je l'espère, tout clarifier.

President:
Responsable du club en general, relations publiques.
Vice-president admin:
Responsable de l'administration du club (secretariat, budget, publicite).
secretaire:
Responsable des rapports, filieres, compte-rendus de reunions, dactylographie de la correspondance.
tresorier:
Responsable de la comptabilite financiere et de la tenue des livres.
publicite:
Responsable de la publicite en general et des differentes activites.
Vice-president executif:
Coordonnateur du calendrier des activites du club et responsables des comites suivants:

information:
Responsable de la parution d'articles en francais dans le Totem Times, mise en pages.
education:
Responsable de l'implantation prochaine d'un programme-cadre de francais et de la coordination des cours d'anglais offerts par le club.
divertissements:
Responsable de la coordination des activites recreatives, i.e. danses, etc.
sports:
Responsable des activites sportives, i.e. camping, peche, rallye, etc.
culturel:
Responsable des activites a caractere culturel i.e. exposition de livres, soirées artistiques, etc.

accueil:
Responsable de la reception et de l'accueil du nouveau-venu dans la region et des autres associations francophones qui nous rendent visite.
J'espere que ce bref aperçu des postes vous aidera a vous convaincre de proposer votre nomination a un poste qui vous interesse. Une fois decide, communiquez avec moi pour me donner votre nom et le poste que vous desirez postuler des que possible.
Si vous ne desirez pas assumer un de ces postes, vous pouvez toujours faire partie d'un comite d'aide: le comite de telephone ou le comite de travail comprenant cinq personnes chacun. Votre aide, de quelque façon que ce soit, sera toujours appreciee. Il n'en demeure qu'a vous de participer: apres-tout, c'est votre club!



AVIS AUX PARENTS FRANCOPHONES

Vous habitez la region de Comox ou Courtenay? Vous desirez que votre enfant suive ses cours en francais l'an prochain? PROGRAMME-CADRE de Francais vous en offre la possibilite.
Ce programme s'adresse aux francophones. Il est l'equivalent du programme regulier qui se donne actuellement dans les ecoles de la Colombie-Britannique. L'avantage est qu'il se donne en francais. L'Anglais y est offert comme langue seconde.
Il faut 10 inscriptions d'etudiants de la maternelle a la 7ieme annee afin de se prevaloir de ce service.
Vous etes interessees? Si oui, communiquez des que possible avec M. Robert Laval aux numeros suivants: 338-5383 et 338-9262. Des formulaires d'inscription sont disponibles au local du Club "Gens du Pays".

Carole Landry

AVIS AUX PARENTS FRANCOPHONES SCHOOL DISTRICT NO. 71 (COURTENAY)

Le Ministere de l'Education a elabore un programme cadre elementaire (annees M a 7) dont la langue d'enseignement sera le francais.

Les conditions requises sont:

- la priorite sera accordee aux enfants de parents francophones.
- les eleves doivent posseder une comprehension suffisante afin de pouvoir recevoir tout l'enseignement en francais.
- si 10 eleves ou plus ont inscrits, une classe (M a 7) sera etablie.
- si 25 eleves ou plus sont inscrits, deux classes (M a 3 et 4 a 7) seront etablies.

L'emplacement de la classe/des classes dependra de la disponibilite des locaux. Dans les situations ou les horaires des autobus scolaires ne sont pas convenables, le transport des enfants, quoique subventionne, sera la responsabilite des parents.

Si votre famille satisfait aux exigences et que le programme cadre vous interesse, veuillez remplir le bon ci-dessous et le mettre a la poste avant le 6 avril.

Vous serez informes quant a la date et l'endroit d'une reunion de tous les parents interesses.

SONDAGE - PROGRAMME CADRE DE FRANCAIS

Si un programme cadre de francais est offert au niveau elementaire dans le district scolaire de Courtenay, je m'attendrais a y inscrire enfants.

(nombre)
Date de Naissance _____ Annee scolaire _____ Ecole actuelle _____

COMPREHENSION DE LA LANGUE: (Cochez seulement une case)

1. Les enfants ci-dessus indiqués ont des parents francophones, et possèdent une comprehension suffisante de la langue francaise pour etre capables de suivre en francais les cours prescrits

OU

2. Les enfants ci-dessus indiqués n'ont pas les parents francophones, mais possèdent une comprehension suffisante de la langue francaise pour etre capables de suivre en francais les cours prescrits.

TRANSPORT:

Si necessaire, j'accepte de transporter mes enfants ci-dessus indiqués a une autre ecole du district. Oui _____ Non _____

Nom du Parent _____ Adresse _____ No. de telephone a domicile _____ au travail _____

ENVOYER A Sondage-Programme cadre de francais, District Superintendent of Schools, School District No. 71 (Courtenay), 892 Harmston Ave., COURTENAY, B.C. V9N 5R3

UN SOUFFLE NOUVEAU

Le 28 et 29 mars dernier avait lieu au Westl y Inn la fin de semaine d'animation reunissant les delegues de l'Association des Francophones de l'ile de Vancouver (A.F.I.V.). Les representants de Comox etaient: Luc Maurice, atelier d'Oriental, Nicole Cantin, en Education Suzanne Maurice, atelier de Chant, Carole Landry, atelier de Vannerie.

Le tout a debute samedi matin par un cafe de bienvenue au cours duquel chacun a eu l'opportunité de rencontrer les delegues des autres associations et faire plus ample connaissance. Ce fut un moment fort agreable. Je peux vous dire qu'il s'en est

dit des choses... Puis, chacun s'est dirige vers son atelier afin de faire provision de nouvelles idees pour l'annee qui vient. Tous les ateliers ont eu un franc succes et particulierement l'atelier de Vannerie qui a suscite la curiosite chez plusieurs. Le vin aidant plus que le fromage, la soiree fut tres gaie et tres animee. Nos danseurs nous ont donne une demonstration de leur savoir-faire, demonstration tres reussie d'ailleurs! Au cours de la soiree, Jean-Pierre Leblanc y est alle de ses chansons folkloriques et de ses divers instruments de musique. L'ambiance etait formidable!

Le lendemain, on a mis une derniere touche a nos

ateliers pour ensuite parler de la nouvelle orientation de l'A.F.I.V. et proceder a l'election d'un nouveau comite executif. Voici donc les resultats de cette election: President: Luc Maurice Vice-President: Rosaire Tremblay Secretaire: Cecile Coutu Tresoriere: Michele Ovaskainen De plus deux membres par association siegeront a la table du comite executif. Toutes nos Felicitations a notre nouveau president de l'A.F.I.V. et au nouveau comite.

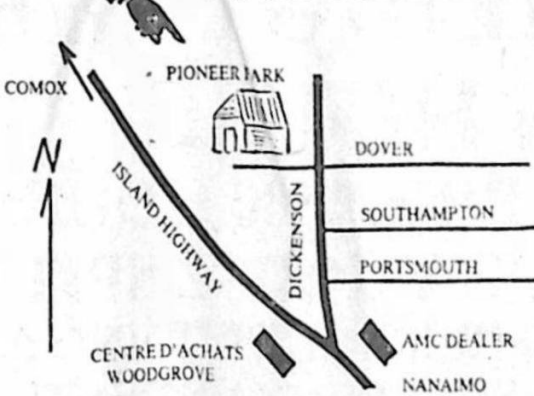
Je termine en vous invitant chaleureusement a participer a notre prochaine fin de semaine d'animation. Ca vaut le coup!

OFFRE D'EMPLOI

Le Club est a la recherche d'une secretaire a temps partiel. Salaire: \$5.00 l'heure pour 11 heures par semaine. Les interviews auront lieu le 24 avril. Pour details et rendez-vous, communiquer avec Luc Maurice 339-6506.

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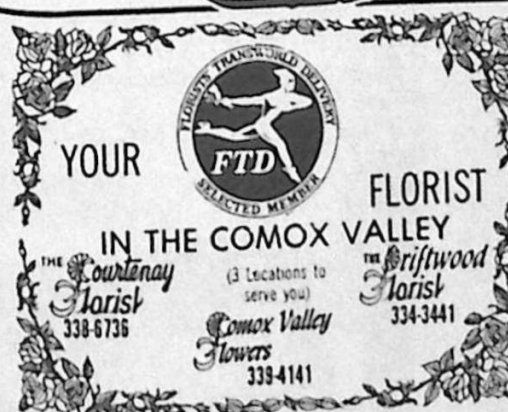
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LOOKING IN



RECREATION CENTRE NEWS

COMOX BOWLING NEWS

During the winter there has been a lot of activity in the Bowling Alley. There are several leagues. A mixed league who plays on Sundays, a men's league who plays on Mondays and two ladies' leagues, one that plays during the evening and one that plays during the day.

To join the leagues you must be an ex-service person, a dependent or a service person.

A lot of people find bowling very good exercise and also find it relaxing.

Now that the season is coming to an end the teams have been competing against the local teams, including teams from Courtenay and Campbell River.

The winners from Sunday's roll-offs were the "Dry Gulchers" with 69½ points, the runners up were "Hot Stuff" with 60 points. The Wednesdays ladies' league are also into the roll-offs but do not have the results yet. The men's team and women's team results will be known next week as they are still playing. The "Corner Pins" have come in first with 61 points and the "Five Pins" were the runner ups.

This season ends the end of April and the leagues will be having their bowling banquet 15 May at the Westerly Hotel where their awards will be presented.

To join the bowling association there is a fee of \$2.00. \$1.30 of the fee goes to N.P.F. and .70 to the prize fund. The new league will be starting back in September, and it is hoped that there will be new faces on the league. Keep a look out for a notice in the Totem Times for information for the new season.

RADIO FRANCOPHONE SAVIEZ-VOUS QUE...

nous pouvons capter ici même la station radiophonique française CBUF-FM, de Vancouver.

Il s'agit de la programmation régulière de Radio-Canada: nouvelles, entrevues, chansonniers, émissions d'intérêts variés -- et non pas de musique seulement -- bien qu'elle nous parvienne sur bande FM.

Il est possible de la capter:

a) à partir de la sélection FM-Music faite par câblevision. Frais d'installation: \$25. à partir de câblevision. Syntoniser à 98,9 FM.

(La qualité de réception n'est pas toujours bonne.)

b) directement, au moyen d'un bon appareil FM muni d'une antenne orientable. Succès relatif, dépendant notamment de la situation géographique, de la qualité de l'appareil, de la capacité d'invention de chacun ... Syntoniser à 97,7 FM.

c) directement, au moyen d'un appareil FM dans la voiture, avec ou sans l'aide d'un petit amplificateur.

Succès tout relatif. Syntoniser à 97,7 FM.

Nicol e Cantin

CHILLIWACK ROAD RACE

Several people, approximately eleven men and three women from Comox participated in the Pacific Region road race at CFB Chilliwack on the 11 April 81.

The competition consisted of a women's 3 mile race, a women's 6 mile race and a men's 6 mile race and an open 13 mile race.

Trophies were awarded for 1st place, and Pacific Region plaques for 2nd, 3rd and 4th place.

There were a total of 71 entries, in the women's 3

mile, Cpl Bartlett from Esquimalt came first with a time of 2:34, in the women's 6 mile MCpl Charlton from Holberg came in first with a time of 45:32. In the men's 6 mile Pte Pesant from Esquimalt came in first with a time of 34:18 and in the open 13 mile race Pte Murrett Lebarthe from Chilliwack came in first with a time of 21:18. From our base Pte Sue Moore came in third in the 6 mile and Pte Debbie Bristol came in fourth in the 6 mile race.

Due to weather conditions only 54 out of the 71 entries actually participated.

TENNIS LESSONS

Tennis lessons will be held around the end of April, beginning of May. Lessons will be scheduled according to amount of people interested. These lessons are open to all service personnel and dependents. If you are interested please phone the Rec Centre at Local 315 and watch for announcements.

COMOX BASE HOCKEY TEAM AT THE NATIONALS

This week our base hockey team went to Cold Lake to compete in the Nationals. Several teams competed, Ottawa, Esquimalt, Winnipeg, Trenton, St. Hubert, Halifax, Batogville, Comox and Lahr.

On the first day the hockey results were Comox 3 Batogville 5, Cold Lake 2 and Ottawa 6, on the second day the results were Baden 6 Comox 3, Halifax 7 and Cold Lake 5. The third day results were

Europe 3 and Batogville 5, Ottawa 9 and Halifax 12. The fourth day results were a cross over series with Cold Lake 3 and Comox 5, Baden 4 and Ottawa 6, Halifax 2 and Batogville 4. The fifth day results were Baden 9 and Halifax 11, Ottawa 3 and Batogville 2. The team standings for the Championship are: 1st CFB Ottawa, 2nd CFB Batogville, 3rd CFB Halifax, 4th CFB Baden, 5th CFB Comox and 6th place Cold Lake.

Ottawa defeated Batogville in the final game 3-2 which was played in overtime.

TEE PEE PARK

On the 15 May Tee Pee Park will be opening with Campsite Rentals, for a day The charge is \$2.50, \$15.00 a week, \$50.00 a month or you can buy a season pass for \$125.00.

There is a store where you can purchase small groceries, you have washroom and shower

facilities also in the same building.

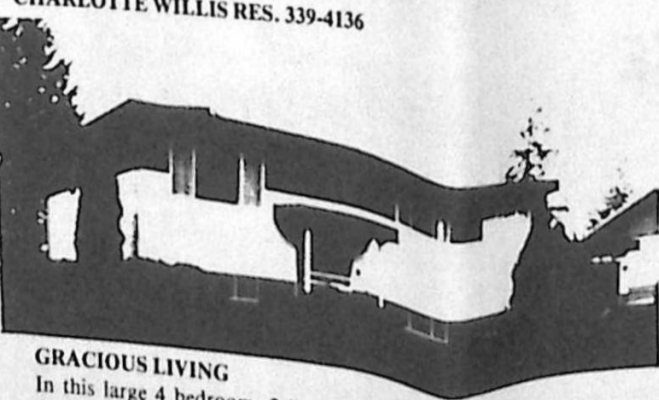
From the store you can purchase passes to use the boat ramp. These passes are \$1.00 daily or \$15.00 for the season.

These services are available until 15 September.

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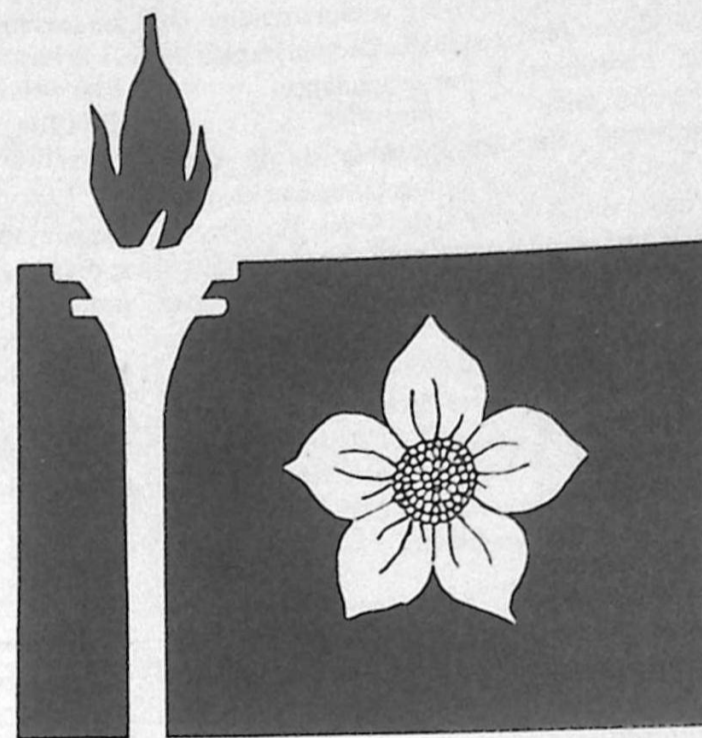
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British Columbia Summer Games

At 8 p.m. on April 24 Premier Bill Bennett will light the Torch in Lewis Park officially launching the 1981 B.C. Summer Games. The ceremony will take place rain or shine, at the site of the new Summer Games Torch situated on the small island across the road from the Summer Games office. This beautiful Torch has been designed and donated by Inland Natural Gas Company and will burn continuously in Lewis Park from April 24 to completion of the 1981 B.C. Summer Games.

Assisting Premier Bennett at the Torch Lighting ceremony will be Mr. Robert Kadlec, President of Inland Natural Gas Company, and Mr. Edward Pezot, Vice-President of Pacific Western Airlines. The three mayors of Courtenay, Comox and Cum-

berland along with a host of Summer Games Directors will also be participating in the ceremonies.

This symbolic Torch Lighting ceremony is the official signal to all of us in the Comox Valley that we are now down to the nitty gritty of working out the final details and making the B.C. Summer Games work. Above all, these games have got to be fun, not only for the participants, but for us the citizens of the Comox Valley. In keeping with this attitude, the games committee is sponsoring a Torch Light Musical to be held in the Courtenay Civic Theatre on Thursday April 23 at 8 p.m., the evening before the official Torch Lighting ceremony.

The host for this fun evening will be the one and only Sid Williams who has created a new Summer Games mascot called

"Cappy". Sid will be introducing his new character at this function. Musical groups from Vanier and Highland schools will be performing and the feature of the evening will be the singing of several of the more noteworthy entries in the Summer Games song contest by their composers. The climax of the musical will be the announcement of the winning song which will be sung by our very own Co-Val Choristers. Tickets for this Torch Light Musical are very limited and may be picked up at the B.C. Summer Games Office on a first come first served basis. Admission is free.

These are two important musts on your calendar so circle them now: Thursday April 23 for the Torch Light Musical and Friday April 24 for the Official Torch Lighting Ceremony.

**COACHES NEEDED FOR
LITTLE LEAGUE
HARD BALL
CALL
DAVE TUCKER
339-5937**

INTERSECTION SOFTBALL MEETING

There will be an organizational softball meeting held at the Rec Centre Tues. 28 April 81 at 1000 hrs. for all teams interested in playing intersection softball this season. See you all there.

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NUTRITION AND FITNESS CONCERNS IN THE CANADIAN FORCES

The recent CF Nutrition Week provided us with an opportunity to examine some aspects of nutrition and fitness as they relate to the Canadian Forces personnel. In this regard, views of the Surgeon General, the Director of Physical Education, Recreation and Amenities and the Director of Food Services were obtained on pertinent matters. Because of the length of the interviews, they will be published separately. In this issue, the Surgeon General, Major-General V.A. McPherson, discusses obesity in the CF.

Part I obesity

Question
It has been said that obesity is potentially one of the most serious diseases in North America; would you care to comment Sir?

Answer
Yes, given the prevalence of obesity in North America and the large number of disease entities that are associated with it, that statement is probably accurate. Let me point out however that the problem is not unique to the United States and Canada. The condition is just as prevalent in all industrial nations. At one time, obesity was considered a sign of success or prosperity. Fat children are still thought to be healthy by many North Americans. Slowly our standards and values are beginning to change, but only with the realization of the enormous price tag and tremendous wastage of human life associated with the condition. It is of interest to note in this regard, that currently the world actually faces two extremes of malnutrition at the same time: food deficiency and food excess. In the underdeveloped countries one frequently finds serious problems related to securing adequate food sources to prevent a host of nutritional diseases involving energy, protein, vitamin, and mineral

deficiencies. At the opposite extreme, the industrial nations enjoy an over abundance of food which combined with poor living habits has resulted in the rather alarming statistic that approximately 20% of all adults in North America are obese. The over abundance of food, poor eating habits and decreased physical activity leads to a variety of nutritional diseases. The immediate effects of excessive food intake are manifested as obesity, a condition which is believed to predispose an individual to a vast array of disabling and potentially lethal diseases.

Question
You referred to an enormous price tag, just what is the cost of obesity?

Answer
The best way to answer this question is to briefly discuss the effects of obesity on health and let you decide on the cost. To begin, I should point out that obesity is not generally considered to be a disease in itself but rather a condition of excessive fat accumulation resulting from an imbalance between food intake and energy output. As I stated earlier, the consequences of the condition are far reaching and tend to predispose an individual to a large number of common diseases, with progressive increase in the mortality rates as the degree of obesity increases. Every major organ system in the body appears to be involved, but some systems are affected more severely than others. Since obesity is associated with important cardiovascular risk factors such as high blood pressure, diabetes, and high levels of cholesterol and triglycerides in the blood, it is not surprising that obese individuals have a greater than normal chance of developing heart disease and are more prone to sudden heart attacks. The effect of obesity in predisposing an individual to atherosclerosis, a condition commonly referred to as hardening of the arteries, is not well understood, but may be related to

important dietary factors such as fat consumption and total caloric intake.

The actual list of diseases commonly associated with obesity is long indeed and includes heart disease, high blood pressure, certain lung diseases, diabetes, liver disease, gall bladder disease, certain types of arthritis, varicose veins; the list goes on and on. Many of these are either directly or indirectly associated with nutrition. It is interesting to note in this regard that heart attacks are rare in certain third world countries where predominately vegetarian diets are a necessity. Studies in Israel have also shown that Yemenite Jews who live on high protein low fat diets, have significantly lower serum cholesterol values than other Israelis. These low serum lipid (fat) values are associated with a very low occurrence of atherosclerotic heart disease.

Once again, I must point out that a direct cause and effect relationship between obesity and the host of diseases which I have just mentioned has never been conclusively established, but the evidence is mounting. But even if obesity is not the cause of a disease, there is absolutely no question that it is a major contributing factor to the disability suffered from many diseases and greatly increases the amount of medical treatment required. In this respect then, the answer to your question is that the costs are very large, indeed.

Question
Assuming that the prevalence of obesity within the CF is no different from that of the civilian population, what is the military doing about the problem?

Answer
Our Life Quality Improvement Program is very actively engaged in the development of practical approaches to the problem and in conjunction with the Directorate of Food Services, we hope to have a new program available for pilot testing in the fall of this year. The Directorate of Preventative Medicine is actively collaborating in the development of several health intervention programs. It is hoped that there will soon be several mutually supportive programs available for use throughout the Canadian Forces dealing not only with problems of nutrition

and weight control, but also physical fitness, smoking cessation, alcohol rehabilitation and stress management. When one considers the causative factors related to a problem such as obesity, one quickly discovers that the solution involves more than just dietary management. The success of any weight control program therefore depends on the recognition of the complex interactive processes which not only influence the final outcome, but which also must be manipulated to sustain the results over a prolonged period of time. By using an approach to the problem which addresses both biological and psychological factors, it is hoped that our success rate will be improved considerably.



1981 GOLF TOURNAMENT SCHEDULE

In order to allow for maximum utilization of the golf course by all members, the following rules have been adopted unanimously by the member at the general meeting held in January 81.

1. All scheduled tournaments will utilize tee times.
2. All scheduled tournaments will start at 0800 hrs., last tee off 1400 hrs.
3. Normally, inter-section tournaments will be held on Thursdays and tee off times will be 1230 hrs.
4. Friday night mixed two ball will be held every second Friday. Tee off time will be 1800 hrs.

APRIL	
18 SAT.	Junior club tournament (18 holes)
22 WED.	ATC National
23 THURS.	ATC National
26 SUN.	Early bird tournament -mens, ladies, juniors
MAY	
1 FRI.	Western Canada Military Engineers
2 SAT.	Western Canada Military Engineers
3 SUN.	Inter visit Port Alberni at Glacier Greens
10 SUN.	Comox Legion - Mixed
17 SUN.	Presidents cup - Qualifying round net
24 SUN.	Inter club - Sunnydale and C.R. at Glacier Greens
31 SUN.	Shriners mixed
31 SUN.	Inter club visit to Campbell River
JUNE	
5 FRI.	Practice Round mens open
6 SAT.	Mens Amateur open (36 holes) tentative
7 SUN.	Mens Amateur open
20 SAT.	Practice Round - Ladies Invitational
21 SUN.	Ladies Invitational (18 holes)

NO TOURNAMENTS SCHEDULED 22 JUNE - 8 AUGUST

OCT.	
4 SUN.	Mixed Two ball wind-up
DEC.	
26 SAT.	Annual Inter-Mess Sno Golf Tournament sponsored by Officers mess

NOTE: Tournaments scheduled on the following dates are not open to Glacier Greens members unless membership is held in sponsoring organization.

April 22 & 23 (ATC)
May 1 & 2 (Engineers)
May 10 (Legion Members)
May 31 (Shriners)

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special used car.



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Glacier GOLF Greens
**THANKS FOR LENDING
A HAND!**

WE ASKED FOR SOME
HELP, AND THANKS TO
YOU, THE APR. 9TH
WORK BEE WAS A SUCCESS

Jean Ainslie
Mary Snow
Nicol Neeve
Walter Wilson
Kay Banks
Millie Legg
Rose McCliesh
Bernie Gagnon

Eldren Thuen
Alex McCliesh
Steve Bailey
Darin McGibney
Mike McConnell
Tom Shaw
Bud Hickson

(If I missed anyone ... Sorry!)

If there is anyone who
has a pet project or has
some spare time to contribute
to the Club, give Fred
Mills a call at Loc. 297

(6 on a Par 3!!!!!!)

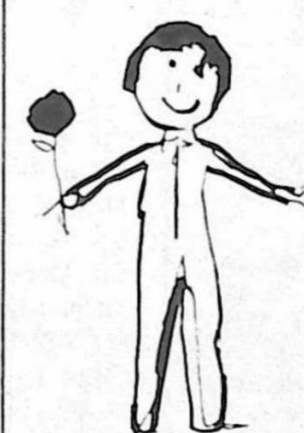
Glacier GOLF Greens

GLACIER GREENS GOLF
**LET'S GET ACQUAINTED
AT A
WINE & CHEESE PARTY**

at the Club House
Fri. Apr. 24th 7 p.m.
\$3 per person

for additional info call Mary Shaw 339-3984
May?

Keep an eye open for the PUB
NIGHT & Friday Mixed 2 Ball



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(604) 334-3124

SENSITIVITY

There's a big difference between SYMPATHY and EMPATHY. Sympathy is an attitude that lets you understand and appreciate someone else's emotions, and even get involved with them yourself. With empathy, you understand how others feel, but you can remain separate from those feelings.

Another word in this series is ANTIPATHY, feeling not the same emotions as another person but those quite opposite.

What happens when you negotiate with a prospective buyer for your house? Should you be sympathetic? No, because if you feel the other person's emotions too closely, you lose any control over the negotiations. Antipathetic? No, because this connotes a certain antagonism that will get in the way of effective bargaining. Empathy is the most useful attitude in dealing with others. It permits a certain detachment and control.

It's hard to be detached when you're negotiating the sale of your own property. You care too much. That's why it's smart to let an expert negotiate FOR you.

Put an expert to work for you.
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Easter is Sunday, April 19.



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Promotions and awards



What may look like a rather bizarre tugging match is actually the recent presentation of Corporal stripes to newly promoted Cpl. Marc Lafleur of 407 Armament by Lt. J.P. Perrier, 407 Armament and Photo Officer. Congratulations Marc!



BComd. Col. Chisholm poses with recent recipients of the Canadian Decoration. From left to right: MCpl. Stewart, Capt. Keech, Sgt. Frith, MCpl. Lemaire, Col. Chisholm, Sgt. Gregory, MCpl. Friesen, Sgt. Terris (with clasp), and Sgt. Howard.



LCol Clements presents MWO Lewis, the Base Senior Inspector, with an award of \$350 for suggesting that we use commercially available cord protectors for cables and hoses that must run across aisles, doorways and vehicle paths.



LCol. Diamond shown presenting to Base Photo a certificate of appreciation for operational support provided. The attached insert reads as follows: "Presented to the CFB Comox Base Photo Section by all the personnel of 442 Squadron in recognition of the professional support given over many years. The unselfish, good natured and timely service provided by Photo section personnel to assist 442 in its search and rescue operations is sincerely appreciated." Left to right: LCol. Diamond, Cpl. Bowman, MCpl. Portman, Pte. Stoeckl, Cpl. Hofmann, WO Bate, and Sgt. Belzac. (Photo by McPhail/Bowman)

Classifieds

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condition \$20.00. Phone
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tenay, B.C. Call: 338-1052.
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bedroom house on large
corner lot in quiet location
of Courtenay. Full
basement and carport.
\$73,500.00. Phone 338-
9387 or Loc. 431.



A recent article in the New York Times
discussed the problem of limiting house
showings to serious prospects. In order to see
one brownstone in Manhattan's Greenwich
Village, for instance, prospective buyers had
to fork over a deposit (refundable) of \$1,000.
Some real estate agents, especially those han-
dling million-dollar properties, ask callers for
bank references. The aim is to cut wasted time
for the owner and the agent - and to discour-
age burglary.
Of course, palatial estates and celebrities'
homes are most vulnerable to the "sightseer",
but at every level there are people who want to
view houses without the ability to buy or the
intention of doing so.
Professional real estate people are experienced
in qualifying prospects. We find out whether
they are truly motivated to buy your home,
and financially able to, before we show it.
Put us to work for you - bringing buyers, no
sightseers. List on MLS with

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of more prospective buyers than any other real
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Well, lookit who's promoted...

MCpl. Adams	04 Mar 81	MCpl. Olesen	10 Feb 81
Cpl. Beauchamp	09 Feb 81	MCpl. Osborne	04 Feb 81
Cpl. Browett	17 Feb 81	Cpl. Parks	17 Mar 81
MCpl. Butler	02 Jan 81	Cpl. Potter	06 Jan 81
MCpl. Culley	07 Mar 81	MCpl. Shelton	16 Mar 81
Cpl. Davidson	12 Mar 81	WO Spicer	26 Jan 81
Cpl. Dobson	25 Mar 81	Sgt. Stecko	04 Feb 81
MCpl. Guy	02 Jan 81	MCpl. Stockton	04 Feb 81
Sgt. Hutchison	04 Feb 81	Cpl. Tessier	13 Feb 81
MCpl. Laycock	30 Mar 81	Capt. Trynchuk	01 Apr 81
MCpl. Lowther	07 Feb 81	Capt. Waller	01 Apr 81
Sgt. Simms	26 Mar 81	MCpl. Wohlgemuth	10 Mar 81
		Sgt. Yeatman	04 Feb 81

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**Province of
British Columbia**

**Ministry of
Forests**

Public Information Meetings

Alternatives for Crown Timber Pricing (White Paper No. 9)

The Ministry of Forests will hold public information
meetings to hear discussions relating to the white paper
No. 9 on alternative methods of pricing Crown timber
issued in July, 1980.

All interested persons are invited to attend the meetings
scheduled as follows:

April 9, 1981	Prince George	7:30 p.m.	Delta's Inn of the North 770 Brunswick Street
April 13, 1981	Kamloops	7:30 p.m.	The Dome Motor Inn 555 W. Columbia Street
April 15, 1981	Nelson	7:30 p.m.	Lord Nelson Hotel 616 Vernon Street
April 22, 1981	Williams Lake	7:30 p.m.	Overlander Motor Inn 1118 Lakeview Crescent
April 28, 1981	Victoria	7:30 p.m.	Empress Hotel Prince Albert Room 721 Government Street
May 7, 1981	Vancouver	7:30 p.m.	Holiday Inn 711 Broadway Avenue
May 12, 1981	Prince Rupert	7:30 p.m.	Rupert Hotel 2nd Ave. and 6th Street

CFB COMOX

RESTAURANT GUIDE



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HAMBURGERS • SANDWICHES
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COME AND GET
A REAL MEAL
Open Mon. - Thurs. 11 a.m. - 8 p.m.
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7 DAYS A WEEK.



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DINING
FACILITIES

Around the base

P M Q preamble

Dave Tucker is still in need of five coaches for the children's ball teams, especially the 5-8 year olds, and also the little league hardball team. Dave does a fantastic job in our community for your children and I think he deserves a little extra help for the efforts he puts in the community. If Dave is transferred next year, and there is no little league for your children, you'll be the ones complaining.

The Easter Egg Hunt is planned for Saturday, April 18th at 10:00 a.m. We would like the children to come to the playground side of the Airport school, so they can be divided into their age group of 3-7 and 8-13. Some eggs will be specially marked to be brought back to the Councillors for a prize.

Some people are still putting their garbage out in

plastic bags, and the seagulls and crows continue to strew it all over the lawns and roads. Please stop breaking this PMQ law from paragraph 35 page 5 of PMQ orders. While you have your orders book out, please read about children riding double on bikes.

There are still a LIMITED number of garden plots available to residents of Wallace Gardens PMQ's. If you would like one, call Herb Ten Pierik at 339-2606, or at the Military Police Guard Room. These plots are free for the asking, but at this time, irrigation is a problem. We hope to have this resolved in the near future.

Isn't it absolutely breathtaking to see the Snowbirds do their aerobatics? I am simply thrilled to watch them every year when they come here from Moose Jaw

for their two weeks practice. They will do their air show in Comox on August 5th, so write it on the calendar. The Snowbirds are made up of nine pilots, ten ground crew, two coordinators and one administration officer.

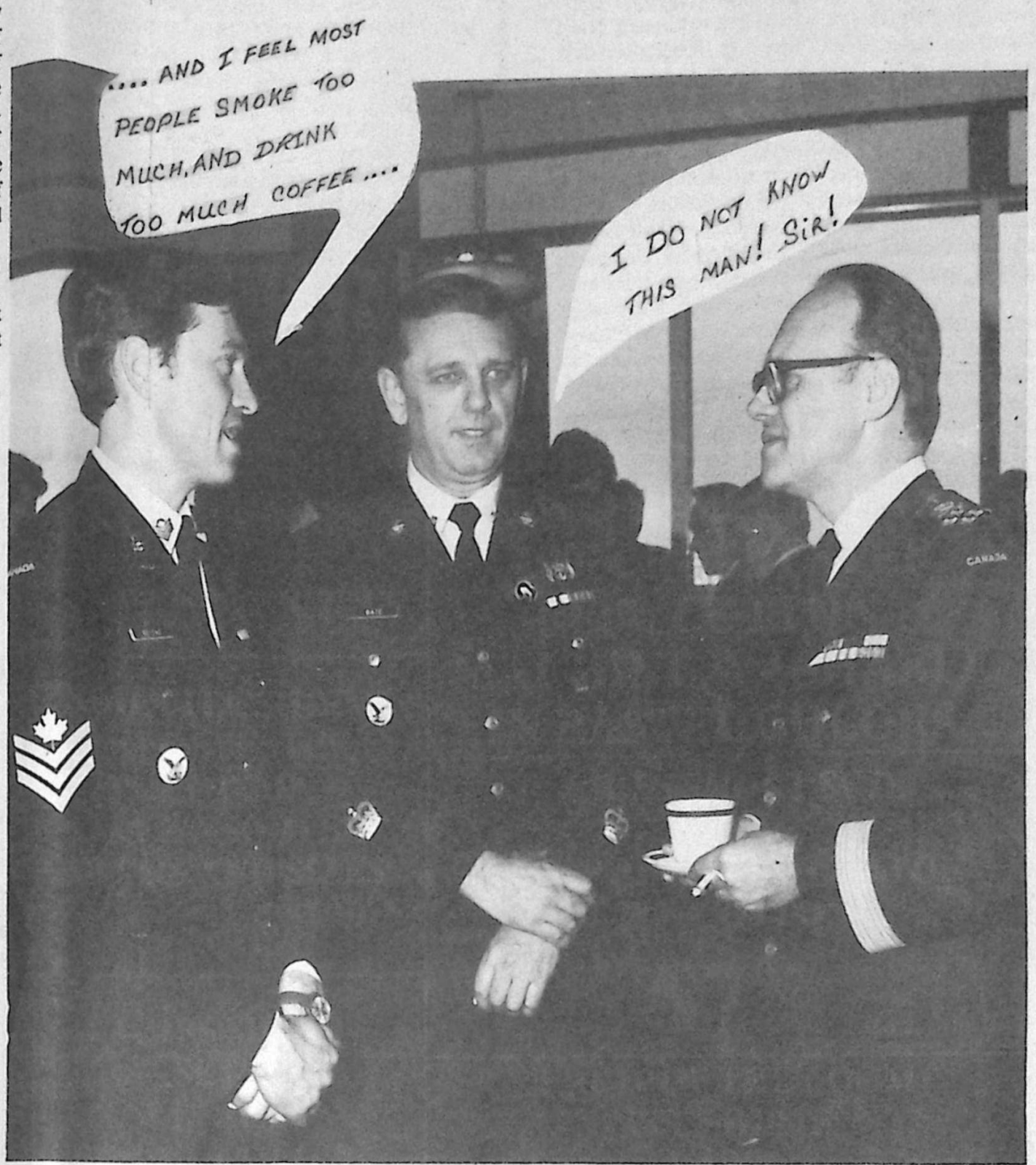
Family Day is planned for May 30 at the picnic area at Air Force Beach. The day will start with a pancake and sausage breakfast, followed with games, etc. ice cream, soft drinks and lunch of baked beans, hot dogs, chips, etc.

I know I am being repetitious, but please try to keep your dogs a little more under control.

It has been brought to the attention of this writer and other council members that some pornography books have been falling into the hands of some little children. These books are being found in the

playground in the woods by the school. If you are one of the people disposing of your "literature" in the playground, please discontinue the practice, and if you find any, please dispose of it. This is not the sort of thing we want our five and six year olds to have.

My Newfie friend, Ed had another letter from his Mother. It wasn't a long one this time, but she had some good news and some bad news. The bad news was they don't have a library any more, someone stole the book. The good news was that their stove blew up and blew his Mom and Dad out the door. It was the first time they had been out together in years.



BROWNIE - GUIDE COOKIE DAY APRIL 30 5:30 PM

As usual, there have been no calls with news, so here goes to try and write another column.

First of all, I'd like to tell you that the Annual Brownie Cookie Day is Thursday, April 30. The Brownies will begin to sell their cookies at 5:30 p.m.

The cookies are \$1.25 per box, or \$15.00 a carton. It would be very nice if you could have the right change.

This is one of the two fundraising events the Brownies and Girl Guides have, so please support them.

Any Guiders who read this column, and need title

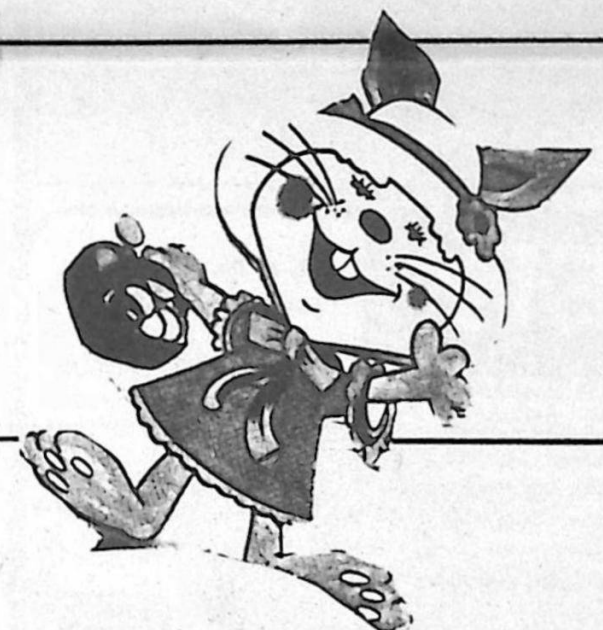
tapes, the address is: IDENTIFAB LABELS REG'D, P.O. BOX 2308, DORVAL, QUE. H9S 3H0. Prices are \$6.00 for 50, \$7.50 for 75, \$8.75 for 100 and \$10.00 for 150. Please state colors, Pack or Company number, etc.

The last flea market the

Council sponsored was a great success and we have two more planned for April 25 and again on May 23. The tables are set up for you by the Councillors, and there is no charge, so come on out and sell your "beautiful junk", or if you have nothing to sell, come out and buy.



APRIL 16 - APRIL 22 B.X. PLEDGE To Cheerfully Refund Your Money If A Purchase Is Not Satisfactory



make it a
happy
easter...give
PERFUME

4711 - TOSCA
AND
HARTNELL IN LOVE
COMES IN
SPRAY MIST, TALC, SOAP
AND
PERFUME

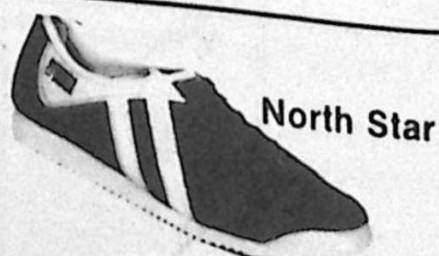
STERLING SILVER GOLD
PLATED
CROSS AND CHAIN
BY FORSTNER
\$10⁹⁹ - \$19⁹⁹

GOLD FILLED GENUINE
CORAL NECKLACE
\$17⁹⁹ - \$30⁹⁹
AND
14KT GOLD FILLED
GENUINE CORAL
EAR RINGS
\$17⁹⁹ - \$21⁹⁹

WALTHAM MENS DIGITAL
WATCHES
GOLD - **\$69⁹⁹**
SILVER - **\$55⁹⁹**

10KT GOLD SLEEPERS
FOR MOM
\$7⁹⁹

SUN SOCKS
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ONE SIZE 9-11
ASSORTED
COLORS & STYLES



YOUTH AND ADULT
SIZES
LARGE SELECTION OF
COLORS AND SIZES

GIRLS P.J.s
65% POLYESTER
35% COTTON
2-3X
\$6⁴⁹

LADIES TEE SHIRTS
65% POLYESTER
35% COTTON
S.M.L. ASSORTED
COLORS AND SIZES
\$8⁹⁹

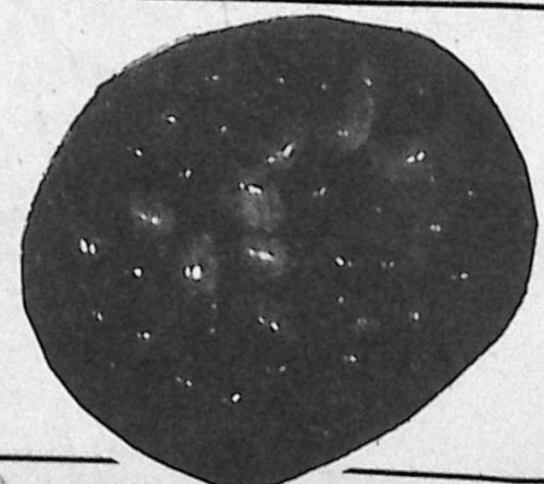
LADIES SHORT
SETS
S.M.L. ALL IN
PASTEL COLORS
100% POLYESTER

ELEGANT LADY
SUN DRESSES
65% POLYESTER
35% COTTON
\$13⁹⁹

GIRLS ONE PIECE PLAY
SETS
TWO STYLES 7-14X
100% POLYESTER
72% COTTON
MACHINE WASHABLE
IN PASTEL COLORS

GIRLS SHORT SETS
2-6X
72% POLYESTER COTTON
28% COTTON
\$7⁹⁷

FRUIT OF THE LOOM
TEE SHIRTS
\$4⁹⁹ AND UP



PUBLIC LECTURE
BY
DR. MARY BROWN
“DEALING WITH
GRIEF”

(Coping with the loss of loved ones)

Lecture by Dr. Mary Brown will be offered on Thurs. evening, April 30th at 7:30 p.m. at the Westerly Hotel, Courtenay Room, 1590 Cliffe Ave., Courtenay, B.C. Admission FREE. Tickets may be picked up at Courtenay Drugs or St. Joseph's Hospital Reception desk.

Dr. Mary Brown is a clinical psychologist and marriage counsellor. She lectures in both psychology and care of the dying and bereaved at the Universities of Ottawa and St. Paul. Dr. Brown gives workshops and seminars all over Canada and the United States in personal growth, marriage enrichment, stress, communication in management, preparation for retirement, many aspects of death and bereavement and part-time at the Elizabeth Bruyere Centre for chronic and dying patients. Dr. Brown has been dealing with bereavement and death for fourteen years and has dealt with cases of unresolved grief. She has done research in the areas of death-anxiety and life-purpose and on the effects of bereavement. Presently she is doing a study on the psychological effects of funerals.



CAN CANCER BE BEATEN?

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BET YOUR
LIFE
IT CAN.

Please Give

EW

Mon. to Thurs. - 8:15 p.m.
Two Shows Fri. & Sat. -
7 and 9 p.m.
No Matinee This Saturday

Adults \$3.25, O.A.P. \$1.50,
Child \$1.50

Thurs. to Wed. - April 16, 17, 18, 20, 21, 22
Jane Fonda, Lily Tomlin, Dolly Parton "9 to 5"
"Warning - Occasional coarse language" - B.C. Director

MATURE

Thurs., Fri., Sat. - April 23, 24, 25 - MATINEE SAT.
- 2 p.m.

GENERAL

Walt Disney's "LADY AND THE TRAMP"
Mon., Tues., Wed. - April 27, 28, 29

Jackson Browne Crosby, Stills and Nash, Doobie
Brothers

GENERAL

"NO NUKES"

"Occasional swearing" - B.C. Director
Starts April 30 - Robert DeNiro "RAGING BULL"

Stardust

Drive-In Theatre

ALL ADMISSIONS \$3.50
ALL-NITE \$3.75
GATES OPEN 7:30 p.m.
SHOW STARTS 8:15 p.m.

SPECIAL ALL-NITE
THURS. - APR. 16 - 5 BIG HITS
ROADIE APOCALYPSE NOW
INVASION OF
THE BODY SNATCHERS
THE FEARLESS
VAMPIRE KILLERS THE LONG RIDERS
"Violence, swearing & suggestive dialogue"
- B.C. Director

Fri. to Wed. - Apr. 17, 18, 19, 20, 21, 22
Charles Bronson "DEATH HUNT"
& "THUNDER & LIGHTNING"
Apr. 23, 24, 25, 26 "SMOKEY & THE
BANDIT II"
& "THE NUDE BOMB"
"Swearing & some nudity" - B.C. Dir.

MATURE

BASE THEATRE
SCHEDULE
CFB COMOX

April 16-19
Bronco Billy
Clint Eastwood and Sandra Locke
Mature: Comedy action
Showtime: 8 p.m.

April 23-26
Caddy Shack
Bill Murray and Chevy Chase
Mature: Comedy
Showtime: 8 p.m.

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AUTHORIZED PATRONS ONLY

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 - CATERS TO SERVICE PERSONNEL
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2082 COMOX AVE., COMOX, B.C.

Jr. Ranks Club

TOTEM ANNEX

16 APR. TGIF - FOOD & GAMES
18 DISCO - FEATURING DAN & JOE
19 PIG & WHISTLE - FEATURING SWAMP GRASS (RETURNING BY POPULAR DEMAND)
(BECAUSE OF HOLIDAY MON. BAR WILL CLOSE AT MID-NIGHT)
21 MOVIE - THE MAN WHO SHOT LIBERTY VALANCE
24 TGIF - FOOD & GAMES
25 DISCO - FEATURING DAN & JOE
26 PIG & WHISTLE - FEATURING ARNOLD FLETCHER (VAN-
COUVER)
28 MOVIE - THE KLANSMAN

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

OFFICERS' WIVES'
BRIDGE CLUB

Six tables of bridge were in play at the March 25th meeting of the Officers' Wives' Bridge Club. Dianne Ferguson edged out several close contenders to win the High Score. Lynne Blair accepted the Low Score standing, while Gail Thomas had her tally drawn for the Hidden Score. The travelling Two-Prize was captured by Evelyn Kennedy. Highlight of the evening was Gwen Chisholm's delicious sandwiches, while Linda Orr's sweets also tempted many of the dieters.

On April 8th, the T.V. scheduling of "Masada" depleted our ranks, but sixteen ladies were present for an evening of bridge. The High Score award was earned by Daphne Norman, while Sylvia Luxton was the Low Score recipient. The Hidden Score chosen was Dianne Ferguson's, and Mary Dunsdon won the Easter Two-Prize. Special thanks to Dick Thomas for leaving the hockey play-off game to deliver an emergency supply of coffee. The next Bridge Club meeting will be a Mixed

evening on April 29th, with extra prizes and tasty snacks. This week is your last chance to volunteer yourself or nominate a friend for the Wives' Club executive.

Mrs. Helen Foden receives a tribute for her many years of service from Col. Chisholm. As mentioned on the front page, the Colonel is the ninth consecutive Base Commander to enjoy the secretarial and executive services of Mrs. Foden.

CF Photo by Pte. Stoeckl

"I have made it a rule never to smoke more than one cigar at a time." Mark Twain

Here's what we're
doing to handle the
record heavy traffic.

Two new ferries ... Two enlarged ferries.

At B.C. Ferries we're building new ferries and enlarging others to meet the record vehicle traffic expected this year.



Construction of two new 360 car "jumbo" ferries nearing completion

The "Queen of Oak Bay" and "Queen of Surrey" will be in service for the summer schedule commencing in June. They'll each carry 360 cars, 170 more than our regular stretch ferries. One vessel will be in service between Swartz Bay and Tsawwassen and the other between Horseshoe Bay and Departure Bay.



Conversion of two "stretch" ferries on target

The "Queen of Victoria" and "Queen of Vancouver" will be back in service and ready for the summer schedule. Both vessels have been raised and equipped with an extra car deck. These enlarged ferries will carry an additional 90 cars, for a total of 284 vehicles per crossing!

These are some of the improvements we're making to the ferry system for 1981, and we're looking forward to this extra capacity. Future plans include extra car decks for five more ferries.

Plan ahead for travel on weekends and holidays.

Traffic on the ferries is extremely busy this year, especially for vehicles. And we expect very heavy loads to continue—particularly for the School Spring break and the Easter holidays.

All of our available vessels are in service, providing 27 departures daily from the mainland to Vancouver Island. But it's still busy, especially Fridays, Sundays and holidays. They are popular and busy times for travel.

Travel earlier

If possible, leave for the ferry terminal earlier when travelling by car.

Travel by bus

Pacific Coach Lines—regular downtown-to-downtown service—Victoria-Vancouver-Nanaimo.

Transit bus—scheduled service to most major ferry terminals.

Travel as a Foot Passenger

Have a friend drive you to the terminal—and walk aboard.

At B.C. Ferries we are planning for future growth—helping you to get where you're going.

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Canadian Forces news

JUST
INSURANCE
AT



ST-HUBERT
Lieutenant-General Jacques Paradis, 52, will retire from the Canadian Forces to take up civilian employment and will relinquish command of Mobile Command effective April 16. Lt-Gen. Paradis, a veteran of the Korean War, had been Mobile Command's top soldier since September of 1977. He will be replaced by Major-General Charles Belzile, 48,

who will be promoted Lieutenant-General and whose appointment was announced earlier.

A native of Montreal, Lt-Gen. Paradis was commissioned in the Canadian Army in 1950 following graduation from College Jean de Brebeuf of Montreal. His first posting was in the 2nd Battalion, Royal 22e Regiment in which he served in Canada and Korea. Later he held a number of operational and staff positions including commanding officer of the 3rd Battalion, Royal 22e Regiment; commander, 5e Groupe-brigade du Canada, and chief of personnel development before assuming the position of commander, Mobile Command.

In June, 1978, Lt-Gen. Paradis was appointed to the Order of Military Merit in the grade of Commander, in recognition of conspicuous merit and exceptional military service.



COMMISSIONED ... Sergeant J. Eric Arsenault, 31, of 5A Spruce St., Comox, B.C., graduated April 1 during ceremonies at the Canadian Forces Officer Candidate School at Chilliwack, B.C., and has been commissioned in the rank of lieutenant and posted for duty at Canadian Forces Base Trenton, Ont. Lt. Arsenault was an air traffic controller at Canadian Forces Base Comox prior to commencing officer training. He is the son of Mr. and Mrs. J.A. Arsenault, Richmond, P.E.I. (CANADIAN FORCES PHOTO).



COMMISSIONED -- Sgt. Allan Roberts, 39, of (PMQ No. 31) Comox, B.C., and Grand Falls, Newfoundland, graduated April 1 during ceremonies at the Canadian Forces Officer Candidate School at CFB Chilliwack, B.C., and has been commissioned in the rank of lieutenant and posted for duty to CFB Borden, Ont. Lt. Roberts served as a hospital orderly room supervisor at CFB Comox prior to commencing officer training. He is the son of Mr. and Mrs. Stephen Roberts of (22 Monchy Road) Grand Falls, Nfld. (CANADIAN FORCES PHOTO)



SITTING DOWN ON THE JOB?... Sergeant Bob Murray, 46, 7 Carriage Court, Kingston, Ont., a trumpeter with the Canadian Forces Base Chilliwack band didn't let a minor jogging injury keep him off the job. He performed his duties, with the aid of a wheelchair, during graduation ceremonies April 1 at the Canadian Forces Officer Candidate School, Chilliwack, B.C. The Commander Maritime Forces Pacific, Rear-Admiral W.A. Hughes, took the salute for the 230 graduating officers. Sgt. Murray is the son of Mrs. Jean Murray, 11 Hastings Drive, Brockville, Ont. (Canadian Forces Photo by MCpl M.D. Johnson)

AUTOPLAN CLAIM SERVICE DURING THE O.T.E.U. STRIKE

As a result of strike action by our employees who are members of the Office and Technical Employees Union, Autoplan claims cannot be processed as usual at Claim Centres. Management employees will, however, provide emergency service until normal operations are resumed.

Motorists involved in an accident should follow these emergency procedures:

- If damage is minor and your vehicle can be safely driven**, please wait until the labour dispute has been resolved to make your claim.
You are also requested to delay any claim for minor glass breakage.
- If damage is severe and immediate repairs are essential**, please consult an Autoplan Agent for assistance. Agents cannot determine liability, but will arrange for repairs to be done under the Collision or Comprehensive portion of your insurance coverage. You will be required to pay the amount of your deductible. When operations at the Claim Centres are again normal, your claim will be investigated and if you were not at fault in the accident, the amount of the deductible will be repaid.
If you do not have Collision or Comprehensive coverage you will be required to pay the full cost of repairs.
- If the vehicle is not driveable**, have it towed to the bodyshop of your choice. If you have Collision coverage, the towing company will bill the Insurance Corporation direct.
If you do not have Collision coverage, you will be required to pay the towing and any storage costs.
- If you think you are not at fault for the accident**, report your claim when normal service is accordingly.
You are also requested to delay any claim for glass breakage until the strike is settled. Your claim will then be processed and where appropriate, the cost of repairs will be repaid.
- If someone is injured**, obtain medical aid without delay. If the injury is serious, details of the accident and injury should be reported to the Insurance Corporation by phoning 665-2800. (Motorists outside of the Vancouver area should call collect). Please delay reporting minor injuries.
Please note that all accidents resulting in damage totalling \$200 or more, or in bodily injury or death must be reported to the police within 48 hours. Thefts and 'hit-and-run' incidents must also be reported to the police.

Management of the Insurance Corporation will provide the best emergency service possible under the circumstances. We regret any inconvenience you may experience in the course of the strike. We would also like to remind you that your independent insurance agent is there to help. If you require new auto insurance, contact any independent Autoplan insurance agent.

General Insurance claims for damage to buildings and contents by fire, or theft, or losses under any other of our many policies, should be reported to the agent from whom the policy was purchased.

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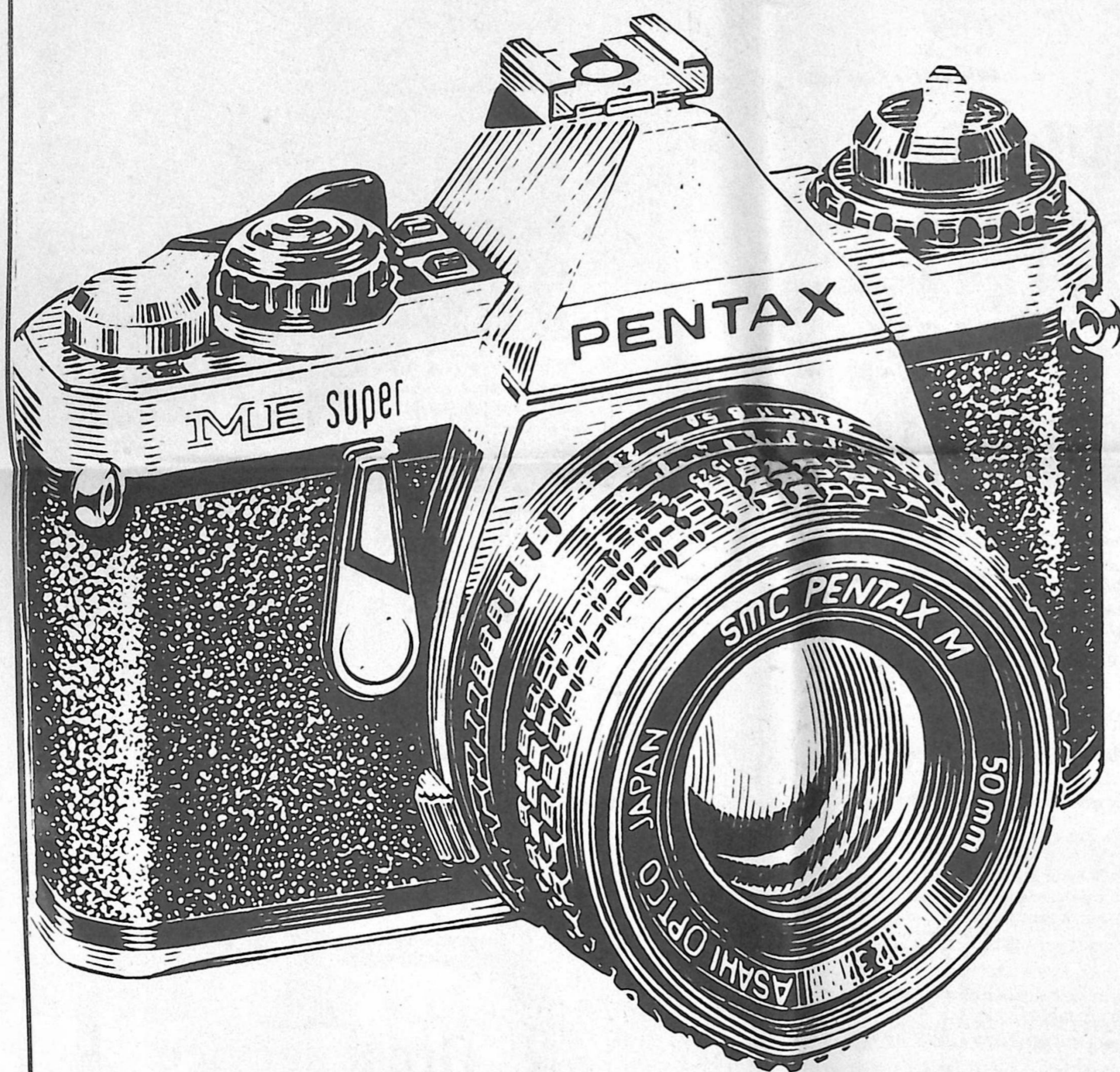
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