



# TOTEM TIMES



Vol 23 No. 17

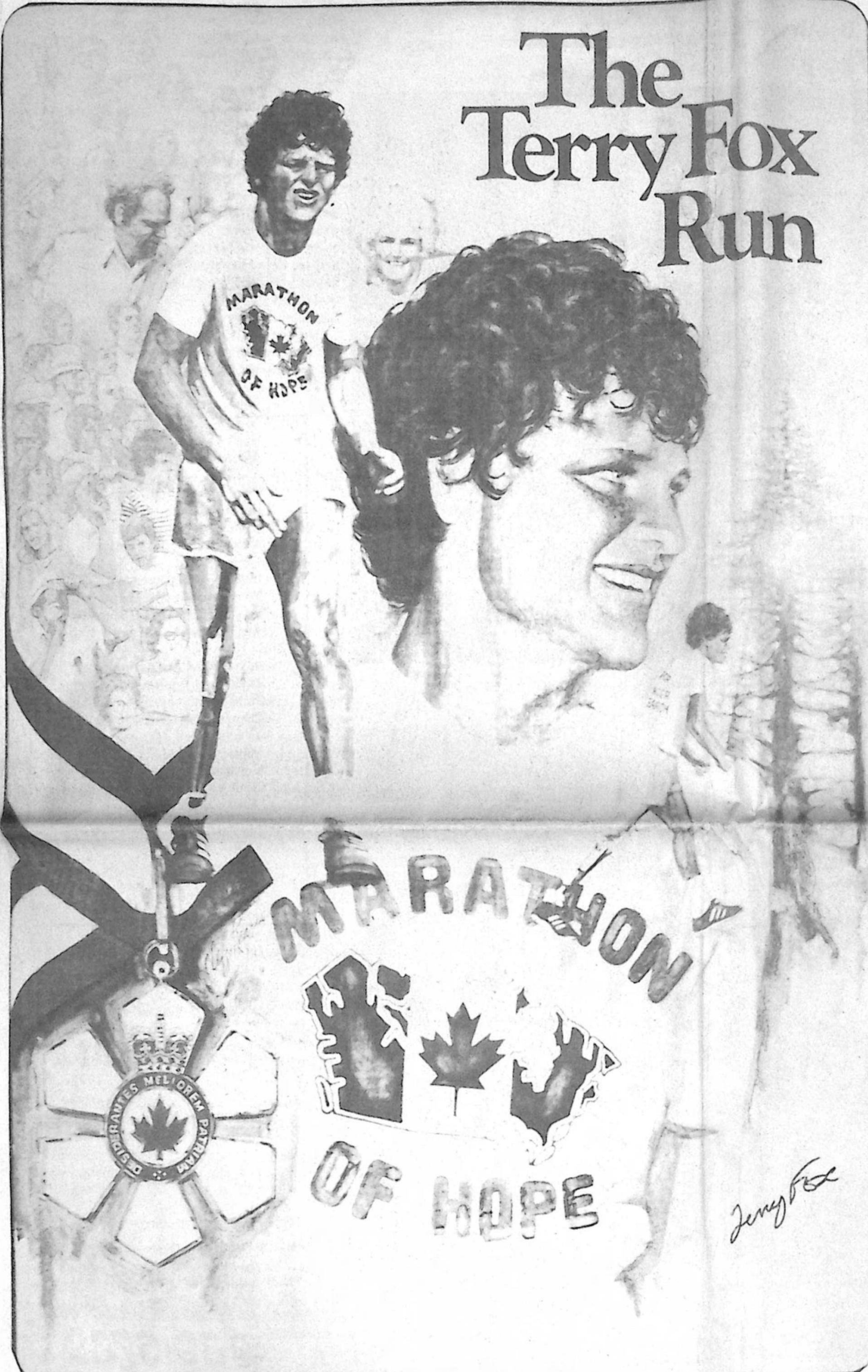
THURSDAY, SEPTEMBER 17, 1981

CFB COMOX TOTEM TIMES

DEADLINE - MONDAY, SEPT. 28 1981

COST: PRICELESS

## The Terry Fox Run



Hundreds of thousands of Canadians raised about 5 million dollars to continue the fight against cancer by participating in the first annual Terry Fox Run. Military communities across Canada joined their civilian counterparts, helping to make this first run the resounding success it was.

Here in the Valley, about 800 people showed up to run, walk, cycle, crawl, hobble and limp the 10 km course. Base personnel and their families accounted for 25% of the total, raising in the neighbourhood of \$4,000.

Although the run had staggered starts, traffic jams and crowding marred the first start. Confusion among runners and cyclists lead to several near misses

as bicyclists were forced off the road, into parked cars and runners were nearly run down. No real injuries occurred despite close calls.

Many families made an outing out of it, biking or waling together. Everybody was caught up in the spirit of the event, relaxing and having a good time. People encourage each other, challenges were made and all in all most enjoyed themselves.

Among the top Base Personnel finishers were Vic Howlett (who ran the course in less than 40 minutes) and Maurice Robert (42 minutes).

To the participants, organizers and those who pledged, thank you for supporting Terry Fox's dream.

### Thanks

Commanding Officer  
Col. Chisholm,  
C.F.B. Comox,  
Lazo, B.C.

Dear Sir:

On behalf of the Directors, Staff and myself, we would like to thank yourself and the members of CFB Comox for their willing participation in assisting us in the 1981 Comox Valley Summer Games.

There were so many instances during the year, when the co-operation of CFB Comox made an impossible situation turn into a reality, and we really would like everyone concerned to know that their efforts were truly appreciated.

Your share in the hospitality of hosting a Civic Luncheon was also greatly appreciated.

Again, please extend our Thanks to everyone at CFB Comox for their support in staging the 1981 Comox Valley Summer Games.

Yours sincerely,  
COMOX VALLEY 1981  
SUMMER GAMES  
SOCIETY  
George L. Hobson,  
President

### Battle of Britain:

1981

### Ceremonies

This year, Sunday, September 20, has been designated as Battle of Britain Sunday in the Comox Valley.

It was during the few weeks from early August to the end of October 1940, that a handful of gallant airmen, subsequently named "The Few" by Winston Churchill, threw their all into the fray against the Luftwaffe. This heroic and historic defence of the British skies, against formidable odds, caused sufficiently high losses to the Luftwaffe bombers and fighters that the Luftwaffe mastery of the skies over Britain was not realized.

This caused the postponement of Hitler's proposed invasion attempt, an attempt that was never to be made again. Although casualties were high, the winning of this battle was vital to the winning of the war.

Each year veterans in many parts of the world gather to honor their fallen comrades from the Battle of Britain, usually with a parade and a cenotaph service. This year in the Comox Valley, on Sunday September 20, the parade will march from the Comox Legion to the cenotaph at the Comox Town Hall for a short service.

Members of the RCAF Association, the three Legion branches, the regular forces and the Air Cadets will fall in at 1:40 p.m. at the Legion parking lot. The service is scheduled for two p.m. A reception is to follow in the Knights of Pythias Hall in Comox. All participants of the parade are requested to be at the Comox Legion at 1:20 p.m.



407 Sqn. comes out in full strength to challenge all opponents in the Terry Fox Run. (Photo by Sgt. L.W. Belzac)

Vancouver, B.C.: The Canadian Cancer Society, B.C. & Yukon Division, would like to thank the many people who contributed to the Terry Fox in memoriam. Over \$133,000. in B.C. and the Yukon has been given in Terry's name since his death June 28.

Our gratitude is also extended to the Royal Bank of Canada, Toronto Dominion Bank, and all chartered banks for their assistance in accepting In Memoriam donations during the postal strike.

As of September 1st, In Memoriam donations are to be mailed or brought to local Cancer Society offices or the Division office at 955 West Broadway in Vancouver.

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# Section news

## Nighthawks

### Nest

Having been magnanimous last issue by withholding my usual quota of slander, lies and innuendo, I expected the squadron members to react in kind. When however, the reaction to the lack of an article was hearty congratulations on having written my best piece to date, I felt I could do nothing less than submit one this issue as a reply to such effrontery.

As it is less than a week until the Fall Equinox, summer is for all intensive purposes officially ended, and the squadron is in the process of gearing down from the hectic pace it has endured since June. With one group in Cold lake and another poised to change with them this weekend, 409 is going through its bi-annual fling at low-level mayhem at Maple Flag, the tactical exercise involving Canada, the U.S. and Britain. Maple Flag marks the commencement of the "Autumn 100", a Nighthawk tradition of one hundred days during which time all squadron efforts are directed toward developing as much physical and psychological endurance as possible so as to be able to withstand the onslaught of the Christmas period - a time when 409 more closely resembles Attila's Huns on a five minute free shopping spree in a liquor store than they do a squadron.

This fall differs slightly from last year in that the squadron is currently being represented in the "Loadeo" by a group of stalwarts from the armament section. A competition based on the safe and expeditious loading of the aircraft, the Loadeo is held at Tyndal AFB, Florida. Led by MWO Jim Nodwell (a curious admixture of the qualities of Don Rickles and Dean Martin), the nighthawk crew is attempting to bring home the hardware in what will likely be the last of such competitions involving the Voodoo.

In perhaps the most exhilarating piece of news this summer, it was an-

nounced at a small press conference that major Ron Egli will be replaced as "A" Flight commander sometime this fall. The real reason may never be known, as a myriad of conflicting reports have been pouring from the squadron.

His manager cited declining health, his agent blamed conspirators within the system, CTV claimed he has lost the teen-age market, Pierre Trudeau blamed Joe Clark, who in turn blamed Trudeau's cabinet, Ed Broadbent pointed the finger at every political figure in the country, the Ayattolah maintains it began with jimmy Carter, Anita Bryanf blamed the homosexuals, and the owner of a local health food store insists it was a bad batch of magic mushrooms.

After a cost effectiveness study determined he was an unacceptable risk, it was decided not to put him out to stud.

Our local housebuilding trio is proceeding as usual, and will be starting their third home this fall. Aside from Joel Clarkston plummeting off his roof, the three (unlike our resident Gringo navigator), are remarkably unscarred and healthy, forever putting an end to the myth of American know-how.

Actually, the U.S. military was much in the news the past few weeks after shooting down two Libyan SU-22 fighters. Although less publicized, Canada, in an attempt to demonstrate our support of the Americans in the incident, planned a daring raid just two days after the air fight. In keeping with our military strength, the Canadian plan was slightly less severe than that of our southern neighbours, and involved the upending of two portable toilets at the annual Libyan airshow. Although subsequently cancelled for lack of funds, this daring scheme none-the-less shows the Middle East powers we are in dead earnest about protecting our interests.

BGJK



SAR SALMON HOUND - About to recover the two man crew. Cold, but alive, in the sub 40 degree (F) water.



Congratulations on the following promotions: (Back row L to R) Sgt. Gray, Sgt. Bourquin, Sgt. Audet, Sgt. Hamilton, MCpl. Carbonneau, and an accelerated promotion for Cpl. Gaylor. (Front row) WO Copeland was presented an award for an operational parachute descent he made to two Americans who had crash landed on the Alaska Highway, LCol. Diamond - CO 442 Sqn., Capt. Smith was presented with his CD.

## MYNARSKI TROPHY

The Base Commander, CFB Comox is pleased to announce that 442 Transport and Rescue Squadron has been selected as the recipient of the Mynarski Trophy by the Royal Canadian Air Force Association, and as such becomes the first two-time winner of the award.

The trophy is presented annually by the RCAFA in recognition of excellence in Search and Rescue operations and is a testimony to the dedication and professional performance of all personnel associated with 442 Squadron.

Over the last 12 months, 442 Squadron has been involved in several extremely

demanding rescues, including that of the MV Prinsendam, the Squamish Flood, and FIREWOOD 1, involving the rescue of a US Navy helicopter crew in Washington State. Also significant was the Squadron's excellent annual operational evaluation, and its commendable flight safety record during the last year.

The official presentation of the Mynarski Trophy will take place in Peterborough, Ontario on 8 October 81 at the annual convention of the RCAFA Association. LCol. G. Diamond, Commanding Officer of 442 Squadron will be present to accept the trophy on behalf of the Squadron.

### Farewell to M/Cpl. Bob Smith

Word of your departure  
Has echoed cross the halls  
Pounded down the hangar floor  
And smucked against the walls.

In short we are despondent  
Your departure is a blow  
You've tended well the labrador  
And loved the Buffalo.

But now your head is turning  
Towards a bright new day  
Perhaps in this burst of sunshine  
They grey will fade away.

Maybe you could join the army  
You would look good in the reserve  
You've always liked their uniforms  
Their courage and their nerve.

So anyway old fellow  
Leave without sound  
Don't forget, before you do  
Please buy another round.

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## ENTERTAINMENT WOs' - SGTs' MESS

SEPTEMBER - TGIF 18, 25 (FREE TAXI SERVICE FOR ALL TGIFs)

25 Sep - Mixed with Food

- 19th - Sports Bingo 2000 hrs. with Food

OCTOBER - 3 Oct - HAWAIIAN NIGHT

Music by the "South Sea Enchanters" Showband

Two Floor Shows

Cocktails 1900 hrs, Dinner 1930 hrs.

Hip of Beef, Breaded Shrimp, Breaded Oysters, Hip of Ham, etc.

\$40.00 per couple (Regular & Assoc. members)

\$50.00 per couple (Honorary and Guests)

Dress - Casual (no Jeans please)

By reserved seating only - See Mess Manager 1200 - 1300 hrs daily.

Cut off for tickets 1 Oct 81.

Movies every Sunday 2000 hrs. commencing 6 September.

## OFFICERS' MESS ENTERTAINMENT

Fridays, September 18, 25 -

REGULAR TGIFs - 1600 - 1700 hrs. Food as indicated. Bottle and Jackpot draws at 1700 hrs. Members must have signed in and be present at time of draw to be eligible to win Jackpot draw. Free taxi service - ask at bar.

Saturday, September 19 -

MEET AND GREET DANCE - Band: Rampart North. BBQ Steak, Corn on the Cob. Reservations to Mess Manager by 1200 hrs., Wednesday, Sept. 16. BBQ: 1930 hrs. Dance: 2100 hrs. Cost: \$10 per person.

Wednesday, September 23 -  
OFFICERS WIVES CLUB - BRIDGE

Wednesday, September 30 -  
MESS DINNER

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# 407 Demon Doins

In the absence of our regular Demon Doins editor, this article has been put together on last minute notice. As I wish to remain anonymous, I offer no apologies and direct all complaints to Capt. Jeff McBean who put me up to this.

After a lengthy leave period the squadron is almost back to normal. I trust everyone has enjoyed their summer leave and is eager to get back to flying operations. Wouldn't you know it - everybody just gets back as the good flying ends. With the return of Con 8 next week, the squadron should be back to near full strength. I guess we can expect to see our flying time dwindle as Crew 7 goes through their workup period.

I couldn't help but notice Capt. John Melson returning early from leave to see which aircraft he was up against next. As I breathe a sigh of relief, I'm happy to say that he brought the bird back without major incident.

No bird strikes, no fuel leaks, and no fire warnings. Rumour has it that John made a personal resolution to give the Flight Safety Officer a break in paperwork this month.

The first ground training day since the start of the Aurora program was held last Thursday. I was amazed at how many aircrew there really are on this squadron. With so many present, the CO found it appropriate to make a few presentations. Capt's Bill Todd and Bob Banks were the proud recipients of their CD. Capt. Gord Kruger and MCpl. Whillans both received another aerobic excellence award. Congratulations to you all. Maj. Ousey was also to receive an aerobic excellence award. Unfortunately he wasn't present and he'll have to wait for another occasion. Don't worry sir, I won't tell anyone you slept in.

A part of the morning remaining was spent clearing up a few misconceptions of those "black boxes" that do weird and wonderful things. Oh, by the way Tom, feel free to get rid of those P's and L's that just keep popping up on your scope. That is as long as you don't mind if the rest of us clear those EI's and FI's that clutter up our scopes.

Something that was mentioned at the ground training day of a little more concern to us was the upcoming crew shuffle. Why does it always happen just

before the dreams of "fun in the sun" become reality. At least this crew shuffle is only going to affect the front end so some of us can still rest in ease.

While I have the chance, I would like to take a minute on behalf of the aircrew to thank 407 servicing for their superb job. I'm sure we all take them for granted at times, but after witnessing a base servicing organization down east, we can really appreciate what we have. Keep up the good work!

As fall approaches, we see our bulletin boards filled up with various lists for intersection sports. So all you jocks and would be jocks who are waiting to display your skills, now's your chance. Lists are up for volleyball, broomball, hockey, flag football and basketball. Sign up early and show this base who is clearly tops.

While on the subject of jocks, 407 Sqn. deserves special mention for their effort in the Terry Fox Marathon of Hope. Our squadron had over 30 participants, with squadron contributions exceeding \$600.00. Over 70% of this amount came from the flight line. Thanks to the efforts of Sgt. Lightfoot and Gayle Williams, Crew 4 won the inter-crew challenge contributing \$177.00. Crew 1, headed by Carol Ousey, finished second contributing \$105.00. 407 Photo took 3 out of the top 4 slots for the best times for completing the run. A good effort.

As far as the rest of the base was concerned, 407 was disappointed in your efforts. Where were you to take up our challenge? Is it true that 409 is all talk and no action? You must admit 407 is one up on you. Supremacy remains where it belongs.

In concluding, I would like to mention two observations I made at morning briefing on Monday. Firstly, this nice weather is going to stay with us a few more days, and secondly, the CO is off to Halifax for the next couple of weeks. Need I say more. By the way, have you ever wondered how the CO manages to get us out of his hair (what little there is) by going on these courses. It so happens that while he was employed at CFMWS, he made a recommendation that all CO's attend their specialty course. It looks like that decision came back to haunt him.

Next issue - 407 fast ball round up. (Hopefully)

Another edition of the Totem Times is upon us. Time sure flies when you're having fun!

While roving around the hangar the past week, a few of our more notable personages were observed eyeballing our new Oleg Cassini, color coordinated edifice (robins egg blue on white) and remarking: "407, eat your heart out!"

Meanwhile our erstwhile electrician: MCpl. John Cooper (reliably reported to have been in attendance when Thomas Edison was conducting his early experiments) is making plans to leave the service. John was heard humming softly to himself: "Yo-Ho, blow the man down" as he

prepares to depart service for full time sailing during the day and part time work evenings. Bon Voyage, John.

Capt. Doug (Wanna buy a bike?) Black and his good wife were seen cycling by in the Terry Fox Day Marathon. "Watch that wooden bridge by Sanwick School folks", says Doug, "It's a killer".

MCpl. Fred Kay (fresh from his recent triumph at the promotion board) was seen anxiously scanning: 1. Tide tables 2. weather reports 3. his horoscope to see when he's going to catch his next fish.

Another Tracker tech of note: MCpl. Ed (gotta go to the bank) Lapointe is

# VU 33

anxiously waiting the arrival of Cpl. Zane (gotta go to the bank with Ed) Slater from leave, so they can plan another one of their "nautical cruises in search of cultural upgrading".

Capt. Nolan was seen briefing the unfortunate under 30 crowd who must do their mile and a half. Sgt. Dennis Vicklund was heard muttering "I got more time running that thing than they got in this outfit". Top that one all you old timers!

Cpl. Al (Sparks) Karilla; Comm. Tech. par extraordinaire departed VU33 for the safety and security of civilian life for the second time. See you around Al!

Another "C" Class type: Cpl. Tom (The Begonia Baron) McNee is leaving to give more time to his international company: McNee Floral Enterprises. See you back next spring Tom.

Mr. Bill (Grizzly) Walton showed up at the golf tourney to amaze and delight one and all with his new, civy look.

Lt. Hills (Wanna buy a used bike) is coming along quite nicely on his broken ankle. He's offering a reward (six back copies of the Totem Times) for information on person or persons seen tampering with his bike shortly before the accident.

Seen on a local billboard: Smile! People will wonder what you're up to.



Congratulations goes out to Dennis Hillier for shooting the lowest score in the VU33 golf tournament. Special thanks goes out to Bert Livingstone for shooting the highest score and making everyone else look good. The searchmaster that located Bert in the rough near No. 7 fairway did comment however, on the excellent quality of this lean-to and signal fire.

It is the opinion of this author that the animal exhibition that occurred at the Glacier Green clubhouse was nothing short of a flagrant disregard for property, human life, and minority groups. It is not my intention to mention any names (Vic Howlett

and Hal Neville). It is my hope that this type of activity will soon cease (or include me).

Bruce Nolan has announced that he is the new chief instructor in the "Learn to give the de-icing boot signal" course. Any females between 19 and 25 who are interested, should contact Bruce at home. Possibilities of accelerated promotions exists for those candidates meeting Bruce's high (?) standards.

Laurels to those who entered the Terry Fox Marathon - great to see the wives trying to run down Vic on their bikes.

Mystery question: What's really under Bob's cast?



Congratulations to the first four 407 Sgt. runners in the Terry Fox Run Sunday. From left to right: Frank Berniquez, Ken Wheeler, LCol. Cameron, Maurice Robert. Photo techs are taking over the world!



Twelve years of undetected crime. Bill Todd receives his C.D. from LCol. Cameron.

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**Jr. Ranks Club**

**MOVIES:**  
September 22 "Escape from Alcatraz"  
September 29 "Serial"

**LOUNGE:**  
Sept. 17, 18 & 19 - Beefest  
Band - "Late for Dinner"  
Thursday & Friday starts 2000 hrs.  
Saturday starts 1600 hrs.

Junior Ranks Dart League starts 5 Oct.

**AT THE TOP OF MISSION HILL**  
North Island Highway, Courtenay, B.C.

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# Editorials

## I'm a Ramblin' Man

Lets see...the Posties are back, NABET is settling with the CBC, woodworkers are pretty well finished...I wonder whose turn it is now to take unplanned extended holidays? ICBC (Icky Bicky) workers are doing their thing; the U.S. (US?) ATC's suddenly found themselves no longer on strike; the hotel/motel front is quiet: something is drastically wrong! There are people working out there.

It can't last. Breweries? No, its not summer.

...O.K. School's started. Gets the Munchkins out from underfoot and back to someplace where they can bother somebody who's paid for the heartburn.

I'll bet you were glad to get rid of them until you found the 'hidden' costs: paper, pencils, crayons, pastels, glue, scissors, paint, rulers, erasers, P.T. gear and Duo tangs (I think a Duo Tang is an orange-juice with 2 straws).

So after taking out another mortgage on the homestead (or raffling off your first-born) to get the cash to pay for these gems, you discover that over the summer the fashion scene completely by passed Comox, and last spring's hot items are hopelessly out of date. (C'mon Mom, the heels are too high. The flair in the leg is too big. The collar's too wide).

Now yourscholar is all - spiffy? (do they still say spiffy?) - pussar, decked out with the latest *haute couture* and carrying the newest in school supplies. You know that in a week they'll be back in jeans, T-shirts, runners (no socks) and writing their notes on paper towels and envelopes. Sigh.

...anybody out there miss the Hockey Series? We wuz waxed. Even the part of the plan where we make a 350 lb. trophy so nobody could steal it really fell through. We're running out of EXCUSES, sports fans. I can hardly look my Soviet friends in the eyes (oops. Hope nobody read that part).

...you've heard it before, but thanks again to those who participated in one way or another in the Terry Fox Marathon this past weekend. Braving Sunday morning hangovers, crazy bicycle riders, flying elbows, uphill roads, headwinds and chaotic registration and starting procedures, you still managed to turn out 200 strong and raise thousands of dollars. Pat yourself on the back.

BB

...OH YEAH. Anybody who's seen the little rubber tip from the bottom of my cane please return it. (I stabbed someone making a 'gimp' joke.) I keep falling down the stairs and people trip over me.

## Mainstream Canada

### Civil servants play a no-lose game

By W. Roger Worth

The postal strike and the resulting settlement were crucial for Canada's small business community, underscoring the dire need to do away with public sector strikes and erode the overwhelming power of civil service unions.

Traditionally, postal workers, and particularly the Canadian Union of Postal Workers, have set wage and benefit standards that are sought by other civil service unions, as well as unions in the private sector.

So if a person sorting mail is deemed to be worth \$25,000 per year, including overtime and shift differentials, what's a secretary worth, or a file clerk, or, for that matter, a worker in a small or medium-sized firm?

The significance, of course, is that workers for monopoly government operations such as the post office are playing a "no-lose" game

that affects the whole country.

If a private sector union wins an exorbitant settlement, the employer may lose money, finding prices can't be increased enough to cover the costs. As a result, the firm may lose its share of the market and workers may lose their jobs.

Such is not the case with government operations. The cost of the high-priced postal workers' settlement will come out of the public's pocket. And taxpayers are already subsidizing the operation to the tune of more than \$500 million per year, or \$45 for every employed person in the country.

While changing the Post Office to a Crown Corporation may help, an end to the perpetual strikes is needed if the Canadian public is to ever again have confidence that the mail will be allowed to go through.

CFIB Feature Service

## Writers Wanted

Canadian Authors Association, Victoria and Islands Branch, is sponsoring a writer's contest open to all residents of Vancouver Island and the Gulf Islands.

Deadline for entries (fiction, non-fiction and poetry) February 15, 1982. Cash prizes. Entry fee, \$3 per manuscript.

For contest rules phone or write: Audrey Babb, 2025 Oak Bay Avenue, No. 210, Victoria, B.C. V8R 1E5. 598-3751.

## YOU AND THE LAW OF WAR



Office of The Judge Advocate General

**ONLY DUMMIES USE DUM-DUMS!**

The aim of any armed conflict is to defeat the enemy. Since one of the purposes of the law of war is to protect both combatants and non-combatants from unnecessary suffering, by international conventions and declarations and by the customary rules of warfare, it has restricted the means of waging war. For example, Art 22 of the 1899 Hague Regulations Respecting the Laws and Customs of War on Land provides:

"The rights of belligerents to adopt means of injuring the enemy is not unlimited". Furthermore Art 23(e) of the same Regulations provides "In addition to the prohibitions provided by special Conventions, it is especially forbidden to employ arms, projectiles, or material calculated to cause unnecessary suffering". This leads us to rule number ten in this series: "Do not alter your weapons or ammunition to increase suffering".

While it is true that all weapons and ammunition

that you will use during a war will cause suffering, they are not unlawful in the sense that they do not cause unnecessary suffering in the light of the practice of States and international conventions. Furthermore, you have a right to assume that weapons issued to you through normal military channels are not unlawful.

The Hague Declaration of 1899 Concerning Expanding Bullets recognizes the customary rule forbidding the use of weapons causing unnecessary suffering. It provides in part: "The Contracting Parties agree to abstain from the use of bullets which expand or flatten easily in the human body, such as bullets with a hard envelope which does not entirely cover the core, or is pierced with incisions".

This prohibited bullet is called the "dum-dum" bullet and is named after the British Arsenal in India where such bullets were made. These bullets flatten on impact with the body causing extensive wounding by inflicting lacerations.

The use of dum-dum bullets, which can easily be made by soldiers by nicking or scoring the surface of the nose of the bullet, is strictly

prohibited and although it is viewed by certain persons as a "trick of the trade" such action would nevertheless constitute a war crime. The law of war forbids you to alter your weapons or ammunition in such a way as to cause unnecessary suffering. Moreover, changing or modifying your weapons or ammunition can render them dangerous or ineffective when you use them.

In addition, usage or international conventions or declarations have prohibited the following:

- notching bayonets;
- using lances with barbed heads;
- thinning or filing the metal jacket of bullets (causing the bullet to fragment);
- smearing bullets with a substance likely to tend unnecessarily to inflame or aggravate a wound;
- employing projectiles filled with broken glass or with materials that would be difficult to trace medically;
- employing any projectile of a weight below 400 grammes (about 14.1 ounces), which is either explosive or charged with fulminating or inflammable substance (this prohibition which was adopted in 1868

is concerned with projectiles i.e. exploding bullets directed against individual members of the armed forces. The restriction does not apply to projectiles dropped or discharged by aircraft, and practice during the two world wars shows that it does not forbid the use of explosive or incendiary bullets in air warfare);

- using poison or poisoned weapons;
- using asphyxiating, poisonous or other gases, and bacteriological methods of warfare; and
- employing mines or explosives as booby traps attached to objects or persons protected under international law e.g. dead bodies, medical establishments.

This non-exhaustive list of prohibitions is based on the three basic principles for the conduct of hostilities: military necessity, humanity and chivalry.

In summary we have seen that the law of war has prohibited the use of certain weapons and that the means of injuring the enemy are not unlimited. The use of an unlawful weapon would constitute a war crime.

## Legal Tips for Travellers



### Getting Help Abroad

Canadian diplomats became heroes for whisking American fugitives out of Iran but don't count on them doing the same for you.

Normally, Canadian diplomats cannot interfere with the administration of justice in other countries. This means the mounties will not come to your rescue if you get thrown in jail overseas for throwing a snowball at a statue of Lenin.

However, Canadian officials will do what they can to help. This usually involves contacting relatives at home, locating a good lawyer, and, where possible, attempting to improve the imprisoned

Canadian's conditions. They cannot post bail although they will act as a channel for funds from Canada for this purpose.

The Department of External Affairs warns that "many countries have substantially different local customs, legal systems and judicial processes - you should not expect that because you are a foreigner you will be exempt from local laws. Your behavior, dress and general appearance, the open expression of political opinions or religious beliefs, even the taking of pictures may be considered an affront to local customs or be against local laws and regulations...If you are in

doubt it is preferable to ask the local authorities or the Canadian representative for clarification before committing any action you feel may violate a local law or offend custom."

The department has a particularly stern warning about narcotics: "Canadians should exercise extreme caution about accepting to transport any parcel, however small, across a border, remembering that narcotic drug traffickers will try to use respectable, innocent-looking tourists to carry drugs for them through customs inspection lines."

Canadian officials have the job of protecting Canadian vacationing or doing business in foreign countries. According to the Department of External Affairs, you shouldn't hesitate to seek assistance from them if you are in distress due to sickness, accident, or loss of funds.

It is a good idea to register with the nearest Canadian embassy or consulate if you are planning to

spend any time in a foreign country. That way Canadian officials can contact you if there is an emergency at home. According to the External Affairs representatives in Vancouver, their office alone gets 15 or 20 calls a week from people trying to locate relatives or friends in foreign countries.

It is particularly advisable to register with the nearest Canadian embassy or consulate if you are visiting a country where there is a serious political unrest, or where a natural disaster has occurred. That way Canadian officials will be able to provide you with immediate assistance and protection.

Canadian officials overseas do not perform services normally provided by travel agencies, banks or hotels. They will not cash cheques, provide loans or help Canadians obtain permits to work, reside, or drive in a foreign country. But if you get sick or have legal trouble, they will find you a

trusted doctor or lawyer, plus contact your friends or family back home. If there is no Canadian representative available, you can get emergency assistance from the nearest British embassy or consulate.

Canadian representatives overseas get about half a million requests for aid of one kind or another every year from travelling Canadians. Most of these requests are merely for trade, medical or legal information. Sometimes, though, the requests are of a more serious nature. A certain number of Canadians find themselves stranded without money.

In this situation, Canadian officials will first see if your friends or relatives back home can provide financial relief. If not, they will shoulder the cost of sending you home at the taxpayers' expense. However, once home, you will be expected to repay the costs of the trip home. You will be relieved of your passport until you do.

By Gordon Hardy of the People's Law School

# TOTEM TIMES

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# GENS DU PAYS

## L'EPLUCHETTE DE BLE D'INDE

Tel qu'annonce dans la region, vendredi dernier sur la plage de la base avait lieu notre epluchette de ble d'inde annuelle. Notre cuisinier, Robert Racine nous dit qu'environ 85 personnes se sont partagees plus de 500 epis, dailleurs ceuillis dans la meme journee. Bienqu'un bon vent soufflait sur la plage, (Denis et Robert y ont meme perdu leur cerf volant) il aurait ete difficile d'exiger une plus belle journee.

La musique semblait assez bonne puisque Suzie Lerous, Brigitte Girouar et Carole Berube, nos 3 danseuses favorites, n'ont presque pas quitte le plancher de danse de toute la soiree. Quant a Michel

Guerette; les priorites les plus importantes d'abord et la danse ensuite... Il me serait difficile d'affirmer si Michel a manger 4 ou seulement 3 douzaines de ble d'inde.

Enfin, lorsque la musique s'est arrete a minuit trente, les 12 plus "toughs" restant toujours sur les lieux avec un "petit coup dans le corps" ont commence a chanter des chansons a repondre pendant plus d'une heure.

Sommes tout, les gens ont semble apprecies l'activite A Robert Racine, Michel Couture, Marie Labrosse et Nicole Valcourt; un gros merci pour avoir si bien prepare cette fete.



ATTENTION: TOUS EN PLACE POUR LA PHOTO DE MINUIT; DU SI BEAU MONDE...ET UNE PHOTO SI PAUVRE!



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**C'EST GRATUIT!**  
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### LES PETITES NOUVELLES

- Felicitation au club "Gens du pays" pour la participation d'une douzaine de nos membres a la course en l'honneur de Terry Fox dimanche dernier.

- Un concours pour la creation d'un embleme officiel (un logo) pour notre club. Attention a nos artistes; un prix de \$25.00 sera attribue au gagnant. Le dessin devra etre sur une feuille de 8 1/2 x 11 et le concours se termine le 25 septembre dans le cadre de notre reunion generale.

- Les preparations vont bon train pour l'organisation du Rallye Annuel qui aura lieu samedi le 17 octobre!...

- Au cours de l'ete, l'association a pris un peu plus l'ampleur en apportant le nombre de membres a plus de 120.

- N'oubliez pas que chaque Mardi soir notre local est ouvert pour prendre une liqueur ou un cafe tout en parlant ou en lisant differentes revues.

- Si vous avez des articles, commentaires, photos, ou critiques, faites nous les parvenirs, nous serons heureux de les publier.

- On se voit donc vendredi le 25 a Comox au Dusty's Den. Une tres jolie salle avec une vue sur la mer et un tres beau petit foyer.

### AU CULTUREL

Cette annee, grace a l'Ambassade de France et l'Association des Franco-Colombiens, un Cine-club a ete forme. Commencant le lundi 12 octobre un film commercial en francais sera au club le lundi a toutes les deux semaines.

12 Octobre: "Pleure pas la bouche pleine"  
Film de Pascal Thomas, avec Annie Cole.

26 Octobre: "Max et les Ferrailleurs"

Film de Claude Sautet, avec Romy Schneider et Michel Piccoli.

9 Novembre: "Natalie Granger",  
Film de Marguerite Duras, avec Jeanne Moreau et Gerard Depardieu.

A la fin de Novembre ou debut Decembre, l'Hexagone debutera sa tournée en Colombie-Britannique. Cette Troupe, qui par son spectacle veut honorer les oeuvres de Gilles Vigneault fera un bref arret dans la region; Soyez sur de ne pas les manquer.

Cote musique, j'ai remarque que SAM THE RECORD MAN sur la 5th Rue a Courtenay a commence a recevoir des disques francais (Cano, Beau Domage). Ce ne sont pas leurs derniers albums, mais je crois que si tu en fais la demande, Sam te fera venir l'Album de ton choix en francais.

Pour terminer, si tu vois ou pense a des choses interessantes culturellement, telephone moi ou viens me voir au club ou a la maison, PMQ D3. Je suis sur qu'on peut se parler.

Michel Couture.

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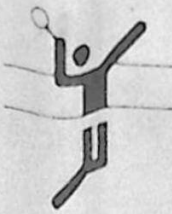
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# LOOKING IN



## RECREATION CENTRE NEWS

### Labatt Grand Prix of Canada

#### Labatt Grand Prix wide open affair

MONTREAL -- A different winner in each of the last four Formula One Grand Prix in Europe has suddenly made the world driving championship a wide open affair.

With only one European race remaining on the schedule, in Italy September 13, the championship will go right down to the wire in the final events here and in Las Vegas.

The Labatt Grand Prix of Canada, second last on the schedule, takes place September 25 - 27 at the Ile Notre-Dame circuit here on the site of Expo '67.

After leading the championship by 17 points at the halfway mark, Argentina's Carlos Reutemann now finds himself in a tie for first place with Brazil's Nelson Piquet at 45 points each. The latter, driving a Brabham, has picked up a first, a second and a third in his last three starts to close the gap on the veteran member of the English Williams team.

Recent victories by

French starts Jacques Laffite, driving a Talbot Ligier, and Alain Prost, driving a Renault, have also closed up the standings.

Laffite is in third place with 34 points, only 11 behind. Reutemann's teammate Alan Jones is fourth with 31 points and Prost fifth with 28.

With points awarded on a 9-6-4-3-2-1 basis for the first six finishers in each race, no less than seven drivers still have a chance to win the world title.

Tickets to the Labatt Grand Prix are on sale at Ticketron outlets throughout Canada. In addition to the world championship race Sunday, five supporting races are scheduled over the weekend including one for motorbikes.

Heading up the supporting cast will be the Player's Quebec race Saturday for the North American Formula Atlantic championship. Current leader in the series is Quebec's Jacques Villeneuve, younger brother of Grand Prix star Gilles.



MCpl. Whillans receives one of his many awards for aerobic excellence from LCol. Cameron. MCpl. Whillans has completed over 15,000 miles since starting his program. An exceptional feat for anyone. (Just how many mile and a half runs is that?)

#### LADIES FITNESS CLASSES TO START SOON

Classes are scheduled to start in the Base Gym on 23 Sep 81. Each session will last 1 hour and run from 0900 - 1000 on Mon., Wed. and Fri.

The ladies are fortunate this year to have Mrs. Nadine Sharp as their instructor. Nadine comes to us via the United States and is highly qualified to put the spring back into your step and put the lumps back where they belong.

Nadine has owned a dance studio in the U.S. and is experienced in aerobic dance, danceercise and creative jazzercise. Initially, however, the emphasis will be on stretch and movement.

This is your chance ladies to discover the real you and put some of the sparkle back in hubby's eyes as well.

Remember 23 Sep 81, 0900. There is no cost. All that is required is your participation.



1.5 Mile test coming up, Sports fans. Lets show up for this one.

### World Salmon Fishing Championship Results

#### HORSESHOE BAY

(B.C.) -- The 15th annual World Salmon Fishing Championship is pleased to announce that as of September 8/81, Mr. Lanny Sawchuk of 2015 Pelly Place, Victoria, B.C. is leading the largest salmon category with a 61 lb. salmon caught at Quadra Island, B.C. on a fly rod using a 12 lb. test line. Live herring was used as bait. Lanny was guided by his brother Danny Sawchuk (from April Point Lodge) and can be reached at 285-3329.

The top results to date are as follows:

- |  |   |   |  |   |  |   |   |  |   |
|--|---|---|--|---|--|---|---|--|---|
| 1st- Lanny Sawchuk/Victoria, B.C.<br>Caught at Quadra Island<br>61 lbs. 0oz. | 2nd- Bill Sawotin/Calgary, Alta.<br>Caught at Campbell River<br>57 lbs. 0oz | 3rd- Benjamin Singer/Harbour City Ca.<br>Caught at Campbell River<br>54 lbs. 0oz. | 4th- Troy Winslow/Lawndale, Ca.<br>Caught at Campbell River<br>52 lbs. 4 oz. | 5th- Raymond LaLonde/Powell River, B.C.<br>Caught at Campbell River<br>46 lbs. 12 oz. | 6th- Ray Jones/Sooke, B.C.<br>Caught at Sooke, B.C.<br>46 lbs. 8 oz. | 7th- Helen Kimball/Rancho, Ca.<br>Caught at Campbell River<br>45 lbs. 0 oz. | 8th- Ken Plumley/Surrey, B.C.<br>Caught at Campbell River<br>44 lbs. 10 oz. | 9th- Scott Colton/Cedar City, Utah<br>Caught at Campbell River<br>44 lbs. 01 oz. | 10th- Norm Hansen/Campbell River<br>Caught at Campbell River<br>44 lbs. 0 oz. |
|--|---|---|--|---|--|---|---|--|---|

FOR FURTHER INFORMATION CONTACT:  
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West Vancouver, B.C.  
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B.C. Sport Salmon Fishing News  
P.O. Box 730  
New Westminster, B.C.  
(604) 521-2622



### OCTO-PIE

The giant Pacific octopus is the subject of a \$250,000 research project which may mean good news for B.C.'s beleaguered commercial fishermen.

A team of Simon Fraser University biologists, led by Dr. Brian Hartwick and funded by the federal government, is plying the waters off the west coast of Vancouver Island gathering data on the abundance and mobility of the octopuses. If the one-year study finds stocks to be adequate fishermen could soon be casting off in search of a profitable new catch.

Cephalopods, including octopuses and squids, constitute one of the largest food resources of the sea, says Hartwick, and the harvesting of octopuses already takes place in many parts of the world, even as nearby as

Washington. "Experimental studies which I have conducted since 1976 combined with catch statistics from Washington State fisheries suggest that the octopus may be a promising candidate for intensive harvest but more information is needed to ensure we do not deplete this resource by starting a goldrush fishery."

Hartwick says there is a demonstrated demand for octopus in B.C. "Fishermen are currently paying up to \$2 a pound for imported octopus for use as bait in the halibut fishery and supply is not meeting demand. The improving food market has also prompted B.C. fishermen to show an interest in this local resource."

In addition to tagging

and measuring octopuses (they commonly range in size from one to 25 kilograms), compiling data on stocks, migration, mobility, location, the effectiveness of various traps, etc., Hartwick says the study will provide fishermen with much needed cost-benefit information based on an experimental fishing operation.

"Success of experimental fishing studies have proven more profitable when they involve both fishermen and biologists working together," says Hartwick.

Hartwick says \$45,000 of the federal monies for the octopus study were awarded to Cox under a New Technology Employment Program. This money will be used to pay part of the salaries of the three graduate students who will

work as scientist-deckhands for the duration of the study. The \$207,315 awarded to Hartwick is through the Department of Fisheries and Oceans.

Hartwick says the study could drastically alter the image fishermen have of the giant Pacific octopus. "In past octopuses have been viewed largely as pests because they rob crab traps and feed on commercially valuable clams. Fishermen have even ceased crab fishing in some shallow water areas because of the large number of octopuses."

"Now it appears that these same traps, with minor alternations, could be the ones used by fishermen to cash in on the octopus market."

Now if they could only find something to do about dog fish.

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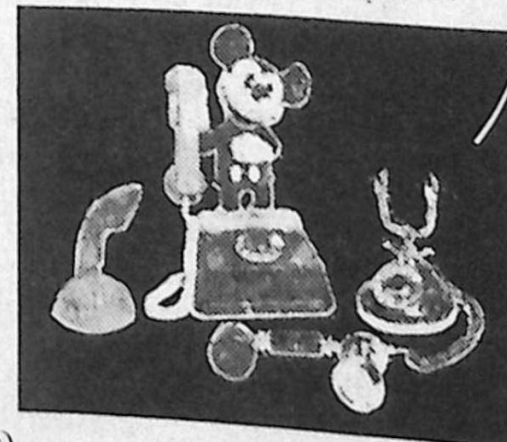
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# Promotions and awards



**HERE YOU GO, GOODBYE** Maj. Gidley presents Sgt. Bourgoin with his hooks. Along with his promotion to Sgt., he takes up new responsibilities with VU-33 Maintenance Section.



Attempting to become the most photographed AERE Officer on base, Maj. S.R. Gidley, BAMS0, congratulates Sgt. Wilk on his recent promotion.



The A/CO of 409 Squadron, Maj. Pellow, apparently exerted too much pressure in his handshake as he crushed Sgt. Buchner's hand while congratulating him on his recent promotion.



Good things also happen to people with patience. WO Goodburn is congratulated by A/CO 409 Sqn., Maj. Pellow on his promotion.



Cpl. Colleen Vian is congratulated by Major Morriss on her promotion well deserved.



**IT TOOK A LONG TIME BUT...** In 1977 Pte. Trembley and Cpl. Carboneau suggested a modification to SAR Aircraft Communication systems to be used during medical evacuations. In 1981 NDHQ granted them an award of \$350. Cpl. Trembley, a Rescue Specialist on 442 Squadron, is shown receiving his share of the award (\$175) and his suggestion award certificate from our obviously approving Base Commander.

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**PARENTS GUARD 'TROUBLE' KIDS IN SCHOOLS**

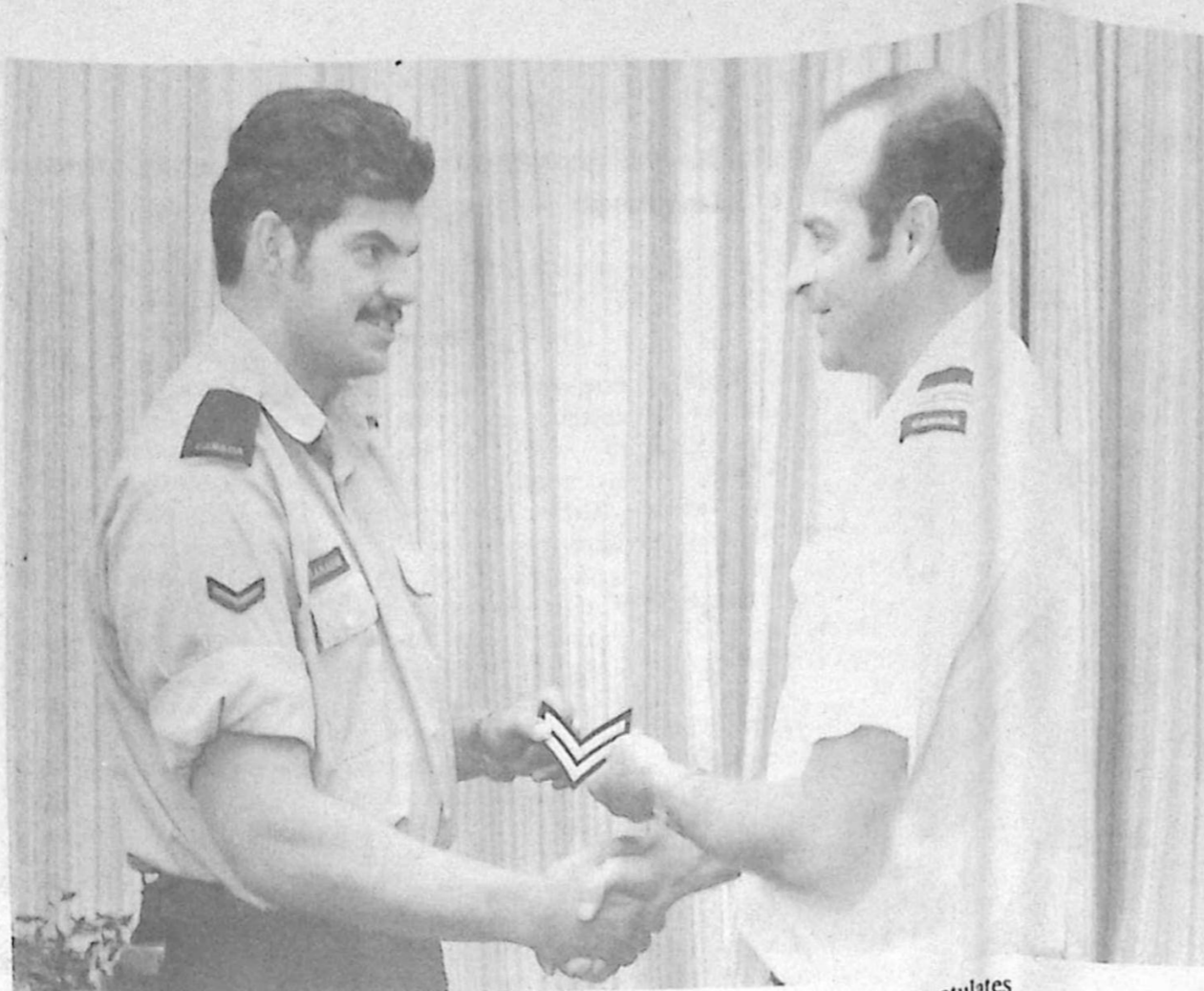
A therapeutic tyranny has invaded B.C. classrooms and is slowly eroding the role of the parents in the education system according to the president of a Vancouver based parent's rights group.

This was the main topic of discussion at the fourth annual meeting of Parents Interested in Education. "The real issue here is that school children and their parents have become the victims of psychological intrusion into their day to day school activities," said Lorrain Andreychuk, president. Recent examples of this have been shown in the "Life Boat Quiz" where a child is put into the position of having to decide which of his friends would have to die if he were the captain of a ship and the life boat didn't have enough room to hold everyone.

"From our research, we have found that some children who went through this quiz became very secretive while others were ostracized by their classmates. To subject children to these 'Mickey Mouse' mind games is beyond tolerance." Andreychuk said. Other treatments found, include the use of Ritalin on children labelled as hyperactive. According to Dr. Sydney Walker III, an American neuropsychiatrist, "(Ritalin) is a more potent hallucinogen per unit weight than LSD and can cause withdrawal symptoms if taken in excess." Statistics show that 9 out of 10 children labelled as hyperactive are male. Ritalin as well as amphetamines used can cause a state of euphoria, dizziness, loss of appetite, periods of deep depression and others.

PIE was started five years ago by a North Vancouver mother and Scientist, Arda Froese, who found her daughter was being psychoanalysed without her permission. Mrs. Froese found many other parents in similar positions. PIE was born shortly after as a parents advocacy group and since that time PIE 'Watchdogs' have sprung up across Canada and the United States to monitor the school system and provide advocacy for parents when they have no where else to go.

Lorraine Andreychuk, also a Member of the Church of Scientology, says she looks forward to even more expansion of 'PIE Watchdog' committees throughout the province.



**DON'T SQUEEZE HARD OR I'LL TAKE EM BACK** Maj. Gidley congratulates Cpl. Flanagan on his recent promotion.



**AHHHHH GEE!** Doe Bryan a Safety Systems Tech with BAMS Safety Systems is congratulated on his recent promotion to Sgt. By Maj. S.R. Gidley, BAMS.




**Maj. Morris** congratulates his new Warrant Officer, Roy on her promotion, effective 1 Sept. 81. Good work Francine!


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**CHRC Radio** (Quebec City) in Comox doing a 3 hour Morning show on Phil Latulippe (left, kneeling) who ran across Canada for recognition of the year of the physically disabled.




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 George Hamilton, Brenda Vaccaro  
**"ZORRO, THE GAY BLADE"**  
**MATURE**

Thurs. to Wed. - Sept. 24, 25, 26, 28, 29, 30  
**"THE GREAT MUPPET CAPER"**  
**GENERAL**

Starts Thurs., Oct. 1 - Bo Derek **"TARZAN"**

**Stardust** prime in Theatre

ALL ADMISSIONS \$3.50 ALL-NITER \$3.75  
 BOX OFFICE OPENS 7:30 P.M. SHOW STARTS 8:15 P.M.

Thurs. to Sun. - Sept. 17 to 20  
 Bo Derek, Richard Harris  
**"TARZAN"**  
**MATURE**  
 "Some nudity & swearing, occasional violence"  
 B.C. Dir. - PLUS - "THE IDOLMAKERS"  
 "Suggestive scenes, coarse language"

Thurs. to Sun. - Sept. 24 to 27  
**"HEAVY METAL"**  
 "Frequent violence; some nudity & suggestive scenes"  
 B.C. Dir. - PLUS - "AMERICAN POP" The state of the Art in Living Animation.

**BASE THEATRE SCHEDULE**  
 CFB COMOX

Sept. 17 - Sept. 20  
**CAVEMAN**  
 Ringo Starr, Barbara Bach  
 MATURE: Comedy  
 SHOWTIME: 2000 hrs.

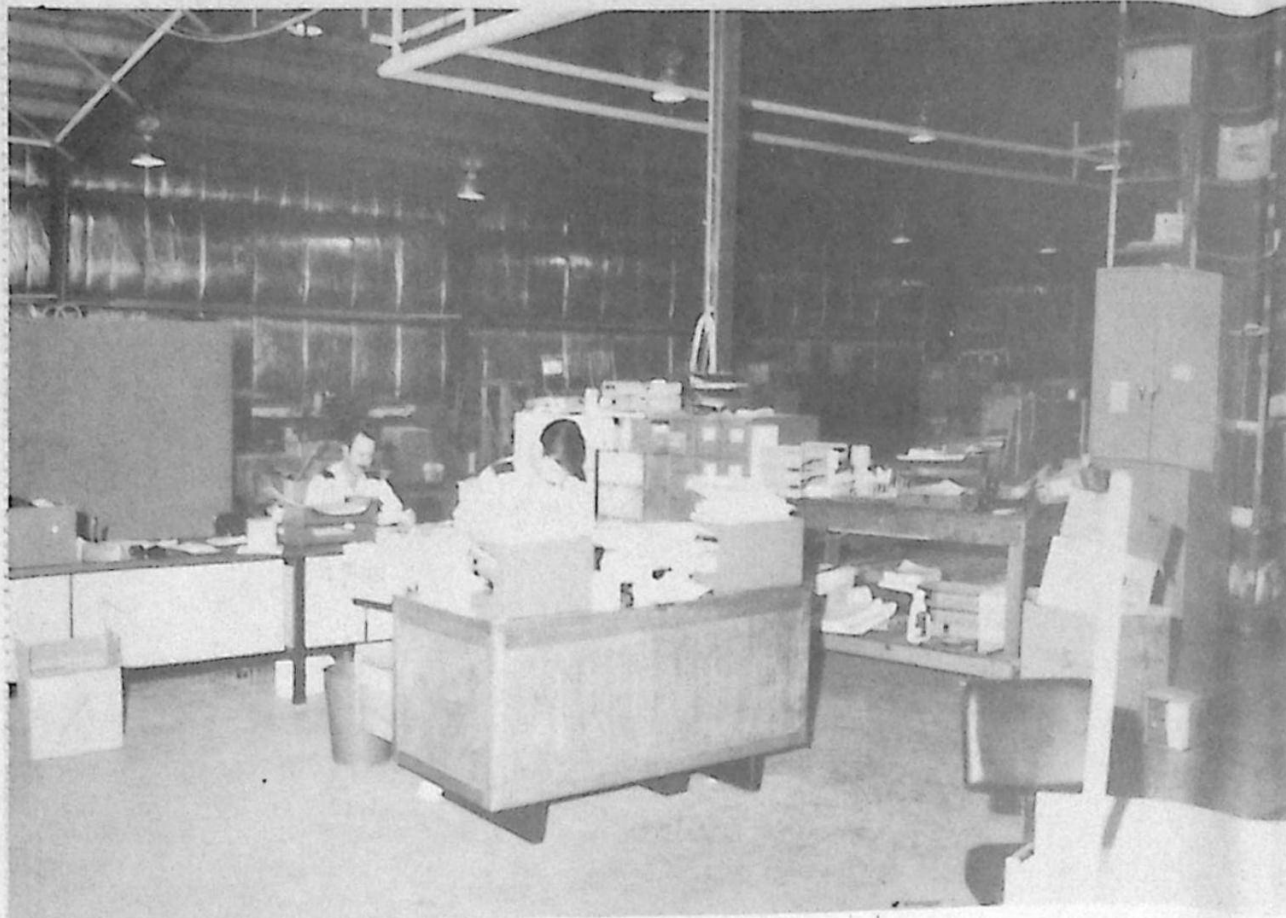
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Sept. 24 - Sept. 27  
**LA CAGE AUX FOLLES PART II**  
 MATURE: Comedy  
 SHOWTIME: 2000 hrs.

**SUPPORT YOUR BASE THEATRE**  
 AUTHORIZED PATRONS ONLY

**TRAPPERS**  
 To comply with the regulations for trapping licences, the Fish and Wildlife Branch of the ministry of Environment is sponsoring an upcoming Trappers' Education seminar. This course is mandatory for anyone who wishes to trap fur-bearing animals in the province of B.C. but does not possess a previous licence to trap. Those interested in registering for the course should apply to the Conservation Officer Service at the local Ministry of Environment office, and indicate their name, address, and telephone number. The deadline for applications is October 7, 1981. Applications will be notified by mail as to the date, time, location, and registration fee for the course. For further information, contact the district Ministry of Environment office in your area.

# Around the base



Supply hard at work hiding things so they disappear forever. Room inspection in 10 minutes, fellas!



New MacDonald's franchise opens on base! Delivery of the golden arches expected later this week.

## REUNION

It will be a rare trip down memory lane for The Red Wing School reunion, in Prince Albert, Saskatchewan, August 7 and 8, 1982.

The little white school house opened February 1913 and closed June 1959.

We would like to hear from students, teachers, school officials and families.

Please contact immediately for organization details:

Machel Eileen (Doly) Johnston  
8501 Ebor Terrace  
Sidney, B.C.  
V8L 1L4  
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## SEX

At long last a word or two from the farm. As you have all probably noticed the lack of Sex since that incredibly enlightening article in the Special Edition, way back when sometime. Let me forewarn you that this is my final column, which is just as well as I'm running out of witty, intelligent, informative and clever phrases to spice up your other wise dull day. I understand they are still looking for a replacement (not an easy task).

Well on with necessities. As you can see by the photos (here's hoping they're on the same page), the new Supply Interim building is alive and kicking. Many minds, hours and much expertise have gone into getting this

new system together. Like anything new it takes time to adjust (an understatement).

Getting into the people scene for a moment. Our leader is off to Ottawa for three weeks to sit on a promotion board (not literally). Marie Parks is off to freeze her buns in Alert. Ron Hornby has retired to the fishing stage, with Stan Stevens valiantly taking over Ron's old position at Gen. Stores. Old Robby is back from Massett (yippee). Sue Labelle is off to Borden to become a bean counter. Murielle Stockton, better known as the traitor, has foresaken Supply to rub shoulders with the Headquarters staff, being replaced by Hazel Dort

from Ottawa. Don Ayotte is off to Holberg for awhile (lucky man). Michelle and Laurie are out playing on Civy street, and Diane Lane is playing at the Maple Flag exercise. Finally a Howdy-Dowdy to all the new people sent here to work on the farm, Judy, Brad, Laurine (could be spelled wrong), Carol, Sharon, Calvin (no relation to Klein), Martine, Diane, Gail and Eric the Red.

In other Supply news (ho hum) the old folks won a recent baseball game against the young junior whipper-snappers. It must have been the Geritol. Two newly promoted Sgts. will be off to a 6A course in Borden to get dumbied-up. Another fishing derby is being scheduled around the end of Sept., for all you Salmon heads. And then there is Physical Fitness (well bite my tongue). Supply will again attempt to run, walk, crawl together

and shortly there-after will be starting up a Slim Trim Program (I love this kind of stuff). Last of all I am forced to mention the Supply Christmas Party (please, no violence). Get your inputs in early as there is only 99 days left. Oh no, I think Xmas Phobia is already setting in.

I believe I got everything down. If I missed something or someone please forward your complaints in memo form, triple copy, double space to: Who Care, c/o Sex.

Finally I would like to thank all those people who took the time to read my attempts at scratching on paper. If nothing else it was at least good for a few laughs. I now plan to spend a few evenings at a creative writing course. You never know, it may help.

Vancouver Sun here I come.  
Bye (sob)  
I.H.J.W.

## PMQ PREAMBLE

Now that summer has come and gone, it is time once more for the PMQ Council to get back to business. First of all, we need a new council and you, the PMQ community, must decide who will be on that council.

Elections will be held towards the end of Sep. and all PMQs will be receiving a ballot sheet and instructions.

It is extremely important that you give great thought about whom you wish to vote for as those elected will

be spending your money and voting on issues on your behalf.

Anyone who has fresh ideas or would like to have their say on what the council does is invited to volunteer to serve on council. Anyone living in PMQs (civilian or military), over 18 yrs., is eligible for council. You may indicate on the ballot sheet if you would like to volunteer.

Remember, your community council is only as good as the support it receives.

## GENERAL MEETING

C.F.B. Comox  
Ladies League Bowling

Thursday, Sept. 17th, 7:00 p.m.  
Recreation Center (Upstairs)

For further info. call 9-4125 or 9-2880

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**Garry Brown**

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**Tim Copeland**

**“Attention all Armed Forces personnel”**  
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Island Honda must make room for the new fall 1982 Lineup. Island Honda offers these special savings through the month of September. With all new car purchases Island Honda will install at no charge any three of the five items listed below:

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2. Wheel Mold - \$45<sup>00</sup>
3. Undercoat - \$110<sup>00</sup>
4. Side Mold - \$75<sup>00</sup>
5. Pin Stripe - \$65<sup>00</sup>

**All customers must bring a clipping of this ad to qualify for these discounts.**

**This offer expires Sept. 30, 1981**

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# Canadian Forces news



**Chicken Delight** - Funky Chicken, CFRN radio mascot beats CFB Penhold Air Cadet band drum during half-time activities at the Edmonton-Hamilton deadlock at Commonwealth Stadium. Funky is the identical twin brother of that famous Senior Leadership Course grad, Root bear. Both hope to pursue careers in music. (CF Photo by Sgt. Dennis Mah)



**SARCEE SWEEP** -- Members of 3 PPCLI Victoria, use mine detectors looking for unexploded munitions on the Sarcee Training Range south of Calgary (note skyline in background).

About 850 soldiers including those of 3rd Regiment R22eR Valcartier; SSF Petawawa which includes 8CH, 3 CDO, 2 Svc Bn, 2 RCHA, and 1 RCR; Lord Strathcona's Horse Calgary; 2 PPCLI Winnipeg; 3 PPCLI Victoria; 1 CER Chilliwack; 1 Field Ambulance Calgary and helicopters of 408 Sqn. CFB Edmonton are all taking part in the range clearance exercise called Op Bilbo.

The CF, who have used Calgary as an artillery range since 1908, must clear the 4,500 acre range area of all munitions prior to handover to the Sarcee Indian Band on 30 Sep 81, when DND's lease expires on the 11,800 acre training area adjacent to CFB Calgary. (CF Photo by Sgt. D.J. Mah)



**Chief of Defence Staff, General Ramsey Withers** receives a copy of "Scarlet to Green", a history of Canadian Military Intelligence from 1903 to 1963, from Captain (ret'd) Marg Prentis, President of the Canadian Intelligence and Security Association (CISA). The book was written by Major (ret'd) Bob Elliot, formerly in the Canadian Intelligence Corps, now Information Officer for the International Institute for Strategic Studies in London, England. "Scarlet to Green" will go on public sale in the near future.



**Icy Patrol** -- Canadian Forces Armoured Personnel Carriers (APCs) check out shoreline of Resolute Bay which is starting to freeze-up in mid-August. Later this month the Bay will probably be frozen over and the ground snow-covered. Soldier in foreground is checking out bones of a Beluga whale. (CF Photo by Sgt. Mah)



**CFSAT MOVES TO EDMONTON**- Canadian Forces School of Aeromedical Training officially opened at CFB Edmonton on 28th August. The purpose of the school is to teach the physical and psychological limitations in aviation; techniques and equipment available; and principle and medical aspects of emergency escape and survival. Capt. G.S. Ford, Commandant/CFSAT, describes the usage of the Electric Barany Chair as a spatial disorientation to Col. D.E. Munro, Base Commander CFB Edmonton. (And just a few short years ago the electric chair was used for Capital Punishment. Progress!!)

## Cold Fire

**OTTAWA (CFP)** -- Canadian Forces assigned to 1 Canadian Air Group (1 CAG), based at Baden-Soellingen, FRG, will participate in a combined land and air exercise called COLD FIRE 81 from 14-24 September, 1981. The exercise, which will take place throughout Allied Command Europe's (ACE) area of responsibility, is part of the annual AUTUMN FORGE series of NATO exercises. The "AUTUMN FORGE" was initiated in 1975 by the Supreme Allied

Commander Europe (SAUCEUR) and ranges from Northern Norway to Eastern Turkey. The series has several purposes: to improve and demonstrate ACE solidarity and preparedness for mutual defence, to develop uniformity of doctrine, standardisation procedures and to improve management procedures of providing rapid response to military crisis situations.

"COLD FIRE" exercises the tactical air forces of the Central European Command in close coordination with on-going Army Field Training exercises in both joint land/air and autonomous operations. Personnel and aircraft of the six nations contributing to the Allied Air Forces Central Europe (AAFCE)

and Second and Fourth Allied Tactical Air Forces (ATAFS) will carry out extensive flying operations in concert with national land exercises conducted at the same time. Flying operations include day and night, high, medium, and low altitude operations, which will be kept to a minimum over densely populated areas.

Conducted by Headquarters Allied Forces Central Europe (HQAFCENT) "COLD FIRE" includes headquarters and units of the Northern Army Group

(NORTHAG), Central Army Group (CENTAG), Allied Forces Central Europe (AAFCE), both Second and Fourth Allied Tactical Air Forces (ATAFS) and selected external forces.

Objectives of COLD FIRE 81 include: testing the flexibility of command, control and communications of land and air forces in joint and autonomous operations, exercising all aspects of tactical air operations, improving the capability of land and air forces to

operate together in a hostile electronic warfare environment, provide a framework to evaluate interoperability problems and exercising the employment of aircraft newly assigned to Central European Command, including the F-16 and Alpha Jet.

1 CAG operates CF-104 Starfighter aircraft as part of 4 ATAF. The Air Group is made up of three tactical fighter squadrons and in time of war would fly conventional attack operations under the direction of the Commander 4 ATAF.

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The optimum price is not necessarily the maximum price. That's because of the time element. If you could get the top price immediately, fine. But compromise is usually necessary. You must consider what it costs you to own that home - direct costs such as mortgage, insurances, taxes, etc. - at the same time that you're buying another property, or planning a move to another city. The optimum price is the best one you can get as quickly as possible. (Remember, holding out for a better price is no guarantee that you'll get it.)

You're more likely to get a good price faster with an expert showing your property and negotiating for you. For optimum price - and optimum service -

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## B.C. Rose Bowl Parade Float: Good Neighbours

PASADENA -

The history and tradition of friendly relations between Canada and the United States and the long-standing bond of friendship between the peoples of the two nations are well known.

Never will the concept of "Friendly Neighbours" be more graphically or colorfully depicted than in the 1982 Tourism British Columbia float entry in the Pasadena Rose Bowl Parade.

This float will duplicate the International Peace Arch in every detail including the Proclamation above the permanently open gates - "May these gates never be closed". The Arch, adorned with thousands of white pom pom mums, will stand in a garden of multi-hued flowers. Huge American and Canadian flags will decorate the front and back of the 50-foot long float. And, in keeping with Rose Bowl tradition, every square inch of the display will be covered with flowers or petals including car-

nations, gladiolias, mums, roses and sea foam statice.

The words, "British Columbia, Canada", will be prominently displayed in white carnation petals on each side of the float, making it easily identifiable to the millions of television viewers across the country, January 1st.

The original Peach Arch stands at the western end of the unfortified Canada-United States border, a monument to the peaceful coexistence of the two nations and the social and commercial interdependence of each to the other.

Built in 1921 by individuals from both sides of the border laboring together with donated cement and steel, the Peace Arch is the centerpiece of a 12 acre international park started with donations of 10 cents or less from thousands of British Columbia and Washington State school children.

Engrave across the face of the arch on the Canadian side are the words, "Brethren Dwelling Together in Unity". On the American side are the wor-

ds, "Children Of A Common Mother".

Minister of Tourism Pat Jordan, in an effort to enhance the 1982 theme of "Friendly Neighbours", has decided to have four British Columbian high school students and four Californian counterparts share the provincial float stage in the Pasadena parade.

(Usually all float riders are selected from the Pasadena area schools). The eight young people will surround the 16-foot high reproduction of the International Peace Arch.

A province wide essay contest will be launched, open to all grade 9, 10, 11 and 12 students, to select the four to attend the parade and ride the float.

Using the title "Canada-United States, Friendly Neighbours - what this means to me", students will be asked to submit essays of 1,500 words maximum for grades 9 and 10 and 2,000 words for grades 11 and 12.

Following preliminary judging three finalists from each of the four grades will be selected. These twelve

students will be invited to Vancouver November 21 and 22 where they will be entertained by Tourism British Columbia. The four winners will be named November 23.

The winning students will fly to Pasadena December 27, returning to Vancouver January 2. Their chaperoned stay in California will include a visit to Disneyland, a Rose Bowl Parade Luncheon, tickets to the Rose Bowl football game and other fun-filled activities. They will also help their four American counterparts decorate the British Columbia float the night before the parade; these students will be selected through a similar essay contest in Southern California and will be invited to visit British Columbia during the 1982 school spring break.

Entry deadline for the British Columbia essay contest is October 31. Complete contest details are available from Tourism British Columbia, 800 Hornby Street, Vancouver, B.C. V6Z 2C5.

In these comments, Bruce Pepper, President of The Vancouver Board of Trade, takes issue with those who think the public lost in the oil agreement between Alberta and the Federal Government. He explains that for Canadians to rely on subsidized fuel prices, while at the same time criticizing the Federal Government for its tax demands - and denying to Canadians the opportunity to expand their oil industry - is paradoxical and non-productive.

### A GIANT STEP FORWARD

Have you ever looked carefully and critically at the newspaper headlines or read several different ones relating to the same topic and wondered how so much garbage and inaccuracy came to be?

Last week, an agreement was made between Alberta and the Federal Government. It had been a long time in the making and it will probably be a little longer before all the impact of the fine print is completely understood.

Enough of the content is sufficiently clear, however, for the media to make its share of comments. We would like to make our own. You will not, however, find us using a heading that says "Oil war's last casualty - YOU".

Such sensationalism in newspaper headlines is both irresponsible and incorrect. We prefer to hold a fair regard for the truth. This, coupled with an understanding of the country's economy and its reliance upon our oil and gas industry, makes it impossible to see any reason for the use of the words war, last, casualty. It also makes impossible any reference to YOU, the general public, as the all-time loser.

The disagreement that has existed since the Federal Government introduced its National Energy Programme last October is finally being resolved.

We believed at the time, and said so very clearly, in our "Response to the national Energy Programme", that what was proposed then would not ensure energy self-sufficiency for Canada and that it would not provide greater incentives

for Canadian companies to explore and develop. It shielded Canadian consumers from world prices at great expense to federal coffers and was responsible for the weakened Canadian dollar on world markets. Without doubt, it was a major contributor to our galloping inflation.

Time has proven that we - and many other like-minded people - were right. The need for compromise by both provincial and federal agencies was stated a time and time again. Such a position did not make us popular with either! We welcome the final outcome of the negotiations and believe that it is no time for assessing blame or seeking winners or losers. The time has come to plan for the future - to organize our resources, both human and financial, for the most efficient development of the energy industry.

The time has also come to stop talking about losers. The Canadian people are not the losers. They were - as long as the Federal Government was paying one price to Canadian oil producers while, at the same time, paying higher

prices abroad. Canadian consumers were then protected from the higher price by subsidy, at a cost to us all.

We see expansion in the oil sands project and in exploration generally - with the prospect of increased employment. We see a sense of order returning to the oil industry, a capability to plan ahead. We see an increased confidence in Canada, at home and abroad, and a strengthening of our dollar. We see a federal government with a little less reason or need to raise so much money through taxes.

More than all this, we see a return to responsibility.

We see Canadians paying an economic price for fuel - and sparing its use accordingly. We see a little less resentment among western Canadians who, with much justification, have complained about Federal insensitivity.

Perhaps we look on the rosy side of the picture. Perhaps that is not such a bad thing. A little positive thinking can do much to grease the wheels of progress and that's the way we must go.

## Back Chat - Occupations

Occupational back problems are easy to understand when it comes to the obvious physical jobs of construction, labouring, dock loading, freight hauling, mining and forestry.

Both industry and government, through organizations such as the Workers' Compensation Board have preached the back problem prevention sermon at length with good results. Industrial incidents will continue to result in back problems, but there are many occupations which can lead to spinal problems either suddenly or a little bit at a time.

Consider the "Postie", walking around all day with a bag of mail always hung on the same shoulder. No wonder the back gets out of "whack".

How about the truck driver? Likely he has the left arm resting on an open window and is tilted chronically to the left. At the same time, he has a thick wallet stuffed in his left rear trouser pocket which tilts the lower spine slightly back to the right. Bad news, because the spinal configuration is almost guaranteed to give up eventually.

Cab drivers are exposed to danger too. Long hours behind the wheel can cause

problems, especially if the driver has the seat pulled back and has a driving position with virtually straight legs.

Even getting in and out of the cab can be a potential problem as a driver extends a right leg into the vehicle, twists the back to get seated and causes or aggravates a vertebra problem. The best way for all drivers to enter a vehicle is to open the door, sit, then swing legs in.

The typist or data input operator who spends all day looking at the same side of the desk will eventually get a crick in the neck if not a real vertebra misalignment.

News reporters, some stock exchange floor

traders, and some receptionists are also exposed to potential problems, thanks to Alexander Graham Bell.

The telephone is vital in these occupations but it is usual for people in these kinds of jobs to talk on the phone and do other things at the same time -- type, write, open mail. Without a headset, the phone is cradled between the shoulder and the ear, the head taking an extreme, unnatural position with the predictable result on both neck muscles and upper vertebra.

(Courtesy B.C. Chiropractic Association)

## Raw Milk

VICTORIA -- The popular trend towards eating natural foods is carried too far by consumers who drink raw milk, which can cause illness. Dr. Frank White, director of epidemiology for the health ministry, cautions that drinking unpasteurized milk can cause diseases which could be transmitted to others.

"Virtually all the diseases transmitted by raw milk are potentially communicable to others, so it isn't just a matter of taking responsibility for your own health but protecting the health of the community as well," he says.

Since milk is an important source of nutrition, especially for children, any risks should be minimized. No amount of inspection or attention to hygienic practices by a raw milk producer can fully ensure that the final product is safe.

Almost all milk in British Columbia is pasteurized and in recent years only a few sporadic cases of illness due to the consumption of raw milk have been reported. But Dr. White warns that if raw milk gains wider acceptance, based on popular myths rather than scientific fact, there could be a problem.

Dr. White said the Ministry is awaiting the

results of studies underway at Vernon, where 19 cases of gastric complaints are being investigated for a possible connection to raw milk consumption. Several outbreaks of diseases caused by the ingestion of raw milk have occurred over the past several years in Canada and the United States. Less than 10 per cent of the outbreaks are reported and most go unrecognized.

Last year at a Red Deer, Alta., campground, 27 people developed symptoms of a milk-borne disease and two were hospitalized. Severe gastroenteritis due to raw milk has been reported in Oregon and California. But the largest recent outbreak resulting from raw milk was in Quebec in 1975, when 138 children at a sugar bush event were ill with vomiting, diarrhea, fever and headache lasting from two to seven days.

Pasteurization consists of a mild heat treatment which destroys bacteria. This is important because milk is highly perishable, and therefore an excellent medium for the multiplication of bacteria.

"There is no evidence to suggest that raw milk is more nutritious than milk that has been pasteurized," Dr. White adds.

## Mainstream Canada

### Readers of weeklies are the real losers

By W. Roger Worth

The recent postal strike may have inconvenienced a lot of Canadians, but the country's small business community got clobbered.

The big national companies compensated by setting up their own delivery systems, or using expensive courier services.

Smaller firms, on the other hand, were deprived of new business orders, forcing them to lay off employees. And payment of bills ground to a halt, ensuring the businesses would have to increase their bank loans -- at interest rates of 21 to 23 per cent.

Other firms were not so fortunate and many are now involved in bankruptcy or receivership proceedings.

The country's 1,100 or so community newspapers that rely so heavily on the postal service to deliver their product to readers were among the hardest hit by the mail strike.

And that weekly editorial and advertising package is important to Canadians, no matter how much condescending editors and reporters on big cl-

ty dailies may underrate the contribution made by the community-oriented publications.

Community newspapers play a vital role in the nation, particularly in outlying areas of the country where editorial comment and news about happenings on the local scene are hard to come by.

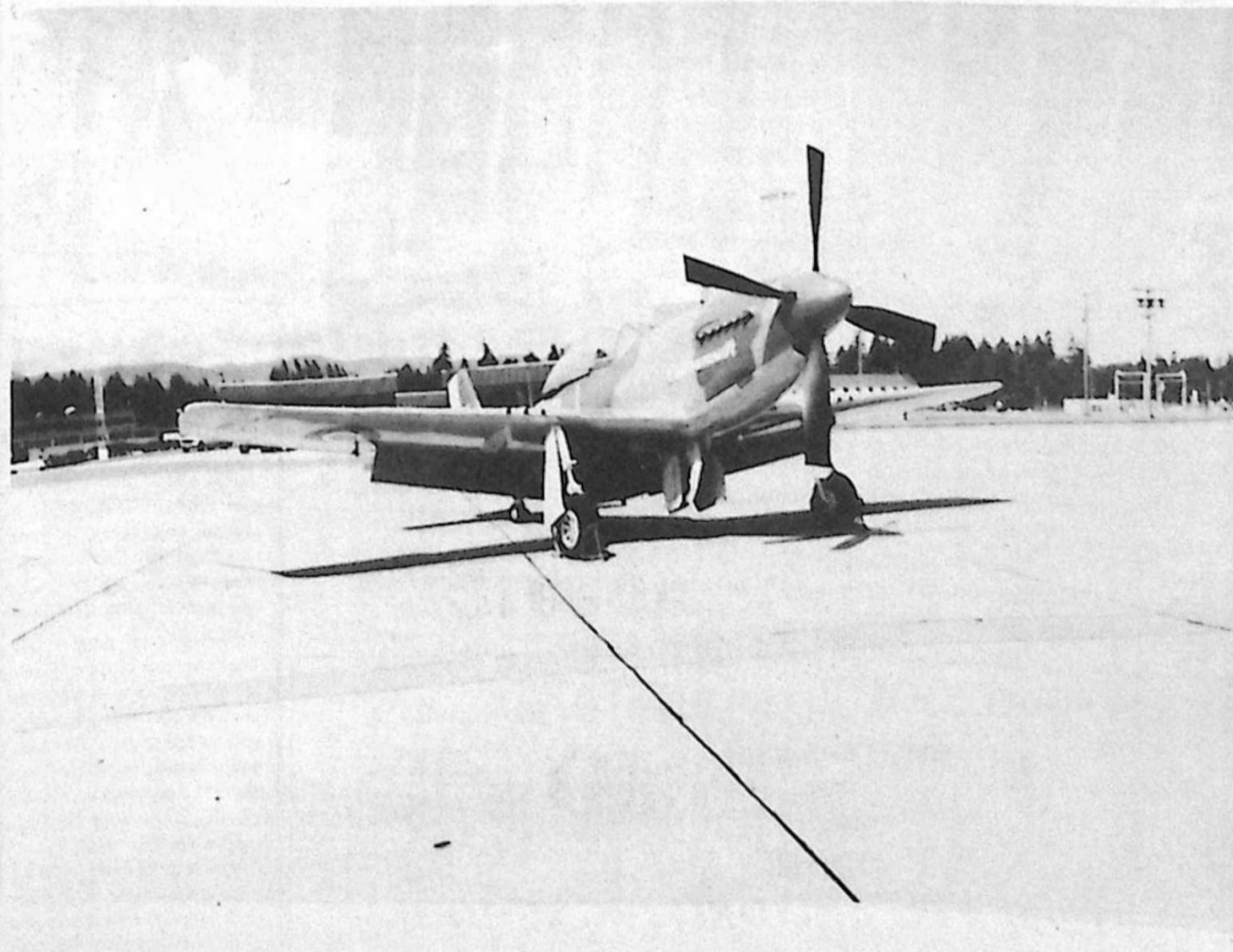
The proof that these smaller papers are important: the number of publications is growing, and circulation continues to increase, even at a time when some urban dailies have been closed down.

The fact is, there are too few voices of reason in the country and allowing postal workers to hold community newspapers and their readers to ransom is indeed unfair.

That old adage "the mail must go through" has become a standing joke in Canada. It's time the country's legislators put things right by outlawing strikes in all essential services, at the same time allowing smaller newspapers to serve the varied needs of their millions of readers.



An Asian tribe sets aside eight days a year when no work, bathing or visiting is done in order to give the spirit of



N.F.A.? No chance. Failed the high cost test.