



TOTEM TIMES



Vol 24 No. 1

CFB COMOX TOTEM TIMES

THURSDAY, JANUARY 7, 1982

DEADLINE - MONDAY, JANUARY 18 1982

COST: PRICELESS

Bearded Bandit descends on Valley

Local Police are looking for a male caucasian, 5'10", hair white, beard white, eyes twinkling, wearing a red toque, jacket and pants, black belt and boots

Suspect is wanted for questioning in several cases of breaking and entering.

He likes to have little children sit on his lap and although no charges of molesting have been raised, police caution parents not to allow their children to pull his beard or he may become violent.

He is suspected of climbing down chimneys to steal Christmas ornaments, trees, and food.

Police official Ima Grinch denied reports that he may be spreading joy and happiness, saying only "how would you feel if

you got home late one night and a strange vehicle was parked on your lawn, a pack of savage reindeer were tearing up your newly sodded lawn or doing 'their business' on your driveway? Heh? Or worse, if this same vehicle were parked on your roof causing severe structural damage, and these same reindeer ate the shingles off your house while a 250 lb. fat boy danced his way down your chimney. Eh? The man's dangerous."

Claims that his sled flies have been disregarded now that police claim to have photographic evidence that one of the local squadrons may have been flying him down from his alleged hide-out at the North Pole (near Sandspit).



Bearded suspect fleeing from the scene after liberating several box lunches. (Base Photo)

The "A" Stamp

OTTAWA -- For the first time in the history of the issue of Canadian postage stamps, a domestic letter-rate stamp is being issued bearing on its face the letter A instead of the traditional denomination shown in Arabic numerals. This "A" stamp went on sale on 29 December 1981. It is valid for the carriage of mail in Canada only, and its value is equal to 30¢, which is the domestic basic letter-rate that became effective 1 January 1982.

Because of the time required for production, the interval between the date of final approval of a new denomination stamp and the desired date of its issue was too short to allow the stamp design with the correct numerical value to be printed, distributed, and ready for sale as soon as needed. Since a letter instead of a number is used in the design of the new stamp, the approved postage value could be assigned at a later date, thus allowing the "A" stamp to be available in postal outlets for immediate use when the new rate was announced.

Because of conventions of the Universal Postal Union, the international body that regulates the exchange of mail among member countries, the "A" stamp may be used for postage within Canada only, and should not be used on mail to other countries.

Smokers: Points to ponder

VANCOUVER, B.C.: But-tout is the message for Cold Turkey Day. On January 13, 1982, the B.C. Medical Association, Canadian Cancer Society, B.C. Lung Association, B.C. Heart Foundation and Vancouver Health Department are going to ask the public to go "Cold Turkey". The five organizations have joined forces in an effort to encourage smokers throughout B.C. and the Yukon to kick the habit for one day and hopefully not to start again.

Non-smokers, particularly those who were once smokers, are encouraged to give support and incentive throughout this difficult day for the smoker by providing buddy service. Buddy duties include such responsibilities as making snack packs and taking crisis calls when the smoker has chewed off his last finger nail of the day. Individuals, hotels, restaurants, groups and businesses are asked to show their support for "Cold Turkey Day" by encouraging smokers to quit for at least that day and overturning or removing ashtrays.

This is in no way a fundraising campaign. Cold Turkey will treat a very serious habit with a light-hearted awareness and educational approach. The main theme of Cold Turkey Day is not so much anti-smokers as an effort to help smokers through the first obstacles of quitting.

Smokers of 25 cigarettes or more a day:
-between the ages of 35 and 65, have a 2½ times greater risk of dying than non-smokers.
-have a 9 or 10 times greater risk of dying from lung cancer.
-have 1½ or 2 times greater risk of heart disease.
-over the age of 45, have 7 to 8 times a greater risk of chronic bronchitis and emphysema.
-have nearly 5 times the risk of stroke.
The majority of Canadians are non-smokers - only 6 million out of a population of 24 million (age 15 or over) smoke cigarettes on a regular basis. In B.C. 70% of the adult population are non-smokers.

JUST ONE CIGARETTE
-Lowers the temperature of your skin.
-Immediately upsets the flow of blood and air in and out of your lungs.
-Speeds up your heartbeat.
Smoking causes your teeth to go brown, is shown to develop early wrinkles, and gives you bad breath. Smokers are sick in bed an estimated 88 million more days each year than non-smokers.
90% of nicotine is absorbed into the body when smoke is inhaled - 30 different metals are detected in cigarette smoke, arsenic and nickel are just two.
Women who smoke during pregnancy have more spontaneous abortions, stillbirths and premature babies than the non-smokers.

1/3 of all fires in Canada are caused by smokers. A one pack a day habit costs approximately \$400 a year.
BUT WHEN YOU STOP
-Your cough will lessen or disappear.
-You will breathe easier.
-You will feel better.
-Your circulation will improve. So will your sense of taste and smell.
-Your heart and lungs will have a chance to defend themselves.

MORE THAN 2 MILLION CANADIANS HAVE QUIT SMOKING....
GO COLD TURKEY ON JANUARY 13

January 13, 1982
Stop Smoking Today

OTTAWA --Ray Skelly, New Democratic MP for Comox - Powell River, demanded that Defence Minister Gilles Lamontagne, Health and Welfare Minister Monique Begin and Veterans Affairs Minister Bennett Campbell take immediate and positive steps to assist former Canadian servicemen who were exposed to radiation during the 1950's.

"The very least the government can do is admit these men were exposed to dangerous levels of radiation", Skelly charged. "What is needed is the establishment of an independent and impartial study to determine the consequences of their exposure and decide what can be done to help them. Reports

from the United States are not encouraging." The British Columbia MP pointed out the Centre for Disease Control in Atlanta, Ga. recently completed studies which indicate a group of American veterans who participated in a single atomic bomb test blast in Nevada in 1957 have shown incidences of leukemia at nearly three times the national average. Skelly noted it appears in preliminary investigation that other cases of hard cancer are also higher in the same group.

Over 80 Canadians attended atomic bomb test blasts in Nevada during the 1950's but no medical study has been undertaken on them to date. Several former servicemen who helped clean up radioactive leaks at the Chalk River, Ontario nuclear site in 1952 and 19 58 have been struck down with serious disabilities. One man has required more than 50 operations for skin cancer, claiming the disease is a direct result of minute radioactive particles he came in contact with while cleaning the reactor in 1958. The veteran has constantly been stone-walled in attempts to obtain a medical disability pension from the Canadian Pension Commission.

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Section news

407 Demon Doins

Activities have finally settled down since the Christmas-New Year Festivities ended last weekend. Squadron members are returning either with a waddling gait from overstuffing themselves at Christmas, or else crawling back on hands and knees with blood-shot eyes from too many New Years Eve parties. Many "I've stopped drinking" resolutions made New Years Eve were soon broken as members made their way to levees the next day.

Crews split the flying responsibility throughout the holidays, either taking Christmas or New Years off. Still, many hours were logged by both the aircrews and maintenance personnel, as a heavy flying rate was maintained.

Crew 6 had the distinction of having the last flight of 1981, arriving back on the snowy tarmac at 2115 hrs New Years Eve,

and also having the squadron's first New Years flight, taking off 15 minutes early on 2 Jan. You've started the year off on the right foot, John.

This week the squadron is busy reviewing tactics with the aid of the USA Tactical Training Team from Moffet Field in California. Between the two groups, ideas are being tossed around in order that the squadron's crews become more proficient with new tactics pertaining to the Aurora.

The squadron would like to say a fond farewell to Mike and Evelyn Kennedy and their crew, as they make their way to Australia for an exchange posting. We'll miss you both, but hope to see you during one of our exchange visits.

To the rest of the squadron here in Comox, hope you have an enjoyable new year.

NIGHTHAWKS NEST



409 Squadron will, in the upcoming year, be committing a grave breach of conformity by actually living up to their New Year's resolutions. There are, traditionally, a myriad of promises, vows and pledges to do everything from stop smoking to discovering a cure for baldness, but seldom do these oaths last past the first weekend in January. This is why there are so few visitors to New Guinea, for the resident cannibals, after vowing on January 1st to eschew humans and take up more acceptable fare such as that served by MacDonald's, regularly break their vows and devour everyone in sight. (This in itself is strange, as surely so soon after Christmas, there are enough leftovers to at least make sandwiches).

But that aside, the Nighthawks will be fulfilling each and every promise.

Major Ron Egli's resolutions are the most all-encompassing, as they in-

volve a total change of lifestyle. Henceforth, he will live a calm, placid, serene life, embibing in nothing to excess, and as the only means of accomplishing this is to leave the Forces, he will be doing so this summer.

Bernie Hughes has vowed never again to lose a bet on an athletic contest, so is retiring from gambling.

Glen Buchanan swears to stick to a diet and lose weight, and so has had his lips pasted together and stapled to his forehead.

Gord MacPherson declared never to make another scheduling error, and has had the memory section of an elephant's brain grafted onto his own. He had the option, at little extra cost, to have another portion of the elephant's anatomy transplanted, but deferred so as not to embarrass his children at the beach.

Chuck Fast will end his bachelorhood, but has wisely refrained from a local wedding, to avoid the

drunken revel and inevitable snide comments attendant at Messrs. Foulds and Clarkston's affairs.

Bob Slack spent Christmas in Panama City, Panama, got engaged and, so he tells me, spent ten dollars to pay a bill and was not allowed to even glimpse the proprietor. Three such traumatic events eliminate the necessity for resolutions, so he is exempt for this year (Sorry, but in-house jokes are inevitable in a column of such tripe).

Greg Frazer is at present entertaining his in-laws. It is not known what type of relationship exists but, if it is the same as that of Rodney Dangerfield and his in-laws, Greg's resolution may well involve the slaying of his wife.

Terry Hunt has sworn an oath to never again make an error while leading the formation team, and as such has vacated the position.

The remainder of the squadron are liars of the worst order, and will not be taken seriously, nor dealt

with further. There is one exception.

Ed Campbell has resolved to never poke a finger into the chest of a senior officer, while at the back bar, for the duration of 1982. Unfortunately, this promise was made during the 409 Christmas party and, when informed of it, said something in the way of, "What? Me?" I have chosen, in true Samaurai spirit, to take the gentleman's way out, and will be leaping from the new bridge with a Voodoo starter tied to his ankle, on the night of the twelfth. Spectators are welcome and encouraged. BYOB.

Happy New Year.

BGJK

Maybe it's time you jumped into something more demanding than a car pool.

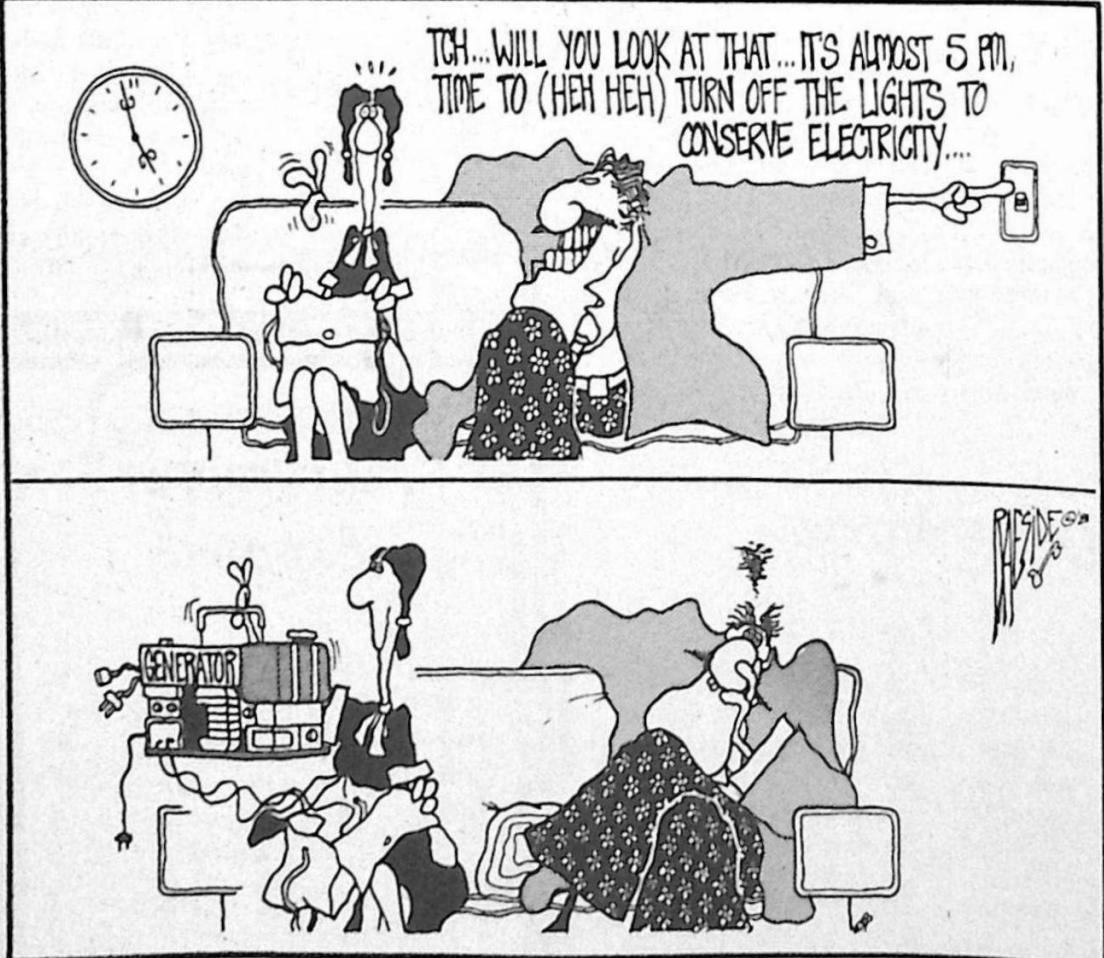


LCol. Cameron receives gift sent from RAdm. Williams, CO of ASW WINGPAS PAC Fleet. Note the postmen's new uniforms, their delivery vehicle and the lack of correct postage.



The second most photographed bird on base (after Klementine) strikes a daring pose as Capt. Grant congratulates Cpl. King on his accelerated promotion.

We challenged Raeside to find any humour in our serious 5pm-7pm energy shortage.



B.C. Hydro

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

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VU 33



Is this the getaway plane? Squadron officials denied rumours that Trackers have been used to carry the "Jolly Fatman", but refused to explain why so much flying was done around Sandspit, the real North Pole.

Our Christmas party was a big smash this year with hardly any evidence of disregard for propriety. As a matter of fact, if Vic Howlett hadn't done his strip tease act, if John Duprey hadn't fallen into the punch bowl, if Burt Livingstone hadn't "accidentally" walked into the women's washroom, if Burt hadn't taken 15 minutes to leave, if Bob Hills hadn't been the bar tender and if Bruce Nolan hadn't shown up, the whole event would have been a success. Seriously, a special thanks to Bruce and Sue Nolan for the time and effort you both put into organizing the party.

Only a few new year's resolutions to report: Bob Landry resolved to quit signing over his monthly

paycheck to his local car mechanic. (It's not much anyway) Ed Holme is going to stop wearing his wife's clothes, and this author resolves never to write untruthful and slanderous material in this column ever again. (I'm presently being sued for libel by Doug Black for last week's comment that Doug spends too much time looking through Penthouse. Actually he'll read any book with more pictures than words.

C.F.

Coherent and amusing columns are hard to come by after the holidays (for confirmation check with your Totem Times Editor).

All Tracker techs survived the season in fine spirits and uplifted hopes for the coming year. All

cept Susie Leroux who is still on Leave. If anyone east of Trois Rivières has seen Susie, please inform her there's ailerons to be changed, aircraft to be washed, etc.

Gord Antle and his musical group, Brandy, did their annual New Year's gig at Holberg. Hope the boys and girls up there appreciate what Gord had to drive through to get there. Gord said it isn't easy driving 32 miles by dog sled.

Bob Hills informs us squadron hats are on the way. Wonder what kind of sizes we'll be getting? Looking at the bulletin board "Size required" list after all the ribald comments were pencilled in, I counted: two square, one pin and one egghead require d.

Heard Kim Matheson scored a hat trick on the ice the other night. Referees didn't allow it as all goals were scored before the game on an empty net. Better luck next time Kim.

What can one say about the weather? I noticed the RCMP Chopper engineer doing his "B" check inside the hangar in full arctic survival gear. We'll try to get the hangar doors closed faster in the future Jim!

Better sign off now and put my hands in the Microwave for a little warmth. Cheers! R.M.



The Leaning Tower of Pisa has tipped an additional foot in the last century.



From our "Calm-Before-the-Storm" Dept: LCol. Diamond surrounded by 442 Ground Crew and Admin staff after their promotions. Congratulations to Sgt. Larsen, MCpl. Chappin, WO McGunigle, MCpl. Schmidt, Sgt. Opperman, WO Wright and MCpl. Cochrane. Shortly afterwards LCol. Diamond was torn limb from limb by the SAMO who wanted to be in the picture too. (Base Photo)



Expressions range from: "hurry up I'm missing the stand-by lunch" to "this isn't gonna get in the paper, is it?" and "here doggy, doggy" as 442 CO, LCol. Diamond presents certificates and pins to: MCpl. Davies (1000 hrs - Labrador), MCpl. Llewellyn (1000 hrs - Buffalo), Pte. O'Grady (Golden Eyeball - SAR LEIGH), Sgt. Ned (2500 hrs Labrador) (Base Photo)

IMPORTANT NOTICE - SMOKE ALARMS RECALLED

The following press release was issued on Dec 04 81. Some battery operated photoelectric type 'smoke alarms sold since 1979 under the brand name of Chloride Pyrotector, Radi Shack, Masteguard Protector Systems and Vantage 1 are being recalled because a potentially defective electronic micro-chip may prevent the alarm from sounding in the presence of smoke. The recall is being conducted voluntarily by the Chloride Pyrotector Division of Chloride, Inc., Hingham, Mass., in cooperation with Underwriters Laboratories of Canada. Some of the firms

smoke alarms manufactured prior to March 15, 1981 may contain a transistor array semiconductor that will not operate in the presence of smoke.

Owners of these smoke alarms have been asked by the manufacturer to remove the back plate of the product so that the model or code number may be checked on the interior housing. Potentially defective smoke alarms include the following:

Chloride Pyrotector models C7, CA3-78, or CA30-79, Radio Shack model 275453, Masteguard model MGB360, Protector Systems model P365 and

model Vantage 1. Potentially defective models also will have a 6-digit date code on the housing, showing dates between 03 01 79 and 03 15 81.

Users may verify the integrity of these smoke alarms by testing the horn with a fresh, factory specified 9 volt battery. If the horn sounds when the test button is pressed, the smoke alarm does not contain a defective microchip. If the horn does not sound, the user is requested to call Roberta Calla of Chloride Pyrotector collect at 617 749-3466 for instructions as to where to send the product for a free

replacement or repair.

In addition to the test procedure it should be noted that normal and acceptable operation of these smoke alarms is characterized by a visible led indicator on the front of the unit which flashes at approx 8 second intervals.

It is not known how many of these units are affected by the problem which is apparently caused by the presence of a contaminant during the manufacture of the transistor array. To date, no failures of these units have been brought to the attention of Underwriters Laboratories of Canada.

WATCH YOUR ENERGY

TO KEEP YOU FROM BEING FUELISH ABOUT ENERGY, HERE ARE TWO TIPS FROM THE NATIONAL ENERGY WATCH.



REFLECT ON THIS ENERGY EFFICIENCY IMPROVEMENT: LINE THE WALLS BEHIND YOUR RADIATORS WITH ALUMINUM FOIL TO REFLECT HEAT BACK INTO THE ROOM. IF YOU'RE NOT USING A ROOM, TURN OFF THE RADIATOR VALVE AND HEATING VENTS.



TO HELP MAXIMIZE THE VALUE OF YOUR HEATING DOLLARS, MAKE SURE THAT AIR DUCTS OR RADIATORS ARE NOT BLOCKED BY DRAPES OR FURNITURE. THESE TIPS ARE FROM THE NATIONAL ENERGY WATCH - AN ENERGY EFFICIENCY PROGRAM FROM THE ELECTRIC UTILITY INDUSTRY.

OFFICERS' MESS

Fridays, January 8, 15, 29 -
REGULAR TGIF's - 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.

Wednesday, January 13 -
OFFICERS WIVES CLUB - BRIDGE - 2000 hrs.
OWC - Join us for an evening of Wine Tasting presented by Casabello Wines of Victoria. 1930 hrs. for 2000 hrs.

Friday, January 22 -
WHAT? POOR BOX MIXED TGIF
WHEN? Friday, January 22, 1700 hrs
COST? FREE (For the first 300 reservations)
HOW? Call MESS MANAGER and give him your name. Then, show up at the Mess.
WHAT WILL THERE BE? A whole bunch of food and a D.J. to provide dance MUSIC. And, of course, the regular cheap booze. dress up in your favorite Charlie Chaplin clothes & the party.

Editorials

Media Responsibility

Will 1981 be remembered as the year of the Space Shuttle, the year Bonny Prince Charlie was wed, the year the Expos made the playoffs, or the Year of the Terrorist?

Unfortunately terrorist violence seemed to be the hallmark of the year, whether it be assassination attempts on U.S. President Reagan and Pope John-Paul II, the murder of Egyptian President Sadat, or Quadaffi's threat of assassination squads.

It is apparent that the lunatic fringe wants media coverage. Italy's Red Brigade stole the headlines with their recent kidnapping of U.S. BGen. Dozier. IRA bomb atrocities have spread to London. PLO attacks have expanded from the Middle East to encompass all of Europe. El Salvadore suf-

fers under a terrorist regime. It seems that any group can gain, if not credibility, then at least notoriety, through the media. Any cause that can afford a gun, a bomb, or a match can attract the media like flies to a gut wagon.

Maybe the way to reduce senseless violence is to refuse to glorify it. (I can hear the cries of censorship now.) I'm advocating responsible journalism, not media repression. Every act of terrorist violence that makes headlines breeds more of the same. Advertising pays.

Somewhere the line needs to be drawn. Where will it end? What new atrocity awaits us in tomorrow's paper or on next week's news cast? And what will it spawn? BB

Happy New Year!

Another new year. I just cured myself of dating all my correspondence 1980 in November, now it looks like I've got to break the 1981 habit, too. Heavy sigh.

Anyway most of us managed to slide through the old year with minimal destruction of brain cells. We've sworn off alcohol in all forms (except rubbing and anti-freeze) and vow to take off the Christmas bulge. Most of December is a blur of parties, cigarette smoke, airline terminals, and insomnia, with a day and a half of "Ho-Ho-Ho" and enforced Christmas sobriety in their somewhere.

I was back east for the holidays. I may go back for the sunshine and warmth. I haven't seen this much snow in Comox since we taught the Argus how to stand on her two hind legs and bark.

"Back east" is still there. Sort of. I think my folks listened to the Bob & Doug Mackenzie version of the Twelve Days of Christmas when they did their Christmas shopping. I got eight comic books, a couple of two-fours, a toque and a turtleneck. We had three French Toasts and back bacon for breakfast, then washed it down with a beer (in a tree). I don't smoke so I got seven packs of gum. Who says that Christmas is commercial? Anyhow, after guaranteeing

one and all that it never snows in Comox, and vowing to be golfing by mid-January, I may have to eat a little crow. They want a photo of me swinging a sandwedge against a background of palm trees. How about a snow shovel against a snowman?

Actually, I've told everyone that Comox is Canada's California (try saying that when you've been imbibing alcohol-based liquids), so now that San Francisco is starting to look like Venice, maybe the snow will really impress them.

The only really lousy thing about Christmas is that after 363 days of being Grinch-like, I finally get into the Christmas spirit, hum some Christmas Carols ("5 Golden Toques..."), and get all sorts of great loot and suddenly its over. I've got all this pent up Christmas spirit and an urge to whistle "Rudolph the Red Nosed Reindeer" and suddenly its too late. I missed it again this year. Try humming "White Christmas" in the Mess some night this week and see how long it takes before you catch a beer glass in the teeth. Bah Humbug!

So 1981 is just another memory. Time to look forward to 1982 and: 30¢ "A" stamps, another 3% raise in April, 2 digit inflation, chargex bills, broken resolutions, higher food costs and soaring interest rates.

Happy New Year!

BB

IN 1982 I RESOLVE TO STIMULATE PROMOTIONS, CREATE A POTENTIAL EMPIRE BUILDING POSITION AND SAVE THE SERVICE A BUNDLE. I'M GETTING OUT!



Mainstream Canada

Resolutions that might help

By W. Roger Worth

The New Year is one of those periods when people tally up their personal score cards, taking a hard look at the past and planning for the future.

Here are some suggested New Year's resolutions for a variety of Canadians:

• Prime Minister Pierre Trudeau and the provincial premiers: that co-operation, and not confrontation, will play an integral role in all their political activities in 1982.

• Finance Minister Allan MacEachen and his advisers: that they will change their ways and come to understand the crucial importance of the country's small and medium-sized firms, giving this vital sector of the economy the support it deserves.

• Management and employees at the post office: that

the mail will indeed be delivered on time in a strike-free year.

• Civil servants: that they will understand the difficulties facing the nation and not seek raises that surpass compensation paid in the private sector. Also, that they will become a little more civil.

• Bankers: that they will show compassion toward people about to lose their property, as well as troubled business people and farmers who require a sympathetic ear rather than edicts to pay up or sell out.

• The public: that people will at least compare the prices and quality of products sold by small and medium-sized retailers, to those of the big chain operations.

Happy New Year.

The Volunteer in our Society

Fortunately, certain people in our society (more so in North America) do have the need to do something, particularly to help their community. We have often heard comments such as "Time is money" or "time spent at the T.V."

Generally however, it is more a matter of energy than time. The importance of volunteers in our society is demonstrated in so many different organizations such as: local clubs, hospital, school, community sports, scouts, ethnic associations, third world groups, etc...

All these organizations help to give a more human aspect to every day life.

Many of us dedicate an evening a week towards a better society, many more

don't for different reasons such as; fear of too much work and added frustration, shyness to work among a group, or a lack of competence; however, what motivates a volunteer to give time and energy is often difficult to explain. His very high sense of altruism, his desire to participate and to belong to a certain collective life, his need for more direct human relations or even the necessity to be needed.

All of these reasons can play an important role in his enthusiasm. Conversely, for some, the idea of power in order to satisfy their own personal ego could also be an important reason.

Regardless of your level of instruction, your energy spent towards others will not only help your com-

munity but it will also help you as a person. Abstracting the religious aspect, where life is a gift to others, your deep sense of commitment could consequently (but only consequently) fulfil parts of your own need; such as friendship, satisfaction, self esteem, etc..., and primarily it will enable you to go through all the frustrations often involved in voluntary work.

We have in CFB Comox a group of young, dynamic and talented individuals. If more of us had a personal commitment to making a difference in our community by volunteering and participating, we would certainly create a more human environment.

Listen! everyone has the ability to think and operate beyond themselves.



Law Talk

By Gordon Hardy of the People's Law School

No one really knows why there are twelve jurors in a criminal jury trial. It may be that the number twelve was inspired by the Twelve Tribes of Israel or the Twelve Apostles.

Or, as has been suggested, it may simply have been that medieval Englishmen had an early and bloody-minded prejudice against the metric system. In any case, modern students of the jury argue that twelve is a good number since it ensures that a reasonable cross-section of people will sit on the jury.

In non-criminal trials, involving civil matters of coroners' investigations, only eight jurors are picked.

Jurors are selected from a jury panel, a pool of citizens who've been randomly chosen to stand by to perform jury duty.

If you've been summon-

sed to be part of a jury panel, you are required to appear in court along with other members of the panel.

As you and other members of the jury panel watch, the accused person will state whether he is guilty or not guilty of the charge. If he pleads guilty, you will be sent home because there is nothing to try. However, you will still be part of the jury panel and may be called to appear at the beginnings of other trials.

If the accused pleads not guilty, then the court will begin the task of selecting jurors.

The court clerk draws cards from a box at random which bear the names of people on the jury panel. If your name is called, you say "here" and step forward where you can be seen by everybody, particularly the lawyers.

Both the lawyer for the

accused -- called the Defence Counsel -- and the prosecution lawyer -- called the Crown Counsel -- are entitled to veto a certain number of prospective jurors. This is called challenging.

If you are challenged, it means that the lawyer challenging does not want you on the jury. There is nothing personal in this since the lawyers will know nothing about you other than your name, address, occupation and appearance. They are not usually permitted to ask you questions.

Lawyers for both sides naturally want to put together a jury which will be sympathetic to their side.

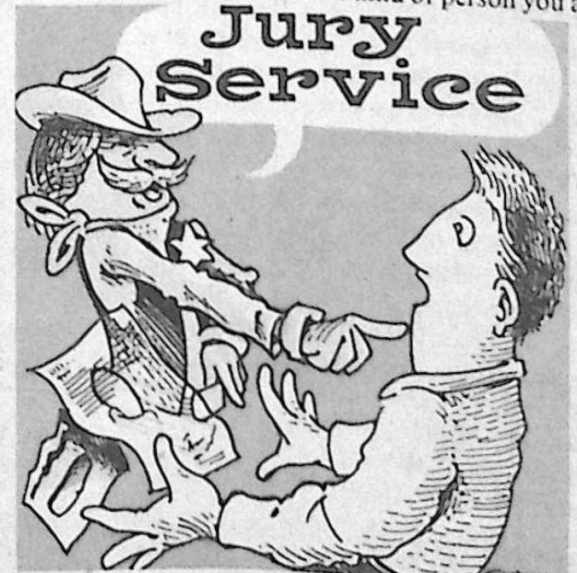
Some lawyers routinely challenge any man wearing a three-piece business suit; other defence lawyers challenge anybody with an accent because they feel

new Canadians have a tougher attitude towards lawbreakers. And still others, such as Vancouver's Regional Crown Counsel Sean Madigan, say it makes no difference at all to challenge people on superficial grounds.

In any case, if you are challenged, you will be sent home though you will still be part of the jury panel

and may be called for other trials.

The Crown Counsel also has the right to disqualify a certain number of people from becoming jurors by asking them to stand aside. As with challenges, the Crown Counsel does not give any reasons for this and may stand you aside on a whim, or a hunch about the kind of person you are.



CNA TOTEM TIMES

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GENS DU PAYS

LE PARTY DE NOEL DE SUZANNE ET LUC



Des 40 personnes, présentes une trentaine a su résister contre le sommeil jusqu'a 4 hres du matin pour déguster les feves au lard, les oeufs dans le sirop et le bacon.

Nous avons une équipe

formidable dans la cuisine. Le tout s'est termine a 6:45 a.m.

Tout le monde s'est bien amuse et nous avons meme eu droit a un "striptease"...

A retenir: Maurice Robert a de belles fesses.

Malheureusement, la photo prise est trop indecente pour etre publiee.

Enfin, merci au "cleaning crew" ainsi qu'a tous ceux qui ont fait de cette fete un succes.



Le "cleaning crew" aux petites heures du matin.

A L'OCCASION DU NOUVEL AN
NOUS SOUHAITONS A TOUS
UNE TRES BONNE ET
HEUREUSE ANNEE
1982

GENS DU PAYS

Le temps que l'on prend pour dire: JE T'AIME
C'est le seul qui reste au bout de nos jours.
Les voeux que l'on fait, les fleurs que l'on seme;
Chacun les recoltte en soi-meme
Aux beaux jardins du Temps qui court.

GENS DU PAYS C'EST VOTRE TOUR
DE VOUS LAISSER PARLER D'AMOUR (bis)

Le temps de s'aimer, le jour de le dire
Fond comme la neige aux doigts du printemps.
Fetons de nos joies! Fetons de nos rires!
Ces yeux ou nos regards se mirent...
C'est demain que j'avais vingt ans.

GENS DU PAYS C'EST VOTRE TOUR
DE VOUS LAISSER PARLER D'AMOUR (bis)

Le ruisseau des fours aujourd'hui s'arrete
Et forme un etang ou chacun peut voir
Comme en un miroir, l'amour qu'il reflete
Pour ces coeurs a qui je souhaite
Le temps de vivre leurs espoirs!

GENS DU PAYS C'EST VOTRE TOUR
DE VOUS LAISSER PARLER D'AMOUR (bis)

Paroles: Gilles Vigneault
Musique: Gilles Vigneault, Gaston Rochon

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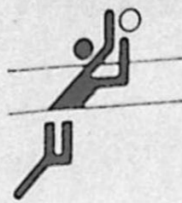


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LOOKING IN



RECREATION CENTRE NEWS

SKIING

Capt. Doug Swanson participated in a 15km Cross Country Ski Race at Mt. Washington this weekend. He placed 4th in his first race with a time of 1 hr. and 43 min.

Well done Doug!

15km Cross Country Ski Race

Cross Country Ski Nationals at CFB Valcartier 22 - 24 Feb.

The CF Cross Country Nationals will be held at CFB Valcartier. Any competent skier, interested in representing CFB Comox, should contact the Rec Centre for further information.

\$5.00 Ski Passes Available at the Rec Centre

You can ski all day at Forbidden Plateau for less than half price, if you purchase your ski pass at the Rec Centre. The Ski Passes are \$5.00 each and can be picked up at the Rec Centre during week days and at the Base Arena on weekends.

WOOD HOBBY SHOP

We are now open after the holiday break. We need some more dust and shavings around, so come join the Hobby Shop and fill up our dust cans. Operating hours are Tuesday, Wednesday and Thursday from 1800 to 2100 and Saturday from 1200 to 1600 hrs. Membership is \$10.00 per year plus fifty cents per hour. Next week I will be starting a feature on our local British Columbia woods. See you at the shop.

NEW CAR HOBBY SHOP

Did you know the Base is opening a Car Hobby Shop shortly? The first meeting will be on Thursday, Feb. 7 at 1400 hrs. For further information contact MCpl. Rick Hayward at the Rec Centre.

ARENA

Intersection Hockey
Teams are reminded that action resumes at Glacier Gardens on the 11 Jan 82 with

Security vs Mse at 1815 hrs.
409 vs 407 Demons at 2000 hrs.

442 vs 407 Devils at 2145 hrs.

Spectators are always welcome at these rollicking exhibitions of hockey skill and expertise. Remember dress warmly!

"Interested in Plastic Modelling?"

The CFB Comox Plastic Modeller's Club will be holding another organizational meeting on Tuesday, January 12, 1982 in the BNDO classroom, upstairs in the Rec Centre, at 1900. Topics for discussion will include eligible membership, nomination of club executive, possible club projects, etc. All interested persons are invited to attend. For more information, please contact Pte. Paul Parsons, Loc. 2479 (409 Serv) or 338j-8298.



The superior "PERI" grip being inflicted upon Capt. Frank Key by the BPERO, Capt. Gary Pronk occurred as Capt. Key was awarded the White Seal to his award for Aerobic Excellence. The White Seal signifies the completion of 2400 units in the award program.

Capt. Key completed 2400 miles in a mere 20 months, and competed in his first marathon, (The Royal Victoria) this year, finishing the event in a very respectable time. Not bad for such a young Airborne chap. Congratulations are in order to Capt. Key in recognition of his exceptional level in physical fitness.

ADVISORY TO TIDAL WATER SPORT FISHERMEN

VANCOUVER - Introduction of a new sport fish licensing system has caused delays in ordering 1982 licence supplies and in contracting agents to sell licences for the new season. Therefore, only a limited supply of licences are available at this time.

These licences are available in Fisheries and Oceans district offices for those who wish to go fishing immediately. Fisheries and Oceans advises sport fishermen not to be unduly concerned if they cannot obtain licences during early January. Distribution to agents will commence as soon as possible. In the meantime Fishery Officers have been instructed to use discretion in laying charges for licence violations until licences are readily available.

The 1982 tidal water sport fish licence will include a catch record for chinook salmon. Anglers will be required to record their catches by cutting a notch and entering the date and area of catch on their licences. For the 1982 season, anglers will be restricted to a total of 30 chinook salmon. This is part of the 7 point conservation package being implemented in the sport-fishery and parallels similar measures being taken in the commercial fisheries to protect chinook stocks. Also, in effect is the 2 chinook daily bag limit for the duration of the winter months, December 1 to the end of March. Other regulations are contained in the 1981 British Columbia Tidal Water Sports Fishing Guide. The 1982 guide will be available in the spring.

As of November 30, 1981, 261,481 tidal water sport fishing licences had been sold for the first year of the licensing program. It is anticipated that up to 400,000 licences will be issued annually, generating \$3 million in revenues, once the program is well established. Using the 1981 licence information, 15,000 sport fishermen have been sampled to gather data on effort, catch, and location of sport fishing activities.

COULD THIS HAPPEN TO ME?

"That last one for the road"
Is it worth the price?

The month is December and it is raining. Near us a figure - he could be any age - is wandering. He is talking, alone, to the icy wind and the chill night. The wind swirls wildly around him, carrying his thoughts back to that night long ago - yet it was only yesterday - when he had that "last one for the road".

We draw nearer and his story unfolds: "It happened last Christmas Eve. We went to a party at Roger's place. I had never taken a drink before. But what a party! Normally I was very proper, precise and discrete, just ask my friends. But that night I was really loaded. My wife could hardly believe her eyes. We were drinking "White Lightning", - really powerful stuff. We were having a pretty good time, but we were never drunk. As we were leaving, my wife offered to drive us home when she saw that I was not my usual self, but she did not insist. And how could I let a woman drive when the road was so slippery and when it was starting to snow besides?

"I made myself comfortable behind the wheel, and pulled away. I marvellous feeling came over me; I was floating along on a cloud, as lazily as the slowly falling rain. Then, suddenly, there was a heavy thud, then far-away shouts and cries of pain; then nothing, only silence.

"I awoke in a stupor. Where was I? What had happened? I could not move. I thought I was going crazy."

"Gradually my mind cleared and I learned of the tragedy I had caused. Was it possible that in a split second I had demolished three vehicles, seriously injured two children and killed two persons, a father of five and my wife, only to remain alive myself. All that had happened because I took that "Last one for the road". Was it worth the price?

"Now I am out again, on Bail. My trial for criminal negligence is to be held in January. I can still see the Police arresting me as I left the hospital. I appeared in Municipal Court, charged with driving an automobile while under the influence of alcohol. After the examination, cross-examination, and statements came

the verdict: guilty. I was given the maximum fine of \$500.00 and prohibited from driving a motor vehicle on any public highway in Canada for the maximum period, three years.

"A coroner's inquest is apparently held each time there is suspicion that a person has died as a result of violence, negligence or wrongful conduct on the part of another person - in this case, me. Its purpose is to determine whether there is *prima facie* evidence that a crime has been committed and that someone can be charged with committing a crime. The findings were in the affirmative. A charge of criminal negligence was laid against me in Criminal Court. I appeared, was released on bail, testified at the preliminary hearing and the voluntary examination, and bound over for trial. Now, I am awaiting trial.

"My lawyer has warned me of the seriousness of such a charge. If the Crown proves that I have been guilty of a reckless act or lack of caution, I could be given life imprisonment. I could be also prohibited from driving a motor vehicle on Canadian highways for the rest of my life. All this happened because I took that "Last one for the road". Was it worth the price?

"And that is not all. I must also face the Civil suits. Two children, eight and thirteen, who will be life-long invalids, are claiming \$175,000.00. The family of the father of five are claiming \$100,000.00. The demolished cars will cost me more than \$10,000.00. Furthermore, my Insurance Company has refused to cover me and justifiably so. They are always ready to collect their premiums, but claims is another matter. They will have to pay a certain amount of money under the Highway Victims Indemnity Act, but it is different when they deal with me. I shall have to repay them sooner or later.

"I can see it all now: My house, my investments, my savings, - all swept away. My salary will be garnisheed until I satisfy my debts completely, with costs and interest. I have been told that the total indemnity will be about \$350,000.00.

ALL THIS HAS HAPPENED BECAUSE I TOOK THAT "LAST ONE FOR THE ROAD" WAS IT WORTH THE PRICE?

I FEEL AS IF I'M TRUDGING DOWN A DEAD-END STREET. HOW WOULD YOU FEEL?

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How BASE FUND
What CFCF
Why PSP
Where NPF
CANEX

What do you know about Base Fund? the Base recreational programmes? Canex? More to the point, what do you think you know about these and related activities?

If you're like many Base personnel it's probable that you are somewhat familiar with each of these terms, and that what you know about them is either correct, partially correct, or perhaps incorrect. For instance, if you know that Base Fund is a non-public fund (NPF) entity, you are correct; if you know that the Base recreational hockey league is funded by Base Fund, you're partially correct - it also receives public material support; and if you just darn well know that Canex is run by a bunch of retired Army officers, you're just darn well wrong.

Commencing with this edition of the Totem Times and for the next few issues, there will be a series of articles describing the workings of Base Fund, and of various components of the Canadian Forces Personnel Support Programmes (PSP) as practiced and managed at CFB Comox.

It is intended that the information provided will materially assist Base personnel in developing a better understanding and a greater appreciation of what they can expect from the various personnel support services and organizations, and in turn what can reasonably be expected of the members themselves if such activities are to be successful and rewarding.

To begin, let's look at what is meant by the term Personnel Support Programmes (PSP). This is the term used to describe those activities of DND which are designed to contribute to the morale and efficiency of Forces personnel and which are supported by both public and non-public resources. The PSP is comprised of five main components and these articles will deal with the first three:

- Physical Education and Recreation;
- Canadian Forces Exchange System (Canex);
- Amenity programmes, e.g., provision of films, CBC tapes, etc., and,
- Personnel Assistance Funds.

Like most things in this world (and in one form or another, whether it be the cost of a new building, the payment of wages, or the purchase of a dozen softballs) it costs money, lots of money, to run the PSP at Comox. It also requires people - many people. Where do these and other resources come from?

Generally, the public support comes in the form of providing land and some buildings, financial grants, annual CE funding, certain management personnel, and travel funds. From non-public resources is provided the vast majority of the operating personnel (paid NPF employees, appointed members and volunteers), certain buildings and facilities such as the BX and the bowling alleys. The monies needed to support the NPF portions of the PSP is derived from membership assessments and retail operating profits. The degree and extent of public support depends on the type of activity involved. For instance, our messes receive considerable public support, whereas Canex must be virtually self-supporting. A fitness facility like the Base gym is provided and maintained at public expense, whereas the Golf Club is a total NPF operation.

Thus we find that for our messes the public provides and maintains the buildings, and provides such as basic cleaning services, utilities, equipment and furnishings to scale, and the mess managers. Any building renovations or furnishings and equipment in excess of scale, the wages of mess employees, and the cost of entertainment functions must be borne by NPF.

| Cost Element | Item | Messes | | | Physical Education and Recreation | | | | | CANEX | | | |
|------------------------------|--|----------|---------------|--------------|-----------------------------------|----------------|-----------------------|-----------------|----------------------|--------------------|-------|------------|----------|
| | | Officers | WO's and Sgts | Junior Ranks | Physical Education | Municipal Type | Social Hobby Cultural | Specialty Urban | Specialty Semi-urban | Specialty Isolated | Urban | Semi-urban | Isolated |
| 1. Provision of Facilities | 1.1 Original Capital Cost | P | P | P | P | S | S | N | N | N | N | N | P |
| | 1.2 Use of Available facilities | P | P | P | P | P | P | P | P | P | P | P | P |
| | 1.3 Renovations to Scale | P | P | P | P | S | S | N | N | N | N | N | P |
| 2. Maintenance of Facilities | 2.1 Routine Maintenance | P | P | P | P | S | S | N | N | N | N | N | P |
| | 2.2 Major Maintenance | P | P | P | P | S | S | N | N | N | N | N | P |
| 3. Cleaning Services | 3.1 Routine to Scale | P | P | P | P | S | S | N | N | N | N | N | P |
| | 3.2 Required in Excess of Scale | N | N | N | N | N | N | N | N | N | N | N | N |
| 4. Utilities Services | 4.1 Installation | P | P | P | P | S | S | N | N | N | N | N | P |
| | 4.2 Heat | P | P | P | P | S | S | N | N | N | N | N | P |
| | 4.3 Electricity | P | P | P | P | S | S | N | N | N | N | N | P |
| | 4.4 Water | P | P | P | P | S | S | N | N | N | N | N | P |
| | 4.5 Sewage | P | P | P | P | S | S | N | N | N | N | N | P |
| 5. Base Services | 5.1 Security | P | P | P | P | S | S | N | N | N | N | N | P |
| | 5.2 Fire Protection | P | P | P | P | S | S | N | N | N | N | N | P |
| | 5.3 Routine Snow Removal | P | P | P | P | S | S | N | N | N | N | N | P |
| 6. Equipment | 6.1 Installed Equipment to Scale | P | P | P | P | S | S | N | N | N | N | N | P |
| | 6.2 Operating Equipment to Scale | P | P | P | P | S | S | N | N | N | N | N | P |
| 7. Furnishings | 7.1 Mess and PE&R Management Officers | P | P | P | P | S | S | N | N | N | N | N | P |
| | 7.2 Exchange for Public Paid Management | P | P | P | P | S | S | N | N | N | N | N | P |
| | 7.3 Resale for NPF Management | P | P | P | P | S | S | N | N | N | N | N | P |
| | 7.4 Mess Furnishings to Scale | P | P | P | P | S | S | N | N | N | N | N | P |
| | 7.5 PE&R and Mess Activity Furniture | N | N | N | N | N | N | N | N | N | N | N | N |
| 8. Supplies | 8.1 Janitorial Supplies | P | P | P | P | P | P | N | N | P | P | P | P |
| | 8.2 Office Supplies | P | P | P | P | P | P | N | N | P | P | P | P |
| | 8.3 Office Supplies NPF Operations | N | N | N | N | N | N | N | N | N | N | N | N |
| 9. Transportation | 9.1 Physical Education Program Support | P | P | P | P | P | P | P | P | P | P | P | P |
| | 9.2 Recreation Program Support | P | P | P | P | P | P | P | P | P | P | P | P |
| | 9.3 For Official Mess Functions | P | P | P | P | P | P | P | P | P | P | P | P |
| | 9.4 Spouse Available Mess & CANEX supply | P | P | P | P | P | P | P | P | P | P | P | P |
| | 9.5 MSE for NPF on Allotted Basis | N | N | N | N | N | N | N | N | N | N | N | N |
| 10. Communications | 10.1 Telephone-Military Requirement | P | P | P | P | P | P | P | P | P | P | P | P |
| | 10.2 Telephone-Management | P | P | P | P | P | P | P | P | P | P | P | P |
| | 10.3 Telephone-Patrons and Suppliers | N | N | N | N | N | N | N | N | N | N | N | N |
| | 10.4 Mail-Military Management | P | P | P | P | P | P | P | P | P | P | P | P |
| | 10.5 Mail-Patrons and Suppliers | N | N | N | N | N | N | N | N | N | N | N | N |

To determine the funding responsibility for the provision, operation and maintenance of physical education and recreation facilities, depending on climatic conditions, proximity to urban locations and populations, Bases are classified as being either urban, semi-urban (CFB Comox) or isolated.

Further, the various facilities are classified by type as follows:

Physical Education Facilities - those needed to enable Forces personnel to acquire and maintain a desirable level of fitness; i.e., gymps, arenas, indoor swimming pools and sports fields.

Municipal Type Recreation Facilities - those supported by municipal funding in an average Canadian community; e.g., outdoor swimming pool, tennis courts, library, Base theatre.


Cultural, Hobby and Social Recreation Facilities - as the names imply. They are usually indoor and operated on a year-round basis, e.g., the wood hobby shop. **Specialty Interest Recreation Facilities** - those normally operated as a private club or commercial enterprise, e.g., golf club, bowling alleys.

The limited amount of public support provided Canex is governed by the

classification of the base.

As a means of illustration the following responsibility matrix/chart is shown. It is emphasized that this chart reflects only the norm, it does not list certain exceptions. Also, since it is intended only to convey some idea of the issue at hand, the listing of "cost elements" is incomplete. For those wishing a detailed breakdown, they are referred to Annex C, Chapter 3, of A-PS-110-001/AG-001, the publication containing the policy governing the operation of the PSP.

("P" - public; "N" - non-public; and "S" - shared expense.)



EXTRA'S

JAN. 7 - JAN. 9

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| <p style="text-align: center;">FLANNEL SHEET SETS REG. SALE</p> <p>TWIN 25⁹⁹ 17⁴⁷ DOUBLE 29⁹⁹ 19⁹⁷ QUEEN 34⁹⁹ 23⁴⁷</p> | <p style="text-align: center;">IBEX FLANNEL SHEETS 80" x 90"</p> <p>REG. 9⁹⁹ SALE 6⁴⁷</p> | <p style="text-align: center;">SAVE 33% ON SELECTED SHEET SETS</p> | <p style="text-align: center;">ARONELLE KITS ASSORTED SIZES AND DESIGNS SAVE 33%</p> | |
| <p style="text-align: center;">CORONET VINYL LACE TABLECLOTHS REG. SALE</p> <p>6⁹⁹ 4⁴⁷ 8⁹⁹ 5⁹⁷</p> | <p style="text-align: center;">SLIK 92D</p> <p style="text-align: center;">39⁹⁷</p> | <p style="text-align: center;">SUPREME COVERED ROAST PAN REG.</p> <p>24⁹⁹ SALE 19⁹⁷</p> | <p style="text-align: center;">RICKS MYLAR FLUTTER TAIL LURES REG.</p> <p>1⁷⁹ SALE 1³⁷</p> | |
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| <p>DON'T MISS OUR WHITE AND BRIGHT SALE</p> <p style="text-align: right;">WATCH FOR OUR SALE FLYER</p> | | | | <p style="text-align: center;">COOPER HOCKEY STICK BUTT END REG. .49¢ SALE .27¢</p> |
| <p>JAN. 13 - 16</p> | | | | |

Promotions and awards



CD 1 & 2 Parade (front l-r): Cpl. Douglas, Maj. Lett, Col. Chisholm, Maj. Carmichael (CD2), MCpl. McCloud. (back l-r): MCpl. Henriche, Sgt. Wilson (CD2), Capt. Books, Capt. Oades, Capt. Spencer, MCpl. Ristola, Sgt. Kaler, MCpl. Afleck. (Base Photo)



Cpl. MacFarlane, of the 407 Squadron Trepedo Section, and Cpl. Nahu, of the 407 Squadron Aircraft Servicing Section, both received monetary awards for suggestions they submitted. Cpl. MacFarlane's suggestion covered MSE safety and Cpl. Nahu suggested improved storage in the Aurora aircraft. Neither proposal was adopted as presented but their efforts were still recognized as their submission brought unsatisfactory conditions to light.



GOOD NEWS!

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MCpl. Alderson is congratulated by the CO 409 on his promotion. LCol. Lott can't believe it either. (Base Photo)

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Around the base

Church Information



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Padre Fred Lynch (ACC)
CHAPEL: Bldg. 88, Wallace Gardens, St. Michael and All Angels (P)
OFFICE: Headquarters Bldg. Tel: Loc 2273
WINE WORSHIP: Sundays - 1100 hrs.
EUCHARIST: First Sunday of every month at 1100 hrs., and also every Wednesday at 1900 hrs. A Communion Service (ACC).
SUNDAY SCHOOL: Sundays at 0930 hrs. There is no Sunday School the second Sunday of every month as this is Family Sunday for families to attend Church together.
Sunday School Superintendent: Mrs. Susan Stobbart - 339-6807.
SENIOR CHOIR: 1200 hrs. on Sunday.

JUNIOR CHOIR: 1830 hrs. on Thursday.
Choir Director: Mr. Water Yeomans - 339-4039.
Organist: Mrs. Jean Duggan, A.R.C.T.; R.M.I. - 339-3147.
LADIES GUILD: Second Wednesday of every month at 2000 hrs. in Chapel Annex.
President: Mrs. Sharon Ainsworth - 339-6365.
CHAPEL COMMITTEE: Second Tuesday of every month at 1930 hrs. in Chapel Annex.
President: Mr. Bill Mazey - 338-9197.
YOUTH GROUP: Every Saturday at 1930 hrs. in Chapel Annex. Contact person: Lt. Jim Theisson - 339-5265.
PRaise & PRayer GROUP: Every Monday at 1900 hrs. Contact person: Mrs. Gloria Sponselee - Duty Chaplain (P) can be reached via Base Operator during silent hours.
Home phone number of Padre Risch - 334-3575.
Residence Local of Padre Lynch 2273; BB79, Rm. 117.



Maj. Randy Morris accepting the BComd Commendation on behalf of Base Supply for "Outstanding support to CFB Comox units, and squadrons... Professionalism, pride, and hard work are hallmarks our service and are found in very large measure throughout CFB Comox Supply Section. (It takes a lot to write-off a lost flying jacket.) (Base Photo)

NATURAL FAMILY PLANNING

There is no one more brokenhearted than an unwanted child. Spacing your children is only one of the responsibilities of married couples. Couples facing the responsibility of parenting must engage in a dialogue leading to a choice of a way of life which involves more than a choice of a family planning technique.

As the health risks associated with the Pill and the I.U.D. have come to light many couples in the Comox Valley are looking for alternate methods of birth control. The local Knights of Columbus are sponsoring a two-part informative workshop on Natural Family Planning technique: *The Billings Ovulation Method* and the *Sympto-Thermal Method*. The aim of this programme is to make people aware that such techniques exist.

temperature taking and observation of other bodily changes.

10 a.m. - 2 p.m. 9 January
Art and Lou Specken coordinators for Western Canada will be travelling from Coquitlam, B.C. to hold a one day workshop on Saturday the 9th of January on the Billings Ovulation Method at St. John the Baptist Church in Comox. The Speckens were taught by the Billings themselves in 1974. The time for this workshop is from 10 am - 2 pm with a 1/2 hour break for lunch (Bring your own). Coffee and tea will be available.

The Sympto-Thermal Method is planned for the 24 of January from 2 pm - 5 pm at St. John the Baptist Church, Comox. More information to follow.

These methods are based on sound scientific knowledge, enabling all pregnancies to be planned. They are natural and completely harmless, helping to establish physical and mental harmony in marriage. They can be used successfully by any couple who wishes to do so.

Everyone is welcome to attend both workshops. It is recommended that both partners attend as they must understand how the techniques work, support one another and cooperate fully in their use. There is no charge for either course.

Anyone wishing further information please contact Mary Portman at 339-5349.

POSTAL RATES

The howl of outrage that greeted the increases in postal rates was heard clear across the land. It has not yet received a suitable response. There is still a need to protest. M. Bruce Pepper, President of The Vancouver Board of Trade, describes The Board's protest.

A 76% PROTEST
"Methinks he doth protest too much." Whoever that was, HE probably was not protesting the new postal rate structure. It is easy to say that an increase from 17¢ to 30¢ is ridiculous. We, at The Vancouver Board of Trade, believe that the quality of the present service doesn't warrant a higher price. After much thought and discussion, we have written to Postmaster General Andre Ouellet with some comments and questions on the postal rate and service.

Except for our politicians, most people recognize that Canada is in a recession - and that makes the federal budget harder still to understand. Money needs to be pumped into the economy to encourage consumer spending and give industry a reason for expanding. Now is NOT the time to increase taxes or to do anything to discourage Canadian industry from keeping its work force fully employed or its citizens from investing to stimulate economic activity.

Businesses, all of whom rely on the mail to collect their accounts receivable, are going to find those costs significantly increased.

Furthermore, in a time when we need to stimulate business, ANY one step increase of 76% should be carefully examined. We are certain that, even in the private sector, a monopoly would not be permitted this kind of jump. Why, then, the Canada Post Corporation?

Most business people manage and organize their affairs with a budget. They estimate their costs of doing business and price their goods or services accordingly. While an increase in postal rates, indeed in everything these days, may be expected, no one, for short or medium term purposes, was likely to have budgeted for an increase of this size. We expect to see many business casualties as a result and, remember, it will be Canadians who will become unemployed.

One can be encouraged by some of the objectives which have been set for the new Canada Post Corporation - increasing productivity, providing better service and stabilizing labour-management relations. Certainly sounds good but...we have a few questions for the Postmaster.

pay packages of the postal employees?

With the introduction of 'priority post' and 'security post', what happens to what was known as First Class Mail?

We have several other questions. If, as Post Office representatives assert, they are ready to help companies save on their mailing costs, can we expect the publication of ways and means to use these important time and money-saving techniques?

The use, or absence, of Postal Codes is said to be the cause of many of the Post Office sorting problems, and, therefore, delays in service. Would putting postal codes in the telephone directories reduce some of this delay and be cost-justified? Would the standardization of letter paper and envelope size help? (This may sound as if we are prepared to sacrifice individuality but, in this instance, the price of doing so might not be as high as 76%!

In summary, we ask the Minister "Surely Canadians cannot be expected to pay more unless they get more?" No one that we know has any confidence that we are getting anything other than a costly increase in an inadequate service.

We find it difficult to believe that the Postmaster General is unaware of the consequences of the increased postal rate upon business, particularly upon the smaller companies who employ something like three-quarters of the work

CASUAL BOWLING

Casual bowling anyone? Did you know that 4 bowling alleys are available on Thursday night from 630 hrs to 930 hrs and on Sundays from 1200 hrs to 4 o'clock, for you and your family for some fun bowling. The cost is a mere 60¢ per frame per person. For more information contact the Rec Centre.

PADRE'S CORNER

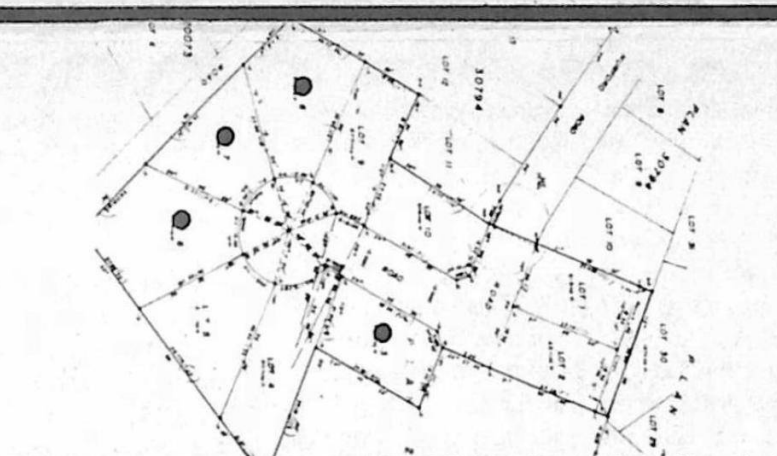
The great men of history were passing in front of God. As Moses passed by, God said to him, "What did you give to your people?" Moses answered, "I gave them the Law" God replied, "And what did they make of it?" "SIN", said Moses.

Then Charlemagne passed by and God said, "What did you give your people?" He said, "I gave them an altar for the worship of the one true God" "And what did they make of it?" God asked. He replied, "A stake for the burning of heretics".

Finally, Jesus Christ passed in front of His

Father, who asked, "What did you give your people?" Jesus replied, "I gave them Peace" "And what did they make of it?" "WAR", said Jesus.

Christians must firmly resolve to return to that original gift. Christmas is over but the Spirit of Christmas must live. It is now our responsibility to do all in our power to establish peace and to build a world of brotherhood, beginning here in our midst. How can we do otherwise if we are to continue to welcome persons into our communities of "peace and brotherhood"?



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"Warning - Some coarse language & swearing; occasional suggestive scenes" - B.C. Director

Thurs., Fri., Sat. - Jan. 14, 15, 16 - Richard Pryor
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Thurs. to Wed. - Jan. 14 to 20
John Belushi
"CONTINENTAL DIVIDE" "Some coarse language & swearing; suggestive scenes" - B.C. Director
Jan. 21 - R. Pryor "BUSTIN' LOOSE"

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Canadian Forces news

THE FORCES IN REVIEW

JANUARY

Contract worth approximately \$3 million signed for purchase of 353, 3/4 ton 4-wheel drive pickup trucks from General Motors.

Twenty-one women now at Alert for 6-month tour of duty at Canada's most remote Arctic military base as part of continuing trails of employing women in non-traditional roles.

A Transport Canada order to make emergency locator transmitters (ELT) mandatory to be issued soon. Civilian pilots will be required to comply by the end of 1981.

Ten million dollars designated for the cadet and reserve training program sponsored by the Department of National Defence as part of Summer Canada 1981 - a major job creation program of the Federal government.

Two hundred acres of DND land transferred to de Havilland Aircraft of Canada Ltd. at Downsview, Ont., the future expansion site of the new assembly plant for Dash 8. The government is making \$50 million available from the Defence Industry Productivity Program to Pratt & Whitney in Longueuil, Quebec for development of a new engine to power the Dash 8.

FEBRUARY

Three women awarded pilots wings in Moose Jaw, Sask. in formal graduation ceremonies along with 18 male colleagues. Duties open to them are as pilots with transport, search and rescue squadrons, and at flight training schools.

"Test Gate 81" a week-long NATO naval exercise in South-Eastern area of the North Atlantic and the western Mediterranean Sea is the last NATO exercise for the Argus.

Minister of National Defence announces that the CFB Cold Lake to be the first base to receive CF-18 Hornet in October 1982; a flight simulator to train pilots will arrive earlier.

Princess of Wales' Own Regiment Kingston, Ontario to get new colonel-in-chief after 56 years without one - Lady Diana Spencer, who is to wed Prince Charles in July.

CARIBOPS 81, a series of exercises off the coast of Puerto Rico, takes place, providing combat readiness training in stable weather conditions for surface, submarine and air force in all aspects of maritime warfare.

An Emergency Locator Transmitter (ELT) and proper survival equipment are credited with contributing to the prompt rescue of a helicopter downed in the Hudson Bay area, says Rescue Coordination Centre, Trenton.

MARCH

A Canadian Forces Boeing 707 from 437 Squadron based at CFB Trenton flies Canadian relief aid in the form of 50 pre-fabricated shelters to the victims of the November 1980 earthquake in southern Italy.

Bombardier of Quebec is awarded a \$250 million contract to build 2,767 military trucks which will contribute significantly to

the operational capability of the land forces in Canada and overseas.

During U.S. President Reagan's visit to Ottawa, a new 5-year NORAD agreement is signed. The North American Air Defence Command will now be called the North American Aerospace Defence Command, to encompass the command's total mission.

It is the longest and deepest experimental dive ever conducted in Canada. Observers from five other NATO countries attended.

APRIL

30th anniversary reunion and commemoration of the Korean war battle of Kap'young in which 2nd Battalion Princess Patricia's Canadian Light Infantry, Winnipeg was the first Canadian unit to see action in Korea.

Caspar Weinberger, US Secretary of Defence visits Ottawa to continue discussions on defence matters of mutual interest with MND and expresses renewed confidence in F-18 program.

The Sky Hawks, the Canadian Forces parachute team begin their country-wide series of jumping demonstrations, where they are featured at more than 80 exhibitions, festivals and airshows until mid-October.

Lieutenant-General Charles Belzile replaces Lieutenant-General Jean-Jacques Paradis as Commander, Mobile Command.

Canadian Army Welfare Fund announces plans to allocate some \$200,000 to its bursaries program for the fiscal year 1981-82.

Specifically aimed at children of former members of the Canadian army it is intended to provide financial assistance to encourage these children to continue their education.

An agreement is signed between Canada and the Federal Republic of Germany authorizing the use of facilities at CFB Goose Bay for low-level flight training operations by the German Air Force. The agreement is to remain in effect until December 31, 1983.

MAY

The Snowbirds, the Canadian Armed Forces air demonstration squadron celebrates its 10th anniversary. Between May and October they perform their dazzling acrobatics before more than 5 million spectators.

DND to purchase 4000 to 6000 propane-powered vehicles at a rate of at least 700 vehicles per year over the next six years for use on 32 bases. The program is to include most of DND's staff cars, station wagons and light and medium duty trucks up to three ton capacity.

CF purchases 21 Beech Sundowner single engine piston aircraft for the basic training and selection of pilots at CFB Portage La Prairie, Man. at a cost of 3.72 million dollars. The Sundowner replaces the Beech Musketeer.

The Canadian Argus, the long range patrol aircraft (LRPA) of the RCAF and CF since 1957, flies her last northern patrol (NORPAT).



Canada and the United States renew the NORAD agreement at a March ceremony in Ottawa.

JUNE

MND officiates at ceremonies marking the arrival of the Aurora LRPA at CFB Comox, B.C.

This month until early July a divisional concentration organized by the Commander Mobile Command takes place at Gagetown, N.B. Called Rendezvous 81, the exercise is the largest army concentration held in Canada since 1965 and involves more than 10,000 regular troops plus elements of the air force as well as the Militia and Communication Reserve.

Canadian Forces Base Shearwater, near Halifax is the site of an historic event when His Excellency, the Governor General of Canada presents HS423, HS 443, VU 32 and VT 406 flying squadrons with their colours. This represents a total of 100 years of service by the squadrons during war and peace.

JULY

The Canadian Forces are represented at the United Kingdom National Rifle Association annual full-

bore rifle competition at Bisley by a 19-member rifle team formed mostly from 3rd Battalion, Royal 22e Regiment, Valcartier. The team wins four major team events and places second in four others.

Four members of the Canadian Forces Sailing Association depart Nieupoort, Belgium in a 10 meter sailboat on an expedition to retrace the route many believe was the one used by the first settlers of North America.

AUGUST

14 Training Group of Air Command, Winnipeg begins operations. This newly formed group consists of all units whose primary function is air training with the exception of operational training units.

880 Maritime Reconnaissance Squadron officially arrives at CFB Summerside, P.E.I., and takes over Tracker aircraft training from 406 Maritime Operational Training Squadron in Shearwater, N.S. All Tracker operations on the east coast will now be conducted from Summerside.

Fifty CF pipers and drummers and 36 highland dancers from Ottawa and Hamilton perform a unique "Canadiana" presentation at the Edinburgh Tattoo in Scotland, August 12 to September 5.

HMCS OTTAWA and the USS William C. Lawe take part in a joint summer Great Lakes cruise, affording naval reservists and sea cadets from Central Canada the chance for some operational shipboard training and for citizens of Canada and the United States the opportunity for a first-hand glimpse of their navies.

Signal of an on-board emergency locator transmitter (ELT) guides the crew of 435 Squadron, Edmonton to a Twin Otter aircraft forced down enroute to Stony Rapids, Sask.

This August and September Canadian Navy and Maritime Air Units participate in one of the largest combined maritime exercises in recent years, Ocean Venture 81. About 125,000 men and women, 300 ships and 1,000 aircraft from 16 European, North and South American countries take part. The aim is to improve the capability of western

nations to protect and maintain free use of sea lines of communication.

SEPTEMBER

The CF-100 (Canuck) aircraft is retired. The CF-100 is the only Canadian-designed fighter ever mass-produced in Canada. The prototype CF-100 made its maiden flight in 1950 and a total of 692 Canucks were manufactured.

HMCS Nipigon joins ships from seven other NATO countries taking part in Exercise Ocean Safari in the waters of the English Channel and the Bay of Biscay, providing realistic and integrated training in a war-at-sea scenario.

Members of 4 Canadian Mechanized Brigade Group and 1 Canadian Air Group participate with other NATO land and air forces in the 1981 Autumn Forge Exercise series throughout Allied Command Europe. The exercises which are aimed at upgrading the defensive capabilities of the

alliance run through to mid-November.

An Aurora LRPA leaves Canadian Forces Base Greenwood, N.S., to participate in the annual Commonwealth Fincastle Competition. It is the first time the newly acquired Aurora takes part in the competition held this year in Australia.

OCTOBER

Canada wins the annual "Fincastle" competition in Adelaide, Australia and earns the reputation of being home to 1981's most efficient anti-submarine warfare (ASW) unit in the Commonwealth. The 405 Squadron crew from CFB Greenwood, N.S. competed against the best ASW crews and aircraft from Australia, New Zealand and Britain.

442 Search and Rescue Squadron, based at Comox, B.C., is awarded the Mynarski Trophy by the Royal Canadian Air Force Association. Presented annually in recognition of excellence in Search and Rescue operations, 442 was singled out for the fine work of its members during the rescues of the MV Prinsendam, the Squamish Flood victims and a downed U.S. Navy helicopter crew in Washington State.

A three-man team of rescue specialists from the CF Survival Training School, CFB Edmonton, wins the annual Canada/U.S. Military airborne search and rescue competition at Trenton, Ont. Participating were six teams from the United States and five from the Canadian Forces.

The captain and entire crew of HMCS Fraser receive a commendation from General Ramsey Withers, Chief of the Defence Staff. This unusual event follows their action in the rescue of 12 crewmen from the fishing vessel St. Irene off the coast of Holland during the night of 29 November 1980 in extremely adverse weather conditions.

NOVEMBER

The Honourable Gilles Lamontagne, Minister of National Defence, announces that the main operating bases for the CF-18, our new fighter plane, will be Cold Lake, Alberta and Bagotville, Quebec. An interdepartmental committee with representatives from 16 federal departments, begins to study options for the future use of CFB Chatham, N.B., which will be gradually phased out as a CF fighter base during the 1980s.

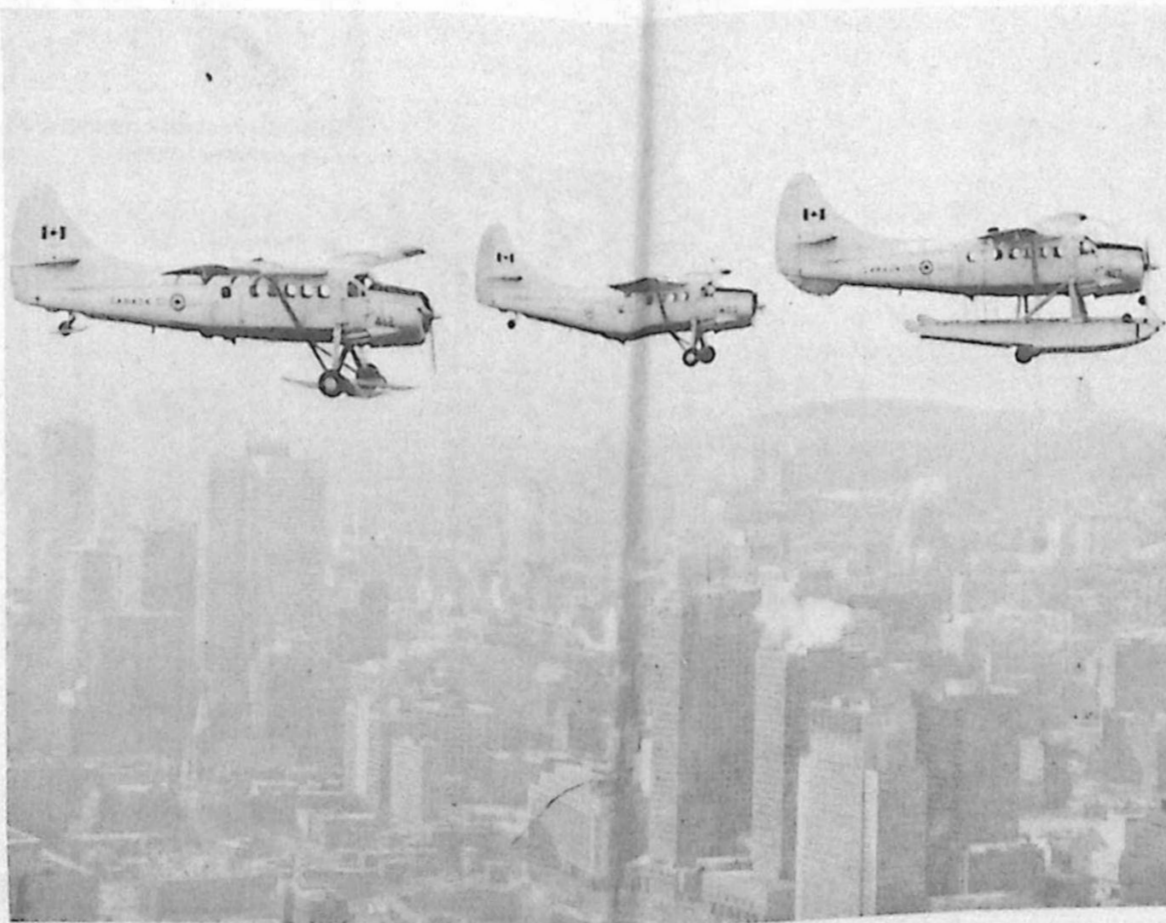
One of the Air Reserve's few remaining de Havilland Otters does a cross-country farewell tour. The Otters, flown by Air Reserve Wing at Montreal and Toronto are being replaced by Kiowa tactical helicopters from the regular force to enable closer integration between the two forces.

The November 12 budget contains an increase for DND sufficient to guarantee a 3% real growth in defence spending during 1981-82.

Rescue crews from CFB Summerside and Shearwater show skill and daring in a dramatic night-time helicopter rescue of 26 crew members from the freighter, Euro Princess, foundering in high winds and nine-metre high waves off the coast of Sable Island near Nova Scotia. The House of Commons passes a unanimous resolution commending the crews for their daring accomplishments.

DECEMBER

At the semi-annual meeting of NATO's Defence Planning Committee, Mr. Lamontagne, Minister of National Defence, announces an increase of about 18% in Canada's defence budget for 1982-83. Mr. Lamontagne also confirmed that Canada will maintain its commitment of 54 CF-18 aircraft to the Supreme Allied Commander Europe.



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