



# TOTEM TIMES



Vol. 24 No. 21

CFB COMOX TOTEM TIMES

WEDNESDAY, NOVEMBER 10, 1982

Deadline is Monday, November 22, 1982

COST: PRICELESS

## ★★★★★ 409 TOPS AT WILLIAM TELL ★★★★★



Col. Dobson, Base Commander, welcomes WO Rex Kitching (far right) and his team of maintenance personnel on the arrival in Comox after the William Tell exercise. Displayed in the foreground are four of the awards won by 409 in the competition.



Col. Dobson welcomes the 2 time winners of the load competition on their return to Comox from Florida with the spoils. L to R. Col. Dobson, MCpl. Jacques Valcourt, Cpl. Randy Boutilier (holding the F-101 category trophy), MWO Jim Nodwell, Cpl. Gilles Brousseau and MCpl. Al Waites, holding the overall Load Award.

William Tell is the USAF biennial Air-to-Air Weapons Meet. Named after the legendary hero who saved his homeland through a display of skill and courage, this Meet is designed to test the overall air defense organization, evaluate the weapons systems, and give North Americans a first-hand view of the competitors' air defense capabilities and readiness.

The original meet was held at Yuma, Arizona in 1954, and in 1958 it was moved to Tyndall Air Force Base, Florida. The meet has been hosted at Tyndall since then with the exception of a five year shutdown due to the Southeast Asia

conflict. In 1970 it resumed with Canada making its first appearance flying the CF101. In 1972, the 25th Anniversary of the USAF, Canada walked away from the competition with most of the awards and honors, and in 1978, Canada won the Top Gun Award, thereby establishing a tradition of excellence in the air defense role.

This year, flying the CF101, two Canadian squadrons were represented, 425 Alouette Sqn., CFB Bagotville, and 409 Nighthawk Sqn., CFB Comox competed against four F106 teams, two F-4 teams, and for the first time, five F-15 teams.

The aircraft and weapons

systems participating represent three generations of fighter development. The CF101 and F106 are typical of technology three decades old. The F-4 was the mainstay of the USAF in the 60s and 70s, particularly in Vietnam. Competing for the first time, the McDonnell Douglas F-15 Eagle represents the state of the art in fighter technology, while the squadrons arriving from as far away as Japan and Germany, represent the USAF frontline capabilities.

Awards are presented for each aircraft type in the following areas: Best Maintenance, Best Load Team, Best Aircrew, and Best

Weapons Control Team. Trophies are also presented for the overall winner of the above categories as well as for the Top Gun of the Meet, the Best Shooter, and the Top Overall Team.

409 Squadron in this year's William Tell won all the awards in the F101 category. Because this is the last year in which the Voodoo will be competing, 409 retires those trophies and awards and they will find a permanent home in the 409 sqn. showcases.

In addition to those awards, the 409 Load Team also took the overall best load trophy for the second year in a row. This is particularly noteworthy as this is the first time a team has

ever taken the award in two consecutive years. The loaders, under the skillful coaching and watchful eye of MWO Jim Nodwell scored a total of 39,675 out of a possible 40,000 points to take the competition. MCpl. Al Waites, Jacques Valcourt, Cpls Ranly Boutilier and Gilles Brousseau prepared for the competition by practising countless loads, writing trade examinations weekly and by partaking in a physical training program which consisted of a 4 mile run daily. The tiring preparations paid off as these men executed a flawless load in the heat of the Florida sun, displaying little exertion. Their precise

and finely choreographed routine wrapped up the load competition. Second place went to the 120th FIG of Great Falls, a scant 525 points behind. The competition was indeed tight.

In maintenance, the competition was even tighter. Winning the F-101 category, WO Rex Kitching's crew nudged out 425 Sqn with a score of 39,399 over 39,362. In a 40,000 point competition, a mere 37 points, less than one tenth of one percent, separated the two. Overall the top maintenance award went to the 144th FIW, of Fresno, California with 39,946. It is interesting to note that separating first and last place in the 13 team

maintenance competition was 1156 points, roughly 3%.

Aircrew wise, the 409 crews of Maj. R. Worbets, Captains W. Ricketts, Ed Campbell and Bill Books, outscored their 425 counterparts 10,575 to 6880, to take the F-101 category.

Overall in the race for Top Gun, Maj. Worbets and Capt. Ricketts finished ahead of 9 of the twenty competing F-15 crews, ahead of 14 of the twenty F-106 crews, and ahead of 6

of the 8 F-4 crews.

Overall, 409 sqn. has upheld the traditions of quality and professionalism established by its predecessors.

Although William Tell is over for the Voodoo, the experience gained will be carried over to the CF-18 Hornet. Given the Canadian quality and human resources, the CAF and Canadian public can expect Canadian teams to come home with more of the hardware in the future.

### REMEMBRANCE DAY 11 November 1982

Once again we remember those who have served our country in the Armed Forces, especially those who have given their lives in the service of their fellowman. Let us remember before God those who have died in the service of mankind.

"They shall not grow old as we that are left grow old. Age shall not weary them, nor the years condemn. At the going down of the sun, and in the morning we shall remember them."

Remembrance Services sponsored by the Legion will be held at the Cenotaph in Comox, Courtenay and Cumberland and at the Protestant and Catholic Chapels on the following Sunday.

## ALTERNATE LIFESTYLE LOUNGE AND CANTEEN (ALLCAN) OPENS



Col. Chisholm, previous Base Commander and Col. Dobson BComd, cut the ribbon formally opening the Alternate Lifestyle Lounge and Canteen. Also present are Capt. Jacobson, Capt. Chapman, LCol. Mack, LCol. Morrice and Capt. Pronk.

On 4 Nov 82 another milestone in the evolution of the Base took place, when our former Base Commander, Col. Chisholm, accompanied by Col. Dobson, took scissors to hand and cut the ceremonial ribbon to signify the opening of the Alternate Lifestyle Lounge and Canteen (ALLCAN), located in the Base Recreation Centre. Thus, in concert with other aspects of the Base Socialization Program, this noteworthy event gives testimony to the continuing efforts being made to enhance the wellbeing of all Base personnel, especially our junior members.

The purpose of ALLCAN is to provide an alcohol-free lounge, games room and canteen; a point of rendezvous and a place of recreation separate and apart from our messes. The lounge comprises two rooms; a TV and reading room, and a sitting room. The games area contains two pool tables, a shuffleboard and two dart boards. The canteen area contains a fully equipped snack bar and eating area, together with a video games alcove.

The matter of developing such a facility had been under review for some time,

but it was because of the impetus given this project by Col. Chisholm early this year, that the various ideas put forth became a reality. The successful completion of this endeavour required the active support and co-operation of many. In this regard, particular mention needs be made of the contribution of the BCEO staffs involved in the design and construction; the BSupO staffs who assisted with the provision and procurement of furnishings; and the BPERO and Canex staffs tasked with getting the show on the road. Also, a special thanks to the Junior Ranks' Mess for contributing the two pool tables and the shuffleboard.

For most of those involved in the project to date, their work is done. What remains is for Base personnel, especially our younger living-in members to use the facility. In the past one has heard, or heard of complaints voiced by our junior personnel that they "have nowhere to go and nothing to do". Let's hope that those personnel and others will use ALLCAN, and actively participate in our extensive sports and recreation programs.

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Deadline for the next issue  
is Monday, Nov. 22

# Section news



## NIGHTHAWKS NEST

The liquid sunshine is here with the winds that shake my trailer and frighten my cockroaches. It must mark the arrival of winter.

The arrival of winter also marks the departure of many Nighthawks to greener (or whiter) pastures, depending upon the season. Gone for pilot training is Don Thorton whose presence here for the last year was marked by a noticeable absence. Ray Dunsdon, Glen Buchanan, and Gerry Knight have all gone east to the behemoth bureaucratic blockhouse in Winnipeg. I understand Tom Chester has established a permanently open Autovon line to Gerry Knight's office for the expressed purpose of marathon and perhaps terminal ACE-DEUCE encounters. Those are the key pasture transfers.

Put out to pasture are Gerry Takach and Ron Egli. It just won't be the same around the place without Gerry's anti-knife-edge T-33 AOI lectures. Thank the great fighter-flyguy in the sky that Ron Egli is staying in the area. I mean, who else will run interference for us if he wasn't? Seriously, although I've never been known to be, Ron's presence at the squadron will be missed much more than can be tangibly quantified. (How do you like that one, Ron?) Ron's experience (some might call it age), his time in, and his personality made him a wealth of information, advice and wisdom to all the younger squadron members, just about everyone. We'll be over for visits a lot, Ron, so don't bother locking your door.

More news from out east,

ex-409er Larry Russell, prodigious navigator-cum-pilot failed his navigation ride, for of all things - flying too low. All Larry's Maple Flag experience probably had Larry's flight examiner curled up in the fetal position trying to hide in the seat pack. Heather, meanwhile, is pregnant, must be something to do with excessive and multiple applications of g-force.

Kevin Webber, ex-409 tech is also doing well in pilot training. I also understand that Jimmy "Cicero" Nodwell is losing a few of his fine weapons techs to the Observer branch. They've obviously been inspired by the likes of Jon Main and myself, fine upstanding intelligent, good looking and humble. Some of us are tall too.

Rex Kitching, back from Florida, has proven once and for all that AERE officers are all right, but nothing like the real thing. Jelle Blom has put in for remutse to "The Real Thing". Now I've successfully alienated Jelle, I'll probably never get a serviceable jet again - my name is Howard Tarbet.

The 409 All-Ranks fund Committee honchoed by Joe Wyman promises the squadron a super Christmas Party. I don't have all the details yet but what I do have suggests live entertainment and catered dining at the Loft. December 15th (I think) is the magic date. See your committee rep for more info, or Capt. Desrocher.

For the Officer-like folks, there is the Officers Xmas party on Saturday the 11th, and on Nov. 28, East-West Grey Cup football at the mess.

Desro, word has it, is now a commissioned Sanyo

VTR salesman. The pay is better than being a commissioned officer and he gets to watch 6 year old reruns of Bruce Jenner doing Wheat-a-bix commercials.

Doug Swanson and Lyneita Coleman are planning on tying the knot in December.

Congratulations to the both of them. I figure I better do this now in case they change their minds.

Bill Motriuk is now a father and Cathy is doing fine with the little fellow.

With all the married folks having families, I guess all us single folks are going to have to start logging our procreations. Right Kurt? Speaking of Kurt, once again he has been plagued by Procter and Gamble to do stand up Brillo commercials. I think the career progression in that might be limited, but it can't be a whole lot worse right now than AI nav.

Bar talk has it that the Kernal's new method of getting his approach speeds correct is to lift the flaps as required. The backseaters are trying to unionize over that one.

When the drivel gets this sick, it's time to jag it in. I'll close this off by congratulating all the members of 409 who participated in William Tell for showing them Yankees how it's done. So long fer now.

Thumper

P.S. Terry Hunt got promoted. Ha!...HaHa!...hahahahah hahaha....

P.S.P.S. Greg Frazer has some chickens for sale. Next article I'll try to tell you the story of that.

## OFFICERS' MESS

**Saturday, November 13 -**

**TRUCKERS' NIGHT:** Hey Good Buddies! Got your ears on? We're gonna have a Convoy! So steer your rigs in the direction of the Officers' Diner, where the eats are fine and so's the wine. Baron of Beef will be served to Truckers and Fliers alike from 1930 - 2100. "Area Code 604" will be back for their third straight year to provide good stomping music from 2100 - 0100, including Rock & Roll, Western and whatever else turns your crank. Western duds or casual dress is acceptable. Only 12 Bucks per couple, 18 Bucks per guest couple. So c'mon you Bandits, make the Officers' Diner your "20" on 13 November '82. BREAKER! BREAKER! BE A TAKER! Reservations to Mess Manager by 1200 hrs., Wednesday, November 10. Maximum 150. 10-4 Pardon - See ya there!

**Wednesday, November 17 -**  
OFFICERS WIVES CLUB

**Thursday, November 18 -**

**RETIREMENT MESS DINNER:** Retiring Members - Capt G.R. Bate, Capt D.R. MacKean, Capt J.D. Ramesbottom and Capt A.W. Scott.

**Wednesday, November 24 -**  
OFFICERS WIVES CLUB BRIDGE.



## VU 33

Renting Video machines seems to have taken over from "Pacman" as chief leisure time activity of squadron privates. Dave and Al's VCR's went into the overheat mode last weekend. Wonder what kind of tapes they're running?

Kim is back from a prolonged leave and his retraining is coming along nicely!

Dick "Coyote" Blackmore assures Gary that he'll be the first man there at the next Base Fund meeting.

Tim is holding the fort while Michelle and Jim are swanning down east, learning negative from positive at the Shearwater Institute of Higher learning.

Seems Zane would rather cut grass and paint than go fishing. To prove it, he's now the proud owner of a house. Welcome to mortgage row Zane.

With four winning tickets unsold and only 40 tickets left in the 330 club draw, chances are good. To buy one, contact any squadron members.

Bob Wrightson is still spitting out feathers ?? as the result of a birdstrike on his ultralite aircraft awhile back. He flies now with what is known as "The Ultralite Smile" (Teeth

tightly clenched)!!

Another two weeks have passed and all is well (?)

Bob Landry has been posted to 414 squadron in North Bay where he will assume the duties of an instructor. Bob is quite pleased as his home is in Sault Ste. Marie. The going away dinner for Bob and Barb will be held 2 days after they leave. (Just kidding, Bob) The dinner is planned for the evening of the 1st of December. I know I can speak for the squadron by saying that both Bob and Barb will be missed by all.

The Squadron Christmas party will be held at the D'esterre House on 17 Dec 82. The dinner will be catered and for all those that drink rye, there will be a Texas mickey as a door prize.

As I am leaving on T.D., the elusive B.B. will fill this space in the next issue. Please try to overlook any derogative statements BB makes, as it is only one issue that I am away for.

C.D.F.

P.S. Rumour has it that Bob will be informing Bruce Nolan what to expect on the F.I.S. course in Portage.

Well, since the last issue of Totem Times, Crew 2 et al have returned from Tasmanex in New Zealand and, I can assure you, we have lots of stories to tell. But, you're not going to hear them all - oh no, this is a family paper (and we certainly wouldn't want our families to know everything). The New Zealanders are most gracious hosts. Crew 4 of 5 Sqn. RNZAF, and especially their VPCC (Crew Commander), Fl/Lt. Marty Watt, were very friendly indeed. One evening in particular Marty threw a barbeque at his house with both his Crew and our own in attendance. And, man what a spread! Very impressive. Of course, that may have had something to do with the fact that we had been touring all the local wineries in the area. Fun.

A big highlight for me was a coastal patrol around the North Island of New Zealand. The weather wasn't as co-operative around the South Island so we only caught glimpses of the snow covered moun-

tains through the clouds from 20,000 feet. The South Island looked very similar to B.C. New Zealand is really a beautiful country. It's incredibly green and rolling land which is of course very conducive to raising livestock like horses and sheep. Lots 'n lots of sheep.

More on the business side of things, the exercise was indeed a success. The aircraft performed well (as usual) and both the air and ground crews did their usual excellent jobs and I think some very valuable experience was gained by all the personnel of VP407 who took part in Tasmanex 82.

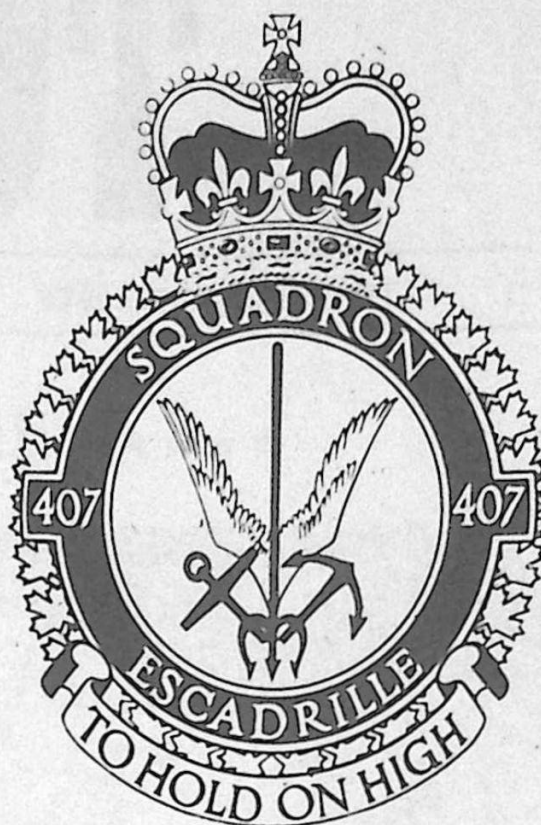
Back on the home front things are beginning to settle down after the latest crew shuffle. Navigators continue to be very busy cross-training. The experience level for most personnel on the aircrews, especially the navs, has dropped considerably recently. There have been something like 16 pipeline navs from Winnipeg join the squadron in the last

year. The story is the same for pilots but not to such a degree as with the navs. We are now down to 5 operational crews all with 3 pilots each. As well, there is Crew 1, the standards crew and Crew 4, the residual or "executive" crew.

Right now Crew 7, with Dave Bayne back at the helm is down in Bermuda on a mini "exercise". How does that Bayne manage a thing like this? And isn't Bermuda in the Atlantic Ocean; isn't that Greenwood's area of responsibility? You can tell I'm just green with envy. And Nick M. now here's a sob story for you. One week back from 3 weeks in New Zealand and they tell him he has to go to Bermuda for a week. Poor Nick.

We like to welcome aboard Capt. Dave Wright, Lt's Rob Jenkins and Steve Harrison, all pilots.

Coming in the next issue of Totem Times! More escapades of the ground crew in New Zealand. Plus you'll get to meet Tony Ruthven's new family!



## Demon Doins

### The Homestead Restaurant

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Phone now to enquire about Christmas luncheon bookings!

## WOs' SGTs' MESS

**THURSDAY, 11 NOVEMBER**

Remembrance Day

**FRIDAY, 12 NOVEMBER**

TGIF Subsidized Refreshments - Deepfried Cod

Dress - Relaxed

**THURSDAY, 18 NOVEMBER**

RCMP MESS DINNER

RCMP will be using the Dining Room & Lounge. Stag area will be open for members

**FRIDAY, 19 NOVEMBER**

TGIF - Subsidized Refreshments - S&S Spareribs

Dress - Relaxed

**SATURDAY, 20 NOVEMBER**

WESTERN NIGHT - Family Tradition "COUNTRY SHOW BAND"

2100 - 0100 hrs.

FOOD: BBQ Spareribs - Campfire Beans and Bread.

COST: \$10.00 per couple members - \$15.00 per couple Honorary Members & Guests

DRESS: Relaxed (Western)

Tickets available from Committee Members & Mess Manager. This is a very popular band so get your tickets early.

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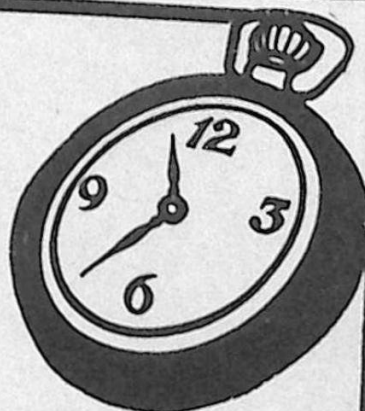
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The following story is an account of the epic voyage of Service Flight 620 Northern Trainer. The flight was originally scheduled for mid October, however, due to a number of problems the trip did not get underway until Nov. 2. The routing was to include stops in Las Vegas, Reno, San Diego and anywhere else we felt like going. (Well, maybe not anywhere).

After getting airborne out of Comox we proceeded directly to Vancouver. The navigator Collin Puttock gave us the new heading to take us to our first destination, Las Vegas.

The radios were unusually quiet considering the fact that we were supposed to be in the high density air traffic area of the West Coast United States. As the first officer I also thought it a little unusual that Vancouver Centre was still controlling us south of the border. However, like any good first "O", I kept my mouth shut. The compass also seemed a little unreliable. We were steering 360 degrees instead of 180 degrees. The nav explained it as an area of compass unreliability. Who was I to argue?

The mood of the crew was light as everyone looked forward to a few days in the sunshine. The miles rolled by but since we were on top of cloud there wasn't much to see. After several hours the Nav came over the intercom and announced that as far as he could tell we were about 50 miles back from Vegas. He apologized for not being more accurate but he had been preoccupied most of the trip trying to figure out which time zone we were in.

You see it is quite important that everyone on board has this information so we can all meet in the bar at the same time. What would we do without navigators.

I glanced into the back of the aircraft and Dallas Martin was already changed in-

to his Bermuda shorts and Hawaiian shirt and everyone else was following his lead.

We started our approach into Vegas and Smokey Blair, the aircraft commander, decided to cancel IFR and go in visually. I had my doubts since it was still IFR in the cockpit in cigarette smoke. We really had not seen much of the ground the whole trip but now the white desert sand below sure looked good. Almost too good.

Smokey took control and decided to do a low pass over the beach. I didn't see too much (due to the smoke) but Smokey assured me he thought the beach looked packed. We pulled up and called short final for the full stop. Tower told us to be aware of the snowplow leaving the active runway. Those Yanks sure are smart. Imagine using snowplows to clear blowing sand from the runway.

The landing was uneventful and taxiing in Zee decided to keep the ramp up so the air conditioner would be more effective. As we taxied up to the terminal the passengers began complaining about the cold. It seems the air conditioner had cooled things off a little too much and ice was starting to form on the roof. De Havilland sure builds them good.

The aircraft was quickly shut down and we all gathered around the back door in our shorts and T shirts. Gord Maidment made one last check to be sure he had the Pina Colada mix, then we pulled the door off. A blast of cold air bowled us all back into the plane but we quickly scrambled for the door again and peered out to see what was going on. Twelve pairs of bare knees knocked together in unison as we read the sign on the terminal. WELCOME TO FT. ST. JOHN, BRITISH COLUMBIA.

There was a mad scram-

ble for the cold weather survival kits. Arnie Macauley began constructing a noose from parachute cord while Bob Ridgeway shined up the tail of the Buff. The nav had fouled things up. Not only was he lost but he didn't know what time zone we were in. A lynching seemed inevitable.

Collin began pleading for his life, saying it really wasn't his fault. The C.O. had come up with the idea of giving us the wrong heading out of Vancouver. It seems that Collin was just an innocent pawn in this dastardly plan to get a crew to go on a northern trainer at this time of year.

Not all of the preceding story is true but none of the names have been changed to protect the innocent. Service Flight 620 did depart on November 2 on a Northern Trainer. Overnight stops were made in Ft. St. John, Yellowknife and Whitehorse. One extra night was spent in Yellowknife due to an unserviceable aircraft which was quickly repaired by Barry Dixon, who came to our rescue from Comox. A second unscheduled delay occurred in Whitehorse when the entire province of B.C. would not cooperate weather-wise.

Other than the above mentioned problems the trip went smoothly for everyone. Some minor difficulties were encountered by Gord who failed Friday and Zee who went to the Legion to meet a big gorilla but ended up with a small monkey.

Several other training flights are planned for the next week. The first is scheduled for Moose Jaw where the crew will spend several days giving SAR briefings, demonstrations and familiarization flights. Service Flight 621, the real southern trainer, is scheduled to depart Comox next week.

The following is based upon information found in CFP228, Personnel Evaluation System Other Ranks and a little bit of experience. Many thanks for the advice of my three supervisors.

PER time is in the offing for Corporals and qualified Privates, but the difference between having a PER that says and proves you are a good worker with perhaps supervisory potential and a PER that shows you to be destined as a career Corporal is based solely on what you have done for the past twelve months, not just on what you do between now and Christmas.

A major point you should keep in mind when you're working from day to day is that you are constantly being assessed and, like it or not, that assessment is based on how you perform compared to your peers. Your peers are all the other Corporals or all the other qualified Privates.

There are fourteen different points you get evaluated on or seventeen if you supervise someone else. For each point you can receive a score of 1 to 7.

A score of 1 means you have performed below the standard required for your rank. It may indicate a single incident with grave consequences (which may be overcome), or a persistent weakness. If you read in your narrative on your PER that a plane crashed because you lost the demand for the engine, you can forget about a promotion this year.

A score of 2, 3, or 4 means you have met the standard requirement. 2 means you just made it by the skin of your teeth, 3 means you are performing your duties in an acceptable manner; you are doing what can reasonably be expected for your rank. 4 means you do what is normally expected but occasionally you do just a little more; you might go out of your way to explain to a customer what PDO means and why he can't get his widget today or you might help a new private with some problem he's having.

Scores of 5, 6 and 7 put you in the "walking on water" and promotion range. These scores indicate that you exceed the standard requirement. A 5 is frequently surpassing the standard required for the rank; 6 is consistently much higher than the standard and a 7 is a rare high standard which means that your performance exceeded the requirement to an exceptional degree. A 7 is justified if, for instance, you have saved someone's life, or if your work is con-

sistently outstanding.

You never see that part of your PER with the scores. The reasons for this are a little vague but it prevents you from numerically comparing your score with others and also tends to give your supervisor a false sense of security knowing that he doesn't have to show it to you. It's false because the narrative which you "read and discuss" and sign as having done so, must reflect the scores, and if it doesn't, then NDHQ bounces it, and you then resign it when any changes are made. For instance, you'll know when you look at your narrative if you have any 1's or 7's. You'll see something like "PR 15" followed by a very definite statement normally citing an example of something you did or didn't do. If it says wonderful things, it's a sure 7 and you can pat yourself on the back. If the narrative is awful, boy, girl, you'd better pull your socks up because you are headed for big problems. Your PER narrative should never come as a big surprise, it only puts on paper what you have done and how you have done it. Don't be surprised either if there are things in the narrative that you had forgotten all about, remember it covers the last 12 months, not just the last couple of weeks. Your supervisor generally keeps notes on all the good, bad and indifferent things you do and confers with all the other supervisors you may have worked for during that year. He also has all of those quarterly PER's that we do here, so you can see the futility of working like the ideal corporal or private for the two weeks or so it takes for your PER to get prepared.

If you have a 1, and remember it will be specifically pointed out in the narrative, you should have known it was coming. You should have had several "fireside chats" with your boss and probably your boss's boss, increasing in severity. If you thought perhaps they might have been talking through their hats, your PER just proved you wrong. You may quite possibly see a probation report to sign at this time as well.

Two's will get you watched very carefully. Three's will keep you at your present rank. Four's will have your supervisor looking for better things from you. Five's, 6's and 7's will get you in the promotion zone, so keep your chin up and strive for better still; you'll be looked at for supervisory possibilities.

1. PREPARATION AND PLANNING  
Below: Could not plan ahead or determine priorities of tasks without considerable guidance.  
Meets - Adequately planned ahead and determined task priorities with little or no assistance.  
Exceeds - Prepared plans and determined priorities for complex and unusual situations without guidance.

2. DELEGATION  
Below - Overburdened himself with tasks he should have delegated; or overburdened his staff with tasks he should have performed himself.  
Meets - Delegated tasks appropriately to his subordinates who handles them with only a few problems.  
Exceeds - Delegated many tasks in ways which would challenge and interest his subordinates, who assumed them willingly and without any problems.

3. PERFORMANCE UNDER STRESS/PRESSURE  
Below - Was entirely ineffective under period of stress/pressure, forcing others to assume some or all of his duties.  
Meets - Maintained an acceptable level of effectiveness in spite of stress/pressure.  
Exceeds - Displayed unusual self-control in getting the job done in spite of severe stress/pressure.

4. COOPERATION  
Below - Made no effort to work as a member of a team and lowered group effectiveness by being uncooperative.  
Meets - Cooperated with peers and superiors, contributing to group effectiveness by working as member of a team.  
Exceeds - Greatly increased group effectiveness by his constant willingness to help and work with others and, through his personal example, instilled a sense of teamwork in his associates.

5. COMMAND AND SELF ASSERTION  
Below - When placed in charge did not assert himself and failed to maintain control.  
Meets - Asserted himself sufficiently to maintain adequate control of his juniors with little or no guidance.  
Exceeds - Consistently asserted himself so that he always maintained control of subordinates.

6. SUPPORT OF SUBORDINATES  
Below - Did not advise or assist in the trade or career

development of his men and showed little interest in their personal welfare.  
Meets - Advised and assisted subordinates on questions relating to trade and career development and personal welfare when brought to his attention.  
Exceeds - Consistently encouraged and assisted subordinates in their trade career development, as well as taking a keen interest in the personal welfare of each one.

7. BRIEFING OTHERS  
Below - Failed to provide adequate information or instruction which adversely affected tasks completion.  
Meets - Usually provided sufficient information for subordinates to complete their tasks with a minimum of delay or confusion.  
Exceeds - Always gave clear, concise instructions to subordinates so that tasks were completed quickly and without errors.

8. KNOWLEDGE OF TRADE/KNOWLEDGE OF JOB WHEN EMPLOYED OUT OF TRADE  
Below - His knowledge of the trade/job was inferior and/or out of date.  
Meets - Displayed knowledge appropriate for his rank, trade level and experience. Reasonably current.  
Exceeds - Displayed knowledge in excess of his rank, trade level, and experience. Completely up to date.

9. ABILITY TO APPLY HIS KNOWLEDGE  
Below - He made frequent errors or was unreasonably slow in carrying out primary duties.  
Meets - His work was of an acceptable quality with few errors and with most jobs completed on time.  
Exceeds - Both quality and quantity of work were superior. Within human limits, deadlines were met with error free performance.

10. ADAPTABILITY  
Below - Could not solve new problems or adjust to new situations due to rigid adherence to familiar but inappropriate methods.  
Meets - Met new problems and situations adequately, developing new solutions when familiar methods failed.  
Exceeds - Dealt with new problems and situations quickly and without guidance, displaying imagination and flexibility of approach.

11. INITIATIVE  
Below - Did not act when decisions were required.  
Meets - Took necessary action without serious delay.  
Exceeds - Acted promptly to meet the requirements of any situation even though delay would have been ac-

ceptable.  
12. APPEARANCE AND BEARING  
Below - His standard of appearance and bearing interfered seriously with his effectiveness as a Serviceman.  
Meets - His appearance and bearing contributed to his effectiveness as a Serviceman.  
Exceeds - His appearance and bearing greatly enhanced his effectiveness as a Serviceman.

13. SUPERVISION  
Below - Failed to ensure proper and timely completion of tasks assigned to his men.  
Meets - Usually ensured that tasks assigned to subordinates were completed on time and were free from errors.  
Exceeds - Always ensured that tasks assigned to subordinates were completed on time, and were free from error.

14. ENSURING UNDERSTANDING OF ASSIGNMENTS  
Below - Failed to ensure subordinates' understanding of assigned tasks. Did not catch errors in time.  
Meets - Ensured subordinates' understanding of major points of instruction.  
Exceeds - Tested the understanding of instructions with care, ensuring that subordinates knew in detail what was expected of them.

15. RESPONSIBILITY  
Below - Avoided accepting responsibility.  
Meets - Accepted assigned responsibility.  
Exceeds - Sought additional responsibilities beyond those assigned him.

16. CONDUCT  
Below - Resisted or contravened regulations. Unacceptable personal conduct detracted from his effectiveness as a Serviceman.  
Meets - Complied with regulations and displayed acceptable level of personal conduct.  
Exceeds - Behaved appropriately on all occasions; actively and intelligently supported regulations. Personal conduct above reproach.

17. LEARNING FROM EXPERIENCE  
Below - Resisted advice and failed to maintain or improve his level of performance in keeping with his experience.  
Meets - Sought and accepted advice whenever necessary, maintaining, and at times improving, his proficiency on basis of experience.  
Exceeds - Consistently sought to increase his effectiveness by seeking and accepting advice and making improvements on the basis of experience.

# BASE SUPPLY

## AIR RESERVE

### AUGMENTATION FLIGHT

Don't forget to keep Op Dec open for the ARAF Christmas Party. Plans are to hold it in the RCAF Building (old Bank of Commerce next to Canex). Remember, we have the promised entertainment of Marion Dick's belly dancing...

Don Forsyth is sporting a cast on his arm these days. Is that to avoid working on that long list of fall chores Joyce is compiling??

While on the subject, why does Carol Kennedy have her thumb and wrist all bandaged? Is it from all the pencil pushing she does in Accounts or has she another reason??

Carol Tinnion was spotted heading towards Victoria with a whole car full of birds. For the explanation to that one - you'd better ask Carol.

It seems Betty Duncan is doing a fantastic business selling washers and dryers. For further information just give Betty a call.

Good news for a change - ARAF Comox was given a pre-Christmas present in the way of additional funds.

That should make ARAFians and their bosses happier because it means no more cuts in the number of working days per month. Speaking of Reserve pay - Phyllis Gregory has

changed hats in the Pay Office. She's now working on Reserve pay. Don't bother trying to bribe Phyllis into raising your pay though - I tried!!

Is Chris Levac supplementing her Reserve pay with her Bingo winnings or is she supplementing her Bingo winnings with her Reserve pay?? Hang in there Chris, you may reach that retirement goal yet!

Now that Sharon Salt is working in the BITO's office she'll likely try writing an OP Dopey or two (that is if she can locate the hidden answer sheets).

Belated Birthday greetings go out to Lil

Davis. It must have been a quiet celebration or a quick recovery as Lil looks so healthy!

Charlotte Roy has left CCR and is back at R&D. It must be those Friday morning "sweets" that lured her back to her old office...can't be the work!!

Can't find any "dirt" on Darryl Engelmeyer. Working in the Mess Hall he has clean fingernails, clean hands and even clean thoughts, so what can we say...

Til next issue, keep smiling, it always baffles your bosses...

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**WE REMEMBER**

WE HAVE NOT FORGOTTEN THAT IT WAS THOSE WHO SO WILLINGLY FOUGHT FOR THE PRINCIPLES THEY BELIEVED IN, WHO HAVE GIVEN US THIS BEAUTIFUL COUNTRY AND THE GOOD LIFE WE NOW ENJOY.

**WE REMEMBER AND WE THANK THEM**

# Editorials

## REAL AIRCREW EAT EGG AND CHEESE PIE

Ever since it was discovered that real men don't eat quiche, the question that's been on everyone's lips has been: What about aircrew? After having been fed quiche in the mess under the guise of egg and cheese pie there are no aircrew left who qualify for real men status.

Therefore a whole new set of rules has to be established to determine who qualifies for real aircrew. After discussing the matter with experts, i.e. three guys slumped over the back bar wearing funny coveralls with lots of zippers and badges, this list was compiled.

Real aircrew:

- don't play video games, unless of course it's part of the aircraft.
- don't press their flight suits
- don't carry airsickness bags; if the need arises they use their helmet bag (real navigators talk pilots into lending them theirs)
- do their own walk arounds
- go to the mess for a beer after flying
- stay for one more beer after their wife phones
- don't remember to do up all of their zippers
- don't watch Donahue, Joanie Loves Chachi, Three's Company, anything with Gary Coleman or anything on Sunday morning
- do watch Star Trek, Hill Street Blues, MASH, Barney Miller, Saturday morning cartoons, and anything that features aircraft
- don't carry more than one colour of pen
- don't use knee boards
- like to fly low and fast over Denman Island and don't mind getting raked over the coals.
- don't drink creme de menthe
- drink beer out of mugs not glasses
- get sexually stimulated when they hear hard afterburners light
- don't wear designer jeans

- aren't afraid to TACEVAL their CO or the base commander
- don't have cutesie nicknames
- don't wear regulation socks
- aren't vegetarians
- don't drive big muscle cars
- spend more money on beer than record albums
- don't have to wear flight suits to pick up girls
- can't get pregnant
- don't fly with one hand on the handles
- prefer to fly VFR
- don't wear Canadian Forces jackets in public
- don't shop at Big Steele Man
- look out of place in discos
- don't have their hair styled
- don't live in barracks
- don't know exactly how much money is in their wallet
- wouldn't be caught dead wearing a beret
- strap in
- don't drink decaffeinated coffee
- don't carry breath spray or mints in their flight suit
- have at least one American flight suit
- know NAS Oceana has the best Friday beer call in North America
- would rather fly fighters
- don't save food discount coupons
- eat raw oysters straight from the shell
- don't own pyjamas
- eat their vegetables
- eat anything put in front of them

The list was becoming unwieldy so I took the liberty of editing out a few. I felt remarks such as real aircrew don't hover or real aircrew aren't airborne until 160 kts to be somewhat discriminatory. The same applies to real aircrew don't carry nav bags and real aircrew don't sit beside one another while airborne. In my opinion the sky blue patches with the black crow in the middle that the three experts were wearing biased their view.

KJS

## 440 BAT SQUADRON

To the Editor

"440" BAT Squadron will have its Colour Presentation and Squadron Reunion on the 21 May 1983. Planning for the presentation has commenced and all aircrew and ground crew who have served with 440 Squadron since its inception on October 5th, 1932 are invited to attend.

Former members are asked to provide me with their names and addresses in order that "Colours and Reunion" material may be distributed.

R.G. Nicholson  
Lieutenant Colonel  
Commanding Officer  
440 Transport & Rescue Squadron

## TOTEM TIMES

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## BCOMD ON REMEMBRANCE DAY

There are no new words or phrases that can better describe the reasons for commemorating November 11th, there are no new lessons to be learned from the events that transpired during two world wars and subsequent lesser conflicts, but there are each year new people that need to learn the lessons already taught.

Each year there emerges a large group of people who, because of age or lack of education, were heretofore unable to comprehend the total significance of Remembrance Day. It is our sacred duty as members of the military profession to instruct the uninitiated and to refresh the memories of those around us to the effect that the sacrifices made in the name of peace are never ending. The pain and suffering endured was not confined to the combatants but shared equally by the mothers, fathers, brothers, sisters, sons, daughters and spouses who prematurely lost a loved one. The loss is also reflected in the generations of Canadians who were deprived of whatever contributions might have been made by the thousands who were taken from us while in their prime of life. The loss is immeasurable because we are also deprived of walking

hand in hand with whoever may have been their descendants.

The manner in which we discharge our sacred duty is threefold. It is physical, mental and spiritual. The physical part is fulfilled by marching in large numbers to cenotaphs across the country. This high visibility activity serves to draw attention so that we can instruct, explain and expound on the dreadful series of events that led man against man and country against country. These first two steps are essential to our aim but doomed to failure if we neglect the third aspect of our obligation - prayer.

Our prayers are needed for the repose of the souls of those who voluntarily laid down their lives so that we may live in a free and democratic society. Our prayers are needed to open the minds of those we are trying to reach to ensure that our message is understood. And last but not least our prayers are needed to give us the strength to carry out our mandate as present and future protectors of the peace that others so bravely sought and won. For we in the military Remembrance Day is every day, November 11th is the day we share it with others.

## HIGH SCHOOL REUNION

To the Editor,

To all former students of Princess Elizabeth High School, Shilo, Manitoba.

A reunion is being planned for students who attended during the years of 1962 to 1968. To be held August

1983.

For more information, contact:

Carol Myres,  
Box 11,  
Belmont, Manitoba,  
R0K 0C0



## Law Talk

By Gordon Hardy of the People's Law School

## FAMILY VIOLENCE

The last in a series of four articles on family violence.

In Biblical times the scapegoat was a goat on which the Jewish chief priest laid the sins of the people; the animal was then allowed to escape, carrying with it sin and leaving the community purified.

In our times the scapegoat is likely to be a wife, child or older relative or even husband. The difference is there may be no escape for the victim or purification for he or she who scapegoats.

According to Dr. Fred Van Fleet, a psychologist with the Justice Institute of B.C., scapegoating is behind much family violence. Van Fleet, who has made violence his study for over 20 years, says people often transfer frustration or hostility to smaller or weaker family members because they are convenient targets, and are not likely to

be able to retaliate.

Thus, husbands batter their wives, either parent may abuse the children, and the children, if teenaged or adult, may torment elderly relatives.

Canadian studies indicate that wife-battering and the physical or sexual abuse of children by older relatives is widespread. Cyril Greenland of McMaster University's School of Social Work finds that physically abused wives are "almost invariably" abusive mothers.

According to American research, a high degree of family violence is also directed at elderly relatives by family members attempting to make them change their minds about wills, financial arrangements, etc. An American researcher on problems of the elderly, Dr. Jim Bergman says abused older people share many of the traits of battered wives, including a

reluctance to talk about it because they feel alone in their plight, denial of the abuse to those who detect signs of it, and a feeling of helplessness.

And according to another American researcher, Professor Suzanne Steimmetz of the University of Delaware, the 1980's will be the decade of studies on the battered parent, as the 1970's were the decade of interest in wife-battering and the 1960's the decade of research into child abuse.

Steimmetz says that husbands, too, may be the victims of physical abuse at the hands of their wives, particularly if they are older, invalid or handicapped.

Until recently, much family violence has gone undetected and unpunished because of the privacy of family life. The trend, however, is for increasing state intervention in family matters where the protec-

tion of the health and safety of weaker and dependent family members is at stake. In B.C., for example, it is a criminal offence for anyone - doctor, neighbor, social worker or friend - to knowingly fail to report child abuse to the authorities.

But, while prosecutions may be useful as a statement of society's belief that violence is forbidden even within the confines of the family, the law is a blunt instrument which may be ineffective in protecting the victim and in reforming the offender. Immediate, practical solutions for victims are also required.

Particularly in the area of wife-beating, women's groups are calling for greater government funding for the establishment and maintenance of emergency shelters for battered women.

There are approximately 85 such shelters - usually

called transition houses - in Canada but they are regularly forced to turn away more women and children than they can accommodate. All of these shelters are located in towns and cities, meaning that rural women have no alternative to the violent home.

In a recently published report on wife-beating, the federal Parliamentary Committee on Health, Welfare and Social Affairs recommends that unoccupied buildings owned by the federal government be converted into transition houses. The Committee also proposes that the Canada Mortgage and Housing Corporation be encouraged to set aside a certain number of housing units which it subsidizes for permanent accommodation of battered women and their children.

END OF SERIES.



## HIGH FLIGHT

Poet Officer John G. Moore Jr.

Oh! I have slipped the surly bonds of earth  
And danced the skies on laughter-silvered wings;  
Sunward I've climbed, and joined the tumbling mirth  
Of sun-split clouds—and done a hundred things  
You have not dreamed of—wheeled and soared and swung  
High in the sunlit silence. How'ring there  
I've chased the shouting wind along, and flung  
My eager craft through footless halls of air.

Up, up the long, delirious, burning blue  
I've topped the wind-swept heights with easy grace  
Where never lark, nor even eagle flew—  
And, while with silent lifting mind I've trod  
The high untrespassed sanctity of space  
Put out my hand and touched the face of God.

PILOT OFFICER JOHN GILLESPIE MOORE, JR., an American citizen, was born of missionary parents in Shanghai and educated in Britain's famed Rugby School. He came to the United States in 1939 and, at the age of 18 years, won a scholarship to Yale. But he felt he must aid the cause of freedom and instead, enlisted in the Royal Canadian Air Force in September 1940. He served overseas with an R.C.A.F. Spitfire Squadron until his death on active service on December 11, 1941. His sonnet, composed in September 1941, as the catalyst freedom of soaring 30,000 feet made a word pattern in his mind, was scribbled on the back of a letter to his mother in Washington, shortly after he returned to earth.



## ALDERMAN CANDIDATE

To the Editor:

My name is Bert Linder and I am a candidate for the position of Alderman for the Town of Comox. I served in the R.A.F. in W.W.II and the R.C.A.F. Reserve in the 50's and 60's.

In fact, the reason I have made my home here is because I was with 403 Sqn. when in 1955 we landed here for a summer exercise. I enjoyed what I saw so much that we moved here in 1974 and I am sure that is why so many ex-service have retired here.

You may ask, what is all that to do with serving personnel? These are my thoughts about the future of our area.

It is realized that the economy of our Valley is directly related to C.F.B. Comox. However, I, in my

lifetime, have seen many cutbacks in Federal spending with Canadian Forces Bases bearing the brunt and I am pretty sure that we will feel the pinch here, and again it is my opinion that we have to find other sources of revenue to stimulate our area. The most obvious one is Tourism, and the tourist trade it produces.

The Comox Valley is a year round recreation Paradise nestled as it is between snow capped mountains and the beautiful waters of the Georgia Strait. We have good farmlands, forests and many streams feeding into our tidalwater delta which has shaped our quality of life and it is sometimes peaceful and serene and other times exciting, invigorating and challenging. My point is

this, that we must assist this natural progression vigorously in order to create the jobs which will naturally follow. Careful development of our assets will ensure little change in our quality of life but it will provide a future for Servicemen's families and the ex-servicemen of the future.

I urge you to vote on Saturday the 20th day of November, 1982 at the Comox Recreation Centre. If you are not sure whether or not you are on the voter list or any other information you would require give me a call at 339-3988.

Hey, and listen I would appreciate it if you would Vote for me.

Sincerely,  
BERT LINDER



# GENS DU PAYS

**EXCALIBUR**  
**FILM**  
**EXCALIBUR**  
 LUNDI LE 15 NOVEMBRE 1982  
 8:00 P.M.  
 Gymnase de "Airport School" (CFB Comox)  
 Prix d'entree:  
 \$1.00 enfants  
 \$1.50 adultes membres  
 \$3.00 adultes non-membres

Nous remercions, a notre grand regret de nous avoir quiter, Francine Gauthier et Helene Trudel qui ont apporte leur cooperation en tant que membre de comite du club "GENS DU PAYS" merci.

## NOUVEAUX MEMBRES

Nous sommes heureux d'accueillir Patrick et Marie-Paul Gregor, Andree Dufort Lucille Lamarche au sein de notre club. Bienvenue!

<b>CLUB:</b>	<b>"GENS DU PAYS"</b>
<b>PRESIDENT:</b> MICHEL PERREULT 339-7536 ou Loc 2421	
<b>V.P. ADMIN:</b> JEAN-PAUL PERRIER 339-3192 ou Loc 2536	
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Pour plus de renseignements, contacter une de ces personnes. CLUB GENS DU PAYS, BOX 213, LAZO, B.C. V0R 2K0 TEL - 339-5313. LE LOCAL EST OUVERT MARDI, MERCREDI ET VENDREDI DE 1300 HRES A 1600 HRES, ET JEUDI DE 1830 A 2100 HRES.

## AU CLUB "GENS DU PAYS"

Deux postes au niveau de comite sont maintenant ouverts.  
 Avis a tous les interesses qui voudraient faire parti du comite.  
 Les deux positions sont:  
 l'accueil  
 Secretaire des minutes  
 Telephones au local 339-5313.

## PROCHAINE REUNION DE COMITE MARDI LE 16 NOVEMBRE 1982 8:00 P.M.

De nombreux francophones travaillent tous les jours au developpement du fait francais en Colombie-Britannique. Un comite de selection a ete mis sur pied qui sera charge de nommer une personnalite francophone pour chaque mois et une personnalite de l'annee en cours.

## OU EN ETES-VOUS?

Certains membres voient a ce que leurs organisations restent fortes, Alors que d'autres s'inscrivent et se contentent d'appartenir. Il y en a qui s'y donnent, d'autres se devouent avec fierte; mais d'autres suivent, rien que pour le plaisir. Certains offrent spontanement leurs services, alors que d'autres attendent et s'en balancent. Les jours de reunion certains sont toujours presents, mais par contre - il y a ceux qui n'y vont jamais. Certains reglent toujours leurs cotisations a l'avance, d'autres laissent plusieurs mois de retard s'accumuler. Certains font de leur mieux. Certains construisent ou font quelque chose, certains ne donnent jamais rien, mais prennent toujours. Certains tirent de l'arriere, Certains laissent aller les choses, Certains ne font rien pour le developpement de leurs organisations. Certains se trainent, d'autres entrainent; avec certains c'est non, avec d'autres c'est oui, VOUS-MEME, OU EN ETES-VOUS?

## "AUJOURD'HUI"

La chose la plus precieuse que tu possedes est "Aujourd'hui"...

"Aujourd'hui" est ton sauveur il est souvent crucifie entre deux voleurs, "Hier et Demain".

"Aujourd'hui", tu peux etre heureux, pas Hier, ni Demain. Il n'y a pas de joies sauf "Aujourd'hui".

La vaste majorite de nos miseres sont des restes d'hier ou empruntes a demain.

Garde ton "Aujourd'hui" propre, decide dans ton esprit de jouir, de ta nourriture, de ton travail et de tes loisirs, coute que coute, "Aujourd'hui".

"Aujourd'hui" est a toi, c'est a toi que Dieu l'a donne. Tous tes Hiers Il les a repris, tous tes Demains sont encore enire ses mains.

"Aujourd'hui" est a toi, prends-en les joies et sois heureux...sois heureuse...prends-en les peines, et sois homme...sois femme.

"Aujourd'hui" est a toi, emploie-le de sorte que sur ta fin, tu puisses dire, j'ai vecu, j'ai aime "Aujourd'hui".

## PIECE DE THEATRE SPECTACLE POUR ENFANTS HISTOIRE DE JULIE QUI AVAIT UNE OMBRE DE GARCON



UNE PRODUCTION DE LA TROUPE DE LA SEIZIEME  
 Julie est tendre, sensible, insolente. Elle n'aime pas les peignes. "Un vrai garçon manque" lui repetent ses parents. Si bien qu'un matin, quand elle se reveille, elle a l'ombre d'un garçon. Allez donc vous debarrasser d'une ombre qui n'est meme pas la votre!  
**JEUDI LE 18 NOVEMBRE 82**  
**HEURE: 13:15 hres**  
**ENDROIT: COURTENAY CIVIC THEATRE**  
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 2. Avoir eu un impact important aupres de la communaute francophone de la Colombie-Britannique;  
 3. Avoir eu un impact sur la francophonie au niveau

national et international;  
 4. Qui de part ses actions a favorise la promotion de la fierte collective.



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# SPORTS

## NEW AIR COMMAND

### FITNESS PROGRAMME

#### "THE BODY FAT QUESTION"

Gone are the days of the 1.5 mile run, 2 mile walk and 750 yd swim. Twenty-eight dizzy laps in the gym twice a year will become a memory when the new Air Command Fitness Programme becomes reality January 1983. This new programme unlike its predecessors may be characterized as a very people oriented approach to physical fitness. Replacing the mass evaluation of units, branches and sections will be a scientifically developed submaximal birth month assessment of each member's physical condition. This assessment will consist of a determination of per cent body fat, a calculation of cardio-respiratory endurance, and a sit-up and push-up regime to ascertain upper body and abdominal strength. This second in a series of articles on this new programme is primarily devoted to a description of the per cent body fat portion of the evaluation.

Although there are several methods of determining an individual's body fat percentage the method to be utilized in the new programme consists of taking a series of girth or circumference measurements at selected anatomical

sites. For males these measurements are taken at the neck and waist while for females they are taken at the neck, upper arm, forearm, waist and upper thigh. By referring these measurements to a chart the PERI is able to predict body fat percentage. This figure is meaningful to both the PERI and to the member being assessed. It provides important information which may assist the member with his weight control programme as well as providing data for the PERI to utilize in the individual exercise programme he is designing for the member. For example if the individual is assessed as being fatter than he should be the prescription of exercise the PERI designs will take this fact into account. The resulting exercise programme will then be tailored to permit the member to participate effectively and safely despite his overweight condition. Personnel whose per cent body fat exceeds the limits at which a safe programme can be prescribed will be referred to a medical officer who will determine an appropriate course of action.

In the next article we will discuss the role cardio-respiratory endurance or VO2MAX plays in the new fitness programme.

#### CFB COMOX "TOTEM LIFTERS"

(Name change soon)

Are having a social meet and greet.

Anyone interested in bodybuilding, weightlifting, powerlifting, or fitness is welcome to attend. (Ladies, don't be shy!)

Date: Tuesday, Nov. 16  
Time: 1900 - 2200 hrs.

Place: ALLCAN Canteen (in the Rec. Centre)

Membership: \$5.00/mo., \$24.00/1/2 year \$36.00/full yr

### INTERSECTION HOCKEY

		Scores of Previous Games			
25 Oct	1815 hrs	409A	9	BAMSO	2
	2015 hrs	ATC	0	442	0
	2215 hrs	407B	2	VU33	8
27 Oct	1815 hrs	442	8	407B	4
	2015 hrs	Secur	6	407A	4
	2215 hrs	BAMSO	8	ATC	3
1 Nov	1815 hrs	409B	8	409A	0
	2015 hrs	407A	1	MSE	3
	2215 hrs	VU33/Sup	5	Secur	2
3 Nov	1815 hrs	MSE	3	VU33/Sup	6
	2015 hrs	Secur	12	442	2
	2215 hrs	409B	7	407A	0

#### Future Games

15 Nov	1815 hrs	407 Sqn	vs	409B
	2015 hrs	409B	vs	407B
	2215 hrs	Secur	vs	ATC
17 Nov	1815 hrs	MSE	vs	BAMSO
	2015 hrs	409B	vs	442
	2215 hrs	407A	vs	VU33/Sup

### INTERSECTION BROOMBALL

		Scores of Previous Games			
26 Oct	1815 hrs	409/442	2	HQ	0
	1915 hrs	Secur-407	Cancelled		
28 Oct	1815 hrs	407 Sqn	1	409/442	0
	1915 hrs	Secur	0	HQ	1
2 Nov	1815 hrs	HQ	0	407 Sqn	2
	1915 hrs	409/442	1	Secur	0
4 Nov	1815 hrs	409/442	1	HQ	1
	1915 hrs	Secur	0	407	2

#### Future Games

11 Nov	1815 hrs	HQ	vs	407 Sqn
	1915 hrs	409/442	vs	Secur
16 Nov	1815 hrs	409/442	vs	HQ
	1915 hrs	Secur	vs	407 Sqn

### INTERSECTION VOLLEYBALL

Volleyball is just starting its third week and everyone seems to be having fun. If you want to play just pick a

team and come out at lunch time on Wednesday and Thursday. The Firehall is still win-

ning with BTelO close behind. The overall standings to date are as follows:

	GP	W	L	FOR	Against	PTS	Standing
Det 5	2	2	0	61	34	4	3
Admin 1	3	0	3	37	91	0	12
Admin 2	3	0	3	40	91	0	11
Compt	3	2	1	73	63	4	6
407 Sqn	3	1	2	69	98	2	9
Firehall	3	3	0	90	42	6	1
BTELO	2	2	0	70	45	4	2
MSO	1	1	0	30	0	2	4
Bld 28	3	1	2	68	86	2	8
7 Hgr	3	2	1	80	67	4	5
Supply	1	0	1	36	40	0	10
442 Sqn	3	1	2	69	75	2	7

### BASE HOCKEY TEAM PLAYS ROYAL ROADS

The Totems will be starting the season by hosting an exhibition game against RRMC at 1400 hrs on Sunday 21 November. Coach Bill Fraser has been drilling his team for the past three weeks and feels that with

another couple of weeks' practices the guys in green will be tough competition for any team they play.

Other exhibition games have been scheduled against the Intersection All Stars, the Commercial League All

Stars, Gold River and 3 PPCLI.

If you feel that you can make the Base team, work outs are on Tuesdays and Fridays from 1100 - 1300 hrs.

### BASE BADMINTON CLUB

The Base Gymnasium with its six fine courts is specifically set aside from 6 - 9 p.m. for badminton, so why not join this great activity. Racquets and birds are available for your use, so all you really have to do is come out and participate.

The new club president is Merv Brown, who has taken over from Rosaire Bluteau. The members of the Badminton Club would like to thank Rosaire for the fine job he did this past year.

The club executive have planned a coaching session for beginners and intermediate players at 7 p.m. on November 24 and have tentatively set December 11 as the date for a club tournament. See you on the courts.

### REGIONAL/NATIONAL COMPETITION DATES

The following are the dates for some of the Regional/National Competitions, others will be announced as soon as they become definite:

Regional Broomball	17 - 21 Jan 83	CFB Comox
National Badminton	week of 18 Apr 82	CFB Portage La Prairie
National Men's & Women's 24 - 26 Apr 82	CFB Halifax	Volleyball

### PACIFIC REGION SOCCER

The Totems Base Soccer Team was in CFB Esquimalt from the 27 - 31 October playing for the Pacific Region Soccer Championship. Our Totems ended up tied for first place with CFB Esquimalt, when both teams won 3 games and lost 1 in the Round Robin play. A play-off game resulted in a 3 - 0 win for CFB Esquimalt. The team standings were as follows:

TEAMS	GP	WINS	LOSS
CFB Comox	4	3	1
CFB Esquimalt	4	3	1
P.P.C.L.I.	4	2	2
Fleet	4	2	2
Chilliwack	4	0	4

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**PUBLIC SKATING GOOD NEWS**

Sat. 6 Nov. 1815 - 1945 hrs  
Sun. 7 Nov. 1615 - 1745 hrs  
Sat. 13 Nov. 1815 - 1930 hrs  
Sun. 14 Nov. 1730 - 1900 hrs

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Twist and shout.  
Move it all about.  
Fitness is in.  
Fatness is out.

**PARTICIPACTION**

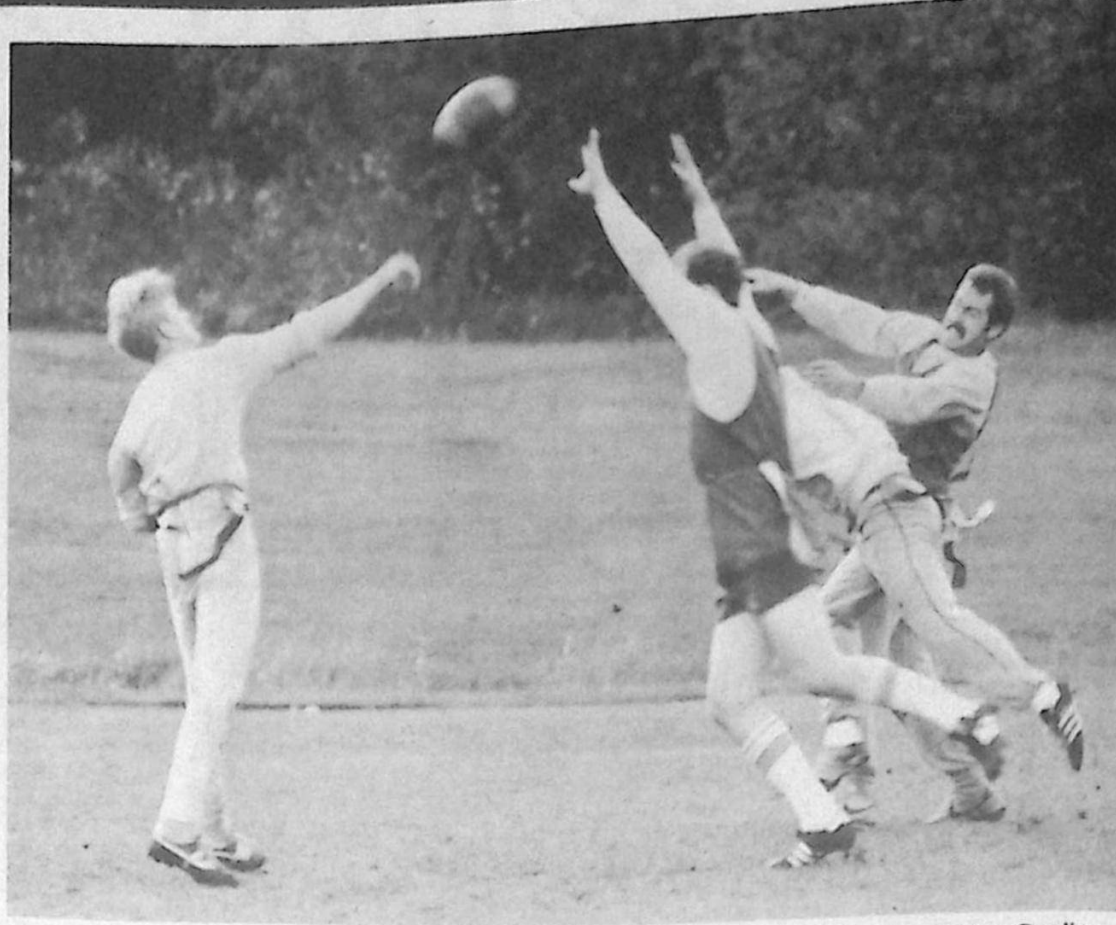


Photo by Marg Parolise

**Flag Football** - After a year without football, the 82 Intersection Flag Football league concluded November 1, when 409 Squadron captured the coveted trophy. 409 Squadron's fine defense work can be seen in the above photo, as they put pressure on Don Wilson, BTelO's import quarterback. Only 4 teams were entered this year, but it is hoped that with a little more squadron participation and drier weather conditions, next years' league will be bigger and better.

### Re-scheduled Intersection Broomball Games

Original Date			New Date	
26 Oct	Secur	vs	407 Sqn	Sun 14 Nov 1630 - 1730 hrs
18 Nov	407 Sqn	vs	409/442 Sqn	Sat 27 Nov 1830 - 1930 hrs
	Secur	vs	HQ	1930 - 2030 hrs
2 Dec	HQ	vs	407 Sqn	Sun 5 Dec 1400 - 1500 hrs
	409/442 Sqn	vs	Secur	1500 - 1600 hrs
13 Jan	407 Sqn	vs	409/442 Sqn	Sat 15 Jan 1900 - 2000 hrs
	Secur	vs	HQ	2000 - 2100 hrs
10 Feb	409/442 Sqn	vs	HQ	Sat 12 Feb 1900 - 2000 hrs
	Secur	vs	407 Sqn	2000 - 2100 hrs

# Promotions and awards



Proudly displaying their CD clasps are from left to right: Sgt. C. Chellew, MCpl. Channen, Col. Dobson, MCpl. A. Fedoruk and WO T. Hall.



Cpl. Marion Dicks (ARAF) receives congratulations from the BSUpO, Maj. Finn, on her promotion.



Sgt. Gail Harvey being congratulated by the BSUpO, Maj. Finn, on her promotion.



Cpl. Bernd Trommshauer is congratulated and receives best wishes from BSUpO on behalf of all Base Supply. Cpl. Trommshauer's new rank is an accelerated promotion announced four days before he left for CFB Lahar.

## Unclassified

### RATES

First Insertion - NO CHARGE  
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334-2151 or 338-5830  
Reasonable Rates

#### FOR RENT

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#### For Sale

Used in PMQ's wall to wall carpet, brown, 11'8" x 16'; white 9'8" x 10'; white 7' x 11'. Phone 338-9416.

#### HOUSE FOR SALE

Open to offers - 3 bedroom 1880 sq. ft., 4 years old. For more information phone 334-3036.

#### 2 or 3 bdrm MOBILE HOMES FOR SALE.

Have excellent investment potential, from only \$10,000. Here's your chance for off-base privacy, for about \$1,200 down & less than \$300.00 mo. including pad rental.  
Call Logan or Dave at 338-6716 for more details.

#### FOR SALE

2 Teak Dining Room Chairs \$35.00 each.  
Small Mahogany end table with new lamp \$70.00.  
Gardening tools also  
Phone 334-2987

#### FOR SALE

1977 Chev pickup, long box, 350 V8, Excellent Condition  
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## Princess at Comox, Powell River

The M.V. Princess of Vancouver, the 5,554-ton former CPR Nanaimo-Vancouver train-car ferry purchased by the provincial government in June, 1981 went into service on the Comox-Powell River run Wednesday October 27, Transportation and Highways Minister Alex V. Fraser announced today.

The vessel was purchased by the Ministry of Transportation and Highways for \$2,850,000 and it has undergone a \$9,000,000 refit and modification, including a bright new black, white and buff paint job, the Ministry's ferry fleet colors. The old CPR colors were black, white and red.

The vessel replaces the M.V. Sechelt Queen, an 80-car, 380 passenger ferry which was retired this year and temporarily replaced by two borrowed B.C. Ferry Corporation vessels, Queen of Tsawwassen and Queen of Nanaimo while awaiting the Princess of Vancouver refit by Burrard Yarrows Corporation.

The refitted vessel was to have gone on the run earlier this year but some delay

was caused by a heavy ship repair season.

The renovated ferry has been converted to a roll-on, roll-off vehicle ferry carrying 120 cars and 500 passengers. She will feature new bow doors, stern doors, platform decks, fire bulkheads, interior decorating, heating and ventilation systems, a new bow thruster, water system, electrical system and a new and innovative ultra violet sewage treatment plant.

Three crews of 24 will operate the vessel under Captains Ted Harrison, Doug Manuel and Ted MacMeeken, with reliefs as necessary.

The ship will start on the regular 3 p.m. schedule run from the Comox side and there will be no special ceremony for the first trip and no schedule changes are contemplated.

Counting terminal staff, just over 100 employees will be involved.

The Westview Terminal at Powell River, as well as the Little River Terminal at Comox have been modified to accommodate the new ferry.

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# EXTRAS

NOVEMBER 11 - NOVEMBER 13  
WHILE QUANTITIES LAST

STORE HOURS

MONDAY	9:30 am	5:00 pm
TUESDAY	9:30 am	5:00 pm
WEDNESDAY	9:30 am	5:00 pm
THURSDAY	9:30 am	5:00 pm
FRIDAY	9:30 am	5:00 pm
SATURDAY	9:30 am	4:00 pm
SUNDAY	CLOSED	

<p><b>CORELLE LIVINGWARE</b> 16 PIECE SET <b>22<sup>97</sup></b></p>	<p><b>PYREX</b> OBLONG BAKING DISH <b>6<sup>97</sup></b></p>	<p><b>PYREX</b> JUICE JUG <b>3<sup>17</sup></b></p>	<p><b>PYREX</b> PIE PLATE <b>1<sup>97</sup></b></p>
<p><b>SONY HFX</b> BLANK CASSETTE TAPES 3 PACK <b>10<sup>97</sup></b></p>	<p><b>KRACO</b> TOTAL AUTO SOUND SYSTEM <b>117<sup>17</sup></b></p>	<p><b>COPPER FRY PAN SET</b> 3 PANS &amp; 1 HANGING RACK <b>34<sup>97</sup></b></p>	<p><b>CARVING KNIFE &amp; FORK</b> SURGICAL STEEL DISHWASHER SAFE <b>24<sup>97</sup></b></p>
<p><b>HAT &amp; SCARF SET</b> 100% ACRYLIC <b>5<sup>77</sup></b></p>	<p><b>NEW MENS G. W. G.</b> CORD RUGBY PANTS ASSORTED COLOURS <b>25<sup>99</sup></b></p>	<p>LOOK FOR OUR <b>E.T. T-SHIRTS</b> ADULT &amp; CHILDS <b>5<sup>99</sup> to 11<sup>00</sup></b></p>	<p>IN STORE NOW <b>CHRISTMAS TABLE CLOTHS</b> 100% VINYL WITH FLANNEL BACKING <b>5<sup>49</sup> to 6<sup>99</sup></b></p>
<p><b>CHRISTMAS CARDS</b> <b>3<sup>79</sup> to 8<sup>49</sup></b> REMEMBER TO MAIL EARLY</p>	<p><b>SMURF INDOOR LIGHTS</b> 10 set <b>7<sup>39</sup></b></p>	<p><b>SMURF CHRISTMAS ORNAMENTS</b> <b>1<sup>99</sup></b></p>	<p><b>ALDERBROOK CHRISTMAS WREATH</b> <b>4<sup>67</sup></b></p>

**WATCH FOR OUR PRE-CHRISTMAS SALE NOVEMBER 17 - NOVEMBER 20**



<p><b>GOLDEN HARVEST DATES</b> 1 kg <b>3<sup>99</sup></b></p>	<p><b>GOLDEN HARVEST CHERRIES</b> RED AND GREEN 225 g <b>1<sup>99</sup></b></p>	<p><b>GOLDEN HARVEST DELUXE FRUIT MIX</b> 225 g <b>1<sup>49</sup></b></p>	<p><b>GOLDEN HARVEST CUT MIXED PEEL</b> 225 g <b>1<sup>19</sup></b></p>
<p><b>GOLDEN HARVEST CHOPPED WALNUTS</b> 400 g <b>2<sup>69</sup></b></p>	<p><b>BAKERS CHOCOLATE CHIPS</b> 250 g <b>2<sup>69</sup></b></p>	<p><b>CHIPIT BUTTERSCOTCH CHIPS</b> 350 g <b>2<sup>39</sup></b></p>	<p><b>PYREX DOMED ROASTER</b> <b>12<sup>97</sup></b></p>
<p><b>FISHER VHS VIDEO CASSETTE RECORDER</b> <b>949<sup>99</sup></b></p>	<p><b>CORNING WARE COOKWARE SET</b> <b>29<sup>97</sup></b></p>	<p><b>PEPSI</b> 2 L for <b>1<sup>69</sup></b></p>	<p><b>SHASTA POP</b> 6 PACK <b>.99c</b></p>
<p><b>WOOD BURNING STOVES WITH BLOWER</b> <b>499<sup>00</sup></b></p>	<p><b>LADIES DOWN FILLED JACKETS</b> <b>74<sup>99</sup></b></p>	<p><b>LADIES FUR JACKETS</b> <b>114<sup>99</sup></b></p>	<p><b>LADIES HAND BAGS</b> ASSORTED STYLES <b>19<sup>99</sup> TO 44<sup>99</sup></b></p>

# Around the Base



## ST. MICHAELS AND ALL ANGELS PROTESTANT CHAPEL

**CHAPLAIN:** Padre Bob Risch (UCC)  
**CHAPEL:** St. Michael and All Angels Protestant Chapel, Bldg No. 88  
**OFFICE:** Headquarters Bldg No. 45, Rm. No. 35, Loc. 2273  
**ORGANIST:** Mrs. Jean Duggan - 339-3147  
**PUBLIC WORSHIP:** Sundays - 1100 hrs.  
**COMMUNION:** First Sunday of the month.  
**COMMUNION (ACC):** Every first and third Wednesday of the month at 1900 hrs.  
**FAMILY SUNDAY:** Second Sunday of the month.  
**SUNDAY SCHOOL:** 0930 and 1100 hr sessions, Mrs. Carol Fettinger, Supt - 339-5269  
**CHOIRS:** Thursdays: 1830 - 1900 hrs. for Juniors and 1900 - 2030 hrs. for Seniors.  
**BIBLE STUDY:** 0930 hrs/Sundays  
**CONFIRMATION:** 0930 hrs/Sundays

## OUR LADY OF THE SACRED HEART CHAPEL CFB COMOX, B.C.

**BASE CHAPLAIN (RC):** Maj. Julien Rheault: 339-2211, Local 2274  
**MASS SCHEDULE HOURS:**  
 Saturday 1900 hrs  
 Sunday 1000 hrs  
 Weeks Days 0900 hrs (No Mass Thursday)  
**BAPTISMS & MARRIAGES:** By appointment - notice well in advance.  
**CONFESSIONS:** Confessions are heard 30 minutes before all Masses and any time on request.  
**CHOIR:** Meets at the Chapel on Thursdays at 7:00 p.m. New members are always made welcome.  
**CATHOLIC WOMEN'S LEAGUE:** Meets every second Tuesday of the month at 8 p.m. in the Parish Hall, preceded by Mass in the Chapel at 7:30 p.m. For further information call the President, Mrs. Eva Schwab at 339-4791.  
**PARISH COUNCIL:** Meets every second Wednesday of the month at 1:00 p.m. in the Parish Hall.  
**ALTAR SERVERS:** Under the direction of Carl Dip-sell. For info call 339-2361.  
**CATECHISM CLASSES:** Each Wednesday in the PMQ School from 6:30 to 7:30 p.m. for children from Grades 1 to 7. Children in grade 2 are prepared for First Confession and First Communion.

## CFB COMOX MILITARY CHRISTIAN FELLOWSHIP



MCF

Those interested in Christian fellowship are invited to come to the MCF which meets from 1200 to 1300 hrs every working day but Friday. On Monday we meet in the BITO Classroom in the Headquarters building with Christian films shown for the first half hour and fellowship for the remainder of the period. On Tuesday, Wednesday and Thursday we meet in the RC Parish Hall next to the Tennis Court, with Bible studies for the first half hour on Tuesday and Thursday. The remainder of the time on Tuesday and Thursday and all the period on Wednesday is devoted to Christian fellowship. Bring your lunch and dependents are welcome at all meetings. PTL.

## OFFICERS WIVES CLUB

The October meeting of the Officers Wives Club was both informative and entertaining. Watching an artist at work is always interesting but watching Marla Stevenson, a local artist was doubly so. She explained to us the different mediums and techniques used in some of her work. Marla brought along before our eyes, a watercolor that she had been working on. Needless to say we all were a little envious.

Following Marla, we were given tips on framing from Elsie and LeAnne Griffiths from the Lemon Tree Gallery. We were shown how a simple card can be made into a work of art simply by framing it properly.

Hanging of pictures and paintings was also covered. New bonding techniques for posters and other large items was also explained.

At this time we wish to thank the Griffiths for their very generous donation; a Norman Rockwell print will be raffled off for charity at a further date.

Pumpkin pie and mulled wine added a nice finishing touch to the evening.

Our next meeting will be November 17, at 7:00. We are featuring an Arts and Crafts Display and sale; a perfect opportunity to do some early Christmas shopping. Guests are always welcomed.

## ANNUAL BANQUET TEE OFF

It was that time (1800 hrs) when friends began to gather for a hi-ball or two prior to partaking of a delectable roast beef dinner prepared and delightfully served by the ladies Auxiliary of the Comox Legion.

Maj. R. (Bob) Elder, President and M.C., in his address expressed his appreciation for the excellent turnout since it was 'a first' Banquet held and hopes it will become a yearly tradition. He also gave a short resume of the progress of Glacier Greens including improvements and upkeep of the fairways and greens, with thanks being extended to Tom Shaw and Steve Bailey who so capably worked as a team, and for the efforts of the Executive Committee. Major Elder looks forward to a substantial increase in membership with bigger and better events for the coming year. In conclusion he stated the Banquet was a non profit, social, get-together for members and friends.

As a member of the Entertainment Committee, for her enthusiastic, optimistic and untiring efforts, Bob presented Rose McClesh with a beautiful corsage.

Trophies were then awarded to the ladies and men who were winners of various competitions. Vi Wilander received the Jac-Len (Len and Jackie Wilkie) perpetual trophy; Don and Kathie Plume, Mr. and Mrs. (Ernie Alberni) Len Kimbley and Rose McClesh who topped the Ladies Match Play Board. Al Donovan was pronounced the Man of the Year, while Ray Hunter achieved the Most Improved Golfer of the year. (Unfortunately, there were other trophy winners who were unable to attend).

Dancing to the music of Gordie Kruger's band, West Wind, climaxed an evening, by popular consensus, of gaiety and great fun.

V.I.W.

## RCMP BILINGUAL

The Royal Canadian Mounted Police is pleased to announce that to the extent of our resources, your local Detachment is able to provide service in both official languages.

If you should find on any occasion that the quality of this service does not meet your right to be served in the official language of your choice, we would like to hear from you. You may contact us by dialing:  
 - the local RCMP telephone number, or  
 - 732-4500 (Official languages Co-ordinator for B.C.), or  
 - (613) 593-4592 ("A" Division Headquarters, in Ottawa).



Having trouble getting your lawn to grow? We think CE Roads & Grounds have found the answer. If you can get grass to grow inside a service vehicle, you can get it to grow anywhere. The only two questions I have are, what fertilizer do you use and how like &?!? do you cut it?

How about a suggestion award for establishing mobile sod farms for Roads and Grounds work?

## BOAT CARE AND MAINTENANCE

Part 4 - Gas Tanks Also Need Attention

A little preventive maintenance in the matter of getting boats ready for off-season storage can save an awful lot of trouble when the next boating season rolls around.

According to Allied Boating-Canada, many boating items can suffer more from improper storage than they would if kept in regular service. Corrosion, rot and other forms of deterioration do more harm than normal wear and tear.

Your outboard motor's gas tanks are a good example. During the boating season, any small amount of water on the tanks' bottoms will be moved about more or less constantly. But if that water remains on one spot during months of storage, it has a better chance of damaging the metal where it happens to be.

You'd think that simply turning the tank over would let water drain out. But the spud built into the tank to receive the filler cap projects an inch or so down into the tank. It's made this way so that an inch or so of air space will remain in the top of the tank when it is being filled with gasoline. This allows for expansion when sunlight warms up the gasoline, which had previously been in a cool underground storage tank.

A good way to get a few teaspoonsful of water out of a tank is to wrap a clean, absorbent cloth around the end of a stick and use it as a swab to soak up the water. You can also dissolve water with a little of the liquid sold in auto supply stores to keep gasoline lines from freezing. Swishing perhaps half a cupful of it around the bottom of the tank will pick up all stray, scattered droplets of water and make swabbing out even easier and more thorough.

If there's and or sediment on the bottom of the tank, you can usually get it out with a swab, along with the droplets of water. Chewing gum on the end of a stick will also do the trick. Using a vacuum cleaner would be hazardous, as any gasoline vapor in the tank could be drawn to the vacuum's electric motor with its sparking commutator and cause a fire or explosion.

To ensure trouble-free boating next Spring, don't forget to look after your outboard motor's gas tanks when you are preparing the rest of your rig for winter storage.



The meet and greet held on 3 November was a tremendous success with well over a hundred people in attendance. A special thanks goes out to the Comox Sport Shop and the Ski Tak Hut all the equipment displays they arranged as well as to Peter Gibson from Mt. Washington and Herb Bradly from Forbidden Plateau for their audio-visual presentations. Judging from the response from the crowd all were very well received. Needless to say, one of the highlights of the evening was the showing of four ski movies.

A ski tune up/waxing clinic for both x-country and downhill skiers will be held on 25 November upstairs in Bldg 22 at 1900 hrs. This will be a hands-on seminar that will show the proper techniques of waxing, repairing bases and sharpening edges, so bring your skis. Anyone having files, old cloths, irons or a Black & Decker work-mate that can be used for waxing and edge sharpening, please bring them.

For those of you interested in participating in the various events we have planned, the following coordinators should be contacted:

- a. Downhill lessons - Capt. Norm Rodrigue, Loc. 2313
- b. Ski tune up clinic (25 Nov 82) - Capt. Norm Rodrigue, Loc. 2312
- c. X-country lessons & mini tours - Lt. Christine Labeage, Loc 2291
- d. Whistler Mt. ski trip - Cpl. Ken Martell, Loc. 2316
- e. Ski racing - Maj. John Finn, Loc 2211

Members will be forwarded a detailed outline of this years events.

Well, until next column, remember the two important dates in the near future: 15 November the last day of the 10% discount from the Comox Sport Shop, and 25 November for the Ski Tune-up Clinic. Keep your tips up!

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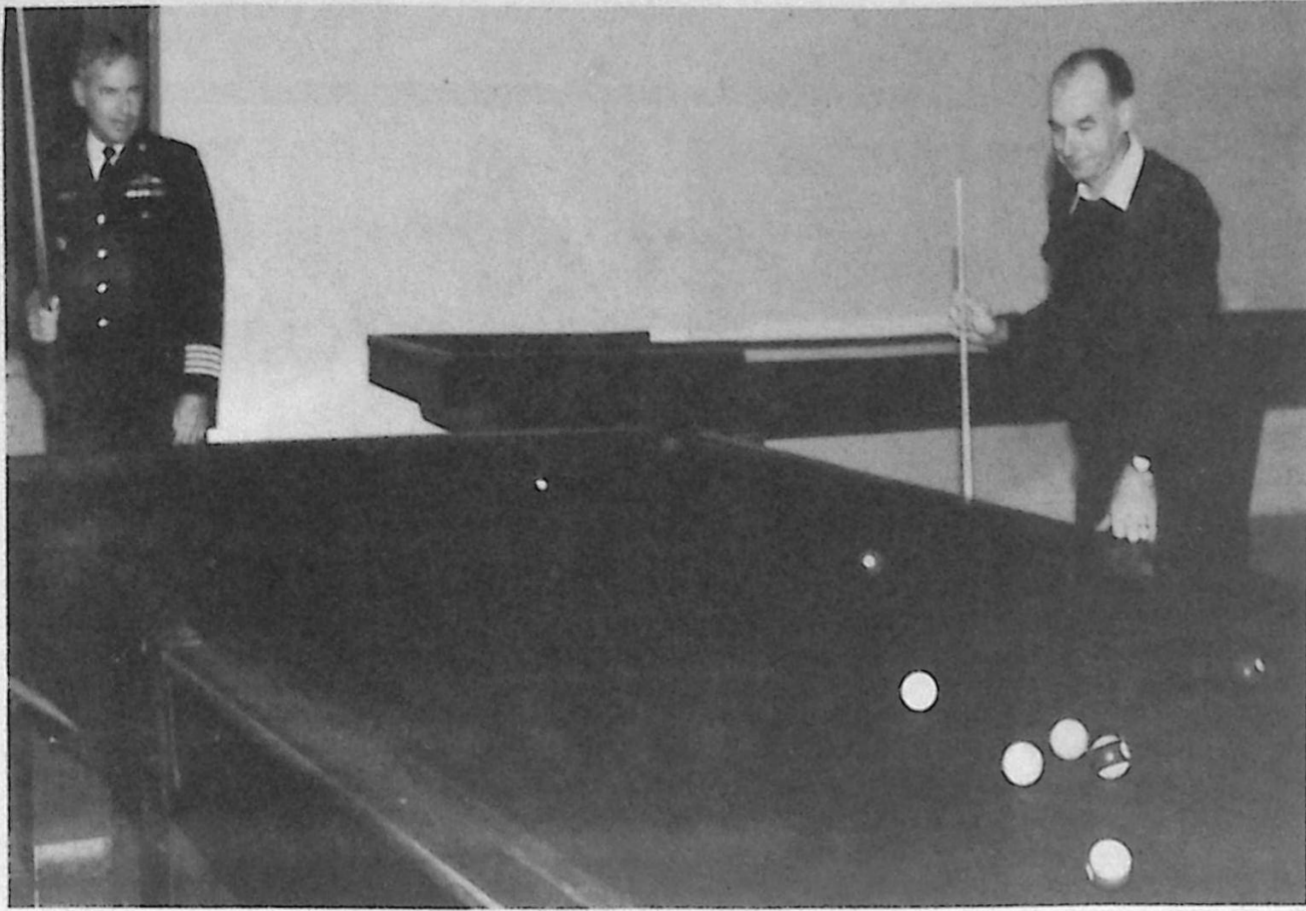
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## ALTERNATE LIFESTYLE LOUNGE AND CANTEEN

The Alternate Lifestyle Lounge and Canteen (ALLCAN) located at the upper level of the Base Recreation Centre was officially opened by the BComd at 0945 hrs 4 Nov 82.

This facility will be operated in accordance with the terms and conditions set forth below:  
PURPOSE: To provide an alcohol-free lounge and games room for Base military personnel, together with an adjacent snack bar for the use of all authorized Canex patrons.

**FACILITIES:** The ALLCAN comprises the following:

Lounge - consisting of a games room, a reading/card room, and a TV/reading room,

Canteen - consisting of the food preparation area, a general eating area, and a video games alcove.

**AUTHORIZED USERS:** Use of the lounge is restricted to regular or reserve military personnel, and their invited guests who must be at least 18 years of age. The canteen is open to all authorized Canex patrons.

**HOURS OF OPERATION:** The operating hours of ALLCAN will be: Mon thru Fri 0930 - 2200 hrs. Weekends/Holidays 1700 - 2200 hrs

**DRESS AND DEPORTMENT:** Dress in both the canteen and the lounge will be casual - gym clothing permitted. However, the wearing of upper body clothing, e.g., sweaters, shirts, gym tops, etc., and footwear is mandatory. **NO SHIRTS - NO SHOES - NO ENTRY.**

**SMOKING:** Smoking is prohibited in the TV lounge/reading room.

**CUSTODIAN:** During normal working hours the BPERO staff will act as ALLCAN Custodians. After hours a NPF paid custodian will be on duty and will be responsible to ensure that only authorized personnel use the lounge, etc.; that personnel abide by the dress regulations; and to monitor behaviour and control the use of games and video equipment.

"Biennial BAMS0 Turkey Shoot." Thanks to Base Armament the fun shoot was held and prizes awarded in time for Thanksgiving. Maj. "Head Bird" Gidley, although out shot, is shown giving the bird(s) to some of the winners - L to R WO Wilson, WO Ireland, Sgt. Tuson, Capt. McPhail. Other winners were MCpls. Bliss and Fehr, Cpls. Barber and Logan and Pte. Schouten.

## NATIONAL YOUTH ORCHESTRA

The National Youth Orchestra of Canada is now accepting applications for its annual auditions. These are to be held, November through January, in thirty cities across Canada. All young musicians resident in Canada, or Canadians abroad, who study an orchestral instrument, are invited to participate.

Internationally recognized as a pioneer in orchestra training techniques, Canada's National Youth Orchestra has been in operation since 1960. Its graduates are to be found in every Canadian symphony orchestra and in most of the major musical centres around the world.

Age eligibility for participation in the NYO varies with each instrument.

Details are forwarded with the application form. However, all musicians between the ages of ten and twenty-eight may apply for a free audition. An NYO audition is not a competition - it stands alone as a valid learning experience. Its main purposes are to stimulate interest in the orchestral music profession, to inspire to greater efforts and, finally, to instruct.

The increasing accessibility of good private teaching across Canada ensures that more musicians qualify for the NYO today than could possibly be admitted to the program. Where applicants are of equal merit, often for different musical reasons, consideration is given to their development and talent in

relation to age, the scarcity of other orchestral training in their area, and their potential for becoming professional orchestral musicians.

But the essential criterion for awarding places remains excellence in performance. There are no academic qualifications required.

Participants in the NYO have come from all regions of the country. Many young professionals, even from the major symphony orchestras, are attracted to the study program. They work side-by-side with the most talented students, some of whom will be playing in a large orchestra for the first time in their lives.

Each NYO student is awarded a full scholarship,

up to the value of \$5,000.00 which covers all the summer's expenses, including intensive study with the international faculty.

In addition, in 1982, the NYO offered some places for which a fee, competitive with other organizations' fees, was charged. This program, known as the Symphonia Animata, will be continued in 1983, giving more musicians an opportunity to take advantage of the training program.

Audition applications must be submitted by November 15 and are available, with further details, from the National Youth Orchestra of Canada, 76 Charles Street W, Toronto, Ontario M5S 1K8, telephone (416)922-5031.

## B.C. HOUSE PRICES

**VANCOUVER** - Housing prices have continued to drop in Canada according to The Permanent Real Estate's latest Cross-Canada Home Price Survey.

The survey, conducted in over 50 markets across the country, follows the progress of three types of dwelling - a townhouse, a three-bedroom bungalow, and a two-story executive home - and compares October prices with those recorded in June of this year.

According to The Permanent's survey, the British Columbia housing market continued to record price declines, but these declines have moderated from earlier surveys.

One exception was the performance of the West Vancouver market, which registered dramatic price decreases. The price of a townhouse in West Vancouver dropped from \$160,000 in June to \$145,000 in October. The three-bedroom bungalow decreased by \$35,000 to list at \$140,000 while the execu-

tive home fell \$50,000 to list at \$200,000

I think what we are seeing in British Columbia is a bottoming out with respect to housing prices," says Hugh Clee, General Manager, B.C. Region. "Of course, we'll be keeping a close eye on interest rates, but if they continue to drop, housing prices throughout the province will stabilize."

In other markets across Canada, The Permanent reports mixed activity. Calgary recorded the largest price declines as demonstrated by the performance of the executive home in suburban Huntington,

which dropped \$32,400 to bring its price down to \$122,500.

Prices in the Prairies remained fairly stable while Ontario reflected mixed market activities. Prices increased in Hamilton, Kingston, Kitchener, Peterborough and Richmond Hill, while Ottawa remained unchanged.

Toronto saw mild decreases with the exception of the central Toronto area which recorded steeper declines.

Prices in Quebec were either unchanged or fell from \$5,000 to \$15,000 with the performance of former anglophone areas - the West Island and Town of Mount

Royal - recording the steepest price drops.

Housing prices in Atlantic Provinces showed little movement although price declines were most noticeable in high unemployment areas.

The Permanent Real Estate's Cross-Canada Home Price Survey is based on information supplied by qualified appraisers and leading real estate brokers across the country. It is particularly useful for those moving to different parts of Canada, for corporate relocation programs and as an indicator of home price trends.

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Give him to us, we'll ship and receive!

## CANADA SAVINGS BONDS

The following is a message from the Deputy Minister of National Defence and Chief of the Defence Staff:

"Once again service and civilian personnel of the Department are given the opportunity to subscribe to Canada Savings Bonds -

Canada's most popular personal investment. In the 1981 campaign, employees of more than 7000 companies purchased Canada Savings Bonds through payroll deduction plans. In National Defence alone, more than 36,000 participants purchased bonds amounting to over 34 million dollars. In his message to personnel of the Department, the Minister of National Defence recommends Canada Savings Bonds as a safe,

sound investment. We urge all organizers and canvassers to ensure that every service member and civilian employee of the Department is personally contacted wherever located and afforded the opportunity to begin or increase his personal savings through the purchase of bonds in this series."

Air Command sales are progressing in an excellent manner. Up to Oct. 25, canvassers have sold 7,378 applications for \$6,935,400

which is 70% of Aircom's objective. CFB Comox sales up to Nov. 5 total 635 applications for \$616,300. This is well above last year's sales. Canvassers have been doing an excellent job. If any personnel should still like to purchase bonds, contact your unit canvasser or Lt. Heesing (at the Pay Office.)

**BONDS ARE STILL AVAILABLE THROUGH PAYROLL PURCHASE PLAN UNTIL NOV. 19.**

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Two Shows Fri. & Sat.  
7:00 & 9:00 p.m.

Adults \$3.75, OAP \$1.75, Child \$1.75

Now Showing to Thurs., Nov. 11 - Peter O'Toole  
"MY FAVORITE YEAR" "Warning - some swearing & suggestive language" - B.C. Director **MATURE**

Fri. to following Sat. - Nov. 12, 13, 14, 15, 16, 17, 18, 19, 20  
"FAST TIMES AT RIDGEMONT HIGH"  
"Frequent very coarse language; Some nudity & suggestive scenes" - B.C. Director **MATURE**

SPECIAL PRESENTATION - Sun. to Wed. - Nov. 21 - 24  
Sun. 2:00, 7:00, 9:00; Mon, Tues, Wed. - 7:00 & 9:00 p.m. each evening.  
"JONI" Starring Joni Eareckson as herself. **GENERAL**

Starts Thurs., Nov. 25 "DINER" "Coarse language" **MATURE**

**Van Isle**  
Circuit

Now Showing to Sat., Nov. 13  
Kenny Rogers  
"SEX PACK" **MATURE**

Sun., Mon., Tues. - Nov. 14, 15, 16  
Sun. at 2, 7 & 9 p.m.; Mon. & Tues. - 7 & 9 p.m. both evenings  
"JONI" **MATURE**

Nov. 17 to 21  
"MY FAVORITE YEAR" **MATURE**

Nov. 22 to 25  
"THINGS ARE TOUGH ALL OVER" **MATURE**

1 Show Sun. to Thurs. - 7:30 p.m.  
2 Shows Fri. & Sat. - 7:00 & 9:00 p.m.

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# Canadian Forces news



### BRAVERY AWARD

by His Excellency the Right Honourable Edward Schreyer, Governor General of Canada, during ceremonies in Ottawa, Oct. 6. Cpl. Seager assisted in the rescue of six people trapped in the flooding Cheakamus River in British Columbia on 27 December, 1980. He was a Search and Rescue Technician with 442 Transport and Rescue Sqn. from CFB Comox, B.C. The award is the second highest Canadian decoration for bravery.



SIDNEY, B.C. - Mr. George Maude, 10137 West Saanich Rd., Sidney, B.C. and his World War II P-40 Kittyhawk fighter aircraft in its' hangar in Sidney, B.C. Purchased in 1947 for Fifty Dollars during a war surplus sale, George wishes to eventually donate the aircraft to an air museum where it will be on display to the public. (CF Photo by P.O.M.D. Johnson)

## MINT AIRCRAFT FREE OF CHARGE

VICTORIA -- For the past 35 years, George Maude (10137 West Saanich Rd., Sidney, B.C.) has maintained a Second World War Kittyhawk fighter in near-perfect condition waiting to donate it to an air museum that doesn't yet exist.

The sleek P-40 today sits in a corner of a hangar at Patricia Bay waiting for its new home.

"Trying to give away a mint condition aircraft might sound a bit unusual," says George, "but I know there are a couple of groups trying to get a B.C. air museum going and I think - and hope - they will be successful."

George purchase the plane in 1947 when he put a bid in for \$50 during a war surplus sale. About the same time he also put in

successful bids on two "Bristol Bolingbroke" bombers, one of which he sold to a friend while he donated the second to the National Air Museum at Rockcliffe in Ottawa.

George researched his aircraft and has learned that it was once part of the 133 Royal Canadian Air Force "Falcon" squadron based at Pat Bay during the war. It bore the serial number 1034 H while in service with the RCAF but was previously AK 803 with the Royal Air Force.

The RCAF used the P-40 aircraft on both coasts during the war and is said to have the distinction of being the only North American-based Canadian plane to shoot down an enemy aircraft. Squadron Leader Ken Boomer, of 111 squadron, shot down a Japanese "Zero" over Kiska Island in September, 1942.

The Kittyhawk gained considerable fame with a shark-like paint job used by the Flying Tigers who fought in China against the

Japanese. "There were 14,000 Kittyhawks built," George said, "and after the war most of them found their way to the scrap yard. Today there are only a handful of them left that's why I'm being so careful with this one. I don't really know what one would cost today, but I would imagine \$300,000."

"I've hung onto this one all these years and now all I want is to see her on display where the public can view this bit of history."

## COLLECTIVE CHALLENGE 82



ST-HUBERT - The winds blew all week at l'Estrie garrison, near Farnham, Que. What a time for a helicopter competition. Yet, this just what took place in this Eastern Townships detachment of CFB Montreal, from 18 - 21 Oct. Rain was forecast everyday but managed to hold back most of the time and the sun made it possible for the numerous spectators to lie on the grass to watch the best helicopter crews in 10

Tactical Air Group (10 TAG), along with some invited teams from VU 32 Sqn in Shearwater and 1 and 2 Air Reserve Wings.

They had come from one end of the country to the other and even from Lahr. Not only were they happy to meet and trade stories and methods, but also to participate in the ultimate helicopter competition in the Canadian Forces.

Two days of the competition were reserved for

navigation exercises and two days for precision flying. The competition planners had done their homework and the navigation events, prepared by Capt. Gilles Tessier of 10 TAG, tested the capacities of the crews to the full extent.

On the other hand, the wind made the precision

flying very difficult. To remain immobile in the air, a helicopter must actually fly into the wind at the same speed of the wind.

For those reasons, there were no runaway winners. A fly-off event had to be held to decide the winners of the Chinook event. The following crews were

declared winners  
- On CH-135 TWIN HUEY, 430 ETAH of Valcartier with Lt. D. Bessette, pilot, Lt. D. Gladu, co-pilot and MCpl. S. Camire, Flt Eng.

- on CH-136 KIOWA, 403 Sqn. of Gagetown with Capt. C. Rainy, pilot and WO J. Doiron, observer.

- on CH-147 CHINOOK, 447 Sqn. of Edmonton, with Capt. G. Robertson, pilot, Capt. T. Swanson, co-pilot, MCpl. N. Best, Flt Eng and MCpl. R. MacCallum, crewman.

### SCALE MODEL SOLDIERS, SAILORS AND AIRMEN



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3rd KINGS DRAGOONS/RCDs  
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Autumn

Winter  
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- ★ The genes that determine your skin tone, hair & eye colour also determine which colours look best on you.
- ★ Knowing your season saves you time and money when buying clothes.

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**MEN - ladies also welcome!**

Colour coding - Nov. 12 & Nov. 19 - 5 to 9 p.m. Comox Men's Wear  
For an appointment call 339-6923

FOR OTHER APPOINTMENTS -- CALL COLOUR CONSULTANTS  
Maggie 339-2882 or Marilyn 339-3685

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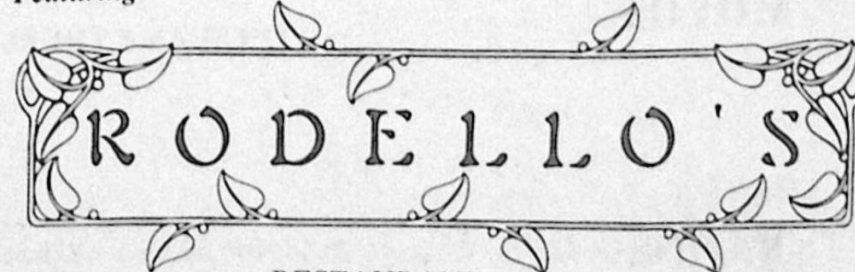


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# JUNIOR RANKS MESS

## ENTERTAINMENT SCHEDULE for

### NOVEMBER

SUN	MON	TUE	WED	THURS	FRI	SAT
	1 DARTS	2 MOVIE TBA	3	4	5 TGIF DISCO	6 DISCO
7 FREE ADMISSION BAND "BRANDY" 2100-0100	8 DARTS	9 MOVIE TBA	10	11	12 TGIF DISCO	13 DISCO
14	15 DARTS	16 MOVIE TBA	17	18	19 TGIF DISCO	20 DISCO
21	22 DARTS	23 MOVIE TBA	24	25	26 TGIF DISCO	27 DISCO
28 FREE ADMISSION BAND "BRANDY" 2100-0100	29 DARTS	30 MOVIE TBA				

### DECEMBER

SUN	MON	TUES	WED	THURS	FRI	SAT
			1 LOUNGE CLOSED	2 LOUNGE CLOSED	3 TGIF DISCO	4 LOUNGE CLOSED
5 LOUNGE CLOSED	6 DARTS	7 LOUNGE CLOSED		8	9 MIXED TGIF	10 CHILDRENS XMAS PARTY JRM XMAS PARTY PM
12 LOUNGE CLOSED	13 DARTS	14 MOVIE TBA	15 LOUNGE CLOSED		16	17
19 LOUNGE CLOSED	20 DARTS	21 MOVIE TBA	22 LOUNGE CLOSED	23	24	25
26	27 DARTS	28 MOVIE TBA	29	30	31 NEW YEARS EVE BALL	

### JANUARY

SUN	MON	TUES	WED	THURS	FRI	SAT
						1 NEW YEARS LEVY
2	3 DARTS	4 MOVIE TBA	5	6 MOVIE TBA	7 TGIF DISCO	8 DISCO
9	10 DARTS	11 MOVIE TBA	12	13 MOVIE TBA	14 TGIF DISCO	15 DISCO
16	17 DARTS	18 MOVIE TBA	19 BINGO	20 MOVIE TBA	21 TGIF DISCO	22 DISCO
23	24 DARTS	25 MOVIE TBA	26 BINGO	27 MOVIE TBA	28 TGIF DISCO	29 DISCO
30	31 DARTS					

## FUNCTION INFORMATION

#### DECEMBER 10

#### MIXED TGIF

1500 - 0100  
Entertainment Schedule

1600 - 2100  
Two Discos

2100 - 0100  
BAND

"LAZY SPIRIT"

\$2.00 per PERSON TGIF FOOD  
DRESS: No Military Dress after 1800 hrs.

#### DECEMBER 11

#### CHILDRENS CHRISTMAS PARTY

1300 - 1600 hrs

ADMISSION — FREE

FREE  
★ Chips  
★ Pop  
★ Films

"SANTA will be here with gifts for the children". Fill out registration form located at bottom of this page; clip out and drop off at PMC's office or JRM bar, no later than Monday, December 6th if you wish your child to participate.

#### J R M CHRISTMAS PARTY

Admission  
\$2.00 per PERSON

Band  
LAZY SPIRIT

Time  
2000 - 0100

"DOOR PRIZES"

Dress  
CASUAL  
No Blue Jeans, Running Shoes or T-shirts

#### DECEMBER 31

#### NEW YEARS BALL

— GET YOUR TICKETS EARLY —  
Advance Tickets - Members Only: Sold til  
Sold Till December 21th.  
Guests & Members tickets sold after the 21st of  
December and at the door.

— ONLY 250 SEATS AVAILABLE —  
ADMISSION:  
\$30.00 Members/per couple  
\$40.00 Guests/per couple

BAND: THE NOTE-ABLES

2100 - 0200 hrs

- Baron of Beef
- Corsage for the Ladies
- Door Prizes
- Cocktails at 1900 hrs
- Supper at 2000 hrs

Dress

SEMI-FORMAL

(Sports Coats - Suit, Tie & Sweater)

#### NEW YEARS DAY LEVY

ENTERTAINMENT AVAILABLE  
ADMISSION - NO CHARGE WITH NY  
TICKETS  
TIME: 1000 hrs till'???'  
DRESS - Casual

### Special Notices:

★ CASH BINGO ★

— Every Wednesday Night will be Bingo Night at JRM.

— Only your participation will ensure its success.

— Please come out and support this event.

	7	6	11
12	5	BINGO	
8			
20	30	4	21
9			2

BINGO STARTS WEDNESDAY, JANUARY 19/83.

Doors open at 1900 hrs

Starting in January, there will be 2 Movie Nights

MOVIES

TUESDAY & THURSDAY NIGHTS

BANDS

Bands for January will be announced

#### REGISTRATION FORM J R M

### CHILDRENS CHRISTMAS PARTY

11th December 1982

Childrens Names:

Ages:

Sex:


SUBMIT TO PMC OFFICE OR JRM BAR  
NO LATER THAN  
MONDAY DECEMBER 6, 1982.