



TOTEM TIMES



Vol. 24 No. 24

CFB COMOX TOTEM TIMES

THURSDAY, DECEMBER 23, 1982

Deadline is Monday, January 10, 1983

COST: PRICELESS

BComd.'s Message: Merry Xmas or Merry Christmas

In my opinion there are two categories of the annual celebration known as Christmas. One is governed by commercial enterprise and peer pressure the other by personal conduct and tradition. The two are not totally separate because some of the ingredients in both recipes are common to both and interchangeable. But as any good cook will tell you, the lack of one essential ingredient can cause the cake to fall flat.

A Merry Xmas is attainable by all who can afford the tinsel, the turkey, the tree and all the presents placed thereunder. Included of course are all the toys and games repeatedly advertised on TV and radio and colorfully depicted in newspapers and magazines. By virtue of our standard of living most of us who work on Base can attain these ingredients without undue sacrifice. The most common error in filling the recipe for a merry Xmas is to double or triple the ingredients hoping for an even merrier Xmas. Unfortunately this practice ignores the basic tenet of cooking in that all ingredients must be kept to their proper proportions to achieve success. Too much of a good thing spoils the batter.

A Merry Christmas is also very affordable and attainable by all of us but the recipe is sometimes harder to get and takes much longer to fill. The essential ingredients are beliefs and attitudes rather than material goods, the material goods are added after the recipe has

been filled and become the icing on the cake so to speak.

If we truly believe that it is better to give than to receive and we demonstrate that belief in our attitude toward our fellow men, we are well on the way to a joyful Christmas. All of you who worked alongside your friends and neighbours in community organizations, service clubs, church groups, hospital auxiliaries or recreational councils; all of you who gave freely of your time and labor to help those around you, know and appreciate the satisfaction that comes from giving. For those of you not involved in helping others throughout the year, there is still time to participate, still time to give of yourself in order that someone else might benefit. Your local clergy will be delighted, I'm sure, to direct your efforts toward filling a need.

It is only by giving that you receive the inner satisfaction that is the catalyst for the entire recipe for a Merry Christmas, and only then should you add the material ingredients from the Xmas recipe and those in moderation.

I will close by thanking each and every one of you for your loyalty, dedication and professional conduct throughout 1982 and ask that you repeat your excellent performance next year.

To quote from Tiny Tim, God Bless you one and all!

Season's Greetings

"Fishwrapper" Exposed

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Deadline for the next issue

Monday, Jan. 10

Section news

Nighthawks



Nest

A Short Christmas Story

The shock of it hit Santa Claus like gull droppings from the height of an SR-71 spy plane. The elves were on strike! It was Friday, December 24th, the night before Christmas and the buggers had dropped their tools, fled the workbench and were that very minute taking shifts in marching back and forth in front of the palace, looking like sub-scale Buckingham Palace guards with pointed hats and Mitch Miller beards.

Off to one side sat an abandoned Volkswagen van salvaged from an ill-fated expedition of Denman Island residents who thought that "Aleutians" were a form of tundra-spawned hallucinogenic flora. Inside, several elves sat deliberating their course of action. They were warning themselves over a small Coleman stove and munching on Mandarin oranges pilfered from Mrs. Claus's larder, as they had had no strike fund since 1961, when they had given up the right to collective action in exchange for the privilege of wearing long pants - the leather shorts of yesteryear being of little use in cutting the cold arctic winds and protecting their tiny...uh, knees. Several miniature sandwich boards sporting the legend "North Pole-ish Solidarity", were leaning against a set of bunk beds.

The center of attention was a husky elf with a bushy red beard who was tugging at a piece of jerked reindeer meat which he had been hoarding since he had realized the strike was inevitable. He wore Gucci elf boots lined with chin-chilla, a mid-length mink combat jacket with calfskin bandoliers, and a bullet-proof stetson which was perched insouciantly on the back of his head. His name was Sheets O'Flannel, the union leader, and he was not your average elf.

Meanwhile, back in the palace, Santa Claus was beside himself - no mean feat for a man of his bulk. His eyes were glowing fiercely like a polar bear in a leg hold trap and, as he clenched his teeth in fury, his beard-stained at the corner from the gigantic wad of Red Man chewing tobacco in his mouth - visibly trembled. He downed the glass of Scotch in his hand and hurled the glass into the fireplace. "We have to break that strike!" he roared.

"It would take a miracle to do that in time," said Mrs. Claus. She was attired in an old red velvet nightgown, and she was wearing a bright red mud pack on her face. Her hair was in rollers, and was protected by a crimson babushka. Her thin legs were thrust into an old pair of Santa's size thirteen Tony Lama's - giving one the overall impression of

looking at Don Knotts playing the Scarlet Pimpernel in hip waders. "No," she continued, "we'll just have to keep on wrapping."

She was referring to the endless job of wrapping the presents that the elves had abandoned on the benches. The two of them had been working steadily since the strike was announced over the RFD (Radio Free Dwarves) network.

"Take a look at the list, will you," said Santa, "and tell me who the next group is."

"409 Squadron," Mrs. Claus said delightedly. "Those nice gentlemen from Comox."

"Nice gentlemen, eh?" Santa scornfully snorted. "Did you see their Christmas party at the Loft last week? The Japanese were more polite in Nanking in '37."

"I still think you exaggerate," Mrs. Claus said with a shake of her head. "Now get on with it - this strike was your fault in the first place. If you had given them partial rights to the Brooke Shields doll like they asked, we wouldn't be in this pickle."

"I wouldn't give that O'Flannel the time of day," Santa flatly stated. "But I suppose we should get to work - the last time we were late in delivering that Squadron's presents we had a Ministerial Inquiry on our hands and had to watch that damn Larry Lott moan and whine to Barbara Frum every day on the T.V." He set resolutely to the task.

Back in the VW van, events were coming to a head. "I canna' see wha' tha' great fat oaf 'as ever done for us," said Sheets O'Flannel in his guttural brogue. "Slave labour - tha's wha' it bloody well is."

"But, sir," protested Deke Meek, a pale, mild-mannered elf with lumbago, psoriasis, a receding hair line and skin the texture of shortbread cookie dough, "we can't even consider armed rebellion with Mrs. Claus still in the palace."

"Why not?" asked Sheets. "If you read your 'istory, you'll see tha' innocents 'ave to be sacrificed for a great cause - it's practically a rule."

Deke Meek, cowed by the overwhelming presence of the union leader and by the walrus tusk-handled revolvers protruding from O'Flannel's Calvin Klein tie-down holsters, reluctantly agreed to participate.

At this time, far to the south, Capt. Bob Slack and Lt. Tom Chester were planning a trip in their private T-33, a training jet once used in the Korean War, the Bay of Pigs, and the Navigator Mutiny of 1982.

"It's been a hell of a long time since I've seen all the fuel lights come on in this baby," said Slack en-

thusiastically, "so let's just point her north and see how far we can go."

Lt. Chester, who hunted flying hours like the Mustang Rang pursued rich Arabs, quickly agreed. They strapped in, taxied out to the runway, and performed a rolling takeoff - overtemping the engine by something less than the national debt of Chad. "Is it gear, then flaps?" asked Slack from the front seat.

"Sounds good to me," Chester replied, accidentally knocking off the high pressure cock. The two of them calmly relit the engine and they were on their way - despite the four bald eagles they had managed to im-

control, and began rooting in his flying suit pockets for the cyanide pellet which was standard issue for American exchange pilots who could count on harsh treatment if captured by belligerent Canadian citizens.

Chester took control of the aircraft and in a brilliant maneuver, avoided closing the high pressure cock again, and instead bumped off the aileron boost. In the ensuing commotion, it was difficult to determine what exactly transpired, for the screaming in the cockpit (both thinking the hydraulics had seized), sounded much like a full

opera chorus in the middle of a rocket attack. The aircraft began to dive - picking up speed at an alarming rate.

Back at the palace, the reindeer, struggling to get airborne with a sleigh chock full of Clauses and toys, suddenly burst into a wild cacophony of neighs, whinnies, moos, or whatever reindeer do, at the sight of Sheets O'Flannel and his men finally reaching the roof. As the barbaric elves advanced at a run, Rudolph, the lead 'deer, slipped to his knees, dragging Dancer, Prancer and Donner with him - vexing Vixen in the process.

Just as it seemed that the world would lose its greatest hero to a bunch of unruly, semi-psychotic bumpkins, a strange whistling sound was heard - resulting in enough of a pause by the elves, that Rudolph and crew were able to regain their hooves.

Then the jet was upon them all. Well above the speed of sound, it passed directly over the heads of

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In all, a happy tale. 409 Squadron would like to wish everyone a very Merry Christmas, and the best of New Years.

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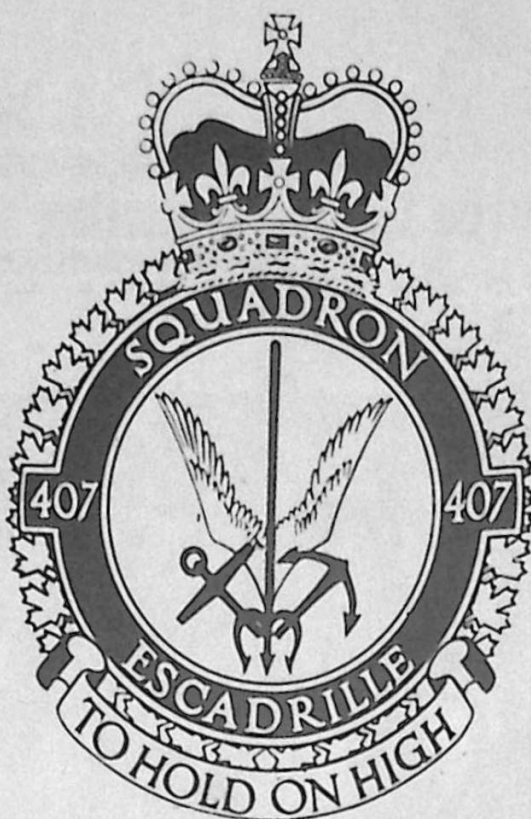
The following letter was received several days ago by 442 Squadron. It is the story of two men who ran into problems while boating off the west coast of Vancouver Island. We felt the story would be appropriate to print for the holiday season since it had a very happy ending.

"First and foremost, I would like to extend my sincere gratitude to all the people who were involved in our rescue. It was a harrowing experience and we are all thankful it ended so well.

This is how it happened: My friend and I went out of the Nitinat Gap on Dec. 7, 1982 about 11:30 a.m. As there were breakers in the middle of the gap, we went through Canoe Path, as I had done dozens of times before. There were no problems with the water and that is why I decided to go. At about 12:45 p.m. we returned the same way. Right in the middle of Canoe Path we ran onto a submerged log. Before I had time to check the engine, a wave carried us and the remaining few feet toward the cliffs, lifted up the boat and turned it over, dumping both my friend and myself in the ocean. My friend, a visitor from Germany, climbed up the rocks into a crevice, while I went back to save the boat. I immediately realized that we would not be able to climb out of the crevice due to the steep cliffs. The current washed myself and the boat out to sea. I tried to free the long line so that I could swim to the shore with it in order to tie it onto something, but in the process I got entangled in the line and hit in the head by the boat. This caused me to release the line and swim for shore. Unfortunately, the current was so strong that I had no chance of getting out of it. Besides, at that time, after about ten minutes in the water, I had lost just about all my strength. At that time a wave carried me toward a back eddy, and another wave washed me against the rocks. As I came up I was able to grab onto some water plants and pull myself out. I immediately undressed and rung out my clothes and put them back on again. The cold had caused my skin to turn blue. After I had dressed I made my way to a life saving trail. I proceeded on it to the gap. From there I went back to where the accident had occurred and found my friend

sitting on a rock. In spite of my help it was impossible for him to climb out. As it was approaching darkness I decided to return to the trail to fetch a rope that was part of a rail on a steep section. I realized that my friend would possibly not be able to survive a 14-hour night in that location considering that he was not able to move from the spot to keep warm. I returned to him just before dark and pulled him out. We both got safely to the beginning of the trail shortly after dark. The long night was spent by trying to sleep for short periods. Once coldness started our uncontrollable shivering, we paced back and forth vigorously until the shivering stopped. Around 10 a.m. on Dec. 8, we decided to make our way to a house which we knew was about a mile away from the thoroughfare. All my matches had gotten wet and my gas lighter ran out of flint after striking it a couple of times, so there was no way of getting our clothes dry for a possible second night. We arrived after a gruelling trip through the underbrush at the said house around 2:30 p.m., found the door unlocked, and the house well stacked with provisions, firewood, blankets and matches. From that moment on we felt saved.

I have to admit that at that time we were totally exhausted, and I don't think we would have lasted another night without having the chance to get dry. During the night we recovered well, stoked up the stove with wet wood to create a lot of smoke, and waited outside with a blanket to flag down a boat or helicopter we were sure would be looking for us by now. Around 12 noon the Canadian Rescue helicopter from Comox came and pulled us out. Again, it was an experience that none of us will ever forget. There are numerous resolutions which we made during that fateful night and which we are now trying to live by. One thing to be passed on to other boaters is to wear their life vests regardless of how good they are able to swim. Also, carry a survival kit on their bodies composed of water-proof matches, plenty of material to ignite a fire in wet conditions and a flare gun, knife and some high-calorie food, plus a light plastic sheet. Best wishes for the Christmas Season.



Crew 7, "Ready to Tussle" recently returned from a one week trip to Bermuda. Work! Work! Work! They participated in the annual east coast Marcot Exercise which involves air and naval units of primarily the CF with a few US Forces. Many thanks go to VP415 for offering us a few of their exercise slot times and help in pre-exercise preparation. Of course they said they expected one of our Hawaiian Island trips in return, but they didn't specify which island (Maybe Adak).

Yes, Bermuda the land of sweaters, mopeds and English pubs. Sweater merchants abound there as horseflies do in Yellowknife. Just like the North American gas stations, the sweater merchants do have price wars. Of course not everyone brought home wool sweaters from this island paradise, right Ulrich. A good place to buy a ski jacket you say! We understand you're looking forward to a trip to Adak so you can peruse the swimwear.

Because vehicles are limited on the island, the major mode of transport is mopeds - motorized blenders that run for a week on a dollar's worth of gas. As Nick proved, you didn't need a big bike, a beer belly, and a tattoo on your chest to be a terror on the road. We also discovered it's against the law to share a helmet with someone, even though he is riding in your basket. The moped - there I was - stories are endless.

Besides enjoying the beauty of Bermuda, the tourist also has the chance to sample the various fares at typical English Pubs. We quickly found out what varnish actually tasted like when we ordered the local draught.

The exercise wound up for the crew with an excellent dinner at one of the finer restaurants in St. George. Yes, it really is "Better in Bermuda".

As we are all aware, the Xmas season is upon us and what better way to get your spirits up than squadron

Xmas parties. The 407 All Rank's party was an astounding success due mainly to the extra effort put forth by WO "Joe" Thibodeau. He's the one who handled all the problems and got the headaches associated with organizing a party of this magnitude. Joe's wife didn't appreciate his organizational abilities - they only had two dances the whole evening. Rest assured Joe, the remainder of us thoroughly enjoyed the evening.

The lay out of the rec centre was a vast improvement over last year with the tables placed in a semi-circle and combined with the streamer arrangement from the ceiling gave a night club atmosphere. This was the brain child of Gene Miles and his staff - well done! A special thanks also goes out to the ASO personnel who help with the set up and take down. We are aware this is a thankless task but rest assured it was most appreciated.

Other than the Tech Adj not having his favourite brand of wine, all comments and observations have been favorable. All of those involved in getting this dance on the road deserve a great big "THANKS". The All Rank's Christmas Party was followed this past weekend by another success - the 407 Officer's Xmas party. Thanks to the last minute return of Chuck Attwood, the evening went without a hitch.

A free cocktail hour followed by an excellent shrimp and filet dinner was only the start of a superb evening. Mrs. Armstrong and her demonettes (and one demon, right Bill) entertained the crowd with their usual fine style. The CO must have enjoyed them. How often does anyone get a personal letter of thanks from him? And tell us "Gussy" how does it feel to be touched and fondled by so many women? I'm sure that kiss from our mystery demonette put the icing on the cake for your birthday celebration.

Demon Doins



VP 407 flies by to welcome Crew 7 home from Bermuda.

As this is the Christmas issue, we considered it appropriate to conclude this week's column with remarks from our Commanding Officer, LCol. Brygadyr.

The real meaning of Xmas often seems to take a backseat to all the partying and shopping and hustle-and-bustle of the festive season. I would ask you all to pause once in awhile and take stock of your particular situation. In these very difficult economic times most of us should consider ourselves fortunate indeed. We are well fed, well clothed and reasonably protected from the serious difficulties faced by many in today's society. Let us all then be thankful for our own good fortune and let us all share some of it with those who are less fortunate. Let us keep alive the true meaning of Xmas by caring and sharing - by adding to the peace and tranquility which should prevail at this special time of year. Merry Xmas to you all.

WHO'S GOING TO TELL HIM
WE SCREWED UP
THE LOAD

407 ARMAMENT

WHO CODE

NOT ME!

A BROKEN CIGARETTE
IS A LITTLE FREEDOM GAINED.



THANKS FOR NOT SMOKING.



Health
and Welfare
Canada

Santé et
Bien-être social
Canada

Canada



WOs' - SGTs' MESS

NEW YEARS EVE BALL

Friday, 31 December 1982

Hip of Beef - Ham - Seafood, Etc.
Cocktails at 1930 hrs - Dinner at 2000 - 2200 hrs.
Dancing to "BRANDY" from 2100 hrs - ?

FREE BUS SERVICE

ADMISSION: \$40/couple Members & Associates
\$60/couple Honorary & Guests
Includes 1 bottle of wine per couple.
There are still a few tickets available at Mess Manager's Office.
DRESS: Semi Formal

NEW YEARS DAY LEVEE

Saturday, 1 January 1983

Official Levee for Military Members only from 1000 - 1200 hrs.

DRESS: S-2, FS-2

Mixed Levee: 1300 - 1700 hrs

Moosemilk - Food - Dancing

FREE ADMISSION

DRESS: Informal

OFFICERS' MESS

Friday, December 31 -

NEW YEAR'S EVE BALL: Champagne Punch 2000 hrs. Dinner: Chateaubriand, including a complimentary bottle of wine from our selection, 2030 - 2300. Dancing to the music of *Bourbon D*, 2230 - . Dress: Members - Mess Kit, Guests - Tuxedo, Ladies - Formal. Cost per couple: Members \$40, Guests - \$60. Reservations: Members only until December 10, Guests December 11 space permitting. Noise Makers, Hats, etc.

BUS SERVICE available - same as last year. Copies of schedule available at the Mess.

Saturday, January 1 -

NEWS YEAR'S LEVEE: 1100 - 1300 hrs. Moose Milk and Bloody Marys. Light Lunch. Dress: S3.

MERRY CHRISTMAS AND HAPPY NEW YEAR!

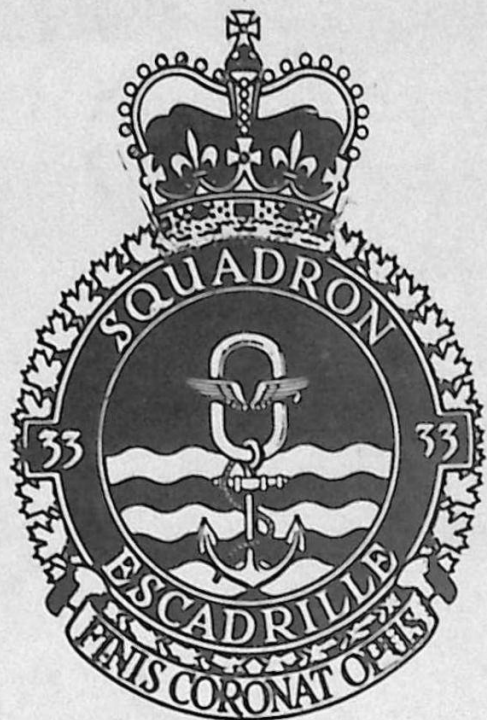
Seriously Interested in
TAX SHELTERED
REAL ESTATE?

PATRICK STRETCH
(Financial Consultant)

IS AVAILABLE 23 - 27 DECEMBER
for

For Appointment Call

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Big news of the week (maybe even the year) has to be George Murphy getting his third. Congrats and well done George.

Everyone still in shock after the last exercise and eagerly looking forward to the next one. (??)

The annual Xmas bash was well attended and was reported to be the social event of the season. Tim Hunt and his 600 Watt Amplifiers provided some very danceable music (He even had the waltz-quadrille for Fred). A sumptuous meal was enjoyed by all hands and a well done must go out to the organizers: Craig Flewelling, Ted Kaler, and Tim Hunt (told you I'd get your name in the paper, Tim).

As I sit here pecking away, VU 33 family day is in full swing. Wives, kids and other funpeople are being taken for that once in a lifetime ride in an operational aircraft. Understand one kid tried to get the Radar Scope in the "PacMan" mode until taken to task. Wonder if

it's a good idea to feed them BEFORE going for a ride? Only time will tell.

Ted Stenson and his band of merry men (uh, people. Sorry Cheryl) are swarming over their second T-bird inspection. The biggest recognizable aircraft piece on the last one after they stripped it was the canopy. Hope you know where all the parts go Ted.

Hard to get the boss's attention these days. He sits in the office with his earplugs in reading first draft copies of PERS with a red pen in his hand, smiling a lot! I know it's PER time cause Bob Main gets three haircuts a week and Blackie started shining his shoes.

Zane running around with a big bandage on his finger. Welcome to the world of home renovators Zane! At this point I could make some snide comment on John (are you sure it's square) Tomko's carport renovations, but I won't. Best of the Season from VU 33.

R.M.

Scrounge Tech Talk

Supply has had several Christmas parties. The first was a pleasant dance at the Native Sons Hall in Courtenay, complete with a DJ, a beautiful bar maid, her ugly counterpart, door prizes, a few uninhibited performances and lots of noise. In general, a good time. Supply heartily thanks their entertainment committee for a job well done and even I, a confirmed K.F. Chicken hater, ate lots. Oh, and thanks for the gingerale, Hutch.

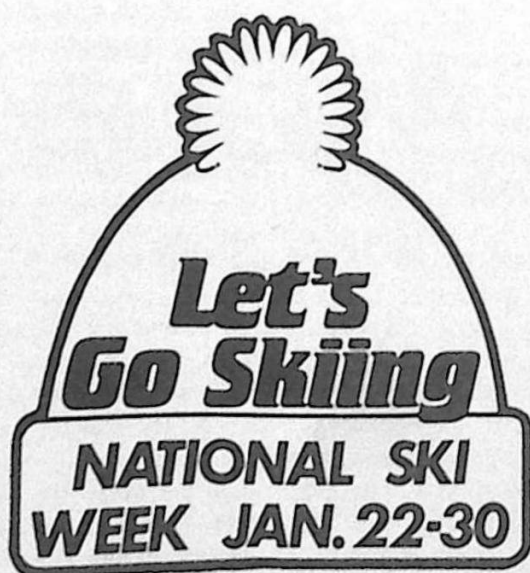
Secondly, an anonymous gift exchange afternoon party was held at General Stores. Mr. & Mrs. Claus and Droopy Drawers Elf did the honours with appropriate comments and applicable kisses. Santa and his wife could probably use some Lysol in their stockings this year. MWO Robert and, we suspect, his wife, provided delicious baked and smoked salmon, Hutch again was

our bartender and even scrounged up some flat gingerale for me. Thanks. By the looks of the glassy eyes wandering around though, Hutch, we definitely have to get you on a bartender's course soon. How do we convince you that the pop is used for mix for the booze and not vice versa?

I heard about and saw several Christmas party bloopers not for general base knowledge, but at least we all looked after each other and ourselves. No one mixed their drinking with their driving, so let's hang onto that thought for the rest of the season; there are still more Christmas and New Year's parties. Your life has to be worth more than a ten dollar taxi, now isn't it?

Merry Christmas & Happy New Year.

Sister Mary



Air Force Indoctrination School

JANUARY IN CANADIAN MILITARY AVIATION HISTORY

- 1917**
22 January The advance party of an RFC training brigade arrived at Toronto to set up training camps at Long Branch, Camp Borden, Leaside, Armour Heights, Deseronto and Beamsville.
- 1920**
28 January No. 1 Squadron, CAF, was disbanded in England.
- 1923**
1 January The Department of National Defence was created and the Air Board ceased to exist.
- 1925**
24 January F/L G.E. Brookes and F/O A.L. Morfee flying an Avro 504 from Camp Borden, attempted to photograph a total eclipse of the sun.
- 1935**
1 January The first peacetime awards to RCAF personnel were announced; S/L R.S. Grandy received the OBE and FS H.J. Winny the BEM. The OBE was also awarded to F/L W.R. May, DFC, of the Reserve Officers.
- 1940**
1 January RCAF Overseas Headquarters, London, England, was formed under W/C F.V. Heakes who had been RCAF Liaison Officer. On 7 March G/C M.V. Walsh, MBE, assumed command.
- 2 January The London Gazette announced that P/O S.R. Henderson and W/C J.F. Griffiths, two Canadians in the RAF, had been awarded the Distinguished Flying Cross for air operations against the enemy, the first Canadians to be decorated during the war. P/O Henderson's award was for attacking German flying boats on 8 Nov. 1939. W/C Griffiths was decorated for attacks on German warships on 14 Dec. 1939.
- 1941**
7 January Article 15 of the Agreement of 17 Dec. 1939, provided that "pupils of Canada, Australia and New Zealand shall, after training is completed, be identified with their respective Dominions, either by the method of organizing Dominion units and formations or in some other way." By the supplementary Sinclair-Ralston agreement signed in London on 7 January 1941 it was arranged that 25 RCAF squadrons would be formed in the UK in the next 18 months (exclusive of the original three sent over from Canada).
- 1942**
2 January Trained members of the CWAAF began reporting to units in Canada. No. 2 SFTS Uplands, was the first station to receive such personnel, who were initially posted to BCATP stations.
- 1943**
1 January No. 6 (RCAF) Group in Bomber Command became operational with eight squadrons, equipped chiefly with Vickers "Wellingtons". By the end of the war the Group had grown to 14 squadrons, all flying Handley-Page "Halifax" and Avro Lancaster four-engined heavy bombers.
- January The RCAF badge was approved by His Majesty King George VI.
- 3/4 January Six Wellingtons of No. 427 Squadron carried out No. 6 Group's first operation a minelaying sortie to the Friesian Is.
- 1944**
1 January The control of the Northwest Staging Route was transferred from No. 4 Training Command to Western Air Command. Six Halifaxes of No. 428 Squadron carried out Bomber Command's first high level minelaying operation, dropping their mines by parachute into the inner harbour of Brest from heights of 14,000 to 15,000 feet.
- 4/5 January
- 24 January No. 162 (Canso) Squadron began operations from Reykjavik, Iceland.
- 1945**
1 January In its last major offensive operation of the war the Luftwaffe attacked Allied airfields in the Netherlands and Belgium. RCAF wings at Eindhoven, Heesch, and Evere suffered losses in aircraft and personnel, but took a heavy toll of the enemy. During the day 40 enemy aircraft were destroyed and at least a dozen more probably destroyed or damaged.
- 15 January Nos. 1 and 3 Training Commands were disbanded and replaced by No. 1 Air Command with Headquarters at Trenton.
- 1948**
1-4 January An RCAF Search and Rescue Canso (pilot, F/O R.B. West, DFC) completed a hazardous flight to and from Mutton Bay, PQ, to bring a seriously ill woman to hospital in Halifax. For this operation he was subsequently awarded the AFC and then the McKee Trans-Canada Trophy for 1948.
- 23 January The RCAF took delivery of its first de Havilland "Vampire" fighters - the first jet aircraft in the service.



AFIS COURSE GRADUATES of Course 8214 29 Nov - 9 Dec 82. Back Row (L to R) Maj. JR Dallaire, Maj. RD Cornell, Maj. JCWP Doyon, Maj. FA Walker, Maj. KW Kirkland, Maj. WL Pollock, Maj. DL Stinson, Maj. RJ Houston. Centre Row - Capt. JJ Stenton, Lt. B. Kinvig, Maj. KJ Cochrane, Maj. MJ Ballantyne, Lt. JE Kasun, Capt. JE Vayalil, Lt. MD Davis, Capt. RG Simpson, Maj. VL Smith. Front Row - Col. JI Hanson, Capt. RA LaGrange, Capt. D. Blamire, Maj. JA Cratchley, Capt. WJ Fisher, Capt. AR Stewart, LCol. BE Crow.

- 1949**
14/15 January A North Star from the Experimental and Proving Establishment, Rockcliffe, completed the first non-stop trans-Canada flight. The aircraft Captain, F/O J.A.F. Jolicoeur, with a crew of 14, took off from Vancouver on a gasoline consumption test and landed at Halifax 8 hours and 32 minutes later. Average speed for the flight was 329 mph.
- 1950**
2 January A North Star of No. 412 Squadron made the first RCAF round-the-world flight, carrying the Hon L.B. Pearson to a conference of Commonwealth foreign ministers at Colombo, Ceylon.
- 1951**
8 January No. 416 Squadron was formed at Uplands. It was equipped initially with Mustang aircraft.
- 15 January Nos. 1 and 2 Auxiliary Group Headquarters were formed at Montreal and Toronto, respectively.
- January No. 421 Squadron was transferred to the United Kingdom for training with the RAF at Odiham; it was the first RCAF squadron sent overseas in time of peace.
- 1952**
2 January The RCAF Air Division Europe Planning Team was formed at Paris, France, to prepare for the establishment of RCAF units on the continent.
- 1953**
1 January No. 422 (F) Squadron was formed at Uplands, Ont.
- 23 January The first peacetime award of the Distinguished Flying Cross to a member of the RCAF was promulgated. F/L E.A. Glover received the decoration for his services as a fighter pilot in Korea. While on attachment to the USAF he destroyed three hostile MIG-15s and damaged two more.
- 1955**
January - No. 1 (Fighter) Wing moved from North Luffenham, England to its new base at Marville, France, thus locating all four RCAF fighter wings on the continent.
- 1956**
16 January S/L L. Hill and F/L A. Bowman flew a Lockheed T-33 from Vancouver to Dartmouth in 6.17 hours, including a 25 minute refuelling stop at Fort William. This was the first jet crossing of the Dominion.
- 1957**
25 January No. 403 (Auxiliary) Squadron at Calgary was reorganized as a navigational training squadron. It had previously operated in a fighter role.
- 1959**
1 January Air Transport Command assumed the functions of Tactical Air Command.
- 1960**
January At Ascension Island a detachment of 30 officers and airmen, together with two CF-100s, was established. In co-operation with the Defence Research Board's
- Canadian Armament Research and Development Establishment (CARDE) the personnel of Operation "Lookout" recorded radiation from American rocket nose-cones re-entering the earth's atmosphere at speeds of up to 15,000 mph.
- 1962**
1 January RCAF Air Transport Command began regular scheduled air service between Trenton and Marville, France, using Yukon aircraft.
- 1 January The phase-out of the CF-100 and conversion of squadrons to the CF-101B continued. On 1 January No. 416 (AW) Squadron was re-activated on Voodoos and subsequently sent to Uplands; later in the year it was transferred to Bagotville and then to Chatham. The following day (2 January) No. 413 (AW) Squadron was disbanded. By 13 March a fourth squadron, No. 409 had converted to CF 101Bs and returned to Comox, B.C. On April 19 No. 414 Squadron joined the Voodoo roster.
- 1966**
7 January A Labrador helicopter from the Search and Rescue Unit at Vancouver airlifted to Hope, B.C. 184 passengers stranded in trains by Fraser Canyon snowslides.
- 17 January A fully integrated Maritime Command was created out of units of the RCN and RCAF Atlantic and Pacific Commands.
- 1967**
21 January Yukon transports of No. 437 Squadron, flying the 2nd Battalion of the PPCLI to Germany on routine troop rotation, flew from Nanaimo to Dusseldorf by way of the North Pole, the first time this route had been used by RCAF transports.
- 1969**
1 January The Tactical Air Transport School was formed at Namao to train aircrews in the techniques of aerial re-supply.
- 1971**
1 January To help open the centennial celebrations of British Columbia's entry into Confederation, two CF-104s, flown by Majors E.G. Willet and W. Worthy, of No. 417 Squadron, crossed the Rockies in less than 50 minutes, following a route approximating that taken in 1920 by the first Trans-Canada flight.
- 1 January No. 422 Squadron was re-formed at CFB Gagetown as a Tactical Helicopter unit. At CFB Petawawa No. 427 Tactical Helicopter Squadron was formed.
- 1972**
1 January The nuclear role of Nos. 421 and 441 Squadrons, the two strike/attack units in Europe, was terminated and the squadrons were issued conventional weapons.
- 1974**
2 January Two Buffalo aircraft of No. 424 Squadron left Trenton for the Middle East. They proceeded by way of Fort Chimo, Greenland, Scotland, Germany, Italy and Cairo. They formed the nucleus of No. 116 Air Transport Unit serving UNEF forces in the Middle East.

Editorials

Pre-Christmas Depression

Along with the increasing Christmas activity as the big day draws closer, comes the dreaded pre-Christmas depression. This is not to be confused with post Christmas depression which is the let down after all the gifts have been opened and while gazing at your new mauve, flare-collared shirt and luminous polka-dot tie, you realize Santa mixed you up with a meteorologist again.

Nor should it be confused with post-post Christmas depression which strikes while you're lined up twenty people back at the department store information window to be directed to the sixty person deep exchange line. This is very similar to the feeling of utter helplessness encountered when clearing on or off base.

There is also post-post-post Christmas depression, incurred in early January when December's Chargex bill comes in, you have to go back to work, you've put on twelve pounds since December 15th, and while walking through the mall to the dry cleaners to pick up the mess kit that the brunette at the New Years Ball in the low cut dress poured wine over, because while ogling her chest you mentioned that if those were speakers they should be seven to twelve feet apart, you realize that all the gifts you bought for Christmas could have been purchased for a quarter of the price by waiting two weeks.

Pre-Christmas depression is that "I don't think I'm going to make it feeling" you get three to five days before the 25th when you haven't finished your Christmas cards, still haven't bought a tree, have to work every day until Christmas, have three more must-show parties to attend, and have a half dozen couples you promised to have a drink with before Christmas. If all of this isn't enough you suddenly realize you need three more Christmas gifts for people you barely know but really should give something.

Here are a few ways to ease the burden before it grows into a full blown depression. First,

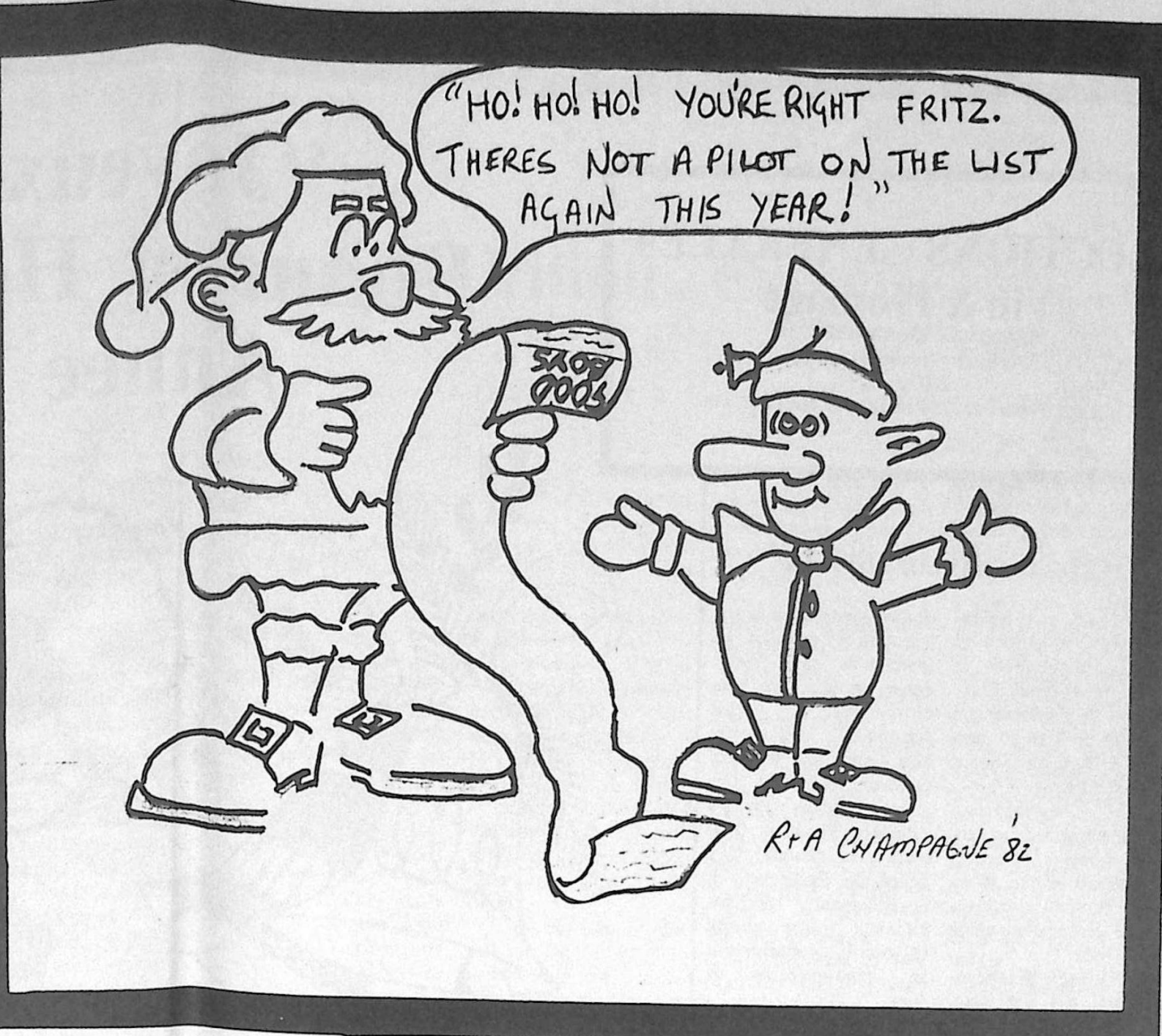
don't worry about the Christmas cards. Since they aren't going to be delivered on time anyway, take your time and aim for a delivery date sometime around the beginning of January. The recipients will be just as happy with the card after Christmas day as before, and if they aren't, to hell with them.

If you haven't purchased a tree yet there are a number of solutions, the easiest being to buy one. Spending Christmas with someone who has a tree is the best solution and has the added advantage of keeping the mess on someone else's premises. If worse comes to worst you can always decorate a houseplant or a lamp or something.

There isn't much you can do about work but if you happen to be employed at someplace like VU33 or 407 Sqn., you might as well try to stay awake while you're there and get those Christmas cards out of the way. The parties are easy to handle. Show up at each one, say hello to enough people so that everyone knows you were there, and cough, wheeze and hack continuously. With any luck you can not only leave early without being called a party pooper, but might even be able to skip one or two parties for health reasons. As for the people you promised to visit, start out early one night and catch the ones who live the furthest away in the middle of dinner. Hopefully you'll weasel a free meal and then can drag them to the next couples house. If you can bring everyone to every house and then leave them all at the last one before you get home, you've once again avoided having to clean up, visited everyone you promised, and if you still hacked and wheezed, probably ended up with a reputation as a good trooper.

It's always hard to buy gifts for people you don't know all that well so here are a few treats that are so simple to make, even pilots can handle them. The first is a cheese spread similar to the French blended cheese, Boursin.

KJS



Liptauer Cheese Spread

250 grams of cream cheese
 ½ cup butter (margarine can be used)
 ½ onion (finely chopped)
 ⅓ green pepper (finely chopped)
 a couple of tablespoons of chives
 a tablespoon of crushed caper (little green things found whole and pickled in the deli section of the supermarket)
 a teaspoon of mustard
 paprika (for colour more than anything else)
 about half a teaspoon of marjoram
 pepper
 salt
 garlic (optional but good)
 - Mix everything together in one bowl, salt, pepper and garlic to individual taste
 - Makes a wad about 4" x 2½" x 1½"

Next is a tasty little number that's called Viennese Eggnog. If you're familiar with the liquor, Advocaat, you'll know what this is like.

Viennese Eggnog

1 litre of whole milk
 4 egg yolks (large)
 1 lb. of sugar
 a teaspoon of vanilla
 - Add sugar and vanilla and whisk the yokes before adding to milk. Boil and stir continuously for 5 minutes
 - Cool the mixture while still in the pot in cold water
 - When cool, add ½ pint of pure alcohol (impossible to get in B.C. so use a decent vodka, overproof if possible.)
 The last do-it-yourself item is a recipe for Irish Cream.

Irish Cream

½ pint of whipping cream
 1 can sweetened condensed milk
 3 eggs (large)
 ½ teaspoon coconut essence
 1 tablespoon liquid chocolate (make sure its runny not granular, can be made runny by heating)
 1 cup of Irish Whiskey
 - Blend for 1 minute and add whole milk to make forty ounces.

Home-made gifts such as these are appreciated because they have that personal touch without actually being personal. All of the recipes are tried and true so don't complain to the paper if you make a mess of them, and best wishes for Christmas and the New Year. Bah, Humbug!



Law Talk

By Gordon Hardy of the People's Law School

Crime Victim Compensation

The elderly are not much the victims of crime as the public thinks, according to SFU criminologist, Professor Ezzat Fattah.

Fattah, whose special study is victimology, says the young, as well as those involved in certain occupations or life-styles, are much more likely to be the victims of violent crime than the elderly. Prominent victim groups based on occupation, he says, are bank tellers, security guards and taxi drivers. Life-styles in which there is a high chance of becoming a crime victim are those of the drug addict, alcoholic, prostitute and juvenile delinquent.

Fattah also notes that "in a high percentage of cases of violent crime there is a personal relationship between the victim and the assailant; they are friends or members of the same family."

The extent to which a victim of crime has contributed to his or her own

misfortune may affect the victim's chances of receiving compensation under the Criminal Injury Compensation Act of B.C. The Act authorizes the Workers' Compensation Board to compensate crime victims who have suffered personal injury or death from a fund maintained on a cost-sharing basis by the provincial and federal governments.

Under the Act, the WCB may deny or reduce compensation awards to victims whose behaviour contributed to the crime. In 1981, for example, the WCB rejected a 19-year-old male's claim for head injuries when it discovered he had received them during a brawl in North Vancouver between two rival gangs, one of which he was a member.

In another 1981 case, the WCB threw out a claim by a 20-year-old prince George man who had been shot by his father during an

argument. The WCB noted in its decision that the claimant, by his abusive and aggressive behaviour, "had been a voluntary participant in an ongoing family dispute and had contributed towards his injuries."

Victims are not, however, excluded from making a claim for criminal injuries inflicted by a family member, according to Larry Timoffee, head of the Criminal Injury Compensation branch of the WCB. The problem with this kind of crime, he says, is that victims of family violence are usually unwilling to press charges against a family member; if the victim will not cooperate with the police in laying a charge, the WCB will not make an award.

The WCB is also unable to provide compensation to victims of crime who suffer property loss or damage. Fattah says current provisions for crime victim

compensation are "symbolic" because less than one per cent of crime victims receive compensation. He would like to see compensation extended to all crime victims, whether they suffered personal injury or not. This could be accomplished, he says, by making non-violent criminals work to pay back their victims rather than sending them to jail.

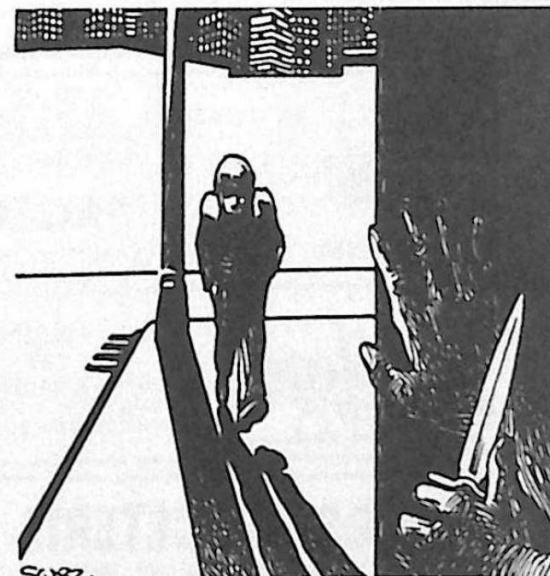
Although the average value of stolen goods in a single break-and-entry is only about three or four hundred dollars, he says, it costs the Canadian taxpayer \$40,000 a year to maintain the criminal in a federal penitentiary: "If we sent fewer people to jail, the saving on the costs of penitentiaries would more than suffice to set up an insurance fund for victims of non-violent crime."

Fattah argues that victims of non-violent crimes are more interested in gaining compensation for

their losses than in seeing the criminal behind bars: "If somebody stole \$10,000 from you, would you prefer to get the money back or put the thief in jail for two years?"

"The retributive instincts that we feel (towards the criminal)," he says, "are generated in large part by a sense that the victim is suffering. Once we see that the victim is compensated, I think the need for retribution would be less."

Bruce Johnstone, a west Vancouver Crown Counsel (prosecutor), disagrees with Fattah's proposal: "I don't think this proposed scheme would properly deter people from committing crimes," he says. "For example, the professional burglar - if he doesn't get caught, he's laughing and if he does get caught the worst that happens to him is that he pays back what he has taken".



TOTEM TIMES

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EDITOR: Kurt Saladana (Loc. 2409)

ASSISTANT EDITOR: Jack Gibson (Loc. 2249)

BUSINESS MANAGER: Starr Beachey (Loc. 2548)

CIRCULATION MGR: Lucien Senneville 338-5074 (Loc. 2236)

SECRETARY: Michelle Ramesbottom 339-5790

EDITORIAL STAFF: Michel Bourduas Michelle Vantomme

PHOTOGRAPHERS: Maurice Robert, Ann Howlett, & Base Photo

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GENS DU PAYS

ELECTIONS GENERALES

Vin & Fromage

SAMEDI LE 15 JANVIER 1983

D'Esterre House de Comox

8:00 p.m.

Un prix d'entree de \$2.00 sera charge apres 9:00 p.m.

FESTIVAL FRANCOPHONE 1983

Une fois de plus, le Centre Culturel Colombien est heureux d'annoncer la tenue du Festival Francophone de Vancouver qui aura lieu du 7 au 20 mars 1983 a Robson Square Media Centre.

Une exposition regroupant plus d'une centaine d'oeuvres d'art et représentant plus de 10 artistes Franco-Colombiens sera le centre d'attraction du Festival.

Dans le cadre de cette exposition, des spectacles pour enfants et adolescents ainsi que des mini-spectacles de midi seront donnés dans le cinema et la salle d'exposition de Robson Square Media Centre.

La Troupe de la 16ieme, troupe locale de theatre participera au Festival par 9 representations de la piece. "L'effet des rayons gamma sur les vieux-garçons", de Michel Tremblay. Ces dernières apront lieu au Fire Hall, 280 rue Cordova E., Vancouver, C.B.

Finalement, une soirée de varietes regroupant des talents locaux Franco-Colombiens, aura lieu au cinema du Robson Square Media Centre.

Le spectacle de Johanne Martineau "la traite des cultures" a été conçu tout spécialement pour les élèves faisant l'apprentissage du français en milieu Anglophone. Ce spectacle d'une durée de 60 minutes, peut donc être adapté à l'âge et au niveau de français des spectateurs. C'est également un spectacle par-

ticulierement axe sur la participation de l'audience. Le spectacle de "mime-clown" donne par la troupe Vancouveroise "La Rataouille", sera davantage destiné aux étudiants du niveau secondaire. Des groupes locaux tels les "Burnaby Mountain Danseurs", la chorale "Les Echos du Pacifique" et possiblement "La Fanfaronie", groupe musical Québécois, participeront aux "mini-spectacles" de midi.

Voici donc, l'occasion pour les professeurs d'organiser une journée d'immersion dans une ambiance totalement Francophone.

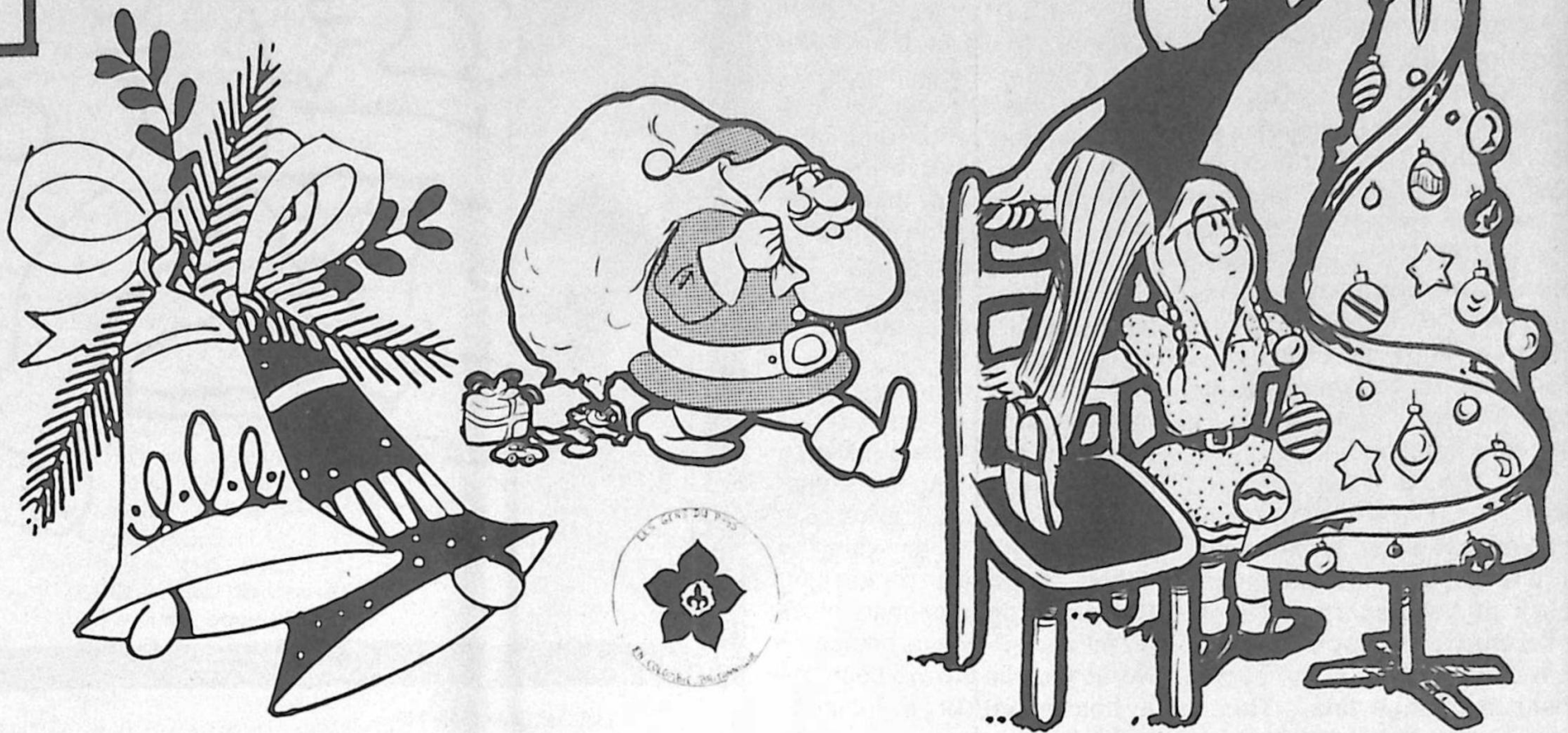
Les visites d'exposition et es mini-spectacles de midi seront gratuits, mais une somme de \$1.50 par étudiant sera demandée pour "la traite des cultures" et le spectacle donne par la troupe "La Rataouille".

Les professeurs et les parents accompagnant les enfants, pourront assister au spectacle sans payer de prix d'entree.

Afin d'organiser une journée avec des activités bien appropriées, il est nécessaire de réserver longtemps à l'avance.

Afin d'organiser une journée avec des activités bien appropriées, il est nécessaire de réserver longtemps à l'avance. Pour plus d'informations sur le Festival Francophone, contactez Helene Audet au 874-9105.

"Joyeux Noel" "Bonne et Heureuse Annee 1983"



La société historique franco-colombienne fonctionne principalement grâce à l'aide bénévole qu'elle reçoit de la part de ses membres.

La société historique franco-colombienne a pour buts et objectifs de: grouper les personnes qui s'intéressent à l'histoire des franco-colombiens retracer la documentation, la collectionner et la faire publier afin de mieux faire connaître et aimer l'histoire des franco-colombiens prendre des mesures pour conserver le matériel accumulé au cours des recherches et entrevues et rendre ce matériel accessible aux membres de la SHFC et à toutes personnes qui s'intéressent à l'histoire des franco-colombiens.

Susciter la préparation d'études et de livres portant sur des aspects particuliers de l'histoire des franco-colombiens, en publiant ces études et ces livres dans les deux langues officielles et en les faisant connaître par tous les moyens à sa disposition.

Coopérer avec toutes les autres sociétés qui poursuivent un but analogue. Les opérations de la SHFC sont limitées au territoire géographique de la province de la Colombie-Britannique.

La SHFC est un organisme à but non-lucratif et toute personne francophone et/ou francophile peut en faire partie. \$5.00/année...membre individuel \$15.00/année...membre groupe

NOUVEAUX LIVRES

Larousse/Atlas canadien
Dictionnaire de la langue Québécoise, Leandre Bergeron
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La maternité à bras ouverts, Louise Davis
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La Princesse Qui Ne Riait Jamais
Les Trois Petits Cochons
Bernard et Bianca

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Pour plus de renseignements, contactez 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 HRS A 1600 HRS, ET JEUDI DE 1830 A 2100 HRS.

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(As Of 20 December 82)

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409B	10	8	0	2	69	26	16	1
VU33/Supply	10	7	1	2	53	30	15	2
442 Sqn	9	6	1	2	45	27	13	3
Security	9	6	0	3	50	31	12	4
409A	10	6	0	4	43	40	12	5
BAMSO	8	4	1	3	34	35	9	6
407A	9	3	1	5	25	33	7	7
407B	10	2	1	7	37	67	5	8
ATC	10	1	1	8	38	58	3	9
MSE	9	1	0	8	24	70	2	10

VOLLEYBALL

New Schedule begins after Christmas

BROOMBALL

407 Sqn	16	11	4	1	33	12	21	1
HQ	16	9	5	2	33	19	20	2
409/442 Sqn	16	6	6	4	27	21	16	3
Security	16	2	14	0	9	50	4	4

BASE RECREATION FACILITIES

HOLIDAY SCHEDULE

BOWLING ALLEY

21 Dec 82 - 3 Jan 83 CLOSED

BASE POOL

21 Dec 82 - 4 Jan 83 CLOSED

NOTE: The pool will be open for Military Swim from 1130 - 1300 hrs on normal work days during the holiday period.

BASE GYMNASIUM

25 - 26 Dec 82 CLOSED

1 - 2 Jan 83 CLOSED

22 Dec 82 - Jan 83

0800 - 1130 hrs Open Recreation
1130 - 1300 hrs Military Personnel ONLY
1300 - 1600 hrs Open Recreation

NOTE: During Open Recreation the gym may be used by military and DND Employees and their dependants. Dependants must be 13 years of age or accompanied by an adult.



Winter Running

The temperature was only plus 3 degrees C at 1300 hrs. on December 12th, and the competitors in the Comox Valley 15 KM race had very different opinions as to what should be worn to combat the dull weather during their run to the base of the ski hill. The running apparel varied from full water-proof track suits with gloves and toques to singlet and shorts. Some competitors shed their clothing as they ran.

The first six runners ran with T-shirts and shorts and no head gear. The first Toqued runner was also the first military racer. Running with a cold, MCpl. Barry Whillens ran with the leading group until the half way point when the field started to spread. Barry was second in the premasters division and seventh overall.

Next military runner was Capt. Vic Howlett, running with a hangover after trying to find the bottom of Capt. Ferrar's bottomless punch bowl. Vic was tenth of the 32 competitors and he was third in the premasters class. Capt. Howlett past Capt. Nelson Hui in the last 200 yards to claim his position. Both of these runners had run in a group of six competitors when at the 4 km mark, Capt Hui pulled out a 100 yard lead to set the pace until the last

mile when three runners were able to squeeze by. Nelson finished seventh in the men's open category and 11th overall.

Other CFB Comox runners were Capt. Dean Chaisson who finished 15th and Capt. John LeRoss who tied for 22nd position.

The next event in the runner's calendar will be 16 Jan 83, which is the last event in the Comox Valley Fall series. It starts at the Comox Valley Sports Centre and covers 10 kilometers. Race time will be 1300 hrs.

Diet, Nutrition and Exercise

To a certain extent we are a product of what we eat. Molecules and atoms in the food we ingest are used to build and maintain the different cells, tissues and organs in the body. It is therefore essential that the necessary elements of nutrition be included in our daily diet in order to provide building material and supplies for our tissues.

BASIC NUTRITION PRACTICES

The Canada Food Guide lists four food groups from which we should eat a variety of food each day. These groups are:

- Milk and Milk Products;
- Meat and alternates;
- Bread and cereal; and
- Fruits and vegetables.

The concept of eating a variety from each group constitutes the idea of a balanced diet. With a balanced diet the daily requirements for essential nutrients (vitamins, amino acids, minerals) are met and the amount of calories we require for our energy requirements is also met.

FAT CONTROL

It is evident from viewing our society that a large number of individuals are overfat versus overweight. In order to control the amount of fat on an individual it is important that he/she receive the proper nutrients. This is accomplished by following the Canada Food Guide and eating a variety of foods and eating less.

In order to understand how an individual controls his body fat one must look at the first law of thermodynamics for an energy

system:

Energy Input equals Output and in the case of the human body - Chemical Energy of Food equals Heat Energy plus Work Energy plus/minus Stored Chemical Energy.

From this equation it is evident that if more energy is released in the form of heat and work energy than is ingested, the body stores of energy (fat, protein, carbohydrate) are depleted. It is in this way that a person goes about losing fat. If his/her daily caloric intake is below his/her daily caloric requirement, the stored calories in the form of fat, carbohydrate or protein must be utilized.

This gradual utilization of stored calories causes a gradual decrease in weight due to the loss of fat, carbohydrates or in extreme cases, protein.

DIETING AND EXERCISE

With a well balanced low caloric diet and an increase in work energy expenditure in the form of exercise, an individual can lose fat safely.

Generally speaking, the quicker an individual loses fat the quicker he/she will gain it back.

Therefore it is desirable that a gradual weight loss occur (1.5 to 3 pounds a week - 3500 calories equal one pound of fat) in order to help the dieting and exercising individual to keep the fat off.

When an individual used diet and exercise the two combine to increase the body density. The density of an individual's body is

determined by the amount of muscle and fat he/she possesses. If a person possesses a relatively high percentage of body fat then he/she will float, if very little fat is present on a person then he/she will sink.

From this fact it is evident that an individual's body weight is not necessarily a good indicator of a person's fat content. Two individuals, both weighing 145 pounds and of the same height, can look extremely different depending upon their body density.

A combination of diet and exercise for an obese individual is the quickest way to increase that person's body density. The addition of exercise to a fat reduction program helps increase muscle mass and also increases the individual's aerobic fitness. Thus a fat reduction program is most beneficial when dieting and exercise are combined.

TYPES OF FUEL USED FOR BODY ENERGY

The body requires fuel in order to carry out necessary functions. The human body can use three types of fuel: fat, protein and carbohydrates. Protein is a

fuel which is used only in extreme cases such as starvation; thus the body obtains its fuel from either fat or carbohydrates.

The human body has a choice of which fuel to use. The choice depends upon a variety of factors:

- Types of Muscular work: whether it is - (1) continuous or intermittent, (2) brief or prolonged, (3) light or heavy in relation to a person's aerobic fitness;
- state of physical training - whether the individual is trained or untrained;
- the diet - whether it is high or low in carbohydrates; and
- state of health - certain pathological conditions, such as diabetes, affecting the person's choice of fuel.

The type of muscular work that occurs when a person exercises affects the availability of oxygen to the working muscles. Fat contains a very large amount of energy but also requires a large amount of oxygen to release this energy. This makes it evident that in cases where large amounts of oxygen are available to the working muscles then

fat will be utilized.

Long duration moderate intensity exercise provides a situation in which large amounts of oxygen are available to the working muscles and therefore fat is the primary source of energy. As the intensity of the exercise increases the availability of oxygen decreases and more and more carbohydrates are used as fuel. Therefore, when using exercise to help control fat, the bulk of the exercise program should be of low intensity long duration exercise types - to aid in the utilization of fat as a fuel.

From the above information it is evident that the control of fat to increase body density should contain two basics:

- a well balanced, low calorie diet which allows for a gradual decrease in body fat; and
- an exercise program, the bulk of which contains aerobic long duration moderate intensity exercise, which provides a good situation for the use of fat as fuel.

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Arena News

Military Community Skating Schedule
Dec 82 - Jan 83

DATE	TIME
21 Dec 82	1500 to 1700 hrs
22 Dec 82	1500 to 1700 hrs / 1800 to 2000 hrs
23 Dec 82	1500 to 1700 hrs / 1800 to 1930 hrs
24 Dec 82	0900 to 1300 hrs
25/26 Dec 82 CLOSED	
27 Dec 82	1830 to 2000 hrs
28 Dec 82	1830 to 2000 hrs
29 Dec 82	1800 to 2000 hrs
30 Dec 82	1300 to 1500 hrs / 1800 to 2000 hrs
31 Dec 82	1300 to 1500 hrs
1 Jan 83 CLOSED	
2-Jan 83	1615 to 1745 hrs

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LCol. D.G. Stuart, CO 442 Squadron presents the CD to Cpl. Bob McLean in a ceremony held in 1 Hangar.



LCol. D.G. Stuart presents Cpl. Gerry Longchamps with his CD at a ceremony recently held in 1 Hangar.

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Showing to Thurs., Dec. 23 - Maggie Smith, Trevor Howard "THE MISSIONARY" "Occasional very coarse & suggestive language"-B.C. Director

MATURE

CLOSED CHRISTMAS EVE, FRI. DEC. 24

Sat. to the following Thurs. - Dec. 25, 26, 27, 28 29, 30, 31, Jan. 1, 2, 3, 4, 5, 6 Clint Eastwood, Kyle Eastwood "HONKYTONK MAN" "Some coarse language and swearing, occasional suggestive scenes"-B.C. Director

MATURE

Jan. 7 to 13 - "TRAIL OF THE PINK PANTHER" David Niven "Occasional coarse language"-B.C. Dir.

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"Gory violence"

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Dec. 25 to Jan. 6 "TRAIL OF THE PINK PANTHER" "Some coarse language"

Jan. 7 to 13 - Clint Eastwood "HONKYTONK MAN" "Some coarse language & swearing, occasional suggestive scenes"-B.C. Dir.

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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 - 1930 hrs. for Juniors
BIBLE STUDY: 0930 hrs/Sundays
CONFIRMATION: 0930 hrs/Sundays

Schedule of Worship		
Sunday	12 Dec 82	Family Sunday & Pot Luck Luncheon
	19 Dec 82	White Gift Sunday
Friday	24 Dec 82	Carol & Candlelight Service 1900 hrs
		Communion Service - 2330 hrs
Sunday	26 Dec 82	Christmas I

SUNDAY SCHOOL

Sunday School will resume after the Christmas break, on January 9 instead of January 2.

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



Meetings held from Monday to Thursday from 1200 - 1300 hrs. in the R.C. Parish Hall next to the Tennis Courts.

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THE SPIRIT LIVES ON XV WORLD JAMBOREE

In July '83, Kananaskis County, Alberta, will experience an influx of young people never before surpassed in the history of the worldwide brotherhood of Scouting. In a matter of just a few days the population will increase by over 20,000 and a small city will exist where none stood before. Housing will be erected, also a hospital, dental clinic, air evac services, grocery stores, RCMP Detachment, Fish & Wildlife Branch, and water and sewage facilities. And, believe it or not, visit the site three weeks later and you'll find very little evidence to prove its existence.

The young people, ranging in age from 14 - 18 years and 19 years plus, will all be there for the same reason - an experience they'll never forget as long as they live. Staff jobs number in the 1,800 - 2,000 range and Canada is expected to provide the largest group of these volunteer staff members. Each participating country has been invited to provide one representative

staff member and those countries which propose to send large numbers of participants will send additional staff members in proportion to the number of their participants. The "staff" will be a miniature World Jamboree in itself.

The deadline for "Offers of Service" is 31 Dec 82 and forms are available from the Nanaimo Scout Shop, 754-6422. Staff jobs are still available so don't delay.

Scouters who have already applied for a staff position should receive confirmation and your assignment any time now. You will receive bulletins regarding the site layout, weather, accommodation, staff feeding, hours of work/time off, and an equipment list. If you have been waiting patiently and nothing happens, write to Boy Scouts of Canada, PO Box 5151, Stn F, Ottawa, Ont. K2C 3G7.

You'd like to talk about the Jamboree? Please call Sue MacKenzie local 2211 or 339-3518.

The Spirit

Protect Yourself Against Drunk Drivers

In spite of warnings, publicity and threats of punishment, some people will still drink and drive this holiday season.

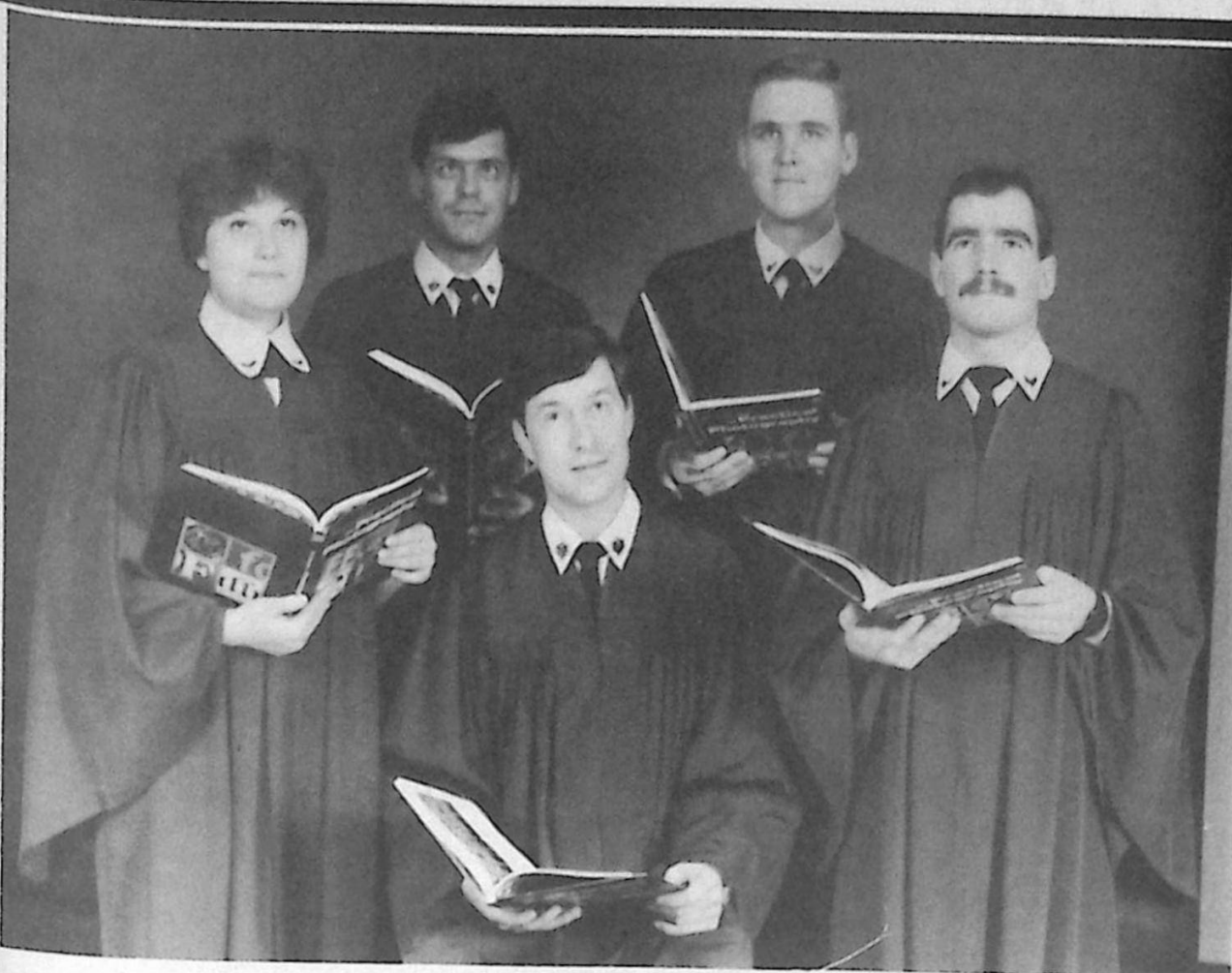
The B.C. Automobile Association recommends taking the following precautions to protect yourself and your family from impaired drivers:

- Wear your safety belt, and make sure everyone else in the car does the same. If you are in an accident, your chances of survival are far greater if you are restrained.
- Use a child restraint for babies and toddlers. (Make sure the restraint is installed according to the manufacturer's instructions.) If you don't have a restraint, buckle the lap belt over the child's hips. Holding a child in your lap is NOT an effective substitute.
- Drive defensively. Keep your eyes moving and watch for potential hazards. Be prepared to take evasive action if necessary.
- Be alert for the telltale signs of a drunk driver:

- drifting between lanes, driving slowly and following the centre line or curb, reacting slowly or inappropriately to traffic signals, or driving at excessive speed. Also watch out for the driver whose windows are wide open in cold weather or who is oblivious to other traffic, staring straight ahead with hands clenched firmly on the steering wheel.

If you are close enough to recognize the symptoms, you're too close for your own safety, warns BCAA. Put as much distance as you can between yourself and the erratic driver, even if it means changing your route or pulling over to the side of the road to let the car pass. Whenever possible, report obviously drunk drivers to the police for their own and others' protection.

- Don't accept a ride with a person who has been drinking. If necessary, call a cab.
- When possible, avoid the most dangerous driving



The Base Photo Choir. It has been said by high church officials on the base, that any church would be thrilled to have such a fine group. Left to Right back row - MCpl. Larry Olason, Cpl. Mike Valiquette. Front - Pte. Barb Cheesman, Sgt. Larry Belzac, Cpl. Moe Robert.

AROUND THE CORNER

Around the corner I have a friend
 In this great country that knows no end.
 But I seldom see my old friend's face
 For life is a swift and terrible race.
 He knows I love him just as well
 As in those days when he rang my bell.
 And I rang his; we were younger then,
 Now we are busy, tired men.
 Tired of playing life's foolish game;
 Tired of trying to make a name.
 Tomorrow I say, I will call on Jim,
 Just to let him know I am thinking of him.
 But tomorrow comes and tomorrow goes,
 And the distance between us grows and grows.
 Ah, what's that you say?
 Here's a telegram, sir... Jim died today.
 And that's what we get and deserve in the end
 -- Around the corner a vanished friend.

Author Unknown

times -- weekend nights between 10 p.m. and 3 a.m. are among the worst.

- Don't let a drunk friend drive.
- If you have had too much to drink, only time will overcome the alcohol's affects on your system. BCAA recommends waiting at least an hour before you consume for every drink consumed.

CHRISTMAS SEALS FIGHT LUNG DISEASE



HOUSE OF DOGS BOARDING KENNELS



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Spring
Autumn

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- ★ Knowing your season saves you time and money when buying clothes & cosmetics.

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Maggie 339-2882 or Marilyn 339-3685

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WHERE IS SAXON?

A few weeks ago we gave our dog, SAXON, who looks very much like the dog BENJI, away. Our daughter is very concerned that he might be dead, or whatever, and I would ask that the airforce person who picked him up, please call us so that we can reassure her that all is well and possibly even make arrangements so that we could bring her over so that she could see for herself how happy he still is.

Thank you very much.

Gordon Fyfe
338-8956

This Year in Real Estate

Seasons Greetings once again; my how fast the years seem to go by. Further to my mid-year report, which I sent out to you in July and August this year, I am departing from the usual format of end of the year report for 1982 and intend to condense the information down to cover the period 1981 and 1982 in detail.

This year, 1982 will be remembered for price declines, hardship sales, and very few sales, period. Prices have declined down to the 1978-1979 levels, and good news for buyers, prices are likely to stay stable throughout 1983, so now is the time to buy.

The following statistics will outline the detailed analysis of the 1982 market:
12 months; December 1981 - November 1982 inclusive.
Number of sales (by categories of \$1,000.)

	Below 60	60 - 100	100 plus	Total Sales per month
Dec. 1981	43	25	14	82
Jan. 1982	53	46	12	111
Feb. 1982	71	44	13	128
Mar. 1982	45	28	8	82
Apr. 1982	48	19	5	72
May 1982	59	20	15	94
June 1982	41	11	9	61
July 1982	65	33	9	107
Aug. 1982	77	41	10	128
Sept. 1982	29	21	2	52
Oct. 1982	44	18	6	68
Nov. 1982	48	16	4	68
Total	633	322	97	10521052

By Comparison:

No. Sales	Over Previous Yr. % Change
1982 1052	only 41.4% (of '81)
1981 2538	Down 58.6%
1980 2071	Up 22.6%
1979 1750	Up 18.3%
1978 1104	Up 58.5%

Total \$ Volumes (all sales)

1982 \$ 60,043,441.00	45.25 (of '81) Down 54.75%
1981 \$132,683,930.00	Up 60.47%
1980 \$ 82,683,060.00	Up 33.96%
1979 \$ 61,721,422.00	Up 67.79%
1978 \$ 36,740,020.00	Up 67.79%

A little depressing to say the least; if you are selling, the drop in price on properties in the Comox Valley since the high prices of 1980 and early '81 is in the region of 20 - 35%. Note also how few sales have occurred over the \$100,000.00 price. Only 97 in a 12 month period; that is an average of 8 properties a month, and many of these are businesses and development land.

A stable market with little change in prices or numbers of sales is forecast for the first quarter. Number of sales will increase in 1983 provided the mortgage interest rates stay down. A full recovery of the market can be expected in 1984-85 which brings out the fact that the next few months is the time to buy. Prices will probably never be lower, neither will the government aid to home buyers be more generous.

Merry Christmas and A Happy New Year.

Tom Procter

Tom Procter retired from the Canadian Armed Forces in 1974 and worked for Nanaimo Realty and more recently for Block Bros. for the past 8 years.

Apology

Our apologies to MCpl. Pesant who was pictured on Page 6 of our last edition receiving his MCpl. stripes from LCol. Morrice. Our caption became lost prior to publishing.

COLD TURKEY DAY

January 12, 1983



TAKE CONTROL
Stop Smoking Today

Keep Your Party Off The Road

Some of the consequences of drinking and driving are: 24 HOUR PROHIBITION

A peace officer may prohibit, at a roadside, a person from driving a motor vehicle for 24 hours when he has reason to suspect that the driver has consumed alcohol or when he believes that the driver's ability to drive a motor vehicle is affected by a drug. The offence is recorded on the driver's record and reviewed by the Superintendent of Motor Vehicles for possible action. The blood alcohol level is now .05.

MANDATORY PROHIBITION UPON CONVICTION

A person who is convicted of driving under Section 234 (Driving while ability impaired), 235 (Breath sample not provided), 236 (Driving with more than 80 mgs. of alcohol in blood) of the Criminal Code of Canada is automatically and without notice prohibited from driving a motor vehicle for 6 months from the date of sentencing. The Superintendent of Motor Vehicles does not have the authority to reduce this prohibition or allow work privileges.

AND THERE'S MORE
It isn't just the appearance before the judge that is

humiliating. You have been booked on a charge under the Criminal Code and you will be treated like a criminal. Your name will probably appear in the newspaper for all your friends and business associates to see.

How much is too much?
The best advice is: NEVER DRIVE AFTER DRINKING.
Driving after Drinking?
The best answer is NO.

At this time of year traffic hazards are potentially higher because of adverse weather conditions and the increased consumption of alcohol at Christmas and New Year's gatherings.

Can you take the wheel after just a few drinks and drive as well as you can when you're completely sober?

There is only one honest answer... "NO"! Alcohol slows your reactions, affects judgement, and interferes with your vision, hearing, speech and co-ordination. At the same time, it makes you feel as though everything is all right, and that you are driving superbly.

Driving after drinking is just asking for trouble...if you are fortunate and do not have or cause an accident, you could be stopped by a peace officer.

Stalking the Wild Octopus

The giant Pacific octopus, famous as the villain in dozens of schlock monster films, may become a staple in the Canadian fishing industry.

Dr. Brian Hartwick has found a potentially valuable octopus fishery on the west coast of Vancouver Island.

Dr. Hartwick and his team of biologists from Simon Fraser University spent the last year attempting to catch giant octopus from a specially equipped fishing vessel. The scientists found that if the

proper traps were used an off-shore fisherman could make a considerable profit fishing for octopus.

Dr. Hartwick says there is a market for octopus and an average fisherman could take in from \$3,400 to \$20,000 per week fishing for the cephalopods.

If his grant from the Department of Fisheries and Oceans is renewed, Dr. Hartwick hopes to estimate the potential of the octopus fishery and study the factors which would affect its size.

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Retiring BOpsO and BATCO, Maj. K.D. McDonald and LCol. S. Burrows toast to their future health and wealth in the civilian world.

Don't Let The Flu Get You Down This Winter

Toronto -- Influenza has often been referred to as "the last great plague". It remains the only pandemic disease of man that modern science has not yet been able to conquer.

Scientists categorize influenza outbreaks on the basis of how widespread the disease is. The first category -- the pandemic -- is worldwide spread of the disease striking millions of persons. The epidemic, the second category is a spread of the disease in restricted areas. The third category, endemic, is a local outbreak of the disease in a community. The disease, itself, is typed according to the virus causing it: Type A, Type B or Type C.

An Annual Occurrence

Influenza is the most frequently occurring illness in North America today. Each year, thousands contract this disease and hundreds die from its complications. The effects of the flu can be devastating even during the non-epidemic years.

The last major flu epidemic in North America, in the winter of 1968 - 69 involved 51 million reported cases of Hong Kong flu; 25 per cent of the population was affected. More than 27,795 persons died due to complications resulting from the virus. Sixty-six million work days

were lost. Overall, this bout cost the North American economy approximately \$3.5 billion.

Three Types of Virus

Until 1918, scientists believed that influenza was bacterial in origin. After study of the "Spanish Influenza" victims, scientists turned to the hypothesis that a virus might be the cause.

At first, scientists believed that human influenza was caused by only one type of virus, now called A. However, a second type -- B -- was discovered in 1940 and a third -- C -- was identified in 1947.

Scientists also believe that only type A virus can cause a pandemic. Type A virus has the ability to change so that previously formed antibodies cannot combat the new strain of virus. This is the reason acquired immunity is not enough protection to prevent persons from contracting the disease when a major change in the influenza virus occurs.

When early immunization is not feasible, or when the vaccine is contra-indicated or not available, SYMMETREL, a

prescription drug, can be used against influenza A virus. Since SYMMETREL does not appear to suppress antibody response, and begins working within 48 hours, it can be used in conjunction with inactivated influenza A virus vaccines during the 10 days it takes for protective antibody response to develop. Together they represent a comprehensive method of controlling and treating this costly and highly infectious disease.

Flu Symptoms

The influenza virus enters the respiratory tract in airborne droplets and lodges in the nasal passages. Symptoms begin to appear within 24 to 48 hours and develop quickly.

Fly symptoms include: chill; fever; muscular aches and pains, headaches; dry, hacking cough; nasal congestion and sore throat. Flu victims often complain that their eyes tear, or have a burning sensation, or are highly sensitive to light.

Fever usually lasts two to three days, but sometimes persists up to five days. As the disease progresses, other symptoms including headache, weakness, and

lack of appetite occur. While it takes two to four days for the symptoms to begin subsiding, it takes some patients a week or two before the coughing stops and they start to feel better.

While the elderly have the lowest incidence of influenza, they also have the highest fatality rate. Particularly susceptible are persons who have chronic debilitating diseases, such as heart disease or diseases affecting the lungs.

For the prevention of influenza due to A-type virus strains, Canada's National Advisory Committee on Immunization in Ottawa recommends periodic early immunization. In addition to the vaccine, SYMMETREL (amantadine hydrochloride), a prescription drug manufactured by Endo Canada Inc., can be used as a means of preventing influenza A.

According to Dr. Lionel A. Mandell, Head of Infectious Diseases at the McMaster Medical Unit, Henderson General Hospital, in Hamilton, "in studies and trials, amantadine has demonstrated efficacy in both the prevention and treatment of type A influenza."

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-PROVINCIAL GRANTS,
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RESIDENCE

The bestsellers

Canadian Forces news

Christmas Messages

MINISTER OF NATIONAL DEFENCE

The Christmas season is a time when Canadians are accustomed to relax in the midst of their routine to enjoy the comfort of their families and to reflect on the experiences and achievements of the year that is drawing to a close. I am thinking, at this time, of my family - the men and women of the Canadian Armed Forces, regular and reserves, and the civilian employees of the Defence Department.

As in previous years, I have travelled to the distant places where the members of this family are living and doing their jobs. I have been to our three coasts - the east, the west and the Arctic - and also in Germany. On your behalf I have participated in activities on land, sea and in the air, and in communications in space. I have met young men and women at graduation parades and cadet ceremonies; I have met regular force personnel, reservists and civilians, and I have spoken and listened to members of defence associations. I am proud to be part of such a wonderful family.

1982 has been an eventful year. Together we've had our worries and, our successes and, in spite of this being a time of financial restraint, we have nonetheless been able to make noticeable progress toward the reequipping of our Forces, so that you will be better able to do the job that I expect of you - I am sure it will be well done.

Parliament has shown increased interest in our capability, and I find this an encouraging sign which is bound to help us in the long run.

On the personal level, you are taking your responsibilities in many scattered locations, and sometimes under difficult conditions. Some of you are far from home and your loved ones. But, whatever your situation, you should take satisfaction in knowing that what you do is fully appreciated. I am convinced that the people of Canada are increasingly aware of the value of Canada's defence in deterring aggression, maintaining the peace and preserving our beloved democratic freedoms and rights and, I who have seen you on many occasions have been aware of your fine professionalism and I am proud of our Armed Forces.

I wish to you, your families and your friends, a Merry Christmas and a happy and fruitful New Year.

DEPUTY MINISTER OF NATIONAL DEFENCE

In the short time that I have been with you as Deputy Minister of National Defence, I have been impressed with the dedication of the personnel of National Defence, both civilian and military, which together with the contribution of our allies, enables us to welcome the new year in peace, in freedom and with hope.

If we take this opportunity to reflect on the past year we may realize when all is said and done that we, as Canadians, and all of us in National Defence have much for which we may be thankful. True, we may look to the future with uncertainty yet we know that our capabilities and special Canadian spirit have stood the test in the past and will do so in the future.

As we approach the new year, I am looking forward to becoming better acquainted with the department and hope to meet and talk with some of you in the next 12 months. This next year will present a challenge to us all. I know we will meet the challenge, as in the past, by working together as members of the Department of National Defence and as Canadians.

On this the occasion of my first Christmas with the Department of National Defence, I wish you and yours a very festive holiday and a bright New Year.

COMMANDER-IN-CHIEF

At this very special time of the year, I extend to all members of the Canadian Armed Forces, and to the members of your families, very best wishes for a happy and peaceful Christmas season.

Mrs. Schreyer and our children, Lisa, Karmel, Jason and Toban, join me in the hope that your Christmas will be merry and bright and that the Yuletide will be a time of joy for each and every one.

I want to avail myself of this special opportunity to convey to all members of the Canadian Armed Forces the best wishes and appreciation of your fellow Canadians for your active contributions to the security and peace of our nation. For the same reasons, I wish to convey to each and every one of you and expression of my own admiration and respect.

Have a very Merry Christmas and may the new year bring you and yours a real measure of peace, happiness and contentment.

CHIEF OF THE DEFENCE STAFF

To Canadians of all faiths, Christmas is the season of peace, sharing and goodwill towards our fellow man. As I reflect upon our troubled times two principal thoughts come to mind: gratitude for the material and spiritual benefits which we as Canadians enjoy; and, pride in having the privilege of commanding the dedicated and competent men and women of the Canadian Forces.

Wherever you are serving, at sea, on land, or in the air, you can all be proud that you are contributing to the spirit of this season through your continued efforts to ensure a strong and secure Canada. In particular, I wish to remember those of you and your families who are deployed away from Canada's shores, contributing directly to stability and peace throughout the world.

To those who are at home on Christmas day, I offer my best wishes to you and your loved ones for a joyful and peaceful season. To the sailors at sea, the soldiers on duty, the airmen on standby and the many men and women who will be providing services which are essential to our peace and security, I offer my best wishes. To their loved ones I offer a sincere thank you for their understanding.

May the New Year bring peace and prosperity to all.

COMMANDERS CHRISTMAS MESSAGE

To all within the Air Command family, my personal greetings and best wishes for a Merry Christmas and Happy New Year. As we celebrate this joyous season with our loved ones and come to the end of another year, let us also reflect on the many past challenges we have faced and renew our dedication to those yet before us.

We should ask ourselves if we are doing all that is possible in caring for one another as we live and work together to maintain a strong and free nation. Our thoughts should especially turn towards those whose service to our country have caused them to be separated from family and friends.

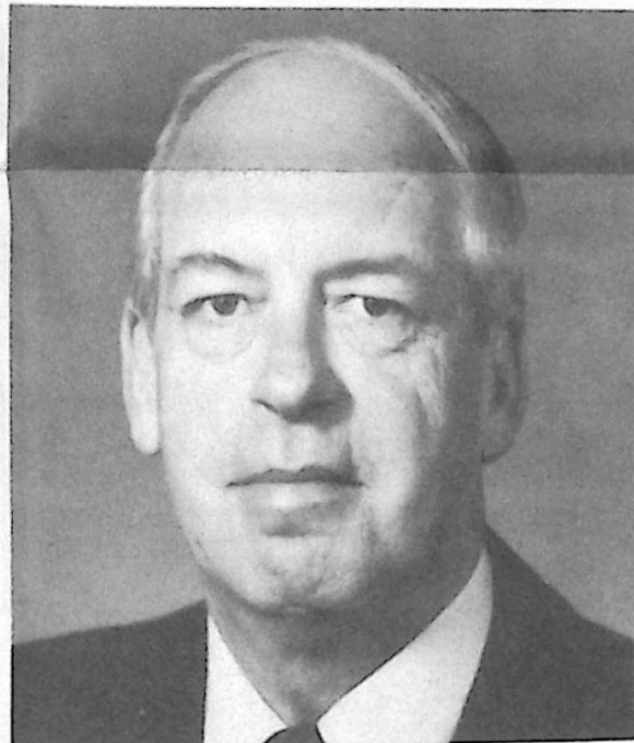
My personal contact with you over the past year has refreshed my conviction that you are serving with dedication and effect. I remain deeply appreciative of the privilege of being your commander. My very best wishes to you all.



BORDEN -- It is not only the new 2 1/2 ton trucks by Bombardier that are being readied for duty with the Canadian Forces. User instructors have been given courses at Canadian Forces Base Borden to prepare the way for unit acquisition of the trucks. These courses are designed for the user in mind not just the full-time transport driver. Training covers driving, user maintenance and trouble shooting in three training days. A total of 2,767 military pattern trucks have been ordered from Bombardier Inc. Deliveries to user units started this fall with final deliveries expected by the spring 1984.

MCpl. Gordon Lees (left) a radio operator with the Special Service Force, Petawawa, gets a final briefing from MCpl. Phil Smith, an instructor with the transportation training company of the Canadian Forces School of Administration and Logistics, CFB Borden. (CF Photo)

DEPUTY MINISTER OF NATIONAL DEFENCE



Mr. Dewar was born in Kenmore, Ontario, on August 21, 1932.

He studied at Queen's University in Kingston, Ontario, where he obtained an Honours Bachelor of Arts degree in history, economics, and political science in 1953. The following year he pursued post-graduate studies in Canadian history at the same university.

In 1954, he joined the Public Service of Canada and was appointed to the Cabinet Secretariat of the Privy Council Office, where he served as secretary to Cabinet committees dealing with matters of interdepartmental liaison and policy development studies, notably in fields related to external affairs and defence.

On November 1, 1982, after serving in various government departments he was appointed deputy minister of National Defence.



IMPORTANT NOTICE from the CANADIAN CANCER SOCIETY B.C. & YUKON DIVISION

BEFORE YOU MAKE A DONATION TO
CANCER RESEARCH PLEASE ASK:

- *What organization is asking for your support?
- *Is your neighbour who usually calls on you for donations during the April Cancer Campaign associated with or working for this organization?
- *Will money you give be spent for cancer research in B.C. and the Yukon?

The Canadian Cancer Society IS NOT soliciting funds within B.C. and the Yukon at the present time and is in no way associated with an organization of similar name - the Cancer Research Society Inc.

The Canadian Cancer Society's investigations indicate the Cancer Research Society Inc. is based in Montreal, has little or no representation outside of the province of Quebec and is bulk-mailing a large number of fund-seeking letters to B.C. and the Yukon.

The Canadian Cancer Society's Annual Campaign for funds to support ongoing research, education and patient services will be conducted in B.C. and the Yukon and throughout Canada during the month of April. At that time, Canadian Cancer Society volunteers, identified with a daffodil volunteer sticker, will call upon householders and businesses throughout the Division.

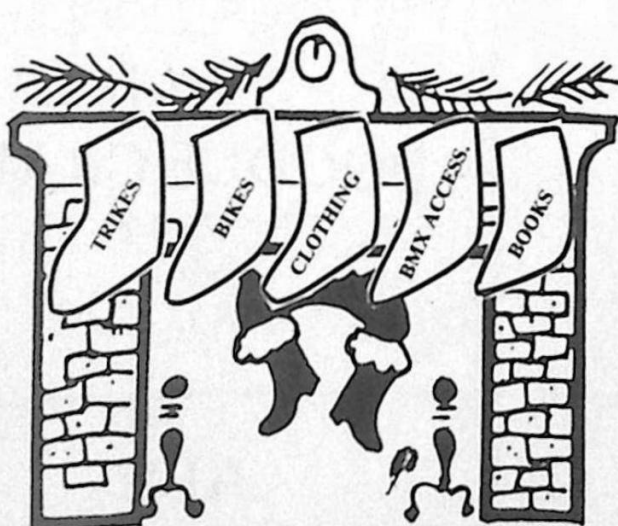
If you have any doubt about which organization you are making a donation to please contact your local Canadian Cancer Society unit for verification.

F.N. Ridley
Fred N. Ridley
President
B.C. and Yukon Division
Canadian Cancer Society

ARE YOU HUNG UP FOR A CHRISTMAS GIFT?

Let our trained staff help you
with ideas for the cyclist on your list.

Pat, Doug & Judy wish you all a Merry Christmas
& Happy and Prosperous New Year



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*Twelve weeks before Christmas
When all through the place
Everyone was stirring
To keep up the pace
To decorate trees and sew Santa's socks
To bake and to make and to build up the stock
Of toys and goodies and happy time things
For Anna and Justin and Julie and Singh
And all of the patients we keep in our care
Our first Christmas at Children's
We're planning with flair!*

Applying the final touches to the Children's Hospital Christmas tree is five year old, Byron, a Ft. St. John resident, currently a patient at British Columbia's Children's Hospital.

Officially opened in April of this year, Children's Hospital at 4480 Oak Street in Vancouver serves as the provincial referral centre for pediatrics. Children from all over British Columbia are treated at the new 250 bed facility which offers a wide variety of programs and services to meet the health care needs of children from birth to nineteen years of age.

For this, our first Christmas at Children's, patients, parents, and staff join together to wish all the friends of Children's Hospital a Christmas filled with health and happiness.

COLD TURKEY DAY

January 12, 1983

VANCOUVER, B.C.: Thousands of smoking British Columbians are expected to "take control" and stop smoking when the Second Annual Cold Turkey Day is held January 12.

"We are confident that the trend towards fewer people smoking will continue, and Cold Turkey Day gives them something to aim at -- a chance to take control," said Dr. Fred Bass of the Vancouver Health Department, and spokesman for the five sponsoring groups.

"With the help of buddy systems and the co-operation of hotels, restaurants, businesses and individuals, we think we can improve on our first Cold Turkey Day when many people put away their cigarettes for good," said Dr. Bass. "It will be a great help if restaurants remove their ashtrays for the day."

Sponsoring organizations are the B.C. Medical Association, Canadian Cancer Society, B.C. Lung Association, B.C. Heart Foundation and public health departments throughout the province.

"We are asking non-smokers, particularly those who were once smokers, to give support and incentive for this difficult day by providing a buddy service,"

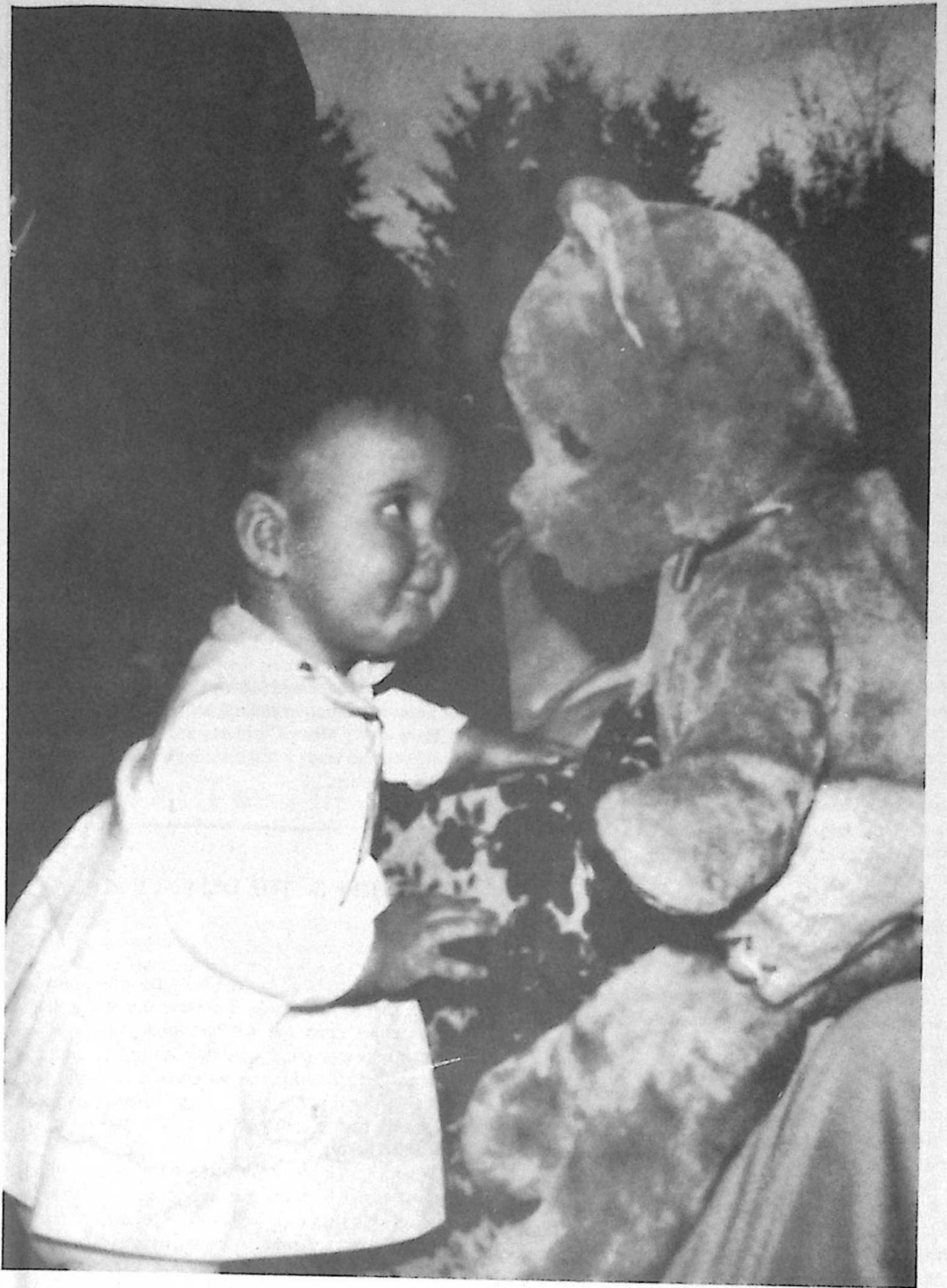
said Dr. Bass, who is also chairman of the BCMA's Smoking Cessation Committee. "Buddy duties include making snack packs and taking crisis calls when the smoker has chewed off his last finger nail of the day."

"We have lots of good support material which is available through the sponsoring organizations, including many local chapters in the province," added Dr. Bass.

Dr. Bass pointed out that about a third of Canadians now smoke, and only three in ten British Columbians aged 15 or over smoke. In 1955 57 per cent of men smoked, but by 1979 the figure had dropped to 41 per cent. However, the statistics for females are not so encouraging. In 1965 35 per cent of women aged 15 and over smoked, but by 1979 the figure had remained virtually unchanged at 34 per cent.

"We hope that by approaching a very serious health problem with a light-hearted awareness program we can convince smokers to take control," said Dr. Bass.

A new aspect of Cold Turkey Day this time is the involvement of schools, and many student councils are organizing Cold Turkey Day activities.



You wouldn't kid me would you? Is Christmas really here?



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