



TOTEM TIMES



Vol. 25 No. 13 CFB COMOX TOTEM TIMES

THURSDAY July 21, 1983

Deadline is Monday, August 8, 1983

COST: PRICELESS

Across the Forces

LOOK OUT . . . FOR LOOKOUT ANNIVERSARY — CFS Sioux Lookout will celebrate its 30th year of operation this year with festivities between September 7 and 9 and the publishing of a commemorative magazine by the end of December. Camping facilities on the station and other area accommodation will be available for those wishing to take part in the September events. In the meantime, the station is looking for stories and pictures for the magazine history of the site. If you're an ex-member of the station and want to contribute something of interest to the magazine, send it to the Commanding Officer, CFS Sioux Lookout, Sam Lake, Ont., P0V 2R0, attention Cpl Willie Saulnier. Copies of the magazine will be available at a nominal fee in the new year. Contact WO Wayne Calbeck at the same address or at 737-1500, local 303, for further anniversary information.

VOLLEYBALL CHAMPS VOLLEY TITLE BACK HOME — The ball is in the courts of CF Bases Comox and Halifax now, the homes of the Canadian Forces' national volleyball champions for 1983. For the men's team at CFB Comox, it was a matter of bringing the title back home; for the women's team at CFB Halifax, it meant winning the title from the 1982 team champions at CFB Moose Jaw. This year's winners defeated opponents from other regions during national round robin competitions at CFB Halifax from April 25 to 27. Other men's teams competing, in their order of standing prior to final play, were CFB Halifax, NDHQ, CFB Valcartier, CFB Edmonton and CFB Lahr. The women's team from CFB Trenton led the standings going into the playoffs, followed by CFB Halifax, CFB Winnipeg, CFB Baden-Soellingen and CFB Comox. The Pacific, Atlantic, Ontario, Prairie, Quebec and Europe Regions were represented in servicemen's play; Quebec was the only region not represented in servicewomen's play.

BRAVERY RECOGNIZED — Three servicemen have been awarded the Star of Courage for a daring air rescue they performed two years ago. Capt Keith Gathercole, MCpl Steve Gledhill and Cpl Craig Seager received their bravery decorations from Governor-General Edward Schreyer this summer. Capt Gathercole, who has since been promoted major, was pilot of a 447 Sqn helicopter based at CFB Comox, B.C. sent to rescue a group of people trapped in flood waters near Squamish, B.C. MCpl Gledhill and Cpl Seager were repeatedly lowered through high trees and dropped chest deep into the swift flowing Cheakamus River to wade towards the six survivors. At the time of the rescue, they were aware that an upstream embankment holding back a 15-metre wall of water would soon collapse. As a result of another unrelated rescue, Capt Donald MacQuarrie of 423 Sqn, based at CFB Shearwater, N.S., has been awarded the Medal of Bravery for his part in the successful rescue of 26 seamen off the bulk carrier *Euro Princess* in November, 1981.

VOYAGEUR FIRST IN SARCUP — The first of 11 Canadian Forces helicopters being modified under DND's Search and Rescue Capability Upgrading Program (SARCUP) recently rolled off the assembly line at the Boeing of Canada plant in Arnprior, Ont. The program, initiated in 1976 at a cost of nearly \$37 million involves two types of helicopters, the *Voyageur* and the CH-113 Labrador. Upgrading work has been underway since 1978 and the last of the 11 is scheduled to roll off the assembly line in June of 1984. All helicopters are to receive improved navigational and communication equipment and new external hoists. The *Voyageur* will also receive new long range fuel tanks giving it increased range and longer time in the search area. The upgraded helicopters are destined for Search and Rescue units on both coasts.

Chief of the Defence Staff Message



CDS Farewell Message

On this my last day as CDS, I extend to you my compliments and my sincere thanks for your constant, loyal support and I reflect upon the outstanding work you have done in meeting our many and varied commitments.

And you have done so much: professional demonstrations of operational skills at sea, on land and in the air which are the envy of our allies; valiant humanitarian and rescue missions which have touched the hearts of our citizens; community assistance benefitting all conditions of mankind from coast to coast; project management and support activities that are models of effective management; individual training excellence and administration which give life to the conviction that people are our most important asset; and with all of this, simply and importantly being responsible citizens and righteous in the places where you live in Canada and abroad.

I recall the wise counsel, the hard work and the unswerving support of commanders and staffs, in Ottawa and in the field, whose planning, coordination and execution of tasks have been of the highest calibre.

In the last three years I have had the privilege of visiting a great many of our ships, bases stations and units and of meeting thousands of forties members both regular and reserve, civilian employees, cadets and their families. I shall always remember the vigour, enthusiasm, energy and spirit with which you have discharged your duties.

After these reflections I cast my mind to the future and wish you continued success as you renew our operational capabilities with modern equipment and fresh skills and as you move forward to implement the total force concept. I know that General Theriault embarks on his stewardship with a fine team to support him.

And now it is time to say goodbye. I thank you for the priceless gift of having sailed, marched and flown with the best. I wish General Theriault and all of you who have accepted the responsibility of safe guarding our national security and all the families who support you good health, good fortune and God-speed as you maintain strength to ensure peace.

General R.M. Withers
Chief of the Defence Staff



Message from New CDS

On assuming the appointment of Chief of the Defence Staff I wish at the outset to express to General RM Withers the deep gratitude of all members of the Canadian Forces for his distinguished service to the country and for his caring and enlightened leadership of the forces. His great personal gifts of heart and mind together with his unflagging dedication have been an inspiration to us all.

I wish, secondly, to voice the pride, the strong feeling of privilege and responsibility which I feel on assuming the leadership of our forces. These feelings are accompanied by a deep sense of commitment to our country and loyalty to you.

Aware as we are of the fragility of world peace and of the ominous threats that cloud the future, we shall have to strive hard to provide Canadians with the most effective possible defence forces in the direct service of Canada and in the service also of collective security and stability, with our allies, whatever the level of funding and the tasks assigned us by our political leaders. To this end, the careful husbanding of resources and efficient perfor-

mance of duty need to be a personal concern of every serviceperson. My personal priorities remain the sustained momentum of our modernization program, the consolidation of progress in operational capability and readiness, and organizational stability. I envisage no major changes from the policies of my predecessors at this time, but I believe that it is useful to remind ourselves now and then of the substantial impact of technology on military matters, and of the consequent necessity for us to be open-minded and capable of adjustment to the inevitable changes wrought by the passage of time.

I shall have high expectations of the standard of performance and conduct of the members of the Canadian Forces, in line with the enormous importance of our service and commensurate with the great trust placed in us by our compatriots. Warm greetings to everyone, wherever he or she may serve.

General G.C.E. Theriault
Chief of the Defence Staff



HMCS Saskatchewan at Comox

From Friday, 22 Jul at 1400 hrs until Monday, 25 Jul at 0800 hrs, HMCS Saskatchewan, a MacKenzie class Destroyer from the 4th Canadian Destroyer Sqn in Esquimalt will visit Comox.

The captain of HMCS Saskatchewan, Comdr Eldridge, has extended an invitation to all those that are interested in viewing the Destroyer to come aboard.

The MACKENZIE Class Destroyer escorts are designed primarily as anti-submarine warfare vessels with a limited surface and anti-air warfare capability. Im-

provements to the MACKENZIE Class ships are being made under the Destroyer Life Extension (DELEX) program. The Saskatchewan displaces 2880 tons fully loaded and is 111.6 meters long, with a complement of 210 officers and men.

The Saskatchewan will be docked along side the Government Pier at the Comox Marina and will be receiving visitors on a first come, first serve basis Saturday and Sunday afternoons from 1300 until 1600 hrs. Local groups such as cubs, scouts, cadets are all welcome.

"Fishwrapper" Exposed

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Section News



Nighthawks Nest

Well the fateful day has come and gone and the fighting 409th is officially at half strength. Apart from a few exceptions the change was not readily apparent. One of the exceptions was the departure of Barry Kennedy from the Comox Valley. Barry had been slightly jealous of the city of Philadelphia ever since the Bicentennial when it hosted a party which even friends of Barry's had to agree was wilder than his best to date. Not to be outdone, an intimate crowd congregated at the infamous Kye Bay residence on July 1st to both celebrate Canada's birth date and lament Barry's decision to leave the CF and the Comox Valley.

The RCMP had brought in extra help to aid in answering the anticipated noise complaints and valley residents from as far away as Denman Island requested 409 to fly low level high speed passes up and down the straights to mask the more disconcerting din of the revellers at Kye Bay. As luck would have it however, Barry's closer neighbours from Bates Beach and Point Holmes not to mention those at Kye Bay, were so elated at the prospect of relative peace and quiet after his departure that they cheered and applauded for most of the evening effectively drowning any and all party sounds. The party itself was an unqualified success easily outshining the aforementioned American fete. The announcement and actual realization that Barry and Jan are to be married this fall (to each other) gave the party a third purpose and greatly added to the overall celebration.

Barry will be sorely missed around the squadron, his quick wit often being the only feature of ground school to account for the high attendance levels. Good luck in all your endeavours Barry even though you don't need it.

Squadron operations went as normal for the first week of half strength, Tom Chester and Dave Reyenga wearing out the knees of their flight suits grovelling for extra flights at the Ops desk. Officer Egli went about business as usual losing horribly to anyone he could find who would play acey-deucey. It wasn't until the Boss stood up to address the normally unruly hoarde present at a semi-surprise, come one, come all ground school and fighter aircrew etiquette briefing that he realized Barry Kennedy was no longer on squadron so the running commentary had to be coming from some other source that it became apparent something was

different. Looking up and seeing the entire remaining squadron sitting in the first two rows he concluded the feedback he was getting could only be an echo, so pulled up a chair and continued in a less formal manner reminiscent of the President Carter fireside chats.

The next most visible difference was the scheduling board. Eric tried valiantly to explain it as an extremely complex mathematical program bandying about computer terms as casually as he normally talks about the women's liberation movement. Termed the Matheson Matrix it held the entire squadron in awe until an anonymous crew member while innocently looking through Eric's desk for a Bible came across an extremely worn looking Ouija board. The 'secret' out it became much easier to understand why simulators follow full moons, why Desro is only scheduled for T-bird trips on Zoroastrian religious feast days and why the Boss only holds Q on cabbage roll and baked ham days.

The airshow season is in full swing once again with the Hawks 2 plane formation amazing crowds in the Pacific Northwest. Just this past weekend the team performed at the Washington State Air Fair. The show which is a two day event marked the break in the summer monsoon and day one went as well as the weather. The Hawks displaying their legendary punctuality flew through stage centre precisely on time much to the consternation of the previous act who was running late and to the pleasure of the thrill seeking spectators. Displacing their entry to allow the Coors Silver Bullet minijet to complete his act the Voodoos put on their usual burn and turn act which always wows the fans and scares the pants off the navigator in the number 2 aircraft. Compared to day one day two wasn't really worth mentioning.

In case anyone hasn't noticed Dave Reyenga has asked it be mentioned that he is growing a moustache. Having planted the seeds in the spring he commented "It was growing great guns back in May during that hot spell but the over-cast weather since then almost caused it to die. I'm pretty confident that the summer weather will improve allowing me to harvest it in say, mid to late October".

To bring this to an end until next issue just a reminder that Capt Blom and Major (USAF) Greg Frazer will be mugged out at Fridays beer call. Be there or be square! (ie. trash hauler aircrew)

TRIVIA QUIZ

1. Which aircraft was the direct forerunner to the F-18 Hornet program?
2. Which were the Royal Canadian Navy's first and only jet fighters?
3. What was the first powered aircraft to take off from water?
4. The U.S. Air Force has a mission that uses aircraft to suppress enemy surface to air missile sites, what is it's name?

Well, the old goes, and the new arrives. Ray is leaving us at Vu-33, and I have volunteered to take his place. I hope to carry on Ray's work of reporting the happenings of our squadron. With some patience on your part, the happenings of servicing, the main artery of the squadron, will be known to everyone.

There are a few people leaving us, and as they go you will hear of it, first, from here. Of course the new arrivals will not be forgotten. As you know, Ray is leaving us for labs., well, our gain is their loss. To replace Ray, we have Sgt. Bill Hamilton. Bill has been working with the ATAT people. I hope Bill hasn't forgotten how to read schematics, he has been a long time without an airplane.

Kim Matheson is leaving us for greener pastures. With him goes the last of the original tracker techs. It goes to show, anyone who can keep a voges-wadon running, can do miracles with anything. Kim ought to enjoy civvy street, if he can find an airplane to work on.

Maintenance is as busy as ever. With two T-33's, the hanger looks more like a factory than a repair

service. All the busy little techs are running around, filling their wrenches with bolts of all types.

Al, the kiddies pal, has found out the heartaches of owning a home. But as they say, true love will find a way, right Al?

Jim Diamond has returned from leave. It was a rest we all needed. He may wish he was back on leave when he takes a look at all the stock pile of work waiting for him. But we can always count on Jim to do a good job.

Michelle has returned from Bor-



33

den from her 6 weeks course. We're all glad to hear how well she did. Now she can put some of that valuable knowledge to work, right Tim?

It's always a good sight to see the end of a private's career and the beginning of a corporal's. Through endurance on the part of Mark Hull, Kevin Saunders has finally attained the mind boggling heights that all privates aim for, that extra 600 dollars a month. We all wish Kevin the best in this turning point. Kevin, between us, they're going to

be watching you more closely now, so much for the Friday afternoons, eh.

Tree Island was to be Tuesday of last week, but the weather man didn't cooperate. We can only hope that he's more cooperative for the next date picked.

Well, I'm afraid, for you loyal fans, there is going to be a lack of reading material til September. I'm off to Borden for 6 weeks, but when I return, I'll continue to offer all the gossip first hand.

L.J.C.

Demon Doins



407 aircrew are on summer routine, after all it is summer, isn't it? This means that two crews (5 & 6) are on leave and crews 2 & 3 are preparing for their leave. Crew 4 is at JMOT (Joint Maritime Operational Training) in Kinloss, Scotland for three weeks.

We had an aggregate crew down to Moffett Field, CA for an airshow weekend - a great time was had by all.

Meanwhile back on the front-Fuzzball and Jake must both go to the same barber - he uses a weed eater or maybe a lawnmower.

On a more serious note - all 407 unanimously wishes Maj. Bernard best wishes and a speedy recovery.



Pictured above is the winning team of the 1983 National ASW Competition Ground Crew Trophy led by Sgt. Nichol.

Left to Right (rear row): M/Cpl Sturdy, Cpl Bok, Cpl Ubsdell, M/Cpl Nowosad, Pte Labrie, Sgt Maltais, M/Cpl Foster; left to right (front row): Cpl Fleet, Cpl Campsall, Cpl Awtle, Sgt Nichol, M/Cpl Laporte, Pte Lapointe

I would like to take this opportunity to thank all the members of 407 Squadron for their excellent support given the ground crew in preparing for this year's competition, and each member for his total commitments to the successful returning of the groun Crew Trophy to 407 Squadron. A job well done.

Base Supply

Sgt Hume is back from his Down-Homer vacation; using his Pri 4 points did guarantee a no bump flight but that didn't prevent a U/S aircraft and overnight delay in Winnipeg (34°C) on return. Not looking forward to sweating out the night there, he asked for some help from up above. Lo and behold, out of the sky came a VP407 Aurora with a few spare seats and on its way to the Beautiful Comox Valley; many thanks go out from Sgt Hume to the Aircraft Captain, Major Nunikhoven, and his crew of Can Mil Flight 0118 for not only a timely, but a rewarding, trip home. An impressive aircraft with a great crew, you are number one in travel.

Another of the guys is back from vacation and can be seen walking around the base with a big grin on his face; he must have bumped into a new Cpl in Borden, Hi Hutch!!! Congratulations on their first hook go out to Pt. Bolduc and Pte Aube.

The Supply Ball team is also doing very well. Last thursday they won their first game of the play-offs (so what if it was by default) and on Monday they defeated Det 5 to move into the semifinals. The whole of Supply is behind you; go get them, kids!

And speaking of being on a winning streak, how about that Gord Hodgkinson, winning the Pot of Gold last Friday, for I believe the third time this year, what you could call full of ---- luck.

I understand Shelley visited the biggest little city in the world (Reno). She's not driving a new Corvette, so I guess she didn't win.

Was the weather really as hot as I heard?

To the mad taper loose in General Stores: beware, as our very own Inspector, M/Cpl Dave Jones Clouseau is on the case; and how about the rumours of a torrid love affair brewing in the same establishment -- stay tuned for future updates. Before leaving Doc

and his crew, it should be noted that Moe is on leave so please go easy on those left to carry on the battle.

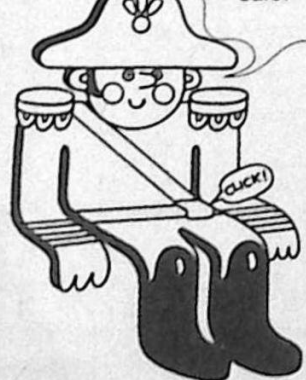
Next Thursday we will be holding a Fishing Derby and hope to have the results for the next edition. Go get 'em, John, it's your turn.

Enough for this time from your CE (Engineer Support) Supply Staff. Next time.



Dave Jones receives his MCpl stripes from the BSUpO, Major Finn. (Canadian Forces photo by Cpl Valiquette)

BUCKLE UP!
Let's bring everybody home safe.



Section News



SARSITREP - The Search and Rescue situation report has a lot to say in this issue.

First of all our primary duty: searches. Over the past few weeks we have been involved in four air searches; however, all of them except for one were concluded in a reasonably short time. SAR Meek was the first one in June. A low time pilot departed Fort St. John in a Cessna 180 with his wife who was seven months pregnant, and two friends, for a camping trip in the Rockies! They were reported overdue on the 5th of June, so a Buffalo was dispatched. By the 6th of June, a full scale search was underway involving 10 military aircraft from Comox and Edmonton, plus about 10 civilian aircraft, with Capt. John McLellan as searchmaster. After six days of searching, the wreckage was found. There were no survivors.

SAR Scott which started in February when two businessmen disappeared in the Okanagan, had been reduced, but was re-opened in June when the snow had cleared. The wreckage was found close to Penticton by Sgt Dwight Lewellyn, flight engineer on the Buffalo.

SAR Barber involved a man who crashed an ultralight at a place called Braeburn, north of

Whitehorse in the Yukon Territories. The wreckage was found by a Buffalo crew, and again no survivor.

The most recent search was SAR Yehia. A Cessna 172 departed Savary Island bound for Pitt Meadows on Sunday 10th of July, with three people on board. Although the investigations are not concluded, it appears they may have been attempting to turn back, possibly due to weather and struck a hillside on Texada Island. The wreckage was spotted by Pte John Thompson, a fitter with 442

The pilot of the Buffalo which found the crash site was LCol Doug Stuart, CO of 442 Squadron. LCol Stuart became an "AC" - aircraft commander in June. SAR Yehia was LCol Stuart's first search as an aircraft commander.

Four rescue specialists recently attained the qualifications of RESCUE SPECIALIST TEAM LEADERS. They were: Cpl Tom Elliot, Cpl Gerry Gallagher, Cpl Chris Girden and Cpl George Makowski.

The late summer months bring postings and 442 Squadron will be saying goodbye to several members who will be missed. At 442 we knew Dave Lett as Major Lett. In Tren-



Reader's Digest, April 83 quote "MCpl Gord Maidment - A bear of a man" unquote.

ton, where he will be known as LCol Lett, he will be taking over as SENIOR STAFF OFFICER for SAR. Capt Al Paul left Comox in July for Ottawa to work for Flight Safety Operations for all transport aircraft. Capt Luc Maurice will be leaving for Edmonton to continue work in the SAR world, working for 440 Squadron. Luc will be missed by his admirers. Capt Richard Lapointe will be leaving for the Big 2 (2CF-FTS) in Moose Jaw, Saskatchewan to become a flight instructor.

Capt Lanthier, 'REG' to his friends will soon be 'Sir' to his friends since he is being promoted to the rank of Major. Reg will be replacing LCol Lett as the helicop-

ter flight commander. Perhaps one of the biggest success stories of all goes to MCpl Dave Maloley, a SAR Tech has been accepted for pilot training and leaves for basic training very soon. Rumor has it that 'Officer Cadet' Maloley will be ready to start jet training in Mose Jaw at about the same time that Capt 'Kermit' Lapointe is ready to start teaching on jets. We'll see.

Capt Doug Strachan saw his first iceberg recently. Capt Strachon was temporarily detached to 103 Rescue Unit in Gander, NFLD.

The BEACHCOMBERS television program requested the services of 442 Squadron, in an ac-

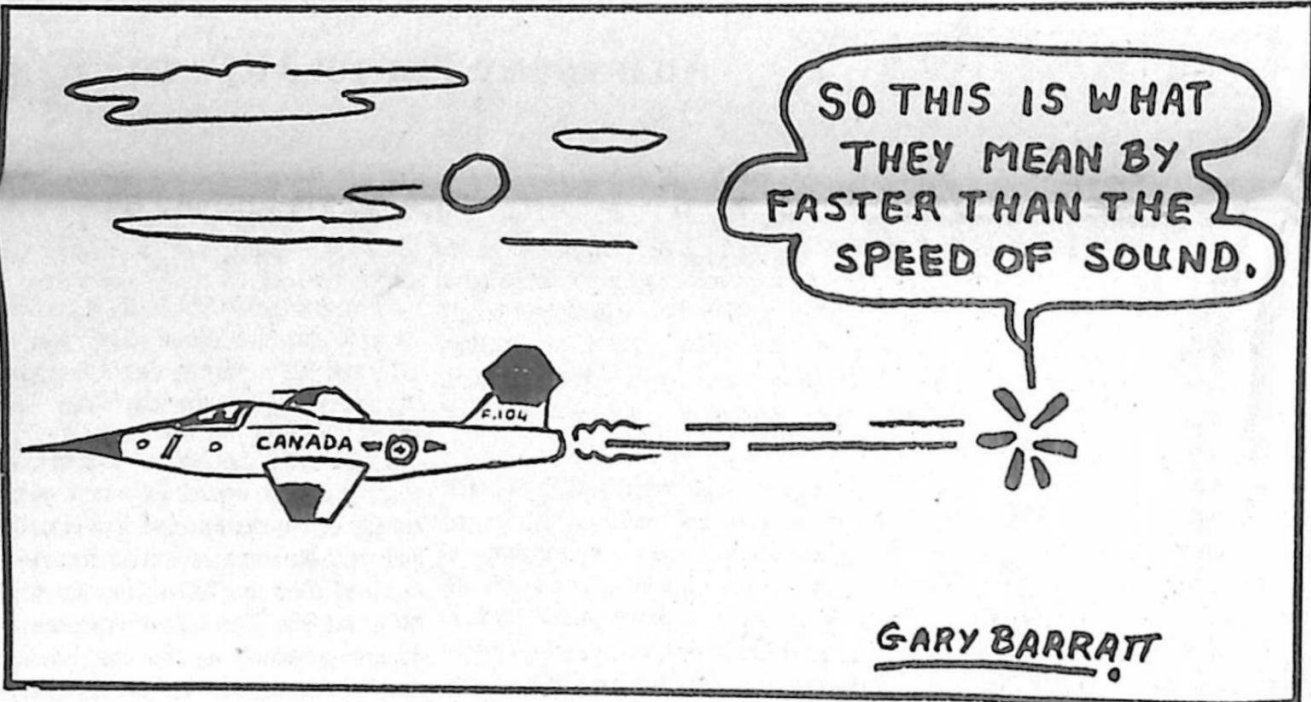


The CO of 442 LCol Stuart and Capt Art Sakamoto congratulate each other after singing the Japanese song Wok-a-bye-baby during SAREX

ting role. We were tasked by NDHQ to send a helicopter and crew to Gibson's Landing for a couple of days. Obviously we selected our most handsome crew with Capt Pete Smith as aircraft commander. While 'on location' the helicopter was broken into overnight by a 15 year old youth. The matter is under investigation by the RCMP. It is obvious that Pete Smith refused to give an autograph, so the youth was after some other momento. The

BEACHCOMBERS episode will be entitled "The Six Million Dollar Rescue". We are not certain yet when it will be aired, but watch for it.

Finally, we have some pictures of SAREX 83. SAREX 83 was a total success for some teams, and a total learning experience for others. 413 Squadron from Summerside, PEI were the overall winners. 442 Squadron did not do too badly, we placed about eleventh.



Sgt Fred Ritchie and Cpl Rone Langevin of 424 Sqn. Sgt Ritchie received top jumper award at SAREX 83.

Fire Plugs



Well, we made it to our second article for the base paper. It isn't as hard as we thought it was going to be.

There are a few words I'd like to say about bar-b-ques. The weather hasn't been great lately for cookouts, but there are a few people who are having bar-b-ques despite the weather. If you want to use charcoal starter fluid, here are a couple of things to keep in mind.

After you have applied the starter fluid it is a good idea to put it safely away from the coals before you light them. When the coals are on fire it would be best if you didn't put any more fluid on the flames. If these two easy steps are followed it will make for a safer and enjoyable cookout.

In an effort to salvage our pride in the golf tournament we had with CE, in which we lost, CE put on a mini sports day at the gym.

Retribution was swift and sweet as we beat them in volleyball. I'm sure they'll get us next time.

The Fire Hall would like to take this opportunity to congratulate one of our guys, Andy Anderson on his recent marriage to Sharon Salt. Who said there is no such thing as

love at first sight.

Finally here is a story for all of you who think you had a bad day. The Warminster Heights, Pennsylvania volunteer fire department set fire to some abandoned row houses for a realistic training session. It was then that they

realized they had forgotten to bring along the water. Nearly 150 neighborhood residents had to be evacuated from their homes and an electrical power outage occurred before fire departments from nearby towns extinguished the blaze. See ya.



A new pilot has been posted in to 442 Sqn and is shown with a Sqn aircraft. We have been unable to identify him/her, can anyone help?

WANTED

Volunteers are needed, desperately to help out at Totem Times Base Newspaper. Positions that are rewarding, recognized secondary duties soon to be vacant are:

Assistant Editor - Lasts for 1 year. Voice your opinions in Editorials, compete with other newspapers, both military and civilian. Requires every other Wednesday evening and less than half a day every other week.

Layout Staff - If you don't have much free time but could handle a few hours on Wednesdays every other week, doing layouts is fun and interesting. Help the paper take shape and see all the news before anyone else.

Any member of the Military community is welcome at the Totem Times paper. If you are interested in any of the above, please phone Capt. Jack Gibson at Local 2478

Be Water Wise. Play it Safe.
When boating, follow the rules and learn about local hazards such as tides and currents.
The Canadian Red Cross Society

JR. RANKS' MESS						
AUGUST 1983						
SUN	MON	TUES	WED	THURS	FRI	SAT
	1	2 MOVIE THE BOAT	3	4 MOVIE RUNNING SCARED	5	6 D.J. MAC
7 FISHING DERBY STARTS AT 0800 HRS	8	9 MOVIE THE LAST AMERICAN VIRGIN	10	11 MOVIE 48 HRS	12	13 FISHING DERBY WINDUP AT 1100 HRS D.J. MAC
14	15	16 MOVIE JABBERWOCKY	17	18 MOVIE NIGHT SHIFT	19	20 D.J. MAC
21	22	23 MOVIE THE AWAKENING	24	25 MOVIE THE BROOD	26	27 D.J. MAC
28	29	30 MOVIE HIGH ROAD TO CHINA	31			
Special Events Fishing Derby — August 7 to 13 • Windup party August 13 • See base paper for more information					DJs 2100 hrs til 0100 hrs	

Editorial

Everybody's Newspaper

As you may have noticed from our masthead and from the editorial in our last edition, the "Fish-wrapper" now has a new editor. I hope I can maintain the same high quality that Kurt Saladana achieved during his year as editor, but it will be a tough act to follow. Under his editorship, the Totem Times received the CCNA (Canadian Community Newspaper Association) award for 2nd place in the category "Armed Forces General Excellence". Kurt was on hand for every edition and always had an editorial written in spite of a busy flying schedule with 409 Squadron. As we all know, the one dependable thing about military life is that it is constantly changing, so Kurt is moving on to other things. Fortunately, he will still help us out at the Totem Times now and then. I suspect we will need him quite frequently.

I am taking over the editor's job with some trepidation because I am now beginning to realize some of the responsibilities of printing a newspaper. If a newspaper does not influence its readers, it serves no purpose. If it does influence its readers, then it is a very powerful communications tool which must be used with great care, particularly by Canadian Forces papers which are not allowed to express political opinion.

So I will blunder ahead and hope that I can produce a good newspaper which will satisfy both you, the reader, and the guidelines which have been set for me. I would look forward to criticism from you (constructive I hope) at any time.

I was particularly pleased to receive a letter to the editor from a venerable gentleman in Victoria, Sqn Ldr Clarence S. Goode (Retd.) who is the oldest honorary life member of our Officers' Mess and a regular reader of the Totem Times. His congratulations to Kurt Saladana upon his stepping down and his encouragement to me are much appreciated. I look forward to future correspondence from Sqn Ldr Goode and from other readers.

Writing editorials is probably the smallest part of an editor's job. The big job is assembling the material we receive which, unfortunately, is usually all too sparse. We receive the usual squadron and section news, sometimes after much cajoling, but we would also be very pleased to hear from branch heads and section heads. From their enormous wealth of knowledge and experience there must be stories, anecdotes or advice, which would interest our readers.

The Totem Times is everybody's newspaper, so let's all help to make it the best.

J.S.G.

To The Editor

Congratulations are in order on your own leading article (June 30th) which will please many who dabble in "Printers Ink"; as I have for some seventy years.

However, it was something of a shock to read at the end of the third column, without warning or explanation, that you are no more. Moreover it is assumed from the "wanted ad" on page 7 calling for an Assistant Editor, that your assistant has taken over the Editorial to which appointment we offer, with respect, our blessing. The base newspaper over the years has meant much to "old sweats" like myself, looking at ninety and the oldest Hon Life Member of the Officers' Mess going back forty years or more, because it keeps us in touch with the happenings on the base in which we take part as frequently as the 300 miles journey will allow us (meaning myself and my wife Brenda, Squadron-Officer RAF (ret'd)). To you we offer our thanks for your outstanding services as Editor and we look forward with pleasant anticipation to the guiding hand of your successor. Our best wishes to you all.

Clarence Goode
Squadron-Leader Royal Air Force
(Retd)
Victoria

Your congratulations are much appreciated. We will do our best to produce a newspaper of which we can all be proud.

Editor

LETTER OF ACKNOWLEDGEMENT

This letter acknowledges, with gratitude, your thoughtful donation towards defraying the costs associated with the presentation of Queen's and Command Colours to Air Command, 31 July 1982, by our Commander-in-Chief. It truly was a solemn and inspiring occasion which shall serve as another milestone in the re-affirmation of an air force identity within the unified Armed Forces.

Moreover, as His Excellency expressed during the ceremony, members of the Canadian Forces are "the representatives of our country in the preparedness for defence, which must surely exist so long as nations are divided into camps, between those guaranteeing fundamental civil rights and democratic procedures, and those who do not". Our Colours now stand as a symbol of the dedication to that ideal shared by all airmen, past and present.

Financial contributions received from individuals, bases, stations and miscellaneous grants for the project amounted to \$22,276.35. Our expenditures to date amount to \$20,094.09. This includes the production of an official film of the Colours ceremony, which has been completed and will soon be available through the Canadian Forces Library. The remaining proceeds will be committed to the upkeep of the traditional air force blue uniforms for the Air Command Band.

Your contribution and support for this historic event is greatly appreciated.

K.E. Lewis
Lieutenant-General

From the CDS

Thanks for the Memories

My memory bank discloses that I have flown with 402, 403, 405, 408, 412, 413, 414, 415, 418, 419, 421, 423, 424, 426, 427, 429, 430, 435, 436, 437, 439, 440, 441, 442, 444, 450 and 880 squadrons and their antecedent establishments SUBH and RUS and KUS. Aircraft types include North Star, 1-19, Dakota, Bristol Freighter, Expeditor, Comet, Herc, Buff, Albatross, Norseman Otter, Twin Otter, Yukon, Cosmo, Falcon, 707, Dash 7, T-33, Tracker, Argus, Aurora, CF-5, CF-104, H44, HS-4, CH-112, Lab/Voyager, Kiowa, Huey, Chinook and Sea King.

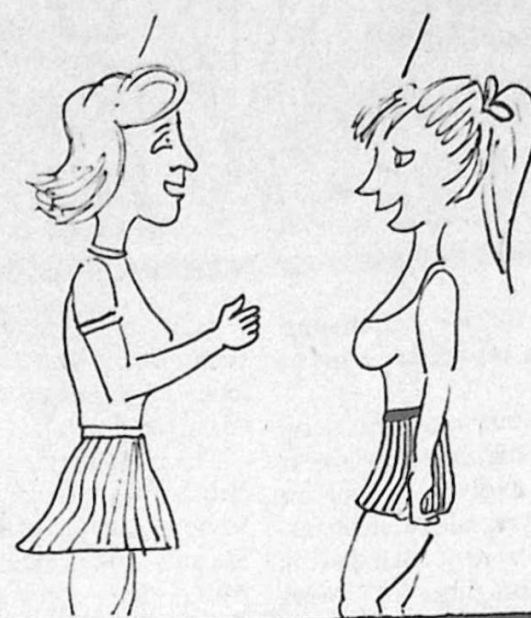
I have now completed my last duty flight on Cosmo 160 of 412 Squadron (AC: Capt Walker), therefore it is entirely appropriate that I ask you to accept my compliments on the dedication, Professional airmanship and true love of service demonstrated, over these many years by those who live by the motto *Per Ardua Ad Astra*. I have been very proud of my airmen.

In particular Alison and I wish to offer a special personal thanks to 412 and 437 Squadrons for their outstanding support over the last three years. We also fondly recall our fine operational Aurora crew from 405 and 415 Squadrons on the great Pacific Trek.

I ask that you give this message distribution to all concerned. God bless you all and thanks for the memories.

SO WHAT'S YOUR DAD DOING ON HIS SUMMER HOLIDAYS?

EVEN SINCE HIS GARDEN DISAPPEARED OVERNIGHT HE SPENDS MOST OF HIS DAY HUNTING THE CULPRITS.



Letters:

To The Editor:

As a token of our appreciation, we are awarding you with our "Certificate of Appreciation" for your support of the B.C. Heart Foundation.

Thank you for helping us achieve our goals. We have not made our overall target as yet, but for the first time in B.C., we have made over a million dollars in our Residential Canvass!

We salute you and the thousands of volunteers who make heart research and information programs possible!

Kenneth W. Ritchie
Campaign Chairman
Comox Valley Heart Fund
Della Smith
Public Relations

To The Editor:

The small logging community of Nimpkish Lake is rapidly being phased out and it is the intention of the Nimpkish Lake Recreation Commission to hold a *FAREWELL TO NIMPKISH' B.B.Q AND DANCE*, on the Labour Day weekend, of 1983 (September 3).

We wish to cordially invite all former residents of our wonderful community to come and say goodbye to their former friends and meet again with old acquaintances.

Anyone interested in joining us for the Labour Day Weekend 1983, may write to me personally at the following address:

David M. Foden
P.O. Box 8135
Nimpkish Lake
WOSS, B.C.
V0N 3P0

Phone: Nimpkish Lake 379

TOTEM TIMES

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ASSISTANT MANAGER:
BUSINESS MANAGER: Herb Hanson (Local 2318)
CIRCULATION MGR: Lucien Senneville 338-5074 (Loc. 2236)
SECRETARY: Kathy Pincombe 339-3497
EDITORIAL STAFF: Starr Beachey, Liz Mitchell, Rosemary Gibson, Kurt Saladana
PHOTOGRAPHERS: Ann Howlett & Base Photo

The TOTEM TIMES is an unofficial publication of CFB Comox. The Editor reserves the right to edit copy and reject advertisements to suit the needs of the publication. Views expressed are those of the contributor unless expressly attributed to DND, CF or other agencies. In case of typographical errors, no goods may be sold and difference charged to this newspaper whose liability is limited to a refund of the space charge for the erroneous item. "Advertising is an offer to sell and may be withdrawn at any time." Address correspondence to The Editor, Totem Times, CFB Comox, Lazo, B.C., V0R 2K0. Subscription rate \$5.00 per year.

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Law Talk

By Gordon Hardy of the People's Law School

3466 W. Broadway, Vancouver, B.C. V6R 2B3,
734-1126.

Small Claim Court

The last in a series of five articles on Small Claim Court.

Your day in Small Claim Court is really yours -- it is unlikely you will have a lawyer at your elbow to whisper words of guidance and encouragement.

Lawyers are not particularly welcome in Small Claim Court; it is designed so that private citizens with

disputes involving \$2,000 or less can present their own cases before a judge.

If you are suing or being sued in Small Claim Court, you and your witnesses should arrive punctually when the Court convenes. The Clerk of the Court will read out the names of those people who are plaintiffs and defendants in that day's proceedings. When your name is

called you should stand and identify yourself to the judge. If either you or your opponent is absent, the missing party will lose the case by default. However, there is a provision by which you can have the default judgement set aside if the reasons for your absence are good.

While Small Claim Court is a good deal less formal than other courts, it is still a court of law in which proper decorum is expected. You and your witnesses should wear tidy clothes. When speaking to the

Court, you should stand, unless invited to sit. You must address the judge as "Your Honour".

If you are the person suing, you speak first when your trial comes up. You may choose to give the judge an outline of your case and present documents which support your case. The other party will then have an opportunity to cross-examine you. He or she may also take this opportunity to explain his or her case and where it conflicts with yours.



Gens Du Pays

CANSUREX UN PLAN D'ASSURANCE POUR LES EFFETS PERSONNELS DES LF ET DES LC

Le Quartier général de la Défense nationale par l'entremise du Directeur général des Services du personnel a récemment annoncé le lancement de CANSUREX qui entrera en vigueur le 1er juin 1983.

CANSUREX est une version améliorée de la police d'assurance type contre l'incendie et le vol, élaborée à l'intention des locataires, et offrant une garantie risques multiples à prix modique. Un livret composé de questions et de réponses explique toutes les particularités du plan et répond à la plupart des questions qui sont habituellement posées sur l'assurance contre l'incendie et le vol.

Les avantages fondamentaux du plan sont résumés ci-dessous:

a. **Garantie** - sont couverts jusqu'à concurrence de \$25,000, les meubles et effets personnels des membres et ceux de leur famille habitant les logements pour colporteurs. CANSUREX prévoit aussi une protection contre la plupart des risques, protection habituellement offerte par les polices d'assurance. Les limites de couvertures conviennent à la plupart des membres mais si une couverture plus élevée est nécessaire, elle peut être obtenue à prix

légèrement plus élevé;

b. **Franchise** - une franchise de \$150 est incluse dans CANSUREX pour toute demande d'indemnité en cas de perte ou de dommages. Il s'agit d'un avantage très important puisque de nos jours un grand nombre de polices d'assurance portent des franchises plus élevées et des augmentations de primes plutôt importantes si l'on demande une franchise moins élevée;

c. **Règlement des demandes d'indemnité** - CANSUREX rembourse les demandes d'indemnité en cas de perte ou de dommages en tenant compte de la valeur à neuf de l'article au lieu de tenir compte de cout original payé moins la dépréciation. Cette provision donne ainsi droit à des règlements plus élevés et permet au réclamant de remplacer plus facilement les articles perdus ou endommagés;

d. **Responsabilité civile** - CANSUREX assure une protection jusqu'à concurrence de \$500,000 d'assurance contre le recours des tiers, uniquement au Canada; et

e. **Autres avantages** - CANSUREX offre aussi d'autres avantages qui font habituellement partie de la plupart des polices d'assurance contre l'incendie et le vol, souvent accompagnés d'une impor-

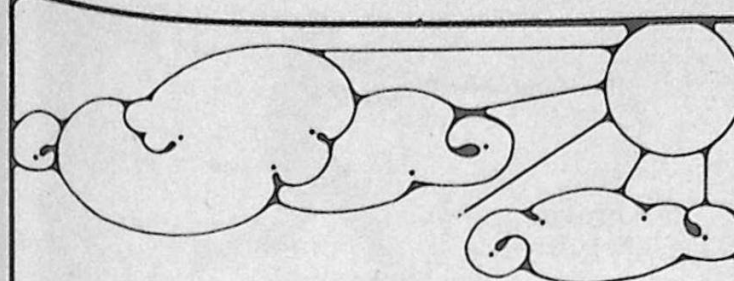
tante amélioration supplémentaire sans frais additionnels.

Le cout de CANSUREX est probablement son meilleur atout: \$38 par année pour un LF et \$23 par année pour un LC. La couverture entre habituellement en vigueur le jour suivant le paiement de votre prime.

CANSUREX a été élaboré de façon à combler une lacune remontant à plusieurs années, soit l'existence d'une protection d'assurance risques multiples contre l'incendie et le vol offerte à prix modique aux membres et à leur famille habitant un LF ou un LC. Le manque de protection d'assurance appropriée dans le passé avait placé sans défense des membres et leur famille et cause bien des privations et des soucis financiers. CANSUREX a comblé cette lacune.

Pour de plus amples renseignements, veuillez demander le livret expliquant plus en détail le plan CANSUREX, ses avantages et son administration. Procurez-vous ces livrets à l'officier des Logements.

Pour participer à CANSUREX, vous n'avez qu'à suivre les instructions mentionnées dans le livret.



ATTENTION LES ENFANTS ATELIER SOLEIL

Endroit: Gend du Pays
Date: Du 15 au 19 AOÛT
Heure: De midi à trois

Que ferons nous? . . .

Toutes sortes de choses intéressantes; peinture collage, fabrication de marionnette, etc., tout enfant de 4 ans à 12 ans sont très bienvenus.

Pour information et réservation contacter les Gens du Pays à 339-5313 ou 337-5785



Bonjour,

Après un repos d'un mois, l'exécutif se rencontrera pour **L'OPÉRATION DYNAMITE**.

ENDROIT: Gaff Rig Restaurant
1984 Buena Vista
Comox

DATE: Le 2 AOÛT 1983
HEURE: 19 hr — 7 hr

ORDRE DU JOUR

- 1 — Orientation du C.A. pour l'automne;
- 2 — Prise en charge du C.A.
- 3 — Publicité (Poster) et autres

- 1 — Orientation du C.A. pour l'automne;
- 2 — Prise en charge du C.A.
- 3 — Publicité (Poster) et autres
- 4 — Luc Maurice accompagné d'un invité spécial
- 5 — Fermeture.

L'association dépend de vous!

Venez en discuter amicalement autour d'une bonne bouteille de vin . . .

Repas De Tout Repos: Votre Affaire Un Pique-nique Desastreux

Chaque année, plus de 400,000 Canadiens souffrent d'intoxications alimentaires, et la majorité de tels accidents est le résultat d'aliments improprement manipulés et par suite contaminés. La présente brochure illustre des cas de toxico-infections alimentaires et suggère des mesures qui auraient permis de les éviter.

Par une chaude journée de juin, deux groupes de louveteaux quittent Lethbridge en direction de Pincher Creek situé à environ 40 milles de la ville. L'automobile dans laquelle prend place la première meute tombe en panne. Pendant près de huit heures, les provisions de jambon et de salade de pommes de terre demeurent dans des boîtes de carton dans le coffre de la voiture à une température de 90°F. De

son côté, la deuxième meute arrive à destination sans incident et peut déguster jambon et salade de pommes de terre gardés bien au frais dans une glacière, tout au long du voyage.

Cette nuit-là 17 garçons, tous membres de la première meute, sont transportés d'urgence à l'hôpital souffrant de douleurs aiguës à l'estomac, de nausées et de vomissements et certains de diarrhée.

Comment expliquer que seuls les louveteaux de la première meute soient tombés malades bien que les deux groupes aient consommé des aliments préparés de façon identique?

Enigme facile à résoudre. Une analyse des échantillons d'aliments consommés par la première meute révèle qu'ils contiennent de grandes quantités de staphylocoques.

Ces bactéries pathogènes sont la cause de fréquentes intoxications alimentaires. Si les aliments de la première meute avaient eu aussi été placés dans une glacière, les staphylocoques n'auraient pas proliféré et on aurait évité l'intoxication. Le chef des louveteaux ignorait sans doute que les aliments, même s'ils ne sont pas entreposés de façon à prévenir la multiplication des microbes.

L'industrie de la restauration avec un chiffre d'affaires de l'ordre de plusieurs milliards de dollars oublie quelquefois une telle éventualité. Tel le chef des louveteaux dont nous avons parlé ou la maîtresse de maison, l'industrie de la restauration joue un rôle important dans la protection de notre santé à tous. L'exemple suivant nous montre qu'il leur arrive de faillir à la tâche.

CLUB:

	Yvan Duchesne	Local 2505
PRESIDENT:	Marie-Paule Gregoir	337-5785
V.P. ADMIN:	J.C. Tremblay	337-5876
V.P. FINC:	Serge Peters	338-8274
TRÉSURIER:	Suzanne Schmeit	338-9498, Loc. 2302
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CULTUREL:	Richard Leblanc	
SPORTS:	Serge Lalonde	Fitchall
DIVERTISSEMENT:	Manon Bertrand	338-8729
EDUCATION:	Carthou Larocque	339-5875
ACCUEIL:	Daniel Nadeau	Local 2468
BENEFICES:		

SECRÉTAIRE: Diane Sennerville

Pour plus de renseignements, contactez une de ces personnes. CLUB GENS DU PAYS, BOX 213, LAZO, B.C. VOR 2K0 TEL. 339-5313. Le local est ouvert MARDI, MERCREDI et VENDREDI de 1300 h à 1600 h, et JEUDI de 18h30 à 2100 h.



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Your local NUTRI-METICS representative is Marilyn Belanger 339-4419

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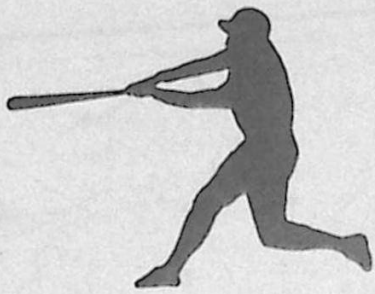
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WE'RE
NUMBER
ONE

Sports

Play Ball



Baseball

The baseball season ended a week earlier than expected, but ended in an exciting fashion. A total of 52 boys made up four teams.

Yankies coached by Merv Larrivee and Stan Gidley; Pirates coached by Duane York, Rob Skribin and Jim Ryan; A's coached by John Jorgenson; and Red Sox coached by Bill Thibault and Doug Mills.

The regular season ended with the Yankies in first place followed by the Pirates, the A's, and in last place, the Red Sox. The playoffs were held on 18 June. Each team played two games. In the first series of games, the Red Sox upset the Yankies 11-7 and the Pirates defeated the A's. A rest break was held after these games with hamburgers and juice served to the participants. Thanks to the Barrys for taking care of this chore.

In the consolation final, the

PMQ's 1983

The Wallace Gardens Community Council sponsored Ball Program has ended for another year.

The program was a little late in starting but after the dust had settled, three leagues were established:

T Ball league for children up to 7 years old;

a baseball league for boys 8 to 13; and

a softball league for girls 8 to 14.

Many people gave freely of their time in organizing and controlling this program and the Council would like to thank each and everyone who donated their time. A special thanks goes out to all those who umpired and to the on-Base sections who helped out with the small items that cropped up from time to time. This ranged from repairing trophies to providing equipment and support.

Preparations for next year's program will commence some time in February and the league should be underway in April. Please keep this date in mind because parental help is desperately required in running the activities.

Yankies defeated the A's 9-2. But the amazing main event stole the show with the last place regular season team squeaking by the second place Pirates 7-5 and capturing the Playoff Trophy.

Merv Larrivee was the overall commissioner, organizer and coordinator of the Baseball League and did an excellent job from start to finish.

A special thanks to all the umpires who helped throughout the season and for those who joined in for the playoffs. And of course, a big thanks to Al Shanks and the PERI staff for maintaining the diamonds.

Totems

The base fastball team is getting set for Zone Completion in Kamloops at the end of July. The past few weeks, the Totems played some real good ball games. In league play, the Totems defeated Hamilton Logging 10-8, Nanaimo Realty 6-0 losing to Whistle Stop 1-5 and coming back to beat Cumberland Hotel 6-5. The base team played in the zone 3 playdowns on 15-17 July, and came out with a record of 2 wins and 2 losses. All the games were very well played. If the team plays this way in Kamloops, they should win and get a chance at the Nationals to be held in Gagetown in late August.

The base team would like to thank the many people who helped us to run a great ball tournament at the end of June. Many thanks, we couldn't have done it without you.

Top 5 batters for the Totems are:

Name	Bats	Hits	Average
Chris Forest	50	27	.540
Jim Burke	76	32	.421
Ron Burke	56	23	.411
Frank Madon	55	22	.400
Denis Muike	45	15	.333

Next play will be in Lewis Park on 23 July in league tournament startin at 0900 hours. Come out and see some good fastball.

Service Womens

The base servicewomens fastball team did very well in the North Island Womens Fastball League, ending up with a record of 8 wins 3 losses and 1 tie, to end up tied for second place with Pilon Tool.

Comox Valley Ready Mix placed first in the standings with a 11 win 1 loss record. CFB Totems were the only team to beat them all season. Totems went into the 7th inning tied 4-4 with them. The girls bats exploded and we came away with a 12-4 victory.

The semi-finals started on 14 July with Comox playing Pilon Tools, Pilon won the game 6-0. The girls will be trying very hard to even the series.

On the 16-17 July the zone playdowns for womens intermediate C, was played at CFB Comox to see who would represent our zone in the provincial playdowns held in Prince George. The weekend of 6-7 August. The girls went into the sudden death final game undefeated.

We were to play against our arch rivals Pilon Tool. We lost the coin toss, so Pilon chose to be home team. We went up to bat in the first inning and got some good hits and were leading 1-0. Then the roof caved in, our bats stayed fairly hot, but playing errors cost us the game.

We wish to congratulate Pilon on their win and wish them the best of luck at the provincials. But don't forget! — There is always next year. The weekend of 23-24 Jul, will find the girls in victoria, fighting to represent our zone in the Nationals. I know you can do it girls, I will say good luck, not the theatrical break a leg.

Intersection Fastball

Now that the sunshine is here to stay (ha ha) the games are currently underway. We are presently in the process of completing our single eliminations which will then be followed by the best two out of three. Playoffs played on 26-27-28 July at 1800 hours.

For any additional information contact Cpl Lacasse - Rec Centre, local 2315.

Soccer

CFB COMOX SOCCER TEAM NEEDS YOU AND YOUR TALENTS.

Soccer season is closing in on us fast and will soon be upon us. The base team is holding practices on Monday and Wednesday at 1800 hrs, preparing themselves for the regionals, and the Comox Valley Soccer Organization downtown.

The regionals are being held in Chilliwack in mid October, 1983. The downtown league starts in early September, 1983.

So all the swift footed soccer players on the base dig out your cleats and come try out your skills and talents.

Further information can be obtained from Cpl Shanks at the Rec Centre, local 2315.

Air Force Beach

CAMPSITE & BOAT LAUNCH RAMP

Campsites are in full swing down at TeePee Park, to book capsites contact Len Loma at local 2438, at the beach canteen.

Hrs of Operation
Mon - Thurs 1300-2130 hrs or dusk
Campsite Rates
\$2.75 — Night
\$17.50 — Week
\$60.00 — Month
Bookings will be accepted for one week periods or longer.

A reminder that boat launch decals are \$15.00 per season and \$1.50 per launch, to be paid at beach canteen. Personnel are reminded that the parking area leading to the ramp is for boats and trailers only.

Overnight camping on the beach is not allowed. And lets get together and keep the beach area and pavillion clean.



Handball, which originated in Ireland, has been played for over 1,000 years.

WO'S & SGTS MESS GOLF TOURNAMENT

19 AUGUST 83

register at bar

TO SELECT:

8 PLAYERS

BASE TEAM

FOR GOLF PLAYDOWNS

CONTACT

REC CENTRE
NLT. 22 JUL 83

Canada Day Fun Run

The event was called a fun run but the fun was dampened somewhat when half way through the race it started to pour with rain. Fifty of the 51 entrants splashed across Lewis park to finish the 4.5 mile course. An Olympic class runner from Victoria won the event almost a minute in front of the other runners, with a time of 23:39. Top local runner was Vic Maloney from Cumberland with a time of 25:28 and 6th overall.

CFB Comox was well represented by some newcomers to the racing scene. Three of the regular runners were involved in organizing this event. Maj Art Crawford won the masters division of the race and was 20th overall with a time of 29:27 after a close race with the second place finisher in the masters division. Maj Darrel Newman finished third in the mens masters division and 24th overall in a time of 32:45. Fastest of the military runners was Cpl Morrice Robert from Base Photo who finished 11th overall, and 7th in the open mens class with a time of 26:45. Second military runner was Capt Trevor Kennedy, BComd. EA, who after a long com-

petitive lay off, finished a fine 14th overall, 5th in the premasters category, in a time of 27:13.

Medallions were presented by Alderman Lynn DiCastrì and draw prizes were given to competitors under clearing weather conditions.

In other running news Capt John LeRoss finished 11th out of 53 runners in the Campbell River Salmon Festival Fun Run, finishing the 8 km run in 33:30. Capt Vic Howlett set a personal best in the Victoria Sri Chimnoy 10 km run finishing in 34:56 and was 21st out of 376 runners. Top military runner in this event was Esquimalt's Capt Don Switzer who was 6th overall. Capt Howlett was the second fastest military runner. Capt Luc Maurice finished the 2nd Annual Whistler Marathon in a time of 1 hour 38 minutes.

Next local event is the 12th Annual Comox Nautical Days four mile foot race. The race starts at the Comox Town Hall at noon on Monday August 1st. The event should attract over 100 runners. Trophies, Medallions and prizes will be presented by Mayor Piercy at 1:00 pm.

Summer Program News

Although our summer weather has gone amiss for a while our swimming lessons and day camp programs were a success. Everyone enjoyed participating and many have returned for further fun.

The second session of lessons and day camp has begun in the sun and we all hope it lasts. Registration for the third and fourth sessions are being taken presently so if your interested; better hurry as vacancies are diminishing.

Program flyers are available here at the Rec Centre for anyone requiring pool schedules or program information.

The pool schedule is as follows:

WEEKDAYS

	WEEKDAYS	Masters & Maint.
0730-0830		Military swim
1130-1300		Masters
1300-1400		Open swim
1400-1600		Open swim
1800-1900		Adults only

WEEKENDS

	WEEKENDS	Open swim
1300-1500		Adults only
1500-1600		Open swim
1800-1900		Adults only

"12th ANNUAL COMOX NAUTICAL DAYS" 4 MILE FOOT RACE

START/FINISH: COMOX TOWN HALL ON WILCOX AVE NEAR THE COMOX MARINA

DATE/TIME: MONDAY, 1 AUG 1983, AT 1200 NOON

REGISTRATION: COMOX TOWN HALL AT 1030 AM

COURSE: 4 MILES OF PAVED ROAD. SOME HILLS. WILCOX AVE TO STEWART AVE TO BALMORAL AVE TO NOEL AVE TO CHURCH ST TO ROBB AVE TO AITKEN RD TO COMOX AVE TO ROSELLO RD TO BEAUFORT AVE.

CATEGORIES: MENS - MIDGET 12 & UNDER - JUNIOR 13-19 - OPEN 20-29 - PREMASTERS 30-39 - MASTERS 40-49 - MASTERS 50 & OVER, WOMENS - JUNIOR 19 & UNDER - OPEN 20-34 - MASTERS 35-44 - MASTERS 45 & OVER.

AWARDS: 1:00 PM ON STAGE AT MARINA PARK - TROPHIES FOR 1st, 2nd, 3rd OVERALL - TROPHIES FOR 1st IN EACH CLASS - MEDALLIONS FOR 2nd & 3rd - SEVEN PERPETUAL TROPHIES - DRAW PRIZES - PARTICIPANT CERTIFICATES FOR ALL RUNNERS

ENTRY FEE: - \$1.00 FOR CVRR MEMBERS, JUNIORS, MIDGETS, AND SENIORS - \$2.00 FOR OTHER PARTICIPANTS

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Includes: woodstove, carpeting, drapes, large plate glass mirror. Located close to base on 10 acres of rental property. Lots of privacy. To view - Hudson Road. Available 15 Jul 83. Tel. MCpl Teed at Loc 2621 or 339-6292 Price: \$16,900* - Open to offers

Answers to Trivia Quiz

1. The YF-17 led directly to the Hornet. The YF-17 was built by Northrop.
2. McDonnell's F2H-3 Banshees were the RCN's first and only jet fighters.
3. The French Fabre Hydro-Aeroplane took off near Marseilles France on 28 of March, 1910.
4. The USAF mission known as Wild Weasel is now performed by the F-4G Phantom II.



339-2277

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Sports



Green Team Girls Midget



Blue Team Girls Midget



Red Team Girls Midget

Girls' Midget Softball

The Girls' Midget softball season came to a close with a wrap-up banquet held in the school gym on 30 June.

During the playoffs, the Red Team coached by Leanne Loving, Cathy LaRade and Leanne Houston; shaded the Blue Team coached by Harold and Lynn Banks. Following closely in third spot was the Green Team coached by Brian and Roberta Peacock.

After the dinner, the following awards were presented:

- BEST OVERALL PLAYER** — Alma Fullerton
- RED TEAM**
- MOST VALUABLE PLAYER** — Kereen Harding
- MOST IMPROVED PLAYER** — Hattie Fettinger
- MOST SPORTSMANLIKE PLAYER** — Jill Carlson
- BLUE TEAM**
- MOST VALUABLE PLAYER** — Teresa Burnham
- MOST IMPROVED PLAYER** — Jennifer Berry
- MOST SPORTSMANLIKE PLAYER** — Jennifer Banks
- GREEN TEAM**
- MOST VALUABLE PLAYER** — Ronnie Peacock
- MOST IMPROVED PLAYER** — Stacey Rowland
- MOST SPORTSMANLIKE PLAYER** — Lecann Rowland

The decision for BEST OVERALL PLAYER was made by a vote among the coaches; the other awards were decided upon by a vote by the girls on each team. The girls also gave thanks to those people who helped them during the season by presenting them with various types of coffee mugs.

Throughout this and past seasons, Mr. Brian Peacock has organized and acted as Head Coach of the Girls' Softball League. On behalf of the coaches and players, he was presented with a plaque for appreciation of his activities.



T-Ball Black Team



T-Ball Blue Team



T-Ball Red Team

T - Ball

The T-Ball League ended their season on 22 June, with a picnic at Air Force Beach on 27 June.

There were a total of three teams: Blue Team coached by Charles Fettinger, Cory Bears and Bobby Rodriques; Red Team coached by Louis Phillips, Peggy and Michael Urquett; and the Black Team coached by Don Stubbart and Bob Baille. Carol Fettinger, Ruth Hunter and Nadia Zimmer helped throughout.

The League's organize and co-ordinators were Charlie and Carol Fettinger. Both of who gave freely of their time in making things work.

Each team played a total of 8 games and because it was a fun and learning experience, everyone was awarded first place.

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Promotions and Awards

Order of Military Merit for Comox Personnel



Lieutenant-Colonel Edward Norman Berntson, OMM, CD of Glen Ewen, Sask., was invested in the Order of Military Merit in the Grade of Officer by the Right Honourable Edward Schreyer, Governor General of Canada and Commander-in-Chief of the Armed Forces, during ceremonies in Ottawa 25 May 83. The Order of Military Merit was established to provide a worthy means of recognizing conspicuous merit and exceptional service by Regular and Reserve members of the Canadian Forces. Lieutenant-Colonel Berntson serves with CFB Comox, B.C.



Chief Warrant Officer Rennie Gregory Doll, MMM, CD, of Calgary, Alta. was invested in the Order of Military Merit in the Grade of Member by the Right Honourable Edward Schreyer Governor General of Canada and Commander-in-Chief of the Armed Forces, during ceremonies in Ottawa 25 May 83. The order of Military Merit was established to provide a worthy means of recognizing conspicuous merits and exceptional service by Regular and Reserve members of the Canadian Forces. Chief Warrant Officer Doll serves with CFB Comox, B.C.



Master Warrant Officer Alexander Farrell Martin, MMM, CD, of Picton, N.S., was invested in the Order of Military Merit in the Grade of Member by the Right Honourable Edward Schreyer Governor General of Canada and Commander-in-Chief Warrant Officer Martin recently of the Armed Forces, during served with 442 Transport and Rescue Squadron, CFB Comox, B.C.



L/COL I. Morrice receiving his C.D. Clasp just prior to his departure Best of luck as base commander at CFB Penhold.



Base Commander's Commendation to Maj W.A. Ainslie



C.D. Clasp to WO Dave Breese



C.D. Clasp to Capt Smokey Blair



MAG Commander's Commendation to L/Cdr A.A. Efraimson



Base Commander's Commendation to M/Cpl Sharpe.



Pte Elligson, a WTEchA on 407 Sqn, proposed the use of a simple stowage drum for the rope that is used as a barrier during weapon loading at the Aurora Arming Point. She was awarded \$100.00 for her suggestion and LCol Brygadyr, her Commanding Officer, made the presentation at a recent ground crew briefing.



Aerobic Award to WO J.T. Frazer — this represents 8400 miles of running.



1,000 hr pins were presented recently
Front: Newf Dominie, Ulrich Jaggi, Maj Mazey, Steve James
Center: Tony Ruthoen, Richie Smendziuk, Big Bob Coulter
Rear: Jim Parolise (Lockheed rep), Hank Vanderhalven, Mike Connors, Al Turpin

Around the Base



Pte Elligson, a WTechA on 407 Sqn, proposed the use of a simple stowage drum for the rope that is used as a barrier during weapon loading at the Aurora Arming Point. She was awarded \$100.00 for her suggestion and LCol Brygadyr, here Commanding Officer, made the presentation at a recent ground crew briefing.



Air Commodore L. J. Birchall OBE, DFC, CD visits CFB Comox and the Air Force Indoctrination School. L to r: Capt Stewart, Maj Cratchley, Capt Fisher, A/C Birchall, Maj. LaGrange and Capt Blamire.



Captain Wayne Martin officially graduates from AFIS. The heavy workload imposed on him by our Base Supply Officer resulted in his fragmentary attendance with honours. Best of luck Wayne in your new assignment.

Highland School Grads Selected for ROTP



Left to Right (Back row): Carol Davis (Career Centre Co-ordinator), Mark Hughes, Robert Martin, Chris Blake, Bill Barr, Stan Heal (Principal, Highland Secondary School)

Front Row: Eron Main, Todd Balfe, Robert Thurley

Like most other professional organizations in Canada today, the Canadian Forces require a number of young, energetic people with a university education to train for, and employ in leadership positions.

Highland Secondary School is lucky this year to have six graduates accepted into the Regular Officer Training Plan. This plan is available to both men and women, and pertains to students who might wish to attend either a Canadian civilian university or a Canadian Military

college. Expenses are paid by the Department of National Defence and the student then repays them by serving during the summer months as an officer cadet, training in the classification of their choice, and, upon graduation, by serving for four years as an officer (five years for pilots and air navigators).

The students accepted this year are:

Todd Balfe
Bill Barr
Chris Blake
Mark Hughes

Eron Main
Robert Martin
Robert Thurley

Former students of Highland who are also accepted this year are:

Michael Loader
Shelley Lott
Jeff McAffer
Louise Van der Pryt

Some of these students will be attending Military College and others going to Civilian Universities; all of them will be going to Basic Officer Training in Chilliwack in July.



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Capt G.H. Pronk

WO Dupuis, Sgt Hayward, Cpl Lacasse, Cpl (W) Ryan, cpl Shanks

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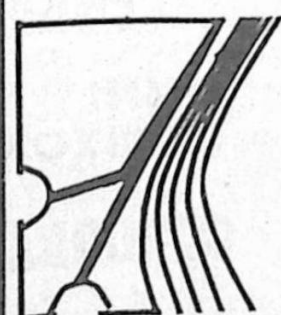
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Around the Base



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Saturday 1900 hrs
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Week Days 0900 hrs (No Mass Thursday)

BAPTISMS & MARRIAGES: By appointment - notice well in advance.

CATHOLIC WOMEN'S LEAGUE: Second Tuesday of the month in the Parish Hall, preceded by Mass in the Chapel at 7:30 p.m. (no meetings during July and August)

PARISH COUNCIL: Second Wednesday of the month at 1300 hours in the Parish Hall.

CATECHISM CLASSES: Each Wednesday in the PMQ School from 1830 to 1930 hours from September to April.

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ORGANIST: Nancy Nowosad, Tel: 338-9843

PUBLIC WORSHIP: Sundays - 1100 hours

COMMUNION: First Sunday of the month.

SUNDAY SCHOOL: No Sunday School for July and August.

CHOIR: No choir practices during July and August.

CFB COMOX MILITARY CHRISTIAN FELLOWSHIP



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



A new medal in an old tradition

by Norman M. Willis, Curator National Medal Collection, Public Archives of Canada.

The Royal Canadian Mint's Commemorative Medal for the 1983 visit of The Prince and Princess of Wales perpetuates a long-standing tradition in Canada. It was the visit of an earlier Prince of Wales, in 1860, that gave the first real impetus to the medal here, and subsequent visits by Heirs to The Throne, in 1901 and 1919, also left their legacies of Canadian Medals. Taken together, these examples of the medallic art provide a fascinating illustration of its development in the Canadian context.

Before the middle of the nineteenth century, medals were known to Canadians essentially as products of the old-world culture of France or Britain: very few had been created for purely Canadian purposes. When the Prince of Wales, Queen Victoria's eldest son and later King Edward VII, came to Canada in 1860, it was just when Canadian society had emerged from its early pioneering phase: a prosperous and educated middle class was embracing cultural pretensions comparable to those of its counterparts in Europe. Thus, traditional colonial loyalty combined with newer assertive self-con-

fidence to produce a minor flood of medals in celebration of this first formal Royal Visit. Canada still had no government mint of its own, so the medals were either the work of Canadian entrepreneurs with little experience in the field or they were commissioned from abroad.

The two most elegant portrait medals of 1860 were a commemorative piece, commissioned by the Grand Trunk Railway from the distinguished British medallist J.S. and A.B. Wyon, and an award medal, for the Montreal Normal School, struck at the Paris mint and signed by A.A. Caque, engraver to Emperor Napoleon III. An American medallist, F.B. Smith of New York, produced a competent Prince of Wales Award Medal for Queen Victoria College, in Cobourg, Ontario, but the portrait on it was of Queen Victoria. The best domestic work was by A. Hoffnung of Montreal. This was an elaborate medal showing a view of the Grand Trunk Railway's Victoria Bridge in Montreal, which The Prince of Wales inaugurated. The second Royal Visit was that of the new Heir to The Throne, Queen Victoria's grandson, who

came to Canada soon after she died in 1901. The future King George V and Queen Mary were then using the titles Duke and Duchess of Cornwall and York because He had not yet been invested as Prince of Wales.

By 1901, Canada could boast at least one important medallic firm of its own, namely the P.W. Ellis Company of Toronto, although the establishment of a Canadian Branch of the Royal Mint, eventually to become the Royal Canadian Mint, was still seven years away. Two interesting medals bear the Ellis name: a large piece designed for presentation to Indian Chiefs, who met with the Royal Couple in Calgary, and a smaller commemorative comprising the Arms of the seven provinces of the time. The most impressive 1901 medal was that commissioned by a Montreal citizens' committee from G.W. DeSaulles, an English medallist of French descent who was chief engraver at The Royal Mint in London.

The 1983 medal finally brings Canada's own Royal Canadian Mint into the picture, demonstrating how the medallic art now flourishes here on a par with the best in the world.

Only 100,000 examples of the Royal Visit silver medals have been produced and these are available on a first come basis at \$24.50 (plus applicable sales tax) by writing: Royal Visit Medal, The Royal Canadian Mint, P.O. Box 470, Station 'A', Ottawa, Ontario K1N 8S5

Housewives Standard First Aid Course



Back Row (l-r): Sgt. Lapotinsky, Gay Gray, Terry Fisher, Ardith McLean, Sherry Tuson, Doris Badcock, M/Cpl Arpin, WO Code

Front Row (l-r): Sandra Code, Mable Dominie, Ellie Clarke, Eileen Harvie

Laying Down: M/Cpl Nunn

Missing: Lois Cadue, Linda Horne, Cpl Hinds, Cpl Kilbride

The Base Fire Department, in conjunction with the Community Council, organized a standard First Aid Course for dependent housewives. This course was held on consecutive Tuesdays in May. During this period the women were instructed in standard methods of treatment for definite conditions in the first aid management of casualties. Upon completion of this course, the students were required to pass a 40 question exam, carry out mouth to mouth artificial respiration on an adult and a child, carry and perform the proper first aid procedures on casualties in different situations. In addition to the standard First Aid Course, the women were also given the basic life saver course (CPR).

On behalf of the instructors, a hearty thanks to all the women who attended this course. Their interest, co-operation and initiative throughout, greatly contributed to the success of the course. If future courses present themselves, it is highly recommended that housewives consider attending. Also a thanks is extended to M/Cpl Nunn; the course casualty.

Library

(Located back Station Theatre)

Summer

HOURS: Monday & Wednesday 1 - 4 pm
Tuesday & Thursday 6 - 9 pm

NEW BOOKS:

100 Years. The Royal Canadian Regiment 1883-1983 - Ken Bell and C.P. Stacey

The R.C.R., Canada's senior regular infantry regiment, celebrates its centenary in 1983. To mark the occasion, this unique pictorial history has been prepared, which will acquaint Canadians with the Regiments loyal and distinguished Service through six reigns.

H.P. Books Microwave Cookbook - Pat Jester.

Pat Jester author of Easy Suppers and Brunch Cookery, is one of the leading experts on microwave cooking in the US. She has worked with a major microwave manufacturer on five of its cookbooks and many use-and-care guides and booklets on microwave cooking accessories. A former food editor with Better Homes and Gardens, Pat now heads her own company, Creative Foods Ltd., in West Des Moines, Iowa. She has her own test Kitchen where she does recipe testing and development for all her projects. Pat is a member of the International Microwave Power Institute.

The Emperor and the Actress - Joan Haslip

A factual account of the relationship between Emperor Franz Josef and Katrina Schratz, a leading lady described by one drama critic as *the average man's ideal . . . both seductress and housewife, earthy and sophisticated.*

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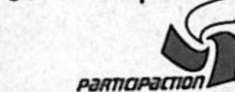
Be Water Wise

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Canadian Forces News

Base Personnel Assist at "Universiade '83"



Long way from home — Private Susan Duke, of Regina, secures a mileage indicator on a makeshift signpost at Canadian Forces Base Edmonton. Pte Duke, a mobile support equipment operator from Canadian Forces Base Comox, B.C., is one of 300 members of the Canadian Forces from across Canada and 50 DND civilian employees sent to Edmonton to support the World University Games, *Universiade '83*, being held in Edmonton July 1 to 11. More than 4500 athletes from 98 countries are participating in these games. Pte Duke is the daughter of Mr. and Mrs. Len Stark of (1441 Parker Ave) Regina.

Canadian Forces photo by Sgt Dennis Mah



Inspecting Supplies — Master Corporal Mike Channen, 42, of Minesing, Ont., checks supplies at the Argyll Velodrome in Edmonton, the site of bicycling competitions during the World University Games.

MCpl. Channen, a supply technician from Canadian Forces Base Comox, B.C., has joined more than 300 members of the Canadian Forces from bases and stations across Canada and 50 DND civilian employees at Canadian Forces Base Edmonton to support the Games, *Universiade '83*, being held in Edmonton July 1 to 11. More than 4500 athletes from 98 countries are participating in these games. MCpl Channen is the son of Mrs. Dan Channen of (RR no. 2) Minesing.

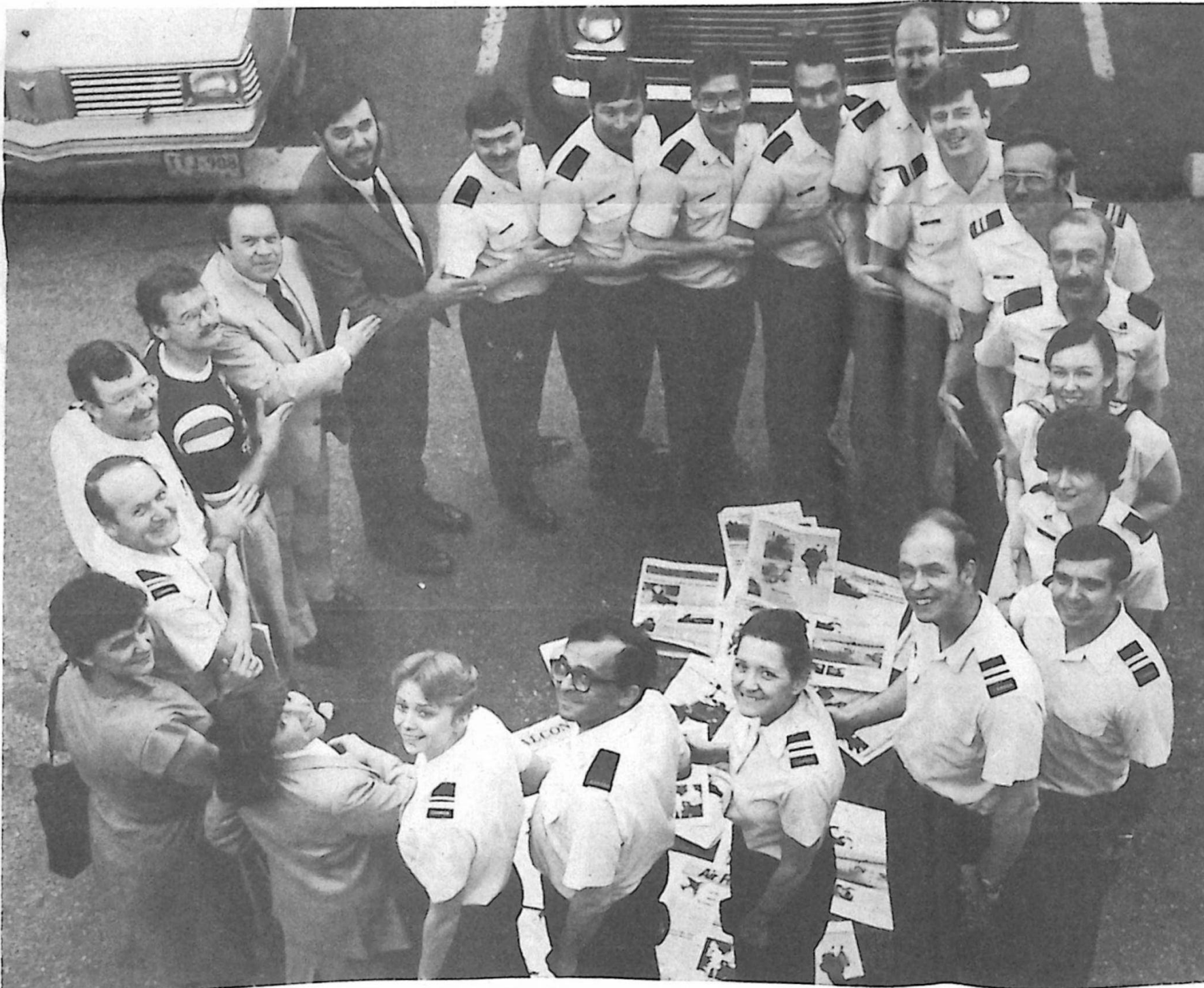
(Canadian Forces photo by Sgt Dennis Mah)



Finishing touch — Corporal James Caton, 24, of Moose Jaw, Sask., puts the finishing touches on "WUGIE", the owl-like mascot of the World University Games at a vehicle dispatch station in Edmonton. Cpl Caton, a mobile support equipment operator from Canadian Forces Base Comox, B.C., Cpl Caton is the son of Mr. and Mrs. Jeff Caton of Moose Jaw.

Canadian Forces Photo by Sgt Dennis Mah

Base Newspaper Editors' Course



This is not a dope ring !!! It is really a group of Canadian Forces Base newspaper editors and their instructors attending an editors' course at Grant MacEwan Community College in Edmonton. The course was enjoyed by everyone in spite of the great amount of work involved. It

was the second such course to be held at GMCC and hopefully will be the second of many more since everyone attending not only enjoyed the course, but learned a great deal about the newspaper business.

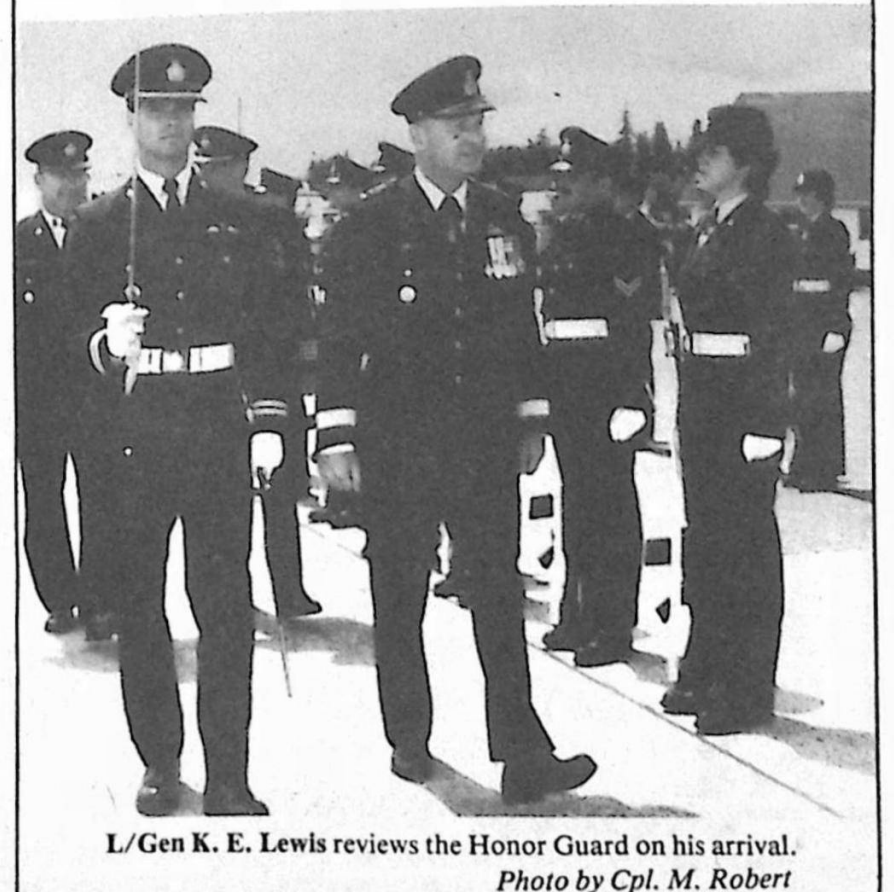
DND photo by Sgt Dennis Mah

LGen Lewis Visits Comox



Presentations to L/Gen & Mrs. K. E. Lewis from CFB Comox commemorating their last official visit to the base.

Photo by Cpl Lofstrom



L/Gen K. E. Lewis reviews the Honor Guard on his arrival.

Photo by Cpl. M. Robert

HEALTHY LIVING

What not to do on your next vacation

"You will visit six countries in eight days," the travel agent says "each day cram packed with activity." Books, magazines and travel folders are loaded with suggestions on what to do and see on your next vacation. Seldom is there an article written on what not to do -- which would make most people's vacations

ponses to situations.

Don't try to drive too far in a single day. Take your time and have normal rest stops.

Don't eat junk foods. Try to maintain a regular schedule of meals. Don't skip meals and don't overeat.

Don't rush. Allow ample time to pack and get to the airport, and start early if you are travelling by car.

Don't miss your sleep. Try to maintain normal sleeping habits.

Don't try to do things that you are not in physical shape to do.

Don't take too much luggage.

Don't be the "work-horse" for the whole family. Let everyone pitch in with the various tasks to be done.

Don't sit in the same position for a long time. If you are travelling by air, try to elevate your feet or get up and walk down the aisle periodically. If you are travelling by car, have a good posture seat. If you don't, a bath towel, folded across the back above the hip bones will help support the spine decreasing fatigue and backache.

Don't get too much sun. Many a vacation has been ruined due to the effects of sunburn or heat prostration.

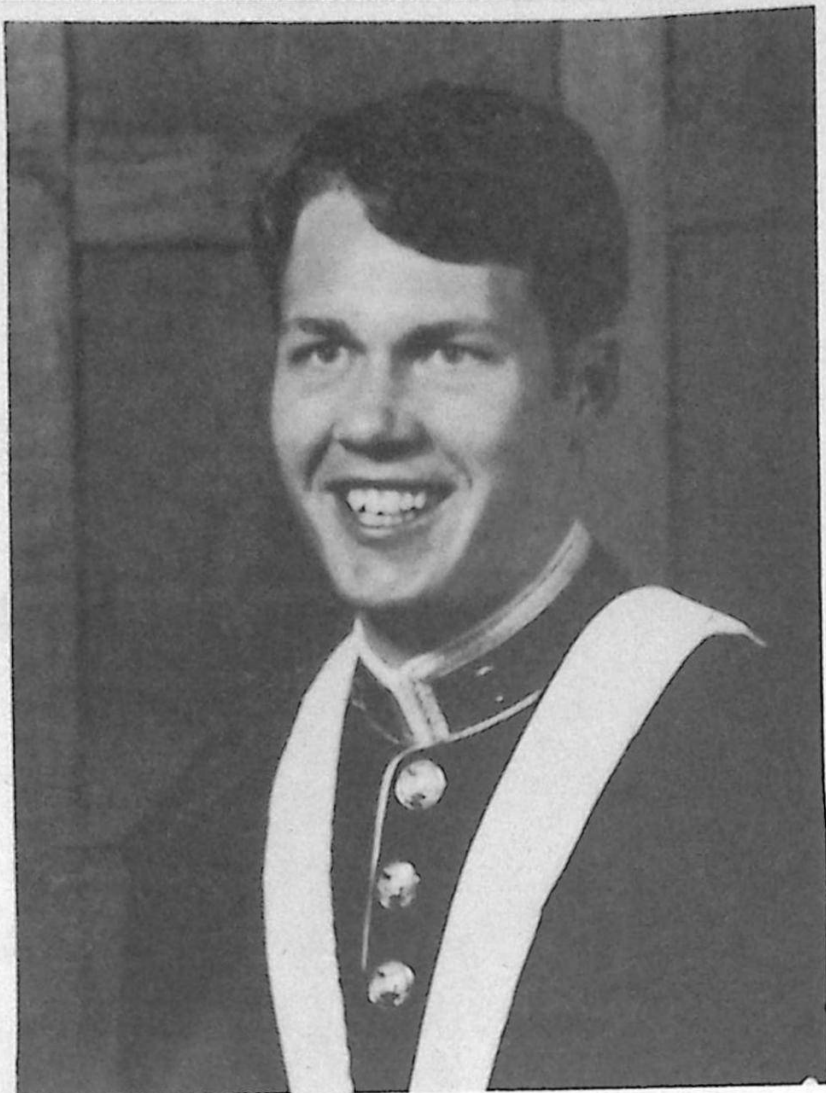
The employer can't understand why so many workers end up taking a couple of days sick leave on returning from a vacation. Safety authorities can't understand why there are

more accidents in vacation activities than in occupational activities.

Doctors of Chiropractic can tell you about many of the illnesses that are brought on by vacation activities. Doctors of Chiropractic have made a special study of conditions related to the spine and nervous system. He seeks not only to locate the problem and give relief from the symptoms, but also to correct the fundamental cause as well as offer preventive rehabilitation and maintenance counsel.

These health views are published by members of the Canadian Chiropractic association in the interest of better public health.

Etc.



Officer Cadet Kenneth D. Rawson received a Bachelor of Arts degree in Honours Economics and Commerce and a Commission in the Canadian Forces during Graduation Ceremonies held on 20 May 1983 at the Royal Military College of Canada in Kingston, Ontario.

Officer Cadet Rawson is the son of Captain and Mrs. G.W. Rawson of Courtenay, British Columbia. In 1979 he graduated from Georges P. Vanier Senior Secondary School and entered R.M.C. under the Regular Officer Training Programme. Officer Cadet Rawson will serve as a Pilot in the Canadian Forces.

The degree was conferred by the Honourable J. Gilles Lamontagne, Minister of National Defence and Chancellor of the Royal Military College of Canada.

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Centre row: OCdt JSS Picard, OCdt JGS Gaudreault, OCdt AJ Hauteclouque, OCdt JE Kutarna, OCdt JB Doucet, OCdt JH Campbell, OCdt TM Fowler, OCdt DW Morley, OCdt JAM Theriault, OCdt DI Kanz, OCdt RS Lee, OCdt NR Macdonald, OCdt JAM Bigaouette, OCdt TM Pigeon, OCdt GN Sinclair, OCdt JAM Gagne.

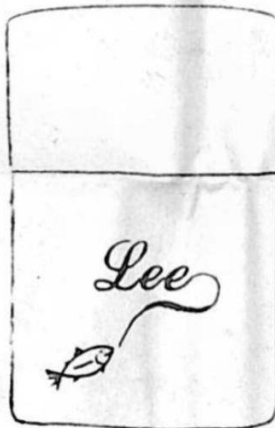
Front row: OCdt DN Deere, OCdt JW Boyle, OCdt CJ Murray, Capt W Martin, Maj RA LaGrange, Capt D Blamire, Maj JA Cratchley, Capt WJ Fisher, Capt AR Stewart, OCdt TWM Turcotte, OCdt JAJ Parent, OCdt JRPS Carignan, OCdt RD Foster, OCdt JJNS Routhier.

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COMOX DAYS

Friday July 29th

8:00 p.m. Filberg Lodge & grounds viewing; featuring Wayne Ngan displays: pottery, weaving, jewellery
7:00 p.m. - 7:45 p.m. H.M.C.S. Quadra band concert, Marina Park
7:30 p.m. - 12:00 Teen Dance
8:15 p.m. - 8:45 p.m. Ladies Auxiliary Sing-A-Long, Marina Park
8:45 p.m. Kinette - Intro. Youth of the Year candidates, Marina Park
9:00 p.m. Mayor - opening address, Marina Park

Saturday July 30th

9:00 a.m. Tennis Tournament, Anderton Park
9:30 a.m. - 5:00 p.m. Hands On Farm, Upper Filberg Lodge
10:00 a.m. Zodiac Football, Comox Bay
10:00 a.m. - 8:00 p.m. Filberg Lodge & Grounds viewing;
featuring Wayne Ngan displays: pottery, weaving, jewellery
12:00 - 3:00 p.m. Hovercraft demo, Comox Bay
9:00 p.m. - 1:00 a.m. Legion Dance "Country Club Band"
13* no minors Comox Legion Upper Hall

Sunday July 31st

9:30 - 6:00 p.m. Hands On Farm, Upper Filberg Lodge
10:00 a.m. - 12:00 Bathub Race
10:00 a.m. - 8:00 p.m. Filberg Lodge & Grounds
viewing; featuring Wayne Ngan displays: pottery,
weaving, & jewellery
12:00 - 12:30 Relight flare & firefighting demo,
Comox Bay

12:00 - 3:00 p.m. Hovercraft demo,
Comox Bay
12:30 - 2:30 p.m. Zodiac Football
3:00 - 3:45 p.m. Whalers Race
4:00 - 5:00 p.m. Blind man's Canoe Race, Spit
7:00 p.m. C.Y.M.C. Band Concert
Concessions: Rotary Beer Garden 11:00 - 6:00 p.m.
R.C.A.F.A. Beef dip
Kiwans general

Monday Aug. 1st

7:30 a.m. - 10:00 a.m. Kiwans Pancake Breakfast,
Marina Park
10:30 - 11:00 a.m. Parade, Comox Ave. to Marina Park
11:15 - 11:30 a.m. Parade prize presentations,
Marina Park
12:00 noon Foot Race - 4 miles start / finish at Town Hall
12:00 - 3:00 p.m. Hovercraft demo, Comox Bay
12:15 - 1:15 p.m. Kids Races, Marina Park
1:00 - 6:00 p.m. Filberg Lodge & grounds viewing,
featuring Wayne Ngan (Hands On Farm)
displays: pottery, weaving, & jewellery
1:00 - 4:00 p.m. Little Tool Kids' ride, Marina Parking Lot
1:15 p.m. - 2:25 p.m. C.F.B. Comox Air Show, featuring the Snowbirds,
Marina Park & bay area

2:30 p.m. Bathub Race
2:45 p.m. C.F.B. Comox Sport Parachute Club Sky Divers, Marina Park
3:30 p.m. Wheelbarrow Race, Marina Park
4:15 p.m. Draws prize winners presentations, Marina Park
4:30 p.m. Bathub presentations, Marina Park
4:30 p.m. Salmon B.B.Q., Marina Park
7:00 p.m. - 7:45 p.m. H.M.C.S. Quadra band concert, Marina Park
8:00 p.m. H.M.C.S. Quadra Ceremony of the Flags, Marina Park



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