



TOTEM TIMES



Vol. 25 No. 17

CFB COMOX TOTEM TIMES

THURSDAY , September 29, 1983

Deadline is FRIDAY, October 7, 1983

COST: PRICELESS

Comox hosts tenth annual ALSEO Symposium



ALSEO Symposium

The tenth annual Aircraft Life and Support Equipment Officer Symposium was held at Comox 11-16 September. Sixty-six officers from all flying bases attended, along with DCIEM from Toronto, DAR (Director Air Requirements) NDHQ, and AETE Cold Lake. Old ideas were rehashed and new ones were presented. Maj Dale Rericopp, NDHQ (DAR) was OPI for the symposium.

Across the Forces

KEEPING AN EYE ON L'ESCADRON 430 — A magnificent bird of prey, reputed for its extraordinary fighting qualities and exceptional sight, is keeping a watchful eye on l'Escadron 430 of CFB Valcartier, Que. The stuffed and mounted gervais, presented to l'Escadron 430 on behalf of the Alberta government by James Miller, minister of lands, forests and wildlife, now presides over the squadron as its official symbol. L'Escadron 430 has used the falcon as its symbol since 1955 when the RCAF chose the bird to officially represent the squadron. The characteristics of the bird, found mainly in northern Alberta and the Northwest Territories, make it a natural symbol of the squadron's operational reconnaissance role and provides inspiration for the squadron motto: "Celeriter Certoque" (swiftly and surely).

CANADIAN AMONG NORAD'S OUTSTAND-

CANADIAN AMONG NORAD'S OUTSTANDING PERSONNEL FOR 1982 — MWO Gerry Scorgie has been named NORAD's senior non-commissioned officer of the year for 1982. MWO Scorgie, a CF air defence technician, is the non-commissioned officer in charge of the exercise division of the directorate of training and exercise in the Cheyenne Mountain Complex near Colorado Springs, Colo. As such he directs and conducts training exercise scenarios for approximately 50 people and, according to NORAD, he has increased and improved exercise scenarios for crew training. As well, the high quality of MWO Scorgie's scenarios has been credited with greatly increasing the operational effectiveness of the NORAD Cheyenne Mountain crew members. MWO Scorgie also escorts various military and civilian visitors to NORAD and has acted as a spokesman for the command.

A UNIFORM IS BORN — What do a supply technician at CFB Cold Lake, a cook at CFB Petawawa, a radar technician at CFB Trenton and a recruiting officer in Winnipeg have in common? They're among 25 expectant officers and other ranks from 18 bases, stations and detachments across Canada who are currently wearing a CF maternity uniform on trial. A four-piece ensemble, including a pleated jumper, an unpleated jumper-style tunic, a skirt and pair of trousers, is being tested for comfort, fit and appropriateness. The uniform components have all been made from the same easy care workdress fabric. And all are being worn with approved military footwear, headwear and outerwear and cannot be mixed with civilian clothing. Trial participants are to submit their completed questionnaires to the Directorate of Clothing, General Engineering and Maintenance at NDHQ by November, 1983. The National Defence Clothing and Dress Committee will then consider a trial report early in the new year.

TESTING THEIR WINGS — Helicopter-equipped Air Reserve Wings (ARW) from Montreal and Toronto got a major operational workout during RV 83. Crews, ground personnel and support staff for four *Kiowa* helicopters from 1 ARW at Toronto and 2 ARW at Montreal actively participated in the exercise's air operations. "This was the first time since re-equipping with helicopters that our reserve units were involved as full-fledged participants in a major regular force exercise," said Maj John McClenaghan of 400 Sqn, one of the divisional flight commanders from Toronto appointed to lead the light observation helicopter flight. According to the major, training consisted of category upgrades and on the job training for pilots, as well as technical and general military training for ground crews. The Montreal and Toronto ARWs were equipped with 16 CH-136 *Kiowa* helicopters transferred from the regular force inventory in 1981. When the *Kiowas* replaced fixed wing *Otters*, the primary role of the Air Reserve Wings became the augmentation of the regular force's tactical helicopter squadrons of 10 Tactical Air Group headquartered at St. Hubert, Que.

407 Squadron Trooping its colours



407 Squadron held a trooping of the colours parade on 20 September.

The Squadron Commander, LCol Brygadyr reports the Squadron ready for inspection to the Base Commander, Col Dobson.

Totem Times Annual 10 km Road Race

DATE: 2nd October 1983

PLACE: Canadian Forces Base Comox, B.C.

Start/finish at CFB Ccmox Rec Centre

REGISTRATION: 1200 hours

START: 1300 hours

FEE: \$1.00; FREE for Midgets

CLASSES:

	MEN	WOMEN
Midget	14 & under	14 & under
Junior	15 - 19	15 - 19
Open	20 - 29	20 - 29
Pre-masters	30 - 39	30 - 35
Masters	40 plus	36 plus

TROPHIES: Overall winner and military team

MEDALS: 1st, 2nd, 3rd in class

SPLITS: 1 mi & 5 km

AID STATIONS: 5 km and finish

SPONSOR: Totem Times

ORGANIZER: Comox Valley Road Runners

Major Darrel J. Newman
CFB Comox, B.C.
339-2211
Local 2420

or

64 Orchard Park Dr.
Comox, B.C.
339-7319

Lungs are for Life Week

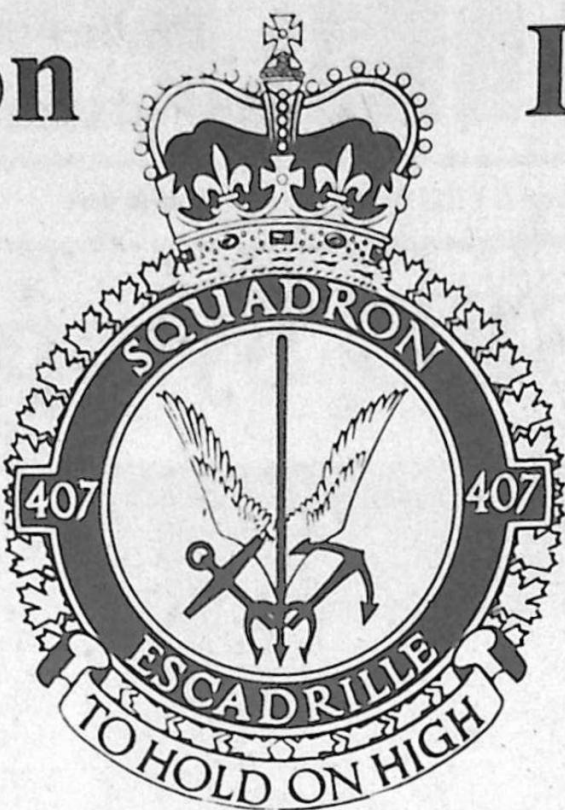
Oct. 2-8 † Your Lung Association

“Fishwrapper” *Exposed*

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Section News

Demon



First off I would like to welcome Lt Robert Foster from the Diac to the ranks of 407 Sqn PIOs. We are looking forward to his input and hope he enjoys the position as much as the rest of us. Also a fond farewell to Lt Chris Kirby who has finished his term as PIO.

407 Sqn had a CO's Parade for Trouping of the the Colours of Tuesday, 20 September that went exceptionally well, only to be succeeded by the reception/party at the Golf Club afterwards.

This got the Sqn in good shape to win the team event at the Nighthawk Golf Tournament and for Capt. Nick Mykitiuk, who "played an excellent round" (his very own words!) to capture 2nd in the individual category with a score of 79.

Welcome back Crews 4 and 7 who were in ZX for a week. Also Crew 6 who just returned from a Northern Patrol in time for the Battle of Britain TGIF at the Officer's Mess.

There was a 407 Officers Luncheon Friday 23 September followed by a Mess Meeting and then the Battle of Britain TGIF - former service uniforms were authorized for all and a good turnout was seen.

It is time to say "Have a good time" to Crew 5 who will depart/have departed for balmy ZX for a week of OMS/FDS (in order of priority of course) - you lucky guys you!

407 is sad to be losing one of our

Lockheed reps, Mr. Jim Parolise. Jim has done an excellent job here at 407 and we hope he and his wife, Margaret, have a good and rewarding tour at Jacksonville, Fla., his new posting. Jim was honored at the 407 Officers' luncheon on Friday.

Family Day was a great success! A large number of Sqn members brought their families out to view the various exhibits and tours arranged around the squadron. The exhibits were quite interesting and provided, not only the families with information, but also squadron members who learned more about their comrades' jobs or profession.

Many families took advantage of the Aurora "Famil" flights. These 30 minute tours enabled many dependants to view the Aurora firsthand and at the same time enjoy some of the sights around the local area.

The babysitting service provided by Lt Burton and Co. sure made it easier for the adults to get a ride aboard the Aurora without having to worry about who would look after the kids. The popcorn and movies were enjoyed by all.

We must of course mention Lt A.B.C. Forest (this year's coordinator) and Crew 5 for making this event a success. There is a lot of hard work when organizing this event. We hope to see all again (postings prevailing) at next year's Family Day.

Well th th th th that's all folks.

Doins

Maj Nunnikhoven and crew 6 left Monday 19 September on the first leg of 407's latest NORPAT (Northern Patrol). Our first night was spent in beautiful downtown Inuvik, where I found that a can of soda pop costs \$1.35!! Despite a blackout we managed to enjoy ourselves. Maj Nunnikhoven presented a plaque to CFS Inuvik on behalf of all of 407 Squadron. The ground crew did their usual excellent work and with a change of aircraft we were on our way once again, to Yellowknife. On our way, we had the opportunity of passing our best former demon, Maj Ed Welsh, now stationed at Hall Beach in the Great White North. After a day of briefings at NRHQ and site seeing in Yellowknife, we were once again in the air Thursday, winging our way to Alert. Two guests along for the trip, who were presented with photos of the Aurora signed by the crew, enjoyed themselves very much and were quite impressed with everything. This flight will be long remembered for the infamous Lasagna incident; see Lt Dave Harris or Maj Nunn for the sordid details. Continuing in a culinary vein we were treated to the best meal ever served on any Aurora when Maj Bishop served up a mess of smoked salmon. After all of this activity Friday's transit back to Comox was tame. It's good to be back in the balmy climes of the valley.

Nighthawks Nest



Here I am again, the Dastardly Desro with pen in hand, writing for the Nighthawk's Noose, er...rather Nest and nary a bottle of Ouzo in sight. And of course under the pen name of David Pullan. News Flash! The Thumper has escaped to the East Coast (under the auspices of work) for a week-long romp with a few olde buddies. Should be back in time to write a few words of wisdom in the next issue.

Frieda Hunt's baby shower was held last Friday-a gala event with much tea and cookies spilt and a good time was had by all. Thumper's on the accident investigation boards for that as well. It seems you're nobody around 409 unless you've a wife with a bun in the oven. The decreased workload on the squadron seems to have kept our intrepid aviators busy on the home front. Debbie Foulds shall soon hear the little pitter-patter of feet across the PMQ floor and of course Kate Neil anxiously awaits her special Christmas present with no less anticipation that Doug does his next half-stripe.

Hmmm...lessee, what else? Ah, yes. Dave Mosher, as far as we know, remains in the QRA playing Donkey Kong and balancing his budget on George's home computer

emerging only to pick up his mail, a flopsie clutched in his unclean hands. Saladbar is in California letting his hair grow (even longer). Maj Pellow is all mugged out and heavily into his fishing charter business. Mel Ferraby remains as elusive around the squadron as Bigfoot.

Amid much fanfare and ballyhoo the career manglers came and left. Well Tom, at least Moose Jaw has a good auto club and maybe you can get your Volvo running on at least a couple cylinders. Fer shure I'll see you there. You, I and Dave Pullan will all be able to go over to Howie's for nachos and Rodello's pizza. Stand by for further rumours.

Booksie and Howie returned from their Reno romp unscathed. Sorry to hear you lost the pole position in the qualifying pylon races Howie. I guess 1.5 "G" Books wishes the races were held Friday rather than Saturday morning, eh?

Congrats to the 409 Crud Team for letting the "other" guys win their token crud game for the year on last Friday's Battle of Britain

night. I'm sure the VU33 boys appreciated the round of Brown Cows. By the way, we tried to strike up another game but it was already way past 7:30 pm and you guys had all left.

Couple quick notes for all. Think 409 Reunion. Let's all support the formidable efforts of Drew Foulds in making our closing party an occasion never to be forgotten. Clean out those empties in the basement and buy a few raffle tickets for the cause. And for all you Support types, a little streamlining for reunion goodies acquisitions would be greatly appreciated. It'll all come back to you many times over. Next issue Thumper explains National Deficit Financing and gives pointers on making home brew-the latest rage in the Valley.

the Kosmic Kowboy

TRIVIA QUIZ

1. Which is the last Air Force that still operates the F-100 as a front line fighter?
2. What role does the MIG-27 perform?
3. Who was the Royal Air Forces highest scoring ace during World War II?
4. In what year did the RCAF accept their first C-130 Hercules?

VU 33



the upcoming Western Region Finals.

VU33 football team carried on with the winning tradition by defeating the Armourers in intersection play. The Armourers made it easy by not showing up.

Golf is another story. The CO, Maj Owen, Ken Farrar and Craig Flewelling put up a fierce fight in the 409 Squadron 1st Annual Challenge. As to be expected they came away with the trophy. We could have had two, but VU33's honesty was too much and it was given to more deserving people.

Intersection hockey is around the corner so it is time to get those skates taped and sticks sharpened. Craig Flewelling is our hockey rep. He is getting good practice. I hear they have hockey ten months of the year in Summerside. The OTF has a good team but is looking for a centre.

Family Day was held Sunday 25 September. The turnout was super. Activities included movies for the young ones, a hot dog/hamburger barbecue with all the trimmings, personalized tours of the Tracker and T-Bird, and the ever popular Tracker rides. Judging by the smiles, comments, and lack of barf bags, the flights went smoothly. A special note of thanks to Vic Howlett for organizing this event.

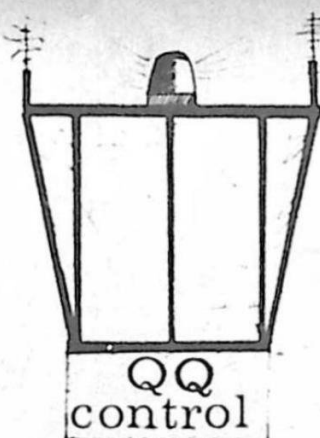
Terry Patterson is off to Winnipeg for the ICP Course. Another slasher in the making.

Upcoming events of note are SOCAL, Salinas Airshow, and the Rock Bay weekend. Stay tuned for results.

Word just in that Ken Farrar has been following Rollie Acorn to try and catch the big fish.

Until next time ta-ta from Tirty-tree.

D.B.



As The Beacon Turns

This is the second report on the ATC classification. In this one I will outline the career progression of NCO's in Air Traffic Control. Hopefully these articles will give you a little more understanding of this branch.

It all starts with basic training in Cornwallis. After this the individual is sent to an operational base for pre-course OJT. This can be for a duration of 3 weeks to 1 year depending upon course loading. During this period the ATCA is taught basic air regulations, weather, navigation and air traffic control duties.

After this he is sent to the Canadian Forces ATC training unit

in Cornwall Ontario. This course lasts for 8 weeks, during which he is taught all that is needed for the ATCA position. This job is all-incompassing, they can work in a BOPS-Flight Planning Centre, or as a tower assistant or in the Terminal Data position in a Ratcon (or IFR-CC). After the course he is posted - and depending on the base it could be to any one of the jobs mentioned above. But in most cases he'll end up working in a tower.

Again depending on the operation the newly assigned ATCA could have various jobs. But he'll continue as an ATCA for approximately four years until he is promoted to the rank of corporal. During this period he is being trained for the next portion of his career.

The next course he attends is the "Precision Approach Radar" course. Again taught in Cornwall, it is 12 weeks in duration. He is taught on a more advanced level some of the same subjects he took on his first course. He also learns radar control and radar theory. Afterwards he is returned to his base where he undergoes a period of check-out.

This period can last for up to 40 days. It is during this that he learns

the operation of the Terminal. He works in the DATA position and as a PAR controller. Monitored at all times, he is critiqued at the end of each training day and the reports are forwarded to the Senior Radar Controller. He must also pass flight checks flown by the Base Instrument Check Pilot before he is put on shift.

Now that the individual is in a control position he must be continually checked to ascertain that he is rated competent. These checks are in the form of partial flight checks and written exams. The flight checks are again flown by the BICP and each PAR controller must have one each month. The controller must write a "Professional Knowledge Exam" each year during the controller's birth month, and must attain at least 85% to pass. This system makes Air Traffic Controllers very qualified at what they do.

Since the inception of GCA in 1942, these individuals have "talked down" many an aircraft, military and civilian, in both good and bad weather. And will continue to do so here in Comox for a good many years.

P.A.

Base Supply

October is just around the corner and summer is winding down. It's time for yet another rotation within supply. To speak of a few-Pte Carol Greaves counts down the day to her move to POL; Sgt Beachey looks forward to retraining. Pte Hutch Hutchinson "her way". Meanwhile the Pot of Gold continues to grow. Major Finn's name was drawn last week but being on

course in Borden he wasn't signed in. Better luck next time Sir!

Congratulations to MCpl Kaye Alex and her husband Dave on the arrival of their new son Brian, born on September 21. Congratulations also to Mattie Cudmore who had a baby girl on September 26th. It's about time Mattie - we thought you were trying out for the new year's baby. Meanwhile, pacing the floors of the CSO Mux, MCpl Steve Dew anticipates the arrival of their baby. Still growing are Pte Mary Pratt and Cpl Dianne Earl. This is getting to be an epidemic; someone had better find a cure and fast.

Superb weather and lots of competition were focal points of our latest beach party. The occasion featured a Grudge Match held bet-

ween the 7 Hangar "Snobs" and Muscle-bound MCO Section. It featured many games of skill and physical endurance of which orange passing seemed to be the most enjoyed by both competitors and spectators. Another favorite, balloon popping, also kept the crowd's enthusiasm; Sgt Darrel Sears particularly enjoyed that one. It all ended with the MCO side winning after the tie breaking event-beer drinking and all enjoyed tender corn and lots of beer.

Another noted event for Base Supply was a rugged hike to the Comox Glacier attempted by 12 fearless souls. Lt Jim Johnson from the Fire Hall led the group who by the way left at 7 sharp in the morning of September 17th. The mem-

bers of the team were Sgt Mike Channon, Cpl Shelley Watson, Pte J. Pulluck, Pte Mary-Anne Baer, MCpl Dianne Shea, Pte Lorena Charles, Pte Chuck Harvey, Pte Cal Francis, Mrs. Sue McKenzie, Pte Marie-Joe Bourdon and MCpl Bob Earl from 407 Squadron sweeping up the rear. Apparently the hike, or maybe we should call it a climb, was a lot tougher than expected but all managed well under the circumstances. Unfortunately the trip ended a day early because of adverse weather. The fact should be mentioned also that MCpl Dianne Shea organized the entire trip on her own. She put a lot of hard work in it and should be commended for an excellent job. More details will be available in the next issue.

OFFICERS' MESS

Fridays, October 7, 14, 21, 28
REGULAR TGIF'S: 1600 - 1700 hours. Food as indicated, 1700 - 1800 hours. Free Taxi - ask at Bar.

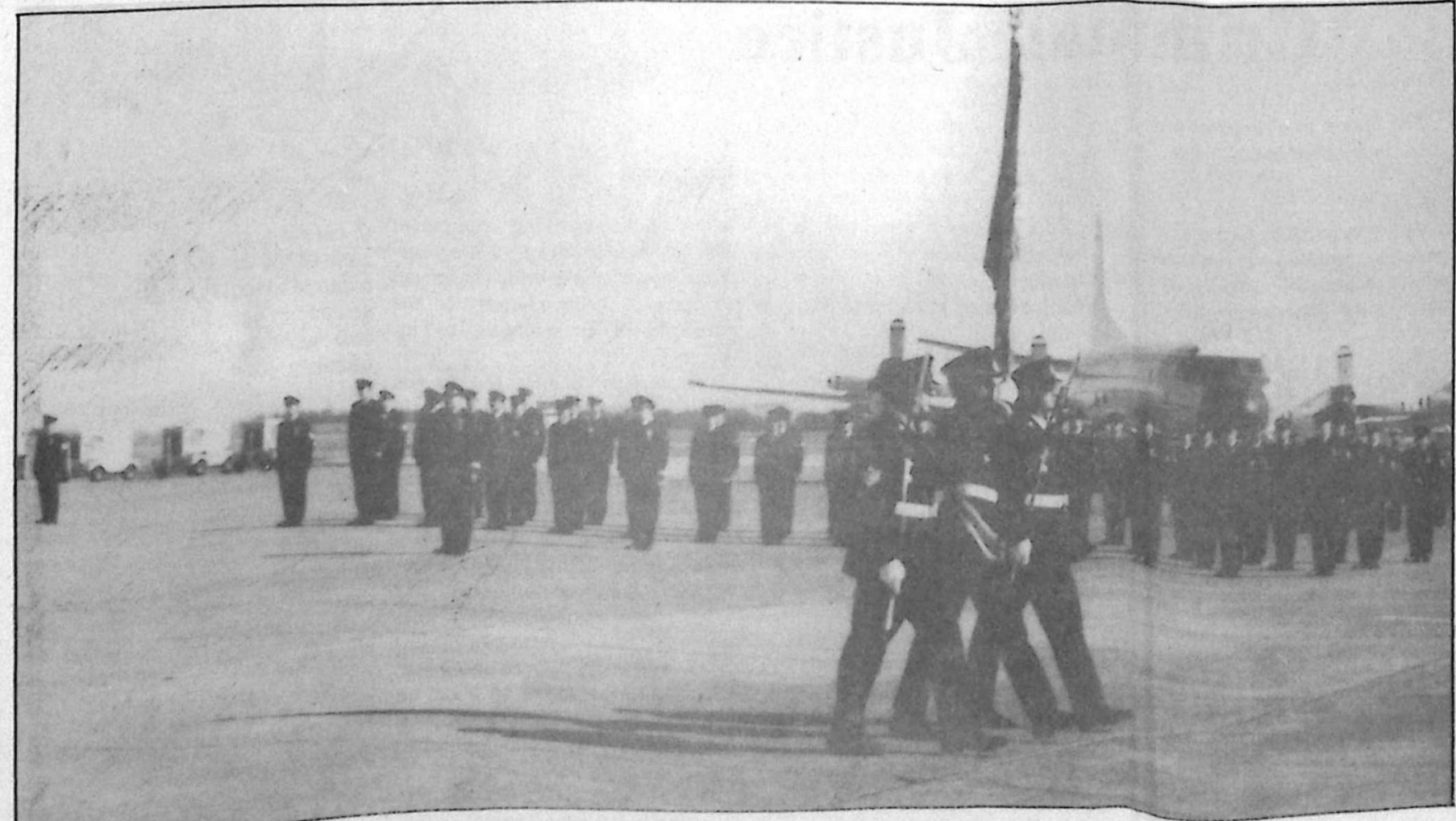
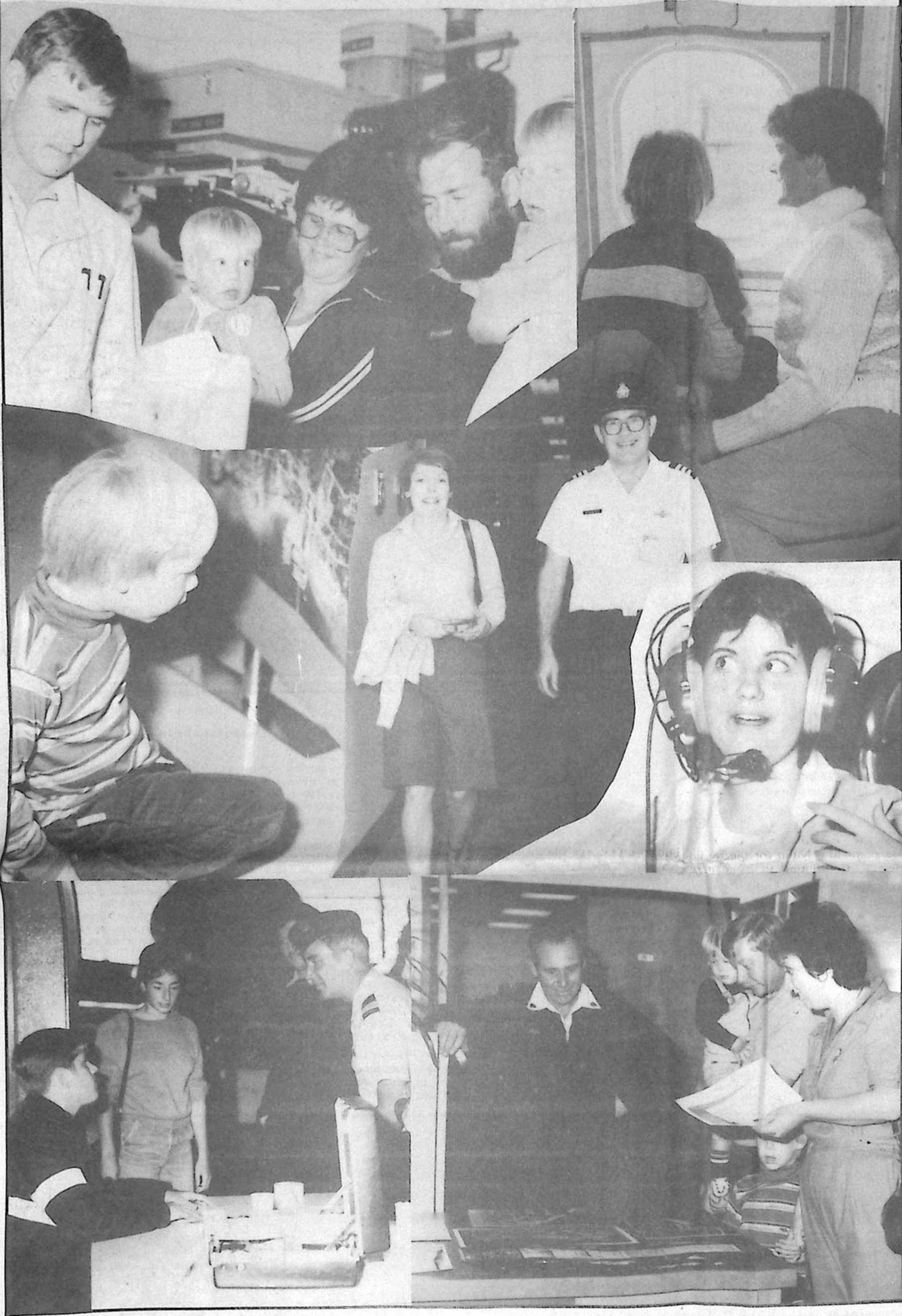
October 7 - TGIF FRENCH MEAT PIES
October 14 - TGIF FISH & CHIPS
October 21 - TGIF CHEESEBURGERS
October 28 - TGIF PIZZA

Saturday, October 15
OKTOBERFEST: Featuring the music of "RILLINGS BAVARIANS" from 2100 to 0100 hours. German Buffet 2000 - 2300 hours. Free Ceramic Stein and free beer; extra steins \$5.00. Dress: German or casual. Cost per couple: members \$20.00, guests \$30.00. Reservations to Mess Manager by 1200 hours, Wednesday, 12 October 83.

Wednesday, October 19
OFFICERS WIVES CLUB: 1930 for 2000 hours. Floral demonstration; arrangements of flowers, wreaths and centerpieces. Raffle prize: basket of home-made preserves.

Section News

Family day at 407 Squadron



407 Squadron colour party marches out the colours at their trooping of the colours parade held 20 September.

Destination:
Denman and Hornby Islands

By Keith Keller

Denman and Hornby islands lie suspended in the Strait of Georgia like the first stepping stones in an uncompleted path from Vancouver Island to the B.C. Mainland.

The route here begins on Highway 19: follow it 51 km north of Nanaimo, or 21 km south from Courtenay. At Buckley Bay the Ministry of Transportation and Highways provides one or, when necessary, two car ferries which make frequent trips across the two km of Baynes Sound.

From the other side of Denman, another car ferry leaves from Gravelly Bay to Hornby.

The relative isolation of these twin jewels has drawn a small but dedicated combined population of 1,400 residents. While a few commute to jobs on Vancouver Island, the majority has developed — through in-ventiveness sparked by necessity — insular lifestyles harmonious with the environment.

Likewise, the visitor should adjust to the pace. Don't rush a holiday to the islands. Main roads are paved, but remain narrow, twisting routes that thread through forest, farms and along the ocean.

Limited road systems haven't discouraged bicycle tourists however. Two-wheeled visitors are advised to spend at least a day exploring each island.

And common to both Denman and Hornby, of course, is saltwater. Swim or hunt shellfish on the beaches, fish for salmon, cod and snapper year round.

DOING DENMAN
● Commercial activities centre on the intersection of Denman and North-West roads. Climb the ferry landing hill to a general store with post office, coffee shop and the island's only gas pump. Crafts and bakery nearby.

● Ocean Park Camp-ground, private: turn right from Denman Road just past the store and follow Lacon Road (gravel) eight km.

● Lakefront Campsites, also private, located on Graham Lake. Hiking, swimming, trout fishing, non-motorized boating. Cross the island to East Road, turn right onto Corrigal and Jemima roads.

● Fillongley Provincial Park provides 10 secluded beach campsites at the end of Swan Road. Swimming, shellfish.

● Boat launching at both ferry landings: Baynes Sound and Gravelly Bay. Government wharf at Baynes Sound location.

● Ferry *Albert J. Savoie* departs from Gravelly Bay to Hornby Island. Last return trip at 6 p.m. six days, 10 p.m. Friday.

HORNBY EXPERIENCE

● The Thatch at Shingle Spit landing: camping, store, pub, cafe, laundromat, crafts, boat launch.

● Camping is all private. In addition to Shingle Spit, campsites are located one km further along Shingle Spit Road; across the island on Shields Road, Downes Point and at Ford's Cove. Cabins, store and government wharf also at Ford's Cove.

● Co-op Store with post office, phone and gas pump at Central Road intersection near Tribune Bay.

● Sea Beez Lodge, deluxe accommodation: Dining, grass tennis court, fishing, boat rentals, petroglyphs.

● Tribune Bay Provincial Park is one of the island's historic and most beautiful areas. Follow Shields Road past the Co-op Store, or down Ostby Road to the main entrance.

● Helliwell Provincial Park has no organized facilities, but a nature trail begins in verdant forest and emerges at the ocean to follow spectacular cliff-top meadows. This highlight is reached by turning left at the Co-op, then turn right to the end of St. John Point Road.

● Whaling Station Pay, also down St. John Point Road, is a long sand beach with limited access and parking.

JR. RANKS' MESS

OCTOBER 1983						
SUN	MON	TUES	WED	THURS	FRI	SAT
						1 D.J.
2	3	4 MOVIE STIR CRAZY	5	6 MOVIE PRIVATE LESSONS	7 BOSS'S NIGHT D.J. NO TGIF GAMES	8 GOLF TOURNAMENT D.J.
9	10	11 MOVIE THINGS ARE TOUGH ALL OVER	12	13 MOVIE DOCTOR DETROIT	14 OCTOBERFEST NO TGIF	15 OCTOBERFEST
16	17	18 MOVIE BAD BOYS	19	20 MOVIE ZAPPED	21 D.J. TGIF CRUISE	22 DJ
23	24	25 MOVIE FLASH DANCE	26	27 MOVIE THE STING II	28 ★BAND★ ECHO TGIF DARTS	29 ★BAND★ ECHO

SNACK BAR: 339-4333

Special Events

GOLF TOURNAMENT - 08 Oct 83
**tee off 1400 hours
**green fees \$5.00
(Excluding golf club members)
**prizes to follow
OKTOBERFEST - 14 & 15 Oct 83
**Lounge opens 1730 hours
**Band plays 1800 - 0100 hours
**\$5.00 per person
(includes: mug, 1 fill of beer and meal)
TICKETS ON SALE AT PMC'S OFFICE

HALLOWEEN DANCE - 29 Oct 83
**Featuring "Echo"
**\$3.00 per person,
prizes for best costumes

THERE WILL BE NO
TGIF GAMES - 07 OCT

THERE WILL BE NO
TGIF GAMES OR MEALS
14 OCT * DUE TO OKTOBERFEST

Editorial

Complaints? letting off steam?

Your editor has been on leave and instead of writing an editorial has been lolling around California and Nevada. So as not to disappoint you I have reprinted the following editorial from the September 13, 1973 Totem Times, which is still applicable today.

It's a wonder, these days, with so much angry mutterings and complaints by single fellas about the Canadian Forces, that we even HAVE a Canadian Forces. Nothing seems to be right. The food is lousy, the accommodations poor, the pay awful, etc.

Are these complaints valid? Are we being poisoned in the messhalls? Living in slums? On the point of drawing welfare? Or, are these beefs just our way of letting off steam, showing that we have minds of our own?

Let's see... The food. Well, with the price of eggs, milk, meats what they are today, we should be getting instant milk, eggs and what have you on your daily menu. And, limited quantities of each at that. But, what do we see each day. A choice of two or three selections per meal, freshly cooked potatoes (not instant) again, two vegetable choices, and to top it off, a side table. And, what a side table! Cold meats, salads, pickles, cheeses -- a meal in itself! And, when have we been limited in the quantity? The quality -- mind you -- may not be that of the finest or even average restaurant, but our cooks cook for the mass, not the individual. And, so it should be. And try eating what the guys do on schemes and you'll find yourself wishing to be back in the messhall.

Accommodations. It's tough to analyse what we should have and what we DO have. I've seen better looking living quarters on some bases which are in worse shape than the older

looking H-huts on other bases. As the old adage goes: 'Your home is what you make it'. If we all gave our barracks the decency they should get, even the oldest ones would seem homey. Mind you, staying in the small confines of your room -- on or off base -- continuously, 16 hrs a day, would make anyone sourfaced about his accommodations. Luxuries such as TV, or stereos add to the livability of any quarters. But, again, we are not prisoners. We CAN leave our rooms, you know.

A biggy... pay. We could spend hours discussing what we deserve, what we're getting or what we're NOT getting. Needless to say, even as this is being written and read, adjustments to our pay are being looked at and made. But, is this enough? Well, what do you want -- blood? A number of trades can be compared with their civil servants counterparts. Others cannot. And, to paraphrase an old saying: 'You can please some of the people all of the time and all of the people some' -- but you get the message. Anyway, for the work some people do, they are being overpaid! For others, well, it balances out; they are not getting enough. We may not be getting the pay, but, oh, those benefits! Quite a few people envy us simply because of those benefits. 'Nuff said.

So, what else do we complain about? The uniforms we wear? The people we work with or under? The rules that govern us?

We DO live in a democracy, do we not? We DO have the right to think for ourselves. We DO have the right to complain. If someone is not listening, we CAN take our complaints to someone else. So, where does this all leave us?

Nowhere. And, yet everywhere. We complain

because we have the RIGHT to complain -- valid or not though these complaints may be. Without this right we would be mindless automatons, doing a job and going no place. As long as there are complaints being made, there will also be changes being made, too.

Besides, I've yet to see the perfect military force.

Canine of the road really hits the road

A famous "king of the road" has actually hit the road for the first time.

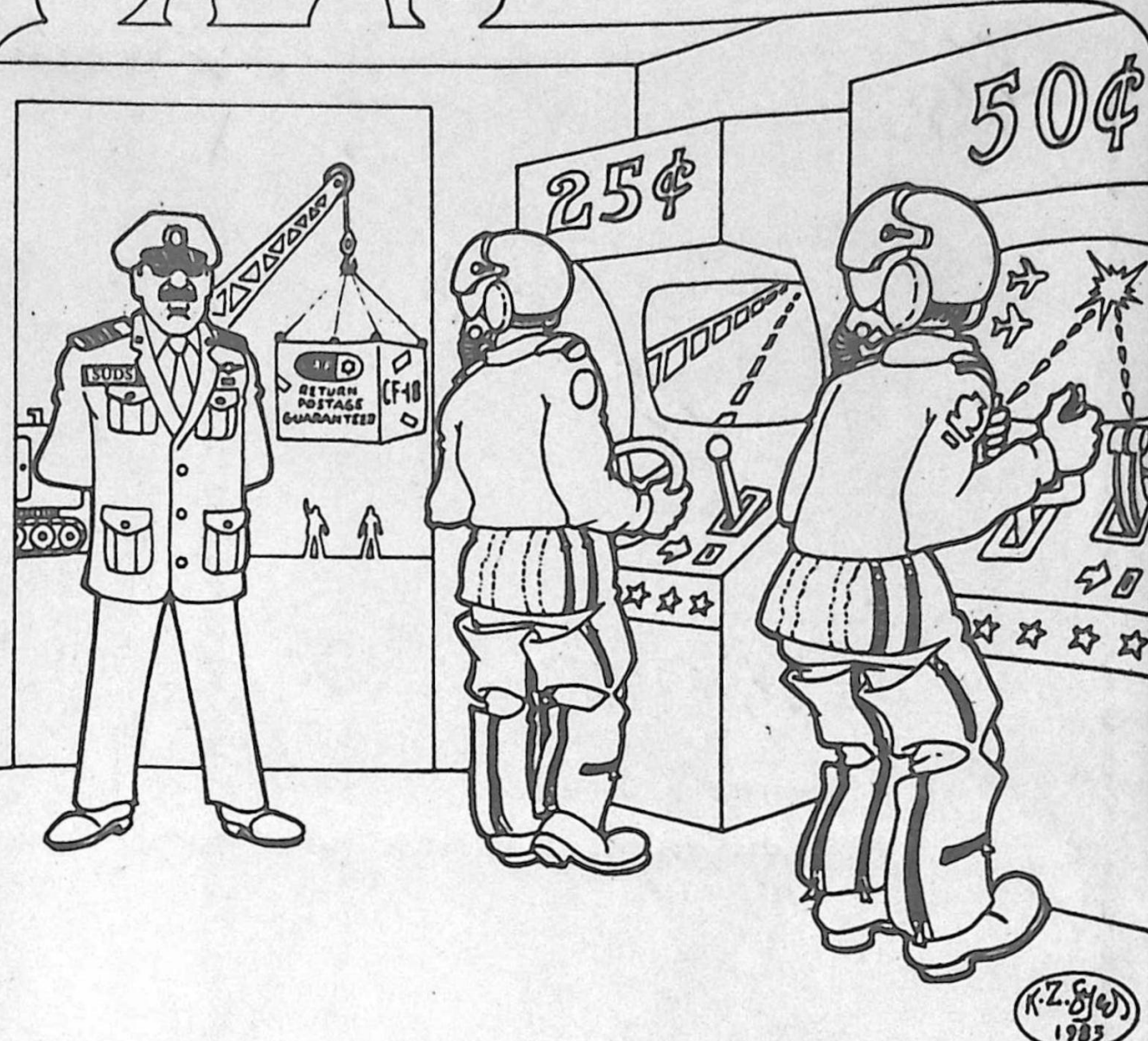
The "Littlest Hobo" recently bumbled around CFB Trenton during the filming of two new episodes of his popular television program of the same name. It was the first time that the program, usually filmed within a 55-km radius of Toronto, hit the road with cast and crew.

Between late May and early June, CTV filmed a two-part search and rescue feature which is scheduled to open the 1983-84 season of *The Littlest Hobo*. Military personnel at CFB Trenton provided search and rescue expertise for the program, as well as aircraft platforms for air-to-air shooting scenes. SAR technicians from 424 Transport and Rescue Squadron, some military aircraft and logistics support at the base level were also provided.

Military personnel took part in flying, jumping and rappelling scenes which could not be done by actors. Though some shooting was done at the Rescue Co-ordination Centre in Trenton, most was conducted 20km away at Mountainview. In the film the adventurous pup becomes involved with some injured passengers and a broken emergency locator transmitter from a downed aircraft.

The feature is expected to be the benchmark show of *The Littlest Hobo* season, viewed by as many as two million Canadians in late September or early October. The program is also syndicated in 71 other countries.

CF-18



"GOOD NEWS GENTLEMEN. FROM NOW ON YOU WILL TRAIN ON A FLIGHT SIMULATOR!"

Courtesy CFB Greenwood Aurora

Judge lectures convicted boy

by Padre Kim Warne

Some time ago, a 17 year old Florida boy pleaded guilty to possessing hallucinogenic drugs. He had also been charged with violence toward a Miami Beach police officer.

Judge Alfonso Sepe sentenced the youth to one year, in the County Stockade and four years probation.

Judge Sepe spoke directly to the youth and said, "Do you know who is going to serve that year? Not you; your mother and father will serve that year."

"That is what's wrong. They got sentenced. They get sentenced for a lifetime."

"You serve a year. Your body is in the stockade for a year, but their souls are tormented for a lifetime. Why? Because you are a selfish, spoiled boy, that's why."

"There is no punishment in the world that I could inflict upon you that could in any way compensate for what you are doing to your mother and father. I have not spent five cents raising you. I didn't know you from Adam. But your mother and father have put their lives, their hearts, their sweat, their money and everything else they have into bringing you up. And now they have to sit in this courtroom and listen to a total stranger who had nothing to do with your upbringing scold you and put you in jail."

"This is a time when phony kids your age are yelling, 'You adults have your alcohol, we

want our drugs; you have polluted our water and our air, you have polluted this and that, and all the rest of the garbage that comes out of your mouths."

"Meanwhile, you put yourselves above everybody else. I feel sorry for you. I want you to think of this for one year, and the reason why I say it: If you are sick, a doctor will test you and he won't be on drugs. The lawyer who represents you won't be high on drugs, and the people in whose custody you'll be won't be on drugs. Your astronauts are not on drugs, and your president is not, and your legislators are not. Neither are those who build the bridges that you drive across and the tunnels that you drive through are not on drugs, and those that build the cars are not. Neither are those who build the bathrooms that stink with your lousy, rotten drugs."

The vast majority of them have never tried drugs, and this is because of people like your mother and father."

"But, in the world of the future," Sepe went on, "the same may not be true. Teachers, doctors, ministers, lawyers, legislators -- products of the new drug-oriented generation -- may well be as high as kites."

"If this happens, you won't know whom to send your child to, or whom to trust your life to."

Sepe sighed and closed the case file.

"Let's see what kind of world you leave to your children," he said, "before you talk about the world we left to ours. And, by the way, while you are in the stockade, it would not hurt you one bit to examine your faith and determine a new relationship with your Creator."



Law Talk

By Gordon Hardy of the People's Law School

3466 W. Broadway, Vancouver, B.C. V6R 2B3.

Criminal Justice

The fourth in a series of nine articles on criminal law.

Can you imagine a trial at which you, the accused, were not permitted to speak, call witnesses in your defence or be represented by a lawyer?

You would hardly consider it a fair trial and you would be right. Yet, such was the predicament of accused persons until a few centuries ago.

An aspect of criminal justice we sometimes take for granted is the right to a fair trial. Although this right was recognized as far back as 1215 with the signing of the Magna Carta, only by the 18th century did certain important elements of a fair trial become guaranteed by law. These were the right of an accused person to testify in his or her own defence, and the right to be represented in court by a lawyer. You can imagine how one-sided the scales of justice were when only the accusing side could be present its case.

Today, every accused person has the right to appear in court, hear the charges of which he or she is accused, and call witnesses to testify as to his or her innocence before an impartial judge or jury.

An important part of the right to a fair trial is the presumption that every person is innocent until proven guilty. If you are arrested and charged with a criminal offence, it is not up to you to convince a judge or jury of your innocence. Rather, it is the responsibility of the prosecutor -- in Canada called the Crown Counsel -- to prove your guilt. And he or she must do so beyond a reasonable doubt.

(The only exception to this general principle are some sections of the Criminal Code and the Narcotic Control Act; these rather unusual sections put the onus of proving innocence on the accused person where he or she is charged with being in possession of stolen

goods, house-breaking equipment and prohibited drugs. These sections, however, are being challenged in court as being contrary to the principle of presumption of innocence.)

Reasonable doubt refers to the kind of sensible doubt that a reasonable man or woman would have before convicting an accused person. In trials involving a jury, it is the judge's duty to instruct jurors that they should not convict if they have any reasonable doubts about the accused person's guilt.

If you are charged with a crime, the judge asks you how you plead -- guilty or not guilty. If you plead "not guilty", it is not so much an affirmation of your innocence as a challenge to the Crown Counsel to prove your guilt.

The other side of this equation is that, if the burden of proof, as it is called, is on the prosecution, the accused person need not do anything

to defend him or herself. If you are accused of a crime, you are not required to testify or call witnesses if you do not want to. Of course, if the case against you is strong, it is usually a good idea to defend yourself.

Sean Madigan, Regional Crown Counsel for Vancouver, says the decision on the part of the accused whether or not to defend himself is a "tricky business".

"I've seen lawyers advise their clients not to testify and then see the client go to jail", he says.

The trial is a form of contest between the prosecutor and the accused person as opponents, or adversaries. Each side attempts to convince a judge or a jury by means of presenting evidence favorable to its own position and which challenges the other side. For this reason it is called the adversarial system.

Next: the elements of crime.



TOTEM TIMES

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Gens Du Pays

NOUVEL HORAIRE

Dorenavant le local sera ouvert
**LUNDI, MARDI, MERCREDI,
VENDREDI**
10:00 a.m. a 3:00 p.m.
JEUDI FERME

ATTENTION

Le local sera ferme
Lundi le 10 octobre,
jour ferie.

AVIS DE COTISATION

Cher(e) membre,

Veuillez etre avise(e) que la majorite des cotisations annuelles sont presentement dues. Nous vous serions reconnaissants de nous faire parvenir votre paiement le plus tot possible ou tout simplement arreter au local pendant les heures d'ouverture le Lundi, Mardi, Mercredi et Vendredi de 10:00 a.m. a 3:00 p.m., Jeudi Ferme.

N.B. Il y a continuellement quelqu'un au local durant les heures d'ouverture, meme sur vos heures de diner.

Nous vous remercions a l'avance de votre collaboration.

L'Ass. Gens du Pays
Votre Comite



Adieu sergent Electro

Après 25 années de dévouement aux FC, le Sgt Electro a pris sa retraite. Cet été, il est allé reposer ses vieux organes fatigués dans un foyer communautaire à Trenton, connu sous le nom de Musée des télécommunications.

L'histoire de sa vie ressemble au conte de Cendrillon. De son humble début, en 1956, comme pièces d'un vieux aéronef façonné par des techniciens au sol de la station de l'ARC Clinton (Ont.), il a progressé dans une carrière éminente comme un porteur de messages de bonne volonté pour le compte des FC. Notre bonhomme télécommandé a apporté à tous les coins du pays la nouvelle des compétences des militaires en matière de technique mécano-électrique.

Au cours d'une cérémonie officielle de transfert des fonctions qui a eu lieu à la base de Trenton à la fin du mois de juin, le successeur du Sgt Electro a rougi, a

salué en portant la main à son chapeau et a dit adieu à son père. D'aspect un peu moins humain que celui-ci, mais un peu plus à la mode tout comme son célèbre cousin R-2-D-2, le Sgt Servo a assumé le rôle de son prédécesseur et pris en mains les relations publiques auprès des FC. Il a été affecté à la direction des expositions et des démonstrations au QGDN et aura à voyager dans tout le pays.

Il est un peu plus perfectionné que le Sgt Electro: un bloc vidéo en option permet de lui enlever la tête et d'y substituer une autre tête munie d'un système de reproduction magnétoscopique. Et il peut vraiment rougir et porter la main à son chapeau pour saluer; il est également capable de gonfler des ballons, de distribuer des brochures et des converser, avec, bien entendu, un peu d'aide à distance de son opérateur principal, le Sgt Ray Beaulne.

La semaine dernière dans mon courrier j'ai reçu cette lettre qui m'a fait bien plaisir, c'est pourquoi j'ai décidé de la partager avec vous tous.

Aux Gens du Pays: Salut et Fraternité d'une petite bleuaille du Lac St-Jean qui pense que: "C'est à mon tour de me laisser parler d'Amour". J'en ai grandement besoin présentement, je me sens bien loin de mes bleuets, ma soupe aux pois, mes cretons et mes tourtières.

En voyant l'article (en français) sur le journal; cela m'a fait chaud au cœur.

Je serais intéressée à faire parti de votre Club Gens du Pays; mais je ne connais personne pouvant me renseigner. S'il vous plait veuillez me contacter et me l'expliquer.

Amitiés à Tous.

Lucienne Larouche

P.S. Pour faire court on m'appelle Loulou.

Loulou a été contactée et va bientôt devenir membre.

D. Senneville
Secrétaire

LIVRES USAGES A VENDRE

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Si vous avez des livres à vendre, le club Gens du Pays est prêt à vous offrir le service de les vendre pour vous moyennant un léger coût de 10% du montant de vente. Ce léger coût est pour accumuler des fonds nécessaires à fin de pouvoir acheter de nouveaux livres pour votre bibliothèque.

Où encore si vous avez des livres que vous ne voulez plus le club est bien prêt à les accepter pour votre bibliothèque.

GARDIENNES DEMANDEES

Avec les récents déménagements, il y a beaucoup de nouvelles familles qui sont à la recherche de gardiennes (nnes) Françaises(es).

Toute personne intéressée, téléphoner au local 339-5313 pendant les heures d'ouverture.

Le club fera une liste des gardiennes disponibles et nous la ferons parvenir à tous nos membres.



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SECRETAIRE: Diane Senneville

Pour plus de renseignements, contacter une de ces personnes. CLUB GENS DU PAYS, BOX 213, LAZO, B.C., V0R 2K0. TEL: 339-5313. Le local est ouvert LUNDI, MARDI, MERCREDI, VENDREDI de 10:00 a.m. à 3:00 p.m., JEUDI FERME.

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Sports

Glacier Greens Lady Golfers

Our report for the month of September includes the following: on 13 September we competed for the Jac-Len Trophy annually sponsored by Len and Jackie Wilkie of the Sunnysdale Golf and Country Club in Courtenay. The winner this year with a Low Gross score of 93 was our Club Captain, Frankie McCaffery. Runner up with a low gross of 96 was Cathie Plume. Vi Wilander came in with the least putts, while Jean Grant was declared the most honest golfer. We were pleased to have 17 ladies turn out for this event.

Another Pin Day on 20 September which was won by Joan McMillan for a low net of 69; second low net was a 71 by Pat Verchere, and putting went to Frankie McCaffery with 31 putts.

Our Club Captain announced that Lil Davis won the CLGA pin for the lowest combined net total for 1983, while Kay Banks was runner up once again. Good show. Your turn next year gals.

September 24 and 25 were the designated dates for our Club Championship tournament for 1983. This is one of the outstanding events challenged for each year with much golfing and practicing going on previously. The winner this year was Francine Frederickson (nee Roy) a Warrant Officer in Supply at CFB Comox, who came in with a score of 184. Congratulations for a good show and a little luck! This tournament commenced with early morning tee-offs with 24 entries, including two Flights. Winners in A Flight in Low Gross, Low Net order, were Kay Banks (runner up), Kathie Plume, Frankie McCaffery, Joan Webber, Claire Rathbun, Pat Verchere. B. Flight, Lil Davis, Mickey Behan, Katherine Salter, Martha Campbell, Vi Wilander, Joan McMillan. A prize for Field

Low Net was won by Corinne Innis. This is a first, sponsored by Anna's Coiffures of Comox, and will be a continuing event. We are proud of Corinne as she is an up and coming relatively new golfer. Frederickson shot the longest drive on No. 5 hole. This is where her bit of luck came in as her ball hit a tree and instead of going into the woods it went further up the fairway. We know, it's not how, it's how many that counts.

Again, we extend our thanks and appreciation to the Comox District Credit Union for their support by sponsoring this tournament. Last but not least, we all enjoyed our delicious smoked salmon once again, Ron Ledgard. We love you for it.

September 27 was an 18 hole round of golf between the ladies of the Gabriola Golf & Country Club and ourselves. In spite of the bitter chilling winds and the din of airplanes on exercise at CFB Comox, 30 ladies including both clubs, enjoyed the challenge. For Gabriola, Sheila Bradley, Club Captain, won Low Gross, Pat Middleton Low Net, May Robinson, 2nd LG, Marg McCallum 2nd LN, Ev Matki 3rd LG, Bernice Brown 3rd LN, and Marg Davidson the least putts. Glacier Green lady winners were: 1st LG Frankie McCaffery, 1st LN Pat Verchere, 2nd LG Joan Webber, 2nd Low Net Katherine Salter. With a 3-way tie for putts, Vi Wilander won the lucky ball. Our weekly raffle was won by May Robinson of Gabriola. We look forward to a return challenge so look out Gabriola, here we come!

On Sunday, October 2nd our Club is holding a mixed 4 ball competition and we look forward to a good turnout. Be sure to sign up and pay up at the Pro Shop. It will be a great fun day and we look forward to seeing you then.

Auto Hobby Club

Volunteers are needed to re-establish this worthwhile club. Personnel interested in assisting in the formation of the Auto Club are to contact WO Dupuis, Local 2542.



The winner!
WO Al Stewart (Esquimalt)

Totem Soccer

CFB Totems have started their league season, with the first game being played at home against the Labatts. (Score 1 - 3 for the Labatts.) A hard played game with lots of effort from CFB Comox. This is CFB Comox's first year in the North Island Soccer League and hopes to do well.

Good luck CFB Totems Soccer Team in your future games.

Pac Region Golf

CFB Comox has just completed hosting the Pac Region Golf Championships. There were six large bases and six small bases.

The final results were as follows:

Top Ten Positions				Total
1st Round	2nd Round	3rd Round		
WO Stewart (Esquimalt)	75	71	78	224
MCpl Ronaldson (Comox)	79	77	69	225
Capt Benoit (Chilliwack)	74	76	81	231
Cpl Wagg (Esquimalt)	79	79	75	233
Cpl Scott (Comox)	77	80	77	234
Capt Mills (Comox)	78	81	78	237
Sgt Stirton (Comox)	76	81	81	238
Cpl McGibney (Kamloops)	84	78	77	239
LCDR Morris (Esquimalt)	74	83	82	239
Maj Elder (Comox)	79	78	84	241

Small Base				Total
1st Round	2nd Round	3rd Round		
CFS Kamloops	348	334	347	1029
CFS Masset	353	345	353	1051
CFS Holberg	363	355	341	1059
CFS Baldy Hughs	364	357	374	1095
2SNR McChord	371	374	379	1124
CFS Beaverlodge	378	376	374	1128

Large Base				Total
1st Round	2nd Round	3rd Round		
CFB Comox	309	306	305	920
CFB Esquimalt	310	313	318	941
CFB CHILLIWACK	321	331	330	982
CFB Chilliwack	335	339	329	1003
Fleet	422	405	414	1241
3 PPCLI	—	—	—	—
Nanaimo	—	—	—	—

Due to all the great participation from all entries, the Golf Regionals were a success.

Thanks also go out to the Golf Club, ball spotters from the ladies membership and to all other organizers.

CFB Comox Badminton Club

The club will commence 1983/84 seasonal play beginning October 5, 1983.

The club will be playing every Sunday and Wednesday from 1830 - 2200 hours.

Come out! Join the club! You may end up in a tournament.

Wood Hobby Club

The Wood Hobby Club commenced operation on 20 September 83 for the 1983/84 season.

Hours of operation are as follows:

Tuesday, Wednesday, Thursday - 1800-2100 hrs.
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1 - MINOLTA SRT 200

Regular225⁹⁹ **SALE.....199⁹⁷**

1 - RICOH XR2s

Regular.....385⁹⁹ **SALE.....299⁹⁷**

2 - HINTERLAND CRAFT PLAQUES

Regular.....17⁹⁹ **SALE.....9⁹⁷**

1 - 10 Kt. GOLD CUFFLINKS

Regular.....49⁹⁹ **SALE.....25⁰⁰**

3 - KIENZLE QUARTZ 400 DAY PACK

Regular.....79⁹⁹ **SALE.....59⁹⁵**

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(Ballots destroyed at the end of each day)

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OCTOBER 2 — OPEN FROM 1200 UNTIL 1600
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WITH FREE COFFEE AND BIRTHDAY CAKE PLUS FREE BALLOONS AND SUCKERS FOR THE KIDS

<p>MEN'S BAUER SKATES <small>Models 123, 190</small> <i>and</i> LADIES BAUER SKATES <small>Models 663, 753, 545, 553</small> 1/3 OFF</p>	<p>BX VIDEO CLUB ★ SPECIAL ★ 99¢ PER TAPE</p>	<p>ALL BICYCLES 15% OFF</p>	<p>COOPER HOCKEY GEAR HOCKEY PANTS <small>Models HP-5, HP-6, HP-8</small> SHOULDER PADS <small>Models SB-90, SB-69</small> ALL COOPER HOCKEY GLOVES ANKLE GUARDS 1, 3 SKATE GUARDS <small>Model AG-1, AG-3</small> WHITE HOCKEY TAPE JOFA HOCKEY EQUIPMENT 1/2 PRICE</p>
<p>CHILDREN'S FLEECE BY DALESPORTS 15% OFF</p>	<p>LADIES SELECTED BLOUSES 30% OFF</p>	<p>CARTONS OF CIGARETTES 11⁹⁷</p>	<p>***** ★ FAMILY DAY ★ ★ DRAWS ★ ★ GROCERY HAMPER ★ ★ VALUED AT ★ ★ 115¹⁵ ★ ★ —PLUS— ★ ★ 25⁰⁰ Gift Certificate ★ ★ <small>(from entries received on Sunday)</small> ★</p>
<p>MEN'S SELECTED SWEATERS <small>SIZES S, M, L, XL</small> 15% OFF</p>	<p>G.W.G. JEANS FOR MEN <small>SIZES 28 to 38</small> 19⁹⁷</p>		



SERVICE STATION & SNACK BARS

SEPTEMBER 29 *** OCTOBER 8**

BIRTHDAY Specials

<p>"3-BIG-DAYS" October 3, 4, 5 CASH & CARRY ONLY SHELL 10 W 30 motor oil Regular.....1⁶⁰ SALE.....PER LITER 1¹⁷</p>	<p>"10-BIG-DAYS" SHELL ZONE ANTI-FREEZE Regular.....7⁹⁹ SALE.....6⁴⁷ SHELL Windsheild Washer Solvent 4L Regular.....2⁹⁹ SALE.....2¹⁷</p>	<p>"10-BIG-DAYS" RAIN DANCE 7⁹⁷ CAR POLISH BOSCH HEADLIGHT SETS 5³⁴ ONLY Regular.....52⁹⁹ SALE.....37⁷⁷</p>	<p>ALLCAN & 7 HANGAR SNACK BARS September 29 - October 8 COFFEE.....15¢ EXTRA LARGE HOT DOGS 1¹⁵ PLAIN OR W/CHEESE</p>
<p>"3-BIG-DAYS" OCTOBER 3, 4, 5 FREE BRAKE INSPECTION FREE LUBE WITH OIL CHANGE BOOK NOW AND DON'T BE DISAPPOINTED</p>	<p>"10-BIG-DAYS" SANDING * POLISHING * BUFFING * GRINDING KITS 4²⁷ AUTO DIGITAL CLOCK MARINE 17⁷⁷ S.T.P. OIL TREATMENT Regular.....2⁹⁹ SALE.....2²⁷</p>	<p>"10-BIG-DAYS" 15% OFF ON ALL SNOWTIRES IN STOCK NOW DON'T FORGET DOUBLE BONUS BUCKS THURSDAYS - September 29 & October 6</p>	<p>NOON HOUR ★ SPECIAL ★ 1130 - 1330 hours <i>all</i> sandwiches 1¹⁵</p>

Sports

CFB Comox triathletes in SRI Chinmoy



Cpl J. Tremblay with a strong finish.



Left to right: Cpl J. Tremblay, Pte C. Tompkin, Lt P. Anderson storing up on lost energy at the banquet.

Triathletes from all over the west coast were greeted with perfect weather for the 4th Annual SRI Chinmoy Triathlon held in Victoria. Start time was 0730 Sunday, 31 July. The swimmers left the Elk Lake Beach in a mass start, three waves 1 minute apart. Approximately 700 swimmers entered the water with a 1 mile swim ahead of them, a record amount of participants.

Immediately after the 1 mile swim the participants mounted their 10-

speeds for the 21 mile bike ride. All CFB entries finished the swim in good time, and started the gruelling 21 mile bike ride. CFB Comox entries finished the bike ride in good time. Cpl M. Robert (Photo Tech) had to cope with a pedal falling off, but still managed to bike the whole distance.

All that was left was the last event which consisted of a 6 mile run. Again all CFB Comox entries finished the run, with enough

energy to make it to the food laid on by the organizing committee. Following is a list of Comox entries in the order they finished:

1. Pte J. Tremblay
 2. Lt P. Anderson
 3. Pte C. Tompkin
 4. Lt P. Maurice
 5. Cpl M. Robert
- (Sorry but no timed results have been sent out to individuals.)
Congratulations to all participants for such a good effort.

Run to Europe

A very heavy running season started on the 17th of September with the Victoria Marathon. The list of races continues all the way into December and reads as follows:

- 18 September
 - Terry Fox, 10 km
 - 25 September
 - Fall Series CVRR, 5 km
 - 2 October
 - 4th Annual Totem Times, 10 km
 - 3 - 7 October
 - Armed Forces National Races, Borden, Ont.
 - 9 October
 - Fall Series CVRR, 5 miles
 - 13 October
 - Fire Hall Challenge, 1.5 miles
 - 16 October
 - Powell River, 8 km
 - 23 October
 - Breakfast Run CVRR
 - 30 October
 - Richmond Marathon
 - 13 November
 - Fall Series CVRR, 10 km
 - 26 November
 - Seattle Marathon
 - 11 December
 - Fall Series CVRR, 15 km
- Capt Nelson Hui is meeting the challenge and is racing in the

majority of these events. He qualified for the Armed Forces National runs in Borden by finishing fourth in the Regional races early in September. In the Victoria Marathon he blistered his feet with relatively new running shoes but still finished with a respectable time of 3 hours 17 minutes. He has used the Comox Fall Road Runners First Fall Series 5 km race as a training race and will enter the Totem Times race, another training race. Capt Hui's long range plan is to enter the Richmond Marathon if he survives the National race in good form.

MCpl Barry Whillans is using his own training schedule to prepare for the National races and appears to be in fine form this year.

Capt Vic Howlett missed the regional due to other commitments but had a good time in the Victoria Marathon, 2 hours 50 minutes to finish 47th out of 800 runners. In the first of the CVRR Fall Series he finished second in the Masters category, completing the 5 km in 17 minutes and 9 seconds. Capt Howlett plans to run the Seattle Marathon.

Other CFB Comox runners competing the Fall Series 5km were MCpl Gord Hoe and Sgt Cyril Rodgers. Gord ran a good race considering he had very few training miles during the summer. Cyril was pleased to finish ahead of Capt Hui and looked to be in great form.

Members of the base that are interested in an expenses paid trip to Europe can obtain same by qualifying for next year's National Armed Forces races to be held in Lahr. Comox BPERO will be watching some of the up coming races to pick a team for next year's regional team. The regional team consists of five open class runners, three master runners and two female runners. Running talent can be displayed in two on - base races in the near future. The Totem Times, 10 km race will be held at noon on Sunday, 2 October. The start/finish area should be at the Recreation Centre. The other race is the Fire Hall Challenge which is a mile and a half race starting at the Air Force Beach and finishing at the Fire Hall. Each section is to provide a three man team whose time will be totaled to determine the winning section.

Golf Champs



Kamloops team winners of the Small Base Trophy.



CFB Comox team wins Pac Region Golf Championship.



Col Dobson presents top team award.

Intersection broomball

Intersection Broomball is using a draft system this year to form the teams.

Players wishing to register for Intersection Broomball Please contact the Rec Centre with the following information:

- Player's name, section & local
- Position played
- Previous experience

Information to go to Mil-sports co-ordinators Cpl Ryan/Cpl Shanks at Local 2315.

Servicewomen's

baseteam broomball

An important organizational meeting will be held at the Base Rec Centre at 1130 hours, 3 October. Servicewomen interested in Base Team Broomball are urged to attend. If you are unable to attend call Sgt Hayward, local 2315/2314.



Lungs are for Life Week

Oct. 2-8 † Your Lung Association



ATTENTION CURLERS

CURLERS ARE WANTED AT THE Comox Valley Curling Club

Ladies Afternoon League

Tuesday and Thursday 1-3 pm
Contact Norma Hearn 339-2326

Men's Evening League

Tuesday and Thursday 7 & 9 pm
Contact Curling Club at

334-4712 or 338-8324

Mixed League

Sunday at 7 pm
Contact Curling Club at

334-4712 or 338-8324

Promotions and Awards



Lt D.R. Irvine, VP 407 ARMPO, congratulates Cpl Fay Luppe on her recent promotion. Fay works for Armament servicing.



BASE FOOD SERVICES - ACCELERATED PROMOTION

Capt T. Carew, BFoodsO and WO R.W. Boon, i/c Combined Mess present Corporal Pierre Harvey with his Cpl hooks.
Well done, Pierre, congratulations from all of the Food Services Staff.



LCol Berntson presenting Cpl G.L. Beals from the Met Section with his C.D.



LCol Berntson presenting Pte J. Croll (Security) with his C.D.

Suggestion reward

Brigadier General Alleslev, The Chairman of the Air Command Suggestion Award Committee, was pleased to announce that WO Collin Ainsworth, a Weapon Technician Air, was given a \$250.00 award for his proposal that sway brace extender pads with a cutaway slot similar to those used by the US Navy be used with torpedo loads in the CP140 Aurora Aircraft. WO Ainsworth was in the 407 Sqn Armament Section when he made the suggestion and received the award at his new position in NDHQ/DGAEM.

When advised of the award, Maj Caddey, the Chairman of our Base Suggestion Award Committee, reflected that this is a good example of a suggestion that introduced something into the CF that was already in use in another military. He stated that it is quite proper to suggest improvements that are already in use in another military, another department, another base, or for that matter, another unit. He emphasized that the whole purpose of the Suggestion Award Program is to encourage interest in greater efficiency and effectiveness in DND.

He further stated that suggestions are welcome from both military and civilian personnel.



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WINTER SCHEDULE INSIDE PASSAGE

(Prince Rupert - Bella Bella - Port Hardy - Tsawwassen)

Effective: Saturday, October 1 to Sunday, November 13, 1983
Monday, December 12 to Sunday, January 15, 1984
Monday, March 12 to Wednesday, May 30, 1984

NORTHBOUND

Leave		Arrive
Tsawwassen Mondays 10:30 am	Port Hardy Mondays 10:30 pm	
Port Hardy Mondays 11:30 pm	Bella Bella Tuesdays 9:00 am	
Bella Bella Tuesdays 10:00 am	Prince Rupert Tuesdays 8:00 pm	
Port Hardy Thursdays 6:00 pm	Prince Rupert Fridays 9:00 am	

SOUTHBOUND

Leave		Arrive
Prince Rupert Wednesdays 10:00 pm	Port Hardy Thursdays 1:30 pm	
Prince Rupert Saturdays 9:00 am	Bella Bella Saturdays 7:00 pm	
Bella Bella Saturdays 8:00 pm	Port Hardy Sundays 6:00 am	
Port Hardy Sundays 7:30 am	Tsawwassen Sundays 8:30 pm	

Effective: Monday, November 14 to Sunday, December 11, 1983
Monday, January 16 to Sunday, March 11, 1984

NORTHBOUND

Leave		Arrive
Tsawwassen Mondays 10:30 am	Port Hardy Mondays 10:30 pm	
Port Hardy Mondays 11:30 pm	Bella Bella Tuesdays 9:00 am	
Bella Bella Tuesdays 10:00 am	Prince Rupert Tuesdays 8:00 pm	

SOUTHBOUND

Leave		Arrive
Prince Rupert Saturdays 9:00 am	Bella Bella Saturdays 7:00 pm	
Bella Bella Saturdays 8:00 pm	Port Hardy Sundays 6:00 am	
Port Hardy Sundays 7:30 am	Tsawwassen Sundays 8:30 pm	

NOTE: Queen of the North operates October 1, 1983 to January 8, 1984; and April 9 to May 30, 1984 inclusive.
Queen of Prince Rupert operates January 9 to April 8, 1984 inclusive.

For reservations, contact your local travel agent.

4215E

CLIP
AND
SAVE

Around the Base



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

CHAPLAIN: Maj Julien Rheault: Tel. 339-2211, local 2274

MASS SCHEDULE HOURS:

Saturday 1900 hrs
Sunday 1000 hrs
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 commencing 28 September.

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.

FAMILY SUNDAY: Second Sunday of the month.

SUNDAY SCHOOL: Registration will take place, Sunday, 11 September from 0930 - 1030. Classes are available for all students from age three through youth. Classes will begin the following Sunday, September 18. Kindergarten through youth meet from 0930 - 1030. Pre-kindergarten classes will be held from 1100 - 1200 during the worship service.

JUNIOR CHOIR: Rehearsals will begin September 15, from 1830 - 1915 at the Chapel. Children in grade two and older are eligible to join. Choir members will be expected to be at rehearsal each week and attend worship services.

ST. MICHAELS AND ALL ANGELS PROTESTANT CHAPEL

CHAPLAIN: Padre Bob Risch (UCC) Tel: 334-3575

CHAPEL: St. Michael and All Angels Protestant Chapel, Bldg. No. 88

OFFICE: Headquarters Bldg. No. 45, Rm No. 48. Tel: 339-2211, Local 2273

ORGANIST: Nancy Nowosad, Tel: 338-9843

PUBLIC WORSHIP: Sundays - 1100 hours

COMMUNION: First Sunday of the month.

Comox Valley Camera Club

The Comox Valley Camera Club started off its new season on Tuesday, September 27 with a good turnout of many new members with lots of good ideas. The first major happening for the club will be a photo display at the Filberg Gallery on October 19. If anyone is interested in entering any prints in the display and would like to have them mounted please come along to the next meeting on October 11th. At that meeting we will also go into Camera types and basic operations for a refresher and learning night for beginners. It was decided that the project for the month of October will be capturing autumn on film. On October 25th each person may submit 1-3 photos or slides,

black or white or colour to depict autumn. They will be judged by the whole membership and a prize will be given to the best effort. The club will continue to have this type of project and special outings and displays throughout the year. Meetings will also have a learning session from basic photo-taking to developing your own. Club membership is \$10 a year which goes toward supplies. The club supplies such things as film, matting, etc. New members are welcome so come out and join us at the next meeting on October 11 at 7:30 pm at the Lake Trail Jr. School in the band room, right off the parking lot. For more information on the Filberg show contact Terry Seney at 338-1709.

Add a little culture to your diet

by Patricia McClinton, M.Sc., R.P., Dt.

The word "bacteria" is most commonly associated with disease, a fact which makes it difficult for people to realize that some bacteria can be beneficial while others are absolutely essential to life.

Milk is potentially an excellent host for bacteria, both good and bad. The bad ones are eliminated in the milk we drink by "pasteurization" which is a specific type of heat treatment that allows beneficial bacteria to survive. Most dairy products are made from pasteurized milk. Some milk to be used for manufacturing may not be "pasteurized" but is subjected to even more stringent heat treatment.

One product uses milk which has received no heat treatment. A small amount of "raw milk" is useful in making life more enjoyable. As a nutritionist, prized by gourmets. There is no danger from this product my best friends are bacteria!

Many different types of bacteria are used. None of them are harmful. In fact, they are of the type which promote the growth of intestinal flora which is essential to our ability to digest food.

Cultured dairy products are excellent examples of how "bacteria", a name which summons up visions of dreaded diseases,

are useful in making life more enjoyable. As a nutritionist, I'm happy to report that some of my best friends are bacteria!

Across my kitchen table

- by Rosemary Gibson



I'm not sure just when or where I clipped the following, but I think there's food for thought in it for all of us.

PIONEER WOMAN

Grandmother, on a winter's day,
Milked the cows and fed them hay,
Slopped the hogs, saddled the mule
And got the children off to school;
Did the washing, mopped the floors,
Washed the windows, and did some chores;
Cooked a dish of home dried fruit,
Pressed her husband's Sunday suit,
Swept the parlor, and made a bed,
Baked a dozen loaves of bread;
Split some firewood, and lugged in
Enough to fill the kitchen bin;
Cleaned the lamps and put in oil,
Stewed some apples she thought would spoil;
Cooked a supper that was delicious,
And afterwards washed up all the dishes;
Fed the cat and sprinkled the clothes,
Mended a basketful of hose;
Then opened the organ and began to play,
"When You Come to The End Of a Perfect Day."

—Anonymous

PEAR MARMALADE

Ingredients:

5 lbs. pears
3 lbs. sugar
2 lemons (rind and juice)
1 oz. ginger

Method:

Chop fine. Mix. Simmer for 3 hours until thick. Seal while hot with paraffin.

HINT:

Lemon juice and salt, when added to the water in which you are crisping your cauliflower will give it a very refreshing flavour. Also, when cooking cauliflower, add lemon juice. This not only enhances the flavour but turns it snowy white.

I've just returned from a vacation in California and Nevada. The following was printed on the outside of a coffee cup served to me by my friend in Incline Village. I think it's very special, and I'd like to share it with you.

THOUGHT FOR TODAY:

Some people come into our lives and quickly go.

Some stay for awhile and leave footprints on our hearts, and we are never, ever the same.

Flavia.

EVEN 10¢ CAN MAKE A DIFFERENCE

Join Will Millar of the "Rovers" this Halloween. Your donations help UNICEF's children around the world. Just 10¢ buys a vial of penicillin to treat a child's infection.

WHEN THE TRICK-OR-TREATERS KNOCK AT YOUR DOOR BE GENEROUS.

YOUR HELP CAN MAKE A WORLD OF DIFFERENCE TO A NEEDY CHILD.

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Sales Associate

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Around the Base



Col Dobson, showing pro form on the tee off, at the opening ceremonies.



Col Dobson trying a different approach at teeing off.

WHITE ON — Lts Susan Long of HMCS Cabot in St. John's Nfld. left, and Janice Watters of HMCS Chippawa in Winnipeg are among the increasing number of CF servicewomen wearing white this summer. The two reservists were among supporters of the original proposal for an optional white uniform for women. NDHQ approved the white uniform (FS-7) in April, 1982. The skirt and slacks are patterned on the new service dress skirt and slacks. Servicewomen may obtain the patterns from NDHQ through base and station supply sections. The shirt is a man's white shirt, tailored to female specifications, or the U.S. Navy woman's white short-sleeved shirt with shoulder straps removed. Accessories include plain white pumps or oxfords, the bowler head-dress and the CF purse. The uniform, which must be obtained at personal expense, may be worn in tropical countries in accordance with local custom and in Canada and other temperate zones during hot weather.



Allcan Lounge

The non-alcoholic lounge is located upstairs in the Rec Centre and is designed to provide members of all ranks and their guests an opportunity to enjoy an evening of TV, pool, shuffleboard, cards, darts or reading in a homey atmosphere without the presence of alcohol. The comfortable furniture, games rooms and close proximity of the Snack Bar are just a few reasons why new personnel will find a visit to this facility worthwhile.

This facility saw little use in 1983, averaging 4 - 6 users each night, so this year the following activities will be taking place in the ALLCAN Lounge:

- VCR Movies on Wednesday nights starting in October
- a Dart league,
- Meetings for various organizations/groups,
- Shuffleboard/pool/card Tournaments,
- Video Game Championship.

These are just a few examples of what is planned in the new program. A Suggestion Box will be placed in the TV room and ideas or constructive comments regarding this facility are most welcomed. Further information or bookings may be attained by contacting Cpl (W) Carla Ryan at local 2315.

Officers' Wives' Club

The first meeting of the 83/84 Food Committee, during which time season of the Officers' Wives Club, several draws were made for prizes of stained glass and potpourri on September 21st, with a creditable showing of both new and former members.

The meeting was brought to order by this year's President, Vera Arajs. The business portion of the meeting was primarily taken up with a discussion on and disbursement of funds amassed by the Club to three local charities. Club members agreed to donations to the Cumberland Child Care Centre, St. Joseph's Hospice and Tigger Too Day Care Centre.

The highlight of the evening was the introduction of new members to the club and welcoming them both to the military and civilian communities of the Comox Valley. A very enjoyable wine and cheese repast was served by members of the

Door prizes were won by Cathy Bekolay, Alvera Dubois and Linda Merkel. Raffle winners were Jackie Lanthier, Gail Blamire and Shirley Acorn.

The next meeting will take place on October 19 at which time a demonstration of flower arranging will be given by Debbie Etherington of the Garden Patch, Courtenay. Dried and fresh flowers will be featured in addition to a Christmas arrangement.

Set the evening aside now to come out and renew some old acquaintances and make some new ones.

A very enjoyable wine and cheese repast was served by members of the

Pat Chura

Thank You!

First Lazo Group Committee, Scouts, Cubs and Beavers would like to express their sincere "thanks" to all those who took part in our very successful "Bottle Drive" on Saturday 24 September 83.

A big first Lazothanks to the following people:

All the drivers,
Scouts, Cubs and Beavers,
sorters and packers
Ladies Auxillary for the goodies
and to all those who donated bottles and cash.

P.S. Our next event in which we will be looking for community support will be "Apple Day" on 22 October 83.

Giant Canada Goose (Branta canadensis maxima)



MARSH WORLD

The giant Canada goose is the world's largest wild goose. Full grown it weighs 18 to 20 lbs. Canada geese are divided into three groups by size: (1) the lightweights, between 2 1/2 and 5 1/2 lbs., including the Richardson's Cackling, Aleutian, and Taverner's Canada geese; (2) the middleweights, between 6 and 7 lbs., including the Lesser

and Dusky Canadas; and (3) the heavyweights, between 7 and 18 lbs., including the Vancouver (Queen Charlotte), Atlantic, Hudson Bay (Todd's) Western, and Giant Canada. For the free pamphlet, **Know Your Ducks, write: Ducks Unlimited Canada, 1190 Waverley St., Winnipeg, Manitoba R3T 2E2.**

Answers to Trivia Quiz

- The Turkish Air Force still maintains the North American F-100 Super Sabre as a operational fighter.
- The MIG-27 is utilized in the tactical bomber and close air support role.
- The RAF's highest scoring ace during the Second World War was James "Johnnie" Johnson who tallied up 38 kills.
- In October, 1960, 435 Squadron accepted their first C-130 at Uplands.

NOTICE

NEXT
TOTEM TIMES
DEADLINE

Friday, 7 October 1983

(due to Thanksgiving weekend)

15 CANADIANS HAS A BREATHING PROBLEM.
Your Lung Association

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Kitchen Hours: 11 am - 10 pm

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Peter and Kerry Steeg

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Canadian Forces News

Battle of Britain

The official observance of the 43rd anniversary of the Battle of Britain was marked on Sunday, September 18, in the Comox Valley.

Members of 888 (Komox) Wing of the Royal Canadian Air Force Association, the Regular Force, the Royal Canadian Legion and Air Cadets of 386 RCAC Squadron formed the parade that marched off from the recently acquired headquarters of the Wing at Lazo. The parade proceeded to the Base Protestant Chapel where an ecumenical service was observed. Padres R.E. Risch and J. Rhault officiated at the service, with members of 888 Wing also taking part.

During the service, wreaths were laid by Col R. Dobson, Base Commander, Mayor George Piercy of Comox, Blake Moulin, President of 160 Branch, Royal Canadian Legion, and by President S.E. Burrows of the RCAFA Wing.

Following the ceremonies, the

parade marched back to the Wing Headquarters, where a fly-past by aircraft of 409 and 407 Squadrons coincided with the taking of the salute by Col Dobson.

The Battle of Britain was fought between early August and late October 1940, when the might of the Luftwaffe was thrust against the British Isles. Undermanned and under-equipped, the "few", as they were called by Winston Churchill, actually made the battle prohibitively expensive for the enemy, and caused him to give up the conquest. The respite thus gained stalled any invasion attempt of the British Isles and contributed immeasurably to ultimate victory. Each year, at points throughout the world, many of those who remember, gather and pay homage to those who gave their lives in this momentous campaign.

Following the parade, a reception was held in the Wing Headquarters.



Cinderfella retires

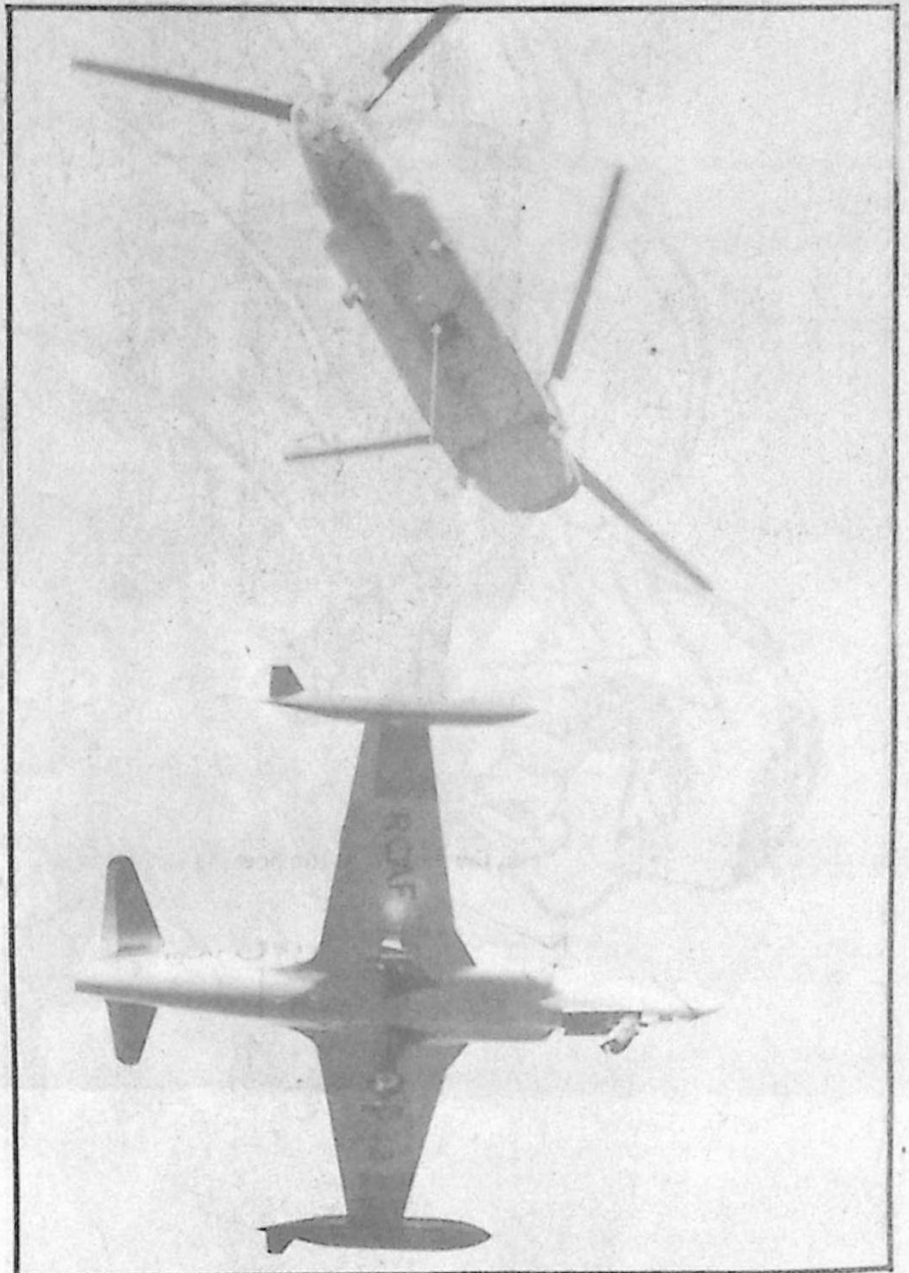
After 25 years of faithful service to the CF, Sgt Electro has retired. This summer he went to rest his weary components at a home for the aged in Trenton, known as the Telecommunications Museum.

The story of Sgt Electro is a Cinderella tale. From his humble beginnings as old aircraft parts molded into shape by ground technicians at RCAF Station Clinton, Ont. in 1956, he moved on to a high profile career as a goodwill ambassador for the Forces. The remote-controlled Sgt Electro carried news across Canada of the military's skills in mechano-electro techniques.

In an official hand-over ceremony at CFB Trenton at the end of June, Sgt Electro's successor, Sgt Servo blushed, tipped his hat and bid fare-

well to his dad. Looking a little less human than his father and a little more trendy like his well-known counterpart, Artoo-Deetoo, Sgt Servo picked up where his predecessor left off in his public relations role with the CF. He is based with the Directorate of Exhibitions and Displays at NDHQ and will travel cross-country.

He's a little more sophisticated than Sgt Electro. An optional video pod allows his head to be removed and replaced by another head with a video tape replay system. And he really can blush and tip his hat, as well as blow up balloons, hand out pamphlets and carry on a conversation, with some remote help from his primary operator, Sgt Ray Beaulne.



A CH-147 "Chinook" helicopter hoists a RCAF T-33 Silver Star display aircraft into the memorial park at CFB Edmonton. The park was established in memory of the Hercules crew who were lost in November 1982 while on a low altitude parachute extraction mission. The "Chinook" is from the 447 Squadron, CFB Edmonton.

? Where is your Christmas party ?

888 WING HQ IS AVAILABLE FOR SECTION CHRISTMAS PARTIES. IT CAN ACCOMMODATE UP TO SIXTY PEOPLE. ANYONE INTERESTED CAN CONTACT:

AL SCOTT at 339-5101

OR SEE HIM AT THE WING ON FRIDAY OR SATURDAY EARLY AFTERNOONS.

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"STRANGE BREW"

(MATURE)

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FRIDAY TO THURSDAY
September 30, October 1, 2, 3, 4, 5, 6

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"HERCULES"

(MATURE)

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— PLUS —

"PINK FLOYD THE WALL"

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scenes" - B.C. DIRECTOR



435 (T) Squadron plans to erect a monument at CFB Edmonton in memory of the seven aircrew lost in the crash of Hercules 130329 on 16 November 1982.

The granite monument, standing five feet high, will be engraved with a depiction of a Hercules performing a Low Altitude Parachute Extraction, and the names of the deceased.

To aid in the realization of this project, a Memorial Fund has been established, contributions to which will be gratefully accepted. Donations may be made directly to the "329 Memorial Fund".

329 Memorial Fund
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FIRE PREVENTION WEEK 9-15 OCT

ACTIVITIES



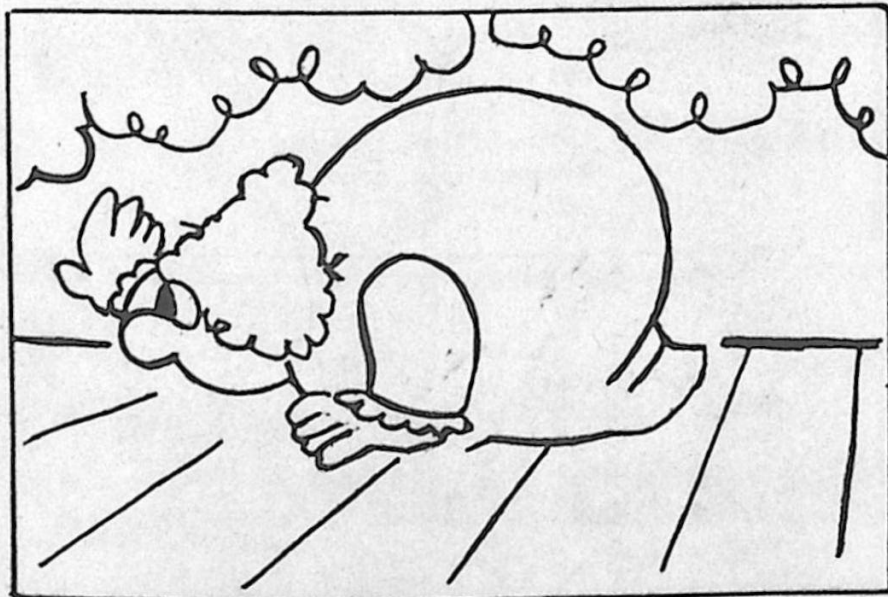
BABYSITTERS COURSE
11-13 OCT



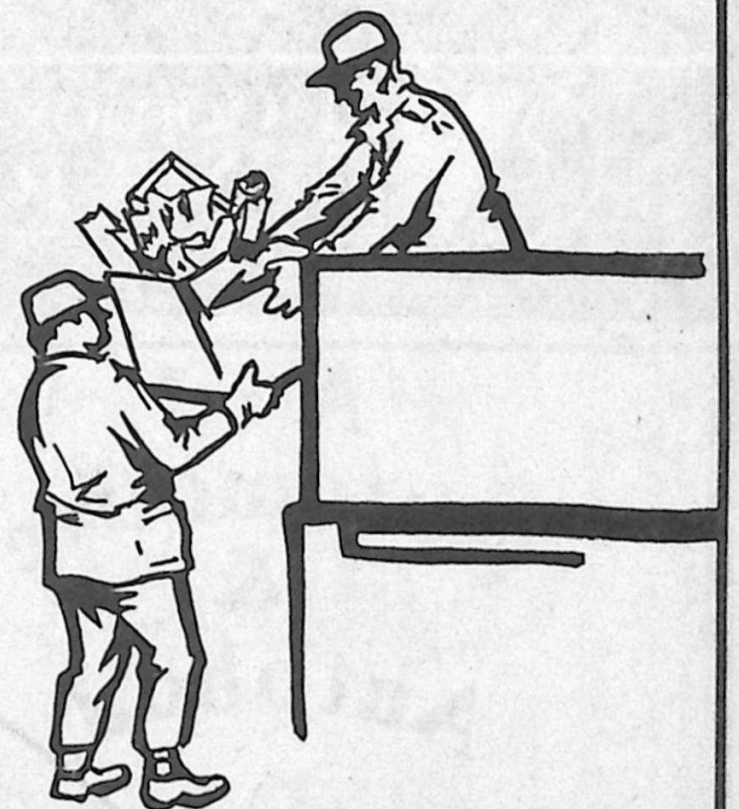
CHALLENGE BALL GAME
14 OCT



CHALLENGE RUN
13 OCT



COLOURING CONTEST
POSTER CONTEST
DND, SCHOOL



CLEAN-UP DAY
12 OCT

REMEMBER: FIRE KILLS