



# TOTEM TIMES



Vol. 25 No. 18 CFB COMOX TOTEM TIMES THURSDAY, October 13, 1983 Deadline is Monday, October 24, 1983 COST: PRICELESS

## PM visits Edmonton



EDMONTON - A welcome visitor! - British Prime Minister Margaret Thatcher departs for Washington from Canadian Forces Base Edmonton following a one-day visit to the Alberta capital. She is the first British prime minister to visit Edmonton. She is accompanied to her aircraft by Colonel Peter DeTracey, Base Commander of CFB Edmonton.

(Canadian Forces Photo by Sgt Dennis Mah)

## Ex-editor receives award



Lt Kurt Saladana, the previous editor of the "Fishwrapper" receives a presentation from the Base Administration Officer, LCol Jackman. Kurt worked very hard for a year as editor and is still giving the staff a helping hand. The award is the aluminum photographic plate used in the printing of his last edition.

## For your heart's sake

Courtesy Science Dimension

Whether they are aware of it or not, Newfoundland residents share a problem with people living in Japan and Finland. They are prone to hypertension, and hence, to heart disease. The shared cause is the high sodium (Na) intake in their diets (chiefly through heavily salted foods, like salted fish or soya sauce) and the low magnesium (Mg) levels in their drinking water.

In a recent paper, John Marier, of NRC's Environmental Secretariat, summarized the effects on the heart of magnesium levels in drinking water. In two studies conducted in the United States, coronary death rates were lower in cities with higher than average magnesium levels in the water.

Why should waterborne magnesium be so important? The

answer may be found in the changing diet in North America and in other developed countries. Doctors have known for some time that a certain intake level of magnesium is necessary for healthy heart tissue. Apparently, the traditional source of the element has been from bulk cereals, but we have increasingly turned to more processed versions of these foods, like polished rice, refined sugars and flours, and other non-cereal starch sources low in magnesium. It has now reached the point where in much of the modern world dietary magnesium intake ranges from minimal adequacy down to 50 per cent of the recommended intake. (Sugar refined from cane to the granulated form loses more than 99.9 per cent of its Mg; polishing rice removes 83.3 per cent; bleached flour has lost 96 per cent.)

Higher levels of magnesium in the drinking water, then, compensates for the widespread deficiency.

The problems resulting from Mg deficiency are compounded when sodium or calcium intake levels are high, as they are in Newfoundland, Japan, and Finland. The healthy heart needs a balance of Mg and these other elements. In studies of various regions of the world, coronary death rate has been directly correlated with the dietary ratio of calcium to magnesium (Ca:Mg), i.e., too much Ca or too little Mg causes heart disease.

Marier's paper concludes with a strong recommendation for dietary magnesium supplements to reduce the Na:Mg ratio in areas like Newfoundland, Japan, and Finland. A simple solution indeed.

## Top brass - Heavy brass



**Heavy Brass** -- When the 39-member Air Command Band sat down to rehearsal in Winnipeg the other day, they were joined by an extra trombonist, Canada's top military airman, Lieutenant-General Paul D. Manson, center, new commander of Air Command. The General, who took over the command a few weeks earlier, was visiting elements of his organization co-located with his Winnipeg headquarters, when the band's turn came up. An accomplished trombone player, and a Gilbert and Sullivan aficionado, he sat right down with the military musicians. On the General's right is Sergeant Paul Creally, Vancouver, and left is Sgt John McLroy, London, Ontario. The 49-year old General pivoted the selection and acquisition program for Canada's new fighter-interceptor, the CF-18 aircraft.

## Outreach for Canadarm

Courtesy Science Dimension

Canadarm, the Canadian designed and built remote manipulator system on NASA's Space Shuttle, will generate a spin-off industry in robotics. The National Research Council and Diffracto Ltd., of Windsor, Ontario, have agreed to cooperatively develop a "real-time photogrammetry" system to be applied to handling parts and materials on Earth-bound conveyor belt assembly lines.

The technology is based on an

NRC design concept for use in placing and retrieving cargo in space. By coupling the manual control of the arm with a computer aboard the Shuttle, the operator is provided with an indication of the payload's position even when he cannot observe it. The original prototype of the system was developed by NRC and Leigh Instruments of Ottawa, and is expected to be used in future Shuttle missions. Through the agreement with Diffracto, the system is expected to find application on factory floors by allowing industrial robots to locate parts and grasp them for

relocation or assembly.

The agreement provides for an intensive market survey of conveyor manufacturers, automobile builders, makers of industrial robots, and the aerospace industry. Following this, and the development of a prototype in NRC laboratories, a plant installation will be constructed and applied to factory conditions. It is hoped the first working installation will be in the factory workplace by the end of 1985. Major European and North American automobile manufacturers have already shown interest in the system.



### "Fishwrapper" Exposed

Section News.....	2
Editorial .....	4
Gens du Pays.....	5
Sports .....	6
Promos & Awards.....	8
Around the Base.....	10
CF News.....	11



# Section News



## Nighthawks Nest

Ten months to go before the squadron closes down and already the vultures are circling. Men dressed in multi-coloured and patterned mis-matched clothes, who could only be meteorologists have been constantly underfoot, running around with tape measure sizing up windows and closets. The naval crowd from the wrong end of the hangar line (similar to the wrong side of the tracks) have been lurking around corners, skulking around the locker room, and loitering about the crew lounge brazenly pilfering cookies and exotic fruit juices. Quite a few of the VU33 types are ex-fighter jocks and judging by the constant digs about fighter pilots and navigators from the writer of their article, the remainder wish they could claim the same. Therefore, whenever they visit a fighter squadron, those that have been before remember the comradery, professionalism and exciting operational atmosphere and simply refuse to leave while those that haven't experienced it can't get enough. The squadron has taken on the appearance of a large auction sale always crowded by strangers who seem to be bidding upon different pieces of furniture and offices.

Not only does the inconvenience exist at the squadron, but also at the QRA which has always been a sanctuary against almost all interruptions with the exception of a constantly ringing telephone. Strange people dressed in business suits, white coveralls, T-shirts and jeans and whatever, seem to be stumbling around at all hours, some carrying tools, some clip boards, others nothing at all. Our audio-visual training sessions are constantly disrupted and training manuals are often missing centerfolds. With almost everyone on squadron holding seven or eight Q's a month even minor inconveniences can be extremely disturbing.

Most crews seem to be handling the heavy Q load quite well. Food being abundant and always available is a never ending source of amusement. Some people have become so adept at eating "That's Incredible" the television program has expressed interest in seeing Drew Foulds and Howie Tarbet take on the worlds record for jalapeno egg-in-the-hole eating. Others have

put their time to use in more creative ways. Kaz Oreziak has taken up basket weaving and has made some very attractive flower pot holders. Major Egli has perfected the art of pacing for twelve hours straight without weaving. Jerry Desrochers has offered to teach basic yoga until everyone is at least comfortable in the lotus position at which time he hopes to begin a class in transcendental meditation. Frequently people driving past the Q comment that we seem to have cows inside the hangar, but its just Jerry doing his mantra while sitting on his bed in a more advanced yoga position contemplating his double navel which he claims is a sign that his living soul exists on two levels of awareness. Jerry is also big on herbal tea. Of course everyone is into aerobics and cardio vascular exercise. Thats why without fail both televisions in the Q are tuned to all four episodes of the "Twenty Minute Workout" shown every weekday morning. Nobody has actually worked out along with the show but everyone works up a good sweat and rapid pulse regardless.

This week 409 goes out to the pistol range for our annual mandatory small arms qualification. The shooting itself is taken quite seriously, everyone wearing their best cowboy hat and boots. Major Hunt who is expecting an addition to the family any time has been pushing a winner-take-all contest at five dollars a head for all participants. He had quite a few people convinced to enter until word spread that he was on RMC's pistol team. Most of us only fire the pistol once a year and a team member probably shoots on a near daily basis. Needless to say the number of prospective cash competitors dropped sharply. The addition of a nursery to Terry's house has been postponed.

Mark Forseille recently travelled to Toronto for a visit to Aircrew Selection Centre. Repeatedly failing to attend the Navigators Union meetings he was worried about being suspended so decided to try his hand at pushing a plane around the sky, rather than a dot around a TV screen. No word on the results yet but Mark feels if worse comes to worse he can always enter the sun tan circuit and model hair styles. Plus now with the advantage of

being married at least one salary will pay the bills in the rainy seasons.

Of special note is the sudden appearance of Drew Foulds boat in the waters off Comox. After spending a summer as combination guest house, sun deck, cottage and neighbourhood pub Drew replaced the two screws that have been missing for the past 15 months and towed his yacht from the driveway. Shattering a vintage bottle of Lonesome Charlie across the pointy end of the boat, Deb Foulds walked towards land claiming morning sickness was better than sea sickness.

For those interested and that should include everyone on base, tickets are still available for the 409 50-50 draw. You aren't going to become a millionaire overnight but the odds are excellent on picking up a tidy sum and all profits go towards a worthy project. Within 409 Squadron, different groups are sponsoring different projects to help raise funds for the dose down/reunion. Number two snags crew has organized a Monte Carlo Night which will be held on Friday the fourteenth of October at the Glacier Greens Golf Club from 1900 to 0100 hours. The event is open to all and will include games of skill and chance and a pie throwing contest. Because of the time it will just be starting as the various clubs TGIF's are running down.

Someone, probably from one of the squadrons who fly aircraft with spinny things at the front or top started a rumour that 409 was selling bridges in various cities on the eastern seaboard to raise cash for the final bash. This is completely unfounded but if anyone happens to be interested in some land in Florida very close to the water please call the squadron and ask Drew (cash and carry) Foulds who is even talking about auctioning off his yet to be born progeny to make sure the shut down comes off without a hitch.

### TRIVIA QUIZ

1. What is a Hughes AH-64 Apache?
2. When was the first airborne radar set used to detect other aircraft?
3. Who were the only 2 U.S. Navy aces during the Vietnam war?
4. Where is CF's 406 Squadron based and what aircraft do they operate?

409 ALL WEATHER FIGHTER SQUADRON  
NUMBER TWO SNAGS CREW

invites all ranks to:

## MONTE CARLO NIGHT

AN EVENING AT THE GAMING TABLES  
OR BECOME INVOLVED IN THE PIE THROWING CONTEST!

Friday, October 14th

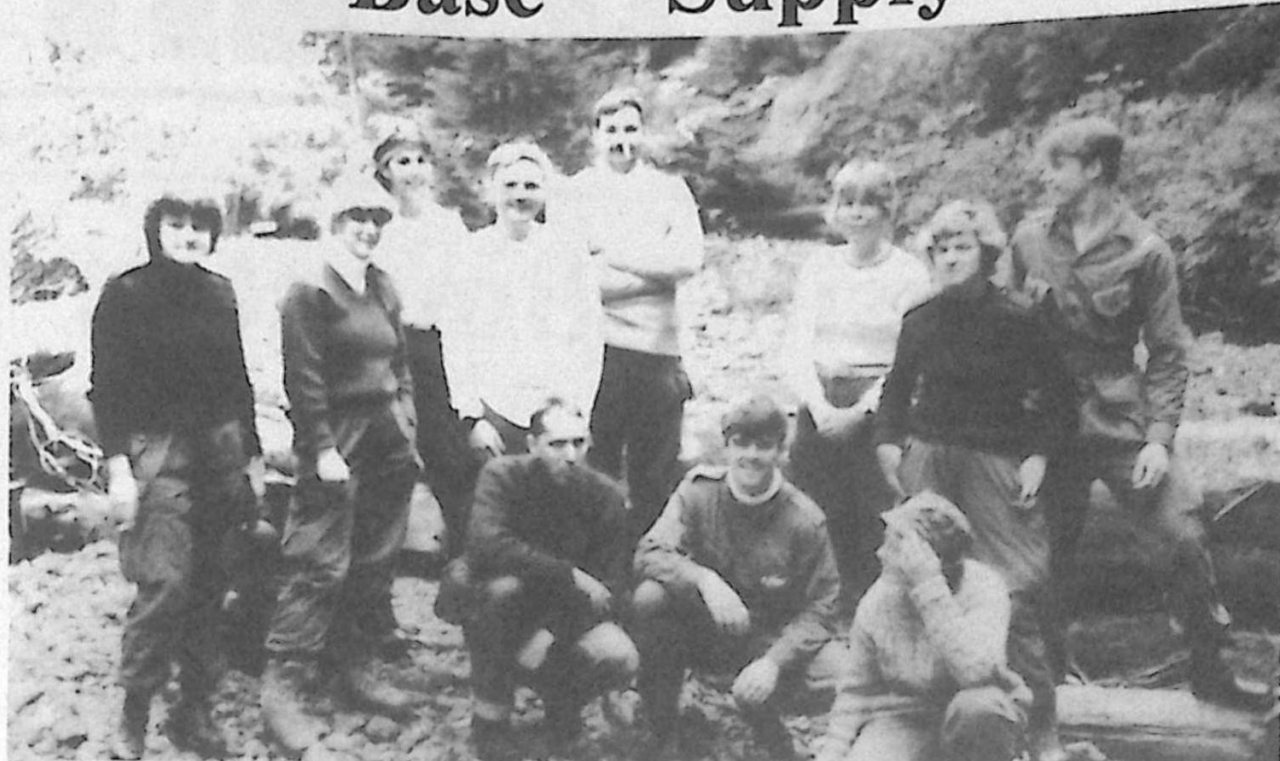
at the

Glacier Greens Golf Club

from 1900 to 0100 hours

-proceeds for 409 closeout and reunion.

## Base Supply



Back row, left to right: Shelley Watson, Lorena Charles, Mary-Joe Bourdon, Cal Francis, Bob Earl, Sue McKenzie, MaryAnn Baer, and Chuck Harvey.  
Front Row, left to right: Mike Channen, J. P. Ullock, Diane Shea.

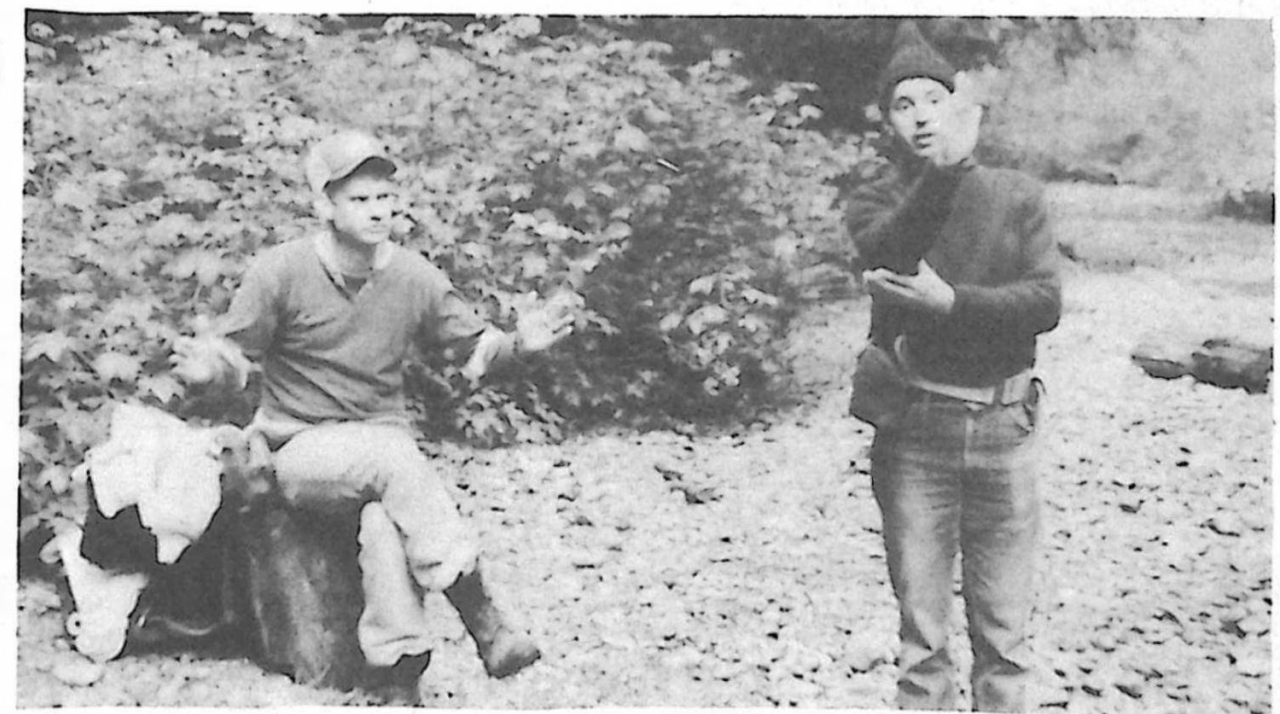
Supply did it again. We proved that we were a little bit more than just a bunch of pencil pushers. On 17 September 83, the Desman's Refuge I expedition, a group of eleven hardy people left CFB Comox at 0700 hours. Destination: The Comox Glacier. Lt "Jungle Jim" Johnson, Base Fire Chief, was more than happy to be our expedition leader. Jim had some climbing experience which he acquired from a few expeditions in Switzerland, and a previous hike to the Comox Glacier with his own men made him the perfect candidate for the position of expedition leader. Since the trucks could only be driven so far, a distance of 2km had to be covered on foot. The group arrived at the Comox Creek at 0930 hours and stopped for a briefing on hazards and trail discipline. Speaking of hazards, we met three young hikers (also from CFB Comox) who had to abandon their climb after two hours of hard work. One of them accidentally stepped on a beehive and they all got stung. Amazingly, four of our people became allergic to bee stings but none of them was when asked during a lecture held one week prior to the expedition. Jim assured them that there should be no problems since he knew the emplacement of

most of the beehives on the trail. With all that the hike officially started at 1015 hours. Everyone was having a great time but it changed pretty quickly. The trail became steeper and the group had to rest more often. We all became aware that there is life after death. People like me probably thought: "What am I doing here anyway. I'd rather be home drinking beer and watching pay TV". I'm afraid that most of us fooled ourselves by saying we were in shape for such a hike. But for people like Bob Earl this was a piece of cake. (The only thing that guy can sweat is red wine.) Poor Bob had to sweep up the rear but he did a fine job. The group finally reached the Frog Pond at 1640 hours. We set up camp and had a nice hot meal. After supper we sat around the camp fire (mainly to keep warm) and discussed the events of the day. Bob Earl had a life time supply of 'Casabello jungle juice'. He tried to tell me this was the only good survival staple to have in the wilderness. He proved to be right, at 2300 hours everybody was in bed, Bob was still sitting by the fire, sipping his wine.

The next morning I was up at 0600 hours. I had to do a radio transmission with call sign "Shady". You see, Shady is an ex-army fellow

and he was so worried that a bunch of Air Force guys like us would not make it that he forced me to take a walkie-talkie radio on the trip. I was sure glad I listened to him. To my surprise there was approximately 3 inches of snow covering the ground. After talking to Shady for a couple of minutes I went around to check on everybody. I expected to find ice cubes in those sleeping bags instead of people. I then went to see the leader to find out if he had decided on whether to continue our journey to the snow field or to come back down. Any attempt to reach the Glacier was out of the question. Jim contacted Shady and asked him to arrange some transportation to meet us on the road at approximately 1400 hours. The descent to the Comox Creek began at 0900 hours and ended at 1300 hours. We walked an extra 4km to reach the trucks, with the group back at CFB Comox at approximately 1640 hours. Conclusion? All were proud of their own accomplishment but if we decide to hike up the Comox Glacier again we will go early in the summer in order to avoid adverse weather conditions. I would like to thank all the people who gave their help and support to make this expedition possible.

D. Shea, MCpl



Judging by the size of his foot and his ability to jump over mountains in a single bound, Jungle Jim Johnson (left) and mountain man Mike Channen knew that by the tall hairy individual they had bumped into, there was no question in their minds that the BSUPO had paid them an eye watching visit (Who was that Big Foot?).

### BE PART OF THE TEAM FIGHTING CANCER.



Countless people give unselfishly of themselves as volunteers through the Canadian Cancer Society Patient Services Program. This program is designed to meet the emotional and financial needs of cancer patients by providing such services as volunteer driving, mastectomy and community visiting. Make our vision of hope a reality. To become a volunteer please contact your local Canadian Cancer Society today.

Canadian Cancer Society

Can Cancer Be Beaten?

## 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

## Demon



407 Squadron DIAC has been and continues to be a source of much activity. Maj Crawford has instituted a daily visit by a least one crew which keeps each cell within the DIAC, both in preparation and delivery of briefing. Capt Paul Parent has completed his check out and is now standing duty on his own as a qualified MCSO (Mission Control & Support Officer). Capt Bernie Poole is slowly relinquishing his grasp in Post Flight Analysis and will be attending the MOAT in November. His absence from the DIAC will be most noticeable. Capt Gerry Zanussi and Capt Newt Worden will be left to take his place. Capt Gord Kruger, the SENIOR MCSO has completed his summer leave and has de-introduced himself to squadron members as a new arrival, we think Gord would like a couple more years in the Valley. Capt Rudy Kieser is breathing much easier these days as his most recent problem no longer exists (his in-laws returned to Edmonton). Capt Pat Murphy, the new ops banker is continually hounding personnel for their dues - the next party should be a blast. Next issue will reveal the results of the DIAC Golf Tournament being arranged by Capt Bill Todd for 27 October 83. Darlene Clark - WATCH OUT!

### VP407 SAMO SECTION NEWS

As a new Deputy Information Officer, I have been given the "pleasurable" task of writing articles for the Totem Times. I volunteered to write articles on 407 SAMO section (at least the first one - they may not let me write another). Since the SAMO organization is so large and diversified it is difficult, if not impossible, for me to be aware of everything that is happening in the real world-outside the DIAC. Each SAMO sub-section will be assisting me in writing this column. Therefore for what is printed under SAMO SECTION NEWS I cannot accept full credit - each sub-section has had some input. To these sub-sections I extend my thanks - I think.

This column will be called VP407 SAMO SECTION NEWS and each sub-section will have an area under SUB-NEWS. (An appropriate title?) Maj Dave Caddy, the new SAMO, joined us this summer from NDHQ where he was involved in the program to introduce the ADAM computers into the CF. He must have been well liked in NDHQ since he brought with him a hangman's noose which hangs in his office. For the benefit of his sub-section heads the SAMO publishes a monthly aide memoire. He calls this THE SAMO'S SERMONS, SUGGESTION AND SARCASM (SSS and S) AIDE MEMOIRE. In the first publication of this Aide Memoire the SAMO laid down two golden rules which are:

1. The SAMO is always right; and
2. In the event that the SAMO contradicts himself in writing on wishes to ignore his own direction refer to Rule 1.

(But we all know rules are made to be broken.) In future columns it is hoped that the SAMO will bless these pages with some more of his profound philosophies. The Chief spends all of his time arranging parades, and trying to figure out what the Squadron Technical Officers are doing. The fact that three of them are new this year may have something to do with it. Kathy Smart also just joined our group - as SAMO's secretary. We haven't got any good gossip on her yet, but give us time.

### SAMO SUB-NEWS: AMCRO

A lot of water has gone under the bridge since our last column but here it goes for a catch up.

Capt Williams continues to provide the continuity and experience to the SAMO section that only age can bring - and he sure has that. Being the only Technical Officer that has not either changed jobs or is new to the squadron has left Bob the title of resident expert. For those of us to whom you have given your advice and guidance, Bob, we extend our thanks.

We had mixed feelings when we found that Jim. Parolise was being posted to Florida by his company. Mixed, because we were glad to see him receiving a promotion, but sorry to lose him from our group. To Dennis Peek, Jim's replacement, we extend a warm welcome.

Don Brooks proved that he has guts by having a hernia operation the other day. Maybe when you arrive back from your sick and annual leave, you will be able to straighten up and cough with ease Don. Terry recently went through quite a time with a possible posting to St. Louis on the CF18 program. Once again, we ended up with mixed feelings - we were sorry to see you not get it Terry but we are glad that you are still with us. If you need title slides for your collection of slides see Bob Earle - he's an expert on them.

We also have another service that AMCRO can provide. If you need help with interior decorating, especially in the choosing of colours, just contact Greg Clark - The Pink Panther Strikes Again.

By the time you read this, it should be general knowledge that our team won the SAMO fun sports day. With Marilyn as team captain to ensure that the judges see only the things she wants them to see, it should be a cinch.

Half of the AMCRO staff were unable to go to the CO's parade but you will note that they excelled as tent put'er-uppers, traffic cops, bartenders and tent taker-downers. The AMCRO and SAMO add their thanks to those of the CO for a job well done.

### DIAC MAINT/TRAINING

With the coming of fall the DIAC Training Cell swings into action, conducting another 9 months of intensive maintenance courses on the various computers within the DIAC. Three separate courses are taught by 407 DIAC to train both Comox and Greenwood technicians. At present 7 technicians from Greenwood are attending the 13 week AOSE course. To these students we extend a warm welcome. We will expect to see you back in a future posting.

The DIAC Maintenance Training Cell has been in existence in Comox for three years. Air Command discovered the existence of this school this past summer. As a result they sent an inspection team to assess the school. The school was rated as satisfactory with only minor, easily corrected, observations being made. For a first inspection this is an excellent show. Congratulations to the DIAC Training Cell.

DIAC Maintenance personnel against all odds (NDHQ and Supply) continue to keep the DIAC operating at an excellent serviceability rate. If only the photocopier would work!

This season starts off with Cpl Jean Cloutier returning from the SIT course and Cpl Russ Anderson packing his bags to go on the next one. We have hired a topgun from the Greenwood DIAC, MCpl Gord Halbersma, to take up maintenance/instructor duties here. Welcome to Comox Gord and family.

Congratulations to Cpl Red Gallinger on his recent promotion and to MCpl Keith Nanson on the receipt of his CD.

### SERVING

Now that summer is over the pace is picking up again. Everyone is preparing for a few more late nights on evening shift, and looking forward to the fall and winter TD schedule. We had NORPATs to Inuvik and Yellowknife; suggestions are that maybe Whitehorse should be added to the list.

New members we would like to welcome to the section are: Sgt Sloan from CFB Cold Lake, Sgt Waldron from CFB Bagotville, Sgt Sinclair from CFB Edmonton, MCpl Brulotte from CFB Europe, as well as Sgt St. Pierre, MCpl Hayman and MCpl Naso from 409 Squadron.

We have a number of people moving to new positions: WO Ronayne to maintenance, WO Bugden to Research, Sgt Nichol to Avionics Co-ordinator, WO Thibodeau and Sgt Lunde to Servicing. Best of luck in your new jobs.

Sgt Farrell is now back from his summer job as temporary Drill Instructor in Chilliwack. We hear Kevin really whipped those cadets into shape.

Congratulations go out to MCpl Brown on his recent promotion, and to MCpl Alex and Cpl Bok on the new additions to their families.

### ARMAMENT

After our last farewell get-together for five of our fellow tradespersons, a large number of those in attendance decided to crash the MWO's house and continue the party. His newly completed rumpus room was suitably broken in - sure hope the stain comes out of the rug.

The instigator of Freddy's Fiasco was Suzy Schmouth who is one of the five who has left us. She hasn't gone far though, just over to CE for contact training. We all wish you luck in your new trade. You will be the best looking plumber in the business. We'll miss you.

## VU



## 33

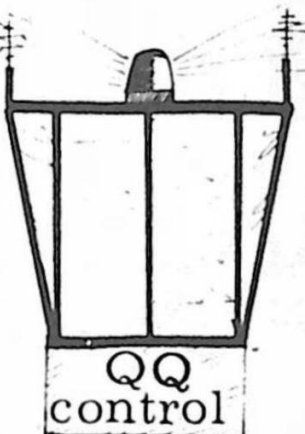
Sitting in the coffee room one day the conversation came around to the best way to split an atom. What! It appeared, at last, that we were going to have an intelligent conversation. The elation was short lived, however, when the answer was sent it through the Canada Postal System stamped "FRAGILE".

The Torp Shop is keeping a low profile as usual - quiet and reserved. We now have three newly trained personnel to share the workload. Congratulations on passing your course. If only we could get the weather and aircrew to co-operate we could drop another fish in the water, hopefully, and let these people put their newly acquired knowledge to practical use. We now have two female personnel working at the Torp Shop. Rumor has it that one of them beats the Sarge at badminton on a regular basis. Of course the Sarge has a few more years under his belt than she does. As a matter of fact, he has so many years under his belt, he's getting bottom heavy... Could this be related to the fact that the armament trade was well represented at the reception after the squadron parade? We did our duty by not leaving until the legs were empty.

On the aircrew side of the squadron, not too much has happened since the last article. Crew 3 is preparing for a swan to Hawaii next week. This will be Cal Bagby's check ride. Good luck Cal! Capt Cheronick has upgraded to sign out authority. Congrats Gary. Crew 5 has arrived back from Greenwood after a successful OMS/FDS session. Crews 2 and 4 are in the process of leaving for Greenwood to participate in a MARCOT Exercise. Barrack Block 3 will never be the contact training. We all wish you up for now. See you in a couple of the weeks.

RKJ

## As The Beacon Turns



Fall usually marks the end of the "Posting Season" and for those of you who didn't receive posting all the courses start up again. With messages, you can breathe a sigh of already six people gone, we're still relief. On the other hand QQ Con-trolling more. Capt Margaret Bucholz is presently in Trenton this year. After losing personnel all finishing off her TRAC's course. summer we are now reaping what MCpl Paul Mitchell is training to become a Junior leader in Penhold, Alberta. Paul's been gone for three to take over as Senior Radar Con-troller. And MCpl Dave Johnson, Cpl Konrad Ostner is off to Cor-late of CFB Lahr, is under checkout nwall on his PAR course and should as PAR Controller. MCpl Dave be back in time for Christmas and Gariepy has checked-out in Ratcon the new year hockey season.

WO Al Collins is in from Ottawa and is now on shift. Capt John Myers and Capt Joe Pacowski have "ATC/MET/RCC" Golf Tour-nament was held, with teams from Comox and Victoria. The winning team was from QQ Met and was ATC Staff positions. Capt Murray made up of Arnie Mathus, Frank Turnbull (PH. A - piled higher and Kerkhoff, Stu Mohler and Gene deeper) is now shift supervisor in Graham. Last Thursday the IFRCC. Taking over his position in "Golden/Silver Ball" Golf Tour-nament was held for Comox ATC Les Al-Molky (Canada's 1983 Section, Warren Webber (lowest "Yassir Arafat" look-a-like). Capt net) won the Gold Ball trophy and Howie Thibault, former Chief Con-Pie Martial Bouchard, new to the troller Tower (CCAC), takes over section, won the Silver Ball for the the responsibilities of Chief Con-highest score. It's been rumoured troller Ratcon. Taking over Howie's that Phil is trying to trade OPS10 in job in the Tower is Capt Lother for an electric golf cart.

Hopp. With the arrival of WO Before signing off we want to Collins, Sgt Phil Nakashima is now wish good luck to Pte Paul Fleury in the big league as NCO I/C and Pte Mike Collet, who are departing on their TQ3 course in Cor-nwall. Good Luck!!

R.S.

Things have been very quiet around the fightin' 33rd lately. With the frightened 409th being put in their place, we have been trying to come up with a challenge that they might offer a little competition in. Reliable sources have let the word out that 409 has been furiously practicing their tiddly winks skills and are soon to let a challenge.

Maj Purcell and Craig Flewelling have just returned from SoCal. They arrived too late for this reporter to pump them for bits of news, but keep posted for further information on their courageous efforts to keep California free from Canadian sailors.

On the sports scene, Vic Howlett emerged victorious in the Totem Times 10 km Marathon. It was a long hard-fought race right to the finish. Congrats to Vic on a very close race.

Rolly Acorn recently completed a milestone of sorts by logging 3000 hours on the Tracker. Rolly and his crew were met with the customary champagne, photos and handshakes. The only comment Rolly had to make marking his achievement was that anyone can do it as long as they have a will (or at least a backside) of iron. Anyone who has spent any length of time in the Tracker will agree.

A belated welcome to O/C Mark Stow. We stole Mark from 442 Squadron to show him how a real squadron operates. He certainly has seen a lot of 33 Operations. The work was so hectic Mark took a week off to help 442 in the recent search.

Dave Bekolay and Barry Van Dusen spent a long week learning the ins and outs (or is it ups and downs) of Flight Safety. Now there will be a couple of more pictures to add to the F.S. board. Time to break out the glue and letraset, Mark.

The Rock Bay Survival Exercises have ended and the results aren't in as yet. Stay tuned for more info.

Until next time, remember Finis Coronat Opus.

D.B.

Well, here we are into October. Soon the snow will be on the ground and our white coveralls will be keeping us from being seen by our bosses.

With the snow will come many other things. One would see all the little techs, in their dirty coveralls, going from aircraft to aircraft yelling, "Is this a full load?"

Soon the Christmas party will be here. This will present a good opportunity for all those young fillies to kick up those heels.

I see that Jan is keeping our good relations up with the other sections. You can always count on Jan to leave everyone giggling.

When Jim returns from leave, he'll find an extra electrician has arrived under his wing. Pte Gannon has arrived upon us from his long hall in Borden. I'm sure that Jim will show this young fella the light in the maintenance of T-Birds.

Merv, (MCpl L'arrivee) has made his notch in the squadron since his arrival. Merv's speciality is the installation of antenna's on aircraft. Now all Merv has to do is to ensure that the right antenna gets on the right aircraft, right Merv?

As you all heard already, Family Day was a success. It was even more successful than you could ever know. Our aircrafts all came back serviceable and everyone had a good time as well, thus making the day very successful.

We have a new engine tech on our crew. MCpl Wybenga (Pete) has arrived as our new 2IC of 2 Crew. Pete is an old navy type who just fits into the squadron. I guess joining our squadron gives Pete back his old sea legs.

There was a couple of new promotions during the month of September. Pte Dean Cunningham is now Cpl and Pte Daryl MacKinnon is also Cpl. These two guys have earned this honourable cut in pay. Lets hope that they both enjoy it.

Well, I guess that's it for now. Be sure to look this way for the latest news of the squadron. So we'll be seeing you later.

L.J.C.

## 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 BOSSSES NIGHT D.J.	8 GOLF TOURNAMENT D.J.
9	10	11 MOVIE THINGS ARE TOUGH ALL OVER	12	13 MOVIE DOCTOR DETROIT	14 OCTOBERFEST NO TGF	15 OCTOBERFEST
16	17	18 MOVIE BAD BOYS	19	20 MOVIE ZAPPED	21 TGF CRIB D.J.	22 DJ
23	24	25 MOVIE FLASH DANCE	26	27 MOVIE THE TESTING 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  
OCTOBERFEST - 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 PMCS 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 OCTOBERFEST



# Editorial

## The golden rule

I remember, as a kid, wasn't afraid of what they might find, but only that I the summer holidays, the first first assignment we were given was to write a composition entitled, "What I did on my summer holidays". I always had a tough time finding something to write about because I seldom went anywhere exciting, rather my summers were just two months of total freedom. How could I write a composition about swimming, playing ball and lying around in the sun?

I have just returned from two and a half weeks leave which, to me, was more memorable than some of my summers as a kid so here's my composition.

The plan was to leisurely drive to San Jose, California via the old coast route, taking my mother-in-law as far as Oregon where she would visit relatives; and then on to Lake Tahoe, Nevada to visit friends; then back home, picking up the mother-in-law on the way.

We loaded up the Honda with my wife, myself, my mother-in-law and about six hundred pounds of luggage. We had so much stuff that when we arrived at the ferry, my wife, who was in the back seat, was completely hidden among the baggage. I said to the ticket agent, "Two and one senior citizen". I later realized that he had misinterpreted what I said and had only charged me for the two people, obviously because my wife was invisible among all the stuff in the back seat. After carefully positioning my car midships on the ferry for stability, we were finally on our way.

I was a bit concerned when we arrived at the U.S. Customs in Blaine, Washington because there was a line-up of cars going into the U.S. and several Canadian cars had been pulled over for inspection. I

We made it to our destination without further incident, enjoyed the magnificent scenery on the way and had a great time with friends in California and Nevada.

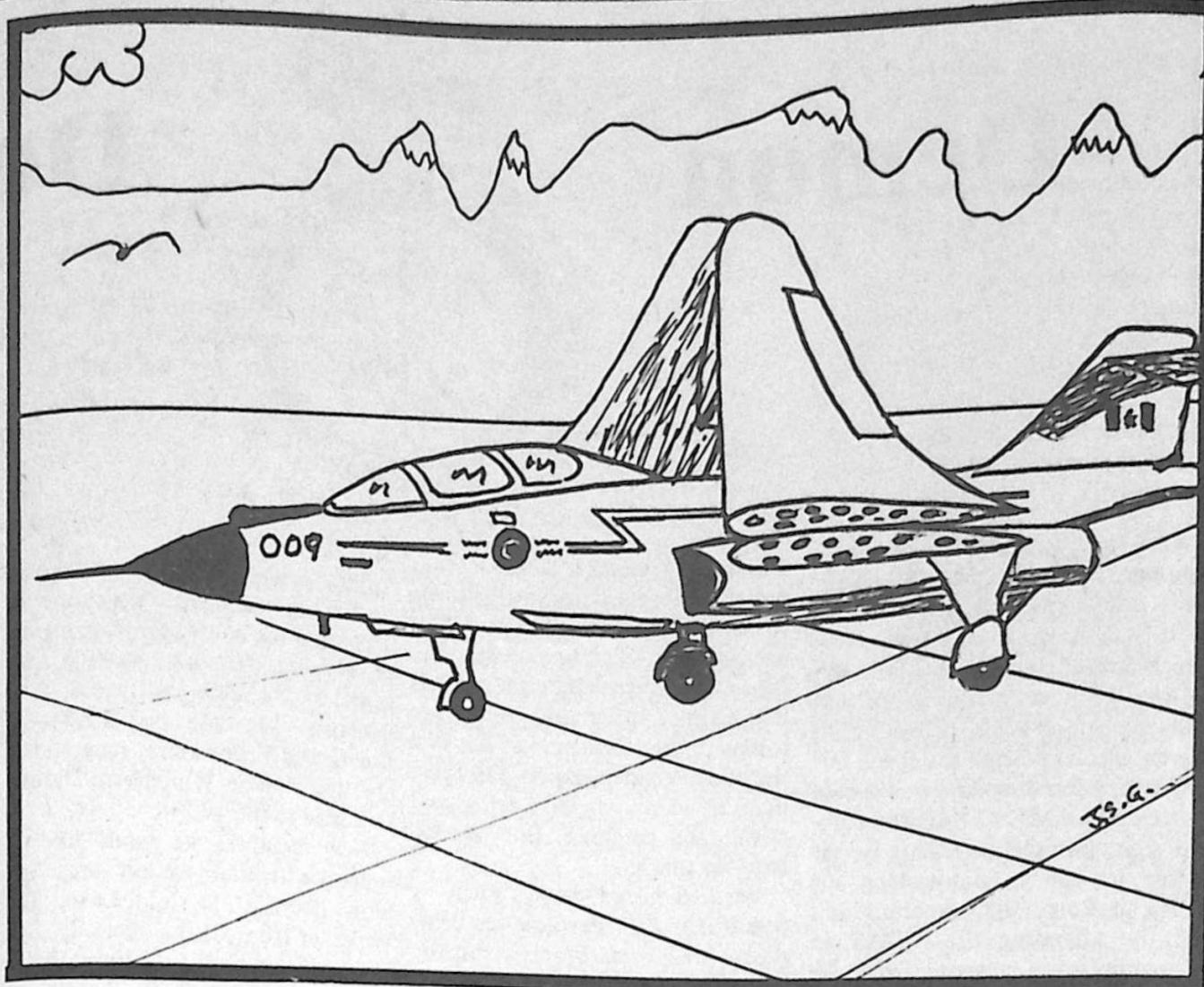
After returning safely home, I couldn't help but reflect on the importance of the help we received to repair the car in Longview. Without that help the whole mood of our vacation would have been quite different. In future, I for one will try to be more helpful to others, and I guess if there is any moral to this story it's that the Golden Rule of "do unto others as you would have them do unto you" is still a very good code by which to live.

J.S.G.

### One hundred years of Air Reserve

The Ram and the Wildcat are celebrating a century of service in September of 1984, fifty years each in the Air Reserve. The invitations are not out yet and final date is not fixed, but 401 "City of Westmount" Squadron and 438 "City of Montreal" Squadron are planning for a big bash in early September next year. They want all past members to come to the individual and combined activities. The search is now to gather the clans. For more information, write to:

"RAM 50" or "WILDCAT 50"  
Hangar 10  
Canadian Forces Base Montreal  
St. Hubert, Quebec  
J3Y 5T4



But Warrant, why fix those leading edges when we can just fold 'em instead.

## Doodle for dough

In the absence of our regular cartoonist who is away on course until after Christmas, the staff of this paper are desperate for cartoons. We therefore came up with the following idea.

Do you occupy your spare time at work doodling? Wouldn't you like to earn world-wide recognition (well, maybe base-wide) by submitting your cartoons to our big Totem Times cartoon contest? All entries will receive the eternal gratitude of the newspaper staff, plus possible publication in the "Fishwrapper". The winning entry will be awarded a \$10.00 gift certificate from Canex.

### Rules:

1. All cartoons must be original.
2. Cartoons must be printable. (No naughty words, etc.)
3. Contest closes November 7, 1983.
4. Decision of judges (Editor and staff of T.T.) is final.

## Next Totem Times Deadline - Monday, 24 October



## Law Talk

By Gordon Hardy of the People's Law School  
3466 W. Broadway, Vancouver, B.C. V6R 2B3

## Criminal Justice

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

Suppose you were walking along a pier and came across an empty crate. Out of boredom you throw the crate into the water. What you don't know is that there is a swimmer below the pier - the crate hits the swimmer, killing him.

You have killed a man. Are you a murderer? To get the answer we must look at the definition of a crime.

Our system of criminal justice hinges on the idea that human beings possess free will, that we are responsible for our own actions and can foresee the consequences of our behavior. This idea shows up in our definition of a crime. In order to obtain a conviction, a Crown Counsel must persuade a judge or a jury that the act of the accused person falls within this definition. The definition consists of two elements, one physical and one mental.

The first is the *guilty act*; if you attend a criminal trial, you will hear lawyers refer to the *guilty act* with the Latin expression *actus reus*, or *guilty act*. In order to be convicted

of a crime, you must be guilty of the illegal act precisely as it is described in the law. For example, a section of the Criminal Code of Canada says, "Everyone who, without lawful excuse ... loiters or prowls at night upon the property of another person near a dwelling house situated on that property is guilty of an offence ..."

In order to be found guilty of loitering or prowling, you would have to:

1. loiter or prowls at night
2. be on another person's property
3. be near a dwelling house on that property and
4. have no lawful excuse for doing so.

If any of these ingredients are missing, the *guilty act* has not taken place. For instance, if you were indeed prowling and at night and without lawful excuse but not near a dwelling house, you could not be found guilty of this crime.

The other half of the definition of crime is the *guilty mind*. Again, you will hear lawyers referring to this

with the Latin words *mens rea* or *guilty mind*.

There are two kinds of *guilty mind* in criminal law. The first is *intention* - you point a loaded gun at someone's head from a distance of six inches and pull the trigger. Your murderous intent is clear.

The other kind of *mens rea* or *guilty mind* is recklessness; if, for example, you drive your car at a hundred miles an hour through a school zone at lunch-time, you must have a good idea about what the possible consequences are but do so anyway. For this reckless behavior, you could be charged with criminal negligence.

In either case - recklessness or intention - the *guilty mind* must be present at the time of the *guilty act*, at least for cases involving serious crimes. If you committed the *guilty act* but without a *guilty mind*, your defence lawyer will be sure to point this out to the court. What if, for example, you committed an illegal act while insane or drunk? What if someone forced you to do it at gunpoint? What if you were forced to

assault or kill someone in self-defence, or break into an isolated cabin in order to stave off starvation? These are all possible defences in a court of law based on the absence of the element of a *guilty mind*.

Your lawyer could argue in each case that you did not possess a *guilty mind*. If you killed somebody while you were so drunk that you did not realize what you were doing, this might reduce the charge against you from murder to manslaughter. Likewise, if you were insane, a court might rule that you were not guilty by reason of insanity; it would likely confine you to an institution for the criminally insane for an indefinite period.

Returning to the example at the beginning of this article, it is true you would have committed a *guilty act* - the killing of another human being. But you did not intend to do so. It is unlikely that you would be charged and convicted of murder.

Next: Making a mistake.



## TOTEM TIMES

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# Gens Du Pays

Article publié dans Le Soleil de Colombie, édition du 30 Septembre 1983.

Par Annie Granger

On m'avait bien prévenue, lorsque j'ai pris contact avec les nombreuses personnes plus ou moins impliquées dans le Programme-cadre de français. "C'est compliqué et complexe" m'avait-on dit à plusieurs reprises. Avec les nouvelles mesures de restriction budgétaires de Victoria, le programme-cadre de français est-il menacé?

Le samain dernière une délégation composée d'Odette Brassard de la Fédération des franco-colombiens (FFC) et des parents du Programme-cadre de français (APPGF), s'est déplacée à Victoria et a rencontré le sous-ministre de l'Éducation, M. Jim Carter, en l'absence du ministre M. Jack Heinrich, se reposant entre deux sessions du "marathon" des débats parlementaires.

D'après une déléguée, M. Jim Carter n'avait pas l'air très renseigné, pour ne pas dire comme Mme Jacqueline Rutherford, présidente des parents du programme de Vancouver: "il n'était au courant de rien!".

Cette délégation s'était dérangée, les télégrammes envoyés au ministre de l'Éducation étant restés sans réponse. Le sous-ministre a pris la plainte de la délégation et a conclu qu'il reviendrait dans quelques semaines avec une solution finale.

Pour en faire un exposé simple et rapide, l'Association des parents du programme-cadre de français craint que la nouvelle formule, appelée "MAS" ou "Financial Management System" affecte le programme-cadre et le mette en danger. L'APPGF déplore également la suppression des bibliothécaires et des orthopédagogues (personnes spécialisées pour les enfants qui éprouvent des difficultés à suivre le programme.)

Cette nouvelle formule s'applique à tous les programmes pas ordinaires comme celui des autochtones et des francophones. Le "MAS" verra un changement dans la proportion élèves-enseignants.

Auparavant, et donc à la rentrée 83, nous trouvions des classes de vingt-cinq élèves. Au vingt-sixième, un second enseignant était engagé. Au quarante-cinquième élève un troisième enseignant, à 64 élèves, un quatrième. Audessus, on tombait sous les normes de la commission scolaire.

La nouvelle formule, le mas", propose que le deuxième professeur ne soit prévu qu'au quarante-quatrième (44e) élève. dans l'exemple de programme-cadre, l'ennui

se trouve du fait que les classes sont souvent composées de plusieurs niveaux. Il n'est pas rare donc de rencontrer dans une classe du programme-cadre un enseignant et des élèves de maternelle, de première et de deuxième années.

Prenons l'exemple de Campbell River où 25 enfants sont inscrits actuellement au programme-cadre de français, deux professeurs enseignent à deux classes, l'une de douze élèves, l'autre de 16 élèves. Le premier a des enfants de la première à la troisième année, le second de la quatrième année à la septième.

Donc, si cette formule est adoptée, le 1er janvier prochain, on trouvera un seul enseignant pour une classe de 28 élèves avec sept niveaux ou sept années.

A Surrey, les cinquante-quatre élèves de la maternelle à la septième se partageront deux enseignants.

Odette Brassard, agent en éducation à la F.F.C., explique dans une lettre d'information aux parents que "Bien que le nouveau système de gestion financière n'entre en vigueur qu'en janvier 1984, son impact se fait déjà sentir sur le programme-cadre à Powell River. Au départ, vingt-six enfants étaient inscrits, mais puisqu'ils ne pouvaient avoir qu'un professeur de la maternelle à la septième année, les parents concernés par le qualité de l'enseignement ont décidé d'envoyer leurs enfants de 6ème et 7ème dans le programme anglais."

Et c'est ce qui peut très bien se passer dans les différentes commissions scolaires, si les parents francophones n'usent de leurs droits constitutionnels pour une qualité de l'enseignement.

Le Secrétariat d'Etat, par l'intermédiaire de son porte-parole du dossier éducation, Claudette Deshaies est très ferme: "L'éducation est une juridiction provinciale, mais le gouvernement fédéral a enchassé les droits linguistiques dans la Constitution, et le Secrétariat d'Etat est responsable des langues officielles."

## \$135 annuels par enfant

Le gouvernement canadien verse aux provinces, au titre de programmes formulaires (ce que le Secrétariat d'Etat nomme le 9% des dépenses scolaires) 135 dollars par enfant et par année. Mais comme le coût annuel par enfant dépasse certainement ce montant, la province verse le reste.

A ce 135 dollars, s'ajoute la formule du 1,5% pour les frais d'administration, à titre de programme hors formule a ajouté Mme Deshaies.

Mais cet argent versé par le Secrétariat d'Etat et diestine

au programme-cadre, se fond dans les caisses du ministère de l'éducation, et l'on en perd la trace. Parce que les ententes signées entre 1970 et 1979 entre gouvernements fédéral et provinciaux ne permettent pas de distinguer les sommes.

De plus le Secrétariat d'Etat, avec son programme des communautés de langues officielles "appuie les groupes dans leurs efforts pour obtenir les institutions qui leur sont propres. A ce titre, il fournit de l'aide aux groupes pour faire leurs représentations auprès des instances concernées." Le Secrétariat d'Etat va même plus loin, il aide tout organisme ou tout individu à présenter devant le tribunal des cas types ou l'on vérifiera les droits garantis par la Constitution.

## Ne pas abdiquer

A la Fédération des Franco-Colombiens comme au Secrétariat d'Etat, la réaction est la même: "les parents ne doivent surtout pas abdiquer devant cette nouvelle situation qu'affronte le programme-cadre de français. Situation un peu différente, car les parents auront désormais à se diriger plutôt vers le ministre de l'éducation plutôt que vers les commissions scolaires. Dans le projet de loi 6 qui devrait passer devant l'Assemblée législative ces jours-ci, il y est stipulé que "le ministre peut n'importe quand avant le 1er mai, émettre des directives pour établir le montant du budget ou une partie du budget, y compris pour des programmes d'éducation spéciale. Le ministre peut également obliger une commission scolaire à ne pas dépasser son budget ou une partie de son budget."

Mais il est toutefois très possible que les commissions scolaires puissent raclez les fonds de tiroir, soient plus "généreuses selon leur capacité de lever des fonds supplémentaires et ne suppriment pas le 1er janvier des classes et professeurs" explique Mme Brassard.

La balle se trouve maintenant dans le camp des parents qui, par leurs démarches incessantes auprès du ministère de l'éducation et de leurs commissions scolaires, éviteront certainement de voir ce

programme s'évanouir une grosse responsabilité

## Le Monde Enchanté

Pour votre enfant, un avant-midi de plaisirs, tout en apprenant. Voilà en gros ce qu'offre le Pré-maternelle, LE MONDE ENCHANTÉ. Nous avons encore quelques ouvertures.

Paulett Leblanc  
Superviseur

## Gardiennage

Desirerais garder à mon domicile, sur semaine. Région Backroad, Courtenay, 334-4763.

## Livres usagés

Voici la liste de quelques livres usagés à vendre au local.

La Virgienne, Barbara Chase-Ribaud  
L'envouteuse, Guy des Cars  
La Dynastie des Forsyte/Forsyte Saga, John Galsworthy  
La Dynastie des Forsyte/Une comédie moderne, John Galsworthy  
La Dynastie des Forsyte/La fin du chapitre, John Galsworthy  
Jazz-exercices, Judi Sheppard et Donna Z. Meilach  
Le Seigneur des Anneaux, Tolkien Tome 1-2-3  
Les plantes d'intérieur, Paul Pouliot  
... et plusieurs autres.

Ces jours-ci, nous avons un visiteur: André Hébert, annonceur de Radio-Canada à Montréal. M. Hébert est venu à Comox pour deux raisons. D'abord, pour voir son fils, le soldat Bernard Hébert de Montréal, technicien en communications à l'escadre 409. Le père est demeuré quelques jours chez son fils et sa belle-fille, Fabienne Drouin, également de Montréal. Ensuite, il s'est baladé dans la région, a joué du beau temps et apprécié le saumon fraîchement fumé.

L'autre raison est d'un intérêt plus général. M. Hébert est venu ici compléter un reportage sur la vie des Canadiens ... en Allemagne. A Lahr, tout récemment, il enregistrerait quelques interviews avec les notres, en vue d'une émission spéciale de Noë. Il éprouvait cependant quelque difficulté à rencontrer des francophones de l'ouest. Alors, venant si loin, traversant le Canada pour venir jusqu'ici, il s'est dit qu'il réussirait à Comox ce qu'il avait plus ou moins raté en Forêt-Noire. Mais allez donc trouver une aiguille dans un tas d'foin: des Francophones, de l'ouest, dans les Forces, à Comox, un 12 Octobre...

Nous saurons en temps et lieu la date et l'heure de cette émission spéciale.

## POUR UN FRANCAIS CORRECT

### ne pas dire

boîte à malle  
maller  
lundi, le 3 mars  
manuel de service  
les instructions  
la malle  
être dans ses souliers  
avoir le dos large  
huile de castor  
prendre ça aisé

### dire plutôt

boîte aux lettres  
mettre à la poste, poster  
le lundi, 3 mars  
guide d'entretien  
le mode d'emploi  
le courrier  
être à sa place  
avoir bon dos  
huile de ricin  
ne pas s'en faire  
prendre son temps  
se la couler douce  
en prendre à son aise

N.C.



## ASSEMBLÉE GÉNÉRALE

LUNDI LE 24 OCTOBRE 1983

8:00 pm

WASHINGTON INN HOTEL

SALLE DE CONFÉRENCE

1001 Ryan Rd. Courtenay

Une Assemblée générale importante au sujet de regroupement, du maintien et du fonctionnement de votre Association Francophone de La Vallée de Comox "Gens du Pays". Bienvenue à tous now membres et non-membres. (des rafraichissements seront servis.)

## PROCHAINE REUNION DU COMITÉ MARDI LE 18 OCTOBRE - 7:30 pm

CLUB:	"GENS DU PAYS"
PRESIDENT:	Yvan Duchesne Local 2505
V.P. ADMIN:	Marie-Paule Gregor 337-5785
V.P. EXEC:	J.C. Lemieux 338-8815
TRESORIERE:	Serge Peters 339-6513
SECRETAIRE:	Suzy Schmouth 338-9598
PUBLICITE:	Claude Cipelletti Local 2301
INFORMATION:	Michel Labrie Local 2448
CULTUREL:	Chantal Aube 338-9598
SPORTS:	Richard Leblanc 339-5062
DIVERTISSEMENT:	Serge Lalonde Firehall
EDUCATION:	Manon Bertrand 338-8729
ACCUEIL:	Cathou Larocque 339-5875

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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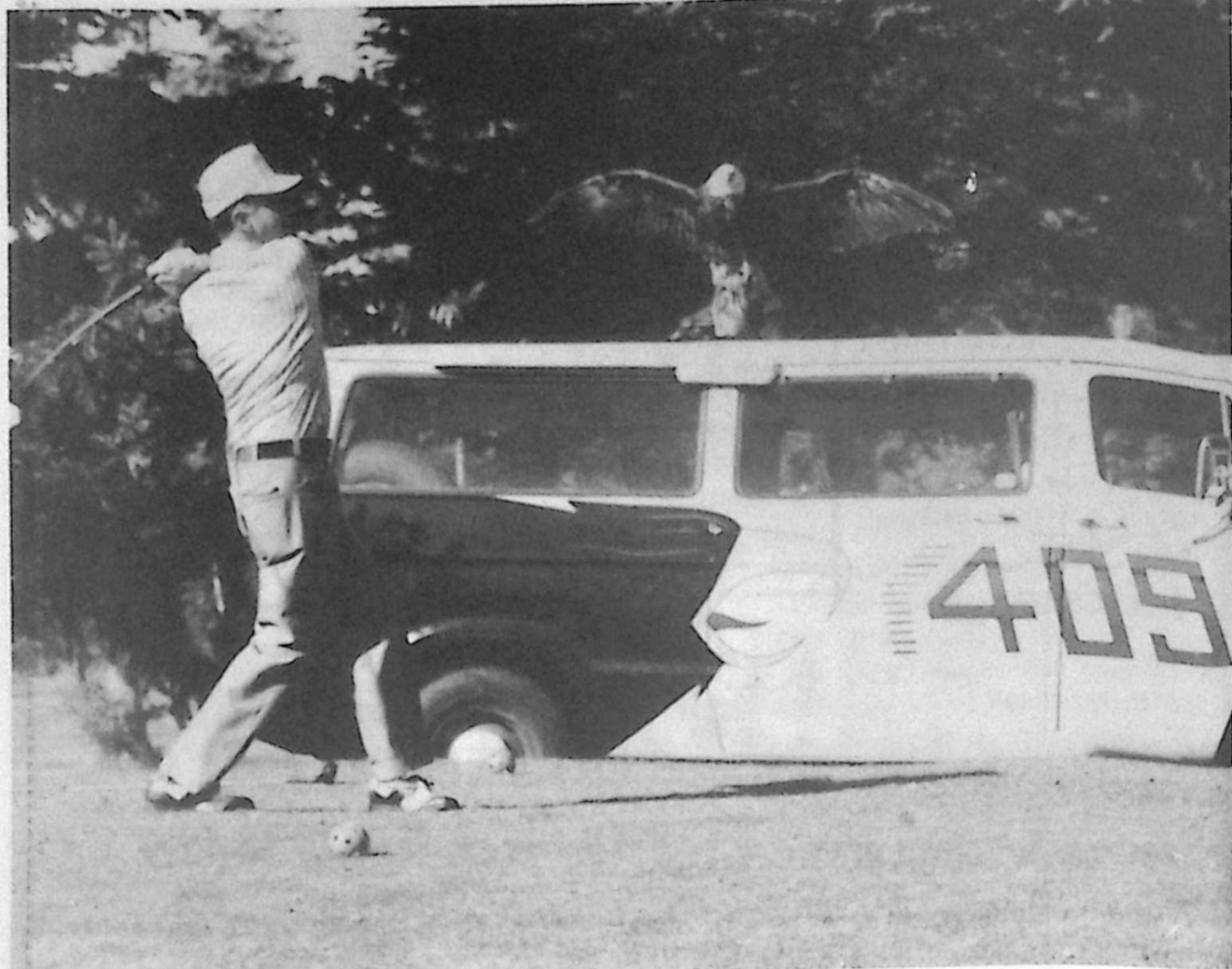


### SUPPORT

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# Sports



Base Commander teeing off opened the 1st Annual Nighthawk Invitational Golf Tournament. Each squadron was represented by at least one team as was the base. 407 Squadron took top honours. The Auroras which 407 flies provide lots of spare luggage space allowing most crews to carry a complete golf outfit on all trips on the off chance they can practice their game. It is rumoured that the carpeted aircraft have putting cups set up in the aisles.

## 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.

### Flag-football

There were two games last week. The first game VU33 stopped 442 19-0. VU33 took the lead 12-0 at the end of the first half by a touch down scored by Dave Brown and Glen Hitchfield. In the second half Kevin Bimney scored a touch down and Hitchfield got a 1 point convert.

In the second game, DET 5 defeated 442, 14-12 in a squeaker. Herb Hanson scored the first touch down and Keith Gibbs got a 2 point convert on an excellent reception. 442 came back and scored a touch down by Frank Gagnier, but missed

the convert. At half time the score was 8-6 in favor of DET 5. Ten minutes into the second half, 442 scored another touch down caught by Malcolm Pierce. 442 lead 12-8 until 4 minutes was left in the game. DET 5 had intercepted a pass thrown by Ralph Schaerf and brought the ball to 442's 30 yard line. Then Edroin Santos of DET 5 caught a good pass thrown by quarter back, Tom Weber, for the go ahead touch down.

The Regular season is over and the final standings are:

	WIN	LOSS	TIE	PTS	PTS
VU33	2	0	1	31	6
DET 5	1	1	1	26	30
442	1	2	0	18	39
ARMORS	1	2	0	12	18

The playoffs will be played Saturday, 15 October 1983, at CFB Comox sports field with the first game starting at 0900 hours, final game being played at 1300 hours.

### Bowling team standings

TEAM	POINTS
HQ	19
Supply 1	18
IE/IS LAB	17
409	16
Supply 3	16
B Hosp	16
Workshops	13
Compt 1	12
BNDO	10
Supply 2	7
Supply 4	6
Compt 2	5

## ATTENTION all bowlers

The base bowling alleys are open for casual bowling:

Sundays - 1230 - 1600  
Thursdays - 1830 - 2100

No reservations required.

In addition, the alleys are available on Friday or Saturday evenings for private bowling groups, eg. Sections, Air Cadets, birthday parties, Scouts, etc.

For reservations on Fridays or Saturdays call Pat Hudson - 339-3965.

### Fitness classes

Fitness classes for Service personnel are being conducted Monday, Wednesday and Fridays from 0730 - 0830 hours. AVSO have attended for the past three weeks and other sections/individuals are invited to join them and try to keep up.

Method of instructions vary each week but the main format include: warm-up, mobility, circuit training (work at your own speed), warm down, followed by a refreshing swim in the pool.

If you have had your physical fitness evaluation, or it is coming-up, these classes are a fun way to keep in shape.

## New weight room equipment



CFB Comox weight room is an attractive area, recently replenished for all you avid weight lifters and body builders. A full range of Dumbbell weights, from 5 lbs. to 60 lbs. are just waiting to be worked out. Other new equipment, includes an olympic bar with 400 lbs of accompanying weights, a chin-up bar, two training bikes and an exer-paser to monitor your pulse.

Now that things are looking good in the weight room, lets keep it that way. Put your weights away when finished.

People interested in starting a program involving weight lifting, contact Cpl Shanks at local 2315 at the Rec Centre.

### Base flag-football

This past weekend the base flagfootball team stomped the Windale Stompers 60 - 0. This was the first victory of the season for the young base team.

A lot of outstanding plays occurred during the game. Frank Nadon caught 4 touch down passes and scored two, 2 pt. converts. Ian Thompson caught 3 touch down passes. Quarter back Roy Field threw in the first half of the game and built up a 34 - 0 lead before new quarter back Ken MacDonald took over the helm. On the defensive side of the game, Francois Gaborry and Don Lunger played exceptional games continually harassing and sacking the opposing quarter back. There were a total of 9 interceptions made by the defense, resulting in many easy touch downs by the offense.

### The Twenty Minute Workout

When a New York widest possible audience. Thus, he decided to create a toned-down version TV stations could air with both confidence and impunity.

The show would be called "The Twenty Minute Workout", would retain the distinctive visual and musical styles that helped make "Aerobicise" so appealing - but would concentrate more on demonstrating exercises than exploiting the beautiful bodies that result.

Harris called Dalton/Fenske and Friends Ltd., a well-known television production company in Toronto and asked if they'd take on the job of producing 65 half-hour programs in 15 days in conjunction with Orion Television in Los Angeles.

"It's probably impossible to produce 65 of anything in 15 days," laughs Chris Dalton, but his company, known for bringing projects in on-time and on-budget, took the assignment - and did it!

"I must say we had some

difficulty getting girls to audition for the show with our story that we were doing a program called "The Twenty Minute Workout" that was 30 minutes long. And after we did audition over 150 girls, we had to find 9 who would be physically able to do the job in our production schedule."

Next, Dalton/Fenske had to locate investors. Toronto's CITY-TV liked the idea and invested in the program in exchange for Canadian broadcast rights.

The rest, as they say, is history. "The Twenty Minute Workout" now airs on over 100 TV stations in the U.S. and sells 1,000 copies a day of the show's record album.

"Some people complain that the show is still too sexy," says Dalton "but it isn't at all. It is a very good aerobic workout."

I agree. When you see the three slim women who lead each show in their colourful

but very conservative exercise outfits highlighted against a white background, your first reaction is "My-oh-my!"

But on closer examination - and you will give it closer examination - you'll see the program offers nothing suggestive or offensive.

The program's exercise value: excellent! You warm up, exercise every major muscle group, jog through the commercials, and cool down.

Many women have written the producers to say the show has helped them a great deal. And while many men would feel a bit sheepish doing "The Twenty Minute Workout", I know some who have tried and finished, huffing, wheezing, but full of respect for the trim women stars of the show.

And for aerobics.

Russ Kisby is President of PARTICIPAction, the Canadian movement for personal fitness.

— 1130 HOURS —		
DATE	COURT I	COURT II
Wed. 12 Oct.	BTelO vs Det 5	Bld No. 28 vs BTNO
Thurs. 13 Oct.	HQ II vs 407 Admin.	HQ I vs Fire Hall
Wed. 19 Oct.	407 vs BTNO	HQ II vs Secur
Thurs. 20 Oct.	407 vs BLD No. 28	BTelO vs CE
Wed. 26 Oct.	Fire Hall vs Secur	407 Admin. vs AVSO
Thurs. 27 Oct.	HQ II vs CE	Fire Hall vs Det 5

— 1215 HOURS —		
Wed. 12 Oct	CE vs Secur	407 vs AVSO
Thurs. 13 Oct.	Bld No. 28 vs BTelO	CE vs Det 5
Wed. 19 Oct.	HQ I vs AVSO	FireHall vs 407 Admin.
Thurs. 20 Oct.	HQ II vs Det 5	HQ I vs BTNO
Wed. 26 Oct.	HQ I vs BLD No. 28	407 vs BTelO
Thurs. 27 Oct	407 Admin. vs BTNO	AVSO vs Secur

TEAM REPRESENTATIVES		
BTelO	MCpl Lamb	2406
407	Lt D. Irvine	2302
BTNO	Cpl (W) Parker	2580
CE	Cpl Tracey	2374
AVSO	Cpl (W) Dunsmore	2287
Fire Hall	Pte Anderson	2250
407 Admin.	Pte Gauthier	2318
Secur	Cpl (W) Lowden	2247
Bld No. 28	Cpl (W) Campbell	2263

#### RESCHEDULED GAMES

HQ I & II	Sgt Parker	2375
Det 5	Capt Banks	2454

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Our base representative team left for the Pacific Region Soccer Championships in Chillwack, 12th October to 16th October, 1983.

Team players are Sgt. Chappel, R.; Cpl Shanks, A.F.; Cpl Antle, G.T.; Pte Muise, D.R.; Cpl Luppe, R.V.; Pte Booke, G.S.; Pte Beland, S.E.R.; Cpl Haskell, H.F.; Pte Cipellettie, C.D.; Capt S.L. Dunn; Capt T. Carew; Cpl Haskell, M.E.; Pte Meaning, A.J.; Pte Pedersen, T.A.; Pte Carew, C.J.; and Cpl Kerekes, B.J.

## SEVEN YEAR ODYSSEY



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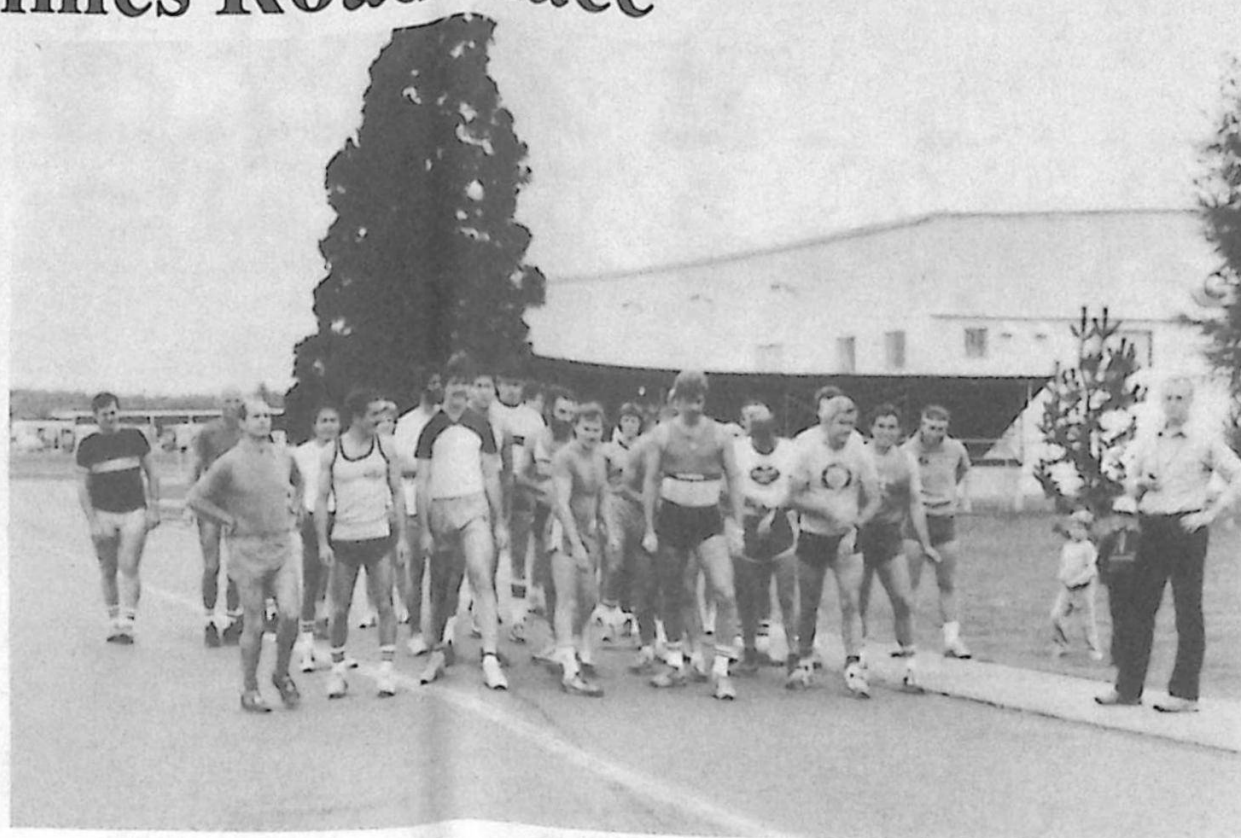
## Totem Times Road Race

The stop watches did not record any difference in a close photo-type finish as Capt Vic Howlett of VU33 squeaked past John Crouch, a local school teacher, at the fourth annual Totem Times Ten Km Road Race on 02 October 1983. The same scene was repeated twice more as the eleventh and twelfth place runners, Gregg Folliot and Michael Woodworth raced for the finish line. Although the times were different by one second, Chuck Brown and Ole Jespersen gave the crowd another thrill with their last minute charges to beat each other. The weather was good for running and the 32 runners all competed at their best to turn in times on the average, better than last year's race.

Three young Master Corporals from BAMSO and Base photo (Whillans, Rodgers and Robert) teamed up to win the military team award. A composite team from the hospital and VU33 was second and an older team from 407 Squadron placed third.

The results are as follows:

1. Capt Vic Howlett	35:26	VU33
2. John Crouch	35:26	
3. Al Niezen	36:01	
4. MCpl Barry Whillans	36:55	BAMSO
5. MCpl Cyril Rodgers	38:14	BAMSO
6. Cpl Maurice Robert	38:32	Base Photo
7. Capt Nelson Hui	39:20	Dental
8. Scot Melville	39:31	
9. Maj Art Crawford	40:12	407 Squadron
10. Steve Sharrock	40:21	
11. Gregg Folliot	40:46	
12. Michael Woodworth	40:46	
13. Rene Latour	40:59	
14. Gord Davidson	41:25	
15. Chuck Brown	41:33	
16. Ole Jespersen	41:34	
17. Capt Paul Dubois	41:48	407 Squadron
18. Lt V. Dejesus	41:58	Hospital
19. L. Laycock	42:59	
20. Capt Gerry Zanussi	43:49	407 Squadron
21. Simpson	44:02	
22. Janine Rofers	44:07	
23. Gilles Desruisseaux	45:27	
24. Lt. Sam Ness	46:32	407 Squadron
25. Lynn McKean	48:47	
26. Capt Rudge Wilson	49:31	407 Squadron
27. Mike Reynolds	49:50	
28. Nigel Obrian	50:46	
29. Kathy Lozecki	58:42	
30. Cpl Lorna Walton	58:44	Rec Centre
31. Frank Sibierski	63:52	



32 runners started off from the Rec Centre. The race was organized by Major Darrel Newman.



First over-all winner,  
Capt Vic Howlett.



Military team winners from BAMSO.  
L to R: MCpl Cyril Rodgers, MCpl Barry Whillans and Cpl Maurice Robert.

Womens open	1. Lynn McKean
Womens pre-masters	1. Jannine Rodgers 2. Kathy Lozecki 3. Lorna Walton
Junior men	1. Gregg Folliott
Open men	1. Al Niezen 2. Cyril Rodgers 3. Maurice Robert
Pre-masters men	1. Vic Howlett 2. Barry Whillans 3. Nelson Hui
Masters men	1. John Crouch 2. Art Crawford 3. Rene Latour

## CAF National running races

CFB Borden hosted the National runs this year and the Ontario region won the team award. The Pacific region came in fourth. Capt Don Switzer of CFB Esquimalt was the top Pacific region runner, finishing fourth overall in the points total which is derived from a fourth place in the 15 km road race and a third place in the cross country race. Comox's MCpl Barry Whillans ran a good race to place 14th in the 15 km road race in 55 minutes 29 seconds and finished 17th in the cross country race. Capt Nelson Hui pulled a muscle in the 15 km race and did not compete in the cross country race.

### — OPEN —

#### Canadian Forces National Road Race Results

NAME	BASE	15 KM	8 KM Total	Place
Murphy	Ontario	48:03	26:19	2
Cloutier	Ontario	48:17	26:22	4
Doucette	Prairie	49:55	27:46	7
Switzer	Pacific	51:37	27:39	7
Murret-Labarthe	Quebec	52:02	28:41	12
Black	Prairie	52:54	28:17	12
Priddle	Ontario	53:53	28:34	17
Fair Brother	Prairie	53:16	29:01	18
Labelle	Quebec	52:36	29:31	19
Deschutter	Ontario	53:24	29:05	21
Blanchard	Atlantic	53:51	29:04	21
Wilson	Prairie	54:52	28:45	21
Faucher	Prairie	55:45	28:56	24
Rusk	Quebec	54:04	29:51	26
Whillans	Pacific	55:29	30:49	31
Houle	Quebec	57:26	30:47	33
Mackenzie	Ontario	58:20	30:04	34
Arsenault	Pacific	57:30	30:53	36
Roy	Quebec	57:23	31:54	37
Sullivan	Atlantic	59:32	31:09	39
Clark	Pacific	59:44	31:31	41
Wiseman	Atlantic	59:45	32:24	44
Bursey	Atlantic	62:52	34:09	46

In other local races military runners are gaining improved results. Capt Vic Howlett running in the second of the Fall Series of races placed fifth overall and first in the masters category. Sgt Cyril Rodgers placed 12th out of the 43 runners and fourth in the mens open category. MCpl Gord Kehoe was third in the masters category and 18th overall which is a fine result after a long layoff. Pte Craig Thompkins had placed 28th and 7th in the mens open while Maj Darrel Newman was 34th overall and 7th in the mens masters. Gord Kehoe's eight year old son completed the five mile course in 42nd position.

Next race on the local scene is the mile and half Fire Hall challenge and on 16 October a 5.4 mile race in Powell River.

## North Island

### Soccer League

CFB Comox Soccer Team is holding their own against the more experienced teams.

The first game played was against Courtenay Labatts and was a home game, score 1-3. CFB Comox Totems then played Campbell River Ravensin another home game with a score of 2-3.

Campbell River Ravens gained an early lead in the first 5 minutes of the game with 2 goals. Comox Totems came back in the first half with Glen Rooke putting a goal away from just inside the penalty area. Then again in the second half Glen Rooke blasted a shot from the left side of the penalty area, placing the ball in the top left corner of the net. Time was running out, and the Ravens managed to hang on to the lead, winning the game.

Totems next game played was in Campbell River against the strikers on Monday 10 October 83. Results of this game will be in the next issue.

## WANTED

Experienced Rugby players are required for the Comox Valley Kickers Rugby Football Club. The Kickers play in the North Island Rugby Union which includes Powell River, Campbell River, Nanaimo and Port Alberni. Interested people please contact Peter Dobbs at 338-1635 or Larry Hickford at 339-6692 or local 2308.

## Wallace Gardens Dependant

### Hockey

**PURPOSE:** To provide our dependant children an opportunity to play recreational hockey once or twice per week.

**AVAILABLE TO:** All boys and girls: ages 5 to 14 who are dependants of a member of the CAF. Children will play within their own age/skill level.

**ICE TIMES:** Mondays and Wednesdays 1600 - 1730 hours

**REGISTRATION FEE:** Will not exceed \$20.00 per child, resident of Wallace Gardens, or \$30.00 per child non resident. **FAMILY RATE:** First 2 children, normal fee, each additional child ½ price.

**EQUIPMENT:** Children must wear a CSA approved helmet, boys must wear a cup. It is recommended that children be outfitted completely. Hockey type skates only. Wallace Gardens shall supply sweaters, socks and goal equipment.

**REGISTRATION DATE:** Registration shall be held at the base exchange Saturday, 22 October at 1000 to 1500 hours.

**VOLUNTEERS:** Parents/guardians, young adults are urged to support this program.

THIS PROGRAM WILL BE A SUCCESS ONLY IF SUFFICIENT CHILDREN ARE REGISTERED, AND ADEQUATE SUPPORT FROM VOLUNTEERS IS PROVIDED.

## UPCOMING sports events

### BADMINTON

M & W REGIONALS  
(Chilliwack)  
5 - 8 December, 1983

M & W NATIONALS  
(Chilliwack)  
25 - 29 January, 1984

### BOWLING

SW REGIONALS  
(Holberg)  
23 - 24 February, 1984

### BROOMBALL

M. REGIONALS  
(CFB Comox)  
26 February - 2 March, 1984

W. REGIONALS  
(CFB Comox)  
26 February - 2 March, 1984

NATIONALS  
(Greenwood)  
1 - 4 April, 1984

### CURLING

W. REGIONALS  
(Baldy Hughes)  
3rd Week, 1984

M. REGIONALS  
(Baldy Hughes)  
End of March 1984

### HOCKEY

OLD TIMERS REGIONALS  
(Comox)  
4 - 9 December, 1983

M. REGIONALS  
(CFB Comox)  
8 - 14 January, 1984

NATIONALS  
(CFB Borden)  
19 - 23 March, 1984

### SKI

ALPINE  
(Comox)  
13 - 16 February, 1984

NORDIC - REGIONALS  
(3PPCLI)  
13 - 16 February, 1984

NATIONALS  
(Valcartier)  
14 - 16 March, 1984

### SQUASH

(CFB Esquimalt)  
Mid April, 1984

### VOLLEYBALL

M. REGIONALS  
(Esquimalt)  
Mid March, 1984

W. REGIONALS  
(Esquimalt)  
Mid March, 1984

M & W NATIONALS  
(CFB Halifax)  
9 - 11 April, 1984



# Promotions and Awards



Major Low, BCEO, congratulates Warrant Officer Rick Chartrand on his recent promotion to WO. He is supervisor of the CE Auxiliary Power Shop, responsible for the two dozen APUs and other electrical generating equipment on the base.



In 1980 MCpl Balk and Sgt Mathieu of our BCEO Section, suggested that Scott Air Packs be wall mounted so they would be more readily available for emergency use. These packs are held by most bases in such areas as swimming pools and fire halls for use as emergency breathing apparatus. A walk-away bracket for wall mounting of this equipment was introduced into the CF 18 months before the submission but user units had not been advised of its availability. They shared a minor award for drawing attention to a problem that required corrective action. Sgt Balk is shown receiving his award from Maj McCabe, the Chairman of the CFB Gagetown Suggestion Award Committee.



Pictured above is our new BPERO, Lt Brian Van Hereweghe being presented with his commissioning scroll by the BAdO, LCol J.E. Jackaman. If Brian looks somewhat disbelieving, it's just that the BAdO has given him fair warning that he soon expects to be able to overtake him on their daily run to the Golf Course.



MCpl J. Grover, a WTechA on 407 Squadron, recommended that Armament Ordnance Interface Units be repaired locally to save R and O and shipping charges and reduce aircraft down time. His suggestion was not adopted but NDHQ did increase the spares entitlement for this base for that item. As it was his suggestion that triggered the corrective action taken by NDHQ, he was given a \$50.00 award and a certificate. Lt Irvine, the new 407 Squadron ARMPO, made the presentation.

## Unclassified

### RATES

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FRIDAY to THURSDAY - OCT. 14, 15, 16, 17, 18, 19, 20

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— B.C. Director

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# Around the Base



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

**CHAPLAIN:** Maj Julien Rheault: Telephone 339-2211, local 2274.  
**MASS SCHEDULE HOURS:**

Saturday 1900 hours  
Sunday 1000 hours

Week Days 0900 hours (No Mass on Thursdays)

**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.

**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.

## ST. MICHAELS AND ALL ANGELS PROTESTANT CHAPEL

**CHAPLAIN:** Padre Bob Risch (UCC) Telephone: 334-3575.

**CHAPEL:** St. Michael and All Angels Protestant Chapel, Bldg. No. 88.  
**OFFICE:** Headquarters Bldg. No 45, Room No. 48. Telephone 339-2211, Local 2273.

**ORGANIST:** Nancy Nowosad, Telephone: 338-9843.

**PUBLIC WORSHIP:** Sundays at 1100 hours.

**COMMUNION:** First Sunday of the month.

**FAMILY SUNDAY:** Second Sunday of the month.

**SUNDAY SCHOOL:** Classes are available for all students from age three through youth. Kindergarten through youth meet from 0930 - 1030 hours. Pre-kindergarten classes will be held from 1100 - 1200 hours during the worship service.

**JUNIOR CHOIR:** Rehearsals are 1830 - 1915 hours 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.

## 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.

## WO & Sgts' Wives Club

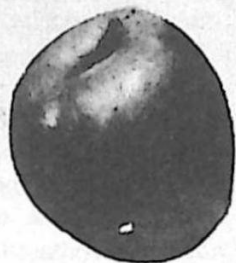
The first monthly meeting/social of the WO & Sgts' Wives Club took place on 12 September 83 with a lot of new and old members in attendance. A short meeting took place and several committee members were elected. After the meeting a social was held where members mingled, and met new and old friends.

Next meeting/social will be held on 17 October at 8:00 pm in the mess where the subject for discussion will be the Arts and Craft Show planned for November. Members who wish to display or demonstrate their arts/crafts are encouraged to start preparing for it now. Tables will be allotted on a first come first serve basis. For further information you are requested to contact the Entertainment Convener, Sharon VanVolsen at 338-8414.

For the upcoming meeting/social all ladies are encouraged to wear a Halloween costume and a pumpkin carving contest will take place during the social. Prizes will be given for the best costume and pumpkin carved.

So, for an evening of fun and relaxation that all wives so rightly deserve come to the October 17th Halloween social. See you at the Mess.

E. Mitchell  
Publicity Convener



## "APPLE DAY" 22 OCTOBER 83 BOY SCOUTS OF CANADA

The 1st Lazo Scouts, Cubs and Beavers will be canvassing the PMQ's and surrounding areas on 22 October 83 commencing at 1000 hours.

Please support 1st Lazo scouting by purchasing an apple(s) from the boys when they come calling!

## Library

(Located back Station Theatre)

## HOURS:

Monday to Thursday 6pm - 9 pm

## KIDS

The dearest friends of our lives will always be our children. They forgive the thoughtlessness understand the hurt and always love you.

Their chubby cheeks and kiddish cheek go together like ham and eggs. The mischief of their little plans make all the grief worthwhile the trip worth the while.

When long days have ended sometimes not as well as they might have the loving arms of your kids push away the problems replacing them with love.

- Marlowe C. Dickson

## Across my kitchen table

- by Rosemary Gibson



What a beautiful Thanksgiving weekend! Wasn't the weather just glorious? We had chosen this weekend for a first-run shakedown trip in our recently purchased trailer, so the sunshine was especially welcome. We only went as far as Rathrevor Beach, just on the outskirts of Parksville. The government campsite there is extremely well-kept, and we spent a good deal of time walking the trails and the beach. I brought home my usual beach treasures - pieces of driftwood, shells, pretty stones. I will create something special with them - one of these days!

We were joined on this weekend outing by two long-time friends from Victoria. Of course, both couples brought enough to eat and drink for an army. After one glance at the combined larders, my better half suggested we invite the whole campsite to a party! Needless to say, there were lots of leftovers. The following recipes are two I'll be using this week, which may come in handy if you, too, have turkey dinner leftovers.

### CHEDDAR CHEESE CASSEROLE

**Ingredients:**  
1 cup rice  
2 tablespoons instant minced onion  
1 cup frozen peas, thawed  
2 cups diced turkey (or chicken) or six large slices  
1 can condensed cheese soup  
1 cup milk  
1 cup finely crushed cheese crackers  
3 tablespoons butter or margarine, melted.

**Method:**  
Prepare rice according to package directions, adding the instant onion to the boiling water. Fluff cooked rice

### CRANBERRY CRUNCH DESSERT

**Ingredients:**  
1 cup uncooked rolled oats  
1/2 cup flour  
1 cup brown sugar  
1/2 cup butter or margarine  
1 can or 1 1/2 cups cranberry sauce

**Method:**  
Mix oats, flour and brown sugar together. Cut in butter until crumbly. Place half of the mixture in greased 8 x 8 inch cake pan. Cover with cranberry sauce. Top with balance of mixture. Bake 45 minutes at 350° F. Serve hot, topped with vanilla ice cream or whipped cream.

**HINT:**  
For mincemeat pies, add three large apples, either cooked with 1/2 cup water or diced up raw. This increases your amount of mincemeat and also removes tartness.

### THOUGHT FOR TODAY:

You are the sum total of the choices that you make in your life.

## Officers' Wives' Club

Just a reminder of our October meeting featuring flower arranging by the Garden Patch, Courtenay. Also, we would like to refresh your memory with regard to the November Craft Show and Sale. Anyone wishing to "have a table" may contact Vera Arais at 339-7593. See you on the 19th.

- Pat Chura

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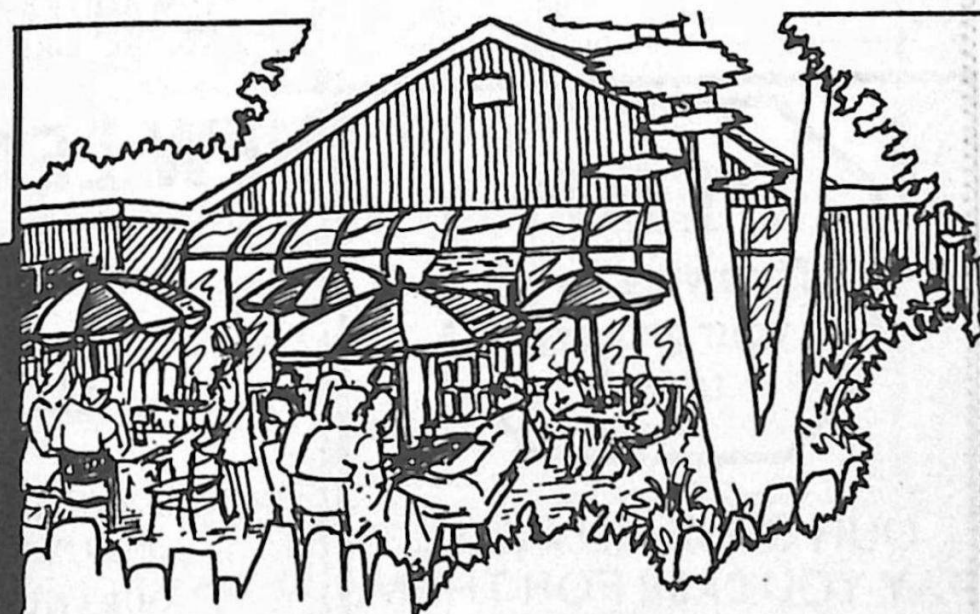
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# Around the Base

## Red Cross Campaign

In the next few days and during the week of 17 to 22 October many of our readers will be receiving letters from the Red Cross Society requesting donations to their fund. We are all aware of the difficult times and the fact that government agencies do not have the funds available to support various social agencies. As a result organizations such as the Red Cross are faced with greater demands than ever on their services and at a time when costs continue to rise.

Perhaps some of our readers would not realise that much of the money spent by the Red Cross goes to local community services. The following table shows exactly what our Red Cross provide here in the Comox Valley. As you can see International Relief is only a small but vital part of the expenditures. The majority of the fund is spent here in the Comox Valley helping those residents in times of need and educating both young and old in coping with life in general.

### Red Cross services in Comox Valley

TYPE OF SERVICE	ACTUAL COST FOR 1983	ESTIMATED COST FOR 1983
1,152 units of blood received at the hospital after processing in the laboratories.	\$	\$
1,284 units of blood collected at local clinics.	1,451	1,596
2,025 youth and children participated in educational services. This includes 13 elementary schools in School District No. 71, comprising a total of 48 classes held (e.g. Babysitter, Basic First Aid, Bike for Life, Children Every, Environment, I'm Taking Care, Instr. Media Loans, One Earth, Playing it Safe, Splash, Tomorrow's World, Watersafe).	24,989	27,487
77 participants in volunteer training.	213	234
International Relief - 12¢ on each dollar collected.	1,310	1,441
390 pieces of equipment loaned through the Sickroom Loan Service, i.e. canes, crutches, wheel chairs (repairs and replacements, etc.)	1,073	1,180
5 families were provided with emotional support through the Parent Support Program.	1,014	1,115
2,008 participants - Water Safety Service, Learn to Swim.	6,727	7,399
4 individuals participated in the Water Safety Service, Leadership Program.	13	15
9 participants, Small Craft Safety.	614	676
Campaign/Administration - includes cost of supplies, etc., receipts, postage, printing at 11¢ per anticipated dollar.	1,650	1,815
	<b>\$39,054</b>	<b>\$42,958</b>

I would ask you to think twice before throwing away your Red Cross envelope. Please make a donation, however small, as every penny counts towards providing sufficient funds to this worthwhile society. Red Cross deserves our full support. There are times when we all require help and it is nice to know that the Red Cross stands ready to provide that helping hand when it is required. Please return your envelope or give personally at the Red Cross booths in the local shopping malls.

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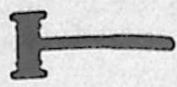
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### Sharing careers

If you and your spouse both work, one of the most serious complications may be the possibility of a job transfer, says Lois Richardson, author of *Working Couples*.

Unlike a few years ago, more and more couples are beginning to take into consideration the wife's opportunities for a career. That means a move for either spouse will probably be inconvenient.

There are a few things you can do to help make your decision about moving easier, if this situation arises. Try using a consensus method of decision-making. Each of you individually decide what is important to you: job security, family nearby, geographic location, size of city, etc. Rank these things in the order of your preferences and then compare your lists. Talk about the issues and then rerank your own list, if you have been swayed by your spouse's ranking. Keep doing that until you are in general agreement with each other.

Obviously, for this to work, you have to be somewhat open-minded about the issue and at least willing to hear what the other has to say. Arm-twisting is not a part of this method.

For more information, see *Working Couples*, published by International Self-Counsel Press Ltd. For a free catalogue of their self-help materials, write: Dept. NC, Self-Counsel Press, 306 W. 25th Street, North Vancouver, B.C. V7N 2G1.

## Earthquake watch in B.C.

Why earthquakes occur is just one of the fascinating questions scientists are probing at the Pacific Geoscience Centre on Vancouver Island.

The centre is situated at the Patricia Bay Institute of Ocean Sciences, near Sidney, about 32 kilometres north of Victoria and only a few minutes drive from the B.C. Ferries' terminal at Swartz Bay. Guided tours are offered Tuesday and Thursday mornings.

Personnel at the Centre are from two branches of Energy, Mines and Resources Canada: the Geological Survey of Canada and the Earth Physics Branch.

"No doubt because we're on the West Coast, our major function is the monitoring of seismicity," says Dr. Laurie Law, acting director of the centre.

British Columbia has a long history of recording earthquake activity, Law says. Recording first began on January 1, 1899, when a Milne seismograph purchased by the Dominion

Government Meteorological Service was installed on a pier in the basement of the Customs Building near Victoria's inner harbour. This was the second seismograph to be put into use in Canada.

The Pacific Geoscience Centre is now the central station for a network of seismic recording stations spread through B.C. and forming part of the National Seismograph Network. A network of permanent stations located around the Strait of Georgia - the Western Canada Telemetered Network - continuously feeds information into a computer, which stores the data if an earthquake occurs.

The system provides almost instant information on the size, position and depth of any earthquake activity that affects the

heavily-populated southwestern region of B.C. The coastal area - Vancouver Island and the Queen Charlotte Islands - are especially susceptible to earthquakes because of shifts in the land mass under the sea.

The remainder of the province has not been as affected by earthquakes as frequently - or by earthquakes as severe - as the coastal region, but moderate to minor earthquakes have occurred near Revelstoke, near Vernon and in the south Okanagan, near Valemount north of Bute Inlet, and in the northwest corner of the province. Earthquakes originating in Montana or Idaho are also sometimes felt in southern B.C.

Earthquake records have been kept in B.C. since the late 19th century, but for a long time it was assumed that no earthquake could cause serious damage in the province. June 23, 1946 changed everyone's thinking. On that date, a strong earthquake shook the whole of Vancouver Island and the southern mainland, causing considerable property damage and one death. The earthquake registered 7.3 on the Richter scale and was felt from southwest Alaska to central Oregon. In the years following, more recording stations were set up, and in 1975 the first phase of the computer network was in place.

The Pacific Geoscience Centre's sensitive equipment records about 300 earthquakes annually in southwestern B.C., but only a few are strong enough to be felt by people. The centre cannot predict earthquakes, Law says, but present studies can indicate the possible region and magnitude of disturbances.

"We're not at the stage where we can make predictions," he says. "The key is to find out why earthquakes happened and then we can move toward making predictions on a firm basis."

The centre's data on the distribution and magnitude of past

earthquakes has been helpful in producing a seismic probability map that is included in Canada's National Building Code.

The map divides Canada into four zones of seismic risk, with most of the B.C. coast and the Queen Charlotte Islands and all of Vancouver Island being classed as likely to have severe damage in the case of a major earthquake.

This aids professional engineers, who can then design structures for the zone that will resist the acceleration levels caused by earthquakes. Such information also helps the engineer determine the seismic wave characteristics a building will encounter in its lifetime.

Although the study and investigation of earthquakes is one of the most important functions of the Pacific Geoscience Centre, it is by no means the only one.

Centre geoscientists have been working on the geological history of the coastal sedimentary basin, and there are indications that large quantities of oil might be located under the sea floor of Hecate Strait (between the Queen Charlotte Islands and the mainland), and under Queen Charlotte Sound. Until these studies were done, the area was thought likely to contain only natural gas. The information gathered by geoscientists will prove important when exploration proceeds off the B.C. coast.

Pacific Geoscience Centre is also responsible for mapping the gravity field of Western Canada on a regional scale. The measurements are made at intervals of between six and 15 kilometres. Knowledge of the gravity field and local anomalies give basic information about the density and distribution of the rocks that make up the crust of the earth. This information also helps in the exploration of natural resources.

Other areas under study at the centre include the magnetic field of the earth, geological and natural resource mapping and paleontology.



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# Canadian Forces News

## Battle of Britain commemoration



Photo shows parade of 888 (Komox) Wing of the Royal Canadian Air Force Association marching from Wing Headquarters to the Protestant Chapel.



Photo shows participants of remembrance worship service on 18 September 83 at 1100 hours in front of St. Michael & All Angels Protestant Chapel on the occasion of Battle of Britain commemoration.

## Fuel of the future

What kind of fuel will your car run on 20 years in the future? It might be propane, methanol or even a degraded form of diesel or gasoline depending on what government policy and the market decide. In any event, it's not something you have to plan for today.

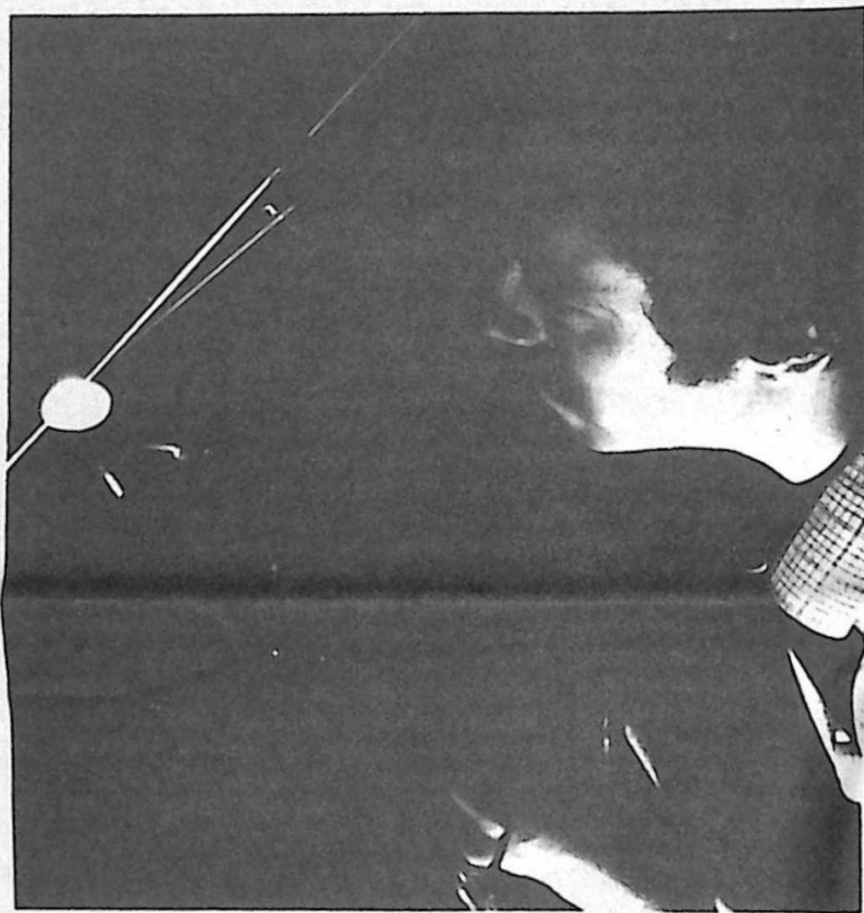
The case is different for military fuel and engine specialists, however. The tanks, ships and aircraft on the design table or coming into service today will very likely still be in service 20 years from now. The kind of engines chosen to power them and the type of fuel those engines will require are decisions that must be considered with future availability and quality firmly in mind.

Changes to traditional liquid fuels could greatly affect the operations of an unprepared military. To ensure the CF are ready to adapt, DND has launched a comprehensive research program on transportation fuels, covering the needs of all three services. Fuel changes will affect the civil sector as well, and recognizing this, the National Energy Program is funding a significant portion of DND's research and development efforts in return for information.

The changes concerning fuel and engine specialists aren't far in the future. In fact some have occurred already. In Canada's ongoing move toward energy self-sufficiency and security of supply, tar sands syn-crudes are beginning to replace imported crudes in larger amounts. But all oil was not created equal, and as the sources of oil change so do the fuel properties and quality. At the same time, the high cost of refining crude has prompted producers to try to get the maximum amount of refined fuel per barrel with a resultant lowering of quality.

In order to deal with these changes, DND's research program is aimed at determining and minimizing the effects of future fuel types on the performance and durability of military engines, so that the CF can operate into the next century relatively unaffected by fuel type or quality. The program is also examining the economic trade offs between fuel costs and the extra expense of maintaining or modifying military engines as fuel quality changes.

"The research we're carrying out focuses on three areas: the composition of fuels, their effects on engines and the products of combustion," explained Bill Armstrong, acting director of the Energy Conversion Division at the Defence Research



A DREO researcher studies the combustion process using laser spectroscopy.

Establishment in Ottawa (DREO). As the agency responsible for the fuel program's research and development, DREO oversees a broad range of activities taking place inside its own laboratories and elsewhere.

Since its inception four years ago, the program has attracted both the attention and cooperation of other government departments, private industry, the university research community and the United States Air Force. At Longueuil, Que., Pratt and Whitney researchers are studying the effects of aircraft fuels on gas turbine engines with the aim of establishing limits for critical fuel properties. The Longueuil project is being funded by DND, the Department of Industry and Trade and the USAF. The results in addition to others provided by the National Research Council in Ottawa will help predict the effects of alternate fuels on the J-85-CAN-15 engine powers the CF-5 fighter aircraft. At the Naval Engineering Test Establishment in Montreal, researchers from DND and Bombardier are carrying out similar tests using a marine diesel engine. While at the University of Laval in Quebec City, scientists are investigating the relation between fuel properties and combustion in engines and combustion in an effort to overcome some of the problems related to starting vehicle engines in cold weather and relighting aircraft engines in flight.

In DREO's own laboratories, scientists are studying combustion processes using engines and more specific processes using a custom-built laser spectroscopy system. The two experiments complement

one another and eventually the scientists will combine their results to learn more about how the combustion process of different fuels affect engine performance.

DREO scientists are using a laser to probe the combustion process. By measuring nitrogen spectra, they will be able to analyse the temperature at a precise location within the combustion chamber of an engine. Eventually the results will be used to build a mathematical model of the combustion process and how it affects engine performance.

The outside interest DND's fuel program has attracted is due largely to its emphasis on ship and aircraft fuel use. That emphasis is in keeping with DND's pattern of consumption of liquid mobility fuels.

"Our pattern is the inverse of Canadian civilian consumption," explained Dr. Bill MacMillan of the Directorate of Science and Technology (Ordnance and Vehicles) at National Defence Headquarters in Ottawa. "While DND uses 76 per cent of transport fuels for aviation, 16 per cent for marine travel and 8 per cent for road movement, the civil sector's transport fuels use breaks down to 73 per cent for road transport, 19 per cent for rail and marine movement and 8 per cent for aviation."

"That explains why civilian fuels research programs for the most part concentrate on improving road transport. Aero engines, DND's largest fuel consumer and for that matter the most sensitive to fuel type or quality, have been virtually ignored in the civilian sector."

DND is unique for a number of reasons, Dr. MacMil-

lan continued. "Canada is a cold country and CF equipment must be operational at lower temperatures than civilian equipment. That means the military has more stringent lower cold starting points, and unfortunately most projected fuel quality changes affect ignition and low temperature properties."

"While alternative fuels, such as methanol and propane have been considered suitable for combat operations, liquid hydrocarbons are denser fuels. We would have to increase the size of each vehicle/ship/aircraft fuel tank to accommodate the amount of alternative fuel needed to meet range or duration requirements. And we would have to increase the volume of fuel supplied to combat units. Except in the unlikely event that the alternatives become the only domestic fuels available, or they become standardized internationally in NATO, it is unlikely that we would make a switch," Dr. MacMillan said.

As DND continues with its transportation fuels program events in oil producing nations are taking sharp turns. In Canada several producers have left the tar sands. Meanwhile, the world price for oil, once heading skywards, has dropped and may drop further creating a glut on oil markets.

None of this worries Bill Armstrong very much. "Most people feel the present fuel glut is temporary," he explained. "And from our point of view the slow down on the tar sands is good, because it provides us with more time to solve some of the problems related to changing fuel composition."

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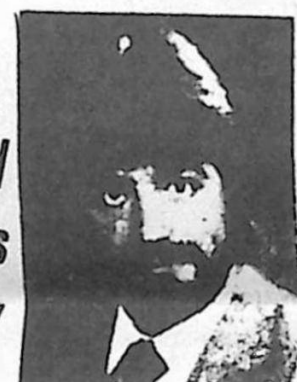
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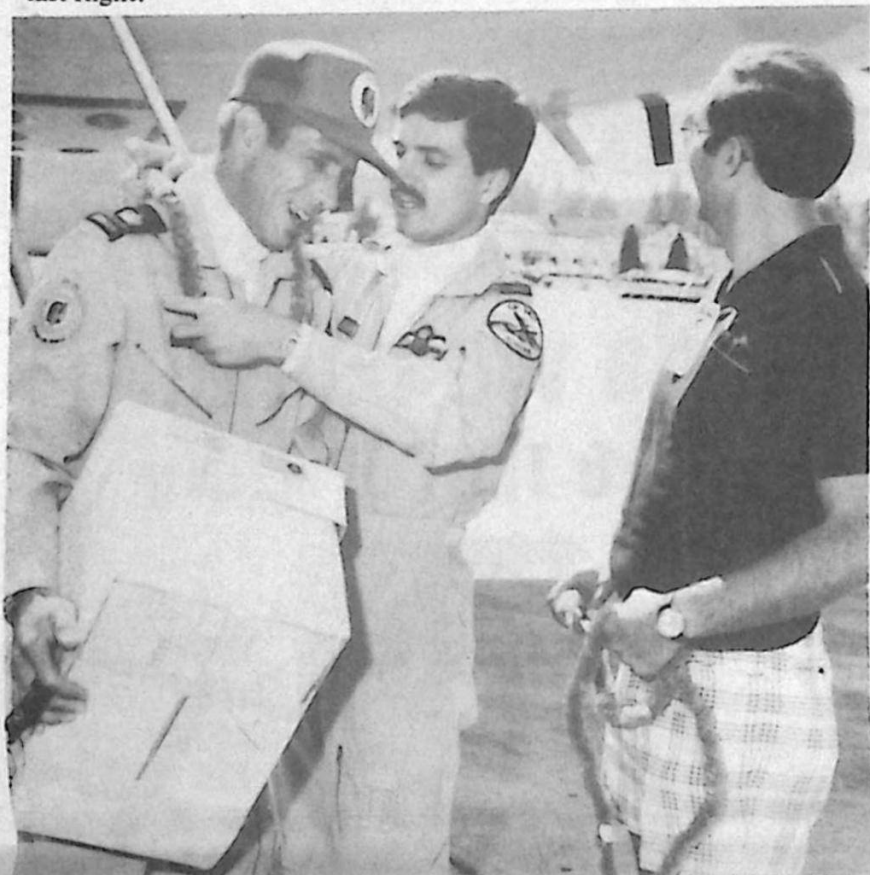
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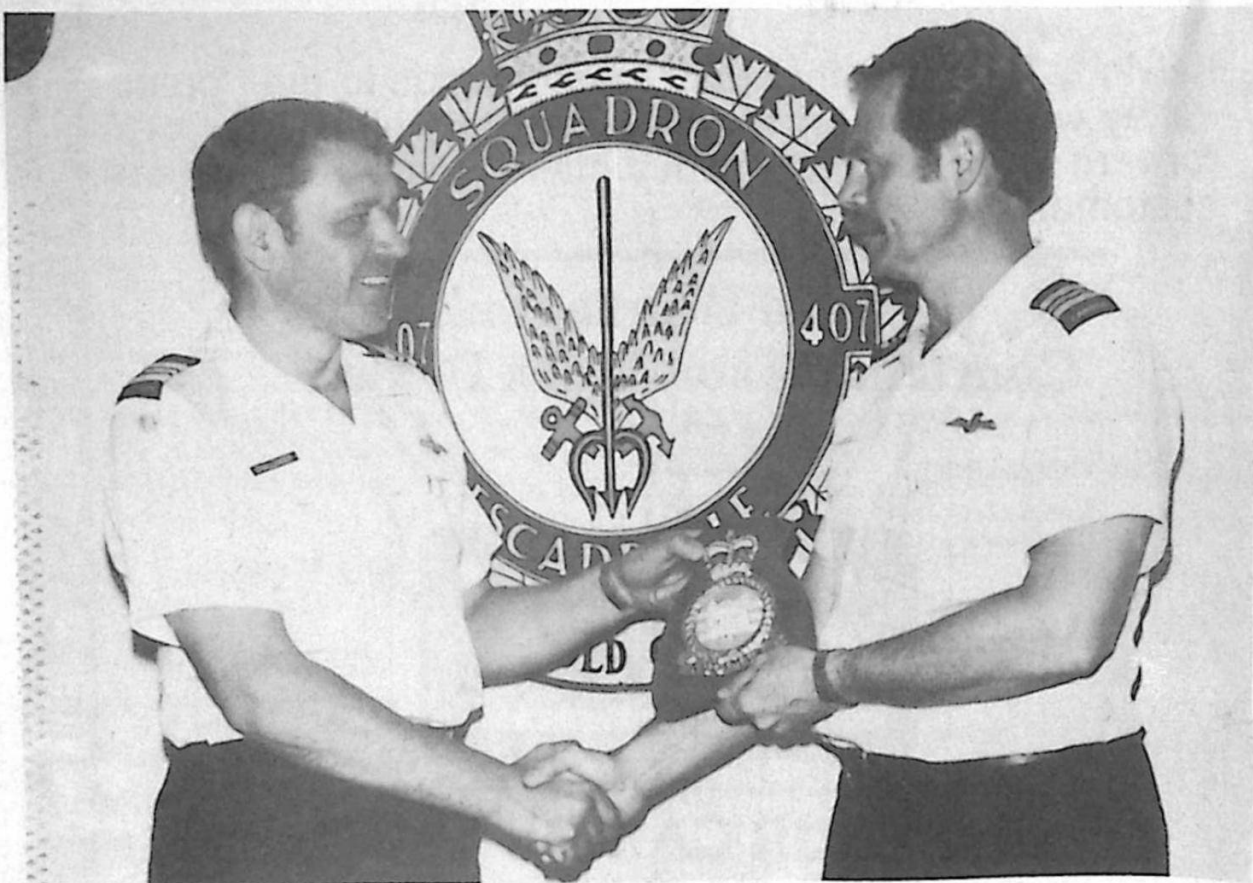
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TOTEM TIMES  
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