



TOTEM TIMES



Vol. 26 No. 1 CFB COMOX TOTEM TIMES

THURSDAY January 12, 1984

Deadline is Monday January 23, 1984

COST: PRICELESS

VU33 Squadron changes command

The Command of Utility Squadron 33 was taken by Major Trevor Owen during a parade which took place in 3 Hangar on Monday, December 19th, 1983 at 1330 hours. The squadron reluctantly said good-bye to Major Dale Purcell who commanded VU33 since 9 January

1981. The piper Major Bob McPhail blessed the ceremony with music of the season during the Base Commander's inspection of squadron personnel. In Col Dobson's speech, he congratulated all VU33 personnel on the squadron's excellent record over the past few years and com-

mended Maj Purcell on the excellent leadership that he has given the squadron during his tenure. The BComd challenged the squadron personnel to continue their good work under the leadership of Maj Owen.

Following the ceremony there was a reception for all personnel

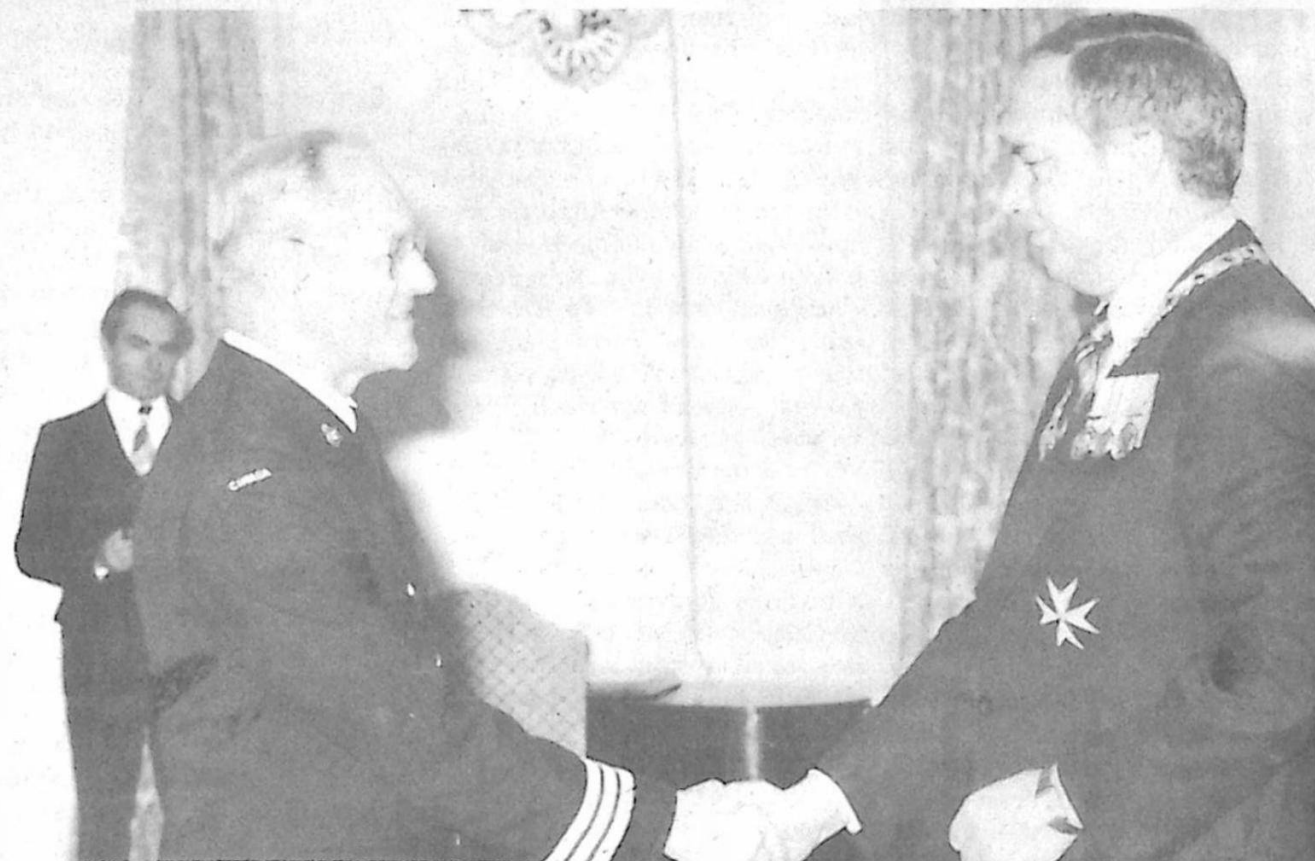


Maj Purcell signs the document with Maj Owen and Col Dobson overlooking.



Maj Purcell passes the Squadron Standard to the Base Commander, Col Dobson signifying relinquishing command.

OMM Awards



LCol John Edward Jackaman, our BAO, was invested in the Order of Military Merit in the Grade of Officer by the Right Honourable Edward Schreyer, Governor General of Canada and Commander-in-Chief of the Armed Forces, during ceremonies in Ot-

tawa 23 November 83. The Order of Military Merit was established to provide a worthy means of recognizing conspicuous merit and exceptional service by Regular and Reserve members of the Canadian Forces.



MWO James Nelson Nodwell was invested in the Order of Military Merit in the Grade of Member by the Right Honourable Edward Schreyer, Governor General of Canada and Commander-in-Chief of the Armed Forces, during ceremonies in Ottawa 23

November 83. The Order of Military Merit was established to provide a worthy means of recognizing conspicuous merits and exceptional service by Regular and Reserve members of the Canadian Forces.

Chamber of Commerce plans Military Appreciation Week

The Comox Valley is setting aside a special week in 1984 to formally recognize the positive relationship which exists between the community and Canadian Forces Base Comox.

Sponsored by the Courtenay-Comox Chamber of Commerce, Military Appreciation Week, beginning June 25, will feature a series of community events aimed at generating goodwill and a co-operative feeling within the community.

According to project chairman and chamber vice-president Herb

Taylor, there are four main factors in the unique relationship between CFB Comox and the Comox Valley:

- CFB Comox is perhaps the most sought after posting in the Department of National Defense;

- Exceptionally high numbers of service people settle here upon retirement from the military;

- CFB Comox chooses to actively participate in and contribute to the future of the community by having representation on the board of directors of the Chamber of Commerce; and

- CFB Comox is the largest single employer in the Courtenay Comox area, with an annual payroll of \$30 million.

Military Appreciation Week in the Comox Valley will be part of several significant celebrations within the military during 1984, including the 60th anniversary of the RCAF, the 75th anniversary of the first flight in Canada of the Silver Dart, the 40th anniversary of D-Day and the departure of 409 Squadron and the USAF contingent from CFB Comox.

CFB Comox to host international air show

As a harbinger of exciting events to come, CFB Comox will be hosting the Comox International Airshow on Saturday, April 14, 1984.

1984 promises to be an auspicious year for the Canadian Armed Forces and especially for CFB Comox because of the numerous historical and base orientated occasions that are involved. The notable events that must be commemorated include celebration of 75 years of powered flight in Canada, the 60th anniversary of the formation of the RCAF, the end of the Voodoo era on the west coast and a farewell to our American friends, the 425th Squadron Detachment out of Langley, Virginia.

The last Armed Forces Day was held at CFB Comox in June of 1981. From all reports, the day turned out to be very successful with over 16,000 visitors. The 1984 Committee for Celebrations and Events, headed by the Base Operations Officer, LCol E.N. Berntson, is confident that this year will be even bigger as a crowd of approximately 20,000 is anticipated.

Numerous flying performers have been invited. Some of the list includes the Skyhawks, USAF Thunderbirds, Snowbirds, F-16, F-14, F-15, F-111, F-106, Tornado, Harrier, CF-18 not to mention the military

aircraft based at Comox. Of course, civilian performers such as the Ray Ban Golds, Bud Granley and his Miss America, and Bill Teague and his RCAF Tiger Moth are also among the "sought after" list. Although there are few confirmed participants at this time it is expected that a large majority will be present in order to provide a thrilling afternoon of aerial displays.

What would an airshow be without a variety of static aircraft along with the associated ground displays? The C.I.A.S. will have a

flight line full of unusual and exciting aircraft -- both military and civilian. Numerous hangars will be chock full of ground exhibitions. One of the more prominent displays will be a tribute to the 60th anniversary of the RCAF, premiering at CFB Comox prior to its tour of the PNE and CNE.

1984 promises to be a banner year for CFB Comox. The C.I.A.S.'s objective is to ensure that first class all-round entertainment will be provided. Without a doubt, there will be something interesting for everyone in the family.

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Section News



Nighthawks Nest

Well another year has come and gone and as usual a good time was had by all. It marked 409 Squadron's last Christmas and New Years in Comox Valley which no doubt put smiles on the faces of the local granola folk yet brought a sentimental sigh from the valley's more realistic residents. However, far be it for the Nighthawks to let their last December in the area slip silently by without the fanfare the occasion deserved.

The month started amid various separate Christmas parties for the NCO's and officers at their respective messes. Although the combined mess wasn't levelled, which indicated a rather toned down celebration compared to the norm, definite cracks were discovered in the foundations which were evidence of an 8.3 rated party on the Richter scale. The officers' get-together, which thanks to the presen-

ce of our 416 counterparts who magnanimously stood the QRA on the night involved, enjoyed perfect attendance, was highlighted by the efforts of the 409 officers' wives who each prepared a somewhat insightful limerick or other poem about their respective mates (already legally bound or otherwise) and who as a group performed an original play celebrating the "joys of Christmas". A touching combination of drama and comedy the play seemed to have been inspired by such unforgettable classics as "Santa Claus Conquers the Martians", "Rudolph the Red-Nosed Reindeer" and "Bambi Meets Godzilla". Closing with rave reviews from the audience (the mates who have to live with them for the rest of the year) the extravaganza was a great success, entertaining the performers every bit as much as the audience. The evening was con-

cluded with mid-morning cocktails and jalapeno egg-in-the-holes at the home of Bernie and Irene Hughes.

Barely had the cloudy minds begun to clear when everyone at 409, with the exception of those in the QRA, took over Comox's Loft Cabaret for the annual All Ranks' Christmas Party. The All Ranks' Fund Committee once again outdid themselves and should be thanked for their efforts. With a cooperative and versatile band which played well into the wee hours of the morning the party proved to be outstanding, so outstanding it was a good thing the buffet meal provided was excellent as that little extra in the tummy proved beneficial when the festivities were in full swing. Special thanks go to Col Dobson, the Base Commander for being a special guest. The Colonel is one of the most talented public speakers around and his delivery tends to be

highly entertaining.

Sergeant Don Buchner led a clean-up party the following morning, which he topped off with a little get-together at his home for the workers. The copious quantities of eggs Benedict, eggs de-la-mer, champagne, Ceasars and eggnog left his house messier than the Loft with the semi-conscious bodies of the clean-up crew strewn about the living room and kitchen for the remainder of the day.

Too few working days separated the All Ranks' Party from the Main's annual Christmas Caroling Party. The choral group gathered at the Main residence around the dinner hour on the 22nd of December (the day most people write their Christmas cards and start their shopping) to be met at the door with a hearty handshake and a hot cup of wassail. After a warm up period where hot liquids massaged those parts of the throat required for singing, the group was ready for its first song of the evening which was at the residence of the Base Commander who quickly invited us in for a drink to ward off the nights cold air, before we were able to launch into another carol. The second stop of the evening was at LCol Bernstein's house where once again we were persuaded to imbibe rather than sing. Third and last on the list of houses to carol was that of Brigadier General McNichol (ret'd). It was at this point that someone told Mel Ferraby that the "Cowboy song" wasn't a Christmas song at which point he switched to the same carol as the rest of us, the result of which pleased the General so much

he requested us to sing another before asking us in for a cup of holiday cheer. Once the bagpipe music started to play the group realized it was about time to move on and reassembled at the Main residence for a nightcap and a snack. The evening was a thoroughly enjoyable occasion marred only by the fact that we won't be here to repeat it next year.

Things quietened down around Christmas with a large percentage of 409 on Christmas leave. The QRA of course occupied a number of us over the period but with a few decorations, some special food, and enough toys from Christmas to keep occupied, a minimum of psychiatric help was needed. Kaz Oreziak was the only person who was noticeably disregarded by Santa Claus. He and the other crews that share the Q requested he be given the world's largest umbilical cord so that he could stay attached to his PMQ without tying up the phone line for six to eight hours a day with countless phone calls home. It seems he wasn't a good boy in 1983 so Santa ignored our letters.

New Years celebrations began at the home of Trev and Suzanne Kennedy (whose hospitality reflected their days in the Saguenay Valley of Quebec where there was nothing better to do) and were enjoyed by all who attended. The crews who weren't away on New Year's leave or in the Q celebrated the occasion at the Officers' Mess and/or Tim Strocel's newly rented house. The party at the mess proved a little sedate for the 409 members who after paying homage to those sober

souls in the Q travelled en-masse to the Strocel fete. Out of town guests encountered in the aftermath of an obviously more typical 409 bash were Barry and Jan Kennedy and Bob Slack. After finally satiating themselves on an abundance of food, drinks in the hot tub and sauna, and an evening/morning with good friends, the party broke up at about 0530 hours.

Since the beginning of the New Year the squadron's been busy writing the annual Aircraft Operating Instruction exam, losing those extra Christmas pounds and avoiding members already infected with the annual January flu and/or cold. Other news of note is that Eric Matheson is in Winnipeg on the ICP (Intelligence Check Program?) course for a few more weeks. The ICP course also doubles in the Manitoba winter, as a local weather appreciation course. Other noteworthy news is that the Nighthawks Nest author is alive and well in spite of all the death threats that resulted from the last issue of the Totem Times.

★★★★★★★★★★

Attention Military Memorabilia Collectors!

Except for a limited quantity of stock reserved for sale at next summer's reunion, 409 AW (F) Squadron will not be ordering more stock unless warranted by demand. Therefore, anyone wishing to purchase crests, pins, tie tacks, shirts, etc. should do so as soon as possible as this may be the last opportunity.

Contact Capt T.J. Jongerius, local 2409 for further information.

★★★★★★★★★★



Demon Doins

Well here it is, the holiday season is finally finished, and now our livers and bloated stomachs are finally getting a chance to recuperate. Everyone is finally back from leave; whether it was on time or not is another story still pending. At least everyone had a safe holiday. Now to weed through this pile of work that has back-logged since the festivities began.

The squadron would like to welcome home Mike Sparks and crew from their Port Hardy Det. Apparently Mike was the advance party to do a recon on the local area, in case the squadron got some more away trips to exotic spots. Mike said that Port Hardy had a lot to offer in the way of exotic things.

Speaking of exotic places, Crew 5 was chosen at the Officer's Party to attend the AJASS Course in Sydney, Australia. However, they seem to be keeping a low profile about it these days. Word has it that crew members are taking extra precautions of not walking the streets late at night or being very wary of underground parking lots. Anything that would prevent them from going down under. What does Crew 6 have to say about the whole trip??? - that's nice!

Standards has a new member amongst its ranks these days. The infamous "loudspeaker" Larry Hickford, complete with long hair and verbal abuse, has joined the Squadron Standards Section

hopefully being the last newcomer to the hallowed halls. Anymore and we'll be tripping over each other.

Crew 7, not to be confused with the Infamous Christmas 7, should be congratulated on their Open House at the RCAFA, complete with Moose Milk and copious quantities of "Moose-is-Loose" beer. It was a joyous occasion preparing those who attended of what lay ahead during the Christmas festivities. Well done Moosemen.

The squadron says goodbye to Frank and Valerie Burke who are off to 435 Squadron in Edmonton. Make sure you have a warm parka, Frank.

That's it for this week folks. Good hunting.

The following is a list of prizes won by squadron members at the All Ranks Christmas Party. Many thanks go out to the local merchants who donated door prizes for the occasion.

1. \$25 gift certificate from Super Valu, Comox - Lt Stecum,
2. \$25 gift certificate from Goods Groceries, Lazo - CWO Hawkins,
3. \$15 gift certificate from Bobby's Deli, Comox - MCpl Dionne,
4. \$15 dried flower arrangement from Comox Valley Flowers - WO Ronayne,
5. \$10 gift certificate from Inkwell, Comox - WO Whynot,
6. \$10 gift certificate from Mac's Store, Comox - Darlene Hoeg,

7. \$10 gift certificate from Comox Sound Centre - Mrs. A. Code,

8. 5 rolls of kitstar film from Kits Camera, Comox - WO Thibodeau, and

9. 1 oil filter from Comox Auto Supply - Sgt Nichol.

We also send out our appreciation to Arnold's tree farm for providing an illustrious Christmas tree.

CHEAP SHOTS FROM OPS

The festive season has come and gone, and along with it all the parties, good wishes and next day headaches. Things are finally back to normal.

We had a very successful Ops Party organized by the Ops Financier, Capt Pat Murphy, right down to an excellent dessert of banana cream pie. The party didn't get the desserts but rumor has it that a great sale was held the next day on Orchard Park Drive by the dessert thief. (We can't mention her name.)

Capt Kruger was at the party which proves he does read the Base newspaper as he did call in for his messages.

Capt Todd was somewhat confused as to what was proper attire and showed up in dress-of-the-day. The boy needs a little more O.D.

The CO was very generous with his gifts to Ops this year; they were in the form of one liners to PERs. Capt Worden's was a dandy, something about following due to idle curiosity. Capt Pasanen's is not yet fully integrated into Ops as he left early to attend a Crew 7 party. Lt Foster was there in full bloom and promises to bring his computer Ops to the next one.

If there was a prize for dancing, there is no doubt the Techs would have won. They are certainly light (on their feet).

The next Ops party will include festivities which all can participate in, not only ones that are shoe-ins for pilots of slight build and less than medium height.

Maj Crawford received his Aerobics Award for achieving 7,000 miles. At 8 miles an hour, you can well imagine whatever you can imagine. Well done!

Maj Nunn is still contemplating mile 1, not as well done. See you next time.

VP407 SAMO SECTION NEWS SUB-NEWS-AMCRO

The holiday season is over and things are back to normal (if things are ever normal in the upstairs portion of the SAMO organization).

The big event of the season had to be Bob and Dianne Earl's tax deduction which arrived in the form of a beautiful baby girl during the early hours of December 29th.

Congratulations to all concerned. We know you would do anything to save money Bob, but you almost missed on this one didn't you? We also understand that three more tax deductions are planned for the future (I wonder who told me that).

Something must have happened in the Lockheed office as we noted during the holiday season that Dennis had a smile on his face continually.

Don enjoyed the holiday in Edmonton and the unplanned stop over in Vancouver. I gather that Terry spent some of the same period playing with ADAM.

Maj Caddy found out what it's like to be stationed near your relatives. I understand that he had company for most of the holiday season. During Christmas and New Year's, we introduced a new game called "Musical SAMOs". The Caddy household proved that you can eat off a ping pong table if the size of the party warrants it, but just be careful when you ask someone to pass the buns.

It's good to see that Bill's Grace is back on the mend after her argument with her car, but bad to see that we are going to lose Bruce to our Photo section. Their gain is our loss. Our social events just won't be the same without you Bruce.

DIAC MAINT/TRAINING

Another year has passed us by (much too quickly), our resolutions are made (only to be broken) and we all wonder what 84 will bring.

For certain, in the DIAC training department, it's another FTAS Phase A course commencing 04 January. This is the course that seems to leave such a large gap in the maintenance section. Our boss still hasn't figured out why the instructor, trainee ratio is at least 2:1.

The new year also brings a new body to our organization, Pte Mark Adam, who will be properly initiated into this section by attending the DIAC FTAS course which started 04 January. Sorry MWO Keryluk, for a moment it seemed we had a new warm body for your maint organization. Perhaps after the FTAS course has been completed you'll have another fully qualified tech, after two more DIAC courses that is. This means Mark should be available in about a year or two for all DIAC maint/training duties.

As far as it has been determined, all DIAC personnel have survived Christmas and New Year's. One member is however an uncertainty, Jean Louis who is still missing in action (on leave) somewhere in

Quebec. Cpl Cloutier and two friends drove to St. Jean in his shag wagon without chains. Good luck crossing the mountains John.

SERVICING

With the holiday hangovers behind us, we in Servicing have prepared a list of New Year's resolutions. Many of us have laid aside our cigarettes and booze, but it was unanimous to make the resolution of looking ahead with hope and never looking back again.

Looking back, 1983 was a fine year and the Christmas festivities were no exception. Although two crew was not able to make much of a showing at the squadron's Christmas party due to a late night shift, the crew party went off without a hitch. WO Lyle commented that the head count at the party surpassed all records.

The entertainment, arranged by MCpl Punch Nahu, Cpl Roy Campsall and Pte James Knaus, was superb. The exchange of gifts during the festivities was in true Servicing style. MCpl John Huggill received an assortment of gifts from his girlfriend in Pago Pago. The sentiment of the gifts brought tears to his eyes.

We are all hoping that the spirit of Christmas can remain with us throughout 1984 and in this spirit we would like to wish you all as much strength as the bunch from

Servicing to uphold your New Year's resolutions.

PHOTO SECTION

To all readers of "Demon Doins" a happy New Year's wish from everyone in the Photo shops. This round of festive season parties is now over. We all enjoyed the party at 407 Squadron Armament. We learned to read Chinese numbers at a party at Bob Bourne's house and Mike Valiquette learned all about the three man lift.

Best wishes to Cecile Cousineau in her new life as a civy. She will be missed around here.

Others are just coming back. Rod Cando is rejoining the real world after a full year learning French. The question now is, will he remember how to speak English? Doug Price is back from a course in Loury AFB, Col. Had to come back to Comox just to get warm again. Steen Larsen finally got a trip; good things are always better when you have to wait for them. Welcome back to Photo, Bruce Walls. He's coming back after a three year stint in Log Control. Anyone looking for Prawns?

Word has it Bob Bourne got himself a new garage door opener - his wife quit doing it. We're all awaiting the middle of the month with baited breath for the visit of the career manager. After all, the posting season isn't too far off now is it.

R.G.F.

OFFICERS' MESS

Fridays, January 13, 27

REGULAR TGIF'S: 1600 - 1700 hours. Food as indicated, 1700 - 1800 hours. Free taxi - ask at bar.

January 13 - TGIF HAMBURGERS
January 27 - TGIF FRENCH MEAT PIE

Thursday, January 12

RETIREMENT MESS DINNER: Retiring Officers: Maj W.M. Gladders; Maj P.W. Pellow.

Wednesday, January 18

WINE TASTING - MIXED FUNCTION: 1930 for 2000 hours. Maj John Challender presents B.C. Wines. Bring your "Nose" - and a date - to taste a selection of fine wines. Reservations for this mixed function should be telephoned to your Telephone Committee member or to 339-7267 by 13 January. Cost is: members \$2 and guests \$3.

Friday, January 20

FRIDAY NIGHT DANCE: Come out and dance to Vancouver's "Second Wind". CHICKEN IN A BASKET will be served from 1700 hours to 1900 hours. Dress is casual. No reservations required.

COMING EVENTS: FEBRUARY 1984
23 February - Mixed Retirement Dining-In

Section News

BADO Burlblings

Trying to get the word out would appear to become more and more difficult. One would think that with the modern communication equipment including a Base Wide loudspeaker system that it would be easy to keep people informed. It is becoming increasingly obvious that even Routine Orders are often ignored or perhaps selectively read. What I find even more amazing is the number of give away, free items and facilities that are ignored. Yes, we regularly publish deals of a lifetime which cost absolutely nothing and which represent a large cash donation. I find it difficult to understand how anyone can pass up this sort of offer that can be valued at many thousands of dollars.

Let me give you one example. It concerns the maintenance repair and protection of what can be considered a vital part of your body. For those whose interest I have sparked - relax - the part or parts concerned are above the waist. What I am talking about is your pearly white teeth. Military personnel certainly get a deal as regards to their choppers. The CF is prepared to enrol us with a mouth full of decayed or missing teeth. Long gone is the day when you had to have at least two front teeth upper and lower so you could bite the bullet. Remember

reading about the cartridge with pigs grease in India that caused so much conflict. In those days you to bite the bullet to prepare it for firing. Perhaps the infantry still do, but then one rarely sees a Pongo smile so one can not be sure if they have teeth or not. Anyway, let's get back to my deal. Once enrolled, the CF provide you with handsome and charming dentists with even more delightful and lovely assistants and hygienists who, with your cooperation, are prepared to get you dentally fit. Your smile will dazzle the opposite sex forever, or if you are so inclined, you can gnash your teeth rather than your gums. All they ask, is for you to report regularly to their little social centre close to the Base Hospital. Once there they will painlessly tap, drill, pull, scrape and polish to your heart's delight. You're kidding, you say - but believe me, today's dentists no longer graduate from Madame Tussaud's torture chambers. They have had lessons in gentleness and kindness. If you do hear screams of anguish from the area, it could be from the Base Hospital. Aircrew officers can be just a little sensitive during their annual medical examination. It could also be the dentists themselves when they find that they have yet another "no

show". I find it hard to believe but there are people in this world that will give up a free gift that is not only valuable from a financial point of view but enhances one's appearance and is a sure fire asset when it comes to the more intimate relationships that most folk enjoy. The dentists even give those folks who make the effort to visit regularly priority when it comes to dental appointments. On the other hand, they give a cold drill to those folks who come in with a mouth full of decay just before release and expect to be fixed up. This can mean going out into the cold world and then having to visit the local city dentist. He is just as nice but he expects you to pay in hard cash. I don't have to tell those of you with dependents just how much it is to get their teeth fixed up. Those of us with older models find the maintenance costs go up over the years. I should know. My wife's dentist has a holiday in Hawaii each year at my personal expense.

So the moral of this story is that when you see your name in WROs for your annual dental check, look at it as a free gift. You have won a lottery and in this case, it is not a gamble. You are guaranteed a win every time. All you have to do is show up!

VU

Well, here we are, the start of the new year. With the new year comes new responsibilities.

Taking a look at the end of the old year, you'll all be glad to know that the Christmas party was a complete success, with everyone enjoying themselves.

With the end of the new year, came the end of another chapter in the history of VU33. The Change of Command Parade was quite a send off for Major Purcell. He has gone off to better things. With the new year comes a new CO, Major Owen. With him will come many new things. What they are, well, who knows, but whatever comes, it will definitely prove to be interesting.

Tim is away again. This time it's Cold Lake for a month. We're going to miss his expertise on the aircraft. Rumour has it that he's scheduled for the F-18; if this is the case, then we all wish him the best in the future.

I heard that a few of the guys got together and bought tickets on the 649 lottery. Well, better luck next time guys.

Well, I guess that's it for now. I certainly hope that everyone had a merry Christmas. The New Year I know will be a very good one.

L.J.C.



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a short joke, which reminds me of the time when, etc., etc.... Thanks go out to all those who helped to organize the festivities.

The Change of Command took place on December 19th. Several dignitaries and friends came to watch the ceremony and congratulate Maj Owen and Maj Purcell at the reception which followed. Maj Owen pointed out that it took him 5 months to convince Maj Purcell to let go of the reigns of VU33. Persistence was finally victorious over stubbornness.

One of Maj Owen's first decisions was to standdown the squadron to the lowest possible level between Christmas and New Years. Of course, there weren't any objections from us. However, he is probably just setting us up for the killer that is coming in the new year.

MCpl Pam Spracklin returned from Mexico on Wednesday where she spent her Christmas holidays. Now she is flaunting her suntan trying to make the rest of us jealous. It appears that the Mexican life style has rubbed off on her. She figures that she deserves a siesta after 1400 hours and is extremely reluctant to do any work. We've had to remind her that VU33's hours sometimes extend beyond her siesta time.

Well, that's all for now. Happy new year.

Base Supply

The powers that be have finally decided that the only way to get this article written near perfect is to let the MCpls write it. A wise but about to become an apparently foolish move on their part.

For our first order of business, congratulations to MWO Liz Mitchell and Sgt John Stacenko on their recent promotions. John now qualifies for top billing in a Cheech and Chong movie. Liz can now order hubby Wayne to make his own supper. Rumor has it John must have connections high up from the looks of recent political letters he's been receiving.

Cpl Dianne Earl and Robert had a 7 lb 9 oz tax deduction named Nicole on 29 December 83.

The Welcoming Mat is rolled out to Cpl Jack Picard and family who have just been posted in from the HMCS Provider in Esquimalt. When not on hockey practice you will find Jack in MIS with Capt Highliner (Darrell Sears).

Now for the good stuff. The Annual Kris Kringle Party held at R & I was a resounding success with the arrival of Santa (Bob) and Mrs. Liz Kringle and their little elf Lorena. Gifts were exchanged and as a result Capt Jack Gibson now spends his day with his decision maker while Donna Middlebrook plays bowling for dollars.

The annual SNOWBALL held on Boxing Day resulted in the Major being dragged away from a Trivial Pursuit Game he probably would have lost anyway. I heard the next day that a collection was being

taken up from neighbours in the PMQ area so Supply can have singing lessons. Who was the unrelenting party that wouldn't open the door or bedroom window?

While the old year rang out and the new in there is always someone in every crowd who gives up their "bad habits"; i.e. smoking. Gail Harvey alias "Phlegmatic Paper Pushing Pecker" has been heard to say, "Who has been eating my jelly beans", and Marian Dicks saying "Well I've cut down anyway!"

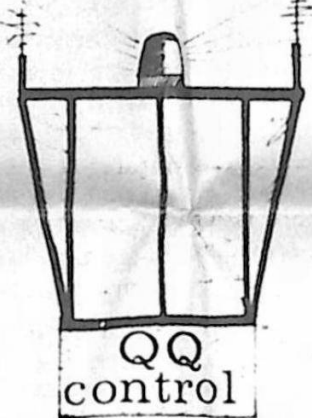
Hard hats will be issued to the staff of CSS until the withdrawal symptoms have receded.

Meanwhile over in 5 Sup Gp Pte Chantell Aube has decided to quit chancing White Knuckle Airlines and has moved her boyfriend to the Island. Now if the Malahat stays clear we may see more smiling from Sgt Jim (why me?) Hume.

Right hand man John Clarke is tempting fate and trying out his new motor home on a trip to Mexico for a well deserved holiday. By the way John, I hear Mexico is having its coldest winter in history.

On the lighter note: Doc informs us that Pte (leave it to Dan) Martin has been awarded the December "Screwball Award". Is Cotton's face really soft as a baby's bum? Has Herr Dave Jones' German improved? Is it true MWO Wayne Bowerman received the turkey award? Will Pte Christine Couture really get married? Does Hutch really have the "In-law" syndrome. And is MCpl Cotton going on a 5 day Pencil Sharpening course?

As The Beacon Turns



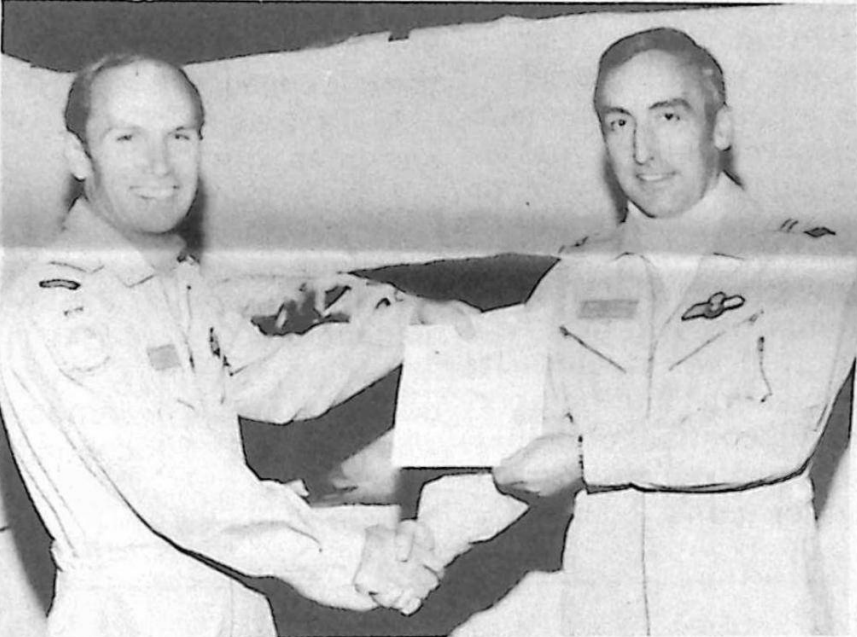
Happy New Year from Comox ATC. I hope everyone had a good holiday but now it's back to the ol' grindstone, again. There wasn't much change in the ATC section over Christmas, but...

Congratulations are in order for Peter Merkel and Doug Crumback. (Did I spell it right, Doug?) Peter was promoted to Captain on December 18th and graduated from the ATCO ADVANCE Course on the 22nd of that same month. He's not staying around too long, though, he's off to Trenton for the TRACS course on the 16th of January. When he gets back he'll be checking out in Terminal. Doug Crumback was also promoted. Doug received his MCpl's in December. He's a qualified PAR Controller and is also the Policeman

on the ATC Hockey team.

A few posting messages were sitting on the BATCO's desk when he came back to work in the New Year. MWO Ross Hartwell is off to CFB Portage La Prairie as Senior Radar Controller. Sgt Mitch Claveau is also leaving us; he'll be going to ATCCU (Mobile Quad-radar) in Trenton. He'll be able to go to such enjoyable places as Wainwright and Alert. What a lucky guy? Big John Schrauwen is also leaving - he's off to CFB Ottawa. All those parents who have daughters living in this area can now breathe a sigh of relief - the girls are safe for another year.

As for myself I'm on my way to Cornwall for the ATCO ADVANCE course with my buddy Russ Smith. As for my article, Lt Sue Hyslop has graciously accepted this



Maj Purcell congratulates Maj Howlett (recently promoted) for having completed 4,800 miles. This is his fourth level to his Physical Fitness Award for Aerobic Excellence.

responsibility and will be writing the next report from QQ control. Sue Cathy Baker and Pte Greg Alton next report from QQ control. Sue luck on their upcoming TQ3 course. was heard to say her new format will consist of famous ATC recipes and news about sewing. Should be real interesting. Congratulations to Cpl Konrad Ostner for successfully completing the TQ5 PAR course. Welcome home, Daddy.

I would also like to wish Pte

P.A.

WOS' - SGTs' MESS

January 13
MIXED TGIF, DJ, Food, 1900 hours.

January 20
TGIF, Food, Games.

January 21
DJ DANCE, 2100 - 0100 hours, Munchies, \$2.00 couple.

January 27
TGIF, Food, Games.

January 28
WINE & CHEESE, 1900 - 2100 hours.
DJ, 2100 - 0100 hours. Casual dress.
\$5.00/couple. Tickets at the door.

Sports

January 13, 20
TGIF, Games at 1730 hours.

January 27
MIXED TGIF, Games at 2000 hours.

February 4 & 5
SNOOKER TOURNAMENT at 1000 hours.
Register in mess for details.

JR. RANKS' MESS

JANUARY 1984						
SUN	MON	TUES	WED	THURS	FRI	SAT
	2	3 Special Ent.	4	5 Special Ent.	6 D.J. TGIF CRIB	7 D.J.
	8	9	10 Special Ent.	11 Special Ent.	12 DJ NINE TONIGHT TGIF: DARTS	13 DJ NINE TONIGHT
	15	16 Special Ent.	17	18 Special Ent.	19 *BAND* CHAIN GANG TGIF: Euchre	20 *BAND* CHAIN GANG
	22	23 Special Ent.	24	25 Special Ent.	26 D.J. MAC TGIF: Crib	27 D.J. MAC PUNKER'S NIGHT
	29	30 Special Ent.	31			
SNACK BAR: 339-4333 — Special Events —						
BAND: "CHAIN GANG" - 20 & 21 January PUNKER'S NIGHT: DJ Mac - 28 January \$3.00 per person \$1.00 (without costume) Rock band from Victoria FREE (with costume) 2100 - 0100 hours						



Maj John Finn, BSupO congratulates Cpl Shelly Watson on her accelerated promotion to Cpl.

Editorial

What's in store for '84?

Here we are at the steps towards disar-
beginning of a brand new mament? Perhaps the an-
year. The Christmas swer lies within ourselves.
decorations are all put You may think that there is
away and there is an urge little we can do, as in-
to get busy on all those dividuals, but I don't agree.
projects which we have I believe if everyone would
been procrastinating try to be a bit more tolerant
about for so long. (We'd of other people, the world
better get busy because would become a better
we don't have much time place in which to live.
to get them done before Incidentally, it's that
spring fever sets in.) How time when we resolve all
does the old saying go, sorts of impossible things
"Older and wiser"? There to improve our lives. I don't
is no doubt that I'm older, usually make New Year's
but I'm not so sure about resolutions; not because I
the wiser part. If I were don't need improvement,
wiser, I wouldn't have but because by the end of
spent so much on Christ- January, they would be
mas. In any case, Christ- broken anyway. This year
mas was a very nice win- will be different. I have
dup to an interesting year given it a lot of thought,
which saw the first U.S. and I guarantee I won't fail.
woman in space; the end Most people who fail to
of M*A*S*H; Australia II keep New Year's
win the Americas Cup; the resolutions do so because
onslaught of the AIDS they pick things which are
epidemic; U.S. and French humanly impossible. My
troops killed in Lebanon; resolutions are difficult,
the New York Islanders win but not impossible;
the Stanley Cup for the therefore in 1984 I resolve
fourth straight year; that:
submarine sightings off Nor- 1. I will not take part in
way; the gradual recovery the annual St. Lawrence
of the U.S. economy; the seal hunt;
first successful 2. I will not smoke. (I
mechanical heart; the quit 30 years ago, so I
downing of a Korean should be able to hang in
airliner by the Soviet air there for one more year);
force; and the home com- 3. I refuse to go out on
puter revolution, just to any dates with Bo Derek;
name a few of many impor- 4. I won't drink any more
tant events. (and probably not any
less); and
But now is the new year, 5. I will not enter the In-
and it's time to look ahead dianapolis 500.
to what the year may hold Having set my own
for the world and its goals for 1984, I wonder
people. Will there be con- what the rest of the world
tinuing conflict, or a chan- will do.
ce of peace? Will there be
further arms buildup, or
Happy New Year! J.S.G.

Letters:

To the person who stole the Christ-
mas lights from our P.M.Q. yard:

Each year I take much pride in
contributing to the Christmas spirit
by putting up lights and
decorations. It is truly unfortunate
that a thief such as yourself thinks
nothing of ruining that spirit for
myself and others.

I hope that you had a happy
Christmas this year. With behavior
like yours, you certainly won't have
too many happy things to look for-
ward to.

L. Merkel

Edmonton Sea Cadets to hold reunion

Royal Canadian Sea Cadets
Corps "Warrior" will
celebrate its 45th anniversary
in Edmonton during 1984. A
reunion of all former cadets,
officers and Navy League of
Canada associates will be held
to coincide with the Corps'
annual inspection, during the
Victoria Day weekend in May,
1984.

For more information, con-
tact Ann Blakely, 11319 - 56
Street, Edmonton, T5W 3S5,
or phone 479-5079.

Do you solve the small problems in your MQ?

The prime purpose of a CE Sec-
tion on a flying base is to "keep
flying operations operational".
However, we are also here to keep
your aging married quarter main-
tained to the best possible standard.
This is no easy task and takes more
resources each successive year. If
you help us out by solving the small
problems in your MQ; ie, tighten
screws on cupboards, doors,
windows, receptacles, etc, oil that
hinge, reseal that piece of trim --
and the like, we of the CE Section
will then be able to concentrate our
efforts on the larger or more com-
plex tasks. Don't be afraid to use
your hammer or screwdriver on
"small problems". Don't get us
wrong, we are here to maintain your
MQ and will do our very best for
you. Thanks for helping out!



Services held for Major Cam Bernard

Major Cam Bernard, a member
of 407 Squadron, died on 12
December 83 of congestive heart
failure. He was 43 years old.
Funeral services were held at the RC
Chapel on 16 December 83 with
Padre Rheault presiding. The
funeral included a eulogy delivered
by the Base Commander and an
Aurora flypast. A brief reception at
the Officer's Mess followed.

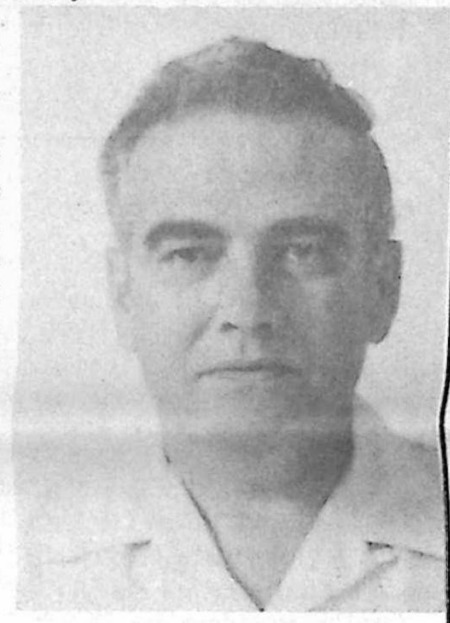
Maj Bernard was born in Edmon-
ton and received his schooling in
Bowness, Alberta. He joined the
RCAF in 1957 and underwent
navigation training prior to being
posted to CF100's with 419
Squadron in Baden Soelington,
Germany. He returned to Canada in
1963 and served briefly with 405
Squadron in Greenwood before
being released on the '500 list'.
Upon re-joining the RCAF in

1967 Maj Bernard served tours in
Summerside with 415 Squadron and
MP & EU. His only ground tour,
recruiting in Edmonton, took place
between 1975 and 1978 and was
followed by a posting to 407
Squadron where he served until the
time of his death.

Cam Bernard brought valuable
experience to the job and served the
squadron well in several capacities.
He will be remembered for his down
to earth approach, his ready sense
of humor and, above all, his
professional competence.

Cam's wife, Nora, is the
proprietor of the Comox Coffee
Shop and will remain in Comox. Of
his four daughters, two help with
the family business, one is married
and residing in Victoria and one is
continuing her education in Toron-
to.

Maj Bernard was a popular mem-
ber of both the military and civilian
communities. He will be missed by
many.



Next Totem Times Deadline - Monday, January 23, 1984



Law Talk

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

Impaired Driving

The first of three articles on im-
paired driving.

If you drive while impaired, you
are 19 times more likely to become
involved in an accident. And,
besides the safety risk you pose to
yourself and others, the law
provides for criminal penalties
which, each year, become more
severe.

The driver who drinks may face
one or more of three serious
criminal offences. In this article
we'll look at the offence of impaired
driving. You may be found guilty of
it if your ability to drive is impaired
through the use of alcohol or drugs
or a combination of both. When the
police stop a driver, they will look
for signs of impairment such as
slurred speech, red eyes or the odor
of alcohol. Often they will slyly ask
the driver to walk over to the police
car to retrieve his or her license and
observe the way the driver walks for
signs of unsteadiness.

Sometimes the police ask drivers
to perform physical tests, such as
walking heel-to-toe or picking a coin
up from the ground. You are not
legally required to perform these
tests and you may politely refuse to

do so. Refusal to cooperate,
however, may only confirm an of-
ficer's suspicion that you are im-
paired.

A driver is only required by law to
provide his or her license, insurance
card, name and address. Ace Hen-
derson, a B.C. lawyer who often
defends impaired drivers, says,
"You don't have to say anything
but, if you don't, the officer may
conclude that that in itself is a sym-
ptom of impairment. I've seen this
happen many times."

If the officer has a reasonable
belief that you are impaired, he or
she may demand that you submit to
a breathalyzer test. It is an criminal
offence to refuse to provide a breath-
sample unless you have a reasonable
excuse for doing so - we'll look at
this offence in more detail in the
next article in this series.

The police may also ask you to
perform some physical tests in front
of a video camera. The videotape
may then be used in court as evi-
dence. According to the police, many
accused people simply plead guilty
to avoid the embarrassment in court
of seeing themselves drunk on
screen. Henderson says, "There is
no legal impediment to the police

filming a person who is under arrest
whether or not that person wishes to
be filmed." But, he says, you are
not legally required to perform any
tests in front of the camera and may
politely refuse to do so.

If the police charge you with im-
paired driving, the prosecutor must
prove beyond a reasonable doubt
only that your ability to drive was
impaired. It is important to note
that you do not necessarily have to
be in the act of driving to be liable
to this charge. If the police find you
sitting in a parked car in an im-
paired state, they may decide that
you intend to drive; they may charge
you with the offence of being im-
paired while in the care and control
of an automobile.

At your trial, the police will
usually give evidence regarding your
behavior from the time they first
observed you. They may testify, for
example, that you were driving
erratically, had a dishevelled ap-
pearance when questioned, etc.

For your part, you may wish to
take the witness stand in order to
explain your behavior. You may
also call your own witnesses for that
purpose.

The penalties if you are found

guilty are tough and getting
tougher; according to Henderson,
"Judges are giving heavier sentences
each year, particularly around
Christmas."

If you are found guilty of a first
offence, you are liable to a fine of
\$50 to \$2000. The average fine is
between \$400 and \$700. In addition,
your driver's license will be suspen-
ded for at least six months. (The
federal government is considering a
proposal which would result in a
life-time suspension if the impaired
driver has caused an accident.)

The penalties rise sharply for
repeat offences. If you are found
guilty of a second offence after an
official warning, the judge must
send you to jail for a minimum of 14
days. Likewise, for a third offence,
the judge must imprison you for at
least three months.

Keith Hamilton of the B.C. Bran-
ch of the Canadian Bar Association
says, "If you are charged, I strongly
recommend that you at least talk to
a lawyer and get some initial advice.
Then you can decide whether you
want to hire a lawyer to represent
you in court."

NEXT: refusal to give breath
samples.



Dear Staff of the Totem Times,
Thank you for the Christmas
Wishes. It was a surprise I'm going to
save part of the 5 dollars and spend
some for Christmas presents. I have a
savings account at the Bank and I put
half of my delivery money into it.
Have a Merry Christmas and a
Happy New Year.
Thank you
Christophe Laurson

TOTEM TIMES

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Gens Du Pays

Message de la Gendarmerie Royale du Canada

J'ai le plaisir de vous informer que la Gendarmerie Royale du Canada en Colombie-Britannique a terminé le premier volet de la mise en oeuvre de son programme des langues officielles.

Nous avons déterminé que 35 détachements ont une demande importante de services dans la langue officielle minoritaire, et 92 postes ont été établis afin de permettre à la population de s'adresser à des employés bilingues lorsque leurs services sont exigés. Vous trouverez ci-joint la liste de ces détachements.

J'invite la population francophone et vous-même à utiliser la langue officielle de votre choix lorsque vous avez besoin de nos services à l'un ou l'autre de ces détachements. Si le membre de la G.R.C. ne peut parler la langue officielle de votre choix, il fera appel à un autre employé compétent en la matière. Il pourrait y avoir un certain délai avant qu'un membre bilingue soit disponible; cependant, veuillez croire que nous nous engageons à fournir ce service aussi promptement que possible.

Si vous ne pouvez obtenir nos services dans la langue officielle de votre choix, veuillez en faire part au chef de votre détachement local de la G.R.C. ou communiquer avec notre coordonnateur aux Langues officielles à Vancouver, au numéro 264-2915.

Le Commandant de la Division "E"
(Sous-Commissaire T.S. Venner)

Plan des Langues officielles de la G.R.C.

La G.R.C. a déterminé qu'il existe une demande importante de services bilingues en Colombie-Britannique dans 35 détachements.

Il existe une demande importante dans la zone de compétence d'un service lorsque:

1. la population réunit une proportion de 3 p. 100 ou plus de personnes qui parlent la langue officielle minoritaire,

ou

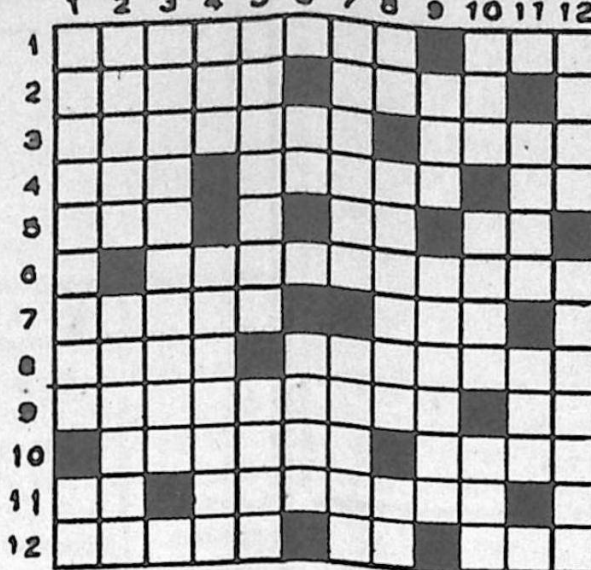
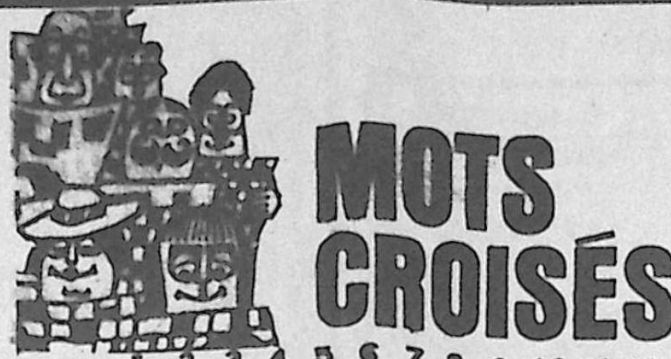
2. la population réunit une concentration de 500 personnes ou plus qui parlent la langue officielle minoritaire,

ou

3. on prévoit une demande de service dans la langue officielle minoritaire de la part des voyageurs, p. ex. aux aéroports nationaux et internationaux, sur la Transcanadienne et les autres grandes routes principales ainsi que dans les parcs nationaux.

Voici la liste des détachements Designes,

Patrouille routière d'Sumas, Burnaby, Chilliwack, Coquitlam/Port Coquitlam, Patrouille routière de Port Mann, Patrouille routière de Deas Isle, Richmond, Surrey, Aéroport international de Vancouver, Quartier général de Vancouver, Aéroport national de Victoria, Colwood, Nanaimo, Port Alberni, Courtenay, Powell River, Princeton, Penticton, Oliver, Osoyoos, Kelowna, Patrouille routière de Kelowna, Vernon, Salmon Arm, Revelstoke, Sicamous, Kamloops, Patrouille routière de Kamloops, Merritt, Cassiar, Massett, Terrace, Prince George, Mackenzie.



PROBLEME No 328

HORIZONTALEMENT

1. Qui produit l'effet attendu - On y exerce son adresse.
2. Etoffe à reflet changeant - Déclaration.
3. Diras deux masses le même jour - Etoile de cinéma qui joue les rôles de femme fatale.
4. Canton suisse - Manière douce - Ressenti.
5. Qui sont à lui - Sert à lier - Pluriel.
6. Ecoulement d'un liquide goutte à goutte.
7. Prénom masc. - Adj. poss.
8. Prend le dîner - Prière.
9. Ne fais qu'apercevoir - Note.
10. Non réalisées - Préfixe qui sign. contre.
11. Lac des Pyrénées - Brisé de fatigue.
12. Conflit, tension - Connu - Double coup de baquette.

VERTICALEMENT

1. Attaque par surprise d'un élément ennemi en marche - Vieux oui.
2. Grand marché public - Sept de carreau au jeu de nain jaune.
3. Qui finit.
4. Colère - Soixantième partie d'une seconde (pl.).
5. Sûr - Baigne Louviers.
6. Fl. côtier de France - En forme d'oeuf.
7. Anc. forme du mot château - Prends une teinte rose.
8. En ville - Recouvris d'une couche d'étain - Dêvêtu.
9. La première femme - Considérât avec attention.
10. Ota la vie - Conifères - Partie d'une église.
11. Abrév. de mélodrame - Terme de tennis.
12. Qui a satisfait sa faim - Munira.

Mot de la Presidente

Comme c'est notre première édition de 1984, il me fait plaisir de souhaiter à tous nos membres et aussi à tous les francophones et francophiles de la Vallée de Comox une bonne et heureuse année. L'année 1983 a été d'un progrès lent mais certain. Je tiens à remercier notre secrétaire Diane pour sa dévotion et son bon travail, ainsi que les membres de l'exécutif pour leur participation et leur enthousiasme.

Mes espérances pour 1984 sont de rejoindre tous les francophones de la Vallée.

D'avoir plus d'activités d'aspect familial.

De recevoir une implication totale des parents de Programme-cadre, afin d'organiser des activités parascolaires sur un plan plus régulier.

Et enfin que tous et chacun développent une grande fierté d'être francophone en Colombie-Britannique.

Nous sommes maintenant à organiser notre Assemblée Générale Annuelle, où se tiendra les élections. Si quelques personnes sont intéressées à des postes de direction, ou à faire des suggestions; SVP Diane 339-5313.

Au plaisir de tous se rencontrer aux élections.

Marie-Paule Gregor
Présidente par interim

LA PROCHAINE REUNION DU COMITE MARDI LE 7 FEVRIER 7:00 P.M.

Cours D'Anglais

Une nouvelle session débutera le 18 janvier 1984, les cours se donnent au local Gens du Pays par un professeur qualifié du North Island College. Pour toute personne intéressée, svp contacter Nicole Valcourt au 339-6225.



CLUB:

"GENS DU PAYS"

PRESIDENT:	Mme Marie-Paule Gregor	337-5785
V.P. ADMIN:	M. Jean-Claude Rheault	338-0757
V.P. EXECUTIF	M. Jean-Charles Lemieux	338-8815
TRESORIER:	M. Serge Peters	Local 2403
SECRETAIRE:	Mlle Suzy Schmouth	Local 2313
INFORMATION:	M. Michel Labrie	Local 2448
SPORTS:	M. Richard Leblanc	Local 2494
DIVERTISSEMENT:	M. Serge Lalonde	Local 2250
EDUCATION	Mme Manon Bertrand	338-8729
CULTUREL:	Mlle Suzy Schmouth	
temporaire		

SECRETAIRE: Diane Senneville

Pour plus de renseignements, contacter une de ces personnes. CLUB GENS DU PAYS, BOX 213, LAZO, B.C., VOR

2K0. TEL: 339-5313. Le local est ouvert LUNDI, MARDI, MERCREDI, VENDREDI de 10:00 a.m. à 3:00 p.m., JEUDI FERME.

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Sports

Intersection Hockey Schedule

DATE	1800 HOURS	1925 HOURS	2105 HOURS	2230 HOURS
Mon 16 Jan	VU33 vs Firehall	Demons vs ATC	Devils vs Security	NO GAME
Wed 18 Jan	409 vs ATC	VU33 vs 442	Security vs MSE	NO GAME
Mon 23 Jan	Firehall vs BAMSO	ATC vs Security	VU33 vs Demons	MSE vs 442
Wed 25 Jan	MSE vs Devils	442 vs Demons	Firehall vs 409	ATC vs BAMSO
Mon 30 Jan	ATC vs 442	Security vs VU33	Demons vs Firehall	409 vs MSE
Wed 1 Feb	442 vs Devils	VU33 vs Firehall	ATC vs Demons	BAMSO vs Security
Mon 6 Feb	BAMSO vs MSE	Devils vs 409	Security vs 442	Firehall vs ATC
Wed 8 Feb	MSE vs Demons	BAMSO vs 442	409 vs Security	VU33 vs Devils
Mon 13 Feb	VU33 vs 442	Firehall vs MSE	Devils vs BAMSO	Security vs Demons
Wed 15 Feb	Demons vs BAMSO	Devils vs Firehall	MSE vs ATC	409 vs VU33
Mon 20 Feb	409 vs BAMSO	Firehall vs Security	Demons vs Devils	VU33 vs ATC
Wed 22 Feb	Devils vs ATC	BAMSO vs VU33	442 vs 409	MAKE-UP GAMES
Mon 27 Feb	Demons vs 409	MSE vs VU33	442 vs Firehall	MAKE-UP GAMES

TEAM REPS				
ATC	Lt Anderson	2423	Devils	Cpl Campsall 2417
409	Cpl Thibodeau	2245	Security	Pte Mahoney-Bruer 2218
VU33	Capt Flewelling	2240	Demons	Lt Gaboury 2308
Firehall	Pte Anderson	2250	BAMSO	Pte Wilson 2494
MSE	Cpl Thibault	2493	442	Capt Strachan 2556

Winter running

In most parts of Canada runners trade their shoes in for skis or take up an indoor sport, but on the West Coast runners splash along and races are still scheduled when the winter months arrive. CFB Comox runners are quite active in these races.

Maj Vic Howlett was able to win a 5.4 mile race in Powell River by two and a half minutes over the closest of the other 30 runners on the 16th of October, 1983.

Capt Nelson Hui, making up for lost running when aboard the Provider last summer, has run three full marathons in less than five months. After a 3:17:33 Victoria Marathon, he used the Richmond Marathon as a training run (3:40) to warm up to the Hawaii Marathon. In Hawaii he started at 0600 hours with the 10,000 other runners and finished approximately 1200th in 3:13. The temperature warmed up to 60° to 80° F at the finish. Meanwhile Maj Howlett ran a cold Seattle Marathon in which he ran a personal best time of 2:48:40, although he was hampered by leg cramps during the last quarter of the race due to the 45°-50° F temperatures.

In the local Fall series of five races, the November race was 10 km. Bob Ridgeway joined regulars to finish the course in 40:28 to place

21st overall and sixth in the Men's Open. Maj Darrel Newman after a long layoff finished in 47:35, 9th in Men's Masters and 34th overall. Maj Vic Howlett was second in Men's Masters and 6th overall. His time was 35:55. Sgt Gord Kehoe was fourth in the Men's Masters and 19th overall, in a time of 40:06.

In the December series race, Sgt Cyril Rodgers finished third in the Men's Open class and 19th overall. His wife finished first in the Premasters Class and 28th overall out of 46 runners. MCpl Barry Whillans, after numerous injuries of late, ran to a tenth overall and sixth in the Premasters. Maj Vic Howlett ran a personal best 53:54 for the 15 km course and with a last minute kick defeated John Crouch to finish first in the Masters category and third overall. This race result gave Maj Howlett equal points with Crouch going into the final race of the series, a 10 km race run on January 8th.

Two military runners collected trophies in the Comox Valley Fall Series of races. The series closed with a 10 km race on Sunday 8 January. The toughest fought battle of the series was between Maj Vic Howlett and Duncan Island school teacher, John Crouch. Their

Runners are now prepared to tackle the 1984 Vancouver Island Race Series.

Masters Division was tied going into the final races during which Maj Howlett led Mr. Crouch until the final kilometer. Sgt Cyril Rodgers captured 3rd in the Open Mens category by finishing 4th in the class in the 10 km race. His wife Janine won the Womens Premaster category of the series.

Second fastest military competitor was MCpl Barry Whillans who paced the lead runners for the first 3 km and then faded to 10th overall and 5th in the Premasters with a time of 36:31. Maj Howlett's race proceeded in a similar fashion as he lead the race at the halfway point but faded to 6th overall and second in the Masters category with a time of 35:16. Capt Nelson Hui finished one place ahead of Sgt Rodgers, 14th overall and 7th in the Premasters. Sgt Gord Kehoe finished 24th out of the 51 runners and 5th in the Masters division with a 43:44. Maj Darrel Newman stopped twice on the course with problems but still finished 39th overall. Pte Craig Tompkins finished in a personal best of 45:05 and 29th overall.

Runners are now prepared to tackle the 1984 Vancouver Island Race Series.

Intersection Volleyball

Round II of the Intersection Volleyball Schedule commenced Wednesday 11 January 84. A multi-round robin is being played with the finals scheduled for mid-March.

Personnel interested in playing intersection volleyball must register through the Rec Centre at local 2315.

Intersection volleyball has now been broken down into two leagues: an "A" league and a "B" league. "A" league games will be played on Wednesdays and "B" league games played on Thursdays.

Intersection Volleyball Schedule Round II

TIME	1130 HOURS	1215 HOURS
DATE	COURT I	COURT II
"A" LEAGUE		
Wednesday		
11 Jan	BTel0 vs Bldg 28	HQ vs Firehall
18 Jan	CE vs BTel0	Bldg 28 vs 407 Admin
25 Jan	HQ vs CE	Bldg 28 vs Firehall
1 Feb	Det 5 vs BTel0	Bldg 28 vs HQ
8 Feb	407 Admin vs Det 5	BTel0 vs Firehall
15 Feb	Firehall vs Det 5	
22 Feb		
"B" LEAGUE		
Thursday		
12 Jan	407 vs Security	VU33 vs Supply
19 Jan	Supply I vs 442	Security vs BTNO/AVSO
26 Jan	Supply II vs VU33	BTNO/AVSO vs 442
2 Feb	Supply I vs BTNO/AVSO	Security vs Supply II
9 Feb	442 vs VU33	Supply I vs Supply II
16 Feb	407 vs Supply I	
23 Feb		
1 Mar		

TEAM REP

BTel0	MCpl Lamb	2406	407	Lt Poulin	2536
Firehall	Pte Anderson	2250	BTNO	MCpl Parker (W)	2580
Det 5	Sgt Schueler	2446	AVSO	Cpl Dunsmore (W)	2287
HQ	Sgt Parker	2375	VU33	Capt Brown	2416
CE	Cpl Tracey	2374	Supply I/II	Pte Harvey	2509
Bldg 28	Cpl Campbell (W)	2263	442	Lt Strachan	2550
407 Admin	Pte Gauthier	2318	Security	Cpl Lowden (W)	2247



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CFB COMOX RESTAURANT GUIDE



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SOFT DRINKS • COFFEE & TEA
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NOW SHOWING - Thursday, January 12

— THIS WEEK —
THE SAME FEATURE AT BOTH 7 PM & 9 PM SHOWS

"THE BIG CHILL"
in a cold world you need your friends to keep you warm.

"Warning - Some very coarse language; occasional nudity and suggestive scenes." - B.C. director

Friday to Thursday - January 13, 14, 15, 16, 17, 18, 19

— THIS SHOWING —
THE SAME FEATURE AT BOTH 7 PM & 9 PM SHOWS

There's more to do in snow than ski.

"HOT DOG... The Movie" (Not yet classified)

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NOW SHOWING - Thurs to Thurs
January 12, 13, 14, 15, 16, 17, 18, 19

THIS SHOWING - THE SAME
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"SUDDEN IMPACT"

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- B.C. Director

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Open airway by lifting
neck with one hand
and tilting the head
back with the other
hand.



Pinch nostrils to
prevent air leakage.
Maintain open airway
by keeping the neck
elevated.



Seal your mouth
tightly around the
victim's mouth and
blow in. The victim's
chest should rise.



Remove mouth.
Release nostrils.
Listen for air escaping
from lungs. Watch
for chest to fall.

REPEAT LAST THREE STEPS TWELVE TO FIFTEEN TIMES PER MINUTE.
IF AIR PASSAGES ARE NOT OPEN: Check neck and head positions, CLEAR mouth and throat of foreign substances.
For infants and children, cover entire mouth and nose with your mouth. Use small puffs of air about 20 times per minute.
USE RESCUE BREATHING when persons have stopped breathing as a result of: DROWNING, CHOKING, ELECTRIC SHOCK, HEART ATTACK, SUFFOCATION and GAS POISONING.
Don't give up. Send someone for a doctor. Continue until medical help arrives or breathing is restored.

Sports

Rec Centre News

Now that we are commencing the winter recreation season facilities, schedules are completed. "However", before you use any of the facilities, the following guidelines must be adhered to.

Gym - Main Floor

Dependant children must be 13 years of age or accompanied by an adult.

Guests are limited to one, and not on a regular basis.

Only service personnel and DND

employees - 1130-1300 hours, Monday to Friday.

Wednesday and Sunday nights
Badminton Club only.

Weight Room

Sixteen years of age and over, unless accompanied by an adult.

T-shirts must be worn.

NOTE: Rec cards are no longer of use and key cannot be signed out from the main gate.



We're back again. Yes, with more exciting adventures of skiing daredevilry and breathtaking stunts.

Now that I have got your attention fully, the skiing is great. Mount Washington has more snow on its slopes than any other resort in Canada. Even with all this rain it's still very good. Having been an eastern skier, I appreciate hard packed snow; blue ice as you call it here. Actually, all is not that bad. The snow has been ample the past month, with very little of it getting packed down. It just gets moved around the hill. Just sharpen your edges and bring your raingear if you are one of little faith. The weather up on the hills cannot be forecasted by going outside your front door at 0700 hours when it's dark, looking up and saying to yourself, "It looks like rain up there; better let the kids sleep in; we'll go shopping today." NO EXCUSE, I might add. Fair weather skiing is nice but it does not occur very often. So come on out, get some fresh mountain air above the clouds, and do some physical activity.

Last ski season there were numerous suggestions put forth about running a ski bus. This year we are; every Saturday at 0730 hours at Canex. Come on out and support it. Parents, drive your kids there in the morning, take the day off, pick'em up after. Ski Club members let's get out and support your, yes, YOUR, club. We have had very poor bus attendance despite our advertising. It costs \$5.00 for members, \$7.00 for non-members, tickets available from the MP building, all day, all night, all week for members, after Thursday for non-members. Use it - or lose it!

Speaking of which, if you would like to join the Club, it costs \$10.00 per person and \$25.00 for a family. Call Diana Graham (2254) or any other member of the executive.

The Pacific Region Ski Championships are fast approaching in mid-February (13-16 February). All positions are open so contact Maj John Finn, local 2211, if you want to compete in Alpine or Lt Christine Laberge, local 2291, or WO Jerry Fleming, local 2484, for x-country. There is also a requirement for officials so if you want to spend 4 gorgeous days on the mountain give us a call.

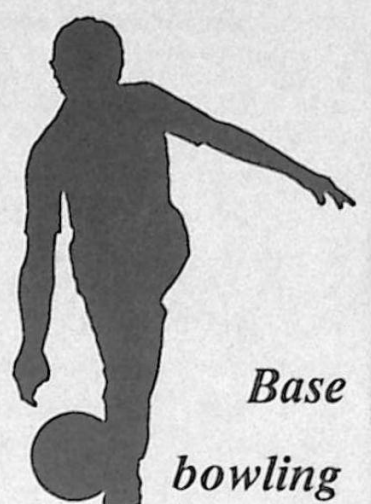
Future events include the ski trip to Whistler, 16 - 19 February and the Ski Club Fun Day. Whistler should turn out to be the highlight of the season for most people. Skiing, partying, skiing, partying, more partying, less skiing... etc. Mucho-fun on a gigantic piece of the Coastal Range. Unfortunately, this trip is booked solid. For the

Ski Waxing Clinic

It's that time of the year again. You've already been up on the slopes and out on the trails a couple of times and had your share of the bumps and powder. Now you realize that the old skis aren't performing to standard. "What to do?" you ask... Wait no more! If you are a member of the CFB Comox Ski Club you can come out to our Free Waxing Clinic given by Comox Sports. Learn how to get those nasty edges sharp and that bumpy base flat and fast. It is an ideal opportunity to get your skis done. Bring along an old iron and a file and you can do your own skis right there under the watchful eye of a professional ski technician.

The clinic will be held at 1900 hours Thursday 12 January in Bldg 22. (AFIS Bldg, right wing, 2nd floor). As well as this excellent opportunity to learn how to care for and wax your skis, there will be 2 free ski passes to Mt. Washington as door prizes. Bring the whole family out. It should prove to be a lot of fun and will help get your skis in top form.

Come on out and support your club by planning to attend. See you there.



Base bowling playdowns

The Base Bowling Playdowns shall be held on the 17th and 19th January 84. With all twenty-two bowlers eager to compete, "striking" the number down to a team of six is going to be a tough job.

The selected team shall represent CFB Comox at the Pacific Region Bowling Championship held in Esquimalt.

Indoor Soccer

Indoor soccer will be starting up at CFB Comox gym; the base soccer team will be playing every Monday night at 2000 hours to 2200 hours.

This great sport is very demanding, skill orientated and fast moving. So come on out and support CFB Comox. Food and drinks are available at the gym snack bar.

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Recreation Facilities Schedule 13 January - 30 May, 1984

GYMNASIUM

Monday	0730 - 0900	Military Program (Military Fitness Class)
	0900 - 1030	Ladies Social Fitness Class
	1130 - 1300	Military Program (Military and DND Employees only)
	1300 - 1600	Military Program (Sqn/Branch/Section)
	1600 - 1800	Closed
Tuesday	0730 - 1000	1800 - 1900
	1000 - 1130	Casual Full Gym
	1130 - 1300	1/2 Casual 1/2 Ladies Volleyball
	1300 - 1600	1/2 Soccer 1/2 Ladies Volleyball
	1600 - 1800	
Wednesday	0730 - 0900	0930 - 1030
	0930 - 1030	1130 - 1300
	1130 - 1300	1300 - 1600
	1300 - 1600	1600 - 1800
	1600 - 1800	1800 - 2000
Thursday	0800 - 1000	1000 - 1130
	1000 - 1130	1130 - 1300
	1130 - 1300	1300 - 1600
	1300 - 1600	1600 - 1800
	1800 - 2000	2000 - 2200
Friday	0730 - 0900	0930 - 1030
	0930 - 1030	1030 - 1130
	1030 - 1130	1130 - 1300
	1300 - 1600	1800 - 2200
	1800 - 2200	
Saturday	1300 - 1600	
Sunday	1300 - 1600	
	1800 - 2100	
Weight Room		
Mon. - Fri.	0800 - 1600	
	1800 - 2200	
Sat. & Sun.	1300 - 1600	

Weight Lifting Club

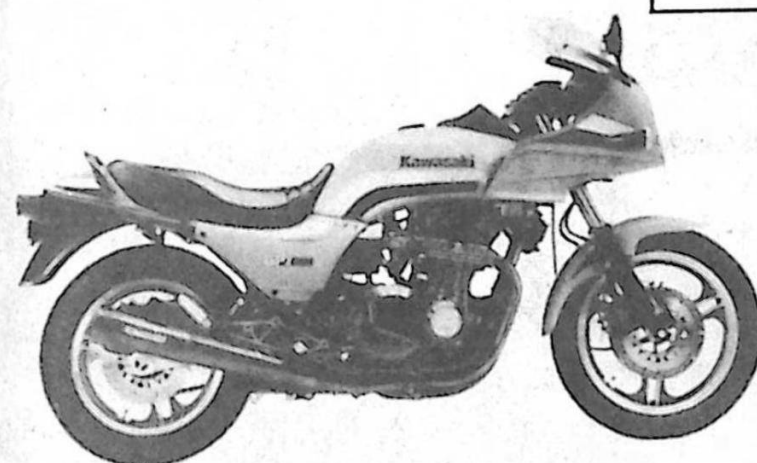
Interested in weight lifting, body building or just staying physically fit? Here's your chance to voice your opinion and help organize a weight lifting club.

An organizational meeting will be held at the base gym in the Allcan Lounge on the 9 February at 1600 hours. This club will benefit all members, so come on out and see how. For more information contact Cpl Shanks at local 2315.



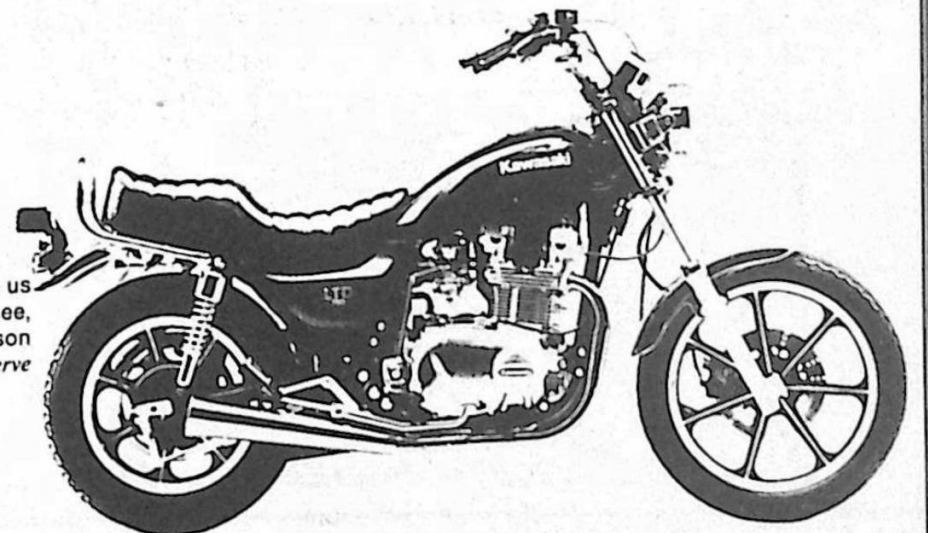
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Pool news

It's a sorry event with the coming of winter and the closing of the pool, with the exception of Monday, Wednesday, and Thursday evenings 1800 - 2000 hours (casual). Military personnel and DND employees may also swim 1130 - 1300 hours, Monday - Friday inclusive. Masters Swim Club swims 0600 - 0730 hours and 1300 - 1400 hours, Monday - Thursday. For further information call Cpl Lacasse, local 2315.

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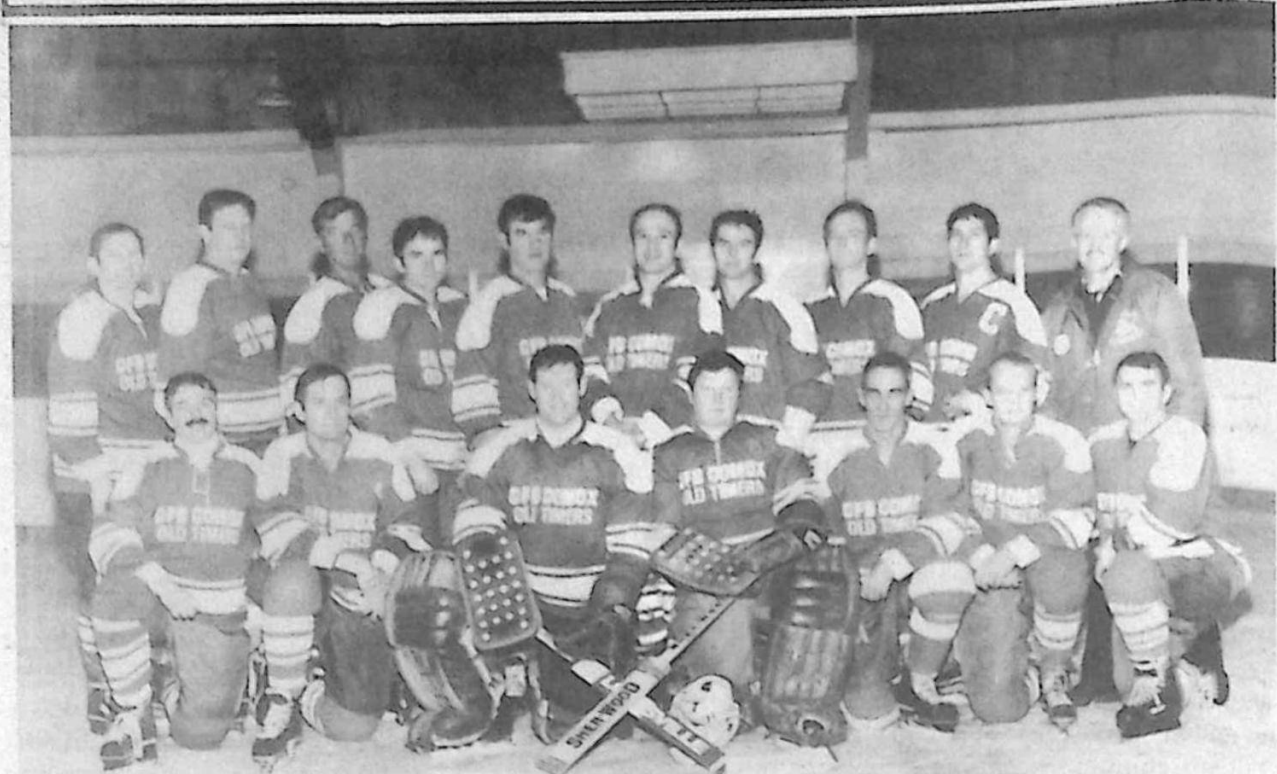
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Sports



CFB Comox Old Timers Hockey Team.
Front row (l to r): C. Rheault, Reg Lanthier, David Boudreau, Barry Van Dusen, P. Mackinnon, Don Brooks, Bill Bergdon.
Back Row (l to r): A. Lenard, Wayne Estrabrooks, Bill Boran, Mike Clark, Owen Coffell, Norm Rodrigue, Bob Gould, Mike Stephen, Wayne Mitchell, Peter Chellev.

Oldtimer Airforce takes on the Navy?

This past weekend the CFB Comox Old Totems hosted the Christie Phoenix Old Timer Hockey Team from Esquimalt in back to back competition. Saturday night's bout found both teams evenly matched with a 6-6 score at the end of the second period. Russ Parker, assisted by Reg Lanthier opened the scoring for the Totems. Norm Rodrigue, assisted by Chuck Rheault continued the effort shortly thereafter, and Don Brooks, unassisted ended the first period, with the Totems having a 3-2 edge over Esquimalt. Reg Tressel came out flying in the second period drilling home two goals in a row, assisted (as usual) by Bill Fraser.

Reg Lanthier with the aid of Owen Coffell rounded out the 6-6 tie. The third period found the Esquimalt team acquiring their second wind, and although the Base team tried valiantly to trip them up (5 tripping penalties in the entire game), the visitors' determination prevailed resulting in a final victory of 10-8.

Don Brooks, assisted by Russ Parker, and Reg Cote, unassisted, attained the final two points for the Old Totems. It was a fast paced and exciting match with both goalies Dave Boudreau and Barry Van Dusen staunchly defending their nets. Totem's Team Captain, Reg Tressel, was the hero of the day in

Sunday's game, attaining a Texas Hat-trick. He was aided in his onslaught by Bill Fraser (once again), Reg Cote and twice by Wayne Estrabrooks. The home team managed to hold their own in the first period, however the second period was clearly dominated by the visitors. Norm Rodrigue with the aid of Don Brooks did manage to slip in one goal. Wayne Estrabrooks was unassisted in slamming home the final point for the Old Totems; alas his efforts did not prevent a disappointing 12-6 decision for Esquimalt. The weekend's efforts provided a good workout for the old fellows in preparation for the upcoming Victoria Tournament.



CFB Chilliwack Old Timers Pacific Region Hockey champions.



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Intersection Broomball Schedule

Round II

DATE	1800 HOURS	1900 HOURS
Thu 12 Jan	Bottlecaps vs Flyers	Retreads vs Ballbeaters
Tue 17 Jan	Flyers vs Retreads	Ballbeaters vs Bottlecaps
Thu 19 Jan	Bottlecaps vs Ballbeaters	Retreads vs Flyers
Tue 24 Jan	Ballbeaters vs Retreads	Flyers vs Bottlecaps
Thu 26 Jan	Retreads vs Bottlecaps	Ballbeaters vs Flyers
Tue 31 Jan	Bottlecaps vs Flyers	Retreads vs Ballbeaters
Thu 02 Feb	Flyers vs Ballbeaters	Bottlecaps vs Retreads
Tue 07 Feb	Flyers vs Retreads	Ballbeaters vs Bottlecaps
Thu 09 Feb	Bottlecaps vs Retreads	Ballbeaters vs Flyers
Tue 14 Feb	Retreads vs Ballbeaters	Flyers vs Bottlecaps
Tue 16 Feb	Ballbeaters vs Bottlecaps	Retreads vs Flyers
Tue 21 Feb	Rescheduled/Play-off Games	Rescheduled/Play-off Games

Team Reps

Flyers	Sgt Harvey	2251 Bottlecaps	Cpl Riengnette	2431
Ballbeaters	Cpl Nadon	2417 Retreads	Sgt Ruthven	2308

Round II of the Intersection Broomball Schedule shall commence 12 January 84. A multi-round robin is being played with semi-finals and finals scheduled for the end of February.

Personnel interested in playing intersection broomball must register through the Rec Centre, local 2315.

Note: 17 January 84 games will be at 1700 hours and 1800 hours for that day only.

17 January - 1700 hrs. — Flyers vs Retreads

17 January - 1800 hours — Ballbeaters vs Bottlecaps



PARTICIPaction

by Russ Kisby

A famous cartoonist draws inspiration from PARTICIPaction!

You've enjoyed Trevor Hutchings' breezy cartoons in lots of important publications here and in the U.S.A.

Esquire, Saturday Review, Saturday Night, The Financial Post, The Globe Magazine, En Route, Marketing — and many others have reproduced his light, witty work.

Well, soon you'll be seeing 24 brand new Hutchings' cartoons — and we hope you see them in every Canadian magazine and newspaper! Because Trevor Hutchings has drawn the 1983 PARTICIPaction English-language print media Public Service Campaign!

"At first, the slogan for the campaign was simply 'Do It!'", says the soft-spoken graduate of St. John's College, Portsmouth, England, who arrived on these shores in 1952.

"Then it seemed to me that we could make the cartoons a bit more amusing by adding 'Don't Just Think About It —' to the line."

Naturally, PARTICIPaction hopes Hutchings' cartoons will get you chuckling your way into top physical condition.

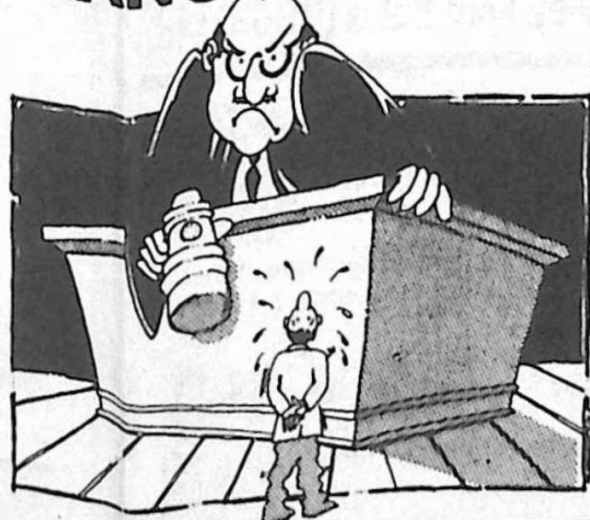
For, as Hutchings himself says, in all modesty, "These cartoons would certainly motivate me!"

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

DON'T JUST THINK ABOUT IT — DO IT!



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Glacier Greens report

Balls, balls, balls, if you have any spare balls in your Shag-Bag, we are soliciting the donation of them for our Junior Development Program 84; there is a receptacle for them in the Club House, so please be generous and contribute to this most worthy cause.

While on the subject of Juniors, Mr. Walley Berger is going to have an organizational meeting for all junior golfers (male or female) in early February, so all you young golfers plan to attend. A few of the things planned to date are: entry into all local tournaments - Campbell River, Powell River, Sunnydale, etc. and free golf lessons from our assistant professionals Mr. Chris Herkel, Walley Berger and Bill O'Neill. There are a lot of practice sessions scheduled, so if you are a Junior and you want to learn all about the game, its etiquette, rules and regulations, you will likely never have a better opportunity. If you have any queries, please feel free to call Walley at 338-5909.

Winter golf is growing in popularity, so come out and join your friends in a good round of golf; register by 1045, TEE-OFF at 1100. Rules of play for winter golf - all CPGA winter golf rules will be applied. Teams of four are picked according to handicap and nine holes of golf are played; the top three scores are counted by the team to arrive at the low gross score and the low net scores will be computed using the most advantageous handicaps. Shotgun start will be used for the front nine, a registration fee of \$2.00 is charged for prizes and a further fee of \$1.00 is applied on a voluntary basis for SNIPS; in other words the winner of each hole receives a share of all monies collected for SNIPS play. Four back nine play teams will be made up catch as catch can and a one dollar charge will be levied with all proceeds given out according to SNIPS.

Bar hours: Friday 1100-1700 hours, Sunday 1000-1700 hours; Others by request to our manager, Maj Bob Elder 2544/2507.

Winter Driving Warning

Snow Area Spot Checks

At this time of year and in areas subject to heavy snow conditions, you will see special signs requiring that your vehicle have good winter-tread tires or carry chains or, in some case, that chains be mounted. For your safety and that of other motorists, these signs are authorized by law.

During the next few weeks, random checks will be carried out by the RCMP in problem driving areas, more particularly the Hope-Princeton, the Squamish Highway to Whistler, the Fraser Canyon, but including other sections of road on Vancouver Island and the rest of the province subject to snow conditions. The operation will be in conjunction with the Attorney General's "CounterAttack" programme and other police traffic checks. Drivers of vehicles not properly equipped may be turned back or charged.

The Ministry of Transportation and Highways is doing its best to clear snow and maintain our roads in winter to make them safe. Before driving into snow areas, make sure you have good winter tires and are carrying chains to make your vehicle safe.

Be on the lookout for snow clearing and sanding equipment sometimes operating in conditions of limited visibility. Their flashing amber lights are warning you to use extreme caution and slow down. Make sure also that you observe special signing and directions of flagpersons if you should encounter them, and please drive carefully.



Province of British Columbia
MINISTRY OF TRANSPORTATION AND HIGHWAYS
Hon. Alex V. Fraser, Minister

Promotions and Awards



Cpl Doug Crumback is congratulated by LCol Berntson on his recent promotion to MCpl. Doug is from ATC Section.



LCol D.G. Stuart, Commanding Officer 442 Squadron, presents Sgt G.A. Kehoe with his chevrons on the occasion of his recent promotion.



Sgt John Maysfield is congratulated on his recent promotion by Capt Fred Mills, A/BCEO. Rumour has it that we had him a little 'jumpy' during that long walk to head office? - Well done, John.



Major D.A. Hanson, Sqn Aircrew leader, receives his Golden Eyeball award from LCol D.G. Stuart, CO 442 Squadron. The award is presented for locating a missing Cessna 180 on floats on 31 July 83 while flying on Buffalo 456 on "SAR Lavoie" at Rat Lake, N.W.T.



Lt Caws receives Base Commanders Commendation.



MCpl Cousineau receives certificate of Service from LCol Brygadyr.



Still got their teeth!

Capt Bob McPhail, ArmSupO, and Sgt George Stecko, NCO i/c Missile Maintenance, compare dental work. George, in the course of his Base Duty Officer duties responded to a complaint and averted a potential fire. The Base Commander's letter of appreciation is being presented to Sgt Stecko.



When Sgt (Retired) Forsyth was employed as a Class "C" Corporal IS Tech in BAMS0 IE/IS Labs, he suggested modifications which permitted two different test sets to be used to check CH113 helicopter horizontal situations indicators and attitude indicators. For his proposal, he received \$755 last summer. He received a pleasant surprise when recently informed that he was to receive another \$375 for second year savings. Major Gidley, our BAMS0, made the presentation to Lt Forsyth, who is now an AERE officer on the Cadet Instructor List.

Promotions and Awards



CD Clasps presented by Col Dobson.

L to R (back row): Cpl Coyne, WO Peacey, Sgt Dierk, MCpl Littlejohn, WO Adlam, Cpl Mills, Cpl McLeod.

L to R (front row): Capt Acorn, Maj Davis, Col Dobson, Capt Murphy, MCpl Cadue.



CD Clasps BACK ROW (l to r): MCpl Waite, Sgt MacDonald, Sgt Lesage, WO Bourne. FRONT ROW (l to r): Capt Hughes, Col Dobson, Capt Williams.



Cpl Cline receives his CD from LCol S. Brygadyr.



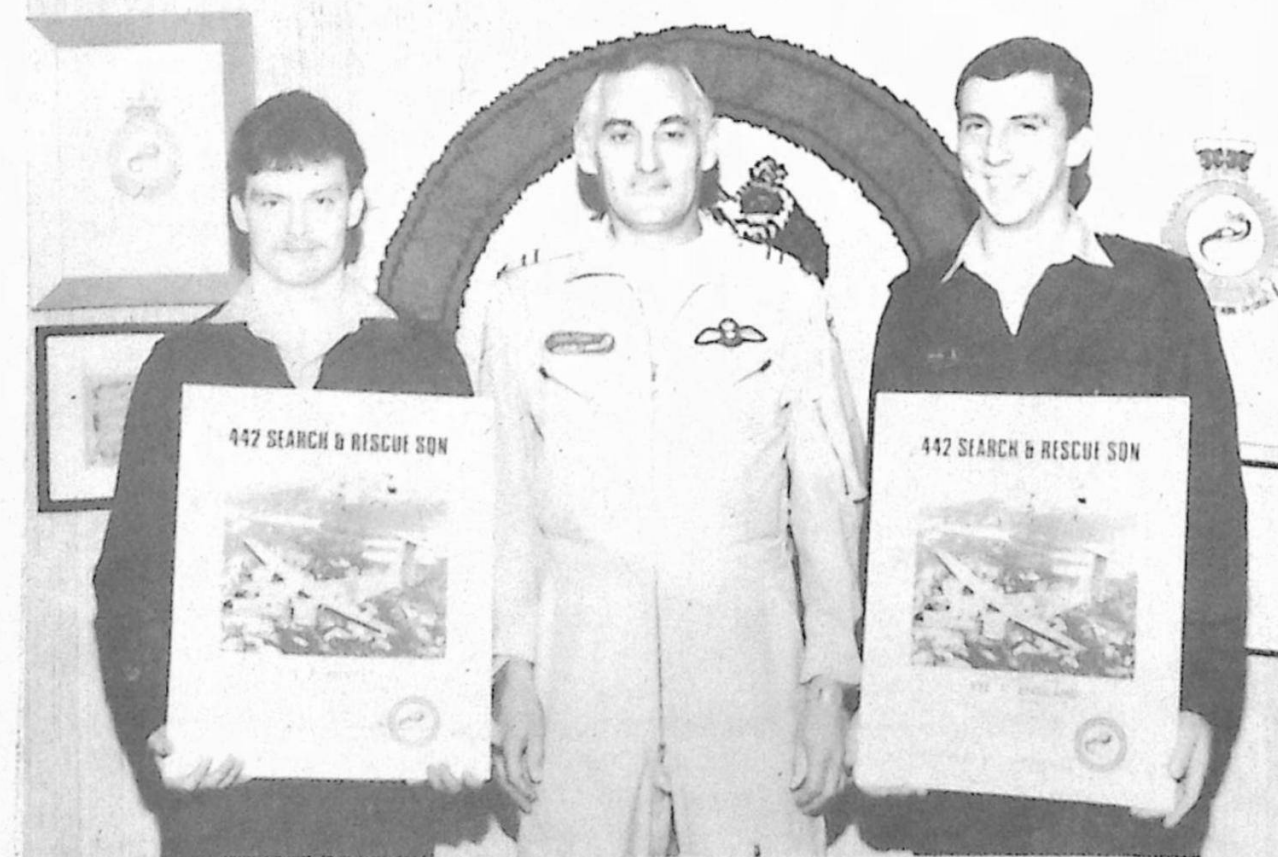
LCol D.G. Stuart, Commanding Officer 442 Squadron, presents MCpl Pierre Boisiard with his MCpl Chevrons on his recent promotion.



Cpl Peters, a Photo Tech on 407 Squadron, noticed that the support feet on the Aurora camera carrying case frequently came off as they were only held on by wood screws. He recommended that they be secured by a rivet, and for his suggestion he was given a \$150.00 award and a certificate, LCol Brygadyr, the squadron CO, made the presentation.



In 1978, Sgt Waldron, a Weapon Tech (Air), while stationed at CFB Shearwater, designed and suggested the use of a ready use locker to store pyrotechnics and snobuoys for helicopter use on the 280 class destroyers. His proposal was adopted and implementation commenced in 1983 in the Iroquois Destroyer. He was given an interim award of \$150 which was presented by Maj Caddey, the 407 Squadron SAMO.



Ptes Pat Nevett and Tim England of BAMS0 receive their Golden Eyeball Awards from LCol D.G. Stuart, CO 442 Squadron. The awards are presented for locating the wreckage of a Fresno Air National Guard T-33 Aircraft which crashed on the slopes of the mountains west of Comox



LCol D.G. Stuart, Commanding Officer 442 Squadron, presents 1,000 hours Boeing Vertol certificates and pins to (l to r) Capt J. McLellan, Sgt R. Bourguin, WO H. Gillard and Sgt F. Amadio.

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 Potluck Supper held at the mess on December 12th was certainly a nice way to end the old year. A lot of ladies came and brought their husbands treating them to each of their favourite dishes. After dinner a DJ was in attendance and a good time was had by all. A big thank you to all ladies that came to help wrap gifts for the WO's & Sgt's Mess kids Christmas party.

Now that the new year has started we would like to wish all wives and their families a happy and prosperous 1984. The Wives Club will continue with the monthly

meetings/socials on the second Monday of each month starting at 8 pm. There is still lots of room for new members so why not make a New Year's resolution to come and join us. We have lots of entertainment planned for the rest of the year and the more people in attendance the merrier.

Next edition of the Totem Times, I will have the calendar of events planned. So long for now. Hope to see you at the mess.

E. Mitchell
Publicity Conveynor

Child safety gets a boost

WHAT do you do when your child outgrows his or her car safety seat? For most parents in Canada, the answer is to get the child to use the lap belt in the rear of the car.

When placed and positioned correctly, the lap belt does provide protection for the child. However, since the lap belt was designed for the adult body, it provides little support for the child and is often difficult to position properly.

To bridge the gap between infant restraint seats and lap belts, the "booster cushion" has been developed to work in conjunction

with the lap belt. Designed with the child in mind, the cushion gives the child an increased sense of security in the car while at the same time making it easier to position the lap belt correctly (snug and low against the hips, not against the tummy).

An additional benefit is that the child, being raised up, can see out of the windows and is, therefore, less likely to get bored in the car.

All booster cushions must meet the Canadian Motor Vehicle Safety Standard (CMVSS) 213.2. This compliance with the Standard must be indicated on a label affixed to the cushion.



Thierry Mercier, 3½, appears pleased with his new booster cushion, one of the several models now permitted for sale by Transport Canada. The cushion enables a child to be properly secured while wearing an adult seatbelt. The child is also less reluctant to be buckled up, as the cushion allows him to see outside. The new cushions are recommended for children who have outgrown the child restraint seat.

Across my kitchen table

— by Rosemary Gibson



ACROSS MY KITCHEN TABLE

The festivities are over, and we're back to the realities of routine. I've made my New Year's resolutions rather sheepishly -- most of them are repetitions of those I made last January, such as "lose ten pounds", "stop procrastinating", "be more thrifty", and "listen more and talk less". Last but not least, I resolve to try harder to keep my resolutions! And to help me, I have removed last year's notations and cartoons from my fridge door and started a new collection with my resolution list, for all to see!

Ans so a new year has begun. I sincerely hope that it will be a good year for the world, and for you.

Many, I know, suffered illness and disappointments in 1983 -- may 1984 bring a new beginning. A troubled friend sent me this one-liner, which she finds helpful:

"Each day comes bearing its gifts. Untie the ribbons."

And here's something that has been in my scrapbook for a very long time.

SALUTATION TO THE DAWN

Look to this day!
For it is life, the very life of life.
In its brief course
Lie all the verities and realities of your existence;
The bliss of growth,
The glory of action,
The splendour of achievement.
For yesterday is but a dream
And tomorrow is only a vision,
But today well-lived makes every yesterday
a dream of happiness
And every tomorrow a vision of hope.
Look well, therefore, to this day!
Such is the salutation to the dawn.

The recipe following is an economical one, but nice enough to serve to guests.

RUBY'S STEAK CASSEROLE

Ingredients:

Minute steaks or frozen minced beef patties
1 tin mushroom soup
10 oz. canned milk
Garlic salt
Pepper

Method:

Brown minute steaks. Layer into casserole, sprinkling layers with garlic salt and pepper. Mix soup and milk (whole milk can be substituted for canned milk, but it is richer with canned); pour over the meat. Bake uncovered at 325° F. for 30 minutes, or just until it bubbles. Serve with creamed mashed potatoes.

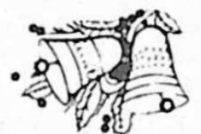
HINT:

To slice beef paper-thin, first freeze it slightly, then cut across the grain.

THOUGHT FOR TODAY:

If you realize you aren't as wise today as you thought you were yesterday, you're wiser today.

HAPPY NEW YEAR!



Our Lady Airways Catholic Womens League

The first meeting of the New Year was held Tuesday, January 10th.

We have an enthusiastic group this year with 33 paid members. Plans for our Convention are underway. It will be held here the end of May.

Candlelight service was held for Christmas by Father Rheault. 74 people attended, which included the Courtenay C.W.L., and the Protestant Ladies Guild.

The church was lit with 100 candles and we had a peaceful service with the story of Christmas, passages from the bible and Christmas carols. Afterwards a buffet lunch was held at the church hall.

Daisy, our oldest dearest member who is 97 attended.

New members are welcome! Our meetings are held 2nd Tuesday of the month, starting with mass at 7:30 p.m.



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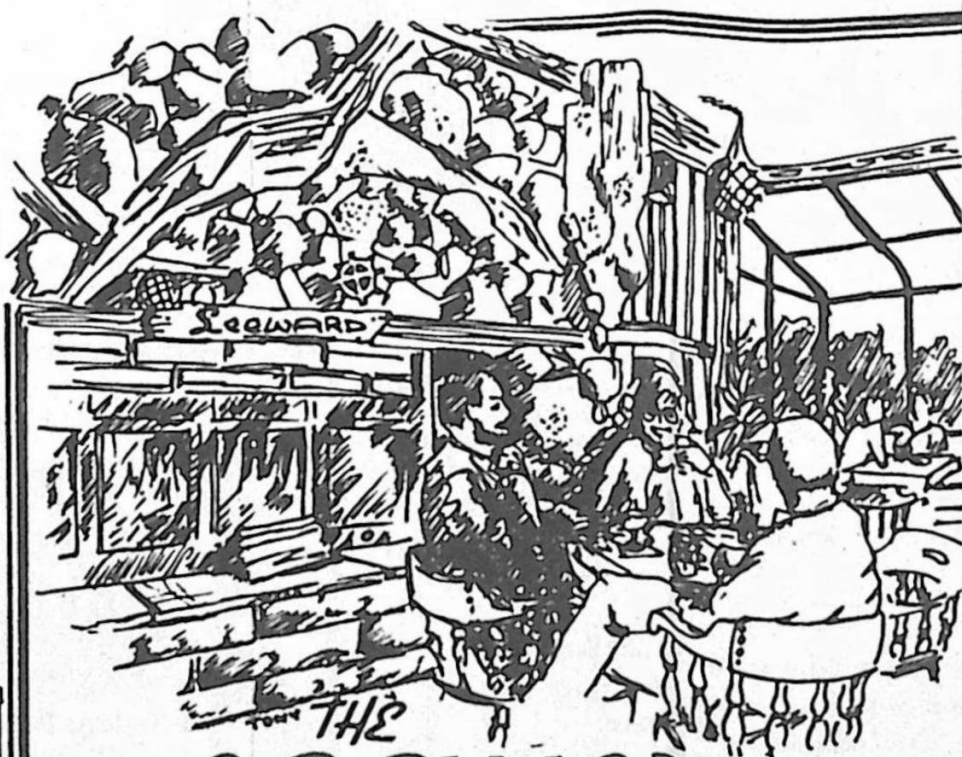
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Around the Base

Energy Conservation Week



"I agree that this will resolve our gallons, pounds, litres discrepancy," says Sgt Estabrooks, "But the aircrew are complaining about the four hour turnarounds!"



Back row (l to r): Christine Woodley - Brown Owl, LCol Mack - BTSO, Marie Bourque, Shelley Clarke, Amelia Valcourt, Reg Gionet - Major, Pat Jackson - District Commissioner.
Front row (l to r): Adrienne Prothero, Lisa Prothero, Jennifer Mills.

Few people realize the cost of energy on our military bases. At CFB Comox, electricity is purchased from B.C. Hydro, and aircraft, vehicle and heating fuel is purchased from wholesale dealers. Even the water is not free, even though it comes from base wells. It costs money to have the water treated and pumped throughout the base.

In Air Command, purchase and provision of energy uses up 51.1% of the total operations and maintenance budget. In 1983/84 energy will cost Air Command 239 million dollars. As you can see, the more we spend on energy, the less we have available for other support like courses, TD, paper, tools, furniture, renovations, and so on.

One way to help reduce energy consumption on a base is by education and publicity. If everyone thought about the cost of leaving the hangar door open or the tap running or the vehicle idling, then consumption would be reduced significantly. This was the purpose of the CFB Comox Energy Conservation Week in November - conservation awareness.

The conservation effort at Comox is organized under three headings: Aircraft Fuel Usage, Vehicle Fuel Usage, and Utilities Conservation. The Aircraft Fuel

Usage conservation effort is the responsibility of the Squadron CO and the Vehicle Fuel Usage conservation effort is the responsibility of the BTnO. The Utilities Conservation program is organized by buildings and facilities. Every building has one or more conservation wardens and each group of functional buildings (such as supply buildings or recreation buildings) has a custodian supervising the wardens. These custodians and wardens are responsible for promoting utilities conservation in their building by "policing" the closing of windows and doors, turning off of lights and taps, and so on.

Energy Conservation Week attempted to point out these three areas of consumption: aircraft fuel, vehicle fuel, and utilities. The first was highlighted on 15 November by the BComd measuring fuel into an aircraft with a measuring cup. The second was emphasized by having a "minimum vehicles day" on the base on 16 November. The third, utilities conservation, was promoted by shutting off the heat to the outdoor pool for one week and then holding a polar bear swim for CO's and Branch Heads to warm the water with body heat. That caper saved \$1,530 in heating costs.

To promote general conservation

awareness, a publicity campaign was also undertaken. Conservation pamphlets and posters were distributed. Building custodians wrote "tickets" and gave them to personnel or sections leaving windows or exterior doors open or lights on. An Energy Conservation message was put on the Main Gate Bulletin Board.

Finally, to get the message to the youngsters and into the home, a poster contest for Guides and Brownies was held. The BTSO, LCol Mack, awarded prizes for the best poster entries on 15 November. Some excellent energy conservation posters were prepared by the girls. The winning artists were:

Brownies: 1st - Adrienne Prothero; 2nd - Lisa Prothero; 3rd - Jennifer Mills.

Guides: 1st - Amelia Valcourt, 2nd - Marie Bourque, 3rd - Shelley Clarke.

What we all need to remember now is that conservation is not a one-shot effort. Conservation must be kept in mind all year long. So turn off those lights and shut off that vehicle. Walk or cycle to work sometimes -- it's good for you!



UNITED WAY SUCCESS

Col Dobson receives handshake from Spencer Wallace, treasurer of the Comox District United Way, while delivering envelope containing the base contributions to the Valley's program. The month long base campaign was a tremendous success, with over \$12,000 collected or pledged by the sections and units of the base. Capt Dave Pullan (centre) was this year's base coordinator.



E PLURIBUS UNUM versus PER ARDUA AD ASTRA

The "Green Dart" shootout was won by the Per Ardua Ad Astra team of Sgts Butch Avery (left) and Paul Hiebert. MSgt George Skrbn and tiny Sgt Karl Schueler finally capitulated and handed over the trophy while muttering "The South Will Rise Again!" RCMP Constable "Boom-Boom" Wilkison (centre) failed to maintain the peace and suffered all manner of CF and USAF verbal abuse while acting as sheriff.



LCol Mack presenting Flight Safety Award to WO Murphy (ret.).

Federal Superannuates National Association

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THIS ASSOCIATION COVERS RETIRED PERSONNEL FROM THE FEDERAL GOVERNMENT, THE ARMED FORCES AND THE R.C.M.P. ANYONE RETIRED FROM THESE GROUPS CAN GET INFORMATION REGARDING THIS ASSOCIATION FROM JAMES ROGERSON, SEC. Phone 339-4602.

NEXT MEETING - Courtenay Junior Secondary School, BAND ROOM, corner of Harmston Avenue and 6th Street, Tuesday January 17, 1984 at 7:30 pm.

Union of National Defence Employees Local 1007 CFB Comox



REGULAR MEETING

DATE - 17 January 1984
TIME - 8:15 p.m.

PLACE

Dusty's Den, 1801 Beaufort, Comox, B.C.

AGENDA ITEM

Election of delegates to the UNDE Triennial Convention

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Around the Base

Officers' Wives Club



Jennifer Banks



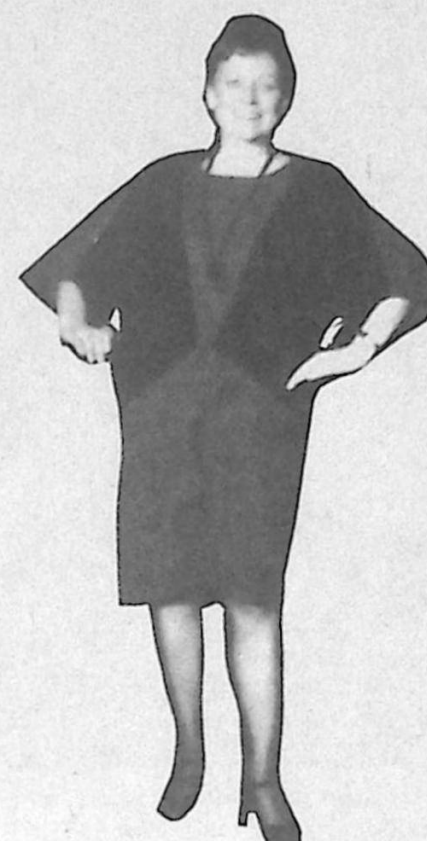
Theresa Burnham



Kathleen Birt



Jean Meyers



Rosemary Gibson



Kathy Dunn

Fashion Show

We remember it well - our December 4th Tea & Fashion Show pictures, courtesy of John Dunn. The weather was frightful but we soon left that where it belonged - outdoors - and joined the models enjoying the fine fashions, a few of which are shown here. Pat Wallace of All Seasons' overcame P.A. problems to entertain us with detailed and descriptive comments on the clothing. Having the male models on hand added a bit of hilarity here and there. Fashions presented were from All Seasons, Roxanne's, Comox Mens' Wear, Saan, Dee Dee's and Comox Valley Sports. Makeup was super from Faces. Hairstyles courtesy of Cream of the Crop. Comox Valley Florists provided the lovely arch. The Officers' Wives Club would like to extend a sincere thank you to all the models and participating merchants. We all had a wonderful time - even the "behind the scenes" gals.



Bruce Beswick



Kim Johnson



Kerry McLellan



Kaz Oreziak

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Canadian Forces News

Rescued pilot signed



(Left to right) MCpl Richard Quesnel, Capt John Dixon and Lt John Fitzsimmons of 440 Squadron autograph the cast of pilot instructor, Dianna Devine while student pilot, Warren Waxer, looks on.

The team is part of 440 Squadron, Search and Rescue at Canadian Forces Base Edmonton. They helped rescue the pair when their Cherokee plane crashed outside Hinton, Alberta on October 9, 1983.

(Caption by student from Grant MacEwan College, Sandy Lindsay, photo by Sgt Dennis Mah)

It was Saturday, October 8 between 10 and 11 at night and the Cherokee PA-28 was returning on a training flight from Edson to Hinton, Alberta. In the distance were the runway lights - just over a little hill.

Suddenly, tree branches seemed to reach out and grab the small plane, flipping it and its crew, Dianna Devine, 31 and student pilot, Warren Waxer, 28, over on its roof.

"I thought it would be a little more text-book. You know, you run out of fuel, or into bad weather, and have ten minutes to prepare for a force landing or crash. But after we saw the trees, there was just no control. It was totally out of our hands," said Waxer.

As the pair lay trapped, they drifted in and out of consciousness, not knowing if they would be found in time.

"Daylight seemed to take a long time coming, but then we realized the windows were buried in the dirt."

On Sunday, at 5 a.m., 440 Squadron at CFB Edmonton's Search and Rescue were notified of

the missing plane and by 7 a.m. they were airborne.

Flying low over the trees, the SAR Technicians (SAR Techs) spotted the white aircraft against the dark terrain and made a couple of passes looking for any movement, but there was no sign of life.

The crew knew that, if there were survivors, they would have to reach them as quickly as possible, and decided to parachute in.

Waxer later stated, "I could hear these voices from where I thought the trees were, but I hadn't heard any plane land and couldn't figure it out."

The first SAR Techs, Sergeant Bob Toulouse and MCpl Grandy Anderson, reached the plane and soon discovered the two inside were alive, but they had no way of getting to them so they radioed for assistance.

When MCpls Richard Quesnel and Larry Scott parachuted in, it took over two hours to pry the door open with their hands.

"I remember the first blast of cool air and light that came into the plane . . . it felt so good," said Waxer.

Devine's first recollection was that of a "really calm, cool voice that was really reassuring . . . but I don't remember them actually taking me out of the plane."

The rescue crew then tried to stabilize the survivors. Waxer had a punctured lung but Devine had suffered extensive injuries, including, both legs broken.

A civilian helicopter service located nearby was contacted to transport the injured as quickly as possible.

MCpl Quesnel later said, "It's the second plane crash I've been on where we just couldn't get at those trapped inside. We're now looking at obtaining a cutting tool similar to the 'jaws of life' used by fire departments.

Unfortunately, because we often parachute in, the tool has to be very portable and yet have the strength to cut through an aircraft."

From her wheelchair, Devine said, "I'm only glad I'm alive and now there are lights on that hill at the end of the runway . . . so, some good has come of all this after all."

(Story by Sandy Lindsay from Grant MacEwan College.)

A lot of hours



LCol D.G. Stuart, Commanding Officer 442 Squadron presents Capt J. McLellan, Sgt R. Bourquin and Sgt F. Amadio (l to r) with Air Transport Group Certificates of Achievement for having flown in Air Transport Group Aircraft (5,000, 2,000 and 2,000 hours respectively).

Professionalism shows



WO Murphy, MCpl Nichols and MCpl Herlick were recently presented with a Flight Safety award for Professionalism, following many frustrating hours spent rectifying a potentially dangerous situation concerning a T-33 brake unit.

Warrant Officer Murphy and his staff are commended for their fine display of professionalism and a job well done.



- When you're eating out, sit in the non-smoking area of the restaurant if one has been set aside.
- Ask for a seat in the non-smoking section of an airplane or bus.
- Right after a meal, brush your teeth. Save coffee until later.
- If you feel depressed, tense, angry or worried—go for a walk or run. Get involved with exercise that suits you.
- At times when everything seems to go wrong, children are yelling or problems all seem to come at once, take long deep breaths. Try to relax. Realize that even "bad moments" will pass.
- When you think of yourself as a non-smoker you've come a long way in overcoming the problem. And you'll be a part of the majority. Two-thirds of Canadians are non-smokers.

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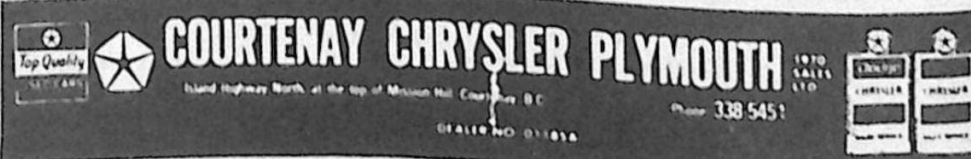
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