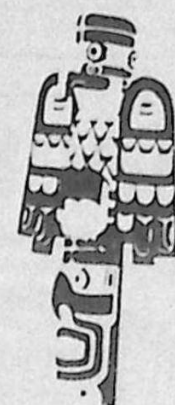




TOTEM TIMES



Vol. 26 No. 2

COMOX TOTEM TIMES

THURSDAY, January 26, 1984

Deadline is Monday, February 6, 1984

COST: PRICELESS

442 Squadron wins top search & rescue awards

Back & Bevington
and Mynarski
trophies awarded
to Canada's top
SAR Squadron

It can be said that the period from 30 June, 1983 to 1 July, 1984 was indeed a busy time for the "SNAKES" of 442. Add fifteen major air searches to numerous med-evacs, a myriad number of boat searches and Operation Herring Roe 83 and you get a 40% Yearly Flying Rate overfly and the busiest SAR season in recent memory.

Search followed search. Aircrews became time expired. Squadron maintenance and administrative personnel worked around the clock. The workload was extremely heavy yet the squadron seemed to find time to host an international Search and Rescue competition, SAREX 83, that involved 12 squadrons from the United States and Canada. It is a small wonder that the squadron was selected as the best in the country and was so recognized by the British Columbia Aviation Council (BCAC) and the Royal Canadian Air Force Association (RCAFA).

In September 1983 the BCAC, at their annual convention in Harrison Hot Springs, chose 442 Squadron as the recipient of the Back and Bevington Trophy. This award is presented annually to a group, an individual, or an organization that best displays and promotes flight safety in the province of British Columbia. It was the first time this prestigious award was presented to a military organization. 442 was selected for their work in fostering flight safety through their dedicated efforts and preaching the gospel of flight safety to such agencies as the Provincial Emergency Program (PEP), flying clubs, flying training



Pictured in front of the 442 Squadron crest are two coveted trophies presented to the squadron in 1983. On the left is the Back & Bevington Trophy presented for excellence in flight safety in the province of British Columbia. On the right is the

Mynarski trophy awarded annually to the SAR squadron which best displays professionalism, devotion to duty and operational effectiveness.

schools and just about anyone else who will listen. Two recently retired 442 Squadron officers; Maj Cliff Fletcher and Capt Doug McQueen were singled out for their outstanding contribution to SAR and flight safety. Both were presented individual awards for their contribution to a team effort.

In October 1983, the RCAFA, at their Annual convention in Ottawa, presented LCol Doug Stuart, CO 442 Squadron, with one of their top awards; the Mynarski Trophy. This award is presented annually to the SAR squadron in Canada that best

displays professionalism, devotion to duty and operational effectiveness commensurate with flight safety combined with a heavy and at times dangerous operational workload. The trophy is named after Pilot Officer Andrew Mynarski, an RCAF Air Gunman in World War II for his acts of heroism in completely disregarding his own safety and saving the life of one of his fellow gunners. Pilot Officer Mynarski gave his life in a Lancaster bomber over France the night of 12 June 1944. He was awarded the Victoria Cross for his conspicuous act

of heroism that called for valour of the highest order.

Although every member of 442 Squadron readily admit they are not in the business of winning awards, they are all extremely proud of the work the squadron has done over the years. To receive two such prestigious awards in one year does prove however, that their efforts have not been in vain and are recognized throughout the civilian and military community. We of CFB Comox and the staff of the Totem Times add our congratulations for a job well done.

Across the Forces

THEY'RE HISTORY NOW — The Snowbirds have found their niche in history — on the front cover of a Canadian history textbook. A colour photograph of the aerial demonstration team flying over Ottawa's Parliament Buildings will grace the cover of a new school text this year. The photo was taken by WO Vic Johnson, now based in Ottawa and formerly a photographer with the DND Office of Information in Toronto. The book, entitled *Shaping an Identity* covers a period in Canadian history stretching from the First World War to the present and is one of a series of *Discovering Canada* history books. Designed for Grades 9 and 10 students, the text will be published this year by Prentice-Hall Canada for sale to Ontario school boards.

FILL 'ER UP IN STYLE — Thirty-two aluminum tanker refuellers, the first of a new fleet that will replace the refuelling trucks in present use with the CF, were delivered to DND in May by Remtec Inc. of Chambly, Que. According to Maj Jim Ebertz of the Directorate of Transportation Resources and Plans at NDHQ, the \$20 million standard commercial contract for 157 new refuelling trucks is the largest contract for commercial vehicles ever allocated by Supply and Services Canada. Major improvements over the 1966-67 vintage vehicles have been incorporated into the new 18,000-litre trucks: air start systems for better cold weather performance; larger hose reels; a high-quality paint lasting up to three times longer than regular enamel, and air-operated controls and valves to ensure maintenance-free and safe operation. The new refuellers come in airport restricted and highway-capable configurations. Twelve of the trucks will be air transportable, while 32 of the 80 road units are destined for Canadian Forces Europe. Remtec, a world leader in airport refuelling equipment, is scheduled to deliver all the vehicles to DND by March, 1984.

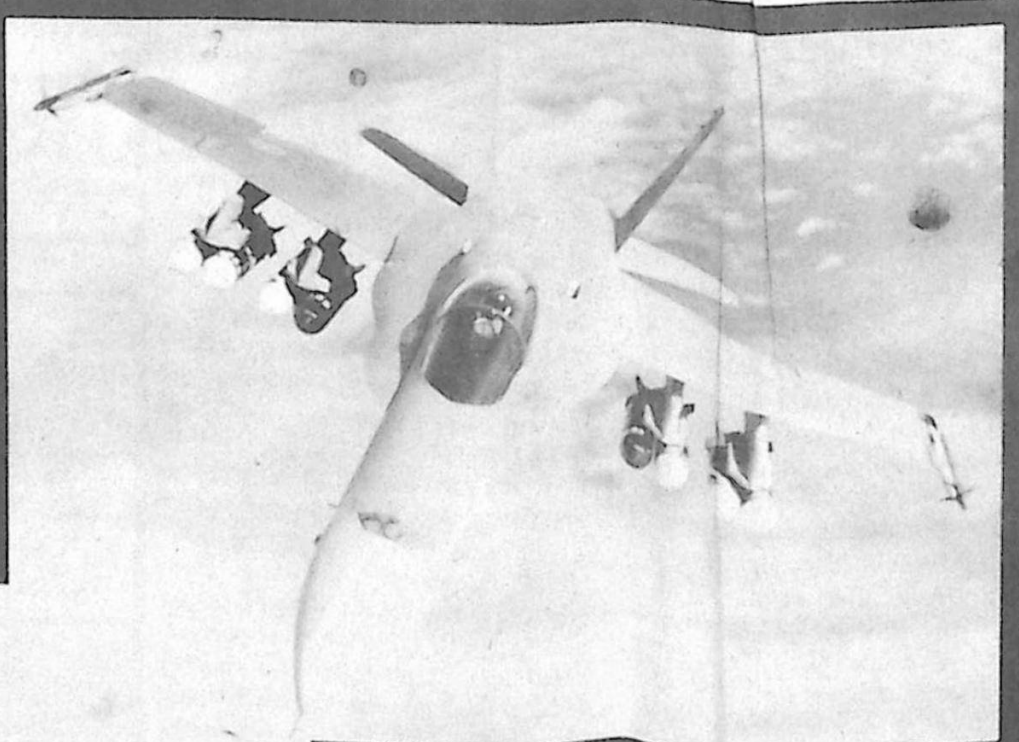
A VETERAN TO REMEMBER — The last CF-100 to fly has been preserved as a reminder of the all-weather jet fighter's 31 years of service with the Canadian military. Montreal's 1 Air Reserve Wing presented the veteran interceptor aircraft for display to CFB Montreal to commemorate the base's role during the long career of the "Canuck". The Canadian designed and built CF-100, regarded internationally as one of the best interceptors of the fifties, served in nine squadrons in Canada and four wings in Europe during its career. In 1963, it was replaced by the CF-104 *Starfighter* and the CF-101 *Voodoo* and its new primary roles became electronic warfare training, reconnaissance and target towing. Finally, in December, 1981, the aircraft was struck from the CF inventory.

BISHOP HERITAGE PRESERVED — Proceeds from garage sales, beer fests and outright donations have poured in to CFB Trenton for the Billy Bishop Heritage fund. Regular and reserve air squadrons across Canada and in Europe raised more than \$15,000 in six months towards the preservation of the family home of famed aviator Air Marshal Billy Bishop. Ten dollars bought the deed to a brick; \$100 bought the deed to a foundation block. During a ceremony in Owen Sound June 5, LCol Al Germain, CO of 436 Sqn based at CFB Trenton, presented a cheque to Col (ret'd) "A.J." Bauer, chairman of the Billy Bishop Heritage. The military donation will go towards the \$75,000 purchase price of the home, which will house aviation memorabilia from the First World War. Donations from citizens and groups associated with the RCAF in the past, as well as a \$5,000 donation from Owen Sound, will also go towards the purchase price. A plaque, inscribed with the names of the flying squadrons and units that contributed at least \$100 to the fund, will be displayed in the Bishop home. The federal government has designated the Owen Sound house, built in 1890, as a historic site.

C.F.B. COMOX

ARMED
FORCES
DAY

Saturday, April 14, '84



see the...

- CF-18A
- HANGAR DISPLAYS
- STATIC AIRCRAFT
- SNOWBIRDS
- SKY HAWKS

...plus much,
much more!



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Section News



Nighthawks Nest

With preparations for next summer's close down and reunion added to the normal primary, secondary and social responsibilities, 409 has become a beehive of activity. Always having lived by the "work hard, play hard" principle, personnel are easily handling multiple taskings and still managing to ensure their respective messes remain financially viable. A recent mess dinner which saw Majors Pete Pellow and Charlie Gladders slip into retirement should easily have put the Officers Mess well into the black.

Because neither of the retirees maintained as low a profile throughout their careers as the powers that be would have liked, war stories and rumours began circulating long before the day of the dinner. Requests to be placed on the list for the dinner grew daily in number and out of town guests arrived well in advance to ensure the seating arrangement had them far enough away from the centre of at-

tention to be safe, yet close enough to watch the show. Active 409 personnel were evenly distributed through the seating arrangement making sure that the guests, almost all of whom were ex-101 types, had someone worthwhile to talk with. Colonel Dobson, the Base Commander, opened the dinner in his inimitable style which would have put a Dean Martin roast to shame, and set the tone for the rest of the evening. After the shots were taken by the various guest speakers, Major Pellow and Major Gladders were able to comment on their life in the Armed Forces and retaliate. Both masters of the art of double entendre, comments drew responses varying from belly laughs to red-faced sputtering. The after dinner reception enjoyed one of the largest and most dedicated crowds seen in Comox in recent years. Even members of 407 Christian Maritime Squadron were reluctant to leave the unaccustomed comradery of a 409

function. It wasn't until breakfast the next morning that the dinner finally broke up and was deemed a complete success with all objectives completed.

This past Saturday 409 left for its first deployment in over a year. In preparation for the trip to Portland, Oregon where the Hawks will be flying dissimilar air combat, and intercept training missions against Air National Guard F-4 Phantoms, Capt John Anderson (Andy) reviewed procedures for air combat at a recent ground school. After a comparison between the sizes and performances of both aircraft, Andy went on to review tactics, concentrating on radio technique and tactical calls. When performing air combat manoeuvres, which in the old days was called dogfighting, with more than one aircraft on one aircraft the radio can get very noisy. For this reason tactical calls of one or two distinct words were designed to replace certain commonly used comments or explanations. Many of the calls are common to almost all air forces. For example terms such as "Knock it off" which means the fight is aborted and everyone is to stop manoeuvring, and "Bingo"

which means an agreed upon fuel figure has been reached and its time to call it quits and head home, are used virtually world-wide. Since high speed aircraft such as Voodoos and Phantoms use a lot of room to turn it's easy to lose sight of other aircraft, both friendly and hostile. When this is compounded by a multiple aircraft environment, tactical calls are needed to quickly describe such things as location, ability to support or attack, direction etc. Therefore over the years a multitude of calls have developed. Andy realized that because of personal attributes of 409 crews and characteristics of the work we do and area in which we work, new tactical calls were required in addition to those already in use. This is a list of only a few he introduced:

At the Movies - A call made by one fighter to let everyone else know that he's circling lazily high above the battle and has everyone in view. He can't positively identify who's who so is perfectly willing to stay where he is and enjoy the show.

Bedpan - This call is made by the aircrew of a fighter that suddenly realizes they're going too fast and are too tight on the target to stay in a position behind him resulting in getting squirted out the far side of the fight.

Crazy Glue - Refers to a hostile aircraft that can't press home any advantage he has to shoot, but isn't losing any ground either. He stays in exactly the same spot which should make it easy for your wingman to get him.

General Custer - A call designed to identify a target who keeps

soaking up shot after shot. Often used to describe Trev Kennedy's aircraft.

Hot Seat - This is a safety call made the day after a feast on Mexican food heavy with Jalapenos. Chances are anything more than 3 G may cause an accident harmful to personnel and destructive to materiel (flight suits, seat packs, ejection seats, etc.)

Lawn Dart - Every now and then right in the middle of a fur ball (a group of aircraft dogfighting) someone will pass right through the middle, pointed straight at the ground, and only needs to be identified by a call such as "Lawn Dart, Right, 3 o'clock" as he whistles by.

Missionary Position - Sometimes you can identify who's flying an aircraft by its external markings and in the case of a pilot like Tom Chester, for example, someone may point him out with this call which means he'll usually just lay there.

Newfie Racehorse - This applies to an aircraft who is out of the fight and circling the fur ball counter flow (the opposite direction of everyone else) disregarded for the most part but deserving attention every now and then when passing nose on nose if for no other reason but to ensure adequate altitude separation.

Oops - A call which is heard more in inter-cockpit communications than over the air but when transmitted usually means that when combating like aircraft with no distinctive marking someone has accidentally shot down his wingman.

Post Card - This call is made by a fighter so far out of the fight who hasn't seen another aircraft for a

considerable length of time using the call to indicate he may as well be on a cross country.

TV Guide - Similar to At the Movies, this describes an aircraft circling above the fight enjoying the show, able to identify every aircraft, yet not really interested in becoming involved but acting as a sort of airborne controller.

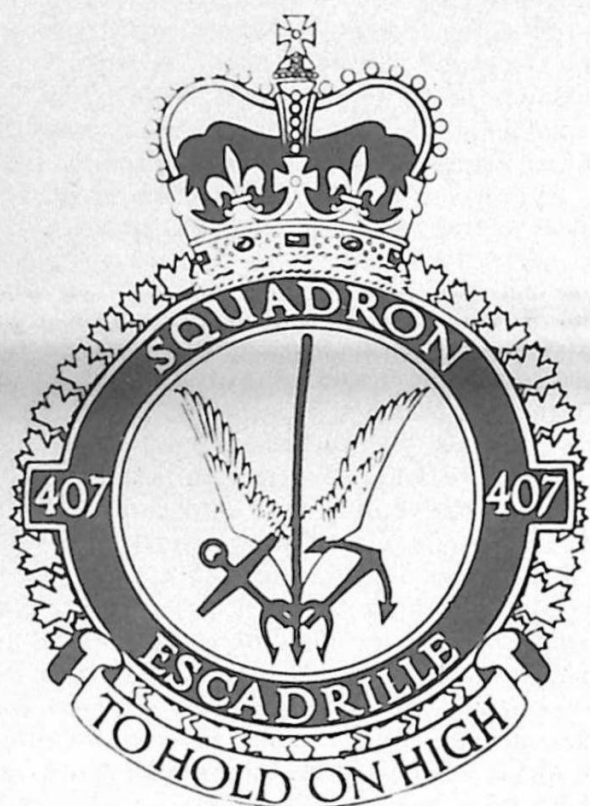
Twilight Zone - This refers to any aircraft seen by virtually everyone else in the world who in turn can't see anybody else no matter how precisely his wingmen or ground control direct him.

Andy hopes his new tactical calls will be used daily at the squadron with the end result of being adopted by the entire fighter community.

Little else has been happening around the squadron although Kaz Oreziak did take offense at the last article's comment about him wanting the world's longest umbilical cord so he wouldn't have to tie up the telephone at the QRA for hours on end. He was so upset in fact, that when he read the article he called home right away to tell the missus about it.

TRIVIA QUIZ

1. When did the first use of air to air missiles in combat take place?
2. What was the first major design of Soviet helicopter that was mass produced?
3. In what year did the RCAF retire the Neptunes?
4. Which aircraft company currently builds the F-14 Tomcat?



Demon Doins

med visual of a non-allied sub recently, 3 bottles of champagne with this award. Keep up the good work Eagle Eye 6 especially Al Furpin. Now what crew 6 really wants is a trip to Corpus Christie. Why I'll never know. The last WX report has it snowing in TEXAS! Crew 2 was launched to ADAK on 24 hours notice. They spent 7 days there getting their CPO/Husky Lounge Qualls. Is it true that it rains sideways there? For some reason the weather was better there for their stay than here in Comox. We'd sure like to find out how they managed that one. Anyways welcome home.

Crews 4 and 5 are back from 3 days swans to Arcatti California. Everyone seemed to have had a good time visiting the Naval Facility and also getting to show off the Aurora to the Navy personnel there. Crew 1 is in Greenwood on an FDS/OMS serial. Lucky bunch of guys. Well, they deserve to go there after having a real SWAN to Hawaii with the CO a little earlier. Crews 3 and 6 are preparing to leave us shortly for a Readix in Moffett. The CO will be going with them. Maj Newman will be the DET Cmdr. Have a nice time.

I would also like to welcome Maj Bouchard, Lt Bertrand and their families to the squadron. Now where is that BDO list?

R.K.J.

VP407SAMO SECTION NEWS
SAMO SUB NEWS - MAIN-
TENANCE

The new year is off to a fine start with a noticeable flurry of activity within the confines of the Maintenance domain. Could it be? Yes, it's PER time once again! Our superior team of exceptionally efficient technicians are ever striving to improve their already brilliant record of quality maintenance. Let it be known that this exemplary standard is achieved even under the most extreme conditions (like when the timer on the coffee pot mysteriously fouls up, or when servicing throws a wrench into the Maintenance climate control system by opening the hangar

doors). Moving right along...

The last few months have seen several changes in Maintenance. WO Bugden has moved on to bigger and better things in Quality Control, leaving the reigns of power in the able hands of WO Pete Ronayne. Congratulations go out to Trudy Damphouse on the birth of her baby girl, to Ed and Fern Denton and their new daughter Erin, and to Paul and Lorna Tehonchuck who tied the knot on December 10th. Rumour has it that Jack Boyes will be leaving the fold to join the Blackbirds next door, but only his career manager knows for sure. Our buddy Norm Brazeau is deserting his bridge partner to start a new game in CFS Goose Bay. Best of luck Jack and Norm, and sincere condolences to Norm's new partner. Finally, a hearty welcome to our new radar tech, Marty "Zap" Zanatta. Sure hope you can stand the pace here in Maintenance!

Early in December, the ragged and exhausted ground crew of the annual Moffett Christmas shopping spree returned to the security of home and hearth. Ably lead by Lt Irvine, MWO Johnson and Sgt Bill Follitt, this hearty band of survivors proved once and for all that those who routinely "slip the surly bonds of earth" aren't the only ones with "the right stuff". Just ask Andy Bannister and Bob Saunders, those brave young lads who battled California's Christmas shoppers to bring the best of Frederick's of Hollywood home to their ladies. And what about Jeff Foley, who after successfully completing an exacting test of motor control and physical endurance was voted the trip's "soberest drunk".

On the operational side of things, our flying record speaks for itself. We flew every scheduled mission and even managed an extra pilot trainer. Furthermore, weapon techs Guy Crepeau and Bob Earl persevered against all odds and finally located our sonobuoys. How's that for performance?

ARMAMENT

Well, it's a new year and with it new commitments to fill. We have Sgt Dave Allison, MCpls Don Dunne, Mike Lowe and Jeff Grover as well as Cpl Rosy Elligson transferred to Cold Lake to undertake their new assignments on the F-18. Folks say goodbye to your gum boots and dust off your snow shoes for the upcoming winters.

Congratulations are in order for MCpl Robert Earl and wife Diane on their new addition to the family. She is a beautiful 7 lb 9 oz baby girl with the lovely name of Nicolle. Congratulations once again and do

enjoy one of the great wonders of life - father and motherhood.

As work progresses so does our staff. Ptes Mike Labrie and Johnny Lapointe have recently completed and passed their ATAT training. Congratulations, you are now one step closer to the dizzy heights of a Corporal. Pte Spike Marlow recently returned from an EOD (Explosive Ordnance Disposal) course at CFB Borden and succeeded in not blowing himself up. Nice going Spike!

The crying towels were handed out recently during the annual Career Managers visit. It's not certain but perhaps the best people won - besides Shearwater is a pleasant place.

Be Water Wise

Don't stand up in a small boat. 60% of all boating deaths are caused by falling overboard.

The Canadian Red Cross Society



OFFICERS' MESS

Fridays, January 13, 27

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

January 27 - TGIF FRENCH MEAT PIE

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

JR. RANKS' MESS

JANUARY 1984

SUN	MON	TUES	WED	THURS	FRI	SAT
	2	3	4	5	6	7
		Special Ent.		Special Ent.	D.J.	D.J.
					TGIF CRIB	
8	9	10	11	12	13	14
		Special Ent.		Special Ent.	DJ NINE TONIGHT	DJ NINE TONIGHT
					TGIF: DARTS	
15	16	17	18	19	20	21
		Special Ent.		Special Ent.	*BAND* CHAIN GANG	*BAND* CHAIN GANG
					TGIF: Euchre	
22	23	24	25	26	27	28
		Special Ent.		Special Ent.	D.J. MAC	D.J. MAC
					TGIF: Crib	PUNKER'S NIGHT
29	30	31				
		Special Ent.				

SNACK BAR: 339-4333

— Special Events —

BAND: "CHAIN GANG" - 20 & 21 January \$3.00 per person Rock band from Victoria 2100 - 0100 hours
PUNKER'S NIGHT: DJ Mac - 28 January \$1.00 (without costume) FREE (with costume)

Section News

VU



33

It has been a busy time at VU33 lately. We are doing a lot of flying trying to keep Fisheries and Marpac happy. Fortunately the ground crew are keeping the aircraft healthy and there have been no cancellations due to u/s birds.

Belated congratulations are in order for Vic Howlett. The BComd advised him that if he was at the New Year's Ball after midnight, that he would have to put Vic on charge for being improperly dressed. At that time Vic's promotion to Major became effective. All of us are still trying to get used to the change, but you would be hard pressed to find a more deserving individual. Once again, congratulations sir.

Nick Murgatroyd is still basking in the sun in North Bay on the T-Bird conversion course. Lots of sun yes, but the -30° temperatures make for a pretty hard sun tanning.

Terry Patterson and Maj Howlett were in Ottawa for most of last week. Actually most of the time was spent in Winnipeg trying to get their aircraft fixed. Maj Howlett was busy looking for a place to live and checking out his new job.

All in all quite a profitable trip.

They even came back with one more aircraft than they left with.

Rollie Acorn is organizing a Squadron Adventure Training exercise. In preparation for this arduous undertaking, Rollie began his first day of training by almost making a cripple of himself. Way to go Rollie!

Actually, we shouldn't give Rollie such a hard time for getting into shape. Since Christmas and New Year's, the flying suits on everyone seem to fit a little bit tighter. It has to be the dry cleaners fault for shrinking those suits.

The squadron is doing well in inter-section hockey. They have remained undefeated thus far. It is the same story in inter-section volleyball. Well done to the jocks of VU33!

That does it for this time around. Have yourself a goodun.

Well, we're back with some more exciting news from VU33.

To start things off, I've returned from a hair-raising trip to McChord AFB and Edmonton, on a pilot trainer. Seeing how the other side lives made me glad to be on the ground crew. It's the only way that I can get on

such trips.

Our hockey team is doing excellent. They have remained undefeated with their last game overcoming 442 by the score of 9 to 0. Talking to a few members of the team, the only reason for such a score was by the goal tending of Jim Diamond. Keep up the good work Jim.

We've got a few members on the base team. If only they'd learn to keep their helmets on. Isn't that right Daryl? Tell me Daryl, will you ever remove your hat again?

I heard that you lost a target, Glenn. Don't worry, how were you to know that they were such good shots? Don't sweat it Glenn, it could have happened to almost anyone.

I see that Merv is pleased about the snow we've been having. Tell me Merv, do you own a share in Mount Washington, or something?

We've got a lot of people leaving us this year. We've also got people coming in. But more of that later.

That's it for now. As the news breaks you'll be able to read about it here. So till then, be seeing you.

L.J.C.



Mid January-the trying time of year when all the parties are over,

the New Year resolutions broken and the diets started.

January has also brought a few changes to the Comox ATC section. Lts Paul Anderson and Russ Smith are hitting the books in Cornwall, Ontario for the ATCO Advance (IFR) course.

The welcome mat was put out for 2Lts Mike Maillet and Pete Foley. Both are recent graduates of the ATCO basic (VFR) courses and are in the process of checking out as tower controllers.

Mike is an ex-Aero Engine tech who spent his OJT time in Edmonton Ops. Pete hails from the other coast-Greenwood.

Welcome back for Pte Paul Fleury, a graduate of the TQ3 B-

stand course in Cornwall.

The ATC hockey team bids hello to these three budding Wayne Gretskys.

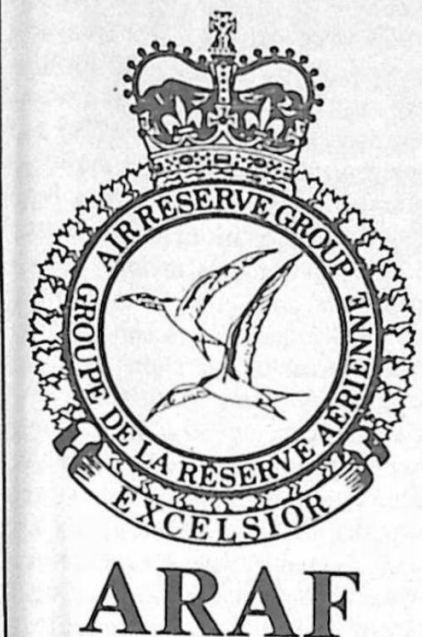
Isabelle Paradis also joined the ATC section in January. She is on the YTEP program and scheduled for course in March.

Effective January 22, 1984, Warren Webber received his accelerated promotion to Cpl Warren as a data assistant in the IFRCC.

Congratulations are in order for Lt. Rick Champagne and his wife Andrea. They are expecting a bubbly addition in July.

Finally a well done to all ATC personnel who graduated from the Propane Refuelling course.

S.H.



ARAF

It is now January 26 - are you still sticking to your New Year's resolutions?

The ARAF Christmas party was quite a success. The turn-out was good: besides current ARAFians, ex-ARAF members were invited. Our special guests were the BComd Col Dobson (who was his usual humorous self) and the BAdO LCol Jackaman. The food was potluck and was excellent. A good time was had by all, especially those who can't remember it.

Carol Lee Kennedy and Louise Thompson have returned from Penhold after successfully completing their JLC course. Good

work girls!

Congratulations are in order for Cindy Main on her promotion to MCpl.

Jeannette Scott and Marlene Cross have both completed their C.P.R. training on the Basic Rescuer 1 course. Jeannette has also passed her Standard First Aid.

Watch out intersection bowlers - ARAF has organized a team that's going to knock those pins over!

Birthday greetings go out this issue to Jeannette Scott. We hope you have a happy day.

To conclude, a question: Just what goes on in the ARAF OR while Shannon's not in the office?



Fire Plugs

The middle of winter is upon us with no snow in sight but all kinds of the traditional wet stuff. We, at the Fire Hall, hope that you and yours had a safe and happy Christmas and will have a prosperous new year.

We would like to welcome all those new personnel to the Fire Hall from various places in Canada and Europe. It looks like we will be saying good-bye to a good number of people this summer due to the pace of posting messages that have come in. Congratulations to Gary Stamp, Dave Garland, Wayne Cave, and Bruce Saunders on their recent promotions and to Jack Lopatinsky on the recent addition to his family.

Here is a safety tip while working in or about the kitchen. This room appears to be the location of most household burns. When using pots, make sure that the handles are not loose. Also, worn Pot holders will

not provide protection, do not hesitate to purchase new oven mitts. They are a small price to pay to prevent burnt hands.

Here is a story to make you sit up and think. A couple in Georgetown, Ontario awoke one night to the sound of voices coming from their living room. Suspecting burglars, they cautiously investigated. In the living room, they were surprised to find their son calmly interviewing a group of firemen. It seems while the parents slept, the boy had been playing with matches and had accidentally started a fire. With great presence of mind, the four year old had picked up the telephone and called the local fire department. Firemen arrived on the scene and promptly extinguished the blaze before the boy had summoned the courage to rouse his parents.

That is it for now and we will see you in a couple of weeks.

Base Supply

As usual things are busy and exciting in Base Supply. In preparation for the anticipated close out of 409 Squadron Customer Services is busy verifying Distribution Accountant while the warehouses are re-arranging to make room for the return of material and pre-planning for its re-distribution. (We aren't rushing you 409 Squadron, just getting organized.)

In spite of our heavy workload we are still able to get away for an afternoon of fun and fellowship and Friday January 20th was just that. We held our first Curling Funspiel at the Courtenay Curling Club with 7 Hangar challenging the "Bad Guys" (the rest of Supply). Congratulations go out to the "Bad Guys" who won the event by hanging in there. Supply also has lots of representation in the weekly BTSO Curling League which has given us all an opportunity to meet our fellow Branch members outside of work. We are also busy organizing teams for the Annual Logistics Bonspiel which is being held at the Courtenay Curling Club 16-18 February.

Most of Supply's postings are already just to mention a few - Sgt Harvey, CFSAL Borden; MCpl Tracey, CFB Gagetown; Cpl Berube, CFB Baden; Cpl Collins, CFB Winnipeg; Cpl Larocque, CFB Cold Lake; Cpl Elson, CFB Lahr; and Cpl Trusdale, CFB Petawawa.

Thanks to the coaching skills of our Boss-Maj Finn, silver medals were awarded to two Robb School students, Tania Finn who placed second and Jamie Fournier who placed third in the first race of the Batam Pepsi Challenge Alpine Ski Series held at Grouse Mountain on Saturday, January 21st. Congratulations Tania and Jamie and keep up the good work, Boss. "Cheers!"

WOS' - SGTs' MESS

January 27
MIXED TGIF. Food. Games at 2000 hours.

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

February 3
TGIF. Food. Games.

February 4
SNOOKER TOURNAMENT. 1000 hours.
Details and registration at Mess.
DJ DANCE. 2100 - 0100 hours. Munchies. \$2.00 couple.

February 5
SNOOKER TOURNAMENT. 1000 hours.
Details and registration at Mess.

February 10
TGIF. Food. Games.

February 11
★ ★ VALENTINES DANCE ★ ★
DJ - 2000-0100 hours. Food - Seafood platter - 1900-2030 hours. Price: \$10.00 per couple, members and \$12.00 per couple, guests. Tickets at door. Casual dress.

February 17
TGIF. Food. Games

February 18
DJ DANCE. Munchies. \$2.00 per couple.

February 24
MIXED TGIF. DJ. Food.

February 29
★ ★ SADIE HAWKINS DANCE ★ ★
DJ. Wives Club pot luck. 2000-2400 hours.

For information: Sgt Lesage, local 2348



Bailing out is hard to do

By Hugh Westrup

When a movie hero like James Bond ejects himself from a speeding aircraft it may seem like a piece of cake. But for the ordinary pilot the truth is something different; in one out of three ejections, the pilot will be either killed or seriously injured.

On the average, three accidents occur during pilot ejections in the NATO forces every week.

Working to reduce this loss of life and limb, Dr. S.A. Gracovetsky, an electrical engineer at Montreal's Concordia University, and Dr. H. Farfan, an orthopaedic surgeon at St. Mary's Hospital, Montreal, have come up with an explanation for these accidents.

As Dr. Gracovetsky explains, the riskiest part about ejecting oneself from an aircraft is not the fall to earth. The big danger occurs during the split second when the pilot is thrown out of the cockpit.

Under each ejection seat is a small rocket which must be powerful enough to throw the pilot so far into the air that he won't be dashed against the aircraft's tail. The rocket's acceleration subjects the pilot to a force of about 15 "g's" (15 times the force of gravity). "It's a brutal kick," says Dr. Gracovetsky.

"A 15-g force is the equivalent of multiplying the weight of a person's body by 15 times," he says. Thus, a 150-pound man will suddenly feel as if he weighed 2,250 pounds. And this tremendous accelerative force can lead to injury and death.

In his laboratory, Dr.

Gracovetsky simulated the conditions under which an ejection occurs, to determine how the g-force strikes the pilot.

Studies have found an average person is actually capable of withstanding as many as 50 gs, but only if he has complete freedom to move his head and spine. A pilot's freedom to move is severely restricted, however, because he is strapped into a cramped seat.

This confinement is most dangerous to the pilot when he tries to deal with "shear" forces — forces that act at right angles to the top of his spine, called the "atlas-axis junction".

In every human body, it is a natural reflex to minimize the shear forces. Anyone who drives a car knows this. "Whenever you make a turn in your car, your head and spine will automatically turn into the curve," says Dr. Gracovetsky. "You do this to cancel the shear forces."

A pilot will naturally try to react in the same way, but, since his movement is restricted, he may have to struggle violently to do so. "Your muscles will fight to eliminate the shear forces," says Dr. Gracovetsky. "This lowers your ability to withstand other forces acting on the rest of the spine. The consequence may be a broken back."

Once Dr. Gracovetsky discovered the cause of ejection injuries, one solution was straightforward: change the position of the rocket so that it doesn't concentrate shear forces on the atlas-axis junction. "You only need to reorient the rocket by a few degrees but the effect is

significant."

But Dr. Gracovetsky says it may be difficult to incorporate his suggestions into an aircraft design. "A pilot's seat must be designed to carry out many functions. There are competing demands as to which way the seat will be oriented."

For this reason, aircraft designs will probably not incorporate another of his findings: a pilot is best protected during an ejection if he crouches into the fetal position. "Look at it this way; when a child is being born it is pushed hard. The fetal position minimizes the stress put on the baby's spine," he says.

Dr. Gracovetsky's research was funded by the U.S. Air Force, which is now considering his recommendations. Even if his suggestions are accepted, they probably won't be implemented for 10 to 15 years. "The changes are basic," he says. "We'll have to wait until an entirely new aircraft is blueprinted and built before we see my ideas put into use."

(Canadian Science News)

3 Million Canadians have arthritis. Most can be helped. Please be generous with your support.

THE ARTHRITIS SOCIETY

Editorial

Yesterski

I went up to Mt. Washington recently for a but it was broken. So, it day's skiing and couldn't came to pass that we help but reflect on how hiked up this steep logging easy everything was. I road, switchback after drove my car right up to the lodge on a good road (no sixty pounds of ski equipment, food and sleeping bags. We arrived at the lodge, totally exhausted, distance to the ski lift. I selected our bunks in our buckled on my boots, put on my skis which just involves stepping into the bindings and, after a short wait, was whisked to the top of the mountain on a triple chair lift.

Don't get me wrong; I really enjoy this kind of skiing but it made me think back to my first ski expedition many years ago to Green Mountain, near Nanaimo. There was a group of about ten of us from Victoria who had arranged to go for a couple of days. We rented equipment before we left, which comprised wooden skis with steel edges and cable bindings, leather ski boots (lace-up type) and poles. The metal edges on the skis were in one-foot-long sections and were screwed on, so we had to check periodically to ensure they weren't falling off. The cable bindings had to be carefully adjusted so as to avoid either walking right out of your skis or snapping your leg off in a fall.

At that time, Green Mountain was rather primitive so if you wanted to eat, you brought your own food and if you wanted to sleep, you brought your own bedding. One other drawback was that the lodge was located about two miles from the parking lot (two miles straight up). We could have

The next morning we all ventured out to the ski hill, after lacing up our boots and adjusting our cable bindings. Since we were all beginners, we went to the bunny hill which had only a rope tow to get the skiers to the top. For those unfamiliar with this mode of transport, it is a wet, dirty, endless loop of rope, continually moving at a high speed. To use it the skiers sidestepped up to the rope, grasped it lightly letting it slither through their gloves. They then tightened their grip, thus either skiing or being dragged up the hill. Needless to say we all wore out our gloves and ruined our jackets.

On Sunday afternoon, we all packed up our gear for the trek back down to the parking lot. With a combination of walking, slipping and sliding on our backsides, we were able to make the return trip in about half the time.

We arrived home tired, but really enthusiastic about the great sport of skiing. I think I'll stay with the modern version, thank you very much.

J.S.G.

Letters:

To The Editor:

This letter is to inform your organization that CFB Trenton is presently renovating a building to establish an RCAF Memorial Library and Museum, and to seek your support in this project by asking your assistance in obtaining memorabilia of a significant historical nature for donation to the Museum.

It is our belief that the memory, heritage and tradition of the RCAF must be preserved and passed on to younger generations of service personnel and civilians. CFB Trenton is considered to be an ideal location for an RCAF Memorial since we are the accepted home of the RCAF and are centrally located. As a major air transport airhead we have a large transient population; approximately 100,000 passengers mainly military members and their dependants, transit this base on an annual basis. Many remain overnight to make connecting flights to other parts of Canada and to Europe. Trenton hosts an annual air cadet camp that accommodates 2,400 cadets and support staff. In addition, our annual Armed Forces Day activities, which include an air show and open house, frequently attract more than 50,000 spectators.

The library and museum will be dedicated to honor those who served before us and will contain memorabilia of a significant historical nature such as paintings, uniforms, decorations, battle honours, etc. Construction has started with completion date established in March 84, so that the facility is ready for dedication 1 April 84 in honour of the 60th Anniversary of the RCAF.

The Aims of the Museum and Library are:

a) To preserve RCAF artifacts and books, thereby ensuring the preservation of the RCAF heritage for generations to come;

b) To display RCAF heritage for everyone, both base personnel and base visitors to enjoy;

c) To establish rotating displays once the museum is in operation;

d) To collect RCAF literature for the library; and

e) To establish a display of significant historical nature of RCAF Memorabilia for dedication 1 April 84.

The Museum/Library committee needs your assistance in obtaining historical RCAF artifacts and books. These may be either in the form of display loans or donations, with all loans and donations to the



museum displayed with the name of those responsible for the item. For more information please contact Capt G.E. Harrison at one of the following telephone numbers: 392-2811, local 3726 (work) or 392-2330 (home).

As a Base project, we feel that the creation of an RCAF Memorial Library and Museum is a most effective way to maintain and convey the spirit, history and tradition of the RCAF for future generations. The location at CFB Trenton will assure maximum exposure to many military and civilian visitors. Any consideration that is given to this request would be sincerely appreciated. Per Ardua ad Astra.

Sincerely,
Ralph Patrick
Major
Chairman
RCAF Library/Museum Committee

To The Editor:

Moir Secondary School, Belleville, Ontario will be holding their 25th Anniversary and Reunion on 8, 9 and 10 Jun 84.

Families of ex-students from Moira are cordially invited to contact "Search and Find Committee", Moira Secondary School, 275 Farley Avenue, Belleville, Ontario, K8N 4M2.

Yours truly,
Mrs. Pat Bennett
Chairperson
"Search & Find Committee"

To The Editor:

On behalf of the British Columbia Lung Association, I would like to extend my thanks to you and your readers for the generous support given to the 1983 Christmas Seal Campaign.

The Campaign does not end officially until January 31, with contributions to date totalling slightly below our goal of \$825,000. Christmas Seal donations this year are higher than last years' returns and with this in mind, we are certain that our goal will be met. We feel that the 1983 Christmas Seal Campaign has been very successful considering the poor economic conditions British Columbians have been faced with during the past year.

The British Columbia Lung Association, through Christmas Seal donations, is able to provide support to vital medical research projects, programs of public and professional education, programs of school education to convince school children not to take up cigarette smoking, as well as to inform the public about the hazards of air pollution, tobacco and occupational lung disease.

Once again, thank you all very much.

Sincerely,
Dr. F.D. Mackenzie
President
B.C. Lung Association

To The Editor:

On behalf of The Canadian Red Cross Society, B.C. - Yukon Division, we wish to express our sincere thanks to our many supporters at the Canadian Forces Base, Comox for their contribution toward our campaign goals in 1983.

Over \$14,000.00 was raised in your community and we thank you for your help in making the campaign a success.

Sincerely yours,
Zarina Daya
Director, Financial Resources
B.C. - Yukon Division

To The Editor:

It would be appreciated if the following ad could be placed in your Base Newspaper:

WANTED to purchase by Second Battalion, The Royal Canadian Regiment, CFB Gagetown: Crimson sashes and gold sword slings as worn by officers of the CA (R) in dress blues until 1968. Required for unit ceremonial uniforms. 2 RCR will pay up to \$60.00 a set. Telephone 506-422-2214 or write 2 RCR Kit Shop, CFB Gagetown, Oromocto, NB, E0G 2P0. Assistance appreciated.

With best wishes for 1984, any assistance will be greatly appreciated.

Sincerely,
A.G. Miller
Major
Deputy Commanding Officer

Next Totem Times

Deadline

Monday, February 6, 1984

TOTEM TIMES

Published every second Thursday, with the kind permission of Colonel Dobson, Base Commander, CFB Comox.

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BUSINESS MANAGER: Herb Hanson (Loc. 2618) or 339-6526

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PHOTOGRAPHERS: Ann Howlett & Base Photo

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

Printed in Courtenay, B.C., by the Comox District Free Press



By Gordon Hardy of the People's Law School

Law Talk

Impaired Driving

The second of three articles on impaired driving.

The breathalyzer was invented by an American state patrolman in 1954. It was first used in Great Britain where it seemed to obtain good results in discouraging drinking drivers.

In B.C. today it is a criminal offence to refuse to take a breathalyzer test when requested by the police unless you have a good excuse not to. Keith Hamilton of the B.C. Branch of the Canadian Bar Association says, "What is reasonable excuse? The courts treat this very strictly. The fact that you don't think you're impaired, or you don't think that an officer saw you driving, are not reasonable excuses. The important thing is what the officer reasonably believes at the time he makes the demand."

The courts have accepted a few reasonable excuses. One involved a man who refused to take the test because the mouthpiece of the

machine was dirty. Another involved a driver who had been involved in an accident and began drinking after the accident to calm his nerves.

Hamilton says, "The legal issues are complex. The best general advice I can give is this: if an officer demands breath samples, ask to call a lawyer. Discuss the circumstances with the lawyer and then take his or her advice."

Under the Charter of Rights and Freedoms, the police officer must give you the opportunity to talk to a lawyer. Recently, courts have thrown out cases where the police have failed to tell an arrested person of his or her right to speak with a lawyer.

The law requires you to give at least two breath samples and sometimes more. If you refuse to give the samples required, don't expect to be able to change your mind:

you have committed the offence at the moment that you first tell the police you will not take the test.

If you are found guilty of this offence, the penalties are as serious as if you had been found guilty of impaired driving. For a first offence, you face a fine of between \$50 to \$2,000. The average first-offence fine is between \$400 to \$700.

If you are found guilty of a second offence after an official warning, a 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.

Ace Henderson, a B.C. lawyer who often defends clients accused of this and other drinking-driver offences, says a lawyer for a first offence case is not always necessary: "If they really have the goods on you, plead guilty and save the lawyer's fee which is about \$750 to

\$1,500. But first have an interview with a lawyer who will advise you about the defencibility of your case."

For second and third offences involving jail terms, he stresses the need for a lawyer. "The law on impaired driving is possibly the most complicated in the Criminal Code," he says. "It's probably more difficult to defend yourself on these charges than almost any other type of charge."

"If you are a well-spoken, self-confident person and if you really didn't have too much to drink, then I think there's a reasonable chance of defending yourself. But most people really have had too much and want to get off on a technicality. Technicalities are things that should be handled by lawyers."

NEXT: the blood-alcohol count.



Gens Du Pays

RENCONTRE - AVEC LA F.F.C.

Notre présidente, Marie-Paule Gregor participera à une rencontre organisée par la Fédération des Franco-Colombiens, à Comox, le 28 janvier, à laquelle assisteront Marc Roy, président de la F.F.C. et Fernand Gilbert, Directeur général. Cette rencontre s'adresse à tous les présidents de la région qui discuteront et feront connaître leur point de vue ainsi que leurs préoccupations actuelles.

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BIENVENUE

On peut dire: Vous êtes le bienvenu à cette réunion.

Chère Maryse, vous êtes toujours la bienvenue.

Mais c'est commettre un anglicisme que de répondre (bienvenue) à quelqu'un qui vous remercie.

FRANCAIS

- Merci bien

- Il n'y a pas de quoi

ANGLAIS

- Thank you very much

- You are welcome

À la place de "bienvenue" voici quelques suggestions:

- À votre service
- À votre disposition
- Il n'y a pas de quoi
- C'est un plaisir
- Ce n'est rien
- Je vous en prie
- De rien

- Je vous remercie pour ces suggestions
- De rien.

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



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12. CRISE - SU - FLA

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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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Paulette Leblanc 339-5651

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Sports

CFB Comox Base Arena 84 Schedule

Clip & Save

Monday	- Ice maintenance	0730-1130
	- Base team broomball (M)	1130-1300
	- Fire Hall	1300-1400
	- ATC	1415-1545
	- Wallace Gardens	1600-1745
Tuesday	- Intersection hockey	1800-2400
	- VU33	0800-1000
	- Moms & tots	1000-1100
	- Ice Maintenance	1100-1130
	- Base team broomball (F)	1130-1300
Wednesday	- 407 Squadron	1300-1345
	- Old timers	1345-1545
	- Base team hockey	1600-1745
	- Intersection broomball	1800-1945
	- Base team broomball	1945-2045
Thursday	- Commercial hockey	2100-2400
	- Minor hockey	0600-0730
	- Ice maintenance (Service bookings)	0730-1130
	- Base team broomball (M)	1130-1300
	- 442 Squadron	1300-1430
Friday	- BTNO	1430-1545
	- Wallace Gardens	1600-1745
	- Intersection hockey	1800-2400
	- Minor hockey	0600-0730
	- 409 Squadron	0800-1000
Saturday	- Moms & tots	1000-1100
	- Ice Maintenance	1100-1130
	- Base team broomball (F)	1130-1300
	- BAMSO	1300-1345
	- Old timers	1345-1545
Sunday	- Base team hockey	1600-1745
	- Intersection broomball	1800-1945
	- Base team broomball/Old	2000-2145
	- Timers hockey	2200-2400
	- Commercial hockey	2200-2400

Old Totem's go south to vie for the Pacific Cup(?)

This past weekend found the CFB Comox Old Totem's way down south in Victoria attending the Fifth Annual Pacific Cup Hockey Tournament. Eighty-eight teams, from all over Canada, were in contention. The Old Totems played three games but were unable to attain a play-off position. Game one against the KC Flying Failures, from Calgary, got off to a real good start with both teams evenly matched; the scoreboard remained silent until almost the end of the first period when suddenly Don Brooks, assisted by Reg Lanthier, lit up the board with the Totem's first goal. The board was alight in the penalty position however, with 17 minutes chalked up between the teams for consistent hooking, slashing and body checking. Period two proved even worse as the teams strenuously vied for a victory to the point of 37 additional penalty minutes being accumulated. Things seemed to go from the sublime to the ridiculous when Bob Gould accidentally (?) boarded Reg Tressel and REG was the one to be penalized. The officiating was quite obviously below standard. With nerves being stretched beyond reason, the Totems couldn't prevent the Flying Failures (??) from slamming in 6 goals in rapid succession. Reg Tressel with the aid of Reg Lanthier managed to attain a second goal for the base team, but to no avail with a final score of 8-2.

Game two pitted the home team against Swift Current Old Blues. This bout proved to be the most exciting game of the tournament for the Old Totems. The first period found the teams tied 3-3. Don Brooks, assisted by Reg Cote, opened the scoring in the middle of the period. Chuck Rheault with Wayne Estabrooks came right behind exactly one minute later with goal number two. With only four seconds remaining in the period, Reg Tressel broke through the lines and drilled in an unassisted goal number three. The period did again abound with penalties in the

Totem's drive for a victory. Early in the second period Swift Current managed to slip their fourth goal by Totem's goalie, Dave Boudreau. The Totems almost managed to tie the game up; however, the goal produced by Bob Gould was disallowed when it was discovered that Russ Parker was in the crease. Thematch ended in a disappointing 4-3 decision in favour of the Old Blues.

Game number three found CFB Comox up against their familiar arch rivals, the Parksville Bald Eagles. Totem's goalie, Barry Van Dusen, tried valiantly to staunchly defend his net; the entire Comox team put on a strong and determined display, but when push comes to shove, the Bald Eagles goalie, Joe Bayda, was the star of the day in attaining a shut-out (much deserved as he only had two goals scored against him in the entire tournament) and a victory of 7-0. The Parksville old guys might have dominated the scoring, none the less the teams were on equal par in penalties (5 apiece).

On a lighter note, it should be reported that one week previous to travelling down to the Pacific Cup Tourney, the Old Totems played a home game against the Port Alberni Old Pucker's and WON a 3-2 VICTORY. Reg Lanthier, assisted by Don Brooks got things started in the first period. Period number two was uneventful in scoring and in penalties, but the boys rallied in number three when Kim Matheson, with the help of (yes, once again) Bill Fraser, sneaked in another goal. Shortly thereafter Mr. Once Again/As Usual (Bill Fraser), this time aided and abetted by Russ Parker, brought home the winning point.

On a still lighter note - it must be mentioned that even as you read this article and hard as it may be to believe, the CFB Comox Old Totems were presented with the Fair Play Award from their participation in the recent Parksville Tournament reported on earlier in the year.

Swimming enthusiasts

Those of you who may be interested in swimming for pleasure, fitness or competition may be pleased to know the Rec Centre has its doors open to anyone interested in putting in a bit of time and effort. You can enroll as a member of the Master Swim Club or Daily Dozen.

Frank Siberski at the age of 61, is the oldest member of the Masters and is in charge of registration fees. Fees are \$5.00 for military and \$10.00 for civilians.

For further information contact Frank at 339-4381 or Cpl G. Lacasse at the Rec Centre, local 2315.

The following are some of the members and their recent mileage.

THE "DAILY DOZEN"

	Km
Paul Anderson	170
Dave Davis	145
Dee Crawford	144
Kyle Jones	80
Therese Boyer	68
Renee Cadue	44
Duffy	43
Steele	30
D. Booker	20
Mary Siberski	19
B. Heising	19
Gabrielle Laporte	18
Norma Brown	16
Hemmicke	7
Francine St. Hilaire	5
Phillips	5
Carole Berube	5
Shelly Lamb	3

MASTERS

Jennifer Burnell	91
Robert Clark	148
John Challenger	145
Margaret Challenger	262
Carol Davis	162
Heather Ferraby	34
Rosemary Lyle	82
Dana Nelson	12
Bonnie Pronk	336
Frank Siberski	354
Lana Dodd	2
Pat Roberts	108
Colleen Gagnon	147
Sharon Lynch	260
Carla Ryan	3
Nicole Cantin	55
Dick Ohn	63
Dick Alderson	18
Al Shanks	112
Julia Johnston	2
Joan Bernston	18
John Forbes	34
Gaetane Tourigny	22
Margret Buhholz	14
Suzanne Leclerc	5
Kathleen Birt	13
Maureen Gallinger	60
Lois Bliss	3
Lynn Banks	3
Richard Young	36



Badminton Club news

The club is having a very good year with the membership standing at 45 players. Club President, Merv Brown, welcomes new members to come out on club nights Sunday 1800 - 2100 hours and Wednesday 1830 - 2200 hours.

Our first Fun Tournament, held on November 30th, was a smashing success. Top mixed doubles winners

were Pete Ronayne and Barb Buchanan with runners up Carol Anderson and Dave Tiley.

On February 15th, members are urged to participate in another Fun Tournament (mixed doubles) - sign up on club night and support your club. See you on the courts.

B.J. Buchanan

NOTICES

Military/Dependant Skate
Base Arena

A.M. skate will be cancelled Saturday 28 January and Sunday 29 January due to hockey tournament.

9th Annual Logistics Bonspiel will be held at the Comox Valley Curling Club 16 to 18 February 84. Interested logistics personnel should contact WO Wall local 2464 or Sgt Sears local 2358.

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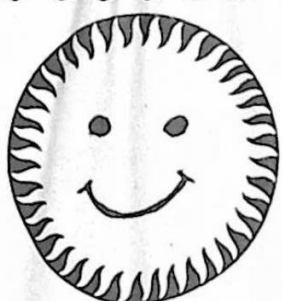
Base bowling playdowns

Also I would like to give special thanks to Pat Andrews and MCpl Larry Thompson for their time and effort to make the playdown successful.

The results are as follows for the top 15 bowlers. The top 6 go to the Regionals in Esquimalt on the 13-17 February 1984.

MCpl Fred Schwab	4736	236
Sgt Bill Boran	4678	233
Sgt Leo Fraser	4657	232
MCpl Alex Arsenault	4645	232
Sgt Bill Hill	4552	228
WO Neil Peters	4545	227
Sgt Ab MacDonald	4509	225
MCpl Cliff Perry	4446	222
Cpl Ed Elson	4330	216
Sgt Reg Gionet	4229	211
Cpl Tony Lucas	4226	211
Sgt Mickey Blake	4181	209
Sgt Chuck Vergie	4105	205
Sgt Larry Carlson	4027	201
MCpl Larry Thompson	4016	201

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SATURDAYS

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Sports

Base hockey team



The Comox Totems have won another zone championship which was held at the Base Arena from 9 to 12 January. The teams who entered were from CFB Chilliwack, an all-star team representing the Navy, 3 PPCLI from CFB Esquimalt, and CFB Comox. The 1st game involved CFB Comox against CFB Chilliwack. The final score was 16-2 for the Totems. Scoring in this game were Brian Van Hereweghe and Jim Burke with 3 goals apiece; Dan Nadeau and Daniel Desmanches 2 goals each; with Richard Leblanc, Turk Turcotte, Brad Gough and Yvan Duchesne each chipping in with 1 goal. Gary Grass played in the Comox net allowing only 2 goals. In game 2, the Totems were playing against the Navy all-star team. The score at the end of the game was 9-0 for the Totems. Scoring in this game were Brad Gough, Chrys Forest, and Dan Nadeau with 2 each with single goals being scored by Richard Leblanc, Steve Beirnes and Daniel Desmanches. Bryan Beal played nets for Comox. In Game 3 the Totems played against 3 PPCLI who were also undefeated going into this game. The final score was 8-3 in favor of Comox. Scoring for Comox were Chrys Forest and Daniel Desmanches each with 2 goals and 1 goal apiece going to Turk Turcotte, Dan Nadeau, Steve Beirnes and Brian Van Hereweghe. Gary Grass was the goaltender for the Totems.

Both 3 PPCLI and Comox were now involved in the final game with the winner going to CFB Borden to play for the National Championship. This game proved to be the most exciting game of the tournament and the Base Commander, Col Dobson reflected that it was the best service game he saw in many years. The Totems started out fast

scoring a 3-0 lead at the end of 1 period. Scoring in the first period were Chrys Forest with a goal and assist, Brian Van Hereweghe and Andy Meaning with 1 goal each with assists going to Rob Walker, Steve Beirnes, Richard Leblanc and Jim Burke. In the second and third period the 3 PPCLI team outscored the Totems 4-1 thereby tying the score at the end of the third 4-4. Scoring the lone goal for Totems was Chrys Forest. In the overtime, the Totems scored twice and the PPCLI team once. Again Chrys Forest was involved in scoring a goal and an assist, Brian Van Hereweghe a goal and assist, also, with his goal being the winner and Steve Beirnes with two assists. Playing nets for Comox was Bryan Beal. Unfortunately the game victory was expensive in that both Dan Nadeau and Turk Turcotte were seriously injured.

Regional Stats

	G	A	Pts	Pim
Chrys Forest	7	12	19	16
Dan Nadeau	5	4	9	2
Brian Van Hereweghe	6	2	8	12
Steve Beirnes	3	5	8	2
Turk Turcotte	2	6	8	14
Jim Burke	3	4	7	2
Richard Leblanc	2	5	7	4
Danial Desmanches	5	1	6	2
Brad Gough	3	2	5	4
Andy Meaning	2	3	5	0
Rob Walker	0	3	3	8
Doug Neill	0	2	2	2
Yvan Duchesne	1	0	1	22
Jack Pichard	0	1	1	4
Bryan Beal	0	0	0	2
Totals	39	50	89	96

Goaltending	GP	GF	GA	
Gary Grass	2	24	5	2.50
Bryan Beal	2	15	5	2.50
Totals	4	39	10	2.50

B.C. joggers running into trouble?

Thousands of B.C. joggers could be headed for trouble — feet first.

The problem arises out of the mountains of athletic footwear which have flooded the market in response to the fitness craze.

"The old adage, 'if the shoe fits, wear it,' just isn't that simple," says Bob Lee, a student in kinesiology at Burnaby's Simon Fraser University.

Lee has been researching running shoes as part of his studies for a number of years and says that "outside of knowing muscle and cardiovascular tolerances, the most important decision facing a runner is the choice of a running shoe."

The tragedy is that the walls of sporting goods stores are covered with shoes that are not worth the price of the box they come in. Unfortunately, in addition to being a poor investment, inferior footwear can actually increase the incidence of injury and take much of the fun out of sports activities. All it takes is a little intelligent study

and foresight to minimize the margin of error.

Lee says many people buy athletic footwear according to price. "It is a false assumption that the more digits on the sales tag the better the shoe. Running shoes are very personal athletic equipment and the 'right' pair should be properly constructed and take into account how much a person exercises and his or her style of movement."

There are basic components that the prospective buyer should check:

"The heel counter — the support that runs from the heel of the shoe up the back of the foot to the Achilles tendon — should be solid and fit reasonably closely to the foot to eliminate lateral movement. Soft heel counters don't give enough support and can lead to rotational injuries of the lower leg, knee and hip."

"The midsole is the portion of the shoe sandwiched between the outer sole and inner sole. It functions as a shock ab-

sorber to reduce trauma on the knees and lower back. The midsole should be constructed of flexible material but avoid too much thickness which can cause a platform effect. Strike a balance between flexibility and cushioning.

"The outer sole is the portion of the shoe that makes contact with the ground. The type of treading determines traction and for outdoor jogging it has been found that running shoes with pronounced nipples are best for surefootedness."

Lee cautions that there is no such thing as an all-purpose runner since the traction and support requirements for jogging, as opposed to racquet sports, are dramatically different. He notes, however, that all athletic footwear should have flexible construction which allows the shoe body to bend easily with the natural arching of the foot in motion. Sole material should be tough enough to stand shock yet soft enough to bend and provide cushioning.

"The uppers should not be leather because it doesn't breathe and tends to rot after becoming wet repeatedly. Leather also conforms to the shape of the foot and can lead to abrasion. Nylon uppers are preferable."

Lee says running shoe technology has even extended into how the shoes are laced. "Many people have narrow feet and the traditional lace holes which run in a straight line don't allow the shoe to conform to the narrowest part of the foot. There are some brands offering lace holes in a zigzag pattern which seems to be more satisfactory."

"The toe cap of a runner is important for comfort; it

should be large enough inside not to cramp the toes or foot."

When purchasing a pair of running shoes Lee suggests a brisk half hour walk or run just before going into a store. "People may not realize how much feet swell under exertion. To ensure comfort, a shoe may have to be a half size larger than normal."

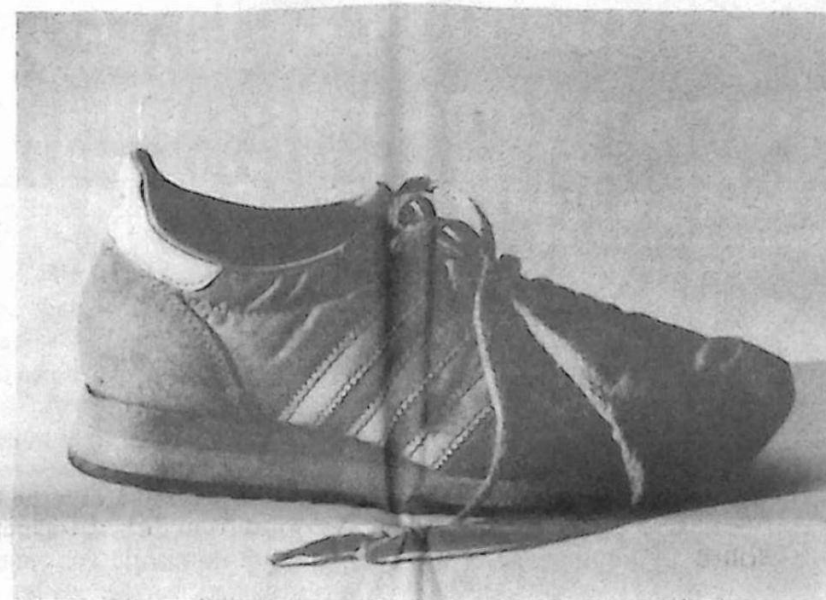
But what about those \$100 runners? What makes them worth the price?

Lee says most shoes in the upper price bracket are made for heavy use conditions such as high mileage jogging. "The average jogger should not have to spend more than \$40-\$60 for a shoe that fits well and that is satisfactorily constructed. If, however, someone has flat feet or is prone to overpronation — excessive turning inward from heel to toe — a special shoe or podiatric supports may be in order."

Lee is reluctant to advise people where to go to purchase quality runners or what brands to look for. "Some sales staff know what they're talking about and others don't. But be wary of people who say that more expensive is best. Read reputable jogging magazines for tips and think logically about how a runner fits, feels and is made. And, when you do get what seems to be a good pair, use them, but not to the point where the soles are worn through and the uppers are falling apart. Old, worn-out runners can do more harm than good and their primary purpose should be as a gauge of what to look for in a new pair."

"If people would take a bit more time to select the right athletic footwear they would suffer fewer injuries, perform better and gain more enjoyment from running."

Courtesy University News Service
Simon Fraser University



There's more to a running shoe than meets the eye.

Unclassified

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— THIS WEEK —

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NOT FOR UNDER 14 YEARS. Some very coarse language & violence." - B.C. Director

CFB COMOX

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Promotions and Awards



Maj Purcell presenting Cpl Hunt with his promotion to MCpl. So we can scratch one worker.



Maj Purcell presents MCpl Hunt with his suggestion award and cheque. Hope you didn't spend it all in one place Tim!



BGen D.F.C. Garland, Commander Air Transport Group inspects 442 Squadron on the occasion of the Colors Parade and inspection held at 1 hangar, 31 October 1983.

Dial-a-law

VANCOUVER -- Signs of times? Family problems -- from divorce to death -- seem to be the main legal problems worrying people in B.C.

That's according to the 19,143 calls to Dial-a-law, the free public legal information service operated by the B.C. Branch of the Canadian Bar Association.

In its first year of operation, Dial-a-law recorded a list of the top 10 legal subjects most requested by callers.

They were: 1. separation agreements, 2. requirements for divorce, 3. common-law relationships, 4. making a will, 5. dividing up family assets, 6. probating an estate, 7. suing someone, 8. custody and access, 9. uncontested divorce procedure, and 10. mechanics of separation.

Dial-a-law is a phone-in program that can be used by anyone in the province. It features recorded tapes on 75 common legal problems that concern many people today. The phone call is free and the information is free.

In the Vancouver toll-free area the number is 687-4680 and those outside that area call 112-800-972-0956. The Dial-a-law operator will play the tape covering the legal information subject that you request.

The tape library covers a wide range of law topics including civil rights, consumer law, criminal law, employment, family law, immigration law, landlord and tenant, mental health, real estate, small claims, wills and estates and juveniles and the law. Another 50 topics will be added shortly.

In its first year of operation, Dial-a-law recorded 10,439 calls from women and 8,704 calls from men. Many people requested tapes on more than one subject. The calls in metropolitan Vancouver averaged two-to-one to those from other parts of the province.

The Dial-a-law operator is on duty from 8:30 a.m. to 4:30 p.m. Monday to Friday. When the tape you listen to is finished, the operator comes back on the line and, if requested, may be able to provide names of other organizations which can give further information or assistance.

The service is not intended to give specific legal advice but gives practical information about law as it applies in British Columbia. And it's all free.

Safety Afloat display

It's Boat Show time and once again members of the Canadian Marine Rescue Auxiliary (CMRA) will be staffing this year's Safety Afloat display. As the volunteer arm of the Canadian Coast Guard, CMRA members will provide boating safety information to all interested mariners. You are invited to have a close look at a rigid hulled inflatable Search and Rescue vessel in use now by the Auxiliary. A comprehensive selection of the safety equipment required for pleasure craft will also be on display. The Coast Guard's Boating Safety Guide will be available as well as many other safety related brochures.

The Safety Afloat display is on the upper level, concourse booths 626 to 628. Auxiliary members will be on hand for the entire show, February the 4th to 12th.



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Volunteers in SAR

A 1983 review of the Canadian Marine Rescue Auxiliary (CMRA) indicates a definite trend toward the increased use of volunteers in Marine Search and Rescue (SAR). The CMRA working in co-operation with the Canadian Coast Guard has volunteer members covering the B.C. coast from Victoria to Prince Rupert, and also in Yellowknife, N.W.T.

Members of the auxiliary use their own vessels for SAR missions although in some areas members operated loaned Coast Guard fast response boats. In Campbell River and Powell River Auxiliary members volunteer as crew on the larger Coast Guard Cutters.

At the Close of 1982 CMRA members totalled 260 with 171 vessels equipped and ready for tasking. During 1983 the Auxiliary expanded its membership to 566 members and 292 vessels. The Majority of this growth took place in areas not previously covered by volunteer SAR resources.

The Rescue Co-ordination Centre (RCC) in Victoria is responsible for all Search and Rescue here on the West Coast. The following figures provided by RCC Victoria illustrate the vital role the CMRA has in SAR operations since its inception in 1978. Whereas the use of CMRA volunteers is on the rise the number of incidents where Primary Coast Guard units were involved has decreased. In 1984 the Canadian Marine Rescue Auxiliary will continue serving Canadians by providing volunteer Search and Rescue and by promoting boating safety through education.

MARINE SEARCH AND RESCUE SUMMARY

YEAR	1979	1980	1981	1982	1983
Total marine incidents	4272	4042	3741	3453	3365
Primary Coast Guard Units	3639	2426	2418	2490	2141
Percentage	85%	60%	65%	72%	64%
CMRA responses	261	428	413	403	639
Percentage	6%	10%	11%	9%	19%

North American Life

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Painting by John Rutherford

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PRINTS WILL BE AVAILABLE FROM APRIL 1, 1984 AT A SPECIAL INTRODUCTORY PRICE OF \$20.00 plus \$2.50 POSTAGE AND HANDLING. (B.C. RESIDENTS ADD 7% SALES TAX.) AFTER MAY 1, 1984 PRINTS \$25.00 PLUS POSTAGE AND HANDLING (AND B.C. SALES TAX WHERE APPLICABLE.)

PRINT SIZE 18" x 22" Suitable for framing

See the original painting at CFB Comox
AIR FORCE DAY - 14 April 1984

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A cozy fireplace can be dangerous.

Protect your family
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Carbon monoxide poisoning is a very real hazard in many homes throughout British Columbia. This odourless, invisible killer is produced when combustion takes place without a proper supply of air. With the recent drive to conserve heat and energy, many homes have been made much more air-tight, and with the combination of a burning fireplace, a gas-burning furnace and the normal complement of appliances and exhaust fans in operation, a potentially lethal situation can occur. Although gas furnaces

normally have their own air supply, it is often not sufficient to provide the additional air demands of fireplaces and exhaust fans. A fireplace should have its own air supply duct, or a window should be opened in the room where a fireplace is being used. Don't take chances -- learn about the hazards of carbon monoxide. Have a qualified heating expert check your home for its air supply need.

If further information is required, contact your local Gas Safety inspector.

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Around the Base

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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.



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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.

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.

Do you solve the small problems in your MQ?

The prime purpose of a CE Section on a flying base is to "keep flying operations operational". However, we are also here to keep your aging married quarter maintained 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, resecure 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 complex 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!

WO & Sgts' Wives Club

It was great to see so many members come out and enjoy the evening, Monday January 9th. After a short general meeting everyone gathered around to watch Mr. Inno Schaefer from the Courtenay Bakery quickly and gracefully decorate cakes. I can't understand why I have so many problems getting those nuts on the side of the cake when he made it look so easy! It was a most enjoyable evening and I'm sure everyone left a lot wiser and appreciative of the work that goes into every little cookie and pastry available at small bakeries. On behalf of all the members, Mr. Inno Schaefer, I would like to thank you for taking the time to come and share with us some of your tricks of the trade. We wish you luck and continued good success.

Spring is just around the corner and to help you get started on your

spring clean up early we are asking you to bring all those things around the house you don't need anymore to the annual **White Elephant Sale** on Monday February 13th at the mess. Plans for the **Fashion Show** on March 12 will also be discussed that evening.

All members, old and new, are invited to join us at the Leeward Inn Thursday evening at 7 p.m., February 16 for supper. For reservations please call Sharon Smith at 339-6490.

Ladies you are reminded of the **Wine and Cheese Party** on the 28th January and the **Leap Year Party**, February 29th at the mess so come on out and bring your husband. It's your mess so enjoy it! See you there!

E. Mitchell
Publicity Conveynor

Officers' Wives' Club

Our first mixed function of the year held on January 18 was an overwhelming success due entirely to the wit and wisdom of John Challender. For the very few in the area who may not have heard of John, he is a wine expert extraordinaire who so generously gave of his time and expertise to enlighten us on the many facets of wine appreciation. We sipped, sniffed and sloshed under his tutelage and I am confident we all went home with a wealth of knowledge re the fruit of the vine.

"I never win anything," was Lynn Smendziuk's reaction to winning the door prize of a well appointed wine basket. She won't be able to use that line again as husband Ritchie followed suit by winning our Tole Craft raffle prize. Congratulations Lynn and Ritchie!

Need a night of fun and relaxation? Come on out to our **Penny Auction and Junk Food Night**, February 15th. Bring something to have auctioned off. Looking forward to seeing you.

— Pat Chura

Answers to Trivia Quiz

1. On 24th of September 1958, Nationalist China F-86 Sabres shot down 4 Communist China Migs with Sidewinders.
2. The first mass produced Soviet helicopter was the Mil Mi-2.
3. In 1968 the last Neptune was retired at 20 TU at CFB Summerside.
4. The Grumman aircraft corporation is building the F-14 which first flew on December 21, 1971.

Library (Located back Station Theatre)

HOURS:
Monday to Thursday
6 pm - 9 pm

**White Cane
Week
February 5-11,
1984**



Across my kitchen table

— by Rosemary Gibson



STUFFED PEPPER

Ingredients:

½ cup cooked rice
 2½ oz. ground cooked beef
 2 tablespoons tomato sauce
 1 small green pepper, cored and blanched

Method:

Mix rice, cooked drained meat, and sauce. Add spices to taste when mixing. Spoon mixture into green pepper. Bake at 350° F. for 20 to 25 minutes. Add 2 oz. tomato sauce after baking for added flavour. Total calories: 300.

... And for dessert

STRAWBERRY AMBROSIA

Ingredients:

1 cup frozen unsweetened strawberries
 1 cup skim milk
 8 ice cubes
 1 teaspoon vanilla

Method:

Blend until ice cubes are completely dissolved. Pour into tall glass and serve with a straw.

HINT:

A little love can help you lose weight. An innocent kiss will burn off six calories. A less innocent kiss counts for 12. Ardor will work off 125 to 300 calories. With three kisses and two passionate encounters every week for a year, you'll lose 9.13 pounds!

THOUGHT FOR TODAY:

The pleasures of eating are fleeting;
 The pleasures of fasting are lasting!

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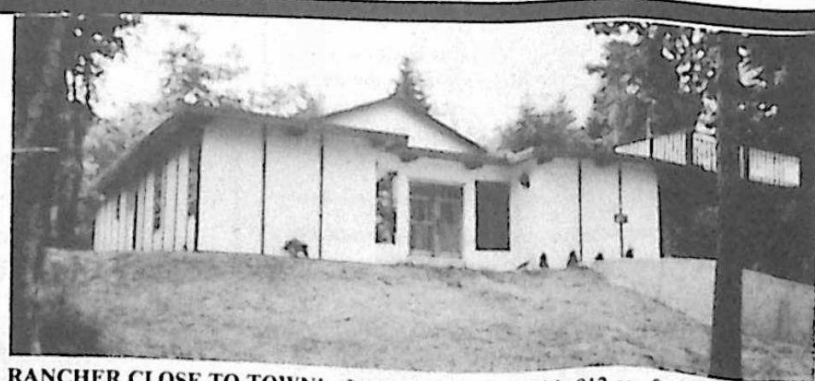
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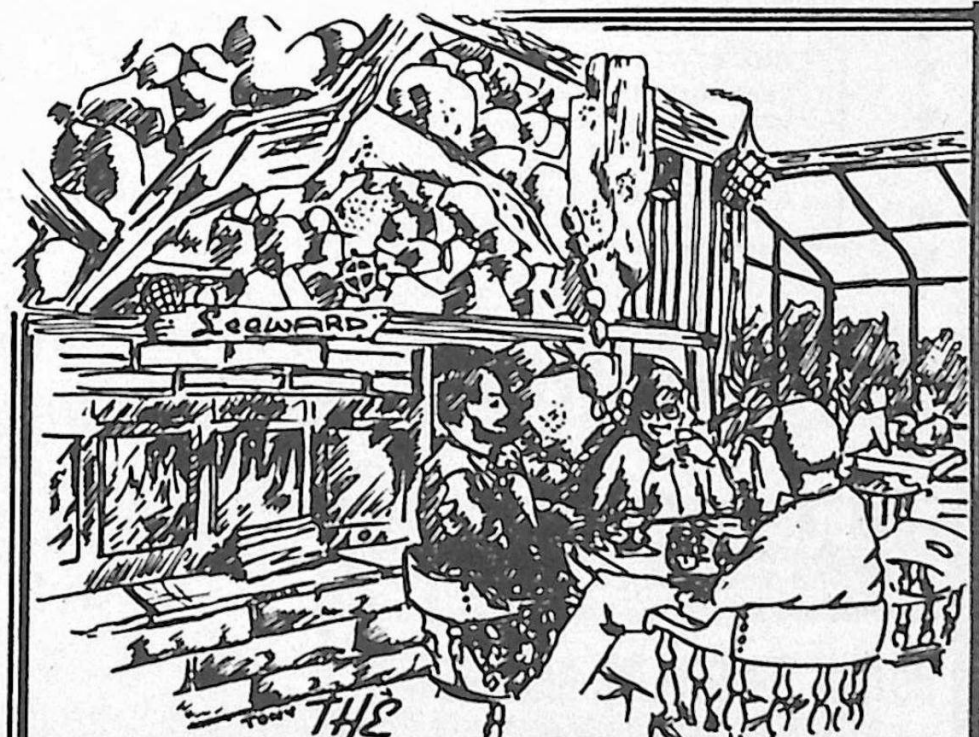
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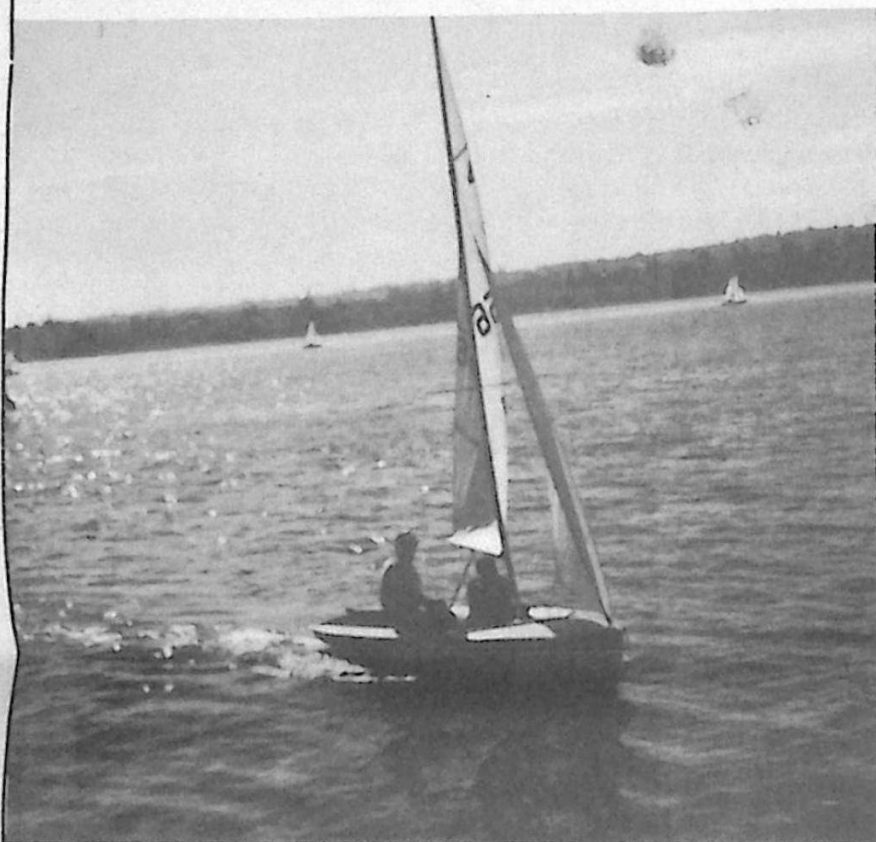
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Around the Base



Open house at Quadra CFSA Comox Squadron. Dinghies in foreground are club owned and are of the famous Mirror Class.



420 dinghy race in Comox Bay, Alex Fox and crew in the foreground.

Canadian Forces Sailing Association

Ahoy there matey! Arr, have you ever been to sea billy-bye? Well, now's yer chance.

Hear Ye, Hear Ye: the Annual General Meeting of the CFSA (Canadian Forces Sailing Association) Comox Squadron (non-generals may attend) will be held in the clubhouse at HMCS Quadra on 7 February 84 at 1900 hours. So ... if you'd like to sail this year with the club and/or would like a say in deciding the who's who of the club directorate (commodore, vice-commodore, etc.), come on down! Bring your friends.

What can the sailing club do for you, you might ask? I'm glad you asked! As JFK might have said, "Ask not what your sailing club can do for you, ask instead what you can do for your sailing club."

Now seriously, to answer the first question, the club is an incredible deal. Annual membership is only \$35.00. The club has 8 4.2 metre 420 class dinghies, and a 22 foot Columbia Cabin sailboat called the Klim Kwash. Qualified members can use the Klim Kwash for a nominal rental fee (to be decided at the general meeting; previously it was \$1.50/hour), and the 420's can be used anytime.

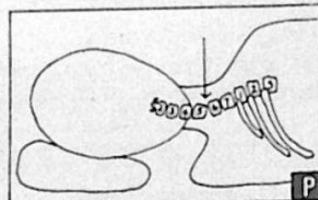
We intend to hold lessons on basic dinghy sailing, a coastal cruising CYA (Canadian Yachting Association) course, local racing, interbase competitions, and social events. The year's schedule and plans will be decided at the general meeting so bring your questions and enthusiasm down to the clubhouse at Quadra.

Sea you there sailors!

For almost everyone a better way to sleep

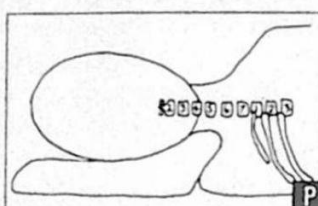
Dr. Hugh Smythe
Robert F. Clark

The North American pillow is not well designed. It tends to support only the head while the length of the neck is unprotected and unsupported. Mechanical pressures occur that can lead to discomfort and later degeneration of the spinal structure. The problem usually goes unnoticed and is left uncorrected until professional help is needed. Symptoms of strain are many and perhaps the most common is a stiff or sore neck upon waking up. The ordinary pillow supports only the skull but too often leaves the length of the neck unsupported.



1(a) Unsupported neck with ordinary pillow

When the neck is supported as in 1(b), these pressures are cancelled out and the weight of the head can provide a gentle traction effect through the neck.



1(b) Supported neck with well designed pillow

The idea of neck support is not new. The Chinese, Egyptians, Africans and Europeans have all used various types of support for the neck.

Wallace Gardens Community Council

Since this is the first report of Wallace Gardens Community Council this year, we will introduce members presently serving on the Community Council by their wards.

Mayor

Ward No. 1
MQ A & B, 1-11, 101, 119-122

Ward No. 2
MQ C, D, E & F

Ward No. 3
MQ 12-25A, 34-48

Ward No. 4
MQ 26-33, 49-65A

Ward No. 5 - MQ 66-83A

Ward No. 6
MQ 84-100A

Ward No. 7
MQ 102, 103, 105 - 108

Ward No. 8
MQ 104, 109, 113, 115, 117, 118

Ward No. 9
MQ 110-112, 114, 116

Sgt J.R. Gionet (Reg)

MCpl M. Harvey (Marcel)
MCpl D.G. Mills (Doug)

Mrs. C. Haskell (Christine)
Mrs. S. Nadeau (Shannon)

MCpl R.D. Hunter (Ray)
MCpl S.A. Zimmer (Stan)

Sgt A.G. Rice (Al)
Sgt J.R. Gionet (Reg)
WO G.M. Maiers (Gerry)

Capt H. Banks (Harold)
Lt S. Harrison (Steve)
MCpl S.W. Carter (Stu)

Sgt J. Bagnell (John)

Sgt W.D. Fisher (Bill)
Sgt P.W. Tinnion (Pat)

As you can see, new members are required to represent wards 5, 7 and 8. Elections will be held in the near future unless enough volunteers offer their services to fill the vacancies that now exist and future vacancies.

Another Christmas season has come and gone and a hearty thanks and job-well-done is offered to everyone who helped at the movies, the arena, the tree burn, etc, realizing that nothing would be possible without the efforts and assistance of parents and council members. Again, thank you!

Our hockey program was off to a sluggish start; however, it is now operating at a quality level, bearing in mind that the main function was to provide some ice-time and coaching at a reasonable cost to dependents. There are approximately 40 members ranging in age from 4 to 15 and the kids involved are really enjoying the program.

Another PMQ Community Council meeting is scheduled for this week so more information will be presented in the next report. For more information about your council don't hesitate to inquire with any Community Council member.

Al Rice

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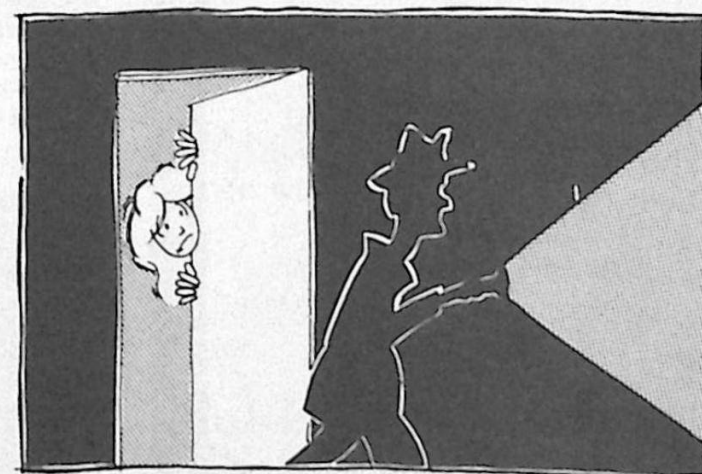
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Canadian Forces News

1983 in the Canadian Forces

JANUARY

The Department of National Defence monitors the abnormal behavior of a nuclear-powered Soviet satellite, COSMOS 1402. A rapid response team of 50 military and civilian technicians and scientists stand by at Canadian Forces Base Ottawa to deploy by Hercules aircraft to any area in Canada where clean-up operations will be required.

Pilots and maintenance crew are enthusiastic and happy with the CF-18. The first two aircraft are carrying out operations in cold weather at CFB Cold Lake, and performing well.

A demonstration of the Search and Rescue Satellite Aided Tracking System (SARSAT) is held at CFB Trenton. DND is the lead department for the program.

The Conference of Defence Associations holds its 46th annual general meeting at the Chateau Laurier Hotel, Ottawa. Approximately 200 participants representing more than 300,000 members of the Conference of Defence Associations are in attendance.

FEBRUARY

The Prime Minister announces that Lieutenant-General Gérard C.E. Thériault, CMM, CD, will be promoted to the rank of General and appointed Chief of the Defence Staff effective 1 July, 1983.

Treasury Board approves a \$1.2 million project for CFB Bagotville. The construction engineering building on the base is to be extended to improve working conditions and provide better support facilities for employees.

Six Ottawa area CF personnel are awarded Chief of the Defence Staff Commendations in recognition of exemplary service.

MARCH

650 Canadian soldiers and airmen participate in "COLD WINTER" a major NATO winter field training exercise in northern Norway.

DND co-operates with the Department of Employment and Immigration in a joint venture to create approximately 17,000 more jobs for young Canadians during the summer of 1983.

The 12e Régiment blindé du Canada, of Valcartier, Que., augmented by other units of 5e Groupe-Brigade du Canada, also of Valcartier, proceed for a six-month United Nations peacekeeping tour in Cyprus.

Defence Minister Gilles Lamontagne attends the 33rd meeting of the NATO Nuclear Planning Group in Vilamoura, Portugal.

The Canadian Forces plays a major supporting role as Her Majesty Queen Elizabeth II and His Royal Highness Prince Philip visit Canada.

APRIL

The MND announces details of a new Youth Training and Employment Programme for 5,000 young Canadians.

The Sky Hawks, the Canadian Forces Parachute Team, which performs each year before an estimated two million spectators, begins its series of 13 country-wide parachuting demonstrations.

7,400 service personnel participate in exercise "RENDEZ-VOUS 83" in Wainwright, Alberta. It allows Mobile Command to exercise its troops at all levels of command.

MAY

The CF-18 fighter receives initial inflight refuelling certification following trials with a CF Boeing CC-137 tanker. The trials are part of the on-going program to bring the CF-18 to operational status.

The Insignia of the Order of Military Merit is presented to 54 Canadian Regular and Reserve Force members by His Excellency, The Right Honourable Edward Schreyer, Governor General of Canada.

The Treasury Board awards a \$3.96 million contract for naval communications equipment to Rockwell International of Canada Ltd. The new equipment is intended to replace obsolete equipment in Canadian Forces ships, shore radio stations, and supporting units, and will comply with NATO and Allied Standards.

Canada, along with five other NATO nations, participates in exercise "Central Enterprise 83", a flying exercise which takes place throughout the Allied Command Europe, Central Region.

JUNE

The U.S. Department of Defense submits a proposal to the Department of National Defence for the testing of unarmed cruise missiles in Canada. The proposed test program falls within the terms of the Canada/U.S. Test and Evaluation Program Agreement signed by the two countries.

Two of Canada's most famous army units, The Royal Canadian Dragoons and The Royal Canadian Regiment celebrate one hundred years of service in war and peace. Each regiment plans a full and varied schedule of events in Canada and Europe to commemorate the past and look to the future.

The MND and members of the Defence Planning Committee of the North Atlantic Treaty Organization attend the spring Ministerial Session in Brussels.

Prince Charles and Princess Diana open the new ship repair facility at HMC Dockyard in Halifax.

JULY

The Treasury Board approves a \$1,423,000 project for the construction of a new small arms range at CFB Gagetown, N.B.

The MND presides over a ceremony marking the inauguration of the Headquarters, Naval Reserve Divisions, in Quebec City.

A 19-member team represents the Canadian Forces at the United Kingdom Rifle Association annual competition in Bisley, England.

The Canadian Patrol Frigate contract is let to Saint John Shipbuilding and Drydock for construction of six ships.

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run around
together.



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AUGUST

The Honourable Jean-Jacques Blais is appointed Minister of National Defence.

MANAC Inc., of St-Georges-de-Beauce, Quebec, is awarded a contract for the Medium Logistic Vehicle Wheeled Trailer System. The \$11.8 million contract is for 791 military pattern trailers for general cargo, kitchen and fuel tanker systems.

DND accepts the first CF-18 flight simulator at the plant of CAE Electronics Ltd., in Ville St. Laurent, Quebec. This flight simulator is the first of three that CAE Electronics Ltd. will supply to the Canadian Forces under a \$43.8 million contract.

More than 4,000 Canadian soldiers take part in a month-long training exercise in Bavaria, West Germany. Members of 4 Canadian Mechanized Brigade Group along with augmentation troops from Canada train annually in Bavaria as part of the NATO fall manoeuvres.

SEPTEMBER

Defence Minister Jean-Jacques Blais announces the awarding of a contract for almost \$12 million to Hawker Siddeley Canada Inc., Orenda Division of Toronto, for the repair and overhaul of aero engines which power the CF-18 fighter aircraft.

Canadian troops begin their 40th rotation to Cyprus. The 2nd battalion, The Royal Canadian Regiment, based at CFB Gagetown, N.B., augmented by other units from Mobile Command, take up Canada's portion of the UN peacekeeping role on the island for a six month tour.

OCTOBER

DND signs a contract for 1,900 Iltis 4 x 4 cross country vehicles with Bombardier Ltd. This Iltis will replace all M-38 jeeps and some of the M-151 jeeps in CF service.

The Royal Winnipeg Rifles celebrate the 100th anniversary of the regiment in ceremonies in Winnipeg.

Defence Minister Jean-Jacques Blais hosts the NATO Nuclear Planning Group (NPG) meeting held at Montebello, Quebec.

The Intelligence branch forms an alliance with the British Intelligence Corps.

NOVEMBER

Canada Post releases stamps commemorating the centennial of four CF regiments, The Royal Canadian Regiment, The Royal Canadian Dragoons, The British Columbia Regiment and The Royal Winnipeg Rifles.

An interdepartmental Cruise Missile briefing team from DND and the Department of External Affairs tours communities in Alberta to brief officials and the public on the U.S. cruise missile testing program scheduled to begin in Canada in March 1984.

DECEMBER

HMCS IROQUOIS rescues 20 crew members from the foundering freighter Ho Ming off Newfoundland.

DND signs contract with Computing Devices of Canada for Milipac artillery fire control equipment.

Germany and Canada renew Memorandum of Understanding for a ten-year extension of German air and ground training in Canada.

Defence Minister Jean-Jacques Blais attends NATO Defence Planning Conference in Brussels.

Commander Marc Garneau of National Defence Headquarters in Ottawa and Dr. Ken Money, a civilian scientist at the Defence and Civil Institute of Environmental Medicine in Toronto are among those selected to be the first Canadian astronauts.



Time
for
a
ball

The Annual Military Ball will be held this year on Saturday, May 5, 1984, at Hotel Vancouver.

The Ball has been an annual event in the Vancouver Garrison since 1946, when it originated as a victory celebration to commemorate the end of World War II, and occurs each year on the Saturday nearest to the anniversary of V.E. Day, May 7, 1945.

Each year the Military Ball is organized by Vancouver Militia District and is attended by officers of the Canadian Forces, both regular and reserve, as well as officers of the RCMP, the US Armed Forces, retired officers, and their guests.

A special feature of the Military Ball is the presentation of debutantes to His Honour the Lieutenant-Governor of British Columbia. The presentation of the debutantes adds a touch of elegance to the ball and a delightful link to more traditional times, as well as reaffirming our allegiance to Her Majesty the Queen.

To qualify as a debutante, a young lady must be at least 16 and in Grade 11, not older than 21, and the daughter, grand-daughter, or niece of a serving or retired officer of any of Her Majesty's Forces, in-

cluding the RCMP.

Most of the debutantes are sponsored by one of the six units of Vancouver Militia District; however, those having no unit affiliation are welcome to apply, and can be sponsored by the unit responsible for this year's Ball. The unit responsible this year is the British Columbia Regiment (DCO), Commanding Officer - LCol R.W. Stanley.

Mrs. L. Watkins, Chairman of the Military Ball Debutantes Committee, advises that parents wishing to have their daughters presented as debutantes may obtain application forms from Headquarters, Vancouver Militia District, 4050 West 4th Avenue, Vancouver, B.C. V6R 1P6, phone 732-4837. The closing date for applications is February 15, 1984.

Mrs. Watkins' committee includes Mrs. M.J. Otway-Ruthven, Mrs. J. Garry, Capt (W) D.R. Murray, Mrs. Ray Byrne, 2Lt (W) P.R. Baxter, Miss Victoria Darbrough, Mrs. Mary Hokanson, and Mrs. H. Lee.

If you would like to have further information or send a representative to a pre-ball social event, please direct enquiries to Capt Delma Murray at 731-0390.

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Tax time!

Most people pay a lot more income tax than they really need to. Recent Revenue Canada taxation statistics have shown that 50% of personal income tax is being paid by 19% of the income earners.

For those people who are issued with an annual T-4 taxation slip, and that's most of us, the number of legal tax deductions are limited to just a few.

Under those circumstances it would be expected that anyone in the T-4 category would be taking advantage of those attractive legal tax deductions. Unfortunately that's not the case whether it's through lack of knowledge or just plain procrastination, a considerable amount of "self inflicted taxation" takes place and so hard earned cash is given to the taxation department unnecessarily each year.

The legal tax deduction you should be using right down to the last penny is a REGISTERED RETIREMENT SAVINGS PLAN, (R.R.S.P.). Perhaps if I explain in understandable terms you might just save a lot of money which otherwise might go to the Government - unnecessarily, of course.

These R.R.S.P.'s are government created tax savings programs designed to allow you to save money and the amounts of money you place in these plans are tax deductible at your taxation level. Let's assume that you're in a 40% tax bracket, for every \$1,000 you save the Government will give you \$400 in the way of a tax refund. Now if the Government is going to pay you to save, you just have to take advantage of it. There are, however, certain restrictions and required qualifications to enable you to take advantage of these plans.

The amount you can invest

If you are self-employed or your employer does not have a Registered Pension Plan, the maximum contribution you can make to your R.R.S.P. in any year is \$5,500 or 20% of your earned income, whichever is less.

If you are an employee whose employer does have a registered pension plan to which you belong you can contribute annually to your R.R.S.P.: \$3,500 or 20% of your earned income, whichever is less MINUS your contributions to your employer's plan.

In addition to your normal contribution limit:

— if you change jobs (or for some other reason are no longer part of your employer's pension plan) you can "roll-over" pension plan refunds into a R.R.S.P. without tax penalty.

— until the end of the year in which you become age 71 you can transfer Old Age Security and Canada or Quebec Pension Plan benefits directly into a R.R.S.P.

— payments received from a "retiring allowance" paid by your employer can also be rolled over into a R.R.S.P.

— payments received on retirement from an employer pension plan can be rolled into a R.R.S.P.

This also includes:

— annuity income from another R.R.S.P. if paid directly to a new R.R.S.P. issuer.

— separation pay.

— accumulated sick leave benefits received on retirement or separation.

Making deposits

Naturally, you can make a deposit into your R.R.S.P. any time during the year. You can also make contributions up to 60 days after year end and deduct these from income earned in the immediate past year. Deposits can be made either on a regular monthly installment basis or in one lump sum.

It is not a requirement that you contribute to your R.R.S.P. every year although it is obviously to your advantage to do so.

Other R.R.S.P. restrictions

As a result of the Government's involvement in providing a desirable

format for the accumulation of retirement funds by individuals, there are restrictions placed on features such as plan investments, withdrawals of funds, and borrowing, etc.

Spouse R.R.S.P.

You may make contributions to an R.R.S.P. in the name of your spouse. The principal advantage is that in retirement the income is split thus lowering the amount subject to tax for a husband and wife. Both are then able to claim the \$1,000 private pension exemption.

This does not increase the total amount you are able to contribute but does allow you to gain an additional tax advantage without additional expenditure. It also allows you to continue deductible contributions until the end of the year your spouse turns 71.

R.R.S.P.'s as an investment

The tax-free compounding of an R.R.S.P. greatly enhances the value of your investment and should you choose to de-register your plan at a later date and pay tax on the sum in the plan, the amount remaining may be greater than if you had invested with "after tax" dollars.

Before you buy your R.R.S.P.

Shop around for the best rates, seek professional advice if you want to get the most out of your plans. Your R.R.S.P. should have liquidity, flexibility, and real growth - don't use "locked in" R.R.S.P.'s unless really necessary and remember March 1st is the deadline date.

Over the next few weeks we will explain Registered Home Owner Savings Plans (R.H.O.S.P.), Capital Gains, Dividend Tax Credit, Tax Referrals, and Investment Income Exemptions.

Brian (Dan) Daly
Advanced Financial Planner

BADO Burlblings

It occurred to me after I had written about that wonderful dental deal that some of our non-military readers would have felt a little resentful about this benefit granted to military personnel, that they do not enjoy. Well, to keep the record straight, it is indeed true that we are not billed directly for our dental care but we do pay indirectly. When pay and benefits are negotiated by NDHQ and the Treasury Board a certain percentage of our pay is withheld to be allocated to the CF Dental Services. Thus, an equivalent civil service employee gets a little more in hard cash to compensate. So the old adage in life that nothing is free is perhaps correct. It's just that some things cost less than others, which leads me into another one of the BADO "Free" deals. Again, no hard cash has to exchange hands, but it does mean just a wee bit of physical effort on your part.

Your Base Administration Branch is for yet another year, offering completely free fitness evaluations. During your birth month, and it doesn't matter if your mother and father were not married, you can report to our superbly equipped gymnasium for a 45 minute conference with our highly trained physical fitness and recreational specialists. They have a nice little private room where they will measure your blood pressure calibrated to take into effect any over readings due to the sex appeal of the testing official. He or she, as the case may be, will ask you to do a few sit ups and push ups (solo) and to the sound of brisk and even more brisk music you will be asked to walk up and down some stairs. It helps if you can imagine that you are off to see your girl or boy friend who lives on the top floor of a twelve story apartment that has no elevator. After this test you will be

able to assess your capability should you ever find yourself in such a situation. I found it hard to raise one foot up after the other let alone anything else!

This interesting interlude in your life is a nice thoughtful birthday gift from Air Command and the CF. You will know just how fit or unfit you are at that point in time. But then they are even more generous in their gift giving. Not content with that, they are also prepared in every way to assist you in either staying fit or in improving your miserable performance. In fact in the latter case they insist on it! They (the CF) have everything, well almost everything, in the way of sports and recreational equipment. If you do not enjoy running or the undercarriage is beginning to creak and groan with age, you can walk or better still, swim. You can pedal those indoor bikes to nowhere, lift weights to heaven, and run to the far horizon just like our assistant to the BWO. I now have been convinced the world is flat as he would have fallen off the edge before now. Well, I suppose you can keep hoping, but then I digress. What I mean to say is that all of this is "free" - why else would I be involved? I have even started walking to work so I can combine fitness training with gasoline saving. In the meantime, those of us who indulge, feel better and we hope to cut down on the odds of a disabling illness. It was the latter problem that caused my postal clerk to obtain through her contacts in Safety Systems, a reflecting arm band. I am still not sure if it was meant to make sure folk in cars could see and avoid me on my morning walk or whether it was as a target marker. But I digress again.

The point of this burlbling was to draw your attention to the testing and the very real need for you to at-

tend the testing periods as arranged by your unit co-ordinator. Testing is now a big task for our Base Physical Education and Recreational Specialists. No longer can they send a mad pack of panting individuals around a mile and a half circuit and time them. They now have to take each individual and spend about 45 minutes with them undertaking individual testing. It is a one on one situation and they do care. It is because they are concerned that they become upset when individuals fail to show up or at the last minute cancel out with what is often a flimsy excuse. During the first two weeks of January, two full days of testing have been lost due to no shows. I suppose we are all lazy at heart and for some reason it is only too easy to avoid exercise. But no one is asking you to be a champion or a professional athlete. All that is required for most folk is a regular exercise period each day. The biggest problem is getting it started. Let us all show up for our testing as directed and let's use this free offer as the catalyst to get you going.

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LT J.E. REED

Local 2578

NAME

TELEPHONE

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