

THE SHIELD

NOVEMBER 4, 1980

Canadian Forces Base North Bay

VOLUME 3, ISSUE 28

AVRO CF-100 CANUCK "CLUNK"

In 1981, a chapter of Canadian aviation history will close. The only indigenous fighter aircraft ever to enter RCAF-CF service, the CF-100, will retire after a career that has withstood the passage of three decades of technical advance and more than twice the design airframe life. The CF-100 will retire never having had to fire a shot in anger but having won the respect of those who have known her. The tremendous success of the design has prompted many to wonder why A. V. Roe's subsequent effort, the CF-105, never saw service life.

The events of World War II transformed the country from a semi-colonial state into a nation with a substantial industrial base, a large portion of which was devoted to aviation, but not jets. The quick development, of Soviet strategic power after the war made the government and the military realize that the air over the Canadian land mass would, in any future conflict, be a major battle ground. The means and the will were now established for a native jet aircraft industry, reinitiating fighter plans that had remained dormant since the close of WWII.

The Victory Aircraft plant at Malton was purchased by A. V. Roe for conversion work on Lancasters. Simultaneously, the company, along with others, put forth a plan to produce a Canadian aircraft "from the drawing board to the air." The RCAF was much of the same mind and exerted pressure on the federal government for a long-range, heavily-armed, all weather jet fighter that could operate in the Arctic. Fighters of this type with the required range were not available anywhere at the time, which led to Rt. Hon. C. D. Howe to remark that "the only alternative is to produce one."

On 19 January, 1950, the prototype CF-100 took to the air. As the Canadian-designed Orenda engines

intended for this aircraft were not yet ready, the first flights were powered by Rolls-Royce Avon engines. By the time the Korean War started in earnest in June, 1950, 12 CF-100s were on the production line. Further military pressure on the United Nations Forces in Korea prompted the federal government into increasing the initial order to 124 aircraft at a production rate of five per month. Subsequent events in Korea led to a further increase in production rate and numbers.

The prototype MK1 CF-100 aircraft's success led to ten pre-production MK2 aircraft (unarmed) for development and testing. The first operational CF-100 MK3 flew on 11 October 1952, powered by Orenda 8 engines and armed with eight .50 calibre Colt Browning machine guns mounted in a retractable pack between the engines. Seventy aircraft were built. The RCAF accepted its first MK3 on 15 August, 1952, which was assigned to Air Defence Command at North Bay. The first CF-100 training unit, 3 All Weather Operational Training Unit, was established at North Bay in 1953. MK 3s were also used operationally during this period, first by 445 Squadron and later by 423 Squadron,

St. Hubert, P.Q. and 440 Squadron, Bagotville, P. Q.

The first of the true all-weather CF-100s was the MK 4. The prototype flew on 11 October, 1952, the same date as the MK 3. The MK 4's weapon system, however, was much more sophisticated and needed further development prior to production. The first production aircraft flew on 24 October, 1953. The Hughes MG-2 fire control system and APG 40 gun radar replaced the MK 3 APG 33 radars. 2.75-in. folding fin rocket pods were added to the wing tips containing 29 rockets each. The addition of the Orenda 9 engine increased aircraft performance significantly. 3 (AW) OTU moved to RCAF Station Cold Lake in 1955 to allow proper weapons training at the live firing range at Primrose Lake. One hundred and thirty-seven MK4A aircraft were built along with 194 MK4Bs which had the updated Orenda 11 engines and an optional ventral rocket pod. These aircraft equipped 409 (Night Hawk), 419 (Moose), 425 (Alouette), 428 (Ghost), 432 (Black Cougar), and 433 (Porcupine), Squadrons. They also replaced the MK3s of 423, 440 and 445 Squadrons.

In 1956, four CF-100 MK4B squadrons replaced four of

the RCAF Sabre squadrons in Europe, providing the first significant all-weather interceptor capability for NATO. One squadron of CFs went to each fighter wing (FW), 445 Squadron to FW Marville, France; 423 Squadron to 2 FW Gros Tenquin, France; 440 Squadron to 3 FW Zweibrucken, Germany and 419 Squadron to 4 FW Baden Söllingen, Germany.

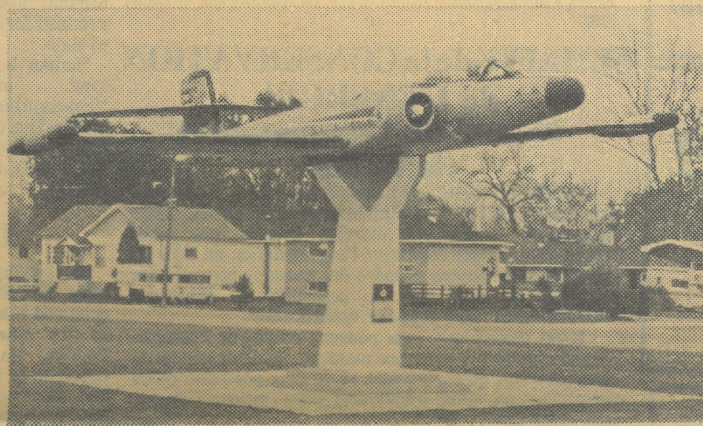
The final production version of the CF-100 was the MK5. The improved Orenda 14 engines were fitted along with five ft. wing tip extensions and an enlarged tail. The guns were deleted but the wing tip rocket pods were retained. The first production MK 5 flew on 12 October, 1955. Two hundred and seventy-nine aircraft were built and 50 MK 4Bs were converted to the MK 5 standard. Canadian-based squadrons were reinforced by the addition of 410 (Cougar), 413 (Tusker), 414 (Black Knight) and 416 (Lynx) Squadrons.

The MK 6 aircraft never saw production. It was a direct descendant of the "Velvet Glove" project which investigated the capabilities of a guided-missile-armed CF-100. The proposed weapon was the Sparrow II radar-guided missile of which the MK 6 would have carried four on wing pylons.

Fifty-three MK 5 aircraft were delivered to the Belgian Air Force on 7 October, 1957, serving until 1964 when they were replaced by F104 Gs. In 1963 the CF-100 ceased to function in the RCAF as a fighter aircraft, having been replaced by the CF104 Starfighter, CF101B Voodoo and 56 BOMARC Surface-to-Air missiles. This was not to be the end of the CF-100 "Clunk", as it is now respectfully known. Extensive fatigue tests were done to destruction and it was discovered that this "obsolete fighter" was really a tank in disguise and double the previously expected airframe life could safely be flown. As a result, development versions of the CF-100 were built for the electronic warfare, reconnaissance and target towing roles. The EW version was subsequently chosen as the vehicle for airborne electronic warfare training. The CF-100 continues to provide realistic training to interceptors and ground-based radars, and will remain on 414 (EW) Squadron strength until December 1981. The exclusive use of the Clunk as the only jet EW training aircraft finally came to an end with the introduction of three Falcon aircraft in 1977, this aircraft having been chosen after many years of prolonged investigation.

The Clunk airframe hours are now running low and engines are as scarce as hens' teeth. The CF-100 flown by 414 has tip tanks on the wings instead of rocket pods, chaff pods under the wings on hard points where the Sparrow missiles would have hung and brute force electronic jammers in the gun bay. In 1973, the inventory was down to 42. Now only seven aircraft are still flying, and five in reserve ready to surrender their parts when needed, and one remains flying with United Aircraft of Canada as an engine test bed.

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ENERGY AWARENESS WEEK!

Base Commander's Statement

Increasing energy costs mean that more is being spent just to heat our facilities and keep our equipment going. Because our budgets seldom match the increase in energy costs, we must either take steps to reduce these costs or suffer the possibility of a major reduction in our operational capability.

That we can conserve energy has been demonstrated. Last year we managed to hold the line — an excellent effort, and one which I'm sure we can improve upon this year.

The intention of our energy conservation program is to manage our resources and eliminate waste: it is not to penalize or create hardship for Base personnel. To this end, in implementing a Base policy on energy conservation, we have established a Base Energy Management Committee chaired by the Base Technical Services Officer, a Base Energy Management Officer, and various Energy Management Wardens. These wardens have been appointed from all areas on the Base and are the backbone of our conservation program. Find out who your warden is and help him in his task.

The need to conserve energy is a top priority, and I would ask everyone to give their personal support to this program. Let's generate new ideas, new approaches and ways to save energy!

If you have any questions or suggestions, call the Base Energy Management Officer, Capt. G. Humphries, at Local 7798.

SEMAINE de la CONSERVATION de L'ENERGIE Exposé du Commandant de la Base

Le coût grandissant de l'énergie nous force à dépenser plus pour chauffer nos établissements et garder notre équipement en état de marche. Puisque nos fonds budgétaires suivent rarement l'augmentation du coût de l'énergie, nous devons prendre des mesures pour réduire ces coûts ou alors subir la possibilité de réductions majeures dans notre capacité opérationnelle.

Il est prouvé que nous pouvons conserver l'énergie. L'année dernière, nous avons maintenu le même niveau de consommation qu'auparavant et je suis persuadé qu'en fournissant un effort additionnel nous pouvons encore faire mieux cette année.

Notre programme de conservation vise à la gestion de nos ressources et à l'élimination du gaspillage; nous ne voulons aucunement punir ou priver le personnel de la Base. A cette fin, pour mettre en oeuvre la politique de la Base sur la conservation de l'énergie, nous avons établi un comité de gestion de l'énergie, sous la présidence de l'Officier des Services techniques, d'un Officier de Gestion de l'Energie de la Base, et d'un certain nombre de Directeurs de Gestion de l'Energie. Ces directeurs ont été choisis parmi les différentes sections de la Base et constituent le point d'appui de notre programme de conservation. Identifiez votre directeur et aidez-le dans ses fonctions!

Ce besoin de conserver l'énergie est une priorité et je demande à tous d'apporter l'appui personnel nécessaire à la bonne marche du programme. Développons des idées nouvelles, des approches authentiques et des façons inventives de conserver l'énergie.

Pour toutes questions ou suggestions, veuillez contacter l'Officier de Gestion de l'Energie de la Base, le capitaine G. Humphries, au local 7798.

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Philosophy Of Art

By MARCEL POIRIER

Great thinkers maintain that people communicate among themselves by sounding words to each other which are learned from peers, either at home or school to exactly mean what they want us to know or believe.

The human race expresses itself not only by the use of words but by imitating sounds of animals, of things; by drawing lines, forms and by applying colors into them. All this is carried out to strongly support the original meaning of the message given and furthermore to clarify the confusion which could have still existed. Others prefer to carve various materials to fix ideas in a permanent form, ensuring this way, that their original idea is hopefully retained for a longer period of time.

Human is a very special kind of animal, "reasonable" is the key word. Therefore, implying individuals to exchange their ideas with their peers, to develop, to evolve far

further with their original ideas. Another important reason worthwhile retaining to support this fact, would be to ensure the retention and the continuation of these original ideas. "Human memory" being what its name implies: "TO FORGET." Our nation must have a way to register somehow and somewhere those original ideas, they must be catalogued, and preciously stored. At the same time, they must be easily accessible to people like you and I for reference during research. The logical place for this unique role could or would be the local central libraries within your community all around the world.

Don't you think that your ideas, the ones of your folks or those of your neighbors, are worth reading somewhere? What are you going to do about it? Pass the word within your family circle or your work environment! And, why not try your Base Newspaper! They give you the challenge!

LIBRARY NEWS

Moving day has come and gone. The Base Library is open and ready for business in its new location — Building No. 33. We are adjacent to the Barbership and Hairdresser, so after you've spent some time having improvements made to the outside, perhaps dropping by for a good book could stimulate or amuse what's under the hair-do!

We have many of the latest

best-sellers — fiction, mysteries, biographies and others, magazines, Station newspapers and reference material.

The hours remain the same: Mon., Wed., Fri. evenings 6-9 p.m. Tues., Thurs. afternoons — 1.30 - 4.30 p.m. To obtain a Library Card, the serving member's PLCC must be signed by the librarian. We look forward to seeing you soon.

SEA CADETS

Many Sea Cadet Corps have bands. Find out if your local corps has a band programme.

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it is free! All we ask is your time and effort.

Enrolment before 22 December, 1980 makes you eligible to apply for summer training camps next year. These camps are run for one to eight weeks in all parts of Canada.

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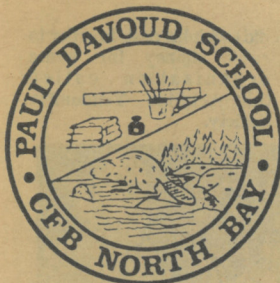


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O autumn time's
A rhyming time.
It has a beat,
That moves your feet.

It has a start,
It has an end.
But the time between
Is now and then.

When the big winds blow,
It moves the leaves to
and fro
And at the end
It snows and snows and
snows.

Danny Laviolette
Grade 5

FALL

Fall is a special time of
the year
Jack Frost seems to be
coming near
All the animals go to
hibernate and
Change their colors or
migrate.
All the leaves begin to fall
I wonder if that's how
come they call it.

Bob Young
Grade 5

AUTUMN

Autumn is colored leaves,
Autumn is fun,
Because in September
school has begun,
The clouds get darker,
And darker they get.
Autumn is the best
season,
The best season yet.

Tammy Alberts
Grade 6



Student of the Month, September 1980

Student of the Month winners for the month of September 1980 pictured above are:
Front row: (left to right) Natasha Binette (Grade 2 French); Richard Bynoe (Grade 3); Jenny Alberts (Grade 1); Christine Norris (Kdgn.); Christeen Poirier (Grade 2); Tracy Thompson (Grade 5). Back row: (left to right) Danny Poirier (Grade 5); Marc Ferguson (Grade 4 French); Michelle Herritt (Grade 7); Pauline Murchland (Grade 8 and Conversational French Gr. 7 & 8); Chris von Schmeling (Grade 6 French); Dawn Ecker (Grade 5-Music); Keeley Wordingham (Grade 5-Conversational French K-6).

Cubbing as the 4TH North Bay sees it!

I think Cubs is fun. We go to Cub camp and have camp fires. We play floor hockey and volleyball and we say the grand howl and the promise. The AKELA is named Randy Alberts and BAGHERA is Bruce Graham. He is 59 years old.

I like Cubs because we go camping in the woods, and fishing, go selling apples, and paper and bottle drives, play games and go on trips.

Our leader AKELA is nice. Mark Devlin
Cubs is about learning how to swim and someone gets hurt we learn how to take care of their sores and we go to Cub camp too, first we sleep in the gym then we sleep out in a park.

Cubs is for fun and enjoyable. I like it because we go on trips and Cub car rallies.

Cubbing is neat because we do lots and lots of fun things. Like Cub camp and arts and crafts and the sleepover not to mention the

fishing trip. So that's why I love Cubs!

Cubs is for fun and adventure and joy and exciting places to go. We are going to have a Halloween party before the real Halloween because we don't want to miss the real Halloween.

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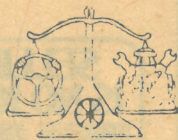
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By LT. NADEAU

What's news at Base Transportation

Base Transportation held their Annual Car Rally on the 4th of October, and it turned out quite a success. The Rally began at 1100 hrs. on Base and each of the 16 cars, departing two minutes

apart, drove (or were supposed to drive) 114.2 km, or 73 miles. The questions that had to be answered were quite tricky and the course was a gruelling one.

Third place was captured by George Folland and his driver, Lynn Young, who had only 67 points deducted. Second prize was picked up by Mike Korim and his navigator, Jeff Moulard, with only 55 points lost. First place, with a loss of a mere 49 points, was won by Gord Moulard (Jeff's father) and Joe Walsh. Drivers and navigators both got prizes for first, second and third. Last place was earned by Brian Edwards and John Emmerick, with a grand total of 334 points lost, because they got lost. This won them the Booby Prize.

Capt. Lemay and Lt. Nadeau were together in the Rally, and unfortunately for them, one of the two had a heavy foot and they lost points for arriving too early. (Can you guess which one had the heavy foot?)

There was a very good attendance at the following Corn Feast and Dance where the prizes were given out. MCpl. Rick Herron and his committee are due a big thanks for all the work they did on co-ordinating the event as well as commandeering it from beginning to end.

Base Transportation thanks Harvey Renaud for his great D.J. work in the past. Cpl. Renaud was our

D.J. at the Car Rally Dance as well as many other events and in all probability will again be our Master of Music for the BTNO Christmas Party, on December 19.

TIDBITS: Boots is pregnant again (Heavy Equipment's mascot).

Sgt. Doherty is away in his 6B course and enjoying the great winter in Borden while his wife, Carolyn anxiously awaits his return. Hang on Carolyn, it won't be long.

In Maintenance, there is a young Militia mechanic, Steve Smith from SS Marie, who is really giving his all to help out with the repairs that need doing. Your help is certainly appreciated Steve.

Also in Base Maintenance, we have a new mechanic from his level 3 course in Borden, Tim Glassford. Welcome to North Bay, Tim.

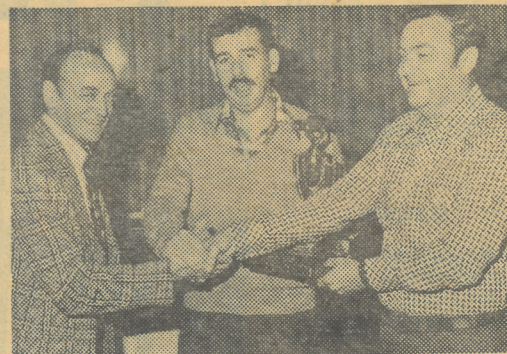
RUMOR HAS IT, by the way, that Lt. Nadeau wears elevator shoes to help him look taller. Anyone who can tell us how tall Henri really is, please contact us at Base Transportation.

At MSE Safety there was an Alcohol Breathalyzer Demonstration put on by Constable D. Laxton in which three of our very own Base Transportation personnel volunteered to drink (how brave and unselfish) several ounces of alcohol. The Constable showed how the same amount of alcohol produced very different readings on the breathalyzer for Lynn Young, Bob Long and Don Bogart, because of their different body weights.

We shall be having another demonstration in the future for those who were unable to attend this one. (Perhaps you can volunteer for the job of guinea pig).

OF INTEREST? Capt. Lemay, our BTNO, has returned to work with another cast on his leg (perhaps to keep out of BDF;

it didn't work, sir, you are still BDF Commander). **IS IT TRUE?** We have heard that he is going to begin a walk-a-thon (like Terry Fox did) with his cast, in order to raise money for some organization called the Achilles Tendonitis Society.



The Nipping Household Movers Trophy for First Prize at Base Transportations Annual Car Rally and Dance on Oct. 4 was presented by Mr. Doug Cook (left in photo) to M.Cpl. Joe Walsh (centre), and M.Cpl. Gord Moulard (right).



Marg Edwards (left in photo), is shown happily serving the delicious corn to a hungry customer at the Corn Feast which was held after the Car Rally.



Last month, Ed Bekar was presented with his third, by BTNO Capt. Lemay. Well deserving of his new rank, Sgt. Bekar has been to many bases since his enrolment in 1966. He is a Safety Supervisor and he also achieved safe driving awards as a result of his good work. Ed was in the Airborne and has his wings as well as his qualification as Packer-Rigger. Now, ambitious as usual, Sgt. Bekar will be studying to be a Frenchman in the 12-month language training program. Congratulations, Ed.

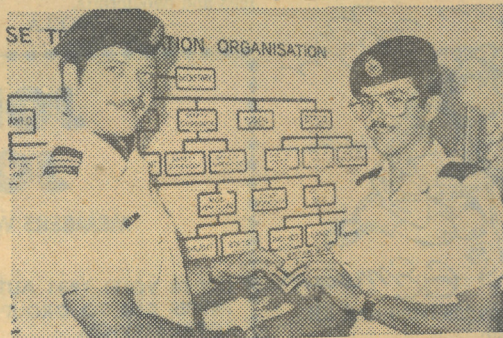
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Richard Massicotte from Base Traffic was presented with his Corporal's hooks on the 12th of September by BTNO, Capt. Lemay. North Bay is Cpl. Massicotte's first posting and he's hoping to stay here for awhile now that he is married. His wife and himself will surely appreciate the extra income that the new rank brings. We at Base Transportation want to congratulate him on his promotion.

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KNIGHT'S KNOOZ

The water has certainly been flowing over the past few weeks. Major Growen flew his 3,000th Clunk hour and was hosed down by a fire truck. Thank you, Fire Hall. Other CF-100 crews flew their first trip and received the Double Bucket Wet-Down. The new position of Water Boy goes to Trevor Wallace for his unbridled enthusiasm in dousing his fellow squadron members.

The sometimes annual, sometimes bi-annual squadron deployment to Bermuda is here again. Those unlucky few chosen to brave the Bermuda Triangle for a few hours in the sun and many hours of arduous work will undoubtedly return with red skins, chapped lips and road rash. It is only fitting that we send as many as possible in order to minimize the hardships on those unlucky few.

With the influx of new people on Base virtually over, it is a prime opportunity to inform these new personnel about the occupations of others, classifications they may not have familiarity with on previous postings. To this end, Dave Collings delved into the DND issue of the Concise Oxford Dictionary and came up with the definition of an Air Weapons Controller. Each word was laboriously researched and the results of that search follow:

Air — melody, tune, especially in harmonized composition

Weapons — things designed or used as instruments for inflicting bodily harm; action or procedure or means to get the better in a conflict.

Control — means of regulating prices; place where racing cars must stop for inspection.

Air Weapons Controller: Someone who uses tunes or melodies as actions to regulate prices

OR

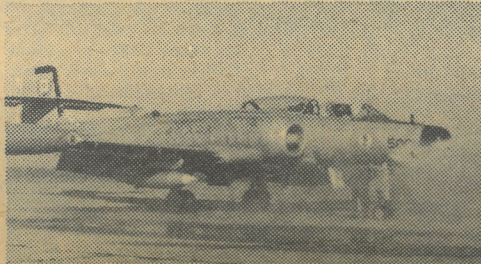
— Someone who uses harmonized compositions to inflict bodily harm on racing cars when they stop for inspection.

In order to spread the work required for such research around it is expected that forthcoming definitions of Pilot and Electronic Warfare Officer will be seen in the column "View from the Hole."

—Sir Cedric



Major Peter Growen first started flying the CF-100 on 10 August 1959. Since that time he has flown with three different squadrons at several different bases, including Baden-Soellingen in Germany. Even during ground postings, he has managed to keep his hand in at flying the "ole Clunk." Major Growen has now, as of the 10 October 1980, become the first pilot to surpass the 3,000-hour mark in flying the CF-100. That equates to over four continuous months at 24 hours a day spent in the cockpit. A very commendable achievement. Congratulations, Peter. May you enjoy many more hours flying her before she is retired in 1981.



Farewell to "Airwoman" WO Patry R.B.P.

WO Rita Patry joined the RCAF in 1952 as a Safety Systems technician. She was the only military woman of the trade, to achieve the rank of Sgt. and furthermore of Warrant Officer.

Her dedication to duty and to the military life has been an asset to the Armed Forces. Her professionalism demonstrated during her long career, in her trade, was the key for her great success.

Fourteen pilots jumped to safety, using WO Rita Patry's chutes, which were packed by her hands, and labelled: "R. Patry," the symbol of great workmanship. The different types of aircraft involved in which those "Kings of the Sky" paratrooper were: Harvard, 1 ea; T-33, 5 ea; CF-104, 8 ea.

She has been the recipient of many awards, scrolls and letters of appreciation. The most important ones, which should be mentioned, are from the 1971-79 period.

They are in the following order:

1. LETTER of appreciation: from LCol. Wightman, CO of 414 Sqn., 1 Canadian Air Group Baden for the safety of his men: Maj. Bain and Capt. O'Brien (8 Jan 1971).

2. AIRCRAFT MAINTENANCE MERIT AWARD: from 1 C. A. G. Baden-Soellingen (2 Jan 1972).

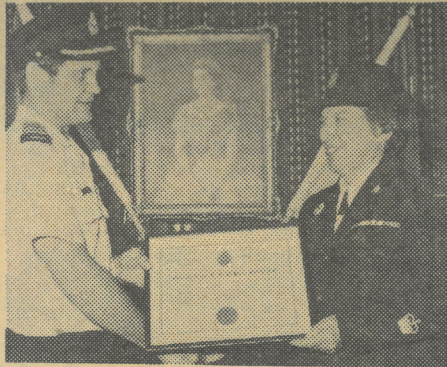
3. MEMBER OF ORDER OF MILITARY MERIT: (21 Jun 1975).

4. SCROLL: from Irvin Parachut Co., Fort Erie.

5. AIR COMMAND CERTIFICATE OF MILITARY ACHIEVEMENT: (3 Aug 1979).

6. CERTIFICATE OF SERVICE: (19 Sept 80).

WO R. Patry set a living example for the new generation coming in her



Col. P. G. Howe thanked WO Patry RBP for her long years of service.

footsteps! Bravo! God bless you and your husband! The best in your future civilian life!

NOTE: On the 3rd Oct 80, a Retirement Mixed Mess Dinner was held.

By Marcel Poirier
Editor Shield

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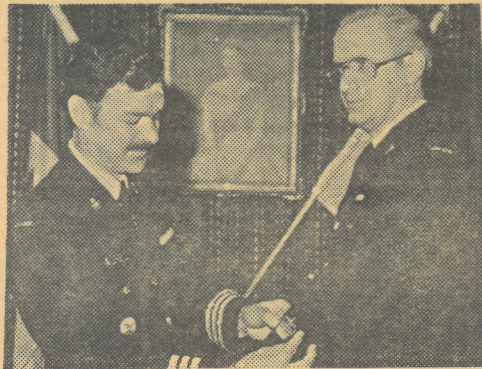
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On 14 Oct. 80 L.Col W. P. Lockhart, B.T.S.O., presented to Sgt. John Klerks his promotion to Warrant Officer effective 2 Sep. 80. John and his wife Vivian, along with their son, make their home in North Bay. Congratulations John, on your promotion to Warrant Officer.



On 2 Oct. 80, L.Col. W. P. Lockhart, B.T.S.O., presented the following: To M Cpl. J. R. Davies, from Base Aircraft Maintenance, the CD awarded in recognition of devoted service to the Canadian Forces for 12 years.



Pictured above is MCpl. Smith H.D. receiving the Physical Fitness Award for Aerobic Excellence from L.Col. W.P. Lockhart the B.T.S.O. MCpl. Smith has jogged a distance of 1,200 miles over a period of 2 years. Our hearty congratulations to you as this type of goal requires a lot of inner strength and determination. We hope that you will keep going on to the next level. Again, well done.

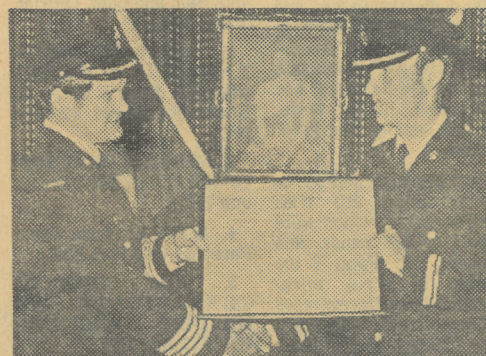


Capt. McDonald (Base Air Traffic Control Officer) is seen congratulating MCpl. Debbie Edwards on her promotion to MCpl.

Promotions and Retirements



During the Community Day Parade on 5 September 1980, Major-General D. W. McNichol presented Captain S. Tremblay, Base Security Officer, with a Certificate of Commendation from the Chief of the Defence Staff of the Canadian Forces in recognition of his uncommon personal qualities and courage manifested in his capacity as a Military Observer in Lebanon. Captain Tremblay was a member of the United Nations Organization from April to July 1979, responsible for surveillance of the truce in Palestine. As well, he was a member of a team responsible for negotiating cease-fires, investigating incidents and maintaining liaison during critical situations. During this period of time, the peacekeeping forces would ensure that all parties conformed to the movement restrictions. In certain situations, Captain Tremblay was exposed to serious physical danger, notwithstanding the considerable psychological tension. Despite this, he demonstrated an extremely high degree of professional spirit and devotion. Speaking for the Chief of the Defence Staff, MGen. McNichol complimented Capt. Tremblay on his outstanding conduct, which is a source of inspiration for his colleagues and does honor to the Canadian Forces. On behalf of the Military Police Section — "Congratulations," Capt. Tremblay, on completing a difficult assignment with distinction.



Lt. Tom Horbatuk is shown here receiving his Commissioning Scroll, presented by Col. P. G. Howe, Base Commander. Tom was posted to the Base Hospital in May of the year as the New Pharmacist. Congratulations and Welcome to North Bay Tom!



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SPORTS AND RECREATION

The Rec Staff has held meetings to organize and support various sports for the Service personnel in the area. Following is a list of activities planned for you:

MEN

A. Basketball
Basketball practice times Wed 2000 hrs and Sun 1800 in the Rec Centre. The team will compete in the Downtown League, and also in the Ont. Region Championships at CFB N. Bay 16-19 81.

B. Volleyball
Base Volleyball Team practices Tues 2000 hrs, games Mon 1800 hrs in the N. Bay Snr Men's League at the Rec Centre and the Ont. Region Championships at

CFB London 19-20 Feb 81. Intersection volleyball is played Tues and Thurs 1130-1330 hrs in the Rec Centre.

C. Badminton.

Badminton Club playing times are Thurs and Sun 2000-2230 hrs. Also Recreational and Fitness Badminton Mon, Wed and Fri 1100-1300 hrs. For info call Sgt. Bennett, 7945.

D. Hockey

The base hockey team practices Wed 1400-1600 hrs at Doublerink. Games are played in the East Ferris League Tues, Fri and Sun in Astorville.

Intersection hockey played

Tues and Wed 2030-2230 hrs at Doublerink.

E. Broomball.

Men's broomball team competes in the Downtown League at Doublerink Tues 2100-2300 hrs. For info call Coach Cpl. Guitar, 7536.

WOMEN

A. Broomball

Played Tues and Thurs at Doublerink

B. Skiing

Ski instructional periods will be held Sat 1000 hrs and team will compete in Ont. Region Championships at CFB N. Bay 11-13 Feb 81.

C. Bowling

Intersection bowling Mon

1900 hrs and Thurs Ladies' League 1730 hrs.

D. Badminton

Badminton Club Thurs and Sun 2000-2200 hrs, 16 years of age and over.

Badminton Instructional Clinic Tues and Thurs 1330 hrs, starting 25 Nov. For info call MWO Sincerny, 3120.

E. Ladies Fitness

Classes held Mon, Wed and Fri 0900 hrs. For info call Sgt. Bennett, 7945.

F. Volleyball

Practices held Mon 1800 hrs and Tues 2000 hrs. League starts late Nov., and runs Mon and Wed at Fricker Public School. For info call Sgt. Bennett, 7945.

By: Jack Jones

Harold Ballard at 7945 or Jack Jones at 7910 so that negotiations can proceed and a contract can eventually be signed. Here's a hot tip from Jimmy the Greek in Las Vegas for people who want to make some money. Bracketed are the odds for the four teams winning the championship next March: Yellow (5-2 odds); Green (3-1 odds); Red (10-1 odds); Black (4-1 odds). Come out to Doublerink and see me some future-redundant Mike Bossy's and Marcel Dion's.

Councillor Duties

Councillor I, Sgt. Gander . . . Yacht Club, Scuba Club, Archery Club and Tops

Councillor II, Sgt. McWilliams . . . Ceramics Club, Camera Club, Wood Hobby Shop, Auto Hobby Shop and Choir.

Councillor III, Pte. Chasles . . . Ski Club, Golf, Badminton, Shooting and Table Tennis.

Councillor IV, MCpl. Beaver . . . Base Teams and Intersection Sports.

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The Base Commander Open

By PIERRE LEMAY

This past month, the Base Commander Open was held at the North Bay Golf and Country Club. On one of the only sunny days around here, 83 hackers teed off competing for the Commanding Officer Trophy.

The winner of the tournament was Sam Gilliard with a score of 83 (gross). This is the second year in a row Sam wins the Open.

Bob Hedley, who reads every month "Golf Digest," was the best "Sand Bagger." The longest drive contest was won by Bob "Gorilla" Gavin. The Closest to the Pin Contest was won by George Whelan and finally, the golfer that has proven honesty, integrity and patience was Jackie Schriener with a score of ?.

Play was followed by a

To the right: A well known golfer giving lessons on the putting green.

prize presentation at the Social Centre where everyone enjoyed themselves.

On behalf of all the golfers I would like to thank Rodger Shaw and Gord Howe for their tremendous support in organizing the tournaments this year and we hope to see you all back next year.



with desire, so enthusiastic; their goalie was so friendly that he almost let in every shot fired his way . . . The Green MP-HQ-Supply team were so few yet so powerful; their coach (Charlie) says the best is yet to come . . . The Black Bameo-Sage team were so intense, so knowledgeable, so keen to win. It would appear that we are going to have another exciting year of hockey at CFB North Bay. If you are interested in playing in this recreational league phone



Our BComd. Col Howe, presenting the CO's trophy to the winner Sam Gilliard.

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came to a successful conclusion on 17 Oct. 80. Pte. Robbie Wilson of Alsask led the class on the performance objectives with a straight A average, while Pte. Bill Morran of Gypsumville topped the course academically with a 96 per cent average.



A View From the Hole

Those who missed the Feast of Harold missed a Thanksgiving Dinner that couldn't be beat. Harold was an ex-turkey who gave up his life for the greater good and turned out be delicious. Kim's job as hostess for the Feast was made more difficult as she spent some time following my efforts to measure the puppies for fit (still a bit small). During and after the pig-out, Dick, still fatigued from SOS, passed out; Radioactive Susan made the baby cry; Paul didn't talk about motorcycles or airplanes the whole night; Drac behaved

(but was banished to the back yard anyway); Wendy didn't (as usual), and the Matron flashed her toes in a rare show of exhibitionism.

The Base Commander's Dinner last Thursday fully lived up to expectations, as the cooks outdid themselves on the hip of beef. (Is this beginning to sound like the Dining Around Town column?) 414 Sqn. tiring of their traditional EW role, started an early bun barrage, violating the accepted rules of warfare by soaking the ammo in water before firing. Fortunately, no ACW's were at the table to guide their feeble efforts, and no injuries resulted. They were further embarrassed during the pilots VS the world challenge crud game" but at least they were good for the round of drinks afterwards. The General, while declining to referee, announced the rules to all involved after making it clear that anyone who didn't care to listen was in for hard times. Rapt attention was duly given. Pogo was in excellent form, displaying patience above and beyond that expected of a crud referee, and ejecting only two players from the game.

Notable Quotations: In the

interests of diversity, I have decided to include several quotes, but not their originators. If you can guess who said the following, send your answers in to The Shield. The winner(s), will get their name and picture (or a reasonable facsimile thereof) printed in a future issue. 1. "Hey! Where are you guys going with that BOMARC? Put that back! HEY!! I mean it. I'll call the MP's! Aw, come on, you guys. Will you put that thing back? Hey!"

2. "All right. Did you folks come to play crud or fight?"

3. "We in the Hole . . . must continuously suffer the malevolent barbs and jokes from those who envy our cloistered family . . . and our right to celebrat Ground Hog Day as our own holiday."

4. "Oh, Buck, you want to check that flight plan, just one more time? Yeah, I thought so. Oh, I guess that's all right. So what if we're a couple hours late?"

5. "There seems to be no way to eliminate looping sterns from the SAGE system. Therefore, we recommend you have the targets do looping target runs to eliminate any confusion."

6. Upon the GSAR team being notified that the police chopper could fly them to the forward lz (landing zone), and that on the first trip there was an extra seat next to the police tracking dog (a huge, man-eating specimen of German Shepherd). "No thanks. If Dennis was here,

he'd go and pet the doggie, but we'll just wait for the next trip."

7. "No, after this cast comes off I don't plan to take up roller disco as a hobby. I think I'll just stick to drilling teeth for laughs from now on."

8. Well, I think there should be an article about MCapt's. every issue. There's only been two about me so far, and I think I deserve more."

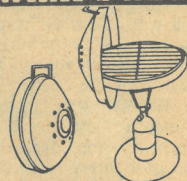
9. "You wouldn't happen to have a wire-cutter, would you?" (Hint: A technician while removing one of the SAGE computers.)

10. "All right. WHO is gonna claim this trophy on their customs form?"

11. "Ah loves wieners, an ah loves beans, but ah hates (expletive delete) liver!"

If you think you only know one or two of the above, or even not any at all, send your entries in anyway. Imaginative guesses may score more points than the real answer. Besides, your entry may well be the only one.

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Computer Removal On Schedule

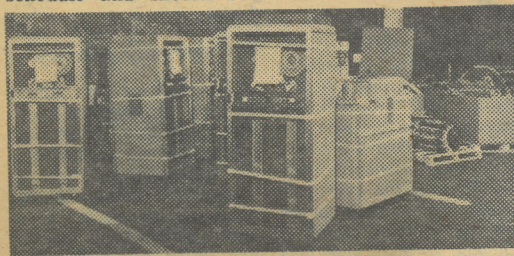
Since the first of October, there has been a flurry of activity in the "hole." Removal of the "B" computer has begun and this has caused other unusual things to occur. For instance, you may have noticed on

occasion that the tunnel has been closed for long periods of time. This was necessary in order to transport the large sections of computer out of the underground complex. Pictured below is the "B" computer area.

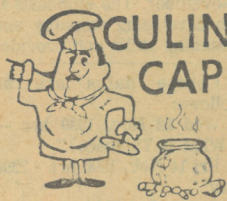


Below you can see the tape drives for computer "B" in the SAGE foyer. Computer removal is progressing on schedule and should be

completed by the year end. The next phase, preparation of the area for the ROCC computer, will begin on January 1, 1981.



CULINARY CAPERS



By: Sgt.

Jerry MacDonald

the girls. High calorie snacks with low nutritive value are to be avoided. Teenagers should be reminded that what they eat determines in large measure how they feel. Excess weight, put on in the teens, tends to stay on into young adulthood.

Each member of the family requires the same basic foods, but the quantities vary according to age, physical activity, and other factors.

Children require more food proportionately for energy and body growth than adults. They may need second helpings. They require adequate amounts of the basic four groups of food, and milk products especially. Children require adequate vitamin C, so citrus fruits, tomatoes, cherries, and other sources can be served to meet this need. Youngsters also need exercise to help avoid overweight; in the United States overweight in children is a serious problem.

Good food habits can help many teenagers attain good complexions, attractive hair, skin and teeth. Some teenage girls do not get enough vitamin A and C. The boys want to excel in sports, so they usually drink enough milk and citrus fruit juice, and do somewhat better than

The modern mother knows the importance of sound diet during pregnancy and lactation, both for herself and her baby. She should increase, as a rule, her intake of the basic four or protective foods in accordance with her doctor's instructions. She will avoid eating too much or too little.

Older persons need a balanced diet and fewer calories. Variety becomes even more important, as taste, smell, and other sensations diminish somewhat with age. One danger for the older person is that it is "too much trouble" to go to the food store, or to prepare an adequate meal. This makes for meals that are really only snacks. With the tapering off of bodily functions such as chewing ability, a balanced

diet of protective foods is imperative.

Therapeutic diets are prescribed by a physician to deal with a particular disease or condition, and should be followed carefully. One's health, and possibly one's life, may depend on obeying the doctor's orders.

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Here's a speedy way to kick smoking habit

Want to butt out that Sunday cigarette? Well, now there're two more ways to quit smoking, both from the home of the original health-conscious society — California.

First, from the University of California at Los Angeles: A study there has found that three out of four cigarette smokers trying to kick the habit eventually start again because of severe withdrawal symptoms, such as irritability, an acute craving for nicotine and weight gain.

But the study by psychologists Saul Shiffman and Murray Jarvik, found that those who quit cold turkey are less affected by withdrawal symptoms than those who try to quit gradually.

Shiffman and Jarvik studied 40 people who tried to quit smoking over a two-week period. Their studies showed that those who tried to quit by cutting down only managed to put themselves into a chronic state of withdrawal.

In the study, half the

subjects quit cold, the other half cut down with the goal of not smoking at the end of two weeks.

The results: Although both groups initially reported the same craving for another cigarette, the symptom dropped off sharply among the cold turkeys during the first week.

"The cigarettes smoked by those trying to cut down may serve only to prolong their agony by reinforcing their symptoms and their smoking," the UCLA study said.

Okay, so you just can't go cold turkey. There's another way.

First thing tomorrow, go to a health food store and buy four or five pounds of raw, shelled sunflower seeds. And every time you feel like lighting up, start munching.

"The sooner you start munching sunflower seeds, the sooner you'll be an ex-smoker," says internist-nutritionist Dr. J. M. Douglass, of Los Angeles. He figures it takes a couple of weeks for the seeds to kill your taste for smoking.

It all has to do with the effects smoking has on your body. Tobacco use increases adrenal steroid output, releases glycogen from the

liver to perk up the brain and stimulates the output of several body glands.

And — here's the nice part — so does eating sunflower seeds, with one or two major differences. Every year about 32,000 people in Canada and 330,000 in the United States die of smoking-related diseases. Sunflower seeds don't harm anyone.

But what if you start munching sunflower seeds by the pound and you still feel like a smoke? Try cutting out the stimulants such as tea, coffee and pop which create a desire for tobacco.

BI-MONTHLY CALENDAR SOCIAL ACTIVITIES CFB North Bay

Nov. 80 Off. Mess	Fri 7 TGIF	Sat 8 DISC	Sun 9 MOVIE	Fri 14 MIXED T	Sat 15 SOCIAL	Sun 16 MOVIE
WO & Sgt's Mess	TGIF	SOCIAL	SOCIAL	TGIF	BINGO 1930 hrs	SOCIAL

Rec Centre:

Girls' Broomball: 1900 and 200 Doublerink 4-6-11-13 Nov 80.

Hockey: 2030 and 2200 Doublerink on Tuesday 4-11 Nov 80; 2045 and 2215 on Wednesday 5 Nov 80.

Volleyball: 1130 hrs Rec Centre 4-6-11-13 Nov 80

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 Thursday 6 Nov — 1500 hrs — Chapel Committee Meeting; 1915 hrs — Senior Choir.
 Sunday 9 Nov — 1100 hrs — Remembrance Day Service; Sunday School, Nursery; 1200 hrs — Junior Choir.
 Wednesday 12 Nov — 2000 hrs — Sunday School Staff Meeting
 Thursday 13 Nov — 1915 hrs — Senior Choir
 Sunday 16 Nov — 1100 hrs — Divine Service, Sunday School, Nursery; 1200 hrs — Junior Choir.

A VISITOR FROM THE SUEZ CANAL

Pastor Sobhi Ouida of the Evangelical Church of Ismailia, Egypt is presently on a visit in Canada. He plans to visit CFB North Bay during the week of 10-14 Nov. Once the exact date is known, it is hoped that a meeting can be arranged for people to meet with him and hear him talk about the work of the Christian Church in Egypt. Pastor Ouida is known to many Canadian servicemen who had been stationed in Ismailia. When Padre von Schmeling stayed in Ismailia, he had picked up Pastor Ouida in Cairo on the latter's release from the Egyptian Army and drove him to Ismailia, where he then re-assembled his congregation. A meeting with him promises to be an exciting event.

TELECARE TRAINING COURSE

If a stranger in distress called you — could you lend an attentive ear? If so, you are a very special person and could possibly become a TELECARE Volunteer.

Telecare North Bay offers a Training Course for prospective volunteers in

November. The emphasis is on developing empathy and listening skills and provides

Course dates are as follows:

- Wed 12 Nov, 1930 hrs — "What is Telecare?"
- Fri 14 Nov, 1900 hrs - 2200 hrs.
- Sat 15 Nov, 0900 - 2100 hrs.
- Sun 16 Nov, 1300 - 1700 hrs.
- Wed 19 Nov, 1930 hrs — "Self-Awareness"
- Wed 26 Nov, 1930 hrs — "Emotional and Mental Disorders" and
- Wed 3 Dec, 1930 hrs — "Alcohol Addiction."

an excellent opportunity for personal growth. Following this course, volunteers are asked to donate 12 hours per month working on the phones.

A fee of \$5 covers tuition and lunch and dinner on Saturday.

For more information call Telecare at 476-0666.

HOSPITAL PATIENTS

We want to include in our prayers any hospital patients from our Parish. In particular we invite you to remember Kay Moors.

Incidentally, the hospital patient lists available to the

Padre have proven to be rather inaccurate. The Padre would appreciate it if you notify him of the hospitalization of any members of your family.

WORD FOR THE WEEK
 "But the person who holds out to the end will be saved." (Matthew 24:13)

HOLY BAPTISM

Jordan Alexander William Parker, son of Sheldon and Lynda Parker was received into our Lord's Church through the Sacrament of Holy Baptism last week. We pray for God's blessing on young Jordan.



RC CHAPEL NEWS

Boredom is a word that surely must be removed from one's vocabulary when you settle in at CFB North Bay. I say settle in because after busy and involved stay at another base, one tends to adopt the attitude that I am not going to be number one volunteer but after a little while you reach the maybe stage and then you are right back in the tuck of things. There is so much to do in your Church and the Community that it's impossible to be lonely. If by chance you find empty days in our community, please phone the Chaplain Office and either Father Ken or Padre Jo will get you friends so fast it will make your head whirl. Naturally you will be most welcome at the CWL Workshop and Social Hour on Wednesday mornings at the Annex of Queen of Heaven Chapel at 9:30 a.m.

There are Christmas Choirs, Blood Donor Clinics, Bazaars, Discussion Groups, Banner Committees, Youth Club and so many areas of involvement that any ideas or special talents you may have will be welcomed and used.

We have the pleasure of welcoming BGen. S. M. Parkhouse, Command Chaplain (P); LCol. D. H.

Hatfield, Assistant Command Chaplain; as well as Air Command Chaplain RC, Father Ed Troy to our community in the next few weeks. It's always a joy to have these Reverend gentlemen visit the very best Christian Community in not only the Military but all of Canada. As Mac Davis puts it, "It's hard to be humble when you're the best!!!"

The big day is fast approaching. No, not Father Ken's Birthday, the "Snowflake Tea & Bazaar" on Nov. 15th. The telephone ringing is merely a mechanical fault. A certain clergyman who was shopping in Towers got a frantic message to return and make more tickets but that was only done so he wouldn't get carried away buying and forget his diet, as it happened he grabbed 20 cartons of cigarettes, a carton of chocolate milk and fled.

Grandma and Allouette arrived in good shape. Seems we needed those extra tickets for the entire neighborhood in Ceylon, Sask. Grandma hasn't been idle all summer either. Not only was her garden a blaze of bloom but she made quite a few craft items for our sale. Thanks Grandma, do you think you can get your son to stay home now and then?

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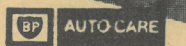
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The itinerary for Father Troy's visit shows that there isn't much time for serious meditation next week either. The tickets for the Meet & Greet Social are almost sold out, yours are safe, you have only to pick them up. Tickets are still available for the CWL Raffle for the Gas Barbecue, Bottle, the Comforter-Hug-a-Bye and Afghan. The men's Baking Contest is really popular and we look forward to seeing the creations but don't forget guys you must also wash up the maze of pots, pans, bowls, etc., even if the football game is on. OK? A gremlin got into last week's article and now everyone wants to know who is DICK. Well, there's no mystery really, the phrase was "Drat that DIET" and now if you missed the last Shield you're really lost. In our don't forget department, we still need any white elephant items, also a few more helpers for November 15th. And, thank you for the help and encouragement you give so generously. Also, don't forget to get out and enjoy the first snow. Meet your neighbor and remember God loves you.

Till next time,
 Winnie Murchland

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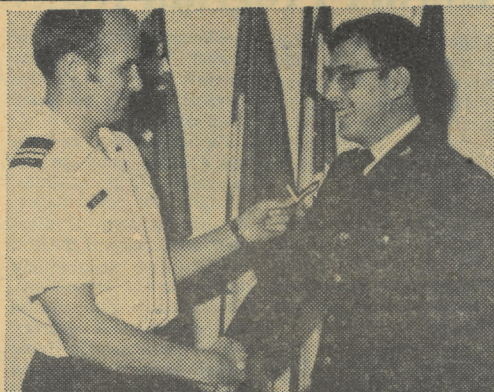


"Way to go big fella." That's world famous Pte. Cybulski receiving his first hook. No doubt, there was joy throughout the Mississauga valley on that day. Anyway, congratulations Gerry.

Well, all the Squadron personnel came through the annual Mess dinner with flying colors. The night was a great success and the next morning some of us were displaying more colours than you see on the trees. The Phantom Reporter was there and he left a note to say that all personnel were at their best behavior except for those that had a nicotine fit prior to the proper time, but it was no big deal and things

were brought back under control in short order. Pte. Gennings started the evening off with a very graceful grace, and it was uphill all the way after that. Maj. Warkenton, representing Commgp. very thoughtfully informed all in attendance that "BAG" stood for Branch Advisory Group. And all these years, I thought it stood for something else. Base Commander, Col. Howe was in attendance and expressed his pleasure at being invited, and some of the troops enjoyed rapping with him later on.

I never got too far with my contest. The Sage Teletype Operators complained that



they were in an unfair position, because they had never even heard the word Tech before, so therefore, they couldn't possibly know what a Tech does between the hours of 0800-1600 hrs. MCpl. Kelly was of little help when he referred the operators to Cpl. Rick Wallace, as they seemed to

come away more puzzled than before. SOOOooo, to try to make it fair to all personnel, the skill testing question will be—"If you went to the MIR with a bone in your right foot broken, how long would it be before a cast was put on, and on which foot." In all fairness, I will have to exclude MCpl.

Blackwell from the contest since no one is allowed to break their foot to gain an unfair advantage to enter.

For those people that have happened to wander the hallowed halls of Sqn. Headquarters, that cute little number working in the SSTO office is Cpl. Fran MacIsaac. That sounds like a statement from a male chauvinist pig, but I hasten to add the job is important to the Sqn., and Fran is doing herself and the Sqn. proud. And I promise not to call her Shirley anymore.

Can you name the longest running TV show? I discovered it over the weekend in the TV guide. It's called "To Be Announced" and has been running since General Electric was a Corporal.

If you have read today's column this far, I have some good news for you — you have reached the end.



canex clatter

By AL BENT

I guess you thought I had given up on my writing career. Well, you are not that lucky, I haven't, sorry to disappoint you.

I thought for this article I would tell you about a semi-annual event called the CANEX Trade Show. (That's where we go and buy all the goodies we'll be flogging in the store over the next few months.)

As the first Trade Show I had attended it was a fascinating experience. If you think travelling salesmen are fun when they come to your door and start giving you their hard sell sales pitch to convince you to buy their product, try picturing yourself listening to those sales pitches one after another for two days straight and you will start to get the picture. Now add a slight (???) headache from the night before when the Big City entertained you. (That beer I had must have been skunky).

Actually, the work for the Trade Show starts long before the actual event. A plan of attack for the show has to be established even before departing North Bay.

If there is no plan you can get swept up in all the displays and sales pitches and probably strike out on your buying.

Before leaving you have to know what stock is already in the store and which of those items sell and which have been sitting around since time began. (You'll probably want a whole gross of the latter because they are bound to start selling any day now????). You also have to know how much you plan on selling next year so you can judge the amount of merchandise you will need to meet your expected sales. Once you know how much stock you need you can compare it to what you have and determine how much you can buy. (You should see what we bought with our \$3.72).

Now that you know what you have in stock and how much money you can spend you can get into the real fun part. All you have to do is guess what the customer will be buying six months from now. You see in the October Show you buy for spring and summer and in the April Show you buy for fall and

winter. We bought one size 42D bikini top with our \$3.72. It should arrive some time in April so I'm expecting a big line up outside the store during the month of April as customers wait in anticipation of its arrival).

The first morning of the actual show you just look, plugging your ears to all the sales pitches. You look at what you need; (the sales girls); what you think will sell; (more sales girls); and all the neat things you know you cannot afford in a small CANEX; (and still more sales girls). In the afternoon, once you decide what you want to see further, you listen to the sales pitches and either buy or say NO. After the first day you burn the midnight oil to see how much money is left for the second day. (WOW!! 37 cents).

The second day you return and walk your feet off again, have your ear talked off again, and say NO a lot again until you have either completed all the buying you need or all the money is gone.

A Trade Show is hard work, but it is also enjoyable and fascinating experience. Now it is up to the customers next spring and summer to let us know if we bought the right merchandise or not. The proof is when it rings through the cash register. By the way, I found a

suggestion in the suggestion box when I got back from the show. The suggestion was that CANEX make deliveries. In reply I would like to say that on large retail items which the customer cannot take himself in his own vehicle we will find a way to deliver it. Usually by hiring someone with a vehicle appropriate to the job. However, on grocery items or retail items which the customer can handle we do not deliver. The reasoning is that first of all we do not

have our own vehicle and the expense in operating a vehicle would not be justified by its use. Secondly, because there is a minimal mark up on groceries and the expressmart is set as a convenience-type operation the cost of hiring a delivery boy would negate any profit we do make. I regret we cannot provide this service, however, the size of our operation and the cost of a delivery service prohibits its use except for the larger retail items.

Community Officer Wives Affairs Club News

The North Bay Officers' Wives' Club held a pot luck dinner Tuesday, October 14th. As usual the food was delicious and after coffee and dessert, Judith Keith-Murray organized games and awarded many prizes.

Vi Rennick, president of the OWC, announced that the annual shopping trip to Toronto is being organized for November 20th. A bus will leave the Officers' Mess at 6.30 a.m. and return at midnight on the 20th. A return ticket will cost \$13 and anyone interested should phone Sylvia Whyte at 474-5178 for reservations.

The response to last year's call for Christmas food and gift donations for the

Salvation Army was so good that we are going to do it again. You may bring in your donations to the November or December meetings.

Six of our members organized by Lois McNichol have volunteered a day of their time to help out at the Cancer Clinic this November.

Our next meeting will be held on November 12th (note change of date) at 8 p.m. We have invited the Warrant Officers' and Sergeants' Wives' Club to join us in a demonstration of making hors d'oeuvres and gift wrapping. It should be an interesting evening—see you there.

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THUNDERBIRD FLASHES



During our many inquiries each year it becomes apparent the residents of the Base are not always totally familiar with the role and duties of MP. This is not unusual, however, because in most walks of life people only call the police when they have a problem and most people never have a problem requiring police action. This situation leads to a lack of communication between police and the public and possible misunderstanding.

Here at CFB North Bay the MP fill the roles of normal police for criminal (Civilian) law, Military Police (Military laws and regulations) and security guards to protect federal government land and buildings. This multiple role provides a variety of tasks and requires separate procedures be followed for certain occurrences.

For criminal laws (federal and provincial) the MP act like any policemen in Canada would. Incidents are investigated and any charges are processed through the civilian court system in North Bay, etc., similar to the OPP or a city police force. The crown attorney acts for the Base in prosecuting cases dealing with offences which occur on the Base and the witnesses and accused are summoned to appear in court as for any Canadian citizen. MP serve these summonses and give testimony in court on their observations during investigation of offences.

Military police duties, on the other hand, involve the investigation of offences against the National Defence Act and other Defence regulations. Some offences exist under military law that have no counterpart in civilian law and mostly deal with the need for military discipline. Facts gathered by MP are needed in reports sent to the commanding officer of the military person involved who has the authority to deal with the matter by a military trial or other way. MP give testimony at such trials also.

The security of the Base is the responsibility of the Base Commander and MP act as security guards in this function. Only persons who have a legitimate reason

may enter or remain on the Base and include all military personnel who work here, civilians employed by the Base, dependants and guests under specified circumstances. The Defence Establishment Trespass Regulations are the rules that govern security for the Base and require such things as gates, guards (commissionaires), security patrols (MP and commissionaires) pass systems and restricted areas (for security or safety reasons). Under these regulations, for example a security guard may stop a civilian who is on the Base or arrest a person who has committed a criminal offence. Charges arising out of such offences are dealt with through civilian court as for criminal offences mentioned above.

In their multiple role, MP provide a wide variety of services to the North Bay population. People who need help can expect a radio-dispatched MP patrol to arrive within minutes of their call. Banks and locations containing cash, weapons and classified information are protected around the clock. Gate guards monitor the traffic to prevent unauthorized persons coming on the Base and traffic is controlled to prevent accidents and driving offences. MP also provide safety lectures in dependent schools, assist in conducting babysitter training courses and cooperate with the OPP in many similar activities. Many special inquiries of a non police nature are also handled each day.

Finally, the MP on base exist to provide a service to the Base Commander and the residents both military and civilian. Mp are available 24 hours a day (local 7518) and can give a wide variety of assistance or refer callers to other agencies that may be more suitable. Our aim is to maintain a safe and secure Base and your support in achieving this goal is important.

DEADLINE: Issue No. 39

ADS: Friday, 7 Nov. 80

COPY: Monday, 10 Nov. 80

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Hornet Program Reaches 2,000th Flight Hour

Flight testing of the F-A-18A Hornet passed the 2,000-hour mark last month, and the Hornet made two appearances outside the U.S. in air shows at Farnborough, England, and Abbotsford, British Columbia.

Test Pilot Larry Walker logged the 2000th hour and 1,500th flight of the Hornet program on the same flight in Hornet F-1 at Patuxent River, Md.

Envelope expansion work set a new maximum air speed of 750 knots and a

maximum angle-of-attack of greater than 90 degrees. Aircraft stability at this extreme altitude continued to be excellent.

The first flights were flown with a full-up centerline tank to evaluate flying qualities, handling, and performance. Weapon system development continued with the first Mk-82 bomb separations and accuracy evaluations. Air-to-ground gunfire also was performed for accuracy evaluation. Missile firing included AIM-7 Sparrow and AIM-9 Sidewinder shots. In related testing, the centerline MK-82 loads program was completed on the fourth Hornet.

The Hornet made a second

appearance in Canada when F-11, the second production aircraft, flew to Abbotsford, British Columbia, for the air show there on 9-10 August.

Prior to returning to St. Louis, F-11 made a five-base tour of West Coast naval installations at Alameda, North Island, Miramar, El Toro, and Lemoore, California.

The second two-place Hornet, TF-2, began its journey to Farnborough on Saturday, 23 August, when it arrived at the Naval Air Test Center from St. Louis. After intermediate stops in Lajes, Azores, and Mildenhall, England, TF-2 landed at Farnborough on Tuesday 26 August. Several air show

practice and flight plan qualification flights were flown over the following days prior to the opening of the show that weekend.

Test Pilot Pete Pilcher put the Hornet through its paces twice daily from 31 August-7 September. Pilcher's routine included a straight-up climb after take-off, half-Cuban-eights, rolls, and high and low speed passes.

The third production Hornet had made two acceptance flights at press time. The other production Hornets, F-10 and F-11, are currently in lay-up prior to the Initial Operational Test and Evaluation.

Courtesy The Hornet Nest

MSE Safety

You're running on a two-lane country highway at 90 km-h and you start running into bad road. Ahead you see a low spot with ruts and check (pot) holes. There are banks on both sides and a car coming toward you.

WHAT SHOULD YOU DO?

a. Medium brake to reduce speed, try to avoid and release brake before wheels drop into ruts or holes.

b. Maintain speed, try to avoid and accelerate when wheels drop into ruts or holes.

Answer:

against the side of the hole. the hole instead of pushing turning so they climb out of the hole. You want to cut your speed as much as possible and yet lose control.

You throw you and cause you to ruts and holes. They can speed with which you hit the critical factor is the the wise decision. INTO RUTS OR HOLES IS BEFORE WHEELS DROP AND RELEASE BRAKE SPEED, TRY TO AVOID BRAKE TO REDUCE Your decision to MEDIUM



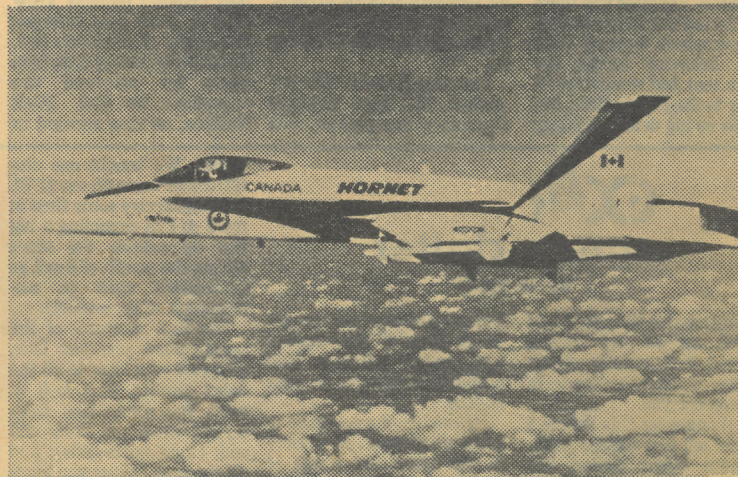
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