

**Physical Fitness** As physical fitness is an essential part of our well being, it is important that all members be physically fit. Some members stay fit by participating in team or individual sports, while others have a regular jogging program.

The Commanding Officer "J" Division is encouraging such a physical fitness jogging program. The commander of each unit in "J" Division encourages physical fitness and certifies the number of miles each member has accumulated. A "Certificate of Achievement" for running certain accumulative distances is available for the members. The Certificate bears the Force crest, is signed by the NCO i/c of the unit and the Commanding Officer, "J" Division.

With the present energy crisis, some members in "J" Div. are taking advantage of the program by running to and from work. It saves on gas and is an excellent means of keeping physically fit.

**Memorial Trophy** Each year Moncton and Fredericton Sub-Divisions participate in a softball game in memory of S/Sgt. Ron Haynes who was killed in a car accident a few years ago at Campbellton, N.B. This year Fredericton travelled to Riverview, N.B., on Sunday the 25th of September, 1977, and won the game 26-0. Cst. Gord Roach was the winning pitcher, allowing only 2 hits and striking out 12 Moncton batters. Sgt. Don Pierce led Fredericton at the plate hitting 2 singles, 2 doubles, 1 triple and a home run. This was the 3rd year in a row that Fredericton Sub-Division was victorious and probably the best-enjoyed game in years, especially for Fredericton.

**Annual Golf Tournament** Some 80 golfers took to the fairways as the Mountain Ridge Golf Course on a beautiful, sunny September day. Along with "J" Division were participants from other Police Departments and the Judiciary. Supt. Jack Rankin, O.C. Moncton Sub-Division, officially opened the tournament and all golfers successfully manœuvred



**Sub-Division trophy winners L-R Cpl. Bill Durocher, Cst. Rich Daible, Sgt. Don Pierce, S/Sgt. J. Barnstead.**

their way around the 18 hole layout with no one reported lost or missing.

Cpl. Bill Durocher grabbed top honours for the second year running while Sgt. Cy Doucette and Cst. Eric Suley placed a close second and third place respectively.

The low net category was won by S/Sgt. Max Keeping and the "Calloway" net honours was picked up by Sgt. John Ryan.

The Sub-Division team trophy was again won by Fredericton Sub-Division's Bill Durocher, John Barnstead, Don Pierce and Rich Daible.

The tournament was followed by a steak barbecue which was held at the Canadian Force Base Sergeants' Mess, Moncton, N.B. where the winners were presented with various trophies and prizes. A good time was had by all.

## K Division

(Headquarters — Edmonton, Alberta)

**International Shoot** On Aug. 5, 1977, the Third Annual C.F.B. Wainwright International Shoot was held at C.F.B. Wainwright. Teams from the various branches of the Armed Forces were in attendance, including teams from the Royal Highland Fusiliers from Britain, who were on manoeuvres at the time. Wainwright Detachment and neighbouring detachments were also invited to compete.

**Cst. McCartney, left, receives the bronze slingshot from Cpl. Royce MacPherson of the military.**

