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MOTHER'S DAY

- May 12



TOTEM TIMES



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A Battle at Sea -- and a Victoria Cross



Destroying a U-Boat in 1944: Flight Lieutenant David Hornell (right) and his Catalina crew were shot down in this action, for which F/L Hornell was awarded the Victoria Cross, posthumously.

Flight Lieutenant D.E. Hornell

Victoria Cross Dedication Ceremony

The Victoria Cross awarded to F/L David Hornell was dedicated at a ceremony held at Air Command Headquarters on April 10, 1991.

The formal unveiling was performed by Lieutenant-General F.R. Sutherland, Commander Air Command, and Mr. Bill Hornell, F/L Hornell's brother. Also present were the three surviving members of the crew of CANSO 9754: F/S Syd Cole, F/O Graham Campbell, WAGs and F/O Ed Matheson, navigator.

The tasks of RAF Coastal Command crews in the years 1939-45 were many and varied, but their prime role was the constant protection of the vital Allied merchant shipping supplying the United Kingdom. Such protection involved them in seemingly interminable hours of mainly rewardless patrols over the oceans, seeking an elusive, cunning prey - the wolves of the sea,

U-boats. But submarines were by no means the only enemies. Apart from the ever-present danger from marauding Luftwaffe interceptors, the greatest opponents to any lone Coastal crew were the elements. Endless miles of friendless sea allied to pitiless winds, blistering heat by day or cruel sub-zero temperatures by night, were collectively responsible for killing more crews than anything

perpetrated by the 'enemy'.

Any aircraft crew brought down in the sea - if they survived the impact - faced almost certain death if they were not rescued within a reasonable time. Apart from any physical injuries sustained before or during the 'ditching', crews faced a daunting prospect of being entirely at the mercy of raw nature in its

continued on page 3



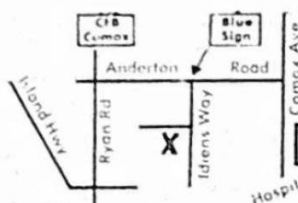
On and off base

Military Update

continued from page 1

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Dog Talk



Why do we keep Dogs?

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Having released his depth charges Hornell pulled back hard on the controls trying to gain height. The starboard engine still aflame fell away from its bearings completely, and gushing oil and petrol increased the fire in the starboard wing. Inside the fuselage smoke was filling every compartment. Reaching a height of 250 feet, Hornell already knew he would have to ditch on the sea, and while he still had a semblance of control, he edged the Canso's nose into the prevailing wind and prepared to land on the water.

Skimming the 12-foot waves,

the Canso touched, bounced to 150 feet, touched again, bounced to 50 feet, then finally 'stuck' and came to a halt; the whole starboard wing and fuselage side a roaring mass of flames. Hornell and Denomy immediately climbed through their cockpit escape hatches and the rest of the crew began to evacuate the already-sinking Canso through the port blister opening. St Laurent tossed one of the aircraft's pair of rubber dinghies out; then dived after it, while Bodnoff and Scott launched the second dinghy. Cole meanwhile was busy grabbing emergency ration boxes and water bottles, and was the last member of the crew to leave the aircraft; by which time the fuselage was half-filled with water. The whole crew evacuation had taken less than five minutes.

Pulling away from the burning aircraft because of the risk of explosion, the crew saw the Canso slide under the waves about 10 minutes later. Seven of the crew were then in or hanging on to the second dinghy, when they spotted St Laurent about 100 feet away struggling to right his overturned dinghy. Making their way to him, Campbell and Matheson managed to get the dinghy upright and clambered in, but as they were helping St Laurent into it the dinghy blew up, ejecting all three into the icy cold sea again.

All eight men now had just one four-man dinghy for support. Hornell, on seeing St Laurent's original struggle with the dinghy had stripped off his uniform trousers and dived into the sea to assist him; and now, instead of putting the trousers back on for protection he tied knots in each leg and used them for baling water out of the remaining dinghy. At first the crew split into two 'shifts' whereby four men sat in the dinghy while the other four clung to the sides, immersed in water up to their necks; but after an hour it was decided to try to get everyone in or onto the dinghy as the best hope of eventual survival. In this they succeeded except for Scott, whose legs still trailed in the sea.

As the night wore on the surface of the sea was whipped by 50 knot winds into a 40 foot swell, and the tiny dinghy was tossed like a cork. Just before midnight a Catalina from 333 Squadron, piloted by a Norwegian, Lieutenant Johannsen, was sighted and Campbell fired three of the two-star red distress cartridges provided in the dinghy. Johannsen, who was merely returning from a routine patrol and therefore passed over the dinghy by sheer coincidence, spotted the third cartridge and immediately located the survivors - not only Hornell's crew but, some distance away, a cluster of dinghies filled with survivors of the U-boat. Dropping sea markers and flame floats to mark their position, Johannsen radioed their location to base, requesting im-

continued on page 9

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On and off base

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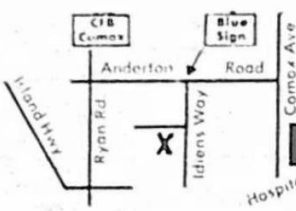
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Having released his depth charges Hornell pulled back hard on the controls trying to gain height. The starboard engine still aflame fell away from its bearings completely, and gushing oil and petrol increased the fire in the starboard wing. Inside the fuselage smoke was filling every compartment. Reaching a height of 250 feet, Hornell already knew he would have to ditch on the sea, and while he still had a semblance of control, he edged the Canso's nose into the prevailing wind and prepared to land on the water.

Skimming the 12-foot waves,

the Canso touched, bounced to 150 feet, touched again, bounced to 50 feet, then finally 'stuck' and came to a halt; the whole starboard wing and fuselage side a roaring mass of flames. Hornell and Denomy immediately climbed through their cockpit escape hatches and the rest of the crew began to evacuate the already-sinking Canso through the port blister opening. St Laurent tossed one of the aircraft's pair of rubber dinghies out; then dived after it, while Bodnoff and Scott launched the second dinghy. Cole meanwhile was busy grabbing emergency ration boxes and water bottles, and was the last member of the crew to leave the aircraft; by which time the fuselage was half-filled with water. The whole crew evacuation had taken less than five minutes.

Pulling away from the burning aircraft because of the risk of explosion, the crew saw the Canso slide under the waves about 10 minutes later. Seven of the crew were then in or hanging on to the second dinghy, when they spotted St Laurent about 100 feet away struggling to right his overturned dinghy. Making their way to him, Campbell and Matheson managed to get the dinghy upright and clambered in, but as they were helping St Laurent into it the dinghy blew up, ejecting all three into the icy cold sea again.

All eight men now had just one four-man dinghy for support. Hornell, on seeing St Laurent's original struggle with the dinghy had stripped off his uniform trousers and dived into the sea to assist him; and now, instead of putting the trousers back on for protection he tied knots in each leg and used them for baling water out of the remaining dinghy. At first the crew split into two 'shifts' whereby four men sat in the dinghy while the other four clung to the sides, immersed in water up to their necks; but after an hour it was decided to try to get everyone in or onto the dinghy as the best hope of eventual survival. In this they succeeded except for Scott, whose legs still trailed in the sea.

As the night wore on the surface of the sea was whipped by 50 knot winds into a 40 foot swell, and the tiny dinghy was tossed like a cork. Just before midnight a Catalina from 333 Squadron, piloted by a Norwegian, Lieutenant Johannsen, was sighted and Campbell fired three of the two-star red distress cartridges provided in the dinghy. Johannsen, who was merely returning from a routine patrol and therefore passed over the dinghy by sheer coincidence, spotted the third cartridge and immediately located the survivors - not only Hornell's crew but, some distance away, a cluster of dinghies filled with survivors of the U-boat. Dropping sea markers and flame floats to mark their position, Johannsen radioed their location to base, requesting im-

mediate assistance. Skimming the 12-foot waves,

continued on page 9

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MOM

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Editorial

Norm Blondel



Mum's The Word

Whether she is called Mum (if you're a Brit), Mater (if you're a snooty Brit), Mom (generic North American) or Mère (French), or any name in any other Earth language, she is Mother, and Sunday, May 12, 1991 has been set aside to honour her half of the adult human race.

Considering what she does in this world, one day just isn't enough. Since Eve prepared that first apple strudel for Adam, bore his children, swept out the cave, brushed the bone fragments into a pile and dumped them on the midden and shook out the bearskin blanket, She has been looking after Him and his children for centuries, and there hasn't been much in the way of vice versa from his side, ever since.

Why me?, is the 'plaint I have heard from time to time, as Wife and Mother in my household has faced a pile of laundry, dishes or unmade beds. Why indeed; I don't have the answer, except to think (but not say out loud), it's always been that way. Mum's the word when confronted with the issue of Mother's chore-laden role in my world. I duck it, and try to change the subject, or blend into the woodwork, and hope the question, unanswered, will go away and be replaced by something I can deal with, like, does the grass need cutting, or is the car due for an oil change. My chores, it seems, are done largely by choice. Mother's tasks are mandated by the needs of her family: they must eat on time from clean plates, wear clean clothes and get into freshly made up beds in a clean and tidy house.

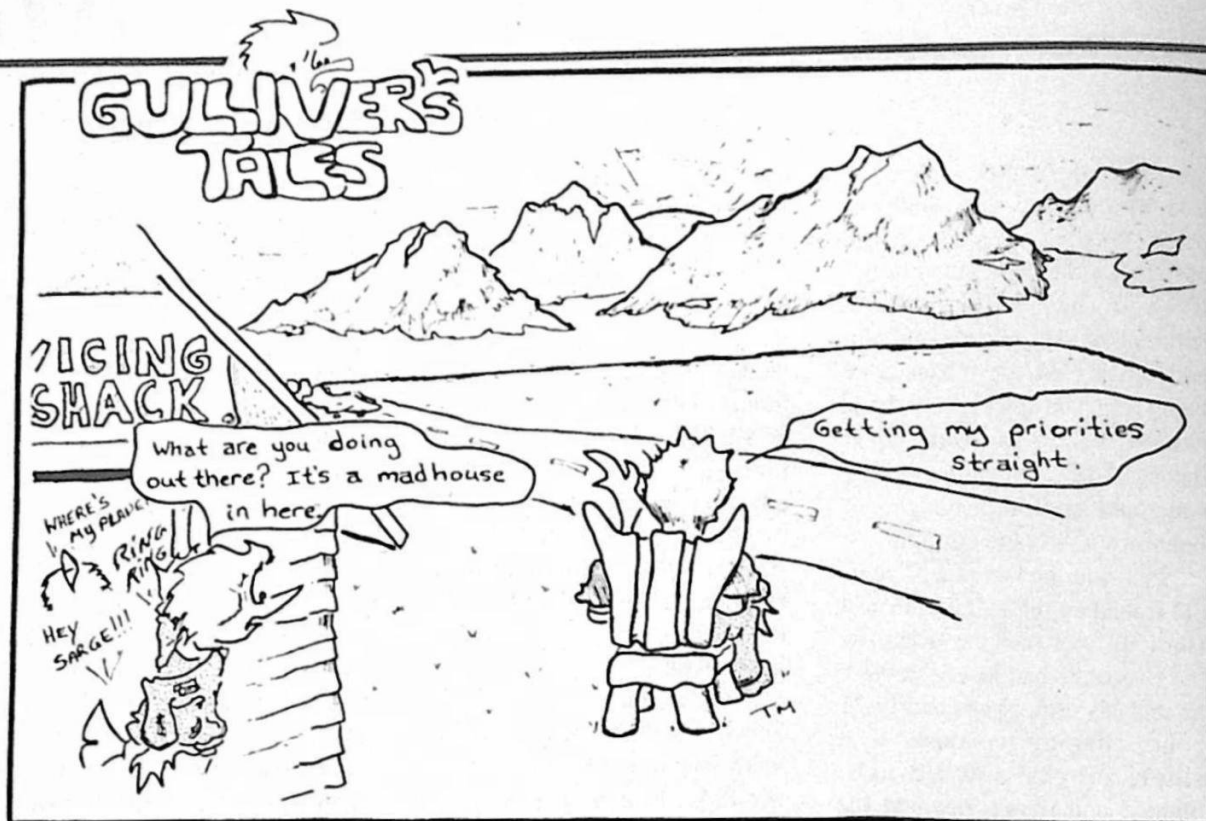
Much as she would like to spend all day in the garden tending the roses, or to go for walks in the countryside, or have long sessions with the girls, the imperatives of Motherhood (which also equates with housekeeper) keep her close to home. Many mothers thrive in the role, and like nothing better than to give 'til it hurts. But even these lovely souls must have a moment or two when they wonder about the role they've been given by nature and custom.

My own recollection of Mother (brief, since she left this world early in my life), was of this nice, soft creature who was never angry, and who had two lovely cushions upon which I could rest my troubled little head (life is tough when you're four).

I suppose many of us still cling to those early impressions. And too many of us take advantage of that generosity of spirit we personify in the person of Mother.

By all means, let us celebrate Mother's Day, Sunday, May 12, to the fullest. Cook for her, give her flowers and treats and a nice card. But, also, do the dishes, hogie the carpet and maybe try making the beds.

What is more important though, is that we try doing more for Mother in those other 364 days of the year.



CF Drugs Policy Part I - The Way Ahead

OTTAWA (NDHQ) - Most members will recall our Minister's public statement in March 1990 on the subject of substance abuse in the Canadian Forces. In essence, he announced that steps would be taken to develop a balanced approach in dealing with drug abuse and alcohol misuse, in the interests of safety and operational effectiveness, that our policy would be revised to reflect the new initiatives being proposed, and that full cognizance would be paid to privacy and human rights considerations as we move towards implementing new measures.

The new measures will occur within the framework of a three-point program, involving (1) improved education, (2) more effective enforcement and (3) adoption of a mandatory drug testing (urinalysis) program. There is also provision for treatment and rehabilitation for those assessed by a medical officer as having a drug addiction problem, similar to that now provided for alcohol dependency.

Early in these considerations a decision was made to ensure all service members were informed well in advance of new counter-drug measures being implemented. In particular, a minimum of six months advance warning of drug testing was stipulated, in order that members violating regulations against drug use

might avoid detection by ceasing their involvement. This advance notice was duly given in an article published in the 7/90 edition of the CF Personnel Newsletter entitled "Towards a Drug-Free CF". The purpose of this article is to provide some additional and very general information on the three-point program, as a forerunner to more detailed articles on drug testing and policy issues scheduled for publication in future issues of the CF Personnel Newsletter.

First let us consider the policy decisions. The old policy was extremely simple - drug abuse was not tolerated, treatment and/or rehabilitation was not provided, and the usual consequences of substantiated drug involvement was punishment and mandatory release from the CF. The only exception was the possibility of retention on Counselling and Probation (C&P) for Cpls and Ptes involved in a first-time (single occasion) experimental use of marijuana. A revised policy has already been promulgated and can be found in CFAO 19-21 as amended by CANFORGEN 020/90 in Sep 90.

A quick review of the revised policy shows that the forces have continued the concept of not tolerating drug abuse by its members, while adopting a more flexible approach in dealing with those found contravening the

regulations. The significant change is that members of any rank caught in a first-time substantiated involvement in simple use or possession of drugs for personal use, may be retained in the CF conditional on successfully completing a one-year period of C&P or Report of Shortcomings (R of S) as applicable. Of course, each case will be considered on its own merits and, where the drug involvement is more serious, or the member's performance is unsatisfactory in other areas, release may be ordered for "first-time" offences. The inevitable consequence of a second substantiated drug involvement will be release. Also featured in the interim policy is a treatment program for those assessed by a medical officer as being drug dependant, to be provided on a one-time basis, whether or not the member is to be released or retained on C&P or R of S.

Now let us take a brief look at the highlights of the three-point program.

Considerable change will occur in our approach to education. Improvements to the quality and variety of preventive education will be phased in commencing this fall. In addition, it is proposed that a secondary education program for those discovered abusing drugs or misusing alcohol, but not yet at the addiction

Continued on page 5

TOTEM TIMES

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Comment

More Hornell

continued from page 3

mediate air-sea rescue services, and then circled the area attempting to find any more survivors. After 30 minutes he returned to Hornell's crew and flashed down by Aldis lamp the message, "Courage - HSL (High Speed Launch) on way - help coming." Then, after another circuit, he flashed down, "U-boat Killed." For the next 14 hours the Catalina continued to circle, replenishing the flame floats, and continuing to keep track of the tiny dinghy; but then St Laurent succumbed to the bitter cold and died. After attempting resuscitation, the crew reluctantly put his body over the side. By now the dinghy had been capsized several times by the mountainous waves, and the crew were weakening rapidly.

After some 16 hours in the dinghy, the crew were heartened by the arrival of an ASR Warwick aircraft which flew low over the dinghy and dropped a lifeboat by parachute. Unfortunately the lifeboat's parachute release gear failed to function properly and it eventually fell some 500 yards away from Hornell's men. By then Hornell's condition was almost pitiful. Blind, and terribly weak from exposure and cold, his thoughts were still concerned with saving his crew as he started to attempt to swim through the heaving sea to the lifeboat in the hope of retrieving it. Knowing his physical condition, Denomy prevented Hornell from trying, and helped as best he could to comfort his skipper. Then, some three hours later, Scott, who had endured many hours of immersion in the water, finally died, and once more the crew were forced to commit the body of a close friend to the sea depths.

Denomy, Cole and Bodnoff, who seemed to regain strength from some unplumbed depths at this stage, began intensive work to aid Hornell, Campbell and Matheson as the latter three grew noticeably weaker still, and were still comforting their comrades some two hours later when a Short Sunderland appeared from nowhere, beating low over the sea directly over them.

The flying boat was guiding a high speed ASR launch to the dinghy, and soon after Cole spotted the launch heading at full speed

toward him. Their ordeal had lasted 20 hours and 35 minutes. Coming alongside the dinghy, the launch crew immediately hauled Hornell, Campbell and Matheson aboard, while Bodnoff, Cole and Denomy managed to climb the rope ladders thrown over the side, assisted by several of the launch crew.

David Hornell was now unconscious and the rescue crew worked unceasingly for more than three hours attempting to revive him, but to no avail. In the opinion of medical authorities later Hornell must have died about 20 minutes after being brought aboard the rescue launch. While the remaining crew were treated for exposure and shock, the launch sped back to land, reaching Lerwick some 14 hours later.

David Hornell was then buried in the grounds of Lerwick Hospital, while the other crew members were admitted to hospital for treatment and rest. After another four to eight days the survivors left hospital and returned via Iceland to Canada for 'survivors' leave', now fully recovered from their nightmare sojourn on the ocean.

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As I leave the defence portfolio, I want to say to all members of DND and the Canadian Forces, how much I have enjoyed my two years as Minister. In fact, I have been quoted as saying this was "the best job I ever had" and I can assure you I meant it. I will miss Defence, but above all, I will miss the people.

In some ways, the past two years have been a difficult and challenging period for defence in Canada. Internationally, we have seen rapid and remarkable change, and here at home, we have faced budget cuts and continuing fiscal restraint in the struggle against the federal deficit.

But we have met the challenges -- including the extraordinary challenges of Oka and the Gulf -- and we have preserved, because of the dedication and hard work of all members of the defence team. I am especially grateful for the excellent support I have received, as minister, from all levels of the department and the Canadian Forces.

As I express my personal gratitude to each of you, I also want to assure you of the high regard of the Government of Canada and of all Canadians for your professionalism and dedication. Please accept my sincere and heartfelt thanks, and my best wishes for the future.

For the past two years, it has been my great privilege, as Minister of National Defence, to serve with some of the best people in

More Drugs Policy

continued from page 4

stage, be introduced at an early date. Meaningful counselling, at the supervisor level, will be a firm requirement of the C&P and R of S process. To assist in this, a Supervisor Handbook has been developed and will be on general distribution by May 91. At the treatment end, a member who is assessed by an MO as drug dependant will be provided a 28 day period of treatment at a designated Alcohol Rehabilitation

Centre (ARC). If the member is to be retained in the CF, the clinical treatment will be followed by counselling sessions for a minimum of one year.

In the enforcement area we can expect the military police to become more active and effective as a result of an improved capability for investigation management. In the past, the enforcement effort has been largely

a local affair with little coordination between bases, even though drug abuse is a CF-wide problem and involves a highly-mobile group of people. Accordingly, a Drug Intelligence Data Base is being established at NDHQ which will support enforcement activities across the forces with accurate and timely information.

This data base should be operational by early 92.

A farewell message from the MND

As I leave the defence portfolio, I want to say to all members of DND and the Canadian Forces, how much I have enjoyed my two years as Minister. In fact, I have been quoted as saying this was "the best job I ever had" and I can assure you I meant it. I will miss Defence, but above all, I will miss the people.

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For the past two years, it has been my great privilege, as Minister of National Defence, to serve with some of the best people in

the country, and in the greatest cause -- that of our nations peace and security. Canadians have every reason to be proud of the men and women, both military and civilian, who serve Canadian DND and the Canadian Forces.

As I express my personal gratitude to each of you, I also want to assure you of the high regard of the Government of Canada and of all Canadians for your professionalism and dedication. Please accept my sincere and heartfelt thanks, and my best wishes for the future.

About Trivia

The world's first modern airliner

Dear Editor:
Your latest 'Trivia pic' is that of a Boeing 247D. The 247 first flew in September 1933, and became the world's first modern airliner. It carried 10 passengers, and 60 of these aircraft were purchased by United Air Lines. On Dominion Day 1934, United opened service between Vancouver and Seattle. From Seattle the route ran through the USA to

Montreal. The Boeing 247 reduced US transcontinental flying time to 16 hours.

A small number of 247Ds served with the RCAF Squadron #12, later renumbered 412(K) Composite Squadron, and #121 Aux Squadron. 247D serial number #7635 served with 412(K) Sqn at Dartmouth, N.S. One

247D operated by Chevron Oil, on mineral exploration work in the Yukon and N.W. Territories between 1958 and 1967, now resides in the Canadian National Aeronautical Collection. Its total flying career had spanned some 34 years.

Sincerely,
John Novak

Air Force Trivia

Trivia Answer

Boeing 247D 7635 121 Squadron RCAF. The Squadron had two of these aircraft on strength, the other being 7636.

from the H.W. Holmes collection

Section News



VU33 Squadron



407 Squadron



Servicing Snickers

The 'Sqn Snitch' is writing this under duress as the Sqn SWP is standing here looking over my shoulder. (Wait until he goes on leave - he'll be sorry!) If they get the Fish Wrapper in Hawaii, he'll return pretty red faced - some of it might even be from the sun. Surf's up!

While we're down the hall picking on the heavies, our soon to be gone SAMEO, Capt D'Entremont, has taken up cross country biking. By the sounds of it I guess he's better at 'mud slinging' than I am. By the way Captain, how's the real estate situation? There's lots for sale!

Two Crew has had their 2nd luncheon and we're already planning #3. A popular event so it seems. Chris Vrable promises to be in better shape for the next one. He may even eat all his veggies. Harry is back! Larry is away! The rest of us are still here! Gover is away on TD at the home of 'top gun' school, Miramar, California. He'll probably come back with a hat that reads 'Top Tech' or something like that. Pam has come up with an idea to coincide with Sgt 'Oscars' spring BBQ. She's going to ride her horse to it with the hope that when the beast sees the BBQ, he might just get the message to behave or possibly become part of the menu. Talk about a mess of 'ribs', it should feed the whole crew and then some. If you see an English saddle for sale, you'll know what happened.

Congratulations to the Briands, Patti and Paul on the arrival of their son Patrick, 9 lbs, 15 oz. He's already signed up for Darren Herle's ball hockey team. By the size of his hands, he'll be a goalie. He's already wearing lots of padding! Speaking of padding, it has come to my attention that Gord (LeBlanc) has started umpiring for the ball season.

When someone asked where he got that nice big chest protector he said "What chest protector?" Nuff said? This is the Tony "P" ...SSS ...LLL ...III.

Now for the other Tony (H); his hair is due for one ... Toni that is. For Nolan and Boyd a get well card ... na na na na ... na na na na ... hey hey hey ... good bye. Get it?? How about them Blue Jays? Troy has his own ferry (maybe). Dave Brown hasn't done anything (by his own admission).

Boyd Russell wants an extra towel for his golf cart, for TD trips, ask him about that one. Mr. Parker (known locally as Russ) is back on the floor indulging in his usual brand of P.R. Welcome back Russ. The lucky winner of a two month all expenses paid (with bus) vacation in the Wasaga Beach area will be inserted here by the SWO. Blame him!

The proposed canoe trip is still awaiting approval but we'll keep you posted on any information ASAP. By the next issue we should have dates etc. for Tree Island and other future events as well as mug outs and the like.

407 ASO

In the past little while 3 Crew has been fairly quiet, fortunately a number of wash jobs have come our way to keep us busy.

On the 8th, a Ground Crew Sports day was put together and the 'Mad Dogs' of 3 Crew put in 110% effort and enthusiasm. Some comments heard during the day were: "Hey Ref, want my glasses?" from Cpl 'Magoo' Courture to the volleyball referee and "I can carry him, really," said Cpl Wand during the tabloid event.

Cpl Courture also headed the advertising for the crew, displaying the 'Maddex Mad Dogs' banner which incidently was kidnapped along with Cpl Courture, during a volleyball game. Not to fret, the banner was returned safely.

3 Crew would like to thank Bruce MacEachern and all the other volunteers who made this day possible.

The crew did not win first prize but ended up with the 'best effort and least results' award. Good try.

We have a new crew member, Cpl Berry on ATAT rotation. The crew received him with a hearty welcome.

ARMPO

Hi there from the wide world of ArmPO. Things are going pretty smooth but I am sure that this temporary bliss will be short lived and be replaced by our usual???



On the Arm't side of things, the boys on course in Greenwood are finally getting answers to their daily question of "What's this button for?" Kelly's getting ready to move into her new abode and still hasn't set a date for her 'come see my new house party'. Mark Keen is just trying up some loose ends before taking the big leap to the 'other' crew.

On the polite side of things, Donna is warming up her calculator as she is finally loaded on

her Poet/XG-9L course. Gary Blinn joins the boys in Servicing wearing his rookie 'glow in the dark' coveralls. Dan Mallette finished his self-imposed OJT program as he gets ready to take over Gord 'I've got three weeks before I go to Cool Pool' Morrison's crew.

In closing I will pass on the infamous words of Confucius "No matter where you go, there you are."

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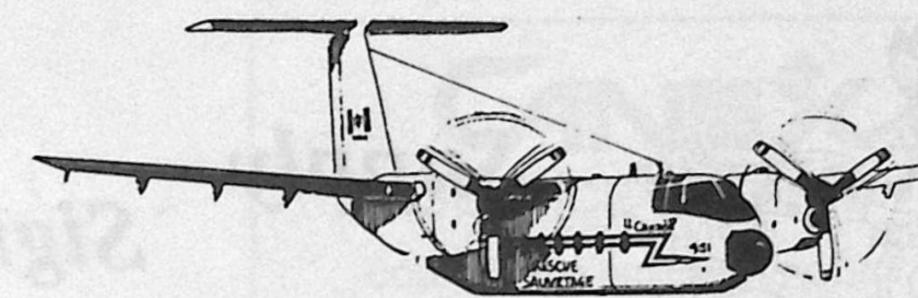
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ST. PETER'S Anglican/Episcopal Church 218 CHURCH ST., COMOX HOLY EUCHARIST 8:00 a.m. and 10:00 a.m. Fr. John Paetkau - 339-2925 JESUS IS LORD

Section News



442 Sqn SAR Brock



The crash on Kadeem Creek

At 1500, 27 Apr 91, the red and white Super Cub on floats departed New Remo River, near Terrace, BC, on what was supposed to be a routine local one hour flight. The five on board, a 38 year old father and his 15 year old son, had been looking forward to this flight for quite a while. It was the first flight of the year that they had floats on the aircraft.

The father and son were both avid sportsmen and intended on checking some local lakes for fish and bear. When they had not returned by nightfall a friend of the family contacted the Terrace Flight Service Station (FSS). The FSS, not knowing the whereabouts of the aircraft, contacted the Victoria Rescue Coordination Centre (RCC). The RCC checked with the Terrace RCMP Detachment and then did a telephone search of other local airports to no avail.

The RCC then contacted the Buffalo standby crew with the details. It was decided that the crew of Buffalo 458 would depart Comox at 0600 the next morning to search and also conduct an Electronic Locator Transmitter

(ELT) sweep in the Terrace area. Two hours after departing Comox, 458 was able to search the large Skeena River Valley, but was unable to search any smaller valleys due to the low ragged ceilings. However, 458 was able to climb to 10,000 ft and conduct the ELT search.

Meanwhile, RCC had contacted the Labrador standby crew and at 0930, Labrador 318 proceeded to the search area. While 318 was enroute, RCC had advised 442 Sqn that it had decided to initiate a full scale search.

In addition, two Terrace based civilian helicopters were tasked.

The ELT search was fruitless and since the weather was unsuitable for further searching by the Buffalo, four crew members of 458 decided to be spotters on board the two Bell 206 helicopters tasked by RCC. In the meantime the two remaining crew of 458 had set about preparing for the arrival of the Search Headquarters (SMQ) in Terrace. Meanwhile, back in Comox, the Squadron was readying for the

deployment to Terrace.

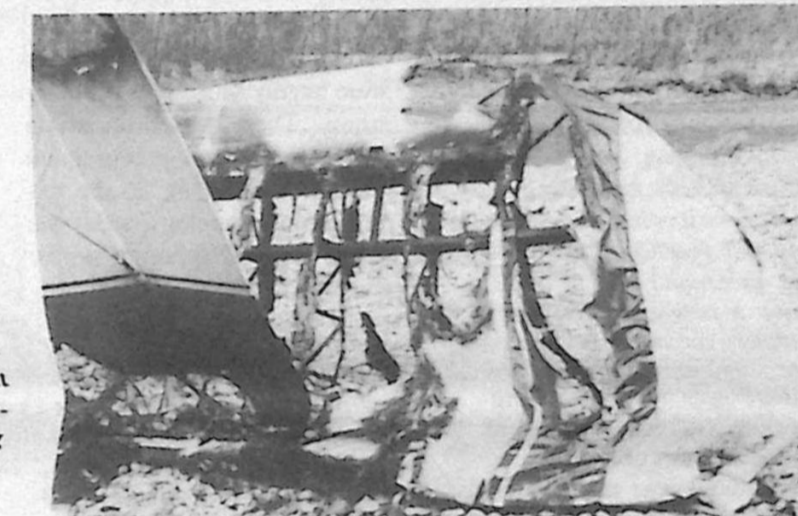
Four hours after leaving Comox 318 had been tasked to check some of the fighter valleys that 458 couldn't get into. There were two lakes, Khtada and Alastair, 60 kms west of Terrace that were believed to be the most likely destinations for the crossing aircraft. 318 quickly searched the Khtada Lake and proceeded up the Khtada River until it reached a gap in the mountains. 318 then proceeded through the gap, flying down the right side of the Kadeem Creek to Alastair Lake. 318 searched the lake and then returned up the left side of Kadeem Creek intending to return through the gap. But when 318 arrived at the gap it was unpassable due to the low clouds that had moved in. 318 then turned around deciding this time to fly down the middle of the creek.

This is when Sgt Bruce Koronko on 318 spotted what looked like wreckage on a sandbar in the mouth of the creek. Upon closer inspection it was

continued on page 8



Chopper 318 near the crash site



After the fire



No survivors

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442 Sqn Ladies Farewell Potluck Supper

to be held at
Glacier Greens Social Centre
on
Wednesday May 29th
6:30 for 7:00 pm

Raffle Prizes

Fashion Show by "Serendipity"

If you have not yet been contacted, call Kelly at 338-7959, evenings.

Dress is casual — jeans welcome!

Section News



Supply Signals

Supply - In Retrospect by our People

In the focus of keeping things light, informative and interesting, we decided to take a step back in time. In our travels we approached several seasoned Supply Techs who generously shared their memories of Supply.

Before Supply Techs became adept and specialized in the various areas of the trade, there were only two basic categories. You either were a Stock Control Clerk or Warehouseman. As a Stock Control Clerk you were responsible for posting to manual record cards, sending out outstanding demands by message at the days end and ensuring any finished cards were individually audited before filing. As a Warehouseman, you pulled and put away stock manually.

Believe it or not, back then you only had a choice of three pens - blue, green and red. In order to receive a new pen, you had to completely run out of ink and exchange your empty pen for a new one. Blue was your working colour, red for correction and green for auditors only!

Everything was received and ordered by mail. Supply information advices often took up to six

months to reach their destination, thus creating a multitude of problems. There are several Supply Techs who humouredly recall ordering boxes of stores only to receive several pallets, due to an unreceived unit of issue change still in transit.

Back in the pre 1960s, when man had not set foot on the moon, there was the T-2 book. This book contained pictures and shorter part numbers vice our thirteen character NATO stock number. This book was later upgraded to the CAP 10 and finally, later, our cherished CFP 137 microfiche superseded the antiquated book methods.

In the past, customer demands were largely satisfied by military stores. There was little or no variety and local procurement was minimal. Due to the explosion in technology, today we have a larger selection of stores; hence increasing local procurement and customer satisfaction.

Before the precarbonated 2302 Supply voucher was introduced, some of you will remember separate E42s for demands, E47s for returns, E93s for exchanges, E52s for conversions and E129 which was the multiple write-off sheet. All these forms were single

copy and required a multitude of carbon papers to be individually inserted, depending on the number of copies required as the photocopier as we know it today wasn't invented yet.

QL5 and QL6 were done at Base level. There was no requirement at that time to travel to CFB Borden for qualifications.

It is obvious that Base Supply has evolved and progressed through the years. Our first introduction to computers was the Devil Program which started in 1971. This gave us the item management card, replacing the manual record cards and a streamlined across-Canada way of demanding and receiving stock. The location system became fully automated and direct communication with all bases was instantly established. In the 80s we had progressed to the TNR System and as time passes we will continue to upgrade the supply system.

We would like to give a special thanks to everyone who freely gave their input and helped this article come to its completion.

Don't forget our Base Supply fun golf day on May 8th, rain or shine...



From the Fire Chief

Camping Out

When camping out or in the backyard exercise special care with flammable liquids and open flame near tents. When camping out take the following steps:

- Buy a tent made of flame-retardant fabric. A paraffin coated cotton tent can burn up in a few minutes with someone trapped inside. If possible, purchase a tent with two exits or with a window sufficiently large enough to serve as a second exit. It is also a good idea to have a sharp instrument in the tent. In case fire obstructs the only exit, it can be used to cut out an exit in the walls.

- Never use candles or matches in or near a tent. Use flashlights.
- Extra care should be exercised when using electricity and lighting in or near tents. When using heaters, keep them well away from walls, pillows, camping chairs, in fact, all contents of the tent.

- Build your fire downwind, far away from your tent. Make sure it's out before you go to sleep.
- A fire extinguisher is a must in every campers equipment, for it could well be a lifesaver. It is also recommended that a portable smoke alarm (detector) be part of

- Children burn up in their own backyards experimenting with campfires, candles, tents, gasoline. Supervise learning and play. Make sure your children are safe. A little extra caution is an item well worth taking on any camping trip - whether it be the backyard or the open woods.

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every holidayer's equipment. A minimum of one of these devices properly located in a recreational vehicle or a tent, a motel or hotel room, can detect the presence of smoke and may provide those precious extra moments that can mean survival.

- Campers who carry fuel for propane or gasoline type camp stoves in the trunk of the car should never leave the fuel in the trunk over the weekend or any longer than needed to transport it. If you are planning a full day's drive to a campsite, take the precaution of opening the trunk periodically to ventilate the compartments.

- Never freshen a fire with a liquid starter. Explosions can result. Keep liquid away from your tent and children.
- All fire laws, ordinances and regulations should be strictly adhered to.

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SAR Champs



With his back to the camera, BComd Col J.E. McGee leads a cheer for the military champs, 442 SARTECHS.

transported the bodies to the Terrace airport where an RCMP van waited.

Unfortunately, the outcome of this search was not a happy one. Even though the search crews found the aircraft on the first day there was no chance for survival. 318 was lucky to have found the search object so quickly. If, however, the airplane had crashed into the trees, it would have been difficult, if not impossible, to spot from the air. This would have most likely resulted in a very long and exhaustive search. In the end, the bad news was no doubt very upsetting for friends and family.

However, not having to go through the emotional roller coaster that happens during a long search, was best for all.

as the current reporter will not be doing it anymore. Anyone interested contact Pte Yaniuik, on 1 Crew.

Safety Systems
We have a new arrival in the shop from 'Supply' - Chris Landry.

Avionics
MCpl Mario Guitard is back from his Buff Course and he was in the National Badminton Cham-

pionships.
Engine Bay
Farewell to John Grant to 1 Crew. Chuck is back and still has no comment - truly amazing. Charley is the new motorcycle mama in Maintenance and enjoying it immensely but we wish she would put her teeth in, in the morning.

Buff Maintenance
Cpl Bergin has had a speedy recovery from the 24 hour flu. It is highly contagious and Maintenance is hoping Bruce will get it. A warm welcome to Cpl Glenn Jones to the Maintenance Crew in replacement for Cpl Brad Struke who went to 2 Crew.

Lab Maintenance
Chopper Maintenance feels

More SAR Brock

believed to be the object of the search. Initial indications, for survival of the two view points, did not look good. 318 landed in a field nearby and then two SAR Techs were quickly on the scene. On closer examination, their worst suspicions were confirmed. The aircraft had crashed in a manner that there were no survivors. 318 contacted RCC with the details and departed for Terrace to pick up a coroner and the RCMP.

Meanwhile, Buffalo 454 which had departed Comox with the Search Master and SHQ on board, was told to return to Comox as the search object had been found.

318 returned to the crash site and when the coroner declared the occupants deceased, 318

More 442 Sqn

1 Crew
I would like to thank the members of our Snow to Surf team for their participation in the annual event. Members included Rick Hanes, Guy Godin, Sean Morris, Paul Delaney, Dan Baker, Wilf Laybolt and our ringer from Maintenance, Ryan Harding. There was some discussion as to what we should call ourselves. We narrowed it down to two possibilities: Charlie's Fallen Angels

or The Bursitis Busters. We chose Charlie's Fallen Angels and finished a hard fought but somewhat disappointing 102nd. Maybe next year we can break the 100 plateau. With all said and done, we still beat our ringer from Maintenance 'The Young Buns', who finished 106th.

To whom ever is interested, a new reporter is required to represent 442 Sqn for the Totem Times

Section News



Base Hospital

The Common Cold

Spring is upon us once again and with it comes the cold viruses. Many people are visiting the MIR requesting information on how to cope with the annoying cold symptoms. At one time or another, you probably had to miss work or cancel plans because of a cold. Everyone is familiar with the symptoms: runny nose; nasal congestion; postnasal drip; sometimes cough; body aches; headaches; and, fever.

What causes colds?
Viruses are the main culprits and medical science has yet to find a cure. There is no effective treatment for the thousands of viruses that cause cold symptoms. All you can do is relieve the symptoms and a cold usually lasts 7 to 10 days. If the cold lasts longer consult your doctor. A few illnesses, such as strep throat or pneumonia resemble viral infections but are caused by bacteria and can be treated. Thus, if you have a sore throat, severe cough or persistent fever, check in with your doctor.

What to do for a cold
There is no magic formula or cure for the common cold. Treatment of symptoms today is still basically the same as in the 'old days.'

- Stay home and get plenty of rest
- Take appropriate doses of acetaminophen or aspirin for fever and aches. Caution: Avoid aspirin products if you have ever had an ulcer or if there is a pos-

- sibility (especially in children) of influenza or chicken pox.
- Take cough medicine for a cough and decongestant for a runny nose.
- Drink lots of fluids.
- Use a vaporizer in your bedroom. A cold-droplet vaporizer is preferred to the hot steam type as it is believed that the warm steam vaporizer causes bacteria build up in the atmosphere.

- Severe pain in the chest, ear, stomach or throat.
- Worsening of symptoms after you have been getting better such as: a new fever after the first 2 or 3 days; symptoms that continue unchanged for more than 10 days; a cold that is much worse than your 'usual'.

- Why shouldn't you take an antibiotic for an uncomplicated cold?
- It will not be effective against a viral infection.
- It may cause an allergic reaction.
- It may cause an annoying side effect, such as a vaginal yeast infection or a secondary infection, such as a difficult-to-treat pneumonia.

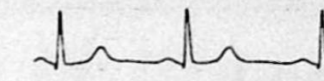
Hospital CD -- and a slice



MCpl Doris Marsh being presented her CD by the Base Surgeon, Maj Jacques.

Even in these times of recession and cutbacks isn't it nice to know some things are still done in a big way.

CANEX
THE CANEX EXPRESSMART IS NOW OFFERING ITEMS FROM THE "BAKERY CAFE COMOX". CROISSANT, SANDWICHES AND PASTRIES.



Got a Cold?



Drink lots of liquids



Get plenty of rest

Prevention is still the best policy.

- Wash hands thoroughly to avoid the spread of viruses.
- Cover mouth with tissue when coughing or sneezing.
- Throw away tissues after each use.

Beware of Uncertified

Sandwich Makers

Toronto, Ontario: The Canadian Standards Association and Ontario Hydro are advising consumers to immediately stop using sandwich makers that do not bear the CSA Certification Mark.

Canadian Standards Association, at the request of Ontario Hydro and as a result of the number of field failures being reported, has conducted testing on uncertified sandwich makers. Our testing has confirmed that many uncertified sandwich-makers are both a fire and a shock hazard.

Our advice is, if you intend to buy a sandwich maker, check for the CSA Certification mark. When ordering by telephone or mail, specify that the product must be CSA certified. If it doesn't have the certification mark, send it back to the dealer.

Various brands of these sandwich makers are being advertised by mail order distributors in television commercials, flyers and newspaper ads.

CANEX SERVICE STATION

COUPON AND DISCOUNT POLICY
WE NOW ACCEPT ALL VALID COMPETITORS COUPONS AT \$1.50 OR FACE VALUE, WHICHEVER IS GREATER.
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OFFICERS MESS CFB COMOX

APRIL 1991 CALENDAR

Saturday April 27
MONTE CARLO NIGHT - !!Fantabulous Prizes!!

MAY 1991 CALENDAR

Wednesday May 10
POOL/SNOOKER CHAMPIONSHIP - see calendar

Wednesdays May 15, 22, 29
OFFICERS COFFEE HOUR. Coffee will be served in the lounge at 1000 hrs. All Officers are invited to attend. Dress of the day.

Wednesdays May 22
OLC BRIDGE CLUB

Fridays May 10, 24, 31
REGULAR TGIF. Food as indicated 1700-1800 hrs. Free taxi. Ask at Bar.

Saturday May 11
FAMILY BICYCLE DAY - see calendar

Sunday May 12
MOTHER'S DAY BRUNCH - see calendar

Wednesday May 15
GOLF TOURNAMENT & BBQ
OMLC - see calendar

Friday May 17
COMEDY NIGHT & FAREWELL MIXED TGIF - see calendar

Friday May 24
INTER-SECTION INDOOR GAMES NIGHT - see calendar

UPCOMING EVENTS ENTERTAINMENT

08 Jun.....Candlelight Dinner
15 Jun.....Beach BBQ

July.....Summer Break

UPCOMING EVENTS SPORTS

01 Jun.....Fishing Derby
15 Jun.....Beach Volleyball Competition
19 Jun.....Mixed Golf Tournament & BBQ

Section News



BAMSO

Aerobic Award



MCpl Dave Ward from DIAC Maint/Trg is presented with his second award for Aerobic excellence by the BAMSO, Maj Brown. Way to go Dave!

Hello again from the top floor of 7 hangar. I would like to thank those people who assisted us and the family of the late Lonnie Holowaty during a trying period. Capt Paul Carter did a magnificent job as our Point/Liason Officer with the family and still found time to ease our burden. The Base Commander, Col McGee, gave a most eloquent dissertation on the relationship of Lonnie's military life to society. BAMSO Maj Dave Brown and Padre Maj Baker for their moral and physical support. Last and definitely not least, thanks to the officers and men of 442 Sqn for providing transport to and from Boundary Bay for the funeral. Thank you one and all for your sympathy, understanding and support.

Now, on the positive side, Paul (VU 33) and Patti (BAMSO) Briand have given life to a little cadet, a 9 lb 15 ounce boy by the name of Patrick who, rumour has it, came equipped with dog tags. Cpl Terry 'Hitman' Hietanen must have a fondness for Borden as he has completed two courses there and is presently on 'How to Fix That Blankety Blank Sewing Machine' one.

MCpl Corey Cooper is presently learning how to order beer, pizza and chicken wings in French on a nine-week intensive course. Oh, la la c'est si bon! Cpl Jim Maher is going on a three week Chem Defence course in Borden. He volunteered when he found out he gets to wear combats for the whole course. Maybe he misses the 'good life' in Calgary. Cpls Randi Desjardine and Gaeton Parr are also Borden bound for a course on helmet fitting. Gaeton by the way, will leave us this summer for the Down East AFB at Shearwater. He will become an instructor at 406 Sqn. Good luck to you and your new wife Lisa on your transfer. Sgt Keith Spragg will be in Goose for the summer but don't feel sorry for him, he volunteered. Have a safe summer one and all.

DIAC Maint & Trg

Snow to Surf has come and gone. All the participating members of DIAC survived, although some did better than others. Maybe it's that word 'Geritol' that affected some guys, or maybe you ought to start taking some.

DIAC kept the nurses at St. Joseph's maternity ward hopping

this month. Cpl Peter Tremblett and wife Tracey became proud parents of a baby boy named Michael, and 12 hours later MCpl Don Vinette and wife Debbie brought baby girl Kaitlyn into the world. Congrats all around.

This APS will see 1/5 of our section off to Cold Lake. Capt Paul Carter will take up residence at Base Flight and will be replaced by Capt Dave Grimshire from ASDU in Greenwood. MCpl Vinette is headed for 10FTTU. There they will join old DIAC hands Sgt Marty Wohlgemuth, WO Ken Creed and MCpl Beth Armstrong. Hmmm, five people out of a section of 12 in four years ... this better not be a trend.

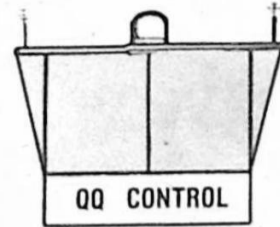
The DIAC section has experienced numerous comings and goings lately. WO Teasdale and MCpl Pilon have again had the 'Borden' experience. Also, we have just graduated 6 students from our FTAS course and are gearing up for our Display and Control course due to start May 7th.

Last, but not least, we bid farewell to the shy but awesome Harmony Tippy Toes. MCpl Hervé Thibodeau has chosen to take his release to pursue a career in domestic electronic repair. Good luck Harvey and remember those who made you the shining star you are today.

BAMSO

Snow to Surf

Everyone's talking about the Snow to Surf and what happened to the BAMSO team? Word has it that they had the makings of a



As the Beacon Turns

Veegates again Beacon believers and bienvenue back to yet another edition of ATC's "Can We Talk?" The hum of lawnmowers and the aroma of BBQ sauce was in the air for the setting of our 16th Annual ATC Golf Tournament. Some 87 diehard hackers from far and wide partook in this years prestigious pooling of pinnaclers and it proved to be another 'shining' success! The Gravel Pit was again the site for the Meet and Greet followed by the apres Meet and Greet house party at Andre Lafontaine's place. I must have had a grand time Andre. All I remember is calling with a pair of aces and carrying on a conversation with ... a duck? Anyway, 9 a.m. the following morning marked the official opening of this years 'Whap-Shucks 500' with the Base Commander 'clubbing' the tourney's first ball. From then on it was every man/woman for themselves as beaver tails of fairway and rooster tails of sand flew feverishly until all assorted handicappers staggered back to good 'ol hole number 19 to recoup. After the dust had cleared, the winning score of 72 was handed in by none other than Ray Henery from CYVR. (He must have bought my latest golf video 'Golf any way but mine!') The 'Most Honest Golfer Award' went to M.C. Carre, whose total was not available due to the passing away of

her calculator somewhere between number five and six. Don't worry M.C., I had one of those days too! I broke my 3 wood, unraveled my 5, lost all my balls and seven putted on number 4. The day's festivities were capped off with another great spread of growlies by the Old House and the awarding of prizes. My wife loves the electric fan we received but to be honest, I had my heart set on that cherrywood handled moose-nose polisher! Everyone had a super time, sending most of us back to the driving range to prepare ourselves for next year.

Speaking of driving ... it was brought to my attention the other day that a certain PAR controller here at QQ was caught exceeding the legal limit of knots around the 'ol route 66 a while back. Apparently, after some rather 'quick R/T' and 'reminiscing', this fortunate FTC flicker arrived at work unscathed ... this time! I won't say who this sweet chatter was but for 'Pete's' sake, slow down eh! Martin Gagnon had his stag wing ding last weekend and everyone had a blast. Martin apparently woke up in PW wearing nothing but a Looney taped to his chest and an Arrival Strip 'G' String? (Just kidding Natalie, I hope he's recovering well.)

Meanwhile, back at the ranch, Lt Doug Golden has qualified in Term/Arr and will be putting on some free suds next payday! Lt

continued on page 14

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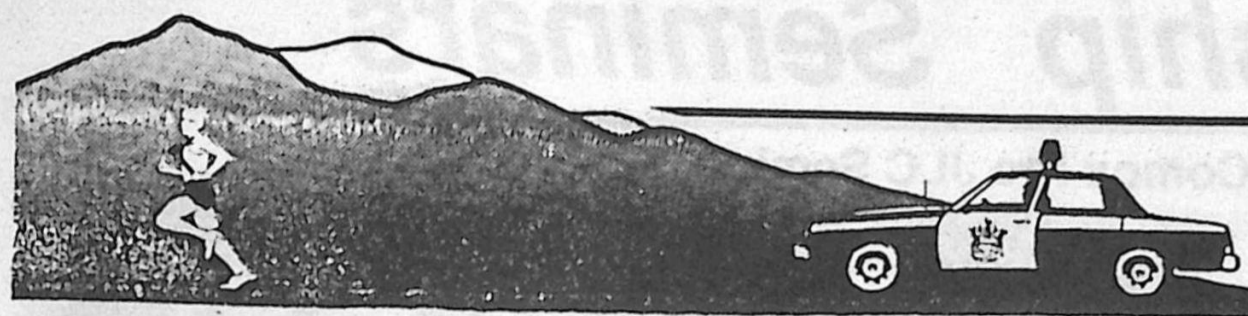
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Recreation



TORCH RUN Law Enforcement



Who is Constable Bruin?

Constable Bruin is a Teddy Bear carried in Military Police vehicles at CFB Comox and used to comfort children involved in accidents or who have suffered a traumatic experience.

Constable Bruin comes from an idea reached by a group of people from diverse backgrounds, professions and ages, who all share a common interest in giving, aiding and comforting. This group has a special feeling for children, and it is well known that a Teddy Bear can soften the hardness of this world. We believe that care and understanding can make a positive dif-

ference in the quality of life of abused, infirm, and isolated people. Constable Bruin is our way of saying, we care.

If there are truly those who can be called innocents, it is the children who are victims of family violence, sexual abuse, criminal acts or personal injury, e.g. traffic accidents. Children often do not understand what is happening to their parents or even to themselves when violence or injury is suddenly a part of their world.

Members of the Military Police know the trauma children suffer, but in attempting to comfort child victims, MPs often be-

come only one more frightening aspect of an already overwhelmingly terrifying experience. To help children cope and to offer a small measure of comfort, toy bears are given to children as a means of forming a bond between the youngster and the Military Police.

The CFB Comox Military Police Section was able to implement this program thanks to the generosity of the Comox Valley Trefoil Guild and the Tyee Club Telephone Pioneers who produced and gave the teddy bears. Thank you on behalf of all those who in time will benefit from your generosity.

FOR B.C. SPECIAL OLYMPICS

Last year with the public help, 1,500 law enforcement runners from police forces across B.C. covered 1300 kms, to raise an amazing \$145,000 in support of B.C. Special Olympics by participating in the B.C. Law Enforcement Torch Run.

This year law enforcement personnel from all over B.C. will participate in a network of com-

munity-based Torch Runs with the final leg ending in B.C. Place Stadium during half time of a B.C. Lions game on July 4, 1991.

The event is sponsored by the B.C. Association of Chiefs of Police and the Justice Institute of B.C. The Torch Run does more than just raise funds for B.C. Special Olympics. It also helps raise awareness about mental hand-

icaps and the rewards that fitness and sports can bring to mentally handicapped children and adults.

Everybody has a part to play in helping Special Olympics. To help raise money in the Comox Valley, an Adopt-A-Cop campaign has been implemented. Local groups and individual sup-

continued on page 16

8TH ANNUAL WESTERN CANADA MP/RCMP GOLF TOURNAMENT & FISH DERBY

GOLFING
24 May 1991
Tee-off at 0800 & 1300 hrs, (Shotgun)
18 Holes, Callaway Handicap System.

FISHING
25 May 1991
Weigh-in by 1700 hrs, at Post 13

**ENTRY FEES: GOLF - \$30.00
FISHING DERBY - \$10.00**

Equipment not included in price, but is available at reasonable rate

Make cheques payable to:
Military Police GOLF 1991 - c/o
BSecurO, CFB Comox, Lazo, B.C. VOR 2K0

NOTE
Cut off date is 17 May 1991

JUNIOR RANKS MESS

Mother's Day Spring Fling Dance - Friday 10th May

Starts at 2100 hrs, Dance to D.J. TOTAL SOUND
Admission Free
Door Prizes - Dinner for two at the Old House
Perm & Haircut from Cutting Bench
and lots more.....

Junior Ranks Luncheon

Sign up at the Mess prior to noon on May 14th.
Lunch will consist of baked ham and trimmings.
Cost \$10/living out. \$5/living in. Cash or acquittance roll.

- Thursday May 16th

T.G.I.F
- May 17th - Crib
- May 31st - Euchre

Fishing Derby starts May 18th until July 2nd

Sign up at the Mess - Entry Fee \$10
Rules available at Mess office
July 6th Dance and Presentations of Awards
Boat Rentals available at Jasper's so come and participate in the Fishing Derby

Steak and Lobster Night - June 15th

Dinner at 18:30 hrs
Only 200 dinner tickets - Cost \$10 member/\$15 guest
21:00 hrs - Dance to the Band ACCELERATORS
For dance only doors open at 20:30 hrs
Limited tickets cost \$3/member \$5/guest
Tickets purchased by cash or acquittance roll on sale now.

Leadership Seminars

CFB Comox Pre JLC Seminar Serial 9102



Back Row L-R: Cpl Reeves, MCpl Branch, Cpl Pierson, Cpl Beatty, MCpl Trevor, Cpl Mitchell, Cpl Gough, Cpl McDonald, Cpl Farmer.
Front Row L-R: Sgt Yhard, Snr Instr Sgt MacNeil, BWO CWO Doherty, CO 407 Sqn LCol Chester, Course Director WO Breese, Asst Snr Instr MCpl Horwill.

The candidates of Pre-JLC Seminar Serial 9101 were honoured to have the Aircom Chief Warrant Officer, CWO Pat Sarty, give the opening address.

In his remarks he noted that JLC training is the first period of training young service persons attend outside their own MOC. He stressed the importance of the course on their careers and applauded CFB Comox for taking the responsibility of formally preparing its candidates for JLC.

CWO Sarty spoke of his recent visit to the Gulf and the pride he felt in the Canadian Forces efforts there. He stated that the teamwork approach to leadership made the success of Operation Friction possible.

CFB Comox Junior Leadership Seminar

- an historical perspective on pre-JLC training at Comox

Approximately three years ago JLS Summerside sent a letter to all bases whose candidates use the school, expressing concern as to how ill-prepared some students were for JLC. Results of a survey conducted by CFB Comox indicated that a more concentrated effort was required to prepare some people for the most important leadership course of their careers.

Some of the obstacles to overcome so as to provide appropriate preparation were: difficulty in providing time away from primary tasking; lack of available experienced instructors; and, no drill with or without arms was given at section level. Interviews with personnel who had attended JLC emphasized the need for formal preparation here at Comox. A three day pilot seminar was subsequently designed and given. Follow-up interviews were held with candidates returning from JLS Penhold and their response was overwhelming. The seminar definitely assisted them in preparation for JLS! Critiques indicated that their confidence was enhanced and comradeship was established with fellow students, setting a positive attitude toward the course.

The seminar is under constant review based on input from follow-up critiques by personnel who have completed JLC training. Approval has recently been granted to expand the training time to four days, allowing more time for public speaking, QR&Os and drill.

CFB Comox Pre JLC Seminar Serial 9101



Front Row L-R: Snr Instr. Sgt MacNeil, BWO CWO Doherty, Command Chief CWO Sarty, Course Director WO Breese, Asst Snr Instr. MCpl Horwill.
Back Row L-R: MCpl Alexander, Cpl Berry, Cpl Bratrud, Cpl Davies, MCpl Ogilvie, Cpl Gravel, Cpl Kelly.

Sgts Professional Development Seminar Serial 9101



Front Row L-R: Mr. Hank Oke, MWO Petipas, BWO CWO Doherty, BComd Col McGee, MWO Drouin, MWO Murphy, MWO McNair.
Centre Row L-R: Course Director WO Breese, Sgt Howard, Sgt McLaren, Sgt Koronko, Sgt Miller, Sgt Fortier, Sgt Smith, Sgt Seguin, PO2 Moris, Sgt House.
Back Row L-R: Sgt Nicholls, Sgt La France, Sgt Vander Mark, Sgt Aitchison, Sgt Rodgers, Sgt Copeland, Sgt Jenkins.

Feature

Looking Back:

The 1st day of October 1944 was a day of raging battles in Europe and Britain, both in the skies and on the ground. Warships and merchant vessels were being bombed, torpedoed, shelled and sunk. World War II was tearing the civilized world apart. Canadians hung onto every word uttered by King George and Winston Churchill. It was a time of worldwide stress.

No.1 Central Navigation School in Rivers, Manitoba, was a beehive of activity, although far removed from the real action. It was difficult to conceive that London was being bombed into rubble as one gazed across the flat peaceful lush fields of the Manitoba prairies. White clouds drifted lazily over the golden wheat fields. But time for air exercise number eight for a class of navigation trainees.

We walked to our aircraft, my buddy Jack Reid and I. He was No.1 Navigator and I was No.2. Our pilot was Sgt Smith, a very competent and respected skipper. The aircraft was a relatively new Anson Mark V designated, in large numbers on the wings and fuselage, 12337. In short order Sgt Smith had adjusted himself in the pilot's seat and activated the hand priming pump. Toggle switches thrown, the Pratt &

Whitney 550 radials roared to life, 1100 wild horses of reliable power. Set to fine pitch, the Hamilton variable pitch constant speed props turned over at 1900 rpm, and soon we taxied to the button. Green light from the control tower, then up, up and away.

The exercise was an easy one as I recall, from YI to Birds Hill possibly, but nevertheless routine. Besides, Jack was doing most of the work and I found myself frequently gazing out the porthole and marking the Met report 'Scattered Cu' or possibly 'CAVU'. In those early days of training we were issued with a parachute chest pack that was stored in the curving fuselage between stringers and held in place with two bungee cords. The body harness of course was worn at all times. It had two very large very stout clamp hooks that were located in front, and in case of emergency, grab the chute and clamp it quickly on these hooks. The pilot wore a seat pack and this acted as a cushion on the pilot's seat.

We trainees in the Commonwealth Air Training Plan were, as a rule, elevated to the illustrious rank of Leading Aircraftman, or LAC. This consisted of a small cloth propeller sewn on each upper arm of the tunic. Some of

Norm Whitley remembers No.1 CNS, 1943.

us were so proud of this elevated rank we even sewed the propellers on our jammies or inked them on our bare arms. So much for advancement. In any event, there's no doubt whatsoever that we all dreamed of heroic overseas action, Officer's flat hats, sleek bombers. Our constant conversations were of Hurries, Spits, Mosies, Lancs and Forts. DFCs were the ultimate goal of every one of us. We hadn't even heard of the coveted Ops wing.

But looking out the porthole of 12337 on this fine 1 October 1944, I was used to seeing Anson after Anson, and for a bit of a change, possibly the occasional Harvard. There were a few Tiger Moths left but they were on the way out. It was 11:30 a.m. and we had completed our exercise and had just joined the circuit over Rivers. I glanced out the porthole and my teenage eyes nearly popped out of their sockets. I couldn't believe it. A Mosquito in formation with us for a brief moment, then wishhhh, like a rocket, gone. A wartime overseas fighting Mosquito in full camouflage colours, right here in Rivers. I was so excited I jumped up to tell Jack or the skipper what I had just seen, and forgetting the two hooks on my parachute harness, ripped the 2nd Navigator's desk

right off it's foundation. Plot plan, dividers, notes pencils, all went flying into the aisle.

"Skipper, did you see..."
"I'm watching it. It's in the circuit in front of us." He was amazed as much as the rest of the crew.

We were on the downwind leg doing 110 knots. We kept the Mosquito in sight all the time, He completed his downwind leg, completed his crosswind, entered his final and touched down and parked while we were still on the downwind. None of us had ever seen such an aircraft. It seemed like an eternity before we came to rest beside the Messie. And there they were, the two crew members, the Pilot and the Pilot-Navigator, lounging casually beside their aircraft, slouched hardhats casually pushed to the back of their heads, both displaying pilot wings, and wonder of wonders, both with one single decoration, the coveted DFC. Their top tunic button was undone, an unwritten sign of overseas action. Our entire crew stared in awe. Envy was written on everyone's face. Our first real brush with action!

We never did find out why this fighter was in Canada, let alone Rivers, Manitoba. Neither Curly Reid nor I were allowed in the

Officer's Mess let alone the Sergeant's Mess, so we learned nothing about this flight. However, it bolstered our spirits and we worked hard for the rest of the course.

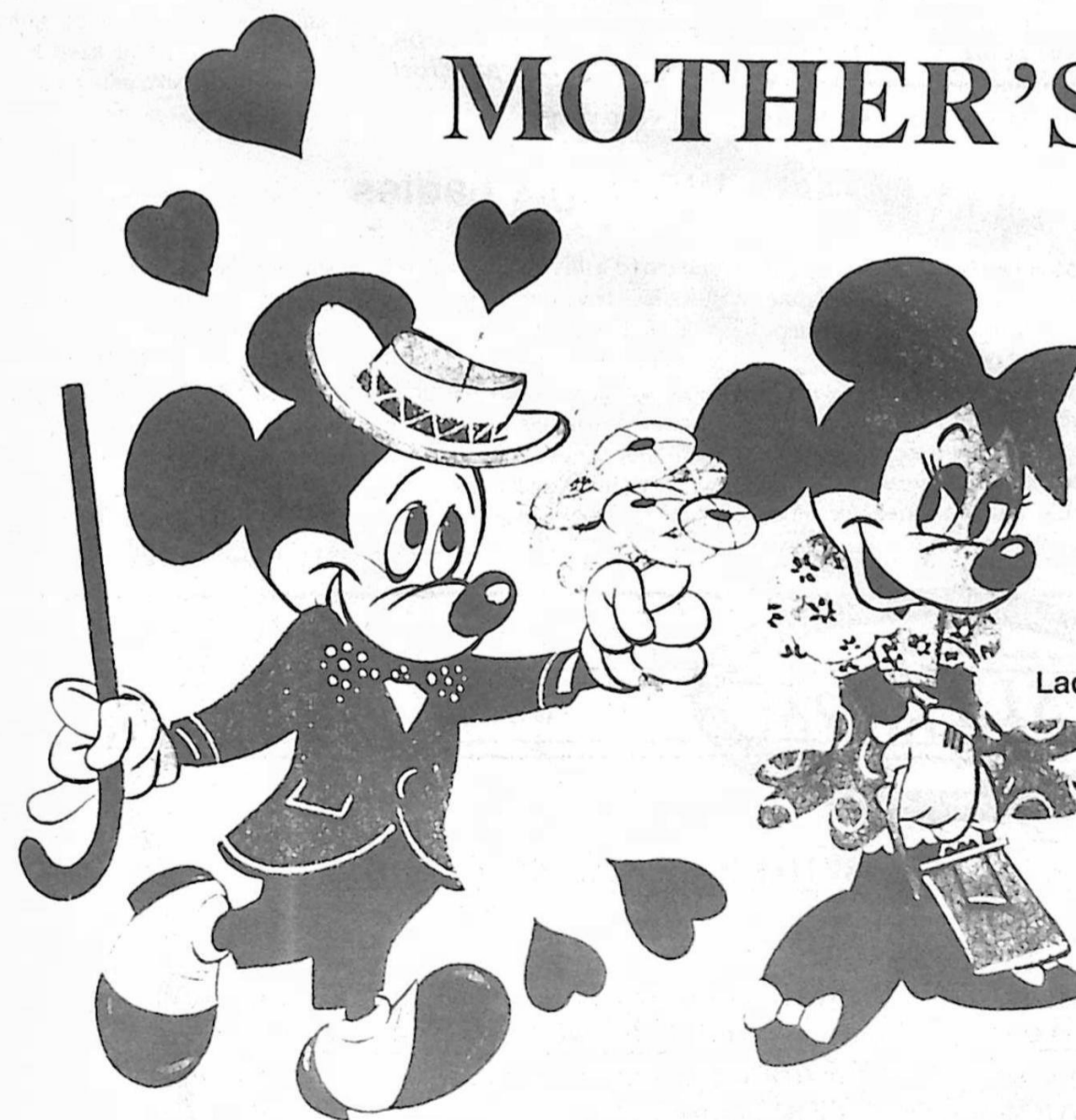
The following February, Course 109-B was issued with Sergeant's stripes and 2 N Wings. I was chosen to be Sergeant of our graduating flight and as a result was required to stand out in front of all the guys and play sergeant until the order "Fall In The Officers" then take my place in the rear. I didn't think I could do it because I was so self conscious. I went into the washroom and looked into the mirror and gazed at my fuzzy face. I said to myself, "In an hour I'll be a Sergeant Navigator so I'd better shave." I shaved for the first time in my life and presented myself for Commanding Officer's inspection and Wing Parade. That day, I became a teenage man.

To this day, I still wonder about that marvellous Mosquito and her two jaunty crew members.

N.J. Whitley was discharged in 1945 as a Sergeant Navigator and went on to instruct Astro-Navigation in the RCAF Reserve as a Flying Officer.

Warrant Officers and Sergeants Mess

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Christine Mayer

Two old editors respond to our country cook's recipe challenge: Former editor (now camera operator) Ron Fisher is first, with:

Ron's Sausage Casserole

1 cup macaroni
 1/2 lb pork sausages
 1/3 cup chopped onion
 1/3 cup diced pepper or celery
 2 tbs flour
 2/3 cup ketchup
 1/3 cup water
 1/2 tsp salt
 1/2 to 1 tsp chili
 1/2 to 1 tsp dry mustard
 14 oz can creamed corn
 Bread crumbs

Method:

Cook macaroni. Drain and rinse with cold water. Cook

Country Kitchen

Christine's Challenge!

sausages until well done, turning frequently without pricking. Remove and cut into bite-size pieces. Drain all but 2 tsp fat. Add vegetables and cook until tender. Stir in flour. Gradually add ketchup and water. Add salt, chili and mustard. Cook until thickened, stirring constantly.

In a buttered 2 quart casserole, layer macaroni, sausage, ketchup mix, corn and bread crumbs. Bake at 375° for 30 mins.

Norm Blondel had such a big potato crop last year, he had to find a way to use up all those tubers. Here's...

Norm's Potato Soup

Basically, this is a Cockaleekie soup when hot, Vichyssoise (pronounce that last 's') when cold.

10 oz can chicken noodle soup
 Large onion
 2 sticks celery
 2 large potatoes
 1 tsp curry powder
 1/4 - 1/2 tsp paprika
 Dash of pepper
 2 cups water
 1/2 litre 2% milk, or
 Homo or cream as desired

Method:

Heat chicken noodle soup. Chop up onions, celery and potatoes and stir them in. Add curry powder, paprika and pepper. Simmer until potatoes are quite soft. Depending on the texture you like, either mash or blend the soup. Add milk, homo or cream to taste, and reheat. If you make double quantities, as I do, store soup without adding the milk until you need it, then reheat.

Potato Pancakes

by Henry Mayer

4 cups grated potatoes
 1 large onion grated
 1/2 tsp garlic salt
 1/2 tsp oregano (optional)
 1/2 tsp dill (optional)
 2 med eggs (beaten)

Method:

Mix all together with enough flour to bind (approx. 1/2 cup). Fry lightly in greased heavy fry pan. Bacon grease adds a nice flavour. Cook on med heat until the bottom of pancake is brown then flip over. Serve with sour

More Responses

cream or salad dressing. Spread over pancake.

These pancakes are very tasty and Henry makes them quite often so they come recommended. They are really good!

This next recipe is one that should come in handy to quite a lot of people - even dieters should be interested in this one.

Diabetic Barbecue Sauce for Spare Ribs

by Bob Lissel

1/4 cup vinegar

1 cup ketchup
 1 cup water
 1 tsp Worcestershire sauce
 1/4 cup sugar twin
 1 1/2 to 2 cups chopped onion
 1 tsp salt
 1/4 tsp pepper
 1 tbslp butter or marg.
 1 tsp dry mustard

Method:

Combine all ingredients in a saucepan and simmer 15 mins. Pour over ribs that have been browned and bake until tender at 300° approx. 3 to 4 hours.

More Beacon

continued from page 10

Van 'Grand-Slam' Berkel is nearing his terminalmanship while Shannie Cochrane's quest for Datahood continues at CCP 69. Capt Serge Roy is also hard at work downstairs checking out in all north wall CCPs.

That about does it for another couple of weeks. So, until next time, may your cord of life al-

ways be plugged in!

Terminal Trivia

The rarest bird in the world is believed to be the Blue-Breasted Ape Slapper. The only sighting of this rare hummingbird was seen in the grasp of a 1000 lb male Mountain Gorilla in the jungles of Africa in 1947. It is now believed to be extinct.

Monday 29th of April, there was an executive meeting at the mess, with the upcoming elections first on the agenda.

On the 13th of May, we will be having elections - a wee bit before 8 p.m. so be prompt. Let's see some participation as this is to decide our executive for next year. We can be as great as we

WOs/Sgts Ladies

want to be with enthusiasm or not ... so, let's have some spirit.

To follow the elections, there are to be 10 games of Bingo - 50 cents per game, with the prize value being a minimum of \$20 on each item. Again being donated by our talented, and crafty entertainment chairperson Roz Turcotte, is a Victorian

missy/mousette with a minimum vale of \$50, just to mention one of the wonderful prizes.

So jot your calendar fo, the 13th of May, Elections and the Bingo. Remember a dauber or marker.

June 10th is the windup due, with more info to follow.

On and off base

B.C. Bestsellers

Week Ending: April 28, 1991
 Produced: April 30, 1991
 (Brackets) represent last week's position

FICTION

- 1 (2) Seeress of Kell.....Eddings
- 2 (5) Heartbeat.....Steel
- 3 (4) Possession.....Byatt
- 4 (-) Elephant Song.....Smith
- 5 (3) Lives of The Saints.....Ricci
- 6 (1) The Druid of Shannara.....Brooks
- 7 (8) The Plains of Passage.....Auel
- 8 (10) The Stories of Eva Luna.....Allende
- 9 (-) The Gillyvors.....Cookson
- 10 (6) The Secret Pilgrim.....Le Carre

NON-FICTION

- 1 (1) Lighthearted Everyday Cooking.....Lindsay
- 2 (2) Iron John: A Book About Men.....Bly
- 3 (3) Breach of Promise.....Leslie
- 4 (4) Homecoming.....Bradshaw
- 5 (-) Life After Death.....Harper
- 6 (-) The Border Book.....Ingram
- 7 (-) Nancy Reagan.....Kelley
- 8 (-) The West Beyond The West.....Barman
- 9 (-) You'll Never Eat Lunch in This Town Again.....Phillips
- 10(5) Bradshaw On Family.....Bradshaw



Landscaping for energy efficiency

from B.C. Hydro

Landscaping for energy efficiency

There's no getting around it: Climate affects our energy usage. When the wind howls or the sun beats down, when the temperature plunges or the humidity rises -- all of these affect how much heating and cooling we need in our homes.

There's not much we can do about the weather. But we can manipulate natural elements such as vegetation to modify the microclimate around our homes, and hence our energy usage.

In other words, landscaping can help make our homes Power Smart.

Screening summer sun

"In most parts of British Columbia, we can never get enough sunlight falling on our homes in winter," says Carl Jackson, B.C. Hydro Power Smart representative for north Vancouver Island. "But then in summer we've got too much of a good thing." Planting deciduous trees (trees that lose their leaves in the fall, such as maples and crab apples) on the south and west sides of the house will help correct the problem. In summer, when the trees are in full leaf, they screen sunlight and so reduce the need

for cooling; in winter their bare branches allow sunlight to pass through, cutting the home's heating requirements.

"Planting deciduous trees may seem like a simple thing to do," says Jackson, "but a mature tree can cool yards, gardens and houses by up to 15 degrees in the hottest part of the day."

Slowing down the wind

When winter winds blow against an unprotected house wall, they rob the house of its warmth, and the heating system has to work harder to keep the home warm.

"The best way to protect your home from heat loss from wind is to plant a windbreak of trees and shrubs on the windward side of the house," says Hydro's Jackson. "In most parts of B.C., that would be the north and west sides."

Windbreaks, or shelterbelts, slow down the wind and divert it upward, over the building. For every foot (0.3 meter) of shelterbelt height, conditions on the leeward side are improved to a distance of 50 feet (15 meters).

"Windbreaks really are effective," says Jackson. "They can reduce home heating costs by up to one-third."

Shelterbelts generally consist

of one or more rows of trees and shrubs, increasing in height as they approach the house. A typical arrangement would be a row of fast-growing shrubs such as Leyland cypress on the windward side; then a row of ornamental trees such as choke cherry or mountain ash; then a line of long-lived deciduous trees like green ash; and finally, on the leeward side, long-lived conifers such as white spruce or lodgepole pine.

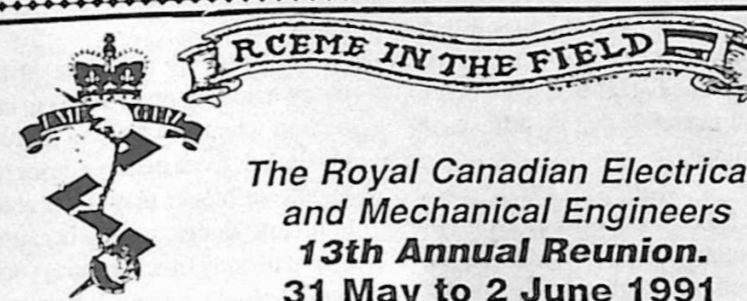
Of course, the size, depth and composition of the windbreak will vary with the size and position of the lot, the species that will grow in a given area, and so on. For best results, consult a nursery, landscape architect or agricultural advisor.

Safety first

"Always remember electrical safety when planting trees or shrubs," cautions Jackson. "Never plant tall-growing shrubs or trees near power or service lines."

For more information

If you would like to learn more about energy-efficient landscaping and other Power Smart measures, contact your local Hydro office. Or call our Power Smart line: 1-800-663-0431.



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Health & fitness



ASK YOUR PHARMACIST

by Stephen Gill, B.Sc. M.B.A.
Director, British Columbia Pharmacy Assoc.
Community Pharmacist, Shoppers Drug Mart

There's Nothing Mysterious About Epilepsy

The term epilepsy is derived from a Greek word meaning "condition of being overcome, seized or attacked." It is not a disease or some form of possession, but a symptom of a disorder of the nervous system causing seizures that vary in frequency, intensity and duration from person to person.

It's not commonly known that many famous people over the ages had the condition. Included are the artist Vincent Van Gogh, writers Charles Dickens and Dostoyevsky, musicians Beethoven and Tchaikovsky and politicians Julius Caesar and William Pitt.

About one in every 100 Canadians has epilepsy. Half the cases can be completely controlled by medication and another 30 percent much improved.

The three most common types of seizures are Tonic-Clonic, Absence and Partial. In Tonic-Clonic, the person loses consciousness (with or without warning) usually falling to the ground, sometimes with a cry or groan.

Anyone witnessing such an attack should keep calm. Let the seizure take its course. Move hard or sharp objects away, but don't interfere with the person's movements. Place something soft and small such as a sweater underneath his neck and loosen tight clothing. Don't force anything between the person's teeth. Once the convulsions have stopped, roll the person over to the side to help clear the airway.

In Absence seizures, there is only a momentary loss of consciousness, after which the person resumes normal activity. Absence seizures occur primarily in children and tend to cease with age.

A partial seizure is just that - a specific area of the brain is involved and there is only a brief, minor sensation. Some Tonic-Clonic victims have a partial seizure as a warning signal first.

Epileptics have enough trouble with the unpredictability of their problem without having to suffer from discrimination of neighbours and employers.

If you know an epileptic but hesitate to deal with him or her, discuss your concerns with your pharmacist or local epilepsy association. They can help increase your awareness and answer any questions you may have.

Harmful Chemicals Can Catch Your Breath

Just a few years ago, many parents were concerned about the hazards of "glue-sniffing" by children. Yet, few of us realize we all face exposure to potentially harmful substances every day.

While many common products bear labels warning us to "avoid inhaling vapours," many others marked "highly inflammable," or "use only in well-ventilated areas," are dangerous in exactly the same way.

More than 30 common household products contain ingredients which are highly poisonous and produce dangerous effects when inhaled to excess. Examples include nail polish remover, rubber cement and lighter fluid.

The psychological motives for misusing these products are as varied as the symptoms produced by the fumes. These include exhilaration or drowsiness, dizziness, ringing in the ears and slurred speech. Extensive exposure may lead to permanent damage to major organs.

Use caution when working with paint removers and thinners, cleaning fluids, fuels such as naphtha and gasoline and the propellant gases used in aerosol spray cans. Also beware of car-related liquids including anti-freeze, windshield washer and transmission fluids.

The best informed chemist in your neighbourhood is your pharmacist. He or she knows which chemical compounds are dangerous and the common forms in which they're sold and used.

Don't hesitate to ask for advice if you have doubts about how to protect yourself from dangerous products.

More MPs

porters can contact Cst. Andy Rickaby at the Courtenay RCMP or Sgt Ken Rodgers at the Military Police Section and pledge to back one of the local contingencies made up of Police, Military Police, Fisheries Officers and Sheriffs, during the run.

If you have any questions,

...continued from page 11

please do not hesitate to contact us for further details. Thank you for your assistance in this most worthwhile event. The local Torch Run will take place on June 16, 1991, in a continuous relay from Campbell River to Courtenay.

info health

Dr. Bob Young



Toxic-Shock Syndrome

Epidemic is probably too strong a word, but every few years an unexpected rush of cases of a disease develops. Sometimes the disease is a new one, sometimes a variation, or even a resurgence of an old one.

Legionnaires' disease, swine flu, and tampon-related toxic shock syndrome are recent examples.

The latest is an often devastating illness due to the group A streptococcus germ - or more likely a mutant strain of this bacteria. It has come to be known as 'Jim Hensen's disease', because it caused the rapid death of the well-known Muppets puppeteer a year or so ago. The number of cases appears to be increasing.

The strep germ is an old-timer, the cause of many throat infections and, earlier, epidemics of scarlet fever. Untreated it can lead to rheumatic fever and kidney failure.

The present variant of the bacteria is frighteningly virulent. Patients, apparently healthy in the morning, may be at death's door in the afternoon, and perhaps through it by nightfall. This is reminiscent of the toxic shock syndrome, and the new disease has been labelled 'toxic shock-like syndrome' by some.

Strep germs produce a toxin, a non-living 'poison' that attacks body tissues, or forces the threatened areas to release defensive materials that themselves do damage.

Most worrisome, from the doctors point of view, is the difficulty of predicting the disease. It starts innocently enough, with ordinary rather vague flu-like symptoms. It may follow a skin infection or a boil. Recently a young physician contracted the disease after pricking himself with the needle used to draw

blood from a patient who later died.

The presenting, or early, symptoms are common ones, usually due to mild diseases that require little or no treatment. There is no easy way of segregating the cases that are going to turn sour, but doctors must now be very alert to the possibility.

Patients are stricken with overwhelming sepsis, a severe infection which the body is unable to combat. Even massive doses of potent antibiotics may not be able to reverse things, mainly because essential body functions may succumb before the germ-killers can do their stuff.

Remember, it is the toxin, not the germ, that does the damage. Antibiotics can't fight the toxin, and there is no anti-toxin yet available.

Apnea -- No Breath

Snoring can kill you in a couple of ways. The most obvious is being clouted on the head by an unsympathetic spouse. The second, to be considered here, is a condition called obstructive sleep apnea.

Apnea means 'no breath', or a stoppage of breathing. Obstructive sleep apnea or OSA was first noted about 1877 but has been studied seriously only since the mid 1960s. Modern sleep laboratories have provided much information about the condition.

It is not known how often it occurs, but it may affect up to three percent of people. The sufferers are usually men, middle aged and overweight, but not universally so.

The primary symptoms are heavy loud snoring and restless sleep with 10 or more episodes of apnea each hour, each lasting 10 seconds or more. Some people

have over 300 such incidents per night. The patient is unaware of this, but the bed partner is.

Other symptoms of OSA have been noted. They include poor concentration and morning headaches, impotence, and violent movement during the periods when breathing has stopped. Often the patient has a history of recent weight gain. Personality changes and reduction of intellect have also been noted.

The cause of OSA is blockage of the upper airway, in the vicinity of the back of the throat. Theories abound, but mechanical factors and nerve malfunction (from the brain on down) are likely involved. Alcohol and sedative drugs aggravate the problem.

The condition can be fatal, often because of heart and lung complications. In many cases it is felt that the damage occurs during periods of sleep apnea, although

the death may occur at any hour. There are also possibly secondary deaths - motor vehicle accidents, for example, are about twice as common among OSA patients.

Many forms of treatment have been suggested, an indication that the final answer has not yet been found. Sometimes the obstruction can be repaired surgically; snoring preventatives may be used, and in severe cases a tracheostomy is done - a hole is made in the trachea (windpipe) below the problem area.

The best treatment seems to be wearing a tight mask over the nose into which air, under increased pressure, is pumped. The pressurized air keeps the airway open during sleep.

There is still much to be learned about obstructive sleep apnea.

Jr Ranks Ladies

A meeting was held on April 25. The general purpose was to plan our club's finale for the season.

By consensus it was decided to have our windup on May 16 at the Leeward Pub.

Members will be contacted by phone to insure reservations can be made for everyone.

Watch for info re start up in the fall. Sept 12 edition of the Totem Times will carry the details.

Officers Ladies

The ladies had a great time at the April function. Rae Eckel gave a great lecture on herb gardening for our 'Green Thumb Night'. Our taste buds were watering the whole evening. We all got to try the wonderful dips and butters. The biggest treat was being able to take home all the recipes. Thanks Rae - we had a wonderful time.

A special thank you to all the

shops and people who donated door prizes:

Avon; Country Charm; Dogwood Garden Centre; Graham's Jewellers; Leeward Pub; Jensen Nursery; Westery Hotel; and, Barb Vermette.

We'll see you at our May farewell dinner to be held at the Officer's Mess on Wednesday, May 15, 6:00 for 6:30, with a walk through fashion show.

On and off base

Everyone's a Critic

Padre Bob

No Excuse Sunday

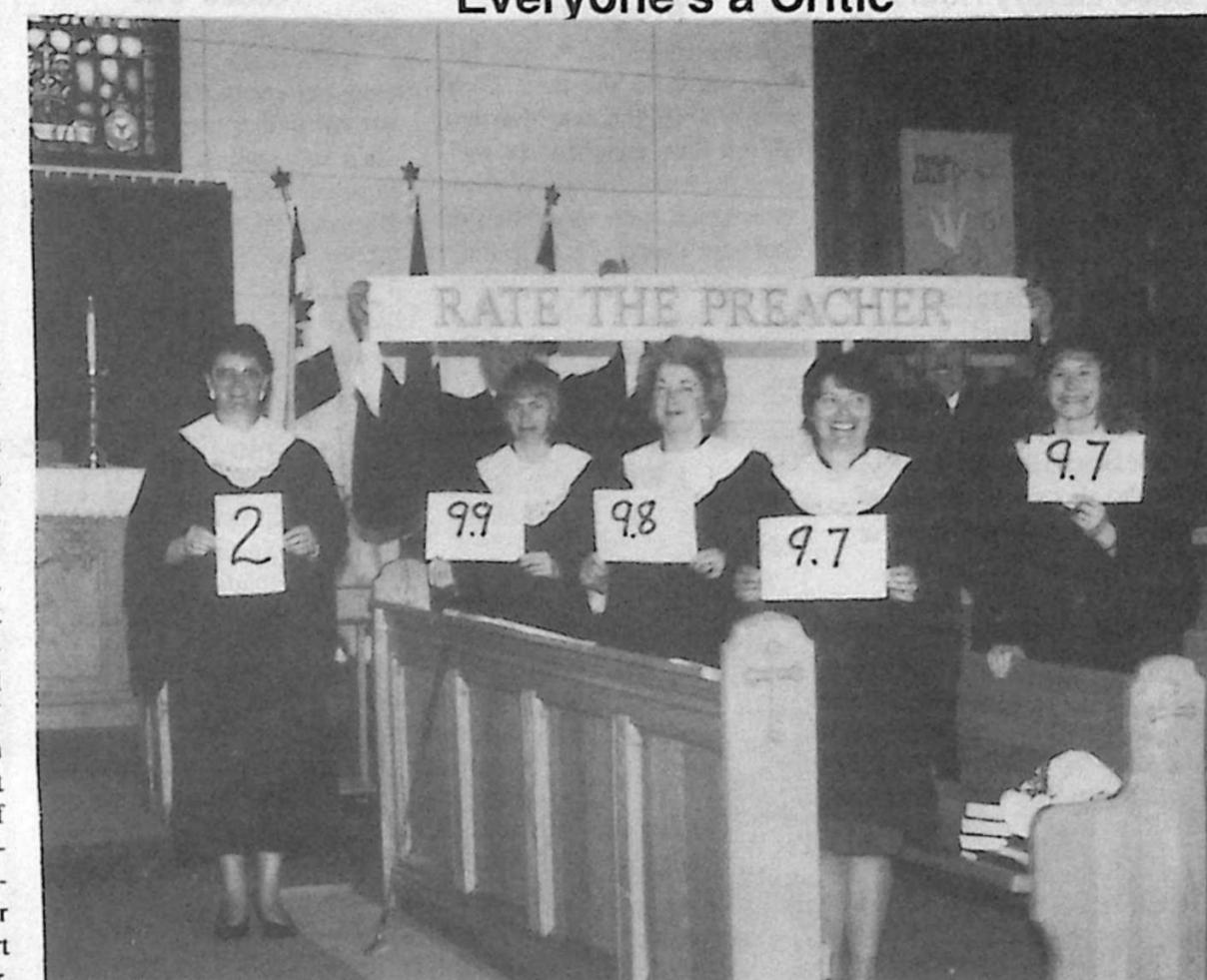
Our 'No Excuse Sunday' has come and gone and as you can see from the photo we tried to meet all the usual excuses providing coats, blankets, steel helmets, etc.

As we gathered there was an excitement in the air and the end result was that we had a lot of fun, with a lot of smiling faces and chuckles. My articles on 'No Excuse Sunday' seem to have raised some questions on the part of our readers, some of whom thought it was just a joke while others thought that it must be some crazy new recruiting drive. It all came about when someone passed me a card, like that printed in the previous issues as a bit of a joke. It struck a chord with me and seemed like a joke to be shared with a congregation. My grandmother talked of the name our Church had made for itself as 'Dour Presbyterians'. Although dour has a dictionary definition as 'severe' or 'stern', as a young lad I always thought that it was a Scottish contraction of 'dull' and 'sour'. So 'No Excuse Sunday' is then an attempt to throw off that which is too severe or stern, dull or sour and to really express the Easter joy that should be a statement of our faith and at the same time to have some fun with friends.

As you can tell a large part of the Service is a dare between the congregation and myself as to whether or not I would really do something like that. Well, now

you know. We tried to meet all the common excuses for not attending, but part of the fun of the Service is to make sure that all the things mentioned in the invitation are there as promised, so if you didn't come out to check on me, I'll say no more except to say that you missed a good luncheon following the Service. It was all fresh and tasty - no frozen TV dinners. We have such a fun loving group at the Chapel that the choir took on the challenge of that dare and I got caught. Following the sermon, when I announced the next hymn, our organist, Melanie, played the start of the tune from The Entertainer, the theme song of the movie The Sting. Wrong tune, and when I looked over to Melanie the Choir was all set as shown in the photo. People assure me that I can throw out the low score - but that's my bride of almost 14 years! As I said we all had a lot of fun.

Last Sunday, 5 May, being our Battle of the Atlantic Commemorative Service, was a complete reversal from the previous Sunday. VADM (Ret'd) W.B. Hotsenpiller, the Senior Naval Officer in the Valley, LCdr T. Dandeno, the Chief Administration Officer for HMCS Quadra, the officers and members of Royal Canadian Sea Cadet Corps Port Augusta all joined with LCol F. Bishop our Acting Base Commander, CWO T.P. Doherty, our Base Chief and our congregation to commemorate the Battle of the



Most of the choir is impressed with Padre Bob's sermon, except for that 2 from the Canadian judge (Mrs. Padre Bob). Fortunately for the Padre, the lowest score isn't counted.

Den Mother



Beds were prepared for those who like to sleep in on Sundays.

Atlantic and to remember the naval blockade in the Persian Gulf during the past year. Although an Air Base, we share such a strong tie to the Navy through 407 (Maritime Patrol) Squadron and VU33 Squadron that the naval flavour for our commemoration is greatly appreciated.

Next week is of course Mother's Day so we will see what surprises we can come up with that day. The following Sunday, which is Pentecost, we will hold our Confirmation Service and the final Sunday in May will contain our Sunday School Graduation ceremonies.

Have a happy Mother's Day. See You in Chapel.

Battle of the Atlantic



The Commemorative Bell

NEXT DEADLINE 27 MAY - NOON

Attention All Demons and Former Demons!

1941 50 1991



407 Squadron's Reunion
A Celebration To Hold On High

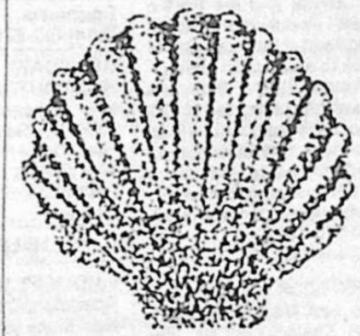
407 Demon Squadron
50th Anniversary
27-29 September 1991

407(MP) Sqn is having its "50th Anniversary" in September to commemorate this event. We are creating a Sqn booklet. Any interesting stories, antidotes, or memorabilia, which you think would be interesting for this booklet, you can contact Cpl Doug O'Brien at local 8403 or Cpl Mike Storozuk at local 8534. We would appreciate any help that you can provide.

For more information or to advise of your intention to attend contact 2L1 Steve Power AVN 252-8204 or (604)339-8204 or write:

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Indoor Soccer Training

Anyone interested in playing Indoor Soccer is welcome to come out to the Base Gym, Wednesdays at 2000 hrs. For further info contact MCPd David Rothermund at loc 8315.

Gymnasium

Hours of operation for general use are listed below:
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 1830-2100
 Sat to Sun.....1300-1700
 1830-2100
 Units/Sections who wish to schedule specific times are to contact Sgt Plante at loc 8690.

Jake's Sport Spot

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CANAV BOOKS - Canada's Aviation Heritage Book Publisher

Catch the Buys

PMQs Sale

The Annual Wallace Gardens PMQ Yard Sale is scheduled for Saturday 11 May 91. Start time 0900 hrs to whenever. Residents, now is the time to sell those valuable items, so pull out your tables! Fill them up!

No Early Birds, please.

Personal Exercise Program

A supervised P.E.P. class has commenced at the Base Gym from 0730-0830 hours, Mon thru Fri. All Base members are welcome to attend, however newcomers must show up on Tues or Thurs for proper P.E.P. instruction. Instruction will take approx half an hour and members should be dressed in proper workout attire.

Boat Launch Passes

Tee Pee Park Boat Launch Season Passes - 1991. Boat launch season passes are now available by contacting Linda Rose, PMQ Secretary, at 339-8571. Passes may be acquired at the new community centre from 0800-1200 Monday to Friday. Once the seasonal caretakers are employed at Tee Pee Park, boat passes will also be available on location. The price for the 1991 season will be \$30.00 or \$3.00 per day.

Ball Diamond Bookings

The Base softball diamonds are not first come, first serve. They must be booked. Please request a memo to the BPerO requesting the facility.

Expres. Appointments

Subject appointments are to be made through loc 8315 and will only be accepted from 0730 to 1130 hrs, Mon., Wed., and Fri.

Close-Out

409 TAC (F) Sqn will conduct close-out ceremonies 21-25 Jun 91. All former members are invited to attend these festivities. Please contact event OPI, Maj B. Degagne, Tel No. (work) 011-49-7229-678167, (home) 011-49-7 2 2 9 - 5 3 8 8 , F A X 011-49-7229-678836. "Media nox merides noster".

Stanley Garage Door Openers Recalled.

Toronto, Ontario: Stanley Home Automatic, a division of Stanley Canada Inc., and the Canadian Standards Association (CSA), are warning owners of certain Stanley garage door openers to stop using them immediately because they pose a potential entrapment hazard.

Investigation revealed that the printed circuit boards in these garage door openers may fail and cause the opener to perform in an unsafe manner. The unit may start on its own, and operate the door 'up' or 'down' uncontrolled with no reversing safety features. This behaviour in the downward motion represents the most hazardous situation. Door motion cannot be stopped by pressing the mounted pushbutton or remote control button, and leaves all

Fifth Annual CFE Bodybuilding Competition

CFB Borden, in conjunction with Baden Weight and Training Club, will be hosting the subject competition 25 May 1991.

Military, dependants and DND employees are eligible to compete. Competitors will have to make their own travel arrangements.

For more information contact Base Peri staff, loc 8315.

Accident/Injury Reports Sports Related

All CF 98/CF663 are to be staffed through the BPerO for his comments and documentation.

Wallace Gardens T-Ball Coaching

Attention PMQ Residents: In order to run T-Ball this year we are in desperate need of a Coordinator and Coaches. If you are interested in either of these positions please contact Linda Rose, loc 8571, between 0800 to 1200 hrs, or Capt Sealby, loc 8735.

Bowling

The Base bowling alley will be closed for the summer from 28 Apr until 15 Sept 91.

The league bowling has been completed and the bowling banquet will be held in the SNR NCOs mess on 26 Apr. starting at 1900 hrs.

Comox Glacier Wanderers

VOLKSMARCH
 25 May - Seal Bay
 26 May - Radcliffe Beach
 Ph. 339-3982
 339-3945

NEXT DEADLINE 27 MAY - NOON

BLANKET CLASSIFIEDS

These ads appear in more than 100 community newspapers in B.C. and Yukon and reach more than 3 million readers.

TO PLACE AN AD CALL THIS PAPER OR BCYDNA AT (604) 669-9222.

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BCYDNA

BRITISH COLUMBIA AND YUKON COMMUNITY NEWSPAPERS ASSOCIATION

<p>ANTIQUES</p> <p>Collector wishes to purchase older Moorcroft, Royal Daltan and Ruskin pieces. Call collect 658-4312. Also willing to trade.</p> <p>AUTOMOTIVE</p> <p>Bus/Motorhome - 40'102' Converted (1984) Designer Coach, exterior distinctly Canadian. 671 Detroit, Jake, Spioer auto trans with 4-speed air shift aux. Michelin tires, Alcoa, 5kw gen., w/erter, rear camera, many other ex. as. Mechanic owned, maintained. Perfect condition. Recent appraisal. Asking \$70,000. (604)265-3133.</p> <p>BUILDING SUPPLIES</p> <p>DOORS! WINDOWS! Interior and exterior wood, metal and French doors, wood windows, skylights. MORE! Call collect to WALKER DOOR and WINDOW in Vancouver at (604)265-1101.</p> <p>BUSINESS OPPORTUNITIES</p> <p>START YOUR OWN IMPORT/EXPORT business, even spare time. No money or experience. Since 1946. Free brochure: Waste World Trade, 20 Cdn. Small Business Inst., Dept. W1, 18 Skagway Ave., Toronto, Ontario, M1M 3V1.</p> <p>VENDING. Pop, chips, snacks, coffee, cigarette machines. Prime guaranteed producing locations. No overhead, no employees, instant returns, all cash. Recession proof. Investments from \$2,900. (604)597-3532.</p> <p>SALMON ARM GO CARTS - RESTAURANT. T.C. Hwy. exposure. Recreational area. Close to public beach. Expansion potential on 1.37 acres. Asking \$225,000. 632-3177 or (24 hrs.) 632-6050.</p> <p>UNLIMITED INCOME POTENTIAL. Manufacturer now accepting applications for provincial distributors of "JUICEWORKS", the amazing new fresh juice vendor. Call Acton Assemblies (416)873-7806, for information package.</p>	<p>BUSINESS OPPORTUNITIES</p> <p>B.C. HOME-BASED GIFT PRODUCERS are invited to participate in one of the largest wholesale gift shows in British Columbia Under the Home-Based Business program, the Ministry of Development, Trade and Tourism has reserved space at the Southex Exhibitions Vancouver Fall Gift Gallery Show for the fifth B.C. Creative Arts Show. Gift products including jewellery, pottery, glass, weaving, sculptures and other creative wares will be sold wholesale to buyers from across Canada and the Pacific Northwest. Most interested in exhibiting must submit samples of their work to a selection committee by June 7, 1991. There is a non-refundable jury fee of \$25 and successful applicants will be asked to pay an additional fee of \$75 - \$100 to secure trade show space. For more information, or an application, contact Barb Mowat at 520-5720.</p> <p>SINGLES TODAY Introduction Services and Magazine has a Business Opportunity as Regional Editor in your area. Interesting! Exciting! and Profitable! We train. Phone Victoria, 1-380-9020.</p> <p>7 TONING TABLES for sale, lease or rent. Looking for offers. Phone 1-(403)627-3594 or write: 392746 Alberta Inc., Box 2813, Pincher Creek, AB, T0K 1W0.</p> <p>Small investment with big potential. Toning Business for Sale. 7 motorized exercise tables, salon and office equipment. Training and set up provided. \$25,000. Call (604)792-6663.</p> <p>Dry Cleaning business in Merritt on Coquihale Highway. Room for expansion. Owner retiring, price \$22,000. Consider vehicle, boat, etc. in part trade. 378-5623 days.</p>	<p>CRAFTS</p> <p>Low Cost Lawn Chair & Wood Toys. Tumbler Ridge Wooden Toys Ltd. CSA approved. Lawn (Adirondack) Chair Kit \$39.95 + \$6 S.H. for B.C. residents add 6% tax. Wood toys, kit or assembly catalog \$2 - refund with your order. Box 28, Erickson, B.C., V0B 1K0.</p> <p>FOR SALE MISC</p> <p>Peter's Bros. Paving And Inland Contracting are disposing of approximately 150 surplus pieces of major equipment; Trucks, Loaders, Trailers, Paving Equipment, Belly Dumps, Pumps, Hubs, Ambulances, Low Beds, Excavators, Dozers, Truck Scales, Graders and Crushing Equipment. Call Vic Kampe, (604)493-6791, Peniticon.</p> <p>GOLF CAR INVENTORY BLOWOUT! \$750 used inventory clubcars: Yamahas, E-Frame Z.G.O. Gas/Electric. Base from 600-4,000. Call for details (604)248-8111, (604)888-5562, (403)328-6688. F.O.B. our locations.</p>	<p>HELP WANTED</p> <p>Busy Burnaby Agency requires competent and well organized CSR. Challenging position. Must have Level 1 and I.C.B.C. computer experience. Minimum 27 years experience in P/L required. Salary negotiable. Please send resume to Box 336, c/o The News, 6569 Kingsway, Burnaby, B.C., V5E 1E1.</p> <p>Salmon Arm Credit Union has an opening for a Loans Officer with 3 years experience in personal and mortgage lending. Excellent benefits package offered. Send resume or FAX to C. Booth, Box 868, Salmon Arm, B.C., V1E 4N9. FAX 832-5190.</p> <p>RECESSION PROOF INDUSTRY! 15-Year old multi-million dollar firm seeks two representatives in your area to handle display merchandising. Potential \$800+ weekly, verifiable. Call (416)756-2156 or (416)756-3174.</p> <p>SEA SEA BEACH BUMS - FASHION DIRECTORS. \$25-\$40+ per hour. Limited openings. \$2,000 investment. Earn while you learn. Barbara (604)988-6883 or fax resume (604)987-9335.</p> <p>DRILLER - Water well, air rotary and drill through hammer. Experience must be reliable, self-starter. References, resumes: Aaron Drilling, Box 28, Site 9, RR #1, DeWinton, AB, T0L 0X0.</p> <p>Overseas Positions. Hundreds of top paying positions. All occupations. Attractive benefits. Free details. Overseas Employment Services, Dept. CA, Box 460, Mount Royal, Quebec, H3P 3C7.</p> <p>Experienced Muller and Brake Installer required at Williams Lake Minute Muller. Progressive new shop, excellent benefits. Call James or Arvin (604)392-2855 or 1-800-452-6705.</p> <p>Full-Time Sports Editor/Reporter for twice weekly lower mainland newspaper. Resumes attention: Pat Tracy, 418 - 5th St., New Westminster, B.C., V3L 2B2. No phone calls. Deadline May 10.</p>	<p>LIVESTOCK</p> <p>Okanagan Exotic Animal and Bird Auction. Saturday, May 4, 1991, 10 A.M., Armstrong, B.C. Miniature horses, donkeys, cattle, sheep, goats, pigs... much more. Ron and Doug Peacock, 499-2447, 499-2128.</p> <p>Open Yearling Simmental Cross, Purebred and Fullblood Heifers for Sale. Boshart's Simmentals. Phone 826-8569 or 826-6838.</p> <p>Beautiful Clydesdale Stud. Mules, yearlings two year olds. Standing at stud, red mammoth Jack, 14.2hh., excellent disposition, breeds both mares and jennettes. Call Chris 1-858-5092.</p>
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An advertising "Best Buy!"

Recreation

History of the Triathlon

The sport originated from various multi sport events - some organized, some impromptu - that were staged on the west coast of the U.S. in the early 1960s. Lifeguards, surfers and die-hard ocean swimmers squared off against each other in various types of competition such as an event combining swimming, surfboard paddling and then running.

The term 'Ironman' was actually used first in Australia in the early 1900s to lament the passing of the windjammer era - "The time of wooden ships and iron men". By the 1920s, the Australian lifeguards had appropriated "Ironman" to describe their swimming, board paddling and dory rowing competitions - a notion that eventually hit the California coast. As time passed others took notice of these events and interest was sparked among fellow endorphine loving athletes.

One of the first such multi-sport events was the annual "TUG's Swim-Run-Swim", started in San Diego by tavern owner Tom Warren. Tom went on to win the now legendary Hawaii Ironman in 1979. Meanwhile, the multi-event races matured far beyond being a simple day at the beach. On July 27th, 1974, "Eppies Great Race" went into the books as the first relay triathlon. This event consisted of 52 three person teams running 10 miles, paddling 2 miles across the American River and then bicycling 4.7 miles. The first recorded triathlon in which all three sports were conducted was the "Fiesta Island Race" near San Diego. Bill Phillips won the half mile swim, 5 mile cycle and 5 mile run ahead of 21 other athletes... thus the sport of triathlon was born.

One night in 1977, John Collins an ex-navy Captain and Wakiki Swim Club member was participating in a good natured argument with some friends in a Honolulu bar as to who was the fittest - the swimmer, the cyclist, or the runner. They also battled over the relative merits of Oahu's three existing endurance events - the 2.4 mile Wakiki Rough Water Swim, the Honolulu Marathon and the Around Oahu Bicycle Race. Collins suggested that they string the three events together and "Put their money where their mouth was"... thus the Ironman Triathlon was born.

To everyone's amazement, this dare attracted 15 men to enter the initial race in February, 1978. The 2.4 mile swim, 112 mile cycle and 26.2 mile run event was won by Gordon Haller in 11 hours 46 minutes and 58 seconds. The next year Tom Warren led the 14 male contestants and took over half an hour off the time and the first woman entrant, Lyn Lemaire, finished the race. By the 1980 the event was gaining in popularity and 106 men and 2 women entered with Dave Scott

Racing Against Time



Neither sleet, snow or blizzard will keep this member from pounding the pavement. No! It's not the mail man, it's MWO Ralph Murphy (being presented with Aerobic Award of Excellence by BPerO).

Ralph has been running competitively for over 10 years and as he states "I hope these old Truro legs can continue for 10 more." Some of Ralph's accomplishments are: Aug 86 - 10 km personal best 36.29 (5.51 pace per mile); Oct 88 - Half marathon, time 1:18:58 (5.59 pace per mile); he has completed 15 marathons, personal best 3:05:44; and, also completed three ultra's 2 X 35 miles and 1 X 50 miles.

Ralph's running ability is renown throughout the service and civilian community. However, Ralph never hesitates to pass on his expertise or lend a helping hand to individuals. The BPerO and staff salute you Ralph for your achievements and motivation toward fitness.

Keep up the good work and remember your age --- You're Racing Against Time!

winning and Robin Beck taking the women's top honours. In 1981, 356 entrants waded into the Kailua Bay in Kona - sufficient numbers for the race to acquire for the next year its first national sponsor, Budweiser Light, and national TV coverage through ABC's Wide World of Sports.

The 1982 race was held twice in February and October with the latter being the benchmark race that everyone will remember. Scott Tinley won the race in a decisive time of 9:19:41. While he was recovering on the massage table and the ABC TV cameras continued on page 23

From the Rec Centre

Strength Training

On many occasions a person may enter a weight-training facility and be immediately intimidated by the array of equipment displayed in most gymnasiums today.

It's no wonder then, that one can feel lost amidst this iron jungle and not know where or how to begin their workouts. Well, all this has now changed, because we now have answers to the iron game!

Every Thursday you can wander over to the local Rec

Centre on Base and see your friendly neighbourhood PERI, Cpl Savard, for advice on personalized fitness programs. These programs will be made to suit your needs and will help you achieve results if you haven't already.

Questions on strength training, toning exercises, body building will be answered at this time. I will be available from 15:30 to 16:00 hrs Thursdays. Hope to see you there!

MUSIC FOR YOUNG

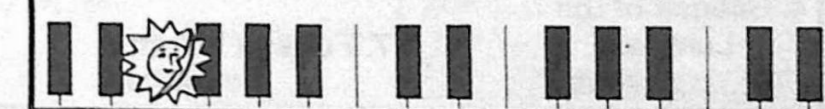
Teaching Opportunity CHILDREN ages 3 - adult

Requirements: Grade 8 Piano; Grade 2 Theory

Work out of own home/studio. Set own schedules.

Contact: Gloria J. Venning, Coordinator

4034 21st Avenue, Port Alberni, BC, V9Y 5J6 (604) 724-2996



CANEX

NOTICE TO CANEX CUSTOMERS

We recently opened our Administration & Customer Service Areas, which are located at the back end of the Retail Store in the Canex Mall. Also located in this area is the Assistant Base Manager, PO Morris and Base Manager MWO Petitpas.

Our Customer Service is open Monday to Friday from 1000 - 1700 hours.

888 (KOMOX) WING RCAFA

CALENDAR OF EVENTS MAY 1991

THUR 09 - AFIS - HERITAGE NIGHT. Come out and meet the NEW BLUE. 7 p.m.
 SAT 11 - PRIVATE PARTY. 6 p.m. Members are asked not to use the Wing after 6 p.m.
 SAT 18 - SALMON BBQ. 8 p.m. Wing patio. Limited tickets \$5 per person. Get your tickets early. Guests welcome.
 THUR 30 - AFIS - HERITAGE NITE. Come out and meet the NEW BLUE. 7 p.m.

DND and MILITARY PERSONNEL WELCOME
 WING HOURS OF OPERATION ARE AS FOLLOWS:
 Thurs 11 a.m. - 6 p.m. (except AFIS nights)
 Fri and Sat 11 a.m. - 1 a.m.

***PLEASE NOTE the 3rd Fri and Sat of each month are now "NON-SMOKING" evenings in the Wing. Come out and support your Wing.

The Vacuum "Shophe"

- New & used vacuums
- All makes & models
- Built-in vacuum systems
- Dyno-Vac - Canadian Made
- No bags to buy or filters to clean
- 10 year Warranty

Large supply of janitorial cleaners, supplies & equipment

Merve & Nancy Harder Tel 334-2994

Next to McSwiggins Cafe 2270 Cliffe Ave., Courtenay B.C. V9N 2L4

SEE YOU AT THE LEeward!

good food! KITCHEN HOURS 11AM - 10PM

good times!

THE LEeward NEIGHBOURHOOD PUB & BREWERY

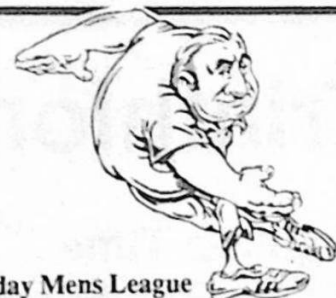
- country cooking
- rural hospitality
- reasonable prices
- clean air system
- brewing our own natural Leeward lager

Large Four Bedroom House, 1 1/2 baths, carpet, 3 acre lot, large garden, well water. Located in McLeese Lake between Williams Lake and Quesnel. Will accept offers. (604)242-5808 or (604)242-4474.

RESERVATIONS ARE REQUESTED FOR LARGE GROUPS

649 ANDERTON RD., COMOX 339-5400

On and off base



Bowling League Final Results

Monday Mens League
1st half winners - 12 Balls
2nd half winners - Kings
Roll-off winners - BAMSO

High average - Bill Brundige 233
High single - Pat Smith 368
High triple - Gerry Rose 883

League Champs - GTs
2nd Place League - Alley Cats
3rd Place League - Squeakers
4th Place League - Dynamos
Most Improved - Gladys Anderson 141 - 162 - 21 pts
Low single score - Joan Turner - 86

Roll off Champs - Dynamos
Runner Up - Alley Cats

A special thanks to the following for donating door prizes:

- Safeway
- White Tower Restaurant
- Four Seasons Video
- Middleton Meats.



Wednesday Afternoon Ladies
High average Lynda Brundige 210
High triple Millie Hudson 743
High single Laura Webber 323

Low single & triple Aileen Curran 68 - 263
Most Improved average - Peggy McCullough 111 - 137 - 26 pts.

League Champs - Alley Cats
League Runner Up - Sunshine Girls
League Runner Up - Scally Wags
Roll Off Champs - Rowdies

Sunday Mixed League
Winners first half - Aces
Winners second half - Cradle Robbers

Mens
High average - Bill Brundige 233
High triple - Pat Smith 832
High single - Bernard Richer LaFleche 347

Ladies
High average - L. Brundige 211
High single - Claudie Smith 299
High triple - Rolanda Fortin 711

Team with most pins over average Odd Couples +613

Roll Offs
"A" Event - Cradle Robbers
"B" Event - Aces

Most improved
Men - Byron Tordoff 157 - 191 34 pts
Ladies - Shari Dryden 126 - 157 - 31 pts.

Ladies Tuesday Night League
High average - Sue Deegan 210
High triple - Sheila Beatty 747
High single - Gloria Ross 291

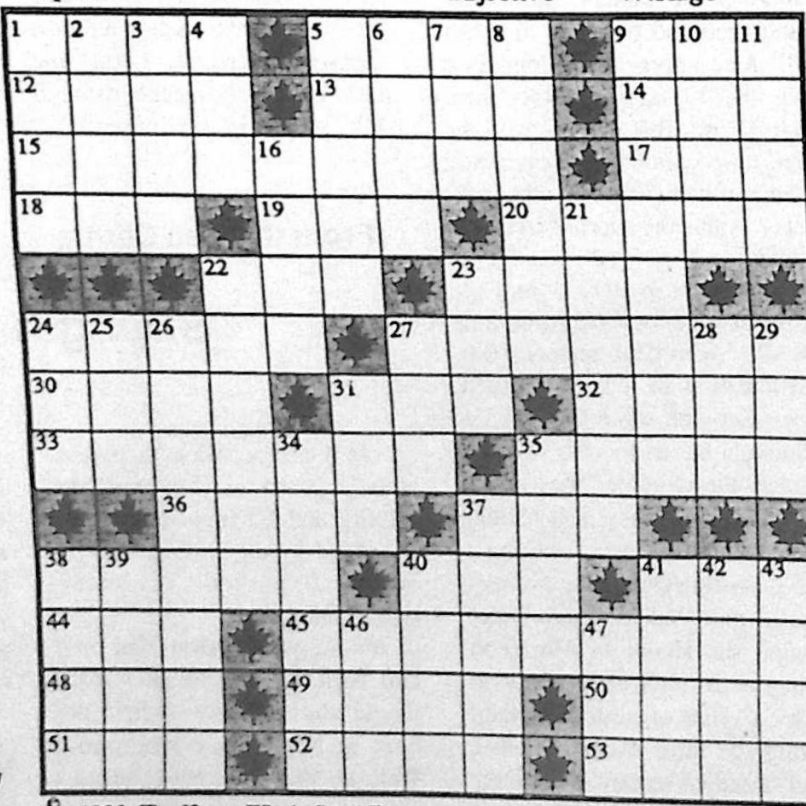
Canadian Crossword

By Rick McConnell

Solution on page 21

ACROSS
1. Doff
5. File
9. Chart
12. Verdi heroine
13. Thought (comb. form)
14. "Tears not enough"
15. West coast native dialect
17. Meadow
18. Tennis unit
19. Pacific "Nat'l Park"
20. Test
22. Fox
23. irac
24. Lake fish
27. Most wealthy
30. " speak"

DOWN
1. Juno winner
2. Walk Jordan
3. Check copy
4. Sire
5. Firm
6. 12
7. Make a lap
8. Like justice, at times
9. Eastern native dialect
10. Zone
11. Ring
16. Cupid
21. Talk over
22. Bikini adjective
23. Ado
24. The Man.
25. Like prefix
26. West Coast native dialect
27. Kanga's joey
28. Hit show sign
29. Great weight
31. Belief
34. Risky
35. Direction
37. Harley rider
38. Chirped
39. Leg joint
40. Set
41. Above
42. Govern
43. Fit to
46. Buzzword prefix
47. Rage



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Mountain View Magic
Neat 3 bedroom rancher close to mall and park. Perfect stop or start home with large garage/workshop and covered patio. Price \$86,000.
Jeani Dev Johnson 338-9827(Home) 338-2222(Bus.)
115-2270 Cliffe Avenue, Courtenay, BC V9N 2L4



Summer's here, and the time for outdoor fun and friendship is upon us. For functions, parties & group BBQs, contact the Glacier Greens Social Centre. Any size of group is welcome.

(Bulk grocery items available on request)

DON'T LOOK ANY FURTHER THAN THE BASE SOCIAL CENTRE.

- Why? - Close to the Base;**
- Well priced/excellent snack bar;
- Well maintained;
- Very scenic.

Where? - Just off Knight Road, next to the golf course, just a few minutes from the Base.

So drop by and see us or book your party now!

INFO 8720

Cyclists - Walkers - Joggers

Come to the 5th annual Diabetes Bike-a-Thon-Plus.

Date - June 2nd. Place - Comox Rec. Centre. Time - 10 a.m. to 4 p.m.

Register at the Comox Mall Fridays May 10th and 17th and on Saturdays May 11th and May 18th, in order to get proper T-Shirt size and Pledge Forms.

Entry Fee of \$10.00 includes T-Shirt

Win a new Bush Pilot Mountain Bike for most money pledged!

Loads of other prizes including fishing charters, holiday for two at Yellow Point Lodge, dinners for two, and bike equipment.

This is not a race but a fund raising event to help find the Cure for Diabetes which effects 5% of the population in all groups.

Join the Fun! Prizes, Snacks, Exercise and Entertainment for the whole family to enjoy.

Your support will be greatly appreciated by the Comox Valley Branch of the Canadian Diabetes Association.

There are Two Routes to choose from - short 2 km. - long 15 km.

See You There on Sunday, June 2, 1991!

Contact - Cathie Robinson 339-5878
or
Todd Shirley 334-1976
for information.

On the Base

By Rose McLiesh

Glacier Greens



The men of Glacier Greens were the winners when they travelled to Storey Creek on 28 April to participate in the annual inter-club competition. G.G. won the L.N. for the year by 126 points.

Storey Creek
1st L.G. Gord Hudson
2nd L.G. Berne Greenwood
1st L.N. John Harrison
2nd L.N. Dennis Debolt

Glacier Greens
1st L.G. Bing Shearer
2nd L.G. Steve Bailey
3rd L.G. Ted Sauve
1st L.N. Bernard R-LaFleche
2nd L.N. John Webber
2rd L.N. Bill O'Neill

Following are the results of the **President's Cup** which was held at G.G., Sunday 5 May 91 and sponsored by **Comox Mens Wear**. Murray Jacklin, the president at Glacier Greens presented Mike Berger with the field low gross trophy. Murray also thanked all the persons who were responsible for making this and all tournaments held in the past successful.

Field L.G. Mike Berger
1st L.G. Greg McNeivits
2nd L.G. Steve Bailey
3rd L.G. Bing Shearer
4th L.G. Arnie Mathus
5th L.G. Karl Cameron
6th L.G. Roy Downey
7th L.G. Willie Oliver

1st L.N. Bob Marshall Jr.
2nd L.N. Bryan Porter
3rd L.N. Greg Noble
4th L.N. Ted Johns
5th L.N. Wayne Collins
6th L.N. Pat Hudson
7th L.N. Bill Ballance
K.P. on #7 Roy Downey
K.P. on #13 Greg McNeivits

Sun 12 May Mens Inter-Club S.S. at G.G.
Fri 24 May MPS Tournament at G.G.
Sun 26 May Mens Inter-Club Comox at G.G.
Sat 1 Jun & Sun 2 Jun G.G. Mens Open
Next Monthly Executive Meeting Thurs 16 May 1:00 p.m. at the club house.

Courtenanche Wins at Glacier Greens

With a weather forecast of clouds and a chance of rain, 23 ladies participated in the Presidents Cup Tournament 5 May. Congratulations go to Lorraine Courtenanche who fired a low gross of 88 to take her second trophy of this young golf season.

Other winners with low gross scores were Sharon Miles with 89, Lori Ross with 92, Shirley Shearer and Pat Verchere with 94 and Millie Hudson with 97.

Low net scores went to Jan Verbeek with 68, Fran Hume with 70, Rose McLiesh with 71 and scores of 73 to Kay Banks and Judy Fellbaum.

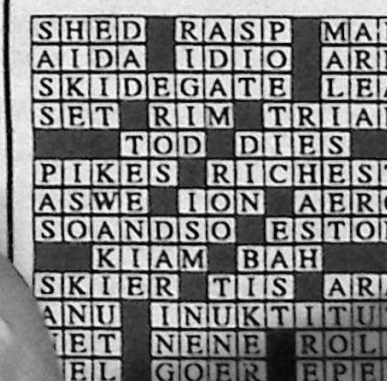
On 1 May, 32 ladies came out to play for a pin, with the pin going to Dolly Pearson who shot a low net of 66. Mickey Behan and Jackie Wilkie took 2nd low net with scores of 71. Low gross of 91 went to Millie Hudson, least puts to Vi Wilander with 28 and hidden hole #11 went to Jen Verfaillie.

Our annual Ladies Invitational being held this year on 16 June is almost filled, so get your entry in soonest to ensure your place in a great tournament.

ROADSIDE SCREENING DEVICES FIT IN THE PALM OF ANY POLICE OFFICER'S HAND... ANY TIME... ANYWHERE IN B.C.



Solution



LEGION LOG

BRANCH 17 COURTENAY
334-4322

ENTERTAINMENT

Fri & Sat 10 & 11 May.....Music by NASHVILLE
Fri & Sat 17 & 18 May.....Music by WYLIE & THE OTHER GUY
Fri & Sat 24 & 25 May.....Music by EL DURADO
Fri 31 May.....Music by WESTWIND

REGULAR ACTIVITIES

BINGOS.....Thur., Fri., Sun. at 7:00 PM

MONDAY.....FUN EUCHRE
TUESDAY.....PUB DARTS
WEDNESDAY.....LEAGUE CRIB
THURSDAY.....FUN DARTS
FRIDAY.....TGIF & MONEY DRAW AT 6:30 PM
SATURDAY.....FUN BRIDGE AT 12:30 PM

"MORE PLAYERS WELCOME"

Phone 334-4322 (days) for more information
NOW OPEN SUNDAYS.....12 - 7 PM

Dress Code in effect @ 8 PM Fri & Sat
(No T-SHIRTS)

EVENTS

SUNDAY 12 MAY.....ANNUAL MOTHER'S DAY BBQ
Music by Touch of Dixie
SATURDAY 18 MAY.....ANNUAL AUCTION FOR
CANCERSOCIETY. Starts 1 PM. Donations Appreciated.

SPORTS

JUNE 14, 15, 16..... FIRST ANNUAL FISHING DERBY
Watch for details.

BRANCH 160 COMOX

339-2022

ENTERTAINMENT

Fri 10 May.....Music by WESTWIND
Sat 11 May.....Music by EL DURADO
Fri 17 May.....Music by ALLEYCATS
Fri 24 May.....Music by SHABOOM
Fri 31 May.....Music by WHITEWATER

REGULAR ACTIVITIES

SUNDAYS.....Lounge 11 AM to 6 PM
MONDAYS.....Men's Dart League - Recessed to Sep 9
..... L.A. Drop-In Bingo. Upper Hall. 7:30 PM
TUESDAYS.....Ladies Crib League. Lounge. 8 PM
..... Mixed Dart League - Recessed to Sep 10
..... Navy League Drop-In Bingo
..... Upper Hall. 7:30 PM
C.V. Men Crib League (Home & Away). 8 PM
THURSDAYS..... *1st Branch Exec. Mtg. 8 PM Upper Hall
..... L.A. Exec. Mtg. (as required)
..... *2nd L.A. Gen. Mtg. Upper Hall. 8 PM
..... *3rd Branch General Mtg. Upper Hall. 8 PM
FRIDAYS..... Meat Draws, Lounge 2 - 6 PM
..... Dance, Lounge. (Unless advised)
SATURDAYS..... Meat Draws, Lounge 2 - 6 PM

EVENTS

SUNDAY 12 MAY..... MOTHER'S DAY.
Celebrate in the Branch 1300-1500 hrs.
Dance to the music of EL DURADO 1400-1800 hrs.

SPORTS

SUNDAY 19 MAY.....EUCHRE
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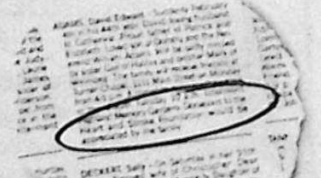
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Family Support Centre is Open



It was welcome news to Colleen and I that the Family Support Centres here and across Canada will remain open. This is due to funding from Ottawa. In order for this to happen, a volunteer board must be formed, comprised mainly of spouses of military members. The purpose of the board will be to plan, manage and evaluate the Multi-Service Family Support Centre (MSFRC).

and community breakdown. The first board meeting was held on Tues., April 30th. It is composed of two military members and five spouses of military members.

We also have a list of people who will clean your PMQ, if you are leaving this summer. We can also help you find someone who will certify that your appliances and electrical equipment are in good working order.

Tues. mornings we are still having our drop-in mornings. So if your spouse is on TD, taking a course or away for any other reason, bring your children and come by for a coffee and a visit.

Even if your husband is here, and you're feeling lonely, come by and see us.

FAMILY SUPPORT CENTRE

OPEN HOUSE

15 May 10 a.m. - 2 p.m.

Curious about your Family Support Centre???

New in the area???

Drop in for coffee and sandwiches

Newcomers come out and meet a Newcomers Club Rep. and receive a small free plant.

The MSFRC will be a community resource to all military families within the area of responsibility of a base or station, including those families living off base and those separated by operational requirements even if the member is not administered by the base. The focus of the MSFRC will be on promotion of health and well-being and prevention of individual family

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More Triathlon Continued from page 19

were rolling, a 23 year old from Carlsbad, California, Julie Moss, who had been on the course for 11 hours and was leading the next closest woman competitor by a substantial distance, collapsed 2 miles from the finish line. While she swayed and staggered her limbs almost totally out of control, and the finish line only two miles away, one of the largest TV audiences ever recorded for a sporting event was watching. Finally, 15 yards from the finish, Moss sank to her knees and started to crawl the final distance as Kathleen McCartney passed her outstretched arms and won in 10:50:09. It took Julie Moss another 20 seconds to inch those last few feet and since then the triathlon has become a populist sport that attracts the fit and those who long to be.

The sport has grown to be one of the fastest and most addicting individual sports in North America. It has become a lifestyle in Southern California and has spread throughout the cold climate of Canada. The oldest triathlon in Canada dates back to 1981 in Cornerbrook, Newfoundland. The race distances vary with each individual race but the most popular distance is that called the Olympic Short Course Race - consisting of 1.5 km swim, 40 km cycle and 10 km run.

The sport is both challenging and rewarding, and anyone interested in race schedules, training techniques etc. can contact Lt Reid at local 8794.

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Celebrating its 50th Anniversary this year, The Federation of Canadian Artists is a non-profit national society, dedicated to the promotion and enhancement of art in Canada.

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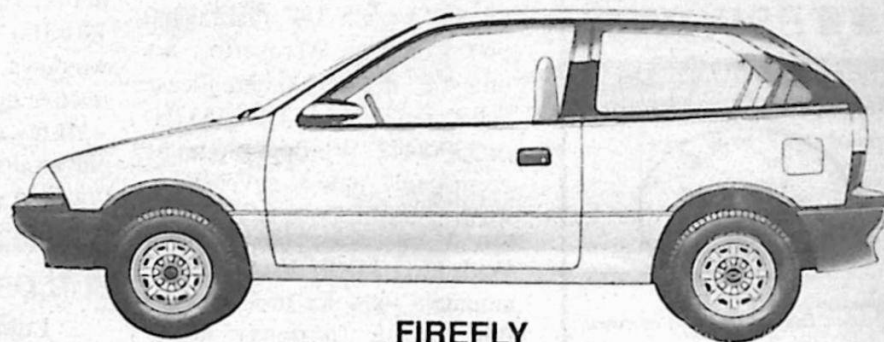
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