



TOTEM TIMES



Vol 23 No. 10

CFB COMOX TOTEM TIMES THURSDAY, MAY 14, 1981

COST: PRICELESS



Too large for the New York Museum of Modern Art, five Voodoos resplendent in hastily applied battle colors await their turn to be thrown into the breach at Maple Flag VII, Cold Lake, Alberta. Poster paint, applied with mops, was temporarily pressed into service to disguise the aircraft when looked down on from above by the exercise "enemy."

(Photo by Capt. D. Lyons, Cold Lake Courier)

Oldtimers wrap it up

The CFB Comox "Old Totems" Oldtimers Hockey Team completed another very successful season with the highlight being their 3rd annual Oldtimers Hockey Tournament, held at Glacier Gardens April 10 thru 12th. Participating teams were Campbell River, Courtenay, Powell River, Parksville, Port Alberni,

Nanaimo with two and CFB Comox in its first game defeated its arch rival from across town, Courtenay Oldtimers by a score of 6-4 with Marcel "Our Chief" Greyeyes scoring the hat trick for Comox. The Totems second game saw them pitted against the defending champions Cam-

pbell River Old Stylers whom they had lost out to in the finals a year ago, and both teams took up where they left off last year. After 60 minutes of regulation time both teams were tied at 4 goals apiece mainly due to the outstanding goal tending of both teams. Big Ed Bobink the perennial all star with Campbell River

and Don "The Man" Lamouche CFB's anchor man. In Old Timer Hockey because of the time limit on games a tie breaking system was devised to have 5 players selected from each team to alternately shoot on the oppositions goal. If still tied after that, then another different five and so on til the tie is broken. Unfor-

tunately for the Totems after ten players from each side had shot Campbell River had outshot them 5-4 for an official 9-8 Victory. Their third game against Parksville Oldtimers caught them off balance and although outshooting their opposition were held to a 1-1 draw. Wayne Murph Totems

goaltender played a strong game in nets keeping his teammates in the game til the last whistle. Again another shoot out and Parksville outscored Totems 2-1 to take a well earned 3-2 victory and send the Totems to the side lines for the duration of the tournament. Parksville went on to upset the Nanaimo Old Tubbers 5-4 and win the "C" Event. In the "B" Division final Courtenay squeezed by Port Alberni 6-5. The "A" division final saw the defending champions Campbell River go against the heavily favorite nanaimo Bastions in an exciting game as seen in any league around here in some years. Fans were overheard remarking that it was hard to believe they were really watching Oldtimers. After 60 minutes of regulation time tied at 2-2 another shoot out was in the making. Once again it was the big guy in nets for Campbell River. Ed "The

see "Oldtimers" p.8...



Back Row L-R. D. Smith (Trainer), D. Reid (Mgr), M. Stephens, D. Lamouche, M. Greyeyes, B. Fraser, L. Blais, R. Tressel, B. Gagnon, B. Boran, P. McKinnon, D. Brooks, E. Strocel, T. Burgess, P. Shellew (EQ Mgr.). Front Row L-R B. Landry, G. Flath, W. Murphy, Base Commander Col. Chisholm, K. Kennedy, B. Main (Capt.), J. Wright.

409 airborne with painted birds,
or...

Pigs in Space

With the incredible progress being made in aircraft technology, it seems primitive indeed to resort to poster paint in order to increase the operational effectiveness of a fighter aircraft, yet this is exactly what was done by 409 Squadron during the past two weeks at Cold Lake, Alberta.

It was all in aid of exercise Maple Flag, the tactical air exercise conducted twice a year at Canada's largest fighter base. Involving a myriad of aircraft types from the U.S. Air Force, the R.A.F. and Canadian Forces, Maple Flag attempts to prepare the participants for actual combat under the most demanding and realistic simulated conditions possible. The seventh in an ongoing series, Maple Flag is little brother to Red Flag, the U.S.A.F.'s exercise held at Nellis AFB, Las Vegas, Nevada.

409 Squadron was tasked as "Red Air" during the exercise, a polite way of saying "bad guys". Working with the 64th and 65th Aggressor Squadrons (dedicated "black hats"), the aim was to simulate enemy MiG's in order to provide an adversary force to the low-level strike aircraft attempting to penetrate and destroy selected targets on the "Red" side of the battle area.

Helping the "White Hats" in their job were American and Canadian fighters flying CAP (Combat Air Patrol), who attempted to sanitize the airspace so the strike package could hit the targets and emerge unscathed.

With the CAP and the strikers all on the lookout for the "enemy", the large, shiny Voodoo sticks out like a wart on a debutante, so an attempt was made to alleviate the problem by painting the aircraft to blend in with the ground colors of the Cold lake range terrain. Undetectable in the photograph, the Voodoos were bathed in a ghastly mixture of browns and greens - applied liberally and unartistically with rag mops.

The results were impressive, as a number of "kills" were recorded simply because the 101 went undetected visually or, if spotted in time, was mistaken for a "friendly" F-4 Phantom.

The camouflaging of men and machines is not a new concept, and has been with us since the British first learned you do not fight the Iroquois wearing scarlet tunics. Many men died learning that lesson, and it

would be hoped, even expected, that we have learned a little bit about the art of visual deception since the 19th century.

It is ludicrous to send into the fray an aircraft that shines like an infanteer's boots, and that is bedecked with lovely red, white and blue decals, stripes, flags and numbers that make it resemble more a full-size version of a hobby shop model than a machine designed for combat. Granted, the Voodoo is not tasked solely for low-level intercepts, but the F-15 Eagle is likewise an air-to-air player and it sports a dull, matte-like finish of subtly blended light greys and blues.

The exercise is scheduled to last the entire month of May, with most units switching crews at the mid-point break. 409 is slotted for the first two weeks, with a crew change having taken place the weekend past.

All attempts are made to provide as realistic a situation as possible. The high threat environment is enhanced by surface-to-air missile sights, and every operation from close air support, interdiction, search and rescue missions, and air combat is repeated twice a day for the duration. The multi-bogey scenario is particularly realistic, for it is generally acknowledged that we will face a high ratio of East/West aircraft in an actual encounter.

But for now they are all simulated engagements, so the Nighthawks emerge in one piece once again with many valuable lessons absorbed.

As the poster paint quickly washes off in the West Coast's imitation of spring, the squadron gears down to normal operations.

As one pilot commented after the paint job was complete, "They may be old and obsolete - but they're ugly."

Last month a brute

April proved to be a wet and windy month indeed. Our total of 74.0 mm's of precipitation was much higher than the normal of 55.9 mm's. On the 12th of the month most of us woke up to about 4.6 cm's of wet snow on our lawns which made us wonder if Christmas was around the corner once again. However, the snow was short lived, and was gone by the end of the day.

The wind blew at 20 knots or more for 21 days during the month, with a near gale occurring on the 27th. Peak winds on that day got as high as 41 knots. It appears that April was a disastrous month of the local fishermen. The average temperature of 8.0 degrees was close to our normal, with a high temperature of 17.3 degrees on the 19th. OH WELL, here's hoping the month of May brings flowers and summer-like weather to all.

"Fishwrapper" Exposed

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Section news



Recent presentations at 442 Sqn: MCpl. Hamilton, MCpl. Gray (each received a 1000 hour Labrador Certificate and pin), Cpl. Elliot and Cpl. Maloley (received CMA's for completing operational parachute descents), MCpl. Patterson (1000 hour Buffalo Certificate and Pin), Sgt. Belanger (1000 hour CH135 Certificate), Capt. Veldhuis (Golden Eyeball award for locating a missing Cessna aircraft on 15 Oct 79 on SAR MOE).

Does anyone know how many strokes it takes for a Brigadier General to cover nine holes at the Glacier Greens? Some of our squadron members now know the answer to this question, but they refuse to divulge the secret. After all, why destroy a 20 year military career in just a few seconds? Actually, when asked for the answer, one of the golfers became hysterical with laughter. It must have been hard to keep a straight face during the game. To set the record straight, however, it should be noted that the course was a little muddy on that fateful day, so the BGen. has an excuse. If you really want to hear the absolute truth, the spectators will tell you that only the General managed to keep the ball on the fairway. The 442 golfers simply wanted to get their money's worth by getting a lot of practice. Besides, it just wouldn't look good to beat the Commander of ATG!

For those who aren't aware (which includes almost everyone around here), 442 squadron is now in the excavating business. The business was incor-

porated last week in Williams Lake, but capital equipment purchases are proving more difficult than anticipated. Shares will become available on the Vancouver Stock Exchange soon, so we should be in full swing before long. Our first contract, with the Manager of the Williams Lake airport, will have to be renegotiated. Every attempt will be made to have the work completed by the end of the summer, though. Hopefully, inflation won't cause our initial estimate to become unbearable for the taxpayer in Willy Lake. As they say, fill'er up!

It is a fantasy of all regular Buffalo aircrew to RON in Vancouver for at least one night. As a result, a recent trip to Vancouver by an anonymous (it's better that they remain anonymous), Labrador crew caused a lot of jealousy and blown fuses in the Buff world. Because the Labrador was behaving like a Brahma Bull, the crew got to spend an entire weekend in the big city. Talk about rubbing salt in a festering wound! It's almost enough to make a normal, well-adjusted fixed wing driver

turn into a rotor head.

The people who attended last Monday's met briefing (it was standing room only) were treated to a fantastic display of juggling by Doug Baker. Not only was he juggling with five different aircraft, but he was also talking and smiling at the same time. (He was smiling because he was thinking about sunny California). To add to the display, our court jesters were busy taking "pot-shots" at the resident acrobatic expert. After spending a year down south at Edwards AFB, Doug should be ready to handle anything, even a second job with the Barnum and Bailey circus. On behalf of all the aircrew who have contributed to your ulcer, (and all the groundcrew who caused it in the first place...did I get that right?), best of luck in the future, Doug. Now, where did you say Ian Munro was hiding out these days? Another one bites the dust...

A tea party was held last Wednesday in the CO's office. His guest was the Honourable Ray Skelly, the NDP MP for Comox-

Powell River. In true "Hogan's Heroes" fashion, the rest of the squadron was listening to the conversation in the briefing room via the "bugged" teapot. The details of the conversation will be published in the next issue of a famous German tabloid. Remember the picture of Prince Charles and Lady Diana on the cover of the last issue? The CO has already made his "...this is absolutely untrue and constitutes irresponsible journalism..." speech, just to cover his six o'clock position. By the way, did someone remember to transfer the teapot to the VIP suite? (It was supposed to be used two days later during BGen. Skaalen's visit). I fear that the squadron intelligence officer (yes, there actually is one here) has let us down. There hasn't been any really juicy gossip since the ATG Boss left. Maybe the teapot should be taken down to the avionics shop for a periodic inspection.

Finally, I'd like to close this article with a riddle: You have 20 SAR Techs on a squadron. On Monday morning 4 of them are on

Standby, 4 are on TD, and 4 are on leave. You have to supply 2 SAR Techs for each of 3 different training trips that will be away for 2, 3 and 4 days respectively, leaving in the morning on Monday, Tuesday and Wednesday. Now, one SAR Tech has his wisdom teeth pulled on Monday morning, while another has an attack of appendicitis. On Monday evening, two more get arrested for drunken driving after they get off weekend standby at 1630 hrs. How many SAR Techs will be available to do an air Cadet display at 1000 hrs. on Tuesday morning? If you: (a) really care and/or (b) took the time to figure it out and/or (c) answered zero, then you deserve to work in Ops, sucker. Until next time, keep your head in the clouds and nobody will bother you. See you around.



Recent promotions at 442 Sqn: Lt. Puttock and Lt. Baker (to Capt.), Sgt. Sutherland (to Lt.), MCpl. Engleder and MCpl. Simms (to Sgt.), Cpl. Laycock (to MCpl.).



OFFICERS' MESS ENTERTAINMENT

Wednesday, May 20 -

OFFICERS WIVES CLUB CLOSING DINNER - Enjoy a relaxed sit-down dinner and bid a fond adieu to those leaving us this summer. Tickets may be purchased from Sue McKinley, Mary Dunston or Evelyn Kennedy. Cut off date - May 11.

JUNE 1981

Wednesday, June 10 - TGIF (It's Here) - Aurora Arrival Beer Call
Friday, June 12 - Giant Mixed TGIF BBQ Steaks.
Saturday, June 13 - Airshow, Dinner & Dance.
Sunday, June 21 - Fathers' Day.



ENTERTAINMENT WO's - SGT's MESS

Fish Derby:
15, 16, 17, 18 May

Registration at the bar at \$2.00 per person. Start time 1600 hrs. 15th. Scale closes 1600 hrs. 18th. Salmon only - Fish must be gutted, gilled and heads left on. Fish will be weighed at Fire Hall. Prizes will be presented at the WO & Sgts. Mess lounge at 1700 hrs.

Coming Events
May 30

Combined Spring Ball and Retirement Dinner
Admission \$30.00 per Couple for Reg.
\$45.00 per Couple for Guest
Seating Plan and Tickets from Mess Manager
Tickets now available for Reg. & Assoc.
Guest tickets go on sale on the 20 May
Meal will be "Surf & Turf"

For more information call The Manager Loc 490 or 326

TGIF: 15, 22, 29

Note: Blue Jeans will be allowed at the 29 May TGIF.

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Nighthawks Nest

It's called Spring Cleaning. The evening of May 21st sees the squadron say goodbye to this summer's departing members and their wives in the second annual Hawk Roast. It is the time to shovel off all the trash and burn all the driftwood, in order that we may carry on operations for the next year or so.

Lynn Housworth is on his way this summer - down to McChord AFB where he will become aide to BGen. Mortimer. I realize referring to Lynn as an aide may cause confusion to some people who might associate it with the word aid, which in Lynn's case would be a misapplication of the term.

Ron Neeve is leaving for Ottawa where he will work for the Directorate of Military Planning Committee. A man to be missed at daquiri Days.

Dale Erhart's shooting off to Bagotville where he will be on 410 Squadron's staff, in charge of turning know-nothings into know-it-alls.

George Rawson is retiring this summer, and is already heavily involved in the Chamber of Commerce.

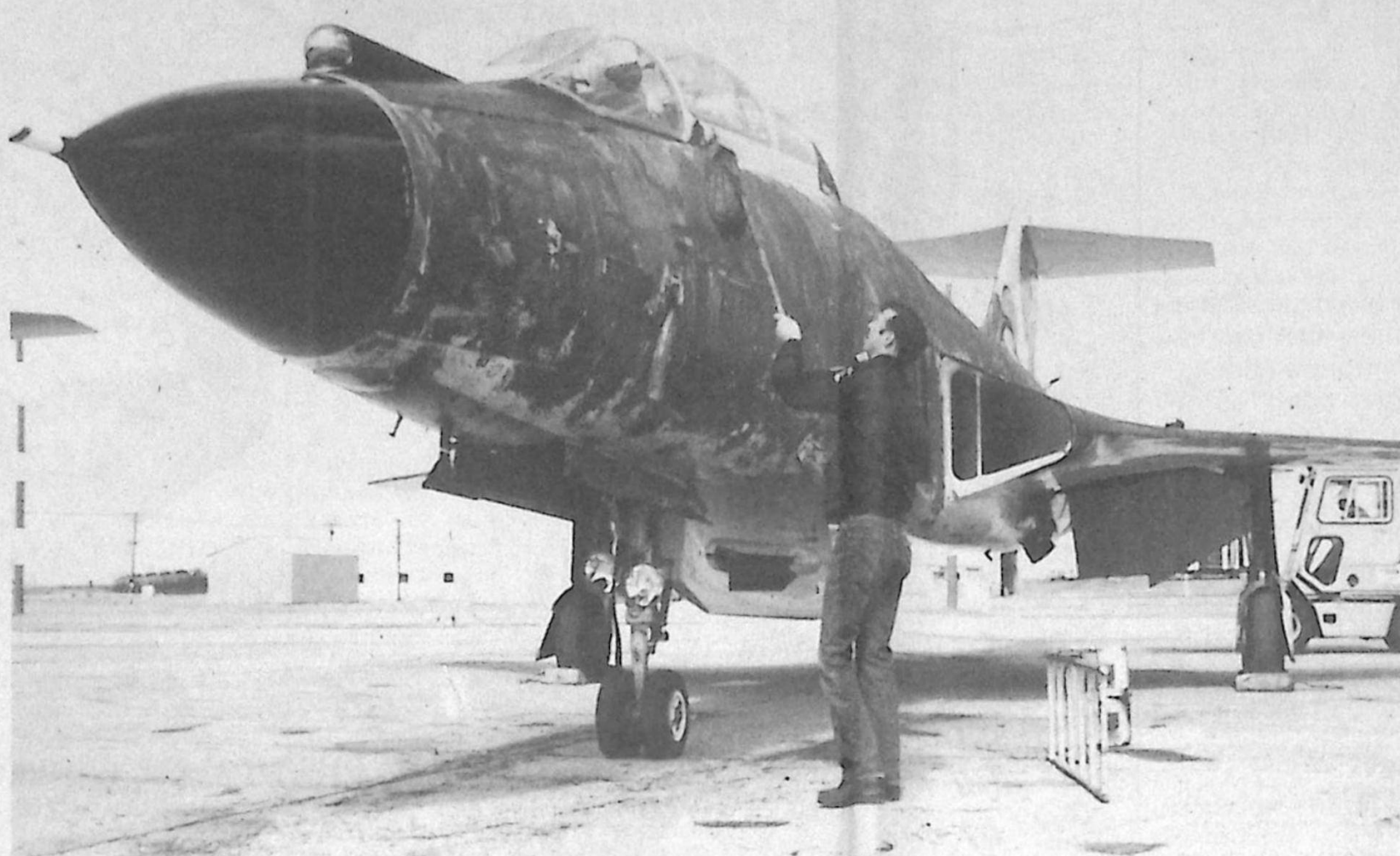
Andy Dobson is another one leaving the Forces entirely, having recently been hired by CP Air, and he will be leaving for his course at the end of May. (If I see you with your yellow wrap-around sunglasses, Andy, I'm jumping off the plane at 35000 ft.)

Mel Felts is going back to the land. He'll be employed down in the hole at 22 Norad Headquarters in North Bay, Ontario.

Dave Taylor isn't positive yet, but rumor has him heading to Windsor for a tour at the regional recruiting center.

Rick Zivitski is staying out west, but is off to somewhat less clement climes. Rick will be parked at Cold Lake, Alberta for awhile, teaching brand new pilots the gentle art of destruction on the CF-5. Enjoy the back seat, Ziff.

Times for the roast will



Wielding the mop, Maj. Bob Worbet s puts the finishing touches on the masterpiece left unfinished by Pablo Picasso upon his death. When asked whether he had much trouble completing the work of art, Worbet's replied, "Ha! I have more artistic ability in my whole body than Picasso had in his little finger."

be advertised in order that the roasters arrive promptly. This coming weekend will see the Hawk formation team perform for the first time this year. A show at bat Pike participants leave Esquimalt, a flypast at next week for the land of

Royal Roads, then a show at Fairchild AFB in Spokane, Washington will make for a busy weekend for the Hawks. The first group of Com With most of the aircraft either in Cold Lake or Florida.

say for this week, so I'll stop right here. 'Till the roast.

BGJK

QQ CONTROL

Another two weeks have gone by and it's time again for the Comox Fishwrap. I'll be glad when we go to the once-every-three week edition. It's not that nothing happens at Comox ATC, it's just that most of what does happen can't be put in the published print.

According to the ATC doctrine, imbedded deep in our subconscious during our first course (not inter) if you can't say something libelous about somebody, what is the sense in talking? With a statement like that firmly imprinted in my memory banks, it is quite difficult to write a column for anything but an underground newspaper. However, the rag must go on, so for the people who read this column (does anybody?) here's the latest on QQ ATC.

It's that time of year again. You know, the time when you can fill your freezer with whopping pound-and-a-half salmon. You start to dream of warm sunny days spent out on the chuck, waiting for that monster prize-winning salmon to rip into your biat. But, alas, so does the All-American Sportsman.

99.9% of our visitors from the south who fly in, are responsible people, but every yer, around this time,

there are two or three guys that fly up, and home the QQ beacon for navigation to Campbell River. This in itself is okay, but when they're flying 1500' - 2000' westbound over the base, they start to get dangerous. And it's only when they're nose to nose with a voodoo approaching the break that they feel compelled to talk to the ivory control tower. So, whether you're flying or controlling (upstairs or down) keep your head up and watch out for these guys. It's your butt, too!

Back to the gossip. Capt. Jim Hue, who's ability to catch salmon is directly proportional to the number of cigarettes he smokes, is in a slump. Having given up cigarettes for 5 days he also got skunked out on the water. (Not to worry, we all can't catch twenty pounders) He then decided to beat his outboard motor into submission with his fist. What some guys won't do to wimp their way out of a shift!

There's lots of entertainment coming up with the '81 Gravel Pit Opening slated for the end of the month, Barry Hansen's Stag at Dustys Den and a spring party at the D'esterre House. Find out the dates and plan to attend. Till next time.

International Year of Disabled Persons

1981



Année internationale des personnes handicapées

Jr. Ranks Club

17 May 81
24 May 81
31 May 81
P&W are Hat Nights, so dig down deep & see what you can come up with!

DISCO's

16, 23, 30 May 81
Disco's will continue every Sat. until the opening of the new club.
TIME: 2000 - 2400 hrs

TGIF

15, 22, 29 May 81
HAPPY HOUR - 1700 - 1800
FOOD - 1800
GAMES - 1900 - 2100

MOVIES

19 May 81
26 May 81
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Movies start at 2000 hrs.
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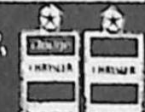
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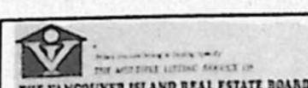
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A recent article in the New York Times discussed the problem of limiting house showings to serious prospects. In order to see one brownstone in Manhattan's Greenwich Village, for instance, prospective buyers had to fork over a deposit (refundable) of \$1,000. Some real estate agents, especially those handling million-dollar properties, ask callers for bank references. The aim is to cut wasted time for the owner and the agent - and to discourage burglary.

Of course, palatial estates and celebrities' homes are most vulnerable to the "nightseer", but at every level there are people who want to view houses without the ability to buy or the intention of doing so. Professional real estate people are experienced in qualifying prospects. We find out whether they are truly motivated to buy your home, and financially able to, before we show it. Put us to work for you - bringing buyers, no nightseers. List on MLS with

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Editorials

What can you do?

The public outrage expressed at the assassination attempt of Pope John Paul was mixed with a feeling of helplessness.

When isolated instances of violent outbursts erupt, or assassinations occur spaced widely apart, there is the normal shock and disgust registered on most people's minds. When these happen at closely spaced intervals, this rage is joined by frustration at the inability of our society to take effective action against it.

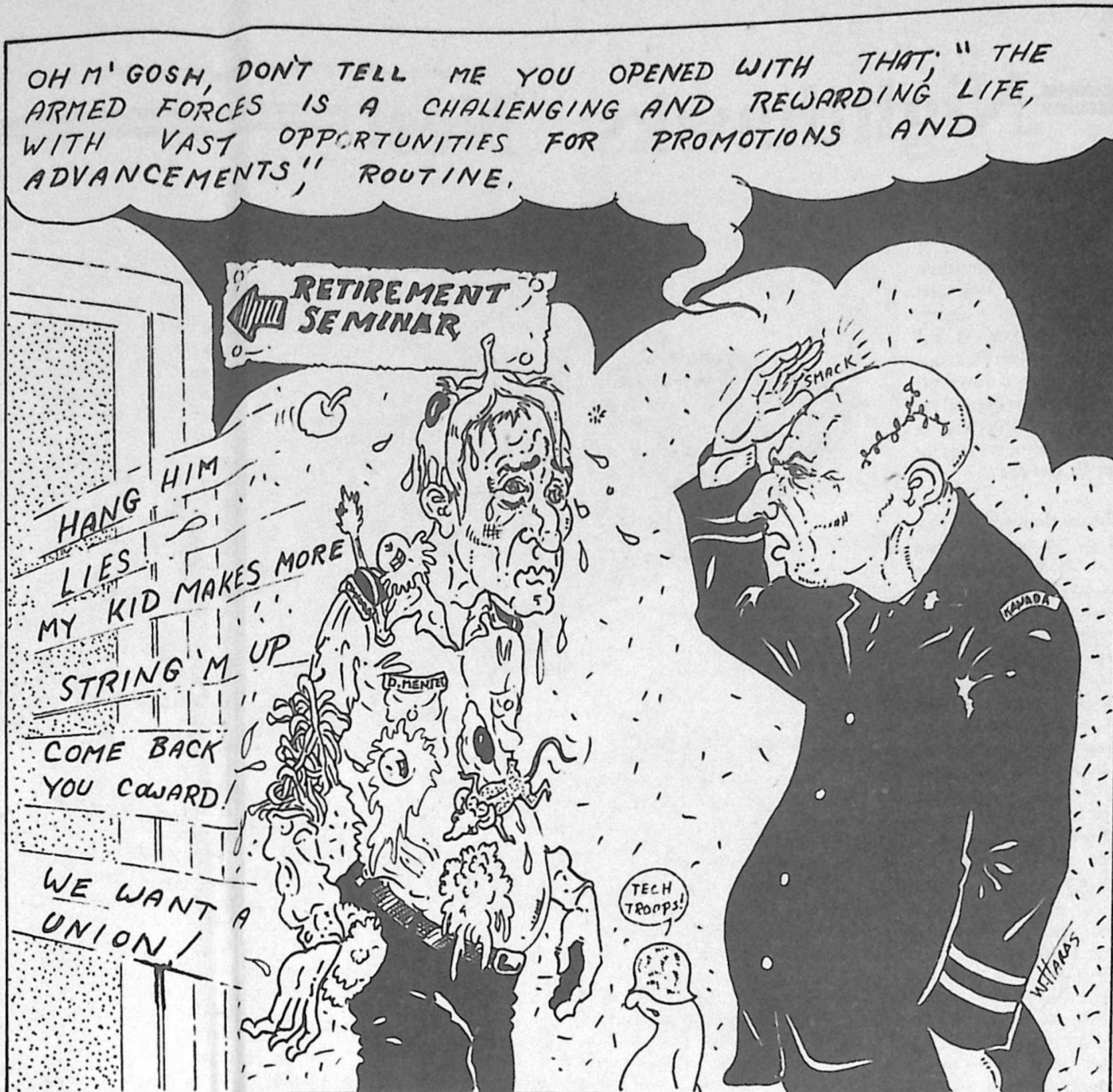
This is particularly true during periods of relative stability, without the constant violent sociological overtones extant during a decade like the sixties.

The answer is simple - there is little or nothing that can be done. Gun control won't do it, tighter security won't do it (short of total isolation), and any mass education program won't do it.

Any major figure is bound to have a faction of people in disagreement with his point of view, and all it takes is a touch of neurosis to turn one or more of them into someone capable of an act of violence.

Fanatics abound in our society, and there is no way to unconditionally eliminate random acts of insanity such as the recent attempts on the lives of the Pope and President Reagan. Unfortunately, there may never be an end to it.

BGJK



YOU AND THE LAW OF WAR

Office of The Judge Advocate General



TREAT ALL CIVILIANS HUMANELY

In our last article, we examined the rule relating to the treatment of prisoners of war. The rule was simple: treat prisoners of war humanely. In this article, we will examine the rule pertaining to the treatment of civilians. The rule is again simple: treat all civilians humanely. Most of the law of war pertaining to the protection of civilians is contained in the Geneva Convention Relative to the Protection of Civilian Persons in Time of War, of 1949. For the purposes of this article, we will define a civilian as a person who does not belong to the armed forces and who takes no part in the hostilities.

All civilians in a country involved in war have rights. However, different or unusual a foreign land or country may seem to be, the civilians are in all circumstances entitled to respect

for their persons, their honour, their family rights, their religious convictions and practices, and their manners and customs. They must at all times be humanely treated and protected from acts of violence, threats, insults and public curiosity. Women in particular must be especially protected against rape, enforced prostitution, or any form of indecent assault. All civilians, subject to considerations based on sex, health or age, must be treated with the same consideration without any adverse distinction based in particular on race, religion or political opinion.

In addition to the general rules referred to above, CFP 318(4), Unit Guide to the Geneva Conventions, contain a list of measures concerning civilians which are specifically prohibited. It will do no harm to repeat some of those measures here. They are as follows:

- using physical or moral coercion against civilians, in particular in an attempt to obtain information from them or from third parties;
- causing physical suffering to or the extermination of civilians, e.g. murder, torture, corporal punishment, mutilation, or any other brutal measure;
- punishing a civilian for an offence he or she has not personally committed;
- undertaking reprisals against civilians or their property;
- taking hostages, collective penalties and all measures of intimidation or of terrorism;
- detaining civilians in an area particularly exposed to the dangers of war unless the security of the population or imperative military reasons make it necessary;
- total or partial evacuation of civilians from a given area unless the security of the population (e.g. protection from anticipated combat operations) or imperative military reasons (e.g. clearing a combat zone, combat preparations, maintenance of secrecy etc.)

make it necessary. In carrying out the evacuation, the needs of the evacuated must be supplied to the greatest practicable extent. Proper accommodation must be provided and members of the same family must not be separated. Finally, persons thus evacuated must be transferred back to their homes as soon as the hostilities in the area have ceased;

- compelling civilians in an occupied area to serve in the armed forces or auxiliary forces of the occupying power;
- compelling civilians to work unless they are over 18 years of age, however, they cannot be compelled to do any work which would oblige them to take part in military operations and cannot be forced to work unless they are paid a fair wage;
- sentencing a civilian to a punishment of any sort without a regular trial by a competent and lawful court; and
- attacking civilian hospitals organized to give care to the wounded and sick, the infirm and maternity cases.

These hospitals must at all times be respected and protected.

Civilians who are wounded, sick or injured or are expectant mothers must be the object of particular protection and respect. Finally so far as military considerations permit, you must facilitate the steps taken to search for killed and wounded civilians, to assist shipwrecked civilians and other civilians exposed to grave danger, and protect them against pillage and ill-treatment.

The above list is quite long, but can be reduced to the simple statement made at the beginning of this article: treat civilians humanely. Do nothing to them which you would not wish to be done by enemy soldiers to your own family and friends. The poster which illustrates this rule shows a soldier treating a young child who has been injured, but remember, it is not only children who are protected as civilians under the law of war!

In our next article we will examine the rule relating to civilian property.

Fighters

The Editor,

It was first drawn to my attention by one of my contemporaries, and was later confirmed by my own observations. I am referring to your constant and infuriating harassment of those of us involved with squadrons not comprised of fighter aircraft. Anti submarine Warfare aircraft have, in particular, been subjected to unfair, embarrassing and totally uncalled for comments from your newspaper. It is time to call a halt! Four pilots,

five navigators and seven loadmasters on this base alone have either had nervous breakdowns, attempted suicide or put in for transfers to a fighter squadron. We have feelings as well as anyone else and believe that if homosexuals receive approval and recognition from society, so should we turbo-prop and rotary wing people.

-Disgruntled
Disgruntled,
Take a hike.

-Ed.

Can cancer be beaten?

You bet your life it can

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Canadian Cancer Society

CNA TOTEM TIMES

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LA REUNION DU CONSEIL CULTUREL FRANCO COLOMBIEN

"ELECTION 81"

Pour une premiere au "Dusty's Den" ce fut excellent. Quelle belle salle pour un club comme le notre. Ce soir la c'etait, le soir des fameuses elections annuelles du club "Gens du Pays". Un agenda charge mais bien organise donna le ton a la reunion. Un mot du president sortant, luc et un sommaire des activites passees furent d'abord presentes. Il fut interessant de remarquer comment beaucoup le club avait fait pour la communautaire Canadienne Francaise de Comox durant l'annee passee. Ensuite une courte presentation des activites avenir mettait l'eau a la bouche et le desir de participer plus ardemment a l'activite sociale du club.

Apres la pause cafe, vint enfin les elections tout d'abord le president reelect avec majorite Luc Maurice, felicitation et continu ton excellent travail. Vinrent ensuite toutes les autres positions. Vice-President admin: Serge Wong, Vice-President Executif: Robert Racine, Secretaire: Lucie Myles, Tresoriere: Louise Andrews, Directeur de la

Publicite: Marie-Jeanne LaBrosse, Directeur de l'information: Michel Bourduas, Directeur de l'education: Francois Sibiery, Directeur du Divertissement: Jacky Bosse, Directeur des Sports: Conrad Bourgeois, Directeur de l'accueil: Jacques Valcourt et Directeur du Culturel Michel Couture. Felicitation a tous les elus. Je suis convaincu qu'ils vont tous faire une excellente "job".

Apres les elections un gouter fut servi. Un gros merci aux femmes pour leur excellent petit plats Jacky Wong, Gisele Bosse, Marie LaBrosse, Suzanne Racine, Suzanne Maurice). Des prix de presences furent aussi tires et gagner par Rolland LaBrosse, Serge Wong et Lucie Myles. Le gouter fut delieux. Beaucoup ont aussi aime le vin particulierement (n'est-ce pas alain???)

En conclusion la soiree fut tres bien organisee les elections ont apportees du nouveau sang dans les rangs et la petite degustation fut excellente. Pour un jeudi soir que voulez vous demander de mieux?

Serge Wong

Les deux et trois du moi dernier, a eu lieu a Vancouver, la reunion trimestrielle du Conseil Culturel Franco Colombien.

Au cours de cette reunion, avait lieu des elections, ou furent elus au poste de responsable Yolande Daniel de Kelowna, vice-responsable Luc Maurice de Comox et Janine Fisher de Vernon au poste de secretaire.

La CCFC se fait aussi heureuse d'annoncer le nom des artistes choisis dans le cadre de l'annee 81-82 du programme provincial des tournées. A l'automne, le Theatre de la Corvee presentera sa piece intitulee La Parole et la Loi. Puis Joanne Martineau, astiste de folklore, fera sa tournée d'atelier en octobre ou

novembre. Syncope suivra avec des airs de jazz-rock et a son tour feca place a La Troupe de Seizieme et leur spectacle Le Petit Prince. En novembre, Le Theatre sans Fils, lui mous fera mieux connaitre les legendes Indiennes de la Cote Ouest. Enfin au printemps 82, L'Hexagone nous rememorera Gilles Vigneault avec un spectacle presentant ses oeuvres.

La CCFC a aussi etablie des contacts avec des distributeurs de film tel que Paramount et Bellevue pour n'en nommer que quelques unes, qui nous permettra peut-etre d'avoir de tres bons films dans le futur.

Pour tous ces films et spectacles, la decision finale reste encore a venir au niveau de notre club.

LA ST. JEAN BAPTISTE

L'annee derniere, l'association "gens du pays" avait organise sa premiere St-Jean avec beaucoup de succes. 75 personnes s'y etaient bien amusees; les enfants tout comme les adultes.

Cette annee, les differents club de Canadien Francais de la region, seront in-

vite a nous rejoindre. Aussi, nous esperons avoir 2 guitaristes solo, un groupe de musicien et des cahiers de chansons pour tous.

Plus de details seront disponibles dans la prochaine du journal... Plus on est de fou, plus on a de fun!

"LOIN D'ETRE D'ACCORD"

Je refere ici a l'article passe lors de la derniere edition du Totem Times sur la "Cabane a Sucre a Nanaimo". Pour ma part, j'ai trouve cela loin d'etre superbe. L'organisation manquait beaucoup. Premierement il n'y avait personne qui voulait admettre etre responsable de l'activite excepte a la fin de la soiree, la ou une certaine dame Hillier s'est fait entendre comme etant l'organisatrice. Il semble qu'elle a passe tout, son temps a travailler a la cuisine pour nous preparer (je dois l'admettre) de tres bons plats. Je crois fermement que cette personne ou son representant aurait du etre a l'entree pour recevoir les clubs visiteurs. Une bienvenue chaleureuse et organisee curait certainement aider a partir l'esprit du temps des sucres sur un meilleur pied. Plutot que de se faire dire "pas de billets bleu - pas de repas"!!! Une couple de telephones pour confirmer que les billets ont bel et bien ete recus par les autres clubs auraient surement eviter beaucoup de confusion. Il faut l'avouer tous etaient confus lorsque Comox est arrive avec ses billets blanc au lieu de bleu??? Assez pour les problemes administratifs, parlons maintenant de la soiree et du repas.

Le repas fut de bonne qualite mais arrose de sirop d'erable aurait ete drolement meilleur. Le fait d'oublier de mettre le sirop d'erable sur les tables des debut a fait que pres de la

moitie des gens avaient deja manger quand ce dernier apparut. Etrange pour une cabane a sucre? Encore une fois la confusion regnait. Encore une fois je dois ajouter que le ou la responsable aurait du etre dans la salle et non dans la cuisine.

La soiree fut excellente pour les personnes assises au milieu de la salle, un casse oreille pour ceux assises aux premieres rangees et une misere a entendre pour ceux assises au fond de la salle. Une meilleure distribution des haut-parleurs auraient surement ameliorer la qualite du son.

En general, ce fut une premiere experience qui risque d'avoir refroidi beaucoup de personnes (ceux de Victoria qui ce sont fait retourner a l'aportee de Comox avec la panique des billets blancs, ceux d'un peu partout qui ce sont vi refuser le repas pour leur enfant a cause semble-t-il d'un probleme de "bar" que d'ailleurs on a oublier d'ouvrir, ceux qui ont manques ou n'ont pas eu de sirop sur les tables pour leur repas, ceux qui voulaient acheter du sirop sur leur depart et qui n'ont jamais retrouver la personne qui en vendait, ceux qui s'attendaient a plusieurs prix de presence et qui en ont vu qu'un (et tout ces problemes a propos des maudits billets blanc pour un seul prix de presence, tirer avec d'autres billets que les billets blanc ou bleu) et j'en passe. Messieurs de Nanaimo votre invitation semblait delicieuse mais beaucoup en sont revenus avec un gout amer.

"SECRETAIRE DEMANDE"

Le club "gens du pays" recherche les services d'une secretaire a temps partiel, 11 heures/semaine (\$5.00/heure) afin de nous aider a ameliorer encore d'avantage les services offerts par l'association aux francophones de la region.

LE PROGRAMME CADRE D'ENSEIGNEMENT EN FRANCAIS: CA S'EN VIENT!

He oui, c'est partie, enfin un bon nombre d'enfants sont inscrits dans le programme cadre. La reponse des gens est tres encourageante.

Si vous jetez un coup d'oeil sur le Comox Free Press de mercredi et de vendredi, cette semaine, vous y trouverez de grosses annonces publicitaires dans le cadre d'une vaste campagne de promotion.

Pourquoi ne pas permettre a nos enfants d'avoir la chance d'utiliser l'anglais et le francais tant parler qu'ecrit de facon quasi-spontanee. Bien sur, plusieurs questions peuvent se poser a vous, parents, mais soyez assures du moins de la collaboration du district No. 71 de meme que son coordonateur du programme de francais, M. Robert Laval (334-6263).

En outre, dejas une excellente professeur a, ete approchie afin d'enseigner ici a nos enfants. Notre objectif ideal serait d'obtenir l'inscription de plus de 25 enfants afin d'avoir deux classes et donc plus de flexibilite. Chers parents, afin de repondre a toutes vos questions, une reunion d'information avec des parents de Powell River et Campbell River, ayant dejas ce programme, se tiendra ici en juin. Ce sont vos enfants, ca vaut la peine d'y repenser!...

pour de plus amples renseignements, consultez l'annonce a la page No. 11.

LA VISITE DU COLONEL BELANGER A COMOX

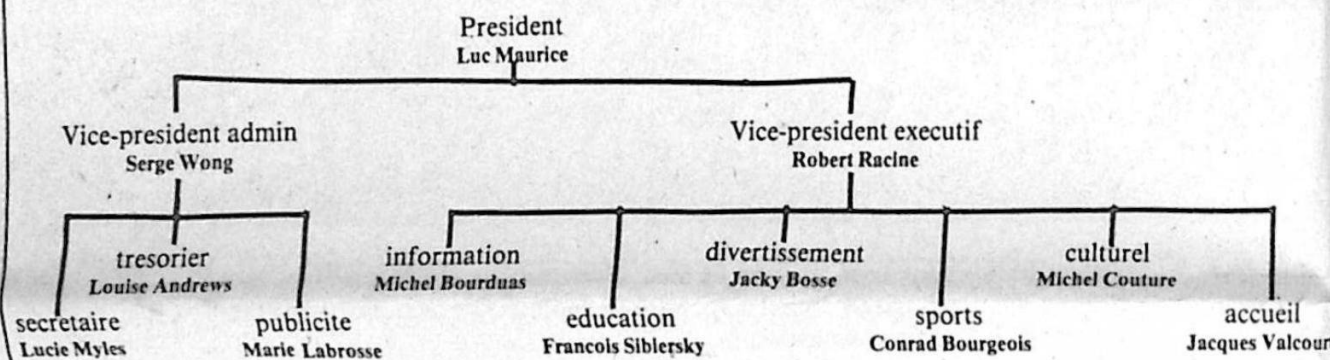
Monsieur Belanger le responsable du bilinguisme au commandement aerien, est venu nous rendre visite le 23 avril dernier au local de l'association ou se trouvait dejas une dizaine de membres reunis pour l'occasion.

Sa visite s'averera tres positive. Depuis longtemps nous dit-il, il mourrait d'envie de nous visiter. Saviez vous que par le Totem Times, la majeure partie des bases aeriennes a travers le pays connaissent l'existence d'un club Canadien Francais a Comox. De plus, deux autres clubs francophones commencent a se former a l'interieur de d'autres bases.

Monsieur Belanger nous encouragea fortement a continuer et meme a aller encore plus loin en amenant le plus grand nombre possible de gens a se joindre a nous.

En effet, peu importe se votre conjoint est anglophone ou encore si vous parlez peu le francais, vous etes toujours la bienvenue a l'interieur de l'association.

A partir du soutien tres positif du personnel cadre de la base de Comox de meme que les encouragements soutenus nous provenant des echelons superieurs de la hierarchie militaire, nous pouvons affirmer qu'en general; L'attitude des gens, tant dans la vallee de Comox (Free Press, Art Alliance, commission scolaire, ect...) que dans les forces armees, semble etre de plus en plus positive, voir meme plaisante, face au "fait francais". Une attitude, soyez certain, que nous tiens tous a coeur chez les membres de l'association "gens du pays".



SERVICE DIRECTORY

LE COMITE EXECUTIF

La premiere reunion du nouveau comite executif aura lieu lundi soir au local du club, a 19:30. Beaucoup de points importants seront a discuter, Soyez y tous!

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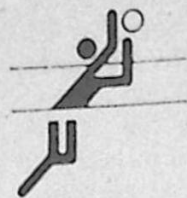
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3. Fred Mills
4. Nick Stolarchuk
5. Don Buchan
6. Harry Lewis
7. Steve Jackson
8. Al Donovan
9. Ron Maximick
10. Pat Murphy
11. Bob Coates

NET

1. Austin Peddle
2. Oran Coates
3. Dick Thomas
4. Tom Finnie
5. Jerry Howell
6. Brian Russell
7. Doug Guild
8. Mickey Fraser
9. Russ Parker
10. Bernie Gagnon
11. Jean Trudel

Longest Drive

Friday - Wilf Schell
Saturday - Stan Stevens

Closest to Pin

Friday - Bill Dawson
Saturday - Jock Brown

Most Honest

Charlie Bolland (252)
.....6 on a par 3....??

THANK YOU!:

- Bud & Paula Hickson & staff - the Bar etc.
- Ron Bailey & Tom Shaw - The Starters
- Steve Bailey - an excellent course
- Steve Eggiman - Best refreshment stand in town
- The Tournament Committee - Lots 'o hard work.
- Joe Jonay - Special Pickups

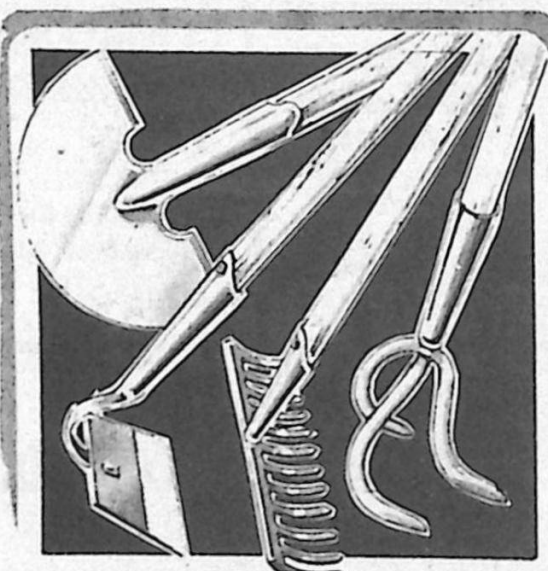
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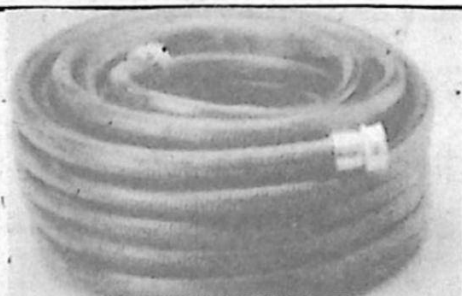
It was with a mightyswipe that the BComd drove the first ball at the 5th Annual Western Military Engineer Golf Tournament. I don't know about you?...but I sure wouldn't play him for real money!



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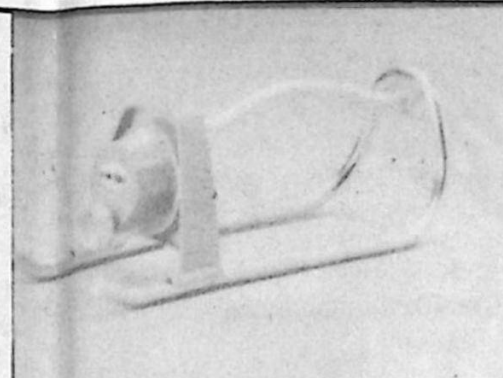


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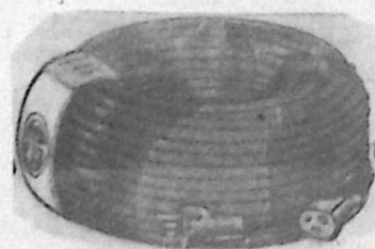
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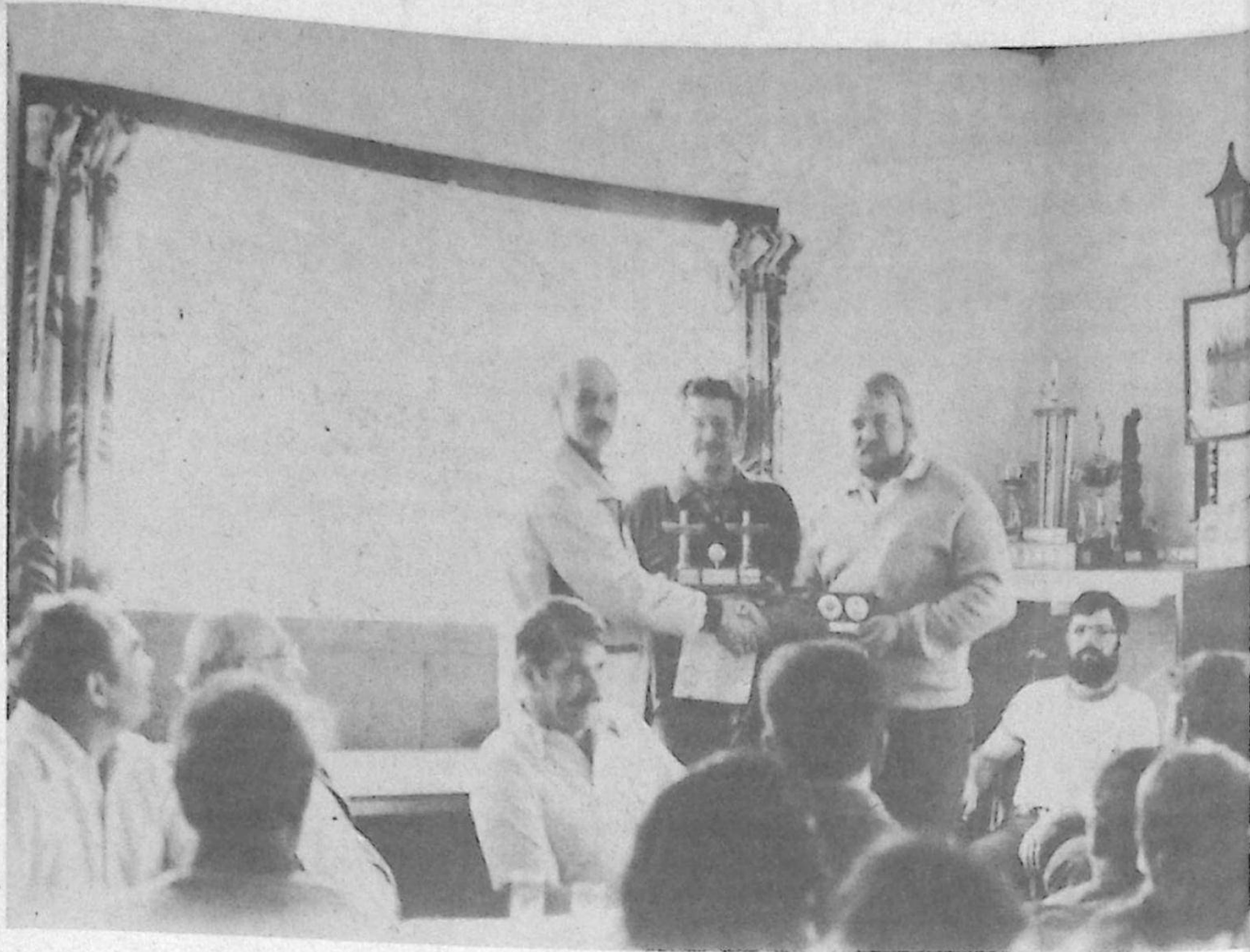
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**WHILE
QUANTITIES LAST**



He was the best! Keith MacKenzie (R) is presented with the 1st low gross trophy by Maj. Thomas, BCEO...we heard Fred Mills (holding) whisper "Why not me?"



1st low net trophy is presented to Austin Peddle of Edmonton by Maj. Thomas, BCEO, with Fred Mills holding.

CONCERNS IN THE NUTRITION AND FITNESS CANADIAN FORCES

This is the last of a series of three interviews in which nutrition and fitness matters were addressed by senior personnel at National Defence Headquarters. In this issue, the Director of Food Services, Lieutenant Colonel Caron E. Larsen, discusses options available to diners for good nutrition in the CF.

Part III - Food Services and Nutrition in the CF
QUESTION: Do you feel that the CF ration scale features foods which are conducive to a nutritious diet?

ANSWER: Yes! The items scaled are grouped together according to the basic food or commodity group, and in most cases the maximum daily allowance for an item in the commodity group is planned with the end in mind. Additionally the allowances are planned to encourage the food services supervisor to draw commodities economically insofar as quantity and nutritional adequacy of the end product is concerned. For example allowances of fresh and frozen fruit and vegetables are generous enough to allow for waste in preparation and to encourage the food services staff to include a good mix of these with the highly convenient canned items. Recognizing the need of some people for high energy

items and for menu variety, some dessert items are included, but not in excessive amounts that might discourage the preparation and service of the more nutritious fruit or milk desserts or just plain fresh fruit.

QUESTION: With regard to food preparation, in what areas does your food services staff assist in the improvement of nutrition of CF personnel?

ANSWER: Throughout the training periods of junior tradesman and by on site supervision, management staff have always tried to encourage and enforce the timely and correct preparation of food to maximize the nutritional quality of food served. This is an ongoing process and all responsible staff must continue in their efforts in this regard. Continuing education and an awareness of the part played by the cooking and serving staffs in the improvement of CF eating habits is another important aspect. Serving slightly smaller, yet reasonable servings with an invitation to return for seconds is a practice which should be re-emphasized.

QUESTION: If a person wishes to reduce his energy intake, what guidelines could you offer when he is eating in CF messes?

ANSWER: Once the person has consulted with a

medical officer to ensure that there is no serious problem that would preclude his going on a diet there are several things which he should do. For instance one should know what one's ideal weight should be and the approximate number of servings from the various food groups that are allowed to adjust the intake to meet the caloric demands. Once that has been established then beginning with breakfast the following would be of assistance: choose unsweetened juice or fresh fruit plus a small quantity of cereal with skim milk and no sugar. Two or three times a week an egg or eggs could be included, boiled or poached to avoid the extra calories added in the frying process; whole wheat toast with a very thin coating of butter or margarine; avoid jam or jelly. If peanut butter is desired use a thin layer in place of the butter or margarine.

For the other two meals, avoid cream soups or chowders and choose only a clear broth with vegetables only added. Gravies and sauces should be avoided on meats and vegetables, and vegetables should be taken without butter added.

Vegetables with a high starch content should be avoided. Where choices available are not compatible with this pattern, choose raw vegetables from

the salad buffet emphasizing the green leafy ones and reducing or eliminating the dressing. Tomatoes too are relatively low in calories. Fried or breaded meats and fish should be passed by for broiled or roasted meats with the fat trimmed or poultry without the skin and poached or baked fish.

If a sandwich is the choice asked for, the fat is to be trimmed and butter to be eliminated or to be used on one side only. An open face sandwich will reduce the bread intake by one slice. Pickles and relishes are fairly low in calories, dills lower than sweet mixed for example.

There is usually a good selection of desserts; choose fresh fruit or plain desserts over the fancy ones, or eat only the fruit and leave the juice from canned fruit.

Try to keep away from eating snacks in the evening. If necessary choose a piece of fresh fruit, a glass of unsweetened fruit juice or tomato juice. Reduce or eliminate the intake of alcoholic or carbonated beverages. A glass of mineral water or soda water with lemon helps to satisfy the urge for a social drink.

Overall the quantity is what counts. Energy in must equal or be less than expended energy or the excess will appear as fat.

The Wonderful World of 2 ball golf at Glacier Greens



HAVE YOU BEEN OUT? to the Friday evening mixed 2 ball..? The first one for 1981 was held on the 1st of May and a great time was had by all.

FOR YOUR INFO

- They are held every second week (approx)
- Food and prizes follow the golf.
- Tee off time is 1800 hrs.
- You can put your name on the list at the club house.

THE NEXT ONE... is scheduled for the 15th of May - get your name down - come out and enjoy.

Further details/info
Ross and Vivian Oliver 339-2809

INTER-CLUB GOLF GOETH WELL!

There were 20 of them and 20 of us.... Glacier Greens and Port Alberni golf clubs got together on Sunday the 3rd of May for some very enjoyable golf - I'm told that considerable money changed hands, some on the course and some at the 19th hole.

Port Alberni's bus was a little uncooperative, however thru proper operational planning and a little "it's who you know" - all things ended well. - Dorin McGibney won low gross with a 77 ... what's that you say ...? He has a 32 handicap??!!

DON'T FORGET - It's Glacier Greens at Port Alberni on Sunday the 21st of June - put your name on the list at the clubhouse ... and enjoy!

(6 on a par 3??!!)

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BASE BADMINTON CLUB

The Base Badminton Club will be terminating club operations on Sunday 3 May 1981. Operations will resume in the Fall. To all members, hope you have a nice Summer.

EW
Courtney

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Two Shows Fri. & Sat. -
7 and 9 p.m.
No Matinee This Saturday

Adults \$3.25, O.A.P. \$1.50,
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Thurs. to Wed. - May 14, 15, 16, 18, 19, 20
Jack Lemmon, Robby Benson, Lee Remick, Kim Cattrall
"TRIBUTE"

"Warning - occasional nudity, coarse language & swearing"
B.C. Director

(MATURE)

Thurs. to Wed. - May 21, 22, 23, 25, 26, 27
Sally Field, Tommy Lee Jones
"BACK ROADS"

"Warning - Not suitable for children. Frequent coarse language, some suggestive scenes." - B.C. Director

(MATURE)

Starts Thurs., May 28 - Kris Kristofferson
"HEAVEN'S GATE"

Stardust
Drive-In Theatre

ALL ADMISSIONS \$3.50
ALL-NITER \$1.75
BOX OFFICE OPENS -
8:45 P.M.
SHOW STARTS AT DUSK

May 14, 15, 16 - Clint Eastwood
"ANY WHICH WAY YOU CAN" &
"EVERY WHICH WAY BUT LOOSE"

"Some suggestive scenes, violence, nudity, swearing" - B.C. Director

(MATURE)

SPECIAL ALL-NITER-SUNDAY
May 17 - 5 BIG HITS

(MATURE)

TOM HORN, BRONCO BILLY,
LIFE OF BRIAN, CADDY SHACK, HOOPER

"Some violence, coarse language, religious nudity, suggestive scenes" - B.C. Director

(MATURE)

May 21, 22, 23, 24
"CAVEMAN"

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CFB COMOX

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George Burns
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SHOWTIME: 8 p.m.

May 21 - May 24
DIVINE MADNESS
Bette Midler
MATURE: Musical
Stage show
SHOWTIME: 8 p.m.

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Oldtimers

...cont'd from p.1

Hulk" Babink who stopped 14 of 5 Nanaimo shooters that made the difference while Davli, Bailey and Kirk added the goals, Anderson scored the lone marker for nanaimo as Campbell River took home their 3rd trophy in as many years. Congratulations are extended to Coach Ken Anderson and manager Geo KJenner and the entire Old Styles team. The banquet and dance held in the WO & Sgts Mess Saturday night was a tremendous success due to great team work directed by Larry Blois. On Sunday afternoon the awards presentations were made by the sponsors. "A" Division Port Augusta Motel - "B" Division Arnett Realty and "C" Division - Jim Finneron Pontiac Buick. The delicious food was supplied by the wives of the Totem Old Timers. The Old House couldn't have done better girls. This completes the season for the "Old Totems" so we would like to take this opportunity to thank the many people who have helped make our season so enjoyable and successful. To the Base Commander without whose support we could not operate, to the Base PERO and his staff especially MCpl. Earl Hurd and his arena crew for good ice and excellent sense of humour for putting up with us Oldies all year and still

having a smile at the end. The BTrnO and staff especially Sgt. Keith and his dispatchers for providing us with much needed transportation when available. The P.M.C. and members of the WO & Sgt. Mess for providing us with their lovely lounge for hosting

visiting teams. To the BFOodsO and staff especially WO Larry Blais for their continued support cheering all aspects of our season, and finally to the one main ingredient that made the CFB Comox "Old Totems" so enjoyable, an operation it is, the Wives of the Old Totems, without you we would just be a hockey team; with you we are a hockey family, thank you. With that we leave you with an old cliché: "We are not getting older - we are getting better".

Management
CFB Comox Old Totems



"LOOKS GOOD"

Mr. Chuck Perry of Arnett Realty and Mr. Richard Perks of the Port Augusta Motel, two local sponsors of the recent Old Timers Hockey Tournament cut the cake as Gladys Reid and Carol Chellev look on.



"A" DIVISION WINNERS

Campbell River Old Stylers win their 3rd Old Timers Championship. Congratulations. (P.S. Who's that little guy front row 2nd from the right?)

Promotions and awards



Effective June 1st, we have a new major on base in Gary Gast, shown receiving his promotion from Major Beaudet.



Sgt. C.B. Guymer is all smiles after receiving his Canadian Decoration from Maj. Beaudet.



Capt. Serge Wong is congratulated on his promotion by Maj. Morris.

Port Augusta Motel



- 1 & 2 Bedroom Suites
- Kitchens
- Games Room
- Sauna
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- Coloured T.V.
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CFB COMOX RESTAURANT GUIDE



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2 oz
3 oz
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KROC SPOON 1/4 oz
KOHO KING DEER HAIR
No. 5
No. 5
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SNEAK 1/4 oz
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No. 1
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No. 00

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RICKS
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SPINNING OMNI OF 100C
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LANDING NET
12
9
6

FISHING BOY
FENWICK
1.2
1.3
2.4
3.4

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ALVERY 520-A52
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DAIWA 406A
407A
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SALE \$4⁴⁷

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STRIPE STEASER
REG \$1⁹⁹
SALE \$1⁶⁷

STROOCHY
REG \$1⁹⁹
SALE \$1⁴⁷

KRIPPLED MINNOW
HOLDER
REG \$1⁷⁹ SALE \$1⁴⁷

MEPPS BASSER
SET
REG \$10⁹⁹ SALE \$8⁴⁷

WHILE
QUANTITIES
LAST

PMQ preamble

“Ocean Waves” Square Dancers

PMQ FAMILY DAY 1981

PLACE:

PLACE: AIR FORCE BEACH PAVILION
DAY: SATURDAY
DATE: 30 MAY
TIME: 0900 - 1600
“ALL FOOD AND ACTIVITIES FREE”

0900 PANCAKE AND SAUSAGE
BREAKFAST
1200 BAKED BEANS, HOT DOGS WITH
ALL THE TRIMMINGS, CHIPS, ICE
CREAM, SOFT DRINKS AND COFFEE
1300 GAMES, CLOWNS, ETC
1400 SKY DIVING (WEATHER
PERMITTING)
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SEARCH AND RESCUE SQUADRON
FAMILY DAY IS FOR ALL WALLACE GARDENS RESIDENTS.
BRING YOUR SUN HAT, YOUR CHAIR. SIT AND HAVE A
RELAXING DAY SPONSORED BY YOUR PMQ COUNCIL.

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CHUCK CRONMILLER, General Manager of Nanaimo Realty (North) Ltd. and Insurance Services, is pleased to announce JEAN FINLAY has successfully completed the University of British Columbia Real Estate Course. JEAN is joining our sales staff after being a secretary for our firm the past three and a half years. JEAN has now entered a new career and extends an invitation to those who have real estate enquiries to contact her anytime at 334-3124 office, 338-9077 residence.

The Little League Ball season is well away, and Dave Tucker has all the coaches he needs. I'd like to thank the people who came out to support him. Dave and his family are posted to Austin, Texas on July 6. We will miss you and your family, Dave, and we are certainly proud to have had you as part of our community for the last five years. Congratulations for a job well done and the best to you and your family at your new posting.

I'd also like to thank everyone who supported the Brownies and Guides with their cookie sales. And to the parents who came out to help. Without your assistance it would have taken much longer and I know the leaders appreciate it.

Seems like this is turning into a thank you column! Another Thank You goes to Gladys Foster for her help as Tawny Owl with the 6th Comox Pack. Gladys, and her husband, Tom and their LAP DOG, Sam, are transferred to Masset, on Graham Island in the Queen Charlottes. Thanks once again Gladys.

I hope everyone noticed the nice clean PMQ area, the thanks for this goes out to the Cubs.

Probably everyone has their garden plots now, and the irrigation has been taken care of, this is our first year at gardening, so don't feel you are alone, we'll all learn together.

My Newfie friend, Ed, had a garden once. He went to the local chic hatchery and bought 25 chicks.

He went back two weeks later and bought 25 more. The man asked him what happened to the first 25, and Ed replied "I don't know if I planted them too deep, or too close together."

There is another flea market on May 23. The tables are set up by the councillors, and there is no charge for them. Some people think a percentage must be paid to the council. This is not so. The tables are free, and the money you make from your sales is ALL YOURS. There is nothing paid to the council. I hope a lot more of you come out to buy and sell, as this will probably be the last one until the Fall.

Don't forget Family Day at the Base Pavilion on May 30th. Fliers will be coming around to remind you, and this will start off with a pancake breakfast, and go through the afternoon with fun and games for all.

Guess we've all discovered that garbage pick up is on Wednesday now. I see a number of people who were using plastic bags are now using tins. I'd like to thank you for your conversion, and hope the rest of you will convert soon.

The Base ball teams are getting themselves together now, and starting around May 27 we should see some good action between the Fire Hall, Security, 407 Squadron, 442 Squadron and the Senior NCO's.

Hi Ruby!
'Till next time!

As the English gentleman said when he found three beautiful young girls in his bed, "Hello, hello, hello".

We would like to "Wave" to you across the miles. And a lot of our dancers have been waving at you across the square. For instance at the Happy Squares with Fred (One, Two, Tree) Schultz, and the Circle Eights with Mike (refuses to watch the floor dancers) Groenendyk, and the Tye Twirlers with Stan (it's show time) McMullin, and especially at the Rocking Squares with Fred (no half-ALL but a full-ASS caller) Willing. We certainly enjoyed dancing with you, even if we were early enough to welcome the Rocking Squares to their "own Club".

March 18 saw us desecrate Goofers Night with our best goofer of the night, "Mike", stealing the show. Our 1st & 3rd Saturday dances have been super as Doug Anderson gave us our "Plus 2" graduation diploma's on the 2nd tip of the evening but registered the entire floor for beginner classes after the 3rd tip.

April 22 was a momentous night for the Club as Wolf Clar graduated into the Club a wonderful group of dancers that included Faith & Rocky Whitaker, Dianne & Clarke Fowler, Mary & Ed Green, Signa & Peter Williams, Didi & Willy Curry, Elvy & Bob Payne, Cathy & Glen Beaton, Jeannette Price, Myrtle O'Neil, Anna Czubak, and Gus Hendricks. Welcome to the tide. Super job Wolf.

On April 24, the Club decided to celebrate and had a couth dinner/dance in the clouds of Forbidden Plateau but some members let the "thin air" go to their heads. Alex Mitchell danced two choruses from "Carmen" on top of the table - with a rose in his teeth, Doug Anderson kept calling for individual squares throughout the evening, and Joyce (our beloved UVISDA President) fell into the punch bowl - twice while husband George just sat in his chair all evening with that silly grin on his face. Or was that a leer? The survivors went to Powell River the next day for a fantastic after-after-before weekend.

We are pleased to announce our new President Couple, Norm & Betty Dawson, have now taken over the reins from the very relieved but much appreciated, Dave & Sharon Reed. The old executive have just done a super job and have given us one of the most enjoyable years the Club has ever enjoyed. Thanks Dave, Sharon, Ron, Jean, Anne, Wolf, Vesta, Marg, Lynn, George, George, George, Jackie, Dot & Roy.

Doug will be calling for our last Saturday dance - May 2 at the CRA.

Our last Wednesday dance will be May 13.

Dances this summer:

June 13 - Mitchell's Equinox Equestrian Enclave - 7:30 pm

July 1 - Courtenay Canada Day - Time TBA

July ? - Australian Cousin Day - Time TBA

Aug. 3 - Comox Days - 12-1 p.m.

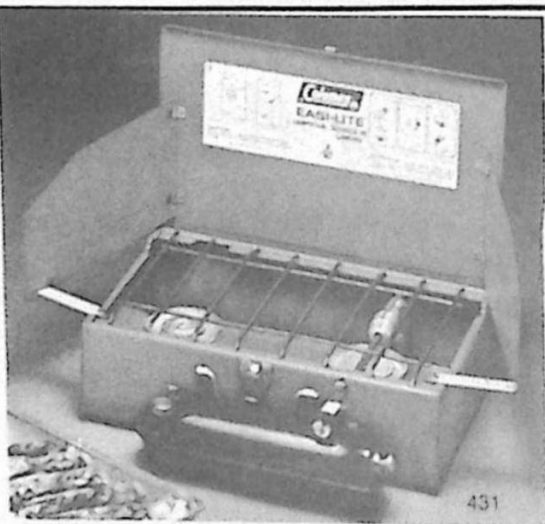
Aug. 29 - Summer Games Ball - 8 p.m.

Happy Summer Tidal Waves to you.

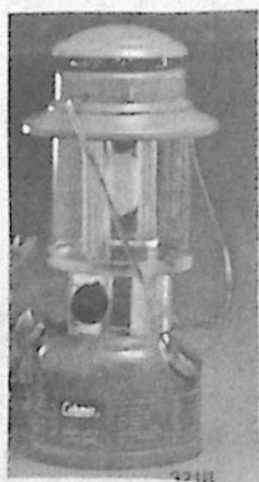
THANK FORESTS



MAY 14 - MAY 20



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WHILE QUANTITIES
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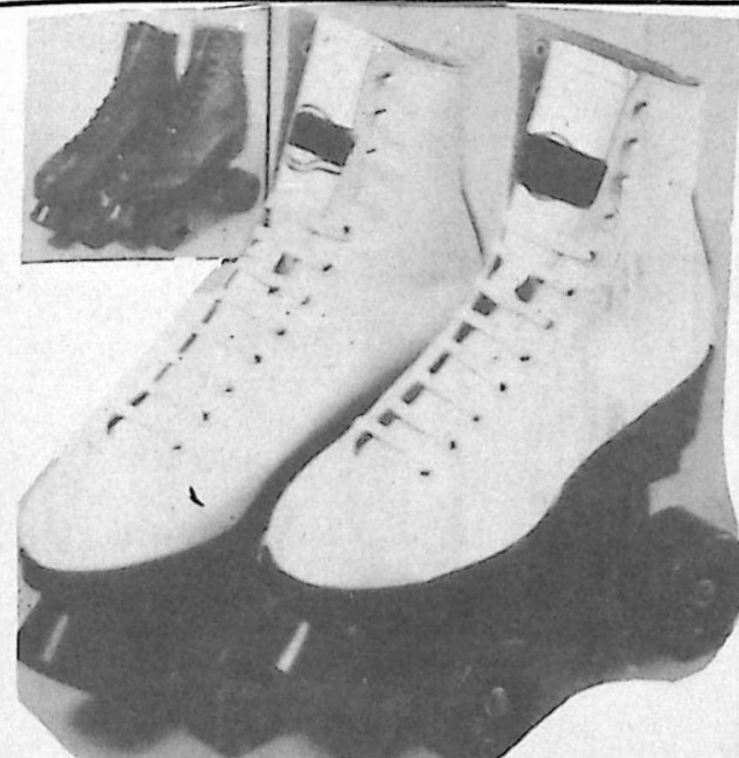
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R-90 \$19⁹⁹ \$14⁹⁷



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SOCCER BALL
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EAR PLUGS — 79¢
NOSE CLIPS — \$1⁵⁹
GOGGLES — \$2¹⁹

SAND PAILS
AND
SHOVEL
\$1⁹⁹

BUG KEEPER
\$3¹⁹

FRISBEES
\$8⁶⁹ \$6⁹⁹
\$2⁵⁹

SLINKY
\$3¹⁹

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Canadian Forces news

ATTENTION! CORE FRENCH PROGRAM

The Program Cadre is the same core curriculum used by classes throughout the province with the difference being that the instruction is by the French language.

This program which is federally funded, began in B.C. two years ago in the 79-80 school year.

Throughout the province, the Cadre program presently exists in 14 school districts. In these 14 districts, 18 schools operate 39 classes with an approximate enrolment of 650 pupils.

Parents and educators alike are pleased with the results of studies that show that students in Core French Programs perform as well as or better than their English program counterparts on standardized tests, says Parents for French. "The acquisition of a second language has in no way jeopardized their overall education."

The teacher/student ratio is 1 to 10 and the very high quality of the teacher in order to accomplish such a challenging task means that each student receives more.

PARENT COMMENTS

"I am truly amazed at the progress my children have made in French. Before school year started my children could hardly understand a word of French."

"We can now converse in French with the children after only six months of the program."

"Our children have made tremendous progress in French without having lost any of their English."

"I would like to say it has been a great program in every way. I hope the program will continue in the years to come."

"We were very pleased to see how quickly our five year old started to express himself in the French language."

"The very first month gave us a sample of what was to come — immediate improvement. By December a very noticeable improvement in every aspect. Lots of hard work has been done by the teacher, parents and especially the children themselves."

THINK ABOUT IT, IT IS YOUR CHILDREN

ATTENTION

FRANCOPHONE PARENTS
SCHOOL DISTRICT NO. 71 (COURTENAY)

The B.C. Ministry of Education has developed an elementary (Grades K-7) core curriculum using French as the language of instruction. The requirements are as follows:

- priority will be given to children of francophone parents.
- students should have sufficient comprehension to receive all of their instruction in French.
- if 10 or more students are registered, a class (K-7) will be established.
- if 25 or more students are registered, two classes (K-3 and 4-7) will be established.

If you are interested please phone Robert Laval at 338-9263 or Luc Maurice at 339-6506

Nous avons déjà recu quelques inscriptions, c'est une chance pour tout enfant de devenir bilingue en étudiant en français et en s'amusant en anglais. A Powell River, Nanaimo et Victoria, le succès scolaire rencontre chez le français est presque inespéré la qualité des professeurs de même que le nombre d'étudiants par professeurs de même que le nombre d'étudiants par professeur, 10 pour 1, impliquent que les élèves reçoivent beaucoup plus d'attention. De plus, il fut prouvé que l'enfant, une fois au niveau secondaire, ne rencontre aucune difficulté à s'adapter à l'école anglaise. Pensé-ty, ce sont vos enfants... Vous habitez la région de Comox ou Courtenay? Vous désirez que votre enfant suive ses cours en français l'an prochain?

PROGRAMME-CADRE de Français vous en offre la possibilité.

Ce programme s'adresse aux francophones. Il est l'équivalent du programme régulier qui se donne actuellement dans les écoles de la Colombie-Britannique. L'avantage est qu'il se donne en français. L'anglais est offert comme langue seconde.

Il faut 10 inscriptions d'étudiants de la maternelle à la 7^{ème} année afin de se prévaloir de ce service.

Vous êtes intéressés? Si oui, communiquez dès que possible avec M. Robert Laval aux numéros suivants: 338-5383 et 338-9263. Des formulaires d'inscription sont disponibles au local du Club "Gens du Pays."

AVIS AUX PARENTS FRANCOPHONES SCHOOL DISTRICT NO. 71 (COURTENAY)

Le Ministère de l'Éducation a élaboré un programme cadre élémentaire (années M à 7) dont la langue d'enseignement sera le français.

Les conditions requises sont:

- la priorité sera accordée aux enfants de parents francophones.
- les élèves doivent posséder une compréhension suffisante afin de pouvoir recevoir tout l'enseignement en français.
- se 10 élèves ou plus ont inscrits, une classe (M à 7) sera établie.
- si 25 élèves ou plus sont inscrits, deux classes (M à 3 et 4 à 7) seront établies.

L'emplacement de la classe/des classes dépendra de la disponibilité des locaux. Dans les situations où les horaires des autobus scolaires ne sont pas conviviaux, le transport des enfants, quoique subventionné, sera la responsabilité des parents.

Si votre famille satisfait aux exigences et que le programme cadre vous intéresse, veuillez remplir le bon ci-dessous et le mettre à la poste avant le

Vous serez informés quant à la date et l'endroit d'une réunion de tous les parents intéressés.

ENVOYER A Sondage-Programme cadre de français,
District Superintendent of Schools
School District No. 71 (Courtenay),
802 Harbison Ave.,
COURTENAY, B.C.
V9N 5R3

New appointments for Brigadier General Jean Verronneau

OTTAWA -- Defence Minister Gilles Lamontagne has announced the appointment of Brigadier-General Jean Veronneau, 45, of Montreal as senior liaison officer air and Canadian Forces attaché air at Canadian Defence Liaison Staff, Washington, D.C., as of August 12, 1981.

At present Brigadier-General Veronneau is commander of 10 Tactical Air Group in St. Hubert, Que. He will be replacing Brigadier-General Ronald Button of Toronto, who will become commander of Canadian Forces Training System in Trenton, Ont.

Brigadier-General Veronneau enrolled in the Royal Canadian Navy in 1954. In

1958 after taking a U.S. Navy pilot training course in Pensacola, Florida and Kingsville, Texas, he became qualified as a fighter pilot. He then served at Shearwater, N.S. and aboard the aircraft carrier Bonaventure, where he flew all-weather Banshee fighters with VF 870 Fighter Squadron and Sea King helicopters with HS 50 Anti-Submarine Helicopter Squadron.

He was the first commander of an operational helicopter detachment aboard a Canadian destroyer, (HMCS Annapolis), and the first commander of 430 Tactical Helicopter Squadron at Valcartier, Que.

A graduate of the Canadian Forces Command and Staff College in Kingston, Ont., he has served as commander of CFB Saint-Jean, Que. and deputy commander of the Canadian Contingent of the United Nations Emergency Force in the Middle East, at Ismailia, Egypt. He has also served at Mobile Command Headquarters in St. Hubert, Que. and at Air Command Headquarters in Winnipeg.

Brigadier-General Veronneau has held his present position since July 27, 1979.



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The Active Consumer The Active Consumer

Many consumers say that by writing their legislators today, they may be able to save at the supermarket tomorrow.

These people are asking their representatives to oppose recently proposed regulations that would make it a lot harder for our growers to protect our food with crop protection chemicals than it is now. Scientists say those chemicals could be all that keep us from losing up to half our crops every year.

Without the protection the chemicals provide, many growers would find it tough to stay in business. That could cause food prices to grow like nobody's business. In the last 30 years, crop protection chemicals have helped growers reduce the



Writing your legislator may be a way you can help keep food prices from eating away at your income.

cost of feeding the average American family from 23 percent of disposable income to 17 percent.

Many active consumers are writing their legislators asking them to take action on issues that could make food prices pretty hard to swallow.

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"JUST LOOKING"

A recent article in the New York Times discussed the problem of limiting house showings to serious prospects. In order to see one brownstone in Manhattan's Greenwich Village, for instance, prospective buyers had to fork over a deposit (refundable) of \$1,000. Some real estate agents, especially those handling million-dollar properties, ask callers for bank references. The aim is to cut wasted time for the owner and the agent -- and to discourage burglary.

Of course, palatial estates and celebrities' homes are most vulnerable to the "sightseer," but at every level there are people who want to view houses without the ability to buy or the intention of doing so.

Professional real estate people are experienced in qualifying prospects. We find out whether they are truly motivated to buy your home, and financially able to, before we show it.

Put us to work for you -- bringing buyers, not sightseers.

LIST WITH
Bruce Trainor 339-6119





LIVING HISTORY — A 30th anniversary reunion and commemoration of the Korean war battle of Kap'young, held April 25-26 at Winnipeg's Kap'young Barracks, became a living history lesson for three service members of 2 PPCLI as two veterans of the battle, including the battalion's then commanding officer, LCol. J.R. Stone, described the battle's course on a scale model. Left to right are Sgt. Bush Thornhill, a group commander in 2 PPCLI's mortar platoon; MCpl. Robert Donk of the battalion's intelligence section; Sgt. Nick Oshanski, a platoon sergeant at Kap'young; Col. Stone, and Sgt. Terry Dobson, a section commander in 2 PPCLI's pioneer platoon. One of the highlights of the reunion, attended by more than 100 veterans, was a parade and roll-past by more than 300 serving Patricias. The first Canadian unit to see action in Korea, 2 PPCLI sustained casualties of 10 killed and 23 wounded in the battle, which halted a major Chinese and north Korean spring offensive. For their actions, the battalion was awarded the U.S. Presidential Unit Citation and is the only Canadian unit entitled to wear the blue and gold decoration. (CF Photo by Sgt. V. Tunstead)



NAVAL DISPLAY....Lieutenant-Commander Clive King, (right) on the staff of the Commander Maritime Forces Pacific presents the keys for Canada's Maritime Forces "Naval Mobile Display Unit", to Petty Officer Conrad Moller, 30, (centre) and Leading Seaman Ronald Herdman, 23, who will be taking the vehicle to cities across Canada. Petty Officer Moller is the son of Mr. and Mrs. Milton Moller, 2265 Aldenae Ave., Victoria and Leading Seaman Herman is the son of Mr. and Mrs. Robert Herdman, 86 Sunray Cresc., Lambeth, Ont. (CF Photo by MCpl. M.D. Johnson)

Fitness:
What it does
for your body
it does
for your mind.



Gagetown: "A Royal Concert"

ST-HUBERT — REN-DEZVOUS 81. The months of May, June and July promise to be one of the busiest periods in the history of Canadian Forces Base Gagetown with a total of over 9000 troops taking part in different training exercises.

Activities will include training conducted by the units of 1 Canadian Infantry Brigade Group, 5e Groupe-Brigade, Special Service Force and 10 Tactical Air Group, culminating in a divisional

level tactical exercise, "Patriot Warrior", from 2-6 July inclusive, during which the three Brigade groups will be constantly on the move in one of the largest land manoeuvres of the past decade.

Brigade training for units and sub-units includes a number of tough round-the-clock exercises: nicknamed "Royal Concert", a combat team level live-firing exercise and "rigid Finger", a battalion level heliborne test to be held in the Tracadie area

North of Gagetown.

Training will be highlighted by the tactical employment of the newly acquired AVGP's (armoured vehicle general purpose) "Cougar" and "Grizzly", armoured personnel carriers.

A series of day and night operations at battalion group level in both attack and defence will train units in all phases of war, with emphasis on defensive techniques, night movement and fighting, patrolling and surveillan-

ce.

To provide a welcome change of pace, the units at RV81 will celebrate Canada's birthday over a two-day period with an impressive parade on June 30th and with competitive events on July 1st.

The divisional parade - one of the largest mechanized to be held in many years - will be reviewed by His Excellency the Governor-General Commander-in-Chief of Canada's Armed Forces.

ANNOUNCING BRITISH COLUMBIA'S NEW EMPLOYMENT STANDARDS ACT.

WAGES, OVERTIME, WORKING HOURS. THESE ARE YOUR RIGHTS:

British Columbia's new Employment Standards Act (1981) protects your rights as an employee better than ever before.

Among the many areas covered by the law, there is a new higher minimum wage, and regulations governing hours of work and overtime.

The minimum wage as of December 1, 1980 is \$3.65 for persons 18 and over, and \$3.00 for those under 18. There is a minimum daily rate for farm and domestic workers, and a monthly rate for resident caretakers.



The Act also states when wages must be paid by employers and which deductions are allowable.

Under the Act, employers are required to pay overtime for any hours worked beyond the regular eight-hour day. There are also regulations concerning time off, and shift hours. (Certain types of employment are exempt from the hours-of-work provisions.)

If you believe your employer has contravened any section of the Act, you may file a complaint with the Employment Standards Branch, Ministry of Labour.

Further information, and leaflets, are available at any provincial Ministry of Labour office.

The New
Employment Standards Act
IT MAKES B.C. A BETTER
PLACE TO WORK



Province of
British Columbia
Ministry of
Labour
EMPLOYMENT STANDARDS BRANCH
Hon. Jack Heinrich, Minister

Natural gas is coming to Vancouver Island

THE CONSUMER DOES HAVE A CHOICE

The Provincial Government has invited applications from natural gas utility companies for the right to supply natural gas to residences, businesses and industries on Vancouver Island. INLAND NATURAL GAS WANTS THE PRIVILEGE OF SERVING YOU AND WILL BE MAKING AN APPLICATION.

Inland has the experience

Inland Natural Gas is British Columbia's largest investor-owned gas utility company.

Inland has 25 years of experience.

Inland serves approximately 100,000 happy customers in the B.C. Interior, from Prince George to Nelson, near the U.S. border and the East Kootenay communities near the Alberta border.

Inland has the distribution network

Inland has more than 1,000 miles of transmission lines linking the 55 various communities it serves. And 1,500 miles of distribution pipe systems. And 1,300 miles of service pipe installations.

INLAND HAS A HIGH STANDARD OF SAFETY, AND A PROVEN RECORD OF PARTICIPATION AS A GOOD CORPORATE CITIZEN IN EACH COMMUNITY.

Because we believe that you are entitled to information about the natural gas development applications for Vancouver Island we will be publishing an outline of our proposal in this newspaper in the near future. In return for making our information available to you we would appreciate your comments and look forward to talking to you. Please watch for our progress.



INLAND
NATURAL GAS COMPANY
LIMITED