



TOTEM TIMES



Vol. 25 No. 12

CFB COMOX TOTEM TIMES

THURSDAY

June 30, 1983

Deadline is Monday, July 18, 1983

COST: PRICELESS

SAVIOR OF CEYLON TO VISIT

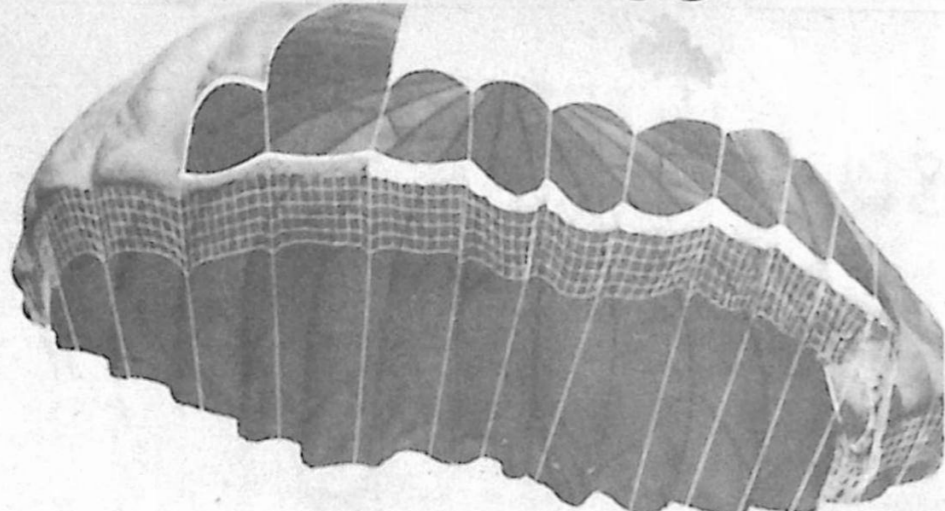


Air Commodore L.J. B. OBE, DFC, CD will be visiting AFIS 30 Jun 83 as special guest lecturer for AFIC 8308. Air commodore Birchall will also be attending the AFIS graduation luncheon as guest of honour.

On 4 April 1942, Squadron Leader L.J. Birchall took off in his 413 Squadron Catalina to carry out a long range reconnaissance mission over the Indian Ocean. Several hours later he broke radio silence to report sighting a Japanese naval force. The force was then 350 mile south of Ceylon and steaming toward the island. Position, speed and course were given by Birchall. It was subsequently learned that the Canadian Catalina and its crew had been shot down.

This most significant radio message had enabled Ceylon to prepare its defences thereby averting a second Pearl Harbour. S/L Birchall, who had been taken prisoner by the Japanese, was awarded the Distinguished Flying Cross as the "Savior of Ceylon".

SAREX 83



CFB Comox, B.C. -- Sergeant Bob Verret, 33, lands at the drop zone target; judges rush to mark his accuracy.

413 (Transport and Rescue) Squadron of Summerside, P.E.I. won the competition between Canadian and U.S. rescue squadrons.

(Canadian Forces Photo by Sgt. J.F. Smith.)

CFB COMOX, B.C. - A search and rescue team from P.E.I. is the best in North America. This was decided during a week of tough inter-national competition between Canadian and American search and rescue teams during 'SAREX '83'.

413 (Transport and Rescue) Squadron of CFB Summerside is the overall

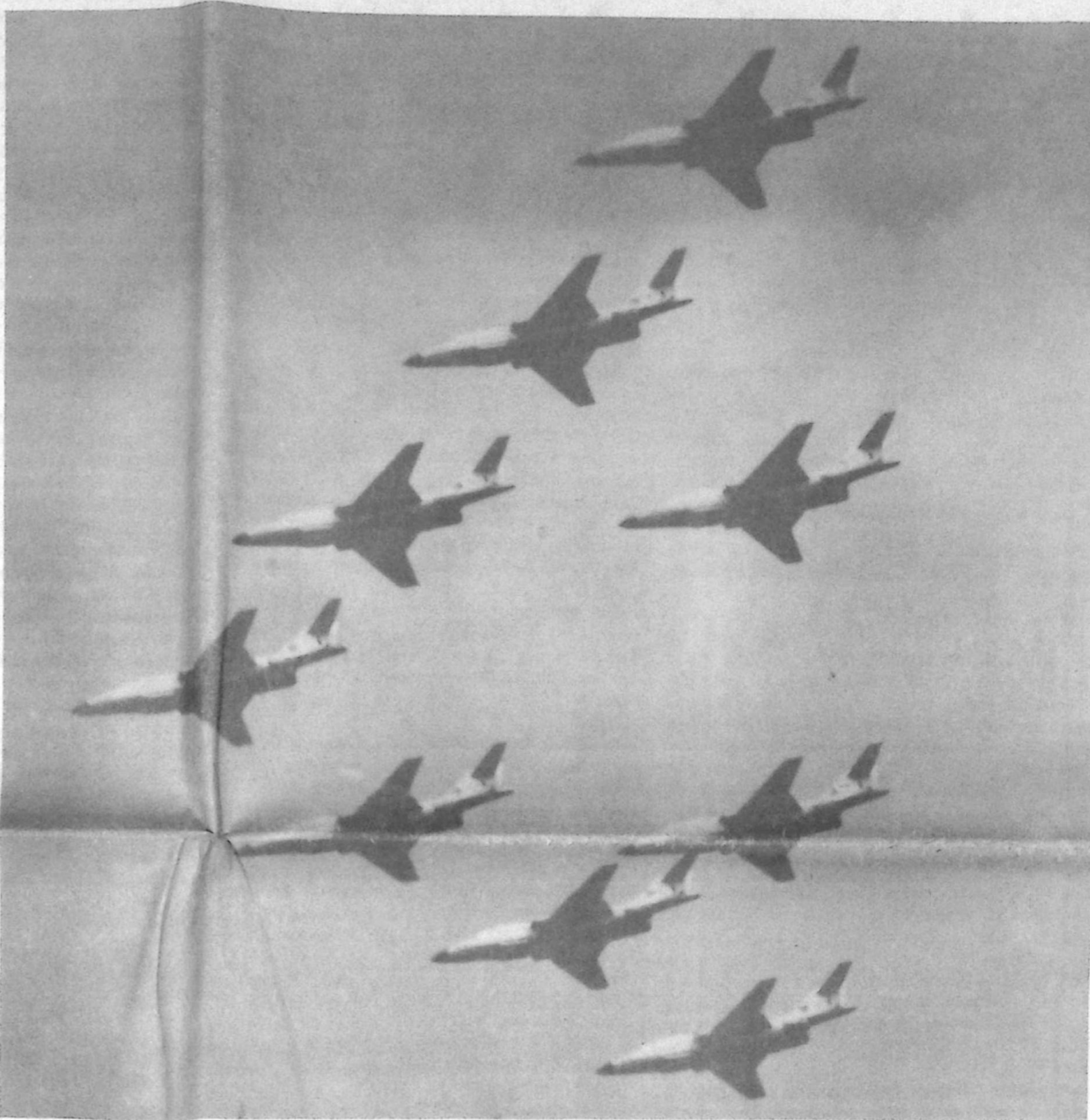
winner in events which included para-jumping accuracy, location of simulated crash sites and dropping of supplies and treatment of realistically simulated casualties.

Second place was won by a U.S. Air Force Team from the 1550th Aircrew Training and Test Wing, Kirkland AFB, New

Mexico. Placing third was the combined team of 435 Squadron and the Canadian Forces Survival Training School, both of CFB Edmonton.

The two hundred competitors represented Canadian and U.S. rescue squadrons from throughout North America and one U.S. team based in Japan.

A Pretty Picture



A 9 plane CF101 Voodoo formation from 409 All Weather Fighter Interceptor Squadron recently graced Comox Valley skies.

The Royal Canadian Regiment Celebrates Centennial

During 1983, The Royal Canadian Regiment, Canada's senior regular force infantry regiment, will celebrate its centennial.

To commemorate the event, the Regiment is having a coin minted by the Sherrit Mint of Fort Saskatchewan, Alberta.

The coin is to be of Nickel Bonded Steel, 33mm in diameter and weighing 12.9 grams. A limited edition of one hundred gold plated coins will also be available.

The obverse of the coin depicts Wolseley Hall of Canadian Forces Base of London, the home station

of the Regiment, where the One Hundred Anniversary Reunion will be held July 1-3, 1983. The value of the coin is to be \$1.00.

The reverse features Queen Victoria's cypher with the Imperial Crown above and the ribbon below is adorned with the title of

the Regiment, also the regimental motto, 'Pro Patria' which means 'For Country' is inscribed, along with 100 years of service, 1883 - 1983.

The nickel coins are available for \$1.00 or Mail Orders for \$2.00 to cover handling and postage. The

gold plated coins are \$5.00 and Mail Orders \$6.00.

FROM
4th BATTALION THE
ROYAL CANADIAN
REGIMENT
Prevost Armoury
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London, Ontario
N6C 1A4



THE CANADIAN COMMUNITY
NEWSPAPERS ASSOCIATION



The President and Directors
of the
Canadian Community Newspapers Association
Representing the Community Newspapers of Canada
are pleased to congratulate

CFB Comox Totem Times

Winner Of

2nd Armed Forces General Excellence

in the Association's 1983 Better Newspaper Competition
open to member newspapers across Canada

"Fishwrapper" Exposed

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Deadline for July 21st issue
will be Monday, July 18.

Section News



Nighthawks Nest

Survived. Another pot of Horrible Howie's chili, and I survived. What a gas! The occasion was the 'bye yew-all' party for Crash Boom, Bad Bob Slack, leaving the northern climes for Virginny. Don't take that too literally Bob. Besides Howard's chili, they were also giving away Bob's accumulation of personalized truck floor mats; used MOT

violations; How to speak Yew-all books; defective main gear actuators; lottery tickets on Aircraft 101052; and aerodynamic charts for supersonic flight. They were supposed to give away night time leg braces to increase the bow so you can look like you've been riding a horse all your life, but Barry Kennedy got there first and cleaned out the stock. My guess is that Barry is constructing a long range fully aerobatic, limar-armed ultralight aircraft.

Next Friday, there is a thrash at Barry's. Attending will be Gamboni and a whole bunch of others. Since Barry has been at Comox his presence has always been felt. His quick wit, volatile humour and gregarious laugh have induced a life in the squadron halls which will echo for months after he leaves. He made his mark as an excellent air fighter, a superb formation pilot, a staunch wingman, flight lead and squadron member. His many original comic skits were evidence of the underlying creativity, talent and humour of the man.

Barry departs the service and the squadron so that he may continue to develop his creativity full-time. With one book ready for the press now, Barry anticipates more in the future. Knowing Barry, it is not necessary to wish him good luck, just wish him happiness.

Thesecond drastic change in Barry's life will be his forthcoming marriage. Yes, folks, its true. Barry is going to tie the knot.

Congratulations Barry, and congratulations Jan.

So much for the has beens. The newest squadron addition is Tom Chester. No, not Tom Chester the fighter pilot, not Tom Chester - Bob Slack's supersonic wingman, not Tom Chester who drinks scotch by straw straight from the bottle, not Tom Chester the hawk of the ops desk, not Tom Chester the trader of used cars, and not Tom Chester the balloon. I talk about Terrible Tom, the Captain. Terrible Tom, the father. Yes - Stella had a baby - not a big bruiser, but not a tiny on either. But his is male, has steely-eyes, and a strong jaw line. Other than the fact he was late, the kid should make a good fighter pilot. Had he been on time, he would have made a terrible fighter pilot.

Well, the airshow season has begun. This year's Hawks feature a trimmed down show utilizing two aircraft only - a departure from the traditional four plane. On the 18th and 19th of June, the Hawks performed at their first "major" displays in Portage and Moose Jaw respectively. As fate would have it, Dave Pullan and Rayjinya stole the Portage show as commentators three hours before it started. It was during the airshow brief on do's and don'ts that they decided to do a recce of the Portage airfield while enroute to Winnipeg. It is my understanding that they rattled the briefing room walls at a most opportune moment (or inopportune - depending upon your point of view). Who said they couldn't navigate?

Kay Oreziak should be back from Staff School any day. We'll have to find a good bureaucratic position for him. Greg and Alix Frazer are going to Fresno California on their next posting. That is great! We'll be able to keep in touch with them with relative ease, and they'll be

able to invite all of us down for jumbo hot tub parties.

The Kernel and seven others are in Florida now on Combat Pike. They'll be back just in time for Barry's party. Bill and Betty Ricketts are leaving Comox directly from the party, and I think Doug and Lynieta Swanson are leaving a day or so after that. They are taking the scenic route east via Prince Rupert and Prince George. I believe Bill and Pat Kolupanouriz are going to miss Barry's party because they are leaving the day before. Anyway, the party is the place to be Friday night, and get there early to bid farewell to the Ricketts. I don't know if Bev and Bob Worbets will be there.

Desro has fired up a golf/softball day the third week of July, so sign up. Gerry has done a great job with the entertainment in the past there months so let's support him with this. I think it's about time we had a flight party with the trimmed down numbers. Jon Main is looking at a Mexican night or something like that.

The squadron survival is over. A lot of work went into the organization of something like that, and our thanks goes out to all those involved.

Finally, Kurt writes the next nest, so be prepared for the sudden change in style, content and editorial quality.

Thumper

TRIVIA QUIZ

1. When did the Russian Mig 15 First take to the air?
2. What was the name given to the Canadiar CL-84 VSTOL a/c? Vertical Short Take Off and Landing.
3. What was Britian's main fighter aircraft during the Battle of Britain?
4. What was the name given to the famous WW II Marine Corps squadron led by "Pappy" Boyington?

Base Transport

In any area of endeavour there are those who are good and better; they you have the best. Pictured on this page are only some of our best as indicated by the presentation of safe driving pins.

BIG DEAL EH! Well it is.

They do not call MSE OPs professional drivers only to differentiate between those who choose to drive and those who drive for a living. MSE OPs are professional drivers in every sense of the word, they are responsible for the safety of the load, be it personnel or

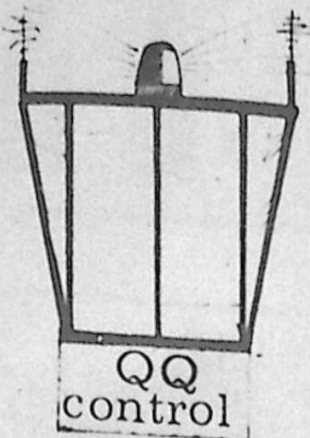
cargo and their living up to this responsibility is all important when the 'load' is your dependants.

If you agree that a CC137 is a means of conveying 170 people from A to B at great speed. Can I convince you that the pilot's responsibility for passenger safety is not unlike those responsibilities accepted by an MSE OP when he is tasked to transport 44 school children. Although the speed may be reduced somewhat, the course is much more congested. Would you believe the same holds true of the respon-

sibility for the safety of a cargo load for a Herc as compared to a tractor-trailer rig on the infamous Island Highway.

Professional Driving is a profession and to operate MSE for over ten years, over thousands of miles in all weather conditions without an accident is indeed an accomplishment. Some of the people with which we share our highways require divine intervention to get out of their driveways without a mishap.

KEEP ON TRUCKING (Safely)



Welcome once again to "as the beacon turns".

TRAC's is finally operational. On Friday June 17 both Ratcon and Tower staff moved into their respective new buildings. Although the tower has the same frame, the interior has been completely renovated. The new equipment takes up half the space that the old did which makes for a very spacious tower. This pleases Bernie Murphy as he can now practise his chipping as well as putting on his night shift.

The ATC/RADAR baseball team has started the second half of the season with a record of 1 win, 1 loss and 1 tie. Apparently the pitching has been outstanding and anyone can see why. If you had a chance to throw a ball as hard as you could at Mitch Claveau you'd put it in the strike zone too. Mitch is the ever modest backcatcher and to prove he doesn't like the limelight he drops 2 out of 3 balls thrown at him.

Other sporting news include the annual Comox ATC Fishing derby which was won the second year in a row by none other than Rick Boswells father Bruce. Rick swore that although he sponsored the derby and was in charge of the results the final outcome was not a fix, and to prove it he's going to led Murry Turnbull win next year.

Suzanne Godin has pulled the big one. On Friday 24th of June she married a "Monsieur Lapointe". The section wishes you the best of luck in your marriage, Suzanne. Also along the family line, Bob Ogrins is a third time father, and keeping in the rhythm of things number three is also a girl. Bob said he was going to hand out cigars but all his money goes to pamper these days.

Sylvie Houde and John Koidhis are back off course and both were successful. They will be checking - out as B-stands in the weeks to come.

Tonight is the section farewell to Butch March, Al and Val Basinger, Curt Brown Al Sim and Bruce Young. Butch is off to teach the ATC course in Cornwall. Al and Val are off to Goose Bay and Curt is pulling the pin. Al Sim is off to cold Lake and Bruce to Moose Jaw. One thing all these people have in common is bad luck, I mean anyone who has to leave Comox...

The Official TRAC's Ribbon cutting ceremony is on Friday July 8, 1983. General K.E. Lewis Commander Air Command will cut the ribbon after which there will be a small get together with invited personnel.

Later that evening there is a party at the D'Estere House in comox. This should be a good time for all as well as a well deserved pat on the back for all those involved in TRAC's.

Well that all for now so til next issue - Take care ya - all.

RC

VU

Now a little news from VU 33. Nick recently returned from 3 weeks of fun-in-the-sun in Bermuda. He and Craig were there on exercise with 880 squadron from Summerside. Nick told us that he was so busy that he had very little time for cruising the beaches or partying. He must think we're awfully naive if he expects us to believe that Craig liked the east coast so much that he decided to stay in the Maritimes for a couple extra weeks. Visiting relatives was the excuse he used.

Bruce and Susan Nolan have departed the fix for Trenton where Bruce will be flying the Heres. We wish them all the best. Jeanette Spicer has finally quit. She has been on her last week of work for the past 2 months. Dave Bekolay should be here soon from 880 sqn. but in the meantime with people on leave and TD our ranks are running pretty thin.

Our resident carpenter recently made a brief visit to the squadron so the boss could present him his CD and OPDP diploma. Congrats Norm.

For all you history buffs, the Canadian Museum of

Flight and Transportation received a 1954 tandem rotor Piasecki HUP-3 helicopter during a recent ceremony held in Richmond. The helicopter was given to the museum when it was retired after nineteen years as an instructional aircraft at the Vancouver Airport campus of the Pacific Vocational Institute. This very aircraft spent its last six years before being retired from the RCAF with VU 33 when the squadron was stationed at Patricia Bay (Victoria Airport). The CO, DCO & OPSO flew a Tracker & T-33 to Vancouver for a little PR and picture taking. The HUP was painted in its original VU 33 colors and was soon to go on display in Richmond. The aircraft is supposed to be airworthy but they couldn't convince the CO to go for a flight in it. Something about a pushing date, other commitments, etc., etc.

Upcoming VU 33 operations - The Third Annual VU 33 Tree Island Fishing Derby, Kelowna Regatta, Abbotsford Airshow and Sea Survival Training.

TP



33

A well attended going away bash was held in the BDF rooms a few days ago. Mark, Bob, Blackie, Kim, The Boss and yours truly were given their plaques. Don't know whether this means anything but everyone else had their names and suitable words engraved in flowing old German script on their plaques. Mine was engraved with a metal punch "to ol' Whats-his-name".

Unfortunately, Blackie wasn't there. If anyone sees a half ton pulling a fifth wheel streaking for Cold Lake with the tape deck playing Merle and Whalen 24 hours a day, please get in touch with Time so he can give Blackie his plaque. Only one mystery remains/WHO did Blackie give his address book to???

Guess someone reads this column after all (I'm impressed). Bob was saying his wife was giving him a hard time for stealing all those butter tarts from the mess hall (said she read it right here). Honest Mrs. W.,

he doesn't fall off his diet by stealing butter tarts anymore. He eats 'em right there!! (Hope this sets things straight Bob.)

Dave and Brent are busily engaged in trying to make a : Phase Locked Loop Frequency Controlled Stabilization Circuit. I understand he's even imported a foreign scientist to help him. Are you sure that whipping cord and webbing are going to take the place of interconnecting wires Dave???

AMIT days have come and gone. Rob says he looks forward to seeing them again next year.

Jan is ensconced in his new house and can be found stashing all his video and audio goodies in their permanent resting place.

This is probably the Poison Pens's last column. Anyone that can 1. Read (this lets out Safety Systems and Armourers) 2. Write (Riggers and Fitters get left out here) is welcome to take over the keys on this ol' 1925 Underwood.

RM

Base Supply

Supply is never a dull place. We always have someone making news.

Congratulations goes out to all TQ3 Ptes who just passed their TQ4 Air Com exam with class average of 90.2%. Ptes Dan Brown and Emily Mansfield topped the class with a mark of 97%.

Nine people from Supply went on an Adventure Training Canoe Trip to Quadra Island. Two went to fis (nothing caught), the rest went for enjoyment, proof was too much paraphernalia required for their enjoyment set the canoe so low in the water they had to bail water out every wave they his. One participant (not mentioning any names, but he is the BSUpO) felt sorry for the insects so when cooking himself an omelette, gave the whole thing away unceremoniously placing it on the ground. Fun was had by all.

Now that summer has arrived we've had our share of sunburns. Pte Maryanne Baer learned to leave here shoes on and Lt Sandy Sholea does not have an itching disease but she is a bit flakey now.

On Thurs, 23 Jun, a Supply Pro Golfers Tournament was held at Glacier Greens with approximately 40 participants. Winners were as follows: First, Ron Pearce and team, Second, Wayne Davis and team,

Third, Don Nickerson and team, Fourth, Lil Davis and team. As for the rest of us we won't say how we did. After the Golf was finished it was time for the BSUpO to get serious and say goodbye to Capt Wayne Martin, Sgt Al Nielson, Cpl Sue Labelle and Pte Sharon Trommeshauser. To all of you we wish you the very best in all your endeavours.

And now for some one liners:

It seems the rich get rich and the poor get poorer, Starr Beachey won our 50/50 draw.

Base Supply welcomes Jack Gibson from his TD trip (started already).

The word from Shelley Watson in Borden is "This is hard", nothing from Larry O'Brien.

Ernie Smyth forgot his hat for the Golf Tournament and he does have hair.

We have to apologize to anyone dealing with Starr Beachey on Thurs, she was high than a kite (on prescribed drugs).

Gord finally made a mistake, he submitted requisition cards in back-wards.

Supply Ball Team is the envy of the rest of the Inter-section teams. Came first in the first round.

Sandy Sholea made her first attempt at windsurfing after which she went to the Superman movie to pick up a few tips on flying.

Fire



Plugs

This is the start of what will become a regular piece for the Base paper. We at the Fire Hall hope you will bear with us as this is our first crack at it and we will endeavour to improve.

First of all, let me introduce you to your Base Fire Hall. We have a strength of forty men which is divided into four crews with an average of ten men per crew. A day cell which is subdivided into the Fire Inspection Branch, Supply, and last but certainly not least the Fire Chief and the Deputy Fire Chief. The Fire Hall has seven vehicles for fire protection which breaks down into four trucks for fire and crash rescue; two trucks for structural fire fighting and a utility vehicle. With the above mentioned vehicles we are responsible for the aerodrome and the structural fire fighting for the Base, PMQs and Quadra. That in a nutshell is your Base Fire Hall.

Of course posting season is upon us again and we are losing some people and

would like to say good-bye to Jim Prince, Tim Hinds, Dan McMahon, Ed Luj, and John Bishop. We would like to welcome Larry Longval and Gaetan Bowes.

The Fire Hall recently hosted the CE Monkey Golf Tournament with top golfer Bernie Gagnon from CE. He now answers to the name, Mr. Gagnon. The Fire Hall lost this year but we will be back. The tournament went well because of the hard work of Jim Prince and Tim Hinds. A good time was had by all, especially at the BBQ after the golf game which included the traditional dunking of the people posted out. The pit was cold and nice and dirty. We even go a hold of some CE types. One in particular put up a valiant fight by hiding in his car; WIMP. When we threatened to put him and his car in the water, he gave up. The car was too clean anyway. We won't mention any names Rick.

That is it for now so we will see you in three weeks.

Demon



Doins

The Great White North

White-out was not new to the small community of Paulatuk, NWT. Visibility was dropping due to blowing snow and ice crystals. Today could have been just another -40° C. day. The twinkle of lights, barely recognizable in the white-out, probably went unnoticed. Until a roar of four Allison turbo props, chewing their way through the cold Arctic air, woke the village out of their white-out trance. 407 Sq had returned.

Yes, as you probably have guessed its NORPAT season again. Crew 2 has just arrived back from a

five-day swan in Yellowknife. The crew visited many communities (Bold Range, Float Base, Fort Legion) during their stay in Yellowknife. Cal Bagby and Al Pasanen have both come to the conclusion that you can take a sun shot at 4 am (or any shot for that matter).

On one of our patrols, Capt. Russell of NRHQ came along to have an aerial view of the 100 year old Telegraph Trail (in the Yukon near Whitehorse). This was the trail that the militia took from the Alaskan Pan Handle to Fort Selkirk to help the

North West Mounted Police during the Klondike Goldrush. His regiment will be re-enacting that historic event this summer by walking the trail. Good luck!

The next patrol we flew out to Ogilvie and Eagle River bridges (on the Dempster Highway to Inuvik). The scenery here was breathtaking. What was interesting, while viewing this vast uninhabited area, is the feeling of isolation; even with a plane load of people. It was here, at Ogilvie River, that Mike Bourduas, VPCC, introduced Cal Bagby to the joys of Moun-

tain Flying. Thus enabling our observers, Hank Fortin and Don Logan, to get some fine photographs of the condition of these bridges. Meanwhile, Rob Jenkins was being buried alive by maps while trying to map read this VFR leg. Where are the navigators you ask? They were all trying to eat their way through the MASSIVE amount of inflight rations in order to reduce our AFT C of G. (so they say).

All in two days work we had visited Whitehorse, Fort Selkirk, Telegraph Trail, Fort Resolution, Pin Point, Rocher River, Fort

Nelson, Colville Lake, Eagle River, Ogilvie River, Fort McPherson, Fort Legion (again), Gold Range (again), Arctic Red River, and Paulatuk. To name them all.

A special mention must be made to Sgt Farrell and his ground crew for the fine job they did in keeping the aircraft serviceable in the harsh arctic climate. (Using a Herman Nelson to de-ice the wings after a storm etc.) Well done guys!

Also a Sincere thanks to our hosts, NRHQ, for making this deployment much more enjoyable. Oh yes, one more thing, we didn't see any subs.



LCol S.W. Brigadyr, co 407 presenting the Canadian Forces Decoration to Captain Gary Cherwonick

National ASW Comp

Considering the extremely short period of time, to create an efficient, precise, servicing crew, consisting mainly of non-servicing personnel, was no easy task. The Competition Crew had only four days of practice before leaving for Greenwood. Maximum participation by everyone involved was essential. With pride in our squadron, in our work and the sound leadership of Sgt. Nichol and MCpl. Sturdy, we became a skilled team. Probably the greatest contributing factors to an unbeatable team were working in harmony and the willingness to help each other.

The hours involved during the competition were long and busy, with little time

for rest. But the comradeship of the crew never gave way to time or weather. Each and every task was performed in nothing but the most professional manner.

Deepest appreciation goes to those people who selected and believed in us. To the three servicing crews we have nothing but many, many thanks for helping us prepare ourselves and our aircraft for this prestigious event. Last but not least, we extend our appreciation to Col. Braidwood and Capt. McRea from CFB Greenwood for an extremely well organized ASW Competition. Throughout our stay in Greenwood we received maximum cooperation from all sections.

The Comp Crew of 83'

Crew 3, our representatives at the National ASW Competition, didn't come home with the O'Brien cup, but rather with valuable lessons learned about the Canadian O Boat. The knowledge absorbed about our very capable submariners and their Oberon class vessel will be invaluable to next year's competition crew.

The competition consisted of one Direct Support ops, a day mission, and a night mission with HMCS Objibwa. The crew's ops went very well and it was rumoured that the boys walked away with that one. As everyone knows the rumours /—,—, flow freely throughout. Unfortunately the other missions didn't go quite as well. After the day flight Billy Collier went

Servicing

home and made himself SCARCE. It was rumoured that GREEN PEACE was after him for molesting whales.

All crews were hampered by low vis, poor weather, and a very sly sub crew. VP405 however, seemed to overcome all and going back to old, proven tactics walked away with the right to represent Canada in the Commonwealth Fincastle Competition.

CREW 3 thanks Dave Nichol and his crew for making sure that serviceability wasn't one of our problems. Congratulations on bringing home the servicing trophy. From what the aircrew saw of the boys from downstairs it will remain here for quite some time.

PHOTO

On the 16th of May, Air Photo held a beach party to celebrate a couple of promotions, and at the same time we bade farewell to a few other photo techs. WO. Schoots was promoted to MWO and will soon be on his way to Cold Lake. Cpl Paul was promoted to MCpl. She found out about it on the P.A. system of the Boeing, as she was on her way to Halifax for the volleyball nationals. As for MCpl Quarby his message came in, he cleaned his PMQ windows, and is finally under way to Greenwood. Sgt Barr must really like it here; he got an extension and won't be leaving until August (maybe). Not much success for the Photo techs at the 19th of May fishing derby. Salmon wise that is, because they did catch things like a sunburnt nose, a dog fish, a clamshell, a starfish, etc... Cpl Weldhuizen didn't go fishing that day; he was busy coaching his wife at the hospital. They are now the proud parents of a 9 lb. 3 oz. girl named Sandra.

On to the people arriving. WO Bourne will replace MWO Schoots. Sgt Evans will replace Sgt Barr (if he ever leaves). Cpl Matson will fill MCpl Paul's Cpl position, and we will welcome Pte Duguay from her TQ 3 course in Borden.

Stay tuned for the next issue of Demon Doins.

AMCRO

By the time you read this Gord and Thelma should be in their new home in Winnipeg. Hope you enjoy your new section as much as we have enjoyed your company in Research Gord. Pete apologizes for spelling your name incorrectly and the picture of yourself standing in that unique pose on top of your desk will remain in our memories.

Pete finally got away on his two courses in Greenwood and Trenton and the smell of cigar smoke indicates that Terry is back from his course. Understand that Don has requested CE to install a fan to get rid of foul smelling odors. Murray has finally got his posting straightened out and with a few delays caused by his daughter's wedding and Flo's operation we can warn Cold Lake to be ready

for his arrival in early August. Cliff is rapidly becoming used to Research and is producing paper like an expert.

Our Tech Rep section is one of contracts. Jim is trying to retain his youth by coaching minor baseball where Reg shows his colors with the Old Timers Hockey Team. To this point I haven't found any active sport that Gary pursues. I could guess what newly married Darlene's main sport is but will not comment at this time.

The Boss is still trying to sell his house so that he can determine whether he has to live alone in Ottawa or not and Linda has got her new home in Prince George all picked out.

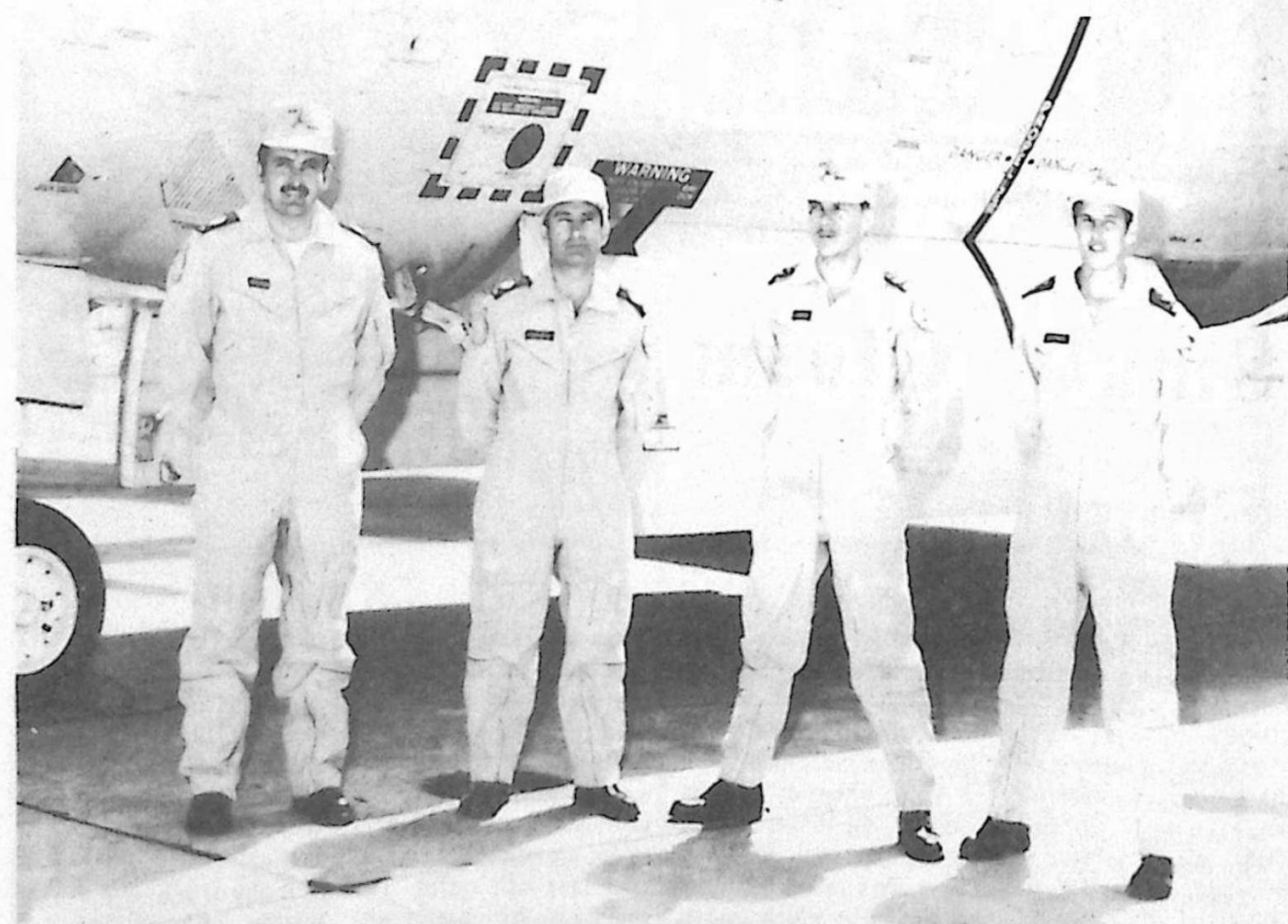
Bill is doing his darndest to get out to Cold Lake for 417 Squadron colors presentation and Bruce is

spending all his time arranging going away presentations. Marilyn is trying to reorganize herself and find out where everything is since Bill rearranged her drawers.

Greg is between TD trips and doing his best to ensure that there is a place for ADAM when he arrives. Gene found out that he can even be beat in golf by a man in his seventies and Bob has been enjoying himself looking for Cinderella. Ernie is very quiet but apparently there is something in Nanaimo that is attracting his attention.

Question: What keeps attracting the Chief to Ottawa?

See you in three weeks - Any Volunteers to write this column?



It was hard work and long hours but all the efforts were rewarded in full. Our weapons load crew won the loading competition held down in Greenwood last month. This was the first year that three load crews competed, and the win gave the remainder of the ground

crew competitors a running start in bringing home the ground crew trophy once again this year.

The winning load crew members were from left to right: Sgt Jean Maltais, MCpl Al Laporte, Pte Mike Labrie and Pte Johnny Lapointe. This crew is frequently referred to as the

French Connection. We ran out of "L's" so we picked an "M".

407 Armament section would like to take this opportunity to thank all those who contributed to the overall success of the load competition. To those people who ensured an aircraft was available for prac-

tice loading, to WO Ainsworth who coached the team from the start, and a special thanks to the Commanding Officer and the aircrew of number 3 crew (VP 407) for their fantastic support before, during and after the competition.

Thanks Guys

Be Water Wise

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

The Canadian Red Cross Society



OFFICERS' MESS

Fridays, July 8, 22, 29 --

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

July 8 - TGIF SUBMARINES
July 22 - TGIF LASGNA

July 29 - TGIF FISH & CHIPS

Friday, July 15 -

MIXED TGIF: PUB NIGHT — Beef on a Bun 1730 - 1930 hours. Sub draft - \$3.99 per jug, all night. Band will be playing from 1830 to 2400 hours. Dress - Casual.

"COOK YOUR OWN" BBQ: Individuals wishing to "COOK Your Own" BBQ can now obtain frozen steaks from the Bar. Cost - 8 oz. sirloin steak \$2.99. Condiments provided.

Editorials

On Being An Editor

Being Editor of a base newspaper is truly an experience unlike any other. From the first time I was asked about my interest in working for the Totem Times I realized I was in store for something unique. Innocently answering that I had intended to volunteer for the base paper in Winnipeg while at Nav. School but couldn't find the time I was told that would no longer be a problem. By taking a position on the Totem Times I would be relieved of squadron secondary duties and still get the same amount of flying time. Never able to look a gift horse in the mouth I quickly volunteered for the job.

After explaining that I had no previous experience working for a paper and no related qualifications I expected a nondescript job. Imagine my surprise when I showed up at the paper and was informed that I was the new editor.

Since I've been editor my attitude towards base papers has predictably drastically changed. I had always quickly leafed through them not really paying attention to the content. Always having been in the CF training system there was much in a base paper with which to relate. What was featured was mostly related to the various squadrons or units, the PMQ's, the base recreation centre or general Armed Forces news. Training schools have an even more transient group of individuals than the rest of the Forces and are notoriously bad for becoming involved in base activities.

Once associated with a squadron I started reading its article plus those of the other squadrons on base. I found my squadron's article interesting enough but the others were strictly a series of jokes, stories, and anecdotes told in such a way as to mean nothing to anyone but a member of the squadron involved. Ours may have been the same but if it was it was hard to be unbiased and view it as such. Eventually I also started reading the photo captions to see if there was anyone I might know in the pictures but that was about the extent of my use for base papers. Actually I did make good use of the

CFB Edmonton's paper which was in my backpack on land survival in Hinton, Alberta but that was only because there was no other paper available and the only trees around had needles not leaves.

Suddenly being editor of the Totem Times I found myself having to read every article that went in every issue. Only then did I realize the amount of time and effort involved into producing a publication that only goes to press once every two weeks. Trying to coordinate articles from the various sections and units and information from outside sources and stories from various other bases so that they are current and interesting to CFB Comox personnel in a limited time period is no mean feat.

I'm sure that the most difficult task involved with any base paper is getting enough articles to fill the pages without having to resort to using fillers from organizations like the Canadian Egg Marketing Board or Canadian Wheat Growers who both contribute news bulletins on an almost daily basis. You would think that with all of the various squadrons and units on base each would contribute regularly, the squadrons every issue because of their size and the various units which tend to have less personnel at least every second or third issue. Not so. Even though there has been a longstanding agreement for all of the squadrons to submit an article each paper they frequently forget or operational requirements remove the designated writer from the area and a substitute fails to fill in. These things happen and we try to work around them. Unfortunately the other units rarely send in articles and the paper in turn suffers.

Since all but one member of the Totem Times staff are volunteers the paper can't be run as would a normal business. People come and go and when Wednesday night rolls around and the lay out session begins it isn't rare to be short staffed. When this happens those present do the best they can but get extremely irate when it becomes apparent its going to be an eight hour night because the word

deadline has no meaning whatsoever to the contributors and they didn't drop off their article until a few hours before. I'm sure that all base papers have the same problems so from here on in whenever I'm at another base even if I don't have the time to help out I'll at least read their paper from cover to cover.

As this is my last paper as editor, I'd like to thank Capt. Trev Kennedy, the Base Commanders Executive Assistant for being a constant source of information and the staff of the Air Force Indocination School who have broken tradition and consistently supplied the paper with news from the school and interesting information. The staff of the paper has been great and I don't intend to abandon them entirely. The paper can always use volunteers so don't be afraid to phone up and offer your services.

NOTICE

On 83-06-01 at 2130 hrs, an accident occurred on Highway 19 just north of the Fanny Bay Inn, a 1976 Blue Chev. Pickup BCL no. 72-98-KG rear-ended a 1950 Red GMC pickup causing extensive front end damage to the Chev. This truck departed the scene with two male occupants and headed south. At 2140 hrs. this truck was found off the west side of the road with its nose against the bank just north of the Cook Creek Bridge, approx. 6 km. south of the Fanny Bay Inn. A Blue Sedan Mid-60's model with a male and female in their 20's stopped and talked with the two male occupants, saw they were drunk and headed to the Fanny Bay Inn to phone police. Upon arriving at the Inn they found that another person had already phoned the police and did not bother to call themselves.

It is **IMPORTANT** that these people contact the Courtenay RCMP Traffic Section as soon as possible as their assistance is needed in this investigation.

Letters:

To the Editor:

A Squadron reunion is being held for 408 Squadron in Edmonton Alta. from 26-29 July 1984. The intention is to reunite all ex-squadron members who flew or maintained the variety of aircraft in our past.

One of the major undertakings 408 Squadron wishes to pursue in support of this event, is the publication of a squadron history, in hard cover format, during the spring of 1984. 408 Squadron would like to locate ex-squadron members to compile a mailing list and to acquire any personal anecdotes to aid us in telling our story.

To fund this project it is necessary to 'pre-sell' copies of the book. Interested ex-members of 408 Squadron are asked to send \$16.00 for their copy to: Lieutenant Kevin Kokotailo, care of Commanding Officer, 408 Tac Hel Squadron, CFB Edmonton, Lancaster Park, Alta, T0A 2H0.

Once the book has been received from the publisher, copies will be forwarded by mail.



Law Talk

By Gordon Hardy of the People's Law School
3466 W. Broadway, Vancouver, B.C. V6R 2B3, 734-1126.

Small Claim Court

The fourth in a series of five articles on Small Claim Court.

Preparation often makes the difference between winning or losing at Small Claim Court. If you are suing or being sued in this Court, you should begin to prepare your battle plan as soon as you know the matter will be settled by a judge.

Make sure that any documents you intend to use as evidence are ready. These may include any correspondence between you and the other party, you and work orders, I.O.U.'s, receipts, invoices, etc. If somebody else has these

documents in their possession and won't give them to you, you can ask the Court to order the person to surrender them.

Your witnesses are important; the judge may not take your word alone. If there were many witnesses to the event which caused the dispute, select the ones who will make the best impression.

Don't rely on your witnesses' promises to be in court; even your best friend can forget or find something better to do. You should summons all your witnesses; for a small fee the Court will issue a summons ordering a witness to appear in court to give

testimony. If he or she then fails to appear, you will be able to obtain an adjournment of the trial to another day. If an unsummonsed witness fails to appear, you may not be able to get an adjournment and your case will suffer. The summons also entitles witnesses to a small fee.

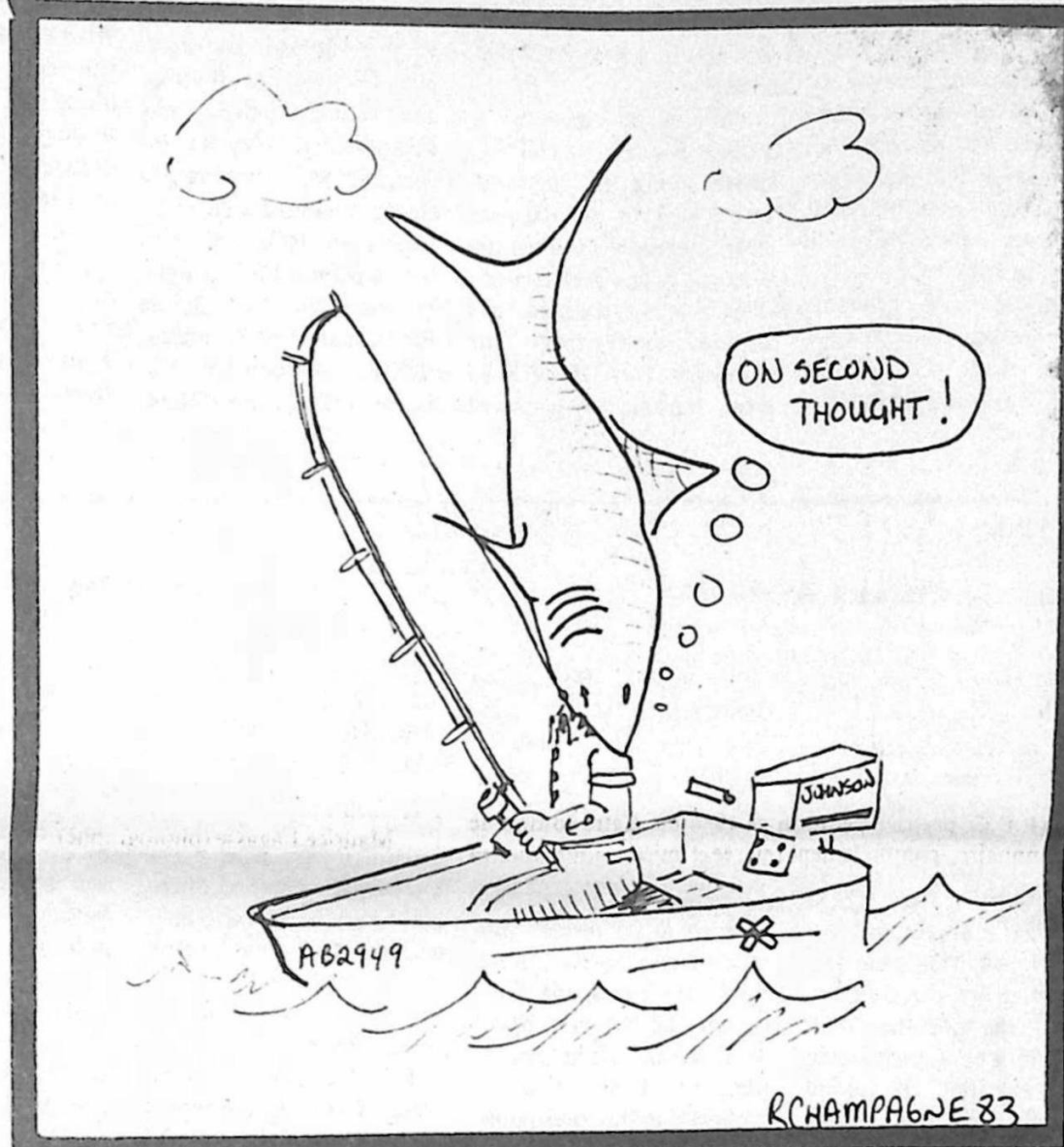
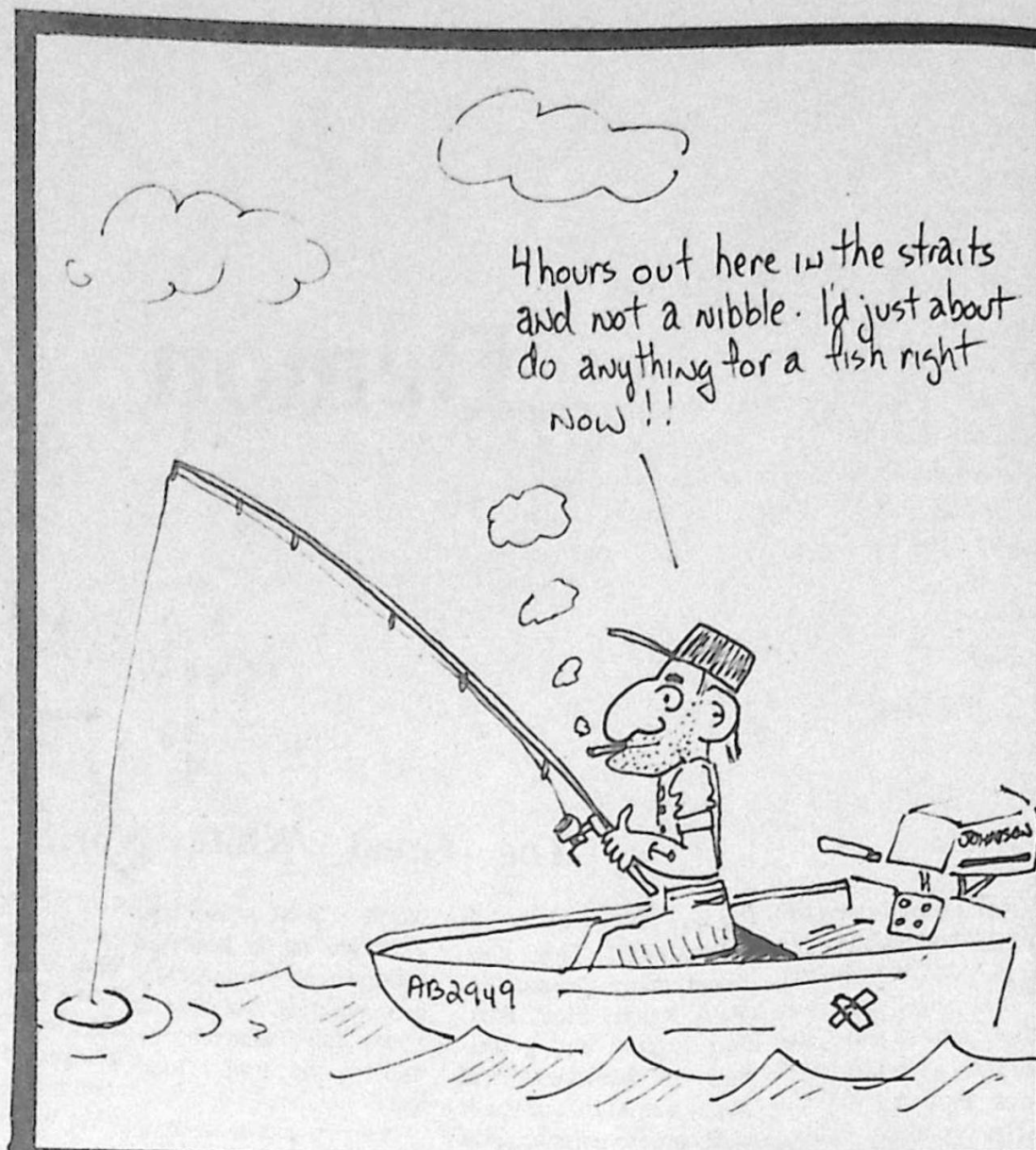
As part of your preparation, you should get in touch with your witnesses before the trial in order to find out what their testimony will be. There is nothing improper in this. By finding out beforehand what your witnesses will say in Court, you can prepare questions which will bring out the evidence which is

important to your case.

You should not, however, tell them what to say -- their testimony, which they will give under oath, must be truthful or they may be found guilty of perjury.

If any of your witnesses is unable, through sickness, old age or absence from your area, to attend the trial, you may arrange for them to write sworn statements which a judge may allow as evidence in the trial. This is an unusual procedure, however, since it denies the other party his right to question the witness' testimony.

Next: The Trial.



TOTEM TIMES

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

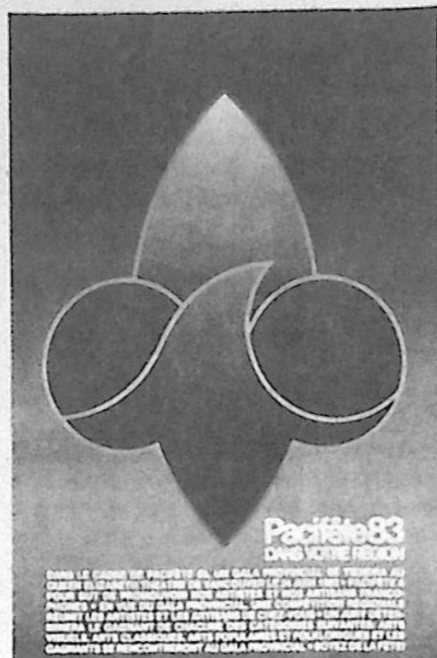
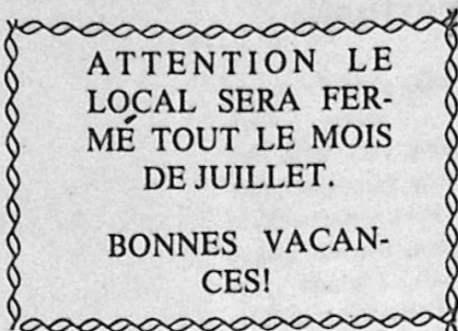
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la fédération des franco-colombiens

Lors de l'Assemblée Générale Annuelle de la Fédération des Franco-Colombiens Tenue à Vancouver les 27 et 28 mai dernier, les personnes suivantes ont été élues au bureau de Direction 1983 - 1984.

PRESIDENT	Marc Roy Vancouver
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Vendredi dernier, le 24 juin, Les 18 finalistes de la province sous la direction de Gille Valiquette nous ont présenté un spectacle de grande qualité. Après une semaine de répétition et de travail assidu, les six artistes suivent selon leur mérite les différents prix offerts, soit: des bourses de formation plus avancées au Québec et en Colombie Britannique ainsi qu'une occasion d'enregistrer une émission télévisée à Radio Canada en septembre prochain. Voici donc le nom des artistes gagnants:

Arts visuels: Jimmy Couture
Arts classiques: Selwyn Redivo (guitariste)
Arts populaires et folkloriques: Suzanne Kennedy (chantaise populaire)

1 deuxième prix
Maurice Lagasse (photographe)

2 troisième prix
Colette Daudelin (chanson folklorique)
Group Nuances (groupe populaire)

Quatre membres de l'association "Gens du Pays" s'étaient rendus à Vancouver pour aller voir le spectacle. On y trouverait aussi une exposition d'œuvres d'art. Pour terminer la soirée, un cocktail fut servi dans le Hall du théâtre ou sous la douce musique d'un violon les gens pouvaient se remettre de leur émotion... Un spectacle inoubliable.

Annuaire des Commerçants, des professionnels et des organismes francophones de la Colombie - Britannique.

La F.F.C. prépare l'édition de 1984-85. Cette édition de l'annuaire, complètement révisée et mise à jour, mettra l'accent sur les services en français disponibles dans chacune des régions de la Colombie ou sont représentés les francophones. Si vous avez des idées ou des suggestions, communiquer avec les représentants du Club Les Gens du Pays. Entretemps, il y a encore des exemplaires gratuits du numéro 1983-84 disponibles aux bureaux du club. Répertoire des ressources culturelles - francophones en Colombie - Britannique.

Prépare - par la Fédération des Franco-Colombiens, le répertoire regroupe plus de 150 artistes et artisans francophones de la province. Le répertoire est disponible aux bureaux du club des Gens du Pays.

DETENTE DE VACANCES

Un coin pour les poèmes, farces et recettes

Après avoir lu la composition d'une boîte de céréales, le mari à sa femme:
Si cette liste est exacte, il y a assez de fibres celluliques la-dedans pour me tricoter un chandail.

A la caisse du super marché devant moi un vieilhomme n'arrivait pas à suivre l'addition des articles qu'il venait d'acheter.

Pourquoi allez-vous si vite Mademoiselle Je ne vois pas ce qui a été compté.

Je fais comme le dentiste, Monsieur, dit-elle gaiement. Plus je fais vite moins ça fait mal.

LES MEILLEURES RECETTES DU QUEBEC

TARTE AUX FRAISES

1 1/4 de sucre blanc
1 c. à table de fécule de maïs
1 pincée de sel
3 tasses de fraises fraîches, tranchées
1 c. à table de beurre ou de margarine
Pâte à tarte

Chauffer le four à 450° F.

Mélanger le sucre, la fécule et le sel; ajouter délicatement les fraises; déposer dans une abaisse de pâte non cuite; parsemer de noisettes de beurre; couvrir de bandelettes de pâte entrecroisées.

Faire cuire au four durant 10 minutes; abaisser ensuite la chaleur à 350° F. et poursuivre la cuisson 30 minutes de plus ou jusqu'à ce que la pâte soit cuite et bien dorée.

TARTE A LA RHUBARBE

1 1/2 tasse de sucre
6 c. à table de farine à pâtisserie
4 tasses de rhubarbe, crue, coupée en dés
1 c. à soupe de beurre

Pâte pour 2 abaisse

Chauffer le four à 450° F.

Mélanger le sucre et la farine et en saupoudrer le quart dans une abaisse de tarte, non cuite. Déposer le reste de rhubarbe et saupoudrer le reste de mélange de farine. Parsemer de noisettes de beurre et couvrir d'une seconde abaisse.

Cuire au four chaud durant 15 minutes. Diminuer la chaleur à 350° F. et poursuivre la cuisson 35 à 40 minutes de plus.



NOS BENEVOLES

QU'EST-CE QUE CA VEUT DIRE

Une des fonctions d'un conseil d'administration est de gérer les ressources matérielles, financières et humaines de l'association qu'il représente. Pour une association à but non-lucratif comme la Notre, ce sont les ressources humaines qui constituent sa plus grande richesse.

Quand un conseil d'administration travaille à impliquer le plus grand nombre de membres à la vie de leur association, il fait la gestion des bénévoles. Il favorise ainsi, chez eux, une participation plus active tout en partageant ses responsabilités.

"GENS DU PAYS"

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BENEVOLES:	Daniel Nadeau Local 2468

SECRETAIRE: Diane Senneville

Pour plus de renseignements, contactez une de ces personnes. CLUB GENS DU PAYS, BOX 213, LAZO, B.C. V0R 2K0 TEL. - 339-5113. Le local est ouvert MARDI, MERCREDI et VENDREDI de 1300 h à 1600 h, et JEUDI de 18h30 à 2100 h.

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ONE

Sports

Ladies Invitational Tournament

The Invitational Ladies Golf Tournament held June 19th proved to be another successful event. Seventy-two entries qualifying for Flights A, B and C, anxiously hoped the weatherman would co-operate and hold off the rain - he did 'thanks'. Trudie Newman of Campbell River came in with a gross score of 84 to win. Sandra Gallaway of Sunnysdale copped the low field net with a 63. After presentation of prizes for each flight, President Fran Hume extended here and thanked all for participating and contributing to the success of the Tournament. Frankie McCaffery, Club Captain, also added her appreciation and once again shook the hand that 'rocked' the course! She then welcomed and introduced Rick Kellow, Manager of the Comox District Credit Union, Tournament sponsor, to present the winning trophy and keeper. Port Alberni Motel, sponsor for Low

Field net, was unable to send a representative so the President acted on their behalf. The Club Captain then announced the Flight winners. (Legend) Campell River (CR); Comox (CX); Eaglecrest (E); Gabriola (G); Glacier Greens (GG); March Meadows (MM); Nanaimo (N); Port Alberni (PA); Powell River (PR); Sunnysdale (SD).

Kassie Cessford of (CR) shot an 87 for low gross in 'A' flight. The best over-all net score went to Sandra Gallaway (SD), shooting a 63. Dianne Anderson (CR) was second with a gross 87. Alma Kasdorf (CR) and Marj Jefferson (E) also shot 87's which resulted in a four-way tie. Fifth gross was Sarah Chase of (CR) with an 89, and Marg Morris of (CX) had an identical score for sixth LG. The net winner was Fran Henderson of (CR) 68, Karen Todoruk (CR) second also with 68, followed by Betty Richardson (CX) with 70; Barb Speers of March Meadows 70; Donna James

of (PA) 71, and Alice Allen of (CR) 73. In 'B' Flight (SD) Joyce Aylward shot a 92 for top prize in the gross division, backed by Shirley McKay (CR) 97, Margaret Stevenson (CX) 99, Joan Stevens of (SD) 100, Jean Wilson (N) 103 and Jackie Wilkie (SD) 103. Top net prize in 'B' Flight went to Audrey Marshall (SD) with a 68. Frankie McCaffery (GG) 74, Joan Webber (GG) 75, Helen Hoffman (PA) 76, Cheryl Bickle (SD) 78, Kay Banks (GG) 79. Top gross scores in 'C' Flight were Fran Hume (GG) 103, Sheila McCuish (PR) 104, Lil Warman (PR) 107, Elva Bigalke (PR) 107, Lil Davis (GG) 111, Mona Ledgard (GG) 111.

The net victors were Vi Wilander (GG) 73, Kathy Plume (GG) 73, Doreen McKay (CR) 76, Jessie Jones (CR) 77, Joan McMillan (GG) 77, Mickey Behan (GG) 80. The team net trophy was won by the Sunnysdale Team comprised of C. Walker, Gallaway, Bickle and Wilkie. The longest drive was a 220 yard

on the par four 5th hole by Sheila Bradley of Gabriola who received the trophy sponsored by Laver's. Closest to the pin was Gallaway who put her tee shot 15'4 and three-eighths inches from the cup on the par 3 eighth hole. After turning in score cards, needless to say the Bartenders were ready and on the 'tap'. Food was the next order of the day. Credit goes out to Jim McCaffery who gallantly barbequed the steaks (he is not used to being surrounded by so many females). A real treat of smoked salmon was once again generously donated by Ron Ledgard. It was a pleasure to have two visiting guests, Mrs. Kellow, Rick's wife, and Mrs. Tailby (Barb Carter's mother) holidaying from Toronto.

Franki sincerely thanks her Executive who diligently and capably fulfilled their roles, and to those merchants and other people who supported this event. We look forward to much more of the same next year.



Edmonton to Medicine Hat run -- Bearing the flags of Canada and the United Kingdom, British and Canadian servicemen from CFB Suffield leave the Province of Alberta Legislative Building on a three-day relay-run that will take them from Edmonton to Medicine Hat. The 16 servicemen are running the more than 560 kilometres to mark the centennial of Medicine Hat and to raise money for the Multiple Sclerosis Society and for the Society for the Mentally Retarded. The runners are carrying greetings from the Province's Lieutenant-Governor, the Honourable Frank Lynch-Staunton, to the Mayor and citizens of Medicine Hat.

(Canadian Forces Photo by Sgt. Dennis Mah.)

TO SELECT

8 PLAYERS

BASE TEAM FOR GOLF PLAYDOWNS

CONTACT

REC CENTRE
NLT. 22 JUL 83

Be Water Wise. Play it Safe.

When boating, follow the rules and learn about local hazards such as tides and currents.

The Canadian Red Cross Society

Servicewomens

Fastball

The base servicewomens fastball team are progressing very well. We are playing games or practicing 3 or 4 times a week, in preparation for our league semi-finals, which are scheduled to start mid July, and the regionals to be held in Esquimalt 23-24 July.

Our team is presently tied for first place in the North Island Womens Fastball League with a record of 5 wins 3 losses.

We entered a tournament in Comox, sponsored by the Pilon Womens Team and came away from there with second place money. We lost the first game 3-2. The girls were just not hitting the ball. With the first game jitters gone, we proceeded to beat all the rest of the competition. Pilon beat us in the final game 7-4. It was a very good game on both sides. Not only did we get second place money, but we came away with some important personal trophies. Jan Moyer who pitched 18 innings on the first day of the tournament, turned around and pitched 20 super innings on the second day. She played very good ball and she was in the running, right up to the last at bat, for high batting average for the tournament. Her average was .670 for this super performance, she was selected most valuable player for the tournament.

Three other members ALSO honored at the tournament were: Joanne Paul, outstanding 1st base; Beate Chevrier, outstanding shortstop; and Carla Ryan, outstanding fielder.

On the 24-26 Jun, the base mens and womens team hosted a 14 team tournament. The women played well, but couldn't quite make it into the money side of the tournament. We hosted a Monte Carlo and dance, Sat. evening and all participants enjoyed themselves immensely. We would like to thank the Rec Centre and everyone who came out to watch the games and supported us.



M/Cpl. Fehr (Ken) won top prize at the BAMSO/Salmon Derby held 27 May 83 with a 19 lb. 8 oz. spring.

Swimming Pool

Openings for swim lessons are filling up quickly. Don't miss out, hurry over to the Rec. centre to register now. The pool staff wishes to extend a warm welcome to everyone especially newcomers.

Keep fit, keep in the swim.
Pool hours starting July 4th/83:

WEEKDAYS

0730 - 0830
0830 - 1130
1130 - 1300
1300 - 1400
1400 - 1600
1800 - 1900
1900 - 2000

Masters
Red Cross
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WEEKENDS

1300 - 1500
1500 - 1600
1800 - 1900
1900 - 2000

Open swim
Adults only
Open swim
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Flag Football

This year the Base is trying to enter a Flag Football team in the downtown league, which will commence sometime in late August or early September. For all those interested, there will

be practices on the Football field behind the Canex at 1400 hrs on the 3rd and 10th Jul. This is just to get a feel of how many people are interested. Regular practices will be posted in August.

Intersection Softball

The standing after the first round in the Intersection Softball League is as follows:

Supply	1st
Det 5	2nd
Sgt Mess	3rd
ATC	4th
407 sqn	5th
VU 33	6th
409 sqn	7th
AVSO	8th
442	9th
Security	10th
HQ	11th
BTNO	12th

The second round is now under way with A & B Division.

A DIVISION

Supply	19 pts	1st
Det 5	18 pts	2nd
Sgt Mess	17 pts	3rd
ATC	17 pts	4th
407 sqn	11 pts	5th
VU 33	9 pts	6th

* on highest Quotation 3

** on highest Quotation 46

B DIVISION

409 sqn	9 pts	7th
AVSO	8 pts	8th
442	8 pts	9th
Security	6 pts	10th
HQ	6 pts	11th
BTNO	4 pts	12th

*Defeated HQ

Any one interested in umpiring is to contact the Rec Centre at Local 2315.

Fans are needed so come out and support your section ball team.

CF National Sports Championships

The following is a list of the upcoming Canadian Forces Sports Championships:

CHAMPIONSHIP	HOSTING BASE	DATE
A. Small Stn Bowling	CFB MONTREAL	7-10 Dec. 83
B. Badminton	CFB CHILLIWACK	25-29 Jan 84
C. Nordic Skiing	CFB VALCARTIER	14-16 Mar 84
D. Hockey	cfb borden	19-23 Mar 84
E. Broomball	CFB GREENWOOD	1-4 Mar 84
F. M and W Volleyball	CFB HALIFAX	9-11 Apr 84
G. Mens Softball	CFB TRENTON	TBA late Aug 84

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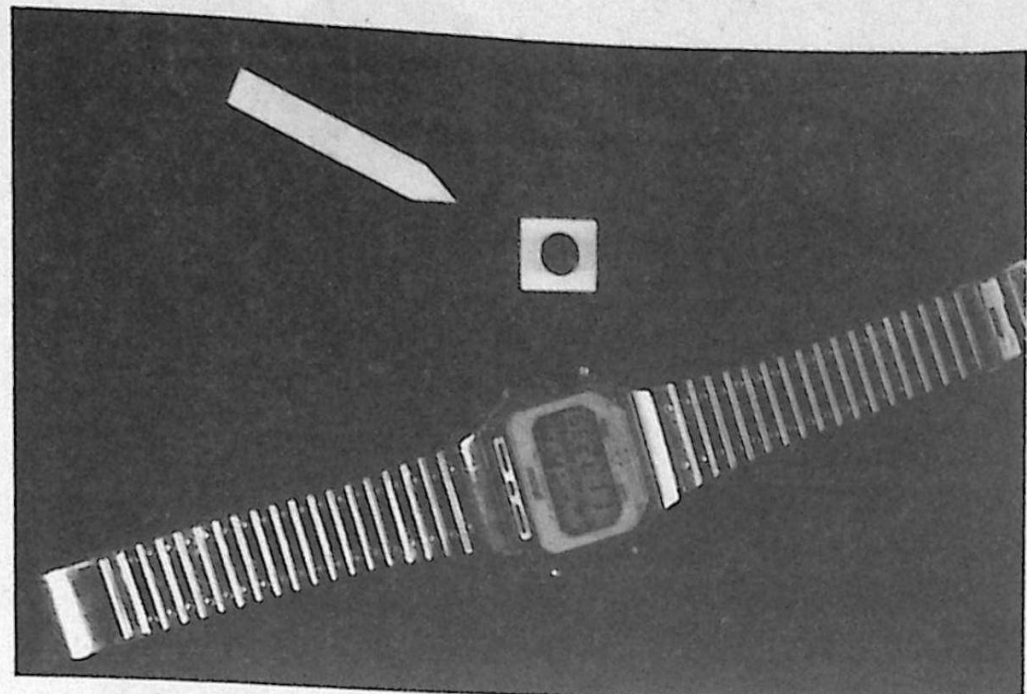


Comox Valley
INSURANCE
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Opposite the Courthouse

338-1401

This Can Kill



As a rule, swallowed coins and other small items uneventfully pass through our body system. Knowing this, it seems unreasonable to be concerned if a child swallows one of the dime-sized batteries used in watches and hearing aids. According to a report in the British Medical Journal, however, these batteries are extremely dangerous. Each battery contains, within a

very thin casing, twice the amount of mercury needed to kill a grown person. The report tells of a two-year old boy who swallowed such a battery. X-rays revealed that it still remained in his stomach 24 hours later. Alarmed to learn of its mercury content, his physician soaked a similar battery in a cupful of weak acid, such as is found in the stomach. After

only five hours it began releasing mercury. The boy was rushed to the operating room where his abdomen was opened and the battery removed. As the surgeon grasped the badly corroded battery in his forceps it fell in two. None of its contents had yet leaked out, but had it been left in the stomach much longer, a fatal dose of mercury would have been absorbed.

GLACIER GREENS LADIES CLUB

THANK YOU

- Comox District Credit Union
- Port August Motel
- Canada Safeway Ltd.
- Super Valu
- Strand Bakery
- Dairyland
- Lavers
- All Seasons Boutique
- Zellers
- Bank of Montreal
- Shoppers Drug Mart
- Anna's Coiffures
- Comox Credit Union
- Comox Moving & Storage
- Ted (with the green thumb)
- Trebor Candies
- West Trade
- Ron Ledgard

To the Executive and volunteer workers. Your support greatly contributed to the success of our Invitational Tournament.

WANTED

Volunteers are needed, desperately to help out at Totem Times Base Newspaper. Positions that are rewarding, recognized secondary duties soon to be vacant are:

Assistant Editor - Lasts for 1 year. Voice your opinions in Editorials, compete with other newspapers, both military and civilian. Requires every other Wednesday evening and less than half a day every other week.

Layout Staff - If you don't have much free time but could handle a few hours on Wednesdays every other week, doing layouts is fun and interesting. Help the paper take shape and see all the news before anyone else.

Any member of the Military community is welcome at the Totem Times paper. If you are interested in any of the above, please phone Capt. Jack Gibson at Local 2478

Abbotsford International Airshow Canada 1983

August 12, 13, 14



See the Canadian Forces Snowbirds air demonstration team, the 101 Voodoos and the new Canadian Forces fighter the CF-18, Ray Ban Golds (3 plane aerobatic team), Jim Franklin & Johnny Kazian wing-walking, Jim Franklin solo aerobatics in an Aerostar, Bobby Bishop with the world's smallest jet the Acrojet, Al Hauff solo aerobatics in a Pitts Special, the Royal Air Force Vulcan Bomber flying in the show and the Victor on static display, WWII aircraft, homebuilts & antiques, water-bombing demonstration, glider act, sky-diving, hot air balloons, ultra-lights and micro-lights and more.

See also the many general aviation exhibits and the static display aircraft on the ramp.

1983 Admissions: \$6 for adults (16 and over) \$3 for children (6 to 15 inclusive). Children under 6 are free.

There will be express bus service from Vancouver, Richmond, New Westminster, Surrey and Coquitlam and shuttle bus service to and from Abbotsford.

The Abbotsford International is officially recognized as Canada's national airshow - and acclaimed world wide as the fastest-paced, most varied and most genuinely exciting of them all.

PLEASE NOTE that there is limited aircraft parking space, so come early.

Canada's annual national airshow is sponsored by the non-profit Abbotsford International Airshow Society, a charter member of (ICAS) The International Council of Air Shows.

For more information on Abbotsford, please contact ABBOTSFORD INTERNATIONAL AIRSHOW SOCIETY P.O. Box 361, Abbotsford, B.C. V2S 4N9 or call (604) 859-9211.

Lithographed in Canada by Fleming Printing Ltd.

COMOX DAYS OPEN TENNIS TOURNAMENT

Entry Form

Take or mail entry forms to:

Comox Recreation Centre
1855 Nole Avenue
Comox, B.C. V9N 4X4

To be held at: Anderton Park, Comox
on: July 30, 31 & August 1, 1983
Entry Deadline: Friday, 22 July, 1983

Events	✓	Please print
Mens Singles		
Ladies Singles		
Mens Doubles		
Partner		
Ladies Doubles		
Partner		
Mixed doubles		
Partner		

NOTE: ONLY TWO (2) EVENTS PER PERSON

Doubles players: One person only to submit the team entry and pay the total entry fee.

Fees: For each event \$25.00 per person. Entry fees must accompany all entry forms.

Refunds will not be made after draw has been posted.

All players must be ready for play at 9:00 am, Saturday, 30 July. After 15 minutes grace, game is forfeit. Balls will be provided for FINALS ONLY

For further information contact:

Colin Helman 338-9818 or Maureen Fidell 339-3073

Max. Single entrants - 32 Max. Doubles teams - 16

Canada Day Fun Run

Looking for something to do on Canada Day? — then after watching the Courtenay July 1st parade, come over to Anderton Park and join the 30 - 50 runners that will participate in the Canada Day Fun Run, an event that attracts all categories and calibre of runner. Anderton Park, a small park across the river from Lewis Park, is on Anderton Rd, the first right on crossing the courtenay Bridge, across from the 5th

Ave. Club. Registration for the run opens at 10 am and the race begins after the National Anthem is played during the opening ceremonies for the Canada Day festivities at about 11:05 am.

The course is quite flat and all four and a quarter miles are paved. It proceeds along Condensary Rd, to Piercy, along Dove Creek Rd, to Hedquarters and along the Island Highway finishing in Lewis Park.

Drop in or phone



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Subsequent Insertions - \$1.50 per inch

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fridge, stove, dishwasher, washer and dryer in all 2 bedroom units, fireplaces and large balconies, 1 1/2 baths with Jacuzzi tubs, saunas and exercise room, party room with wet bar and ping-pong, swimming pool, free cablevision, excellent view suites available, extra large suites, rents from \$380.00

If not PHONE 338-3962

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For Sale: Shelby Mobile Home, 12 x 60, Set up Amiles from base, patio doors onto sundeck. 8 x 8 insulated storage, 8 x 10 storage. Fridge, stove, washer, dryer. \$21,500 or b/o. 339-2781

Do you eat compulsively? Do you want to change? Overeaters Anonymous - 338-9849 or 339-4194

For sale: In Falcon Trailer Park near Air Pase Mobile home - 3 bed. 2 additions, 2 sheds, washer, dryer, fridge range & woodstove. \$17,500 Call 339-4138 anytime.

FOR RENT: 3 bedroom home with family room, carport and large backyard with garden & hothouse. Would like a four year tenant if possible. Lease, references and damage deposit required. Near schools. Available 1 Aug. \$450 month. 339-6376

Moving to the Cowichan Valley
Contact Dick & Lois

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Your right colors can enhance your beauty. For only \$5.00 be coded to your season

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Marilyn Belanger
Your NUTRI-METICS representative at 339-4419 for an interview.

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Having a picnic? Reunion? Staff or club function? Let us barbecue for you!

Your choice of delicious grilled steak, chicken, ribs or salmon along with baked potato or potato salad, green salad and garlic bread. Mix and ice also available

D & E MOBILE CATERING
PH 338-8268 338-9826

For Sale: 1951 Ford Pickup, 289 engine \$3900 O.B.O. 339-4698

Cakes: For all occasions. 339-2170

For Sale: 1973 Buick Stn/Wgn. Excellent condition. 339-3826

Interested in trading your home in Courtenay-Comox for a home in Morinville, Alberta. 10 min. drive to CFB Namao. Call Cst. John Beckett Tahsis. Bus: 934-6363 or res: 934-6563.

I'll bet you were a beautiful baby, but baby, look at you now.

PARTICIPATION

EW
Courtenay

Adults \$3.75, OAP \$1.75, Child \$1.75

Now Showing Thurs. to Thurs. - June 30 - July 7
Dan Aykroyd, Albert Brooks, Vic Morrow
"TWILIGHT ZONE - The Movie" (MATURE)
"WARNING - Not suitable for young children; some violence; coarse language & swearing." - B.C. Dir.

Fri. to Thurs. - July 8, 9, 10, 11, 12, 13, 14
Peter Riegert, Denis Lawson, Burt Lancaster
"LOCAL HERO" (MATURE)
"WARNING - Some swearing & coarse language" - B.C. Dir.

WATCH YOUR LOCAL NEWSPAPER FOR COMING FEATURES.

Stardust
Drive-in Theatre

Corner Williams Beach Road & Island Highway
ALL ADMISSIONS \$4.00
ALL-NITER \$4.50
BOX OFFICE 9:15 p.m.
SHOW AT DUSK

SPECIAL ALL-NITER THURS JUNE 30
"THE MAN WITH TWO BRAINS"
- PLUS - "HIGH ROAD TO CHINA"
- WARNING - "HIGH ROAD TO CHINA" is coarse language, occa. (MATURE) B.C. Dir.

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CFB COMOX

RESTAURANT GUIDE



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11 a.m. - 10 p.m.

fried chicken
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Promotions and Awards



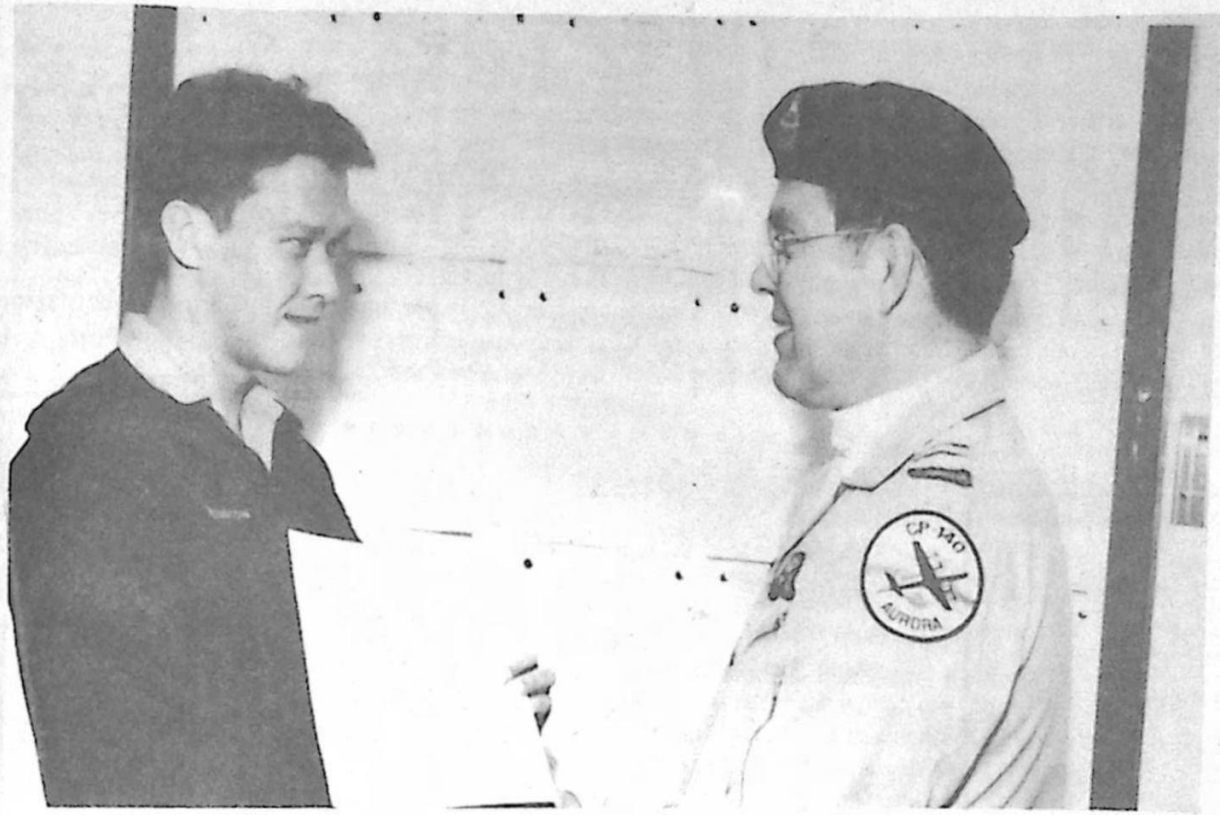
When you work at a top notch Squadron like VP407 hard work always (well almost always) brings rewards. Just like AJ. LCol. Brygadyr presents MWO Schoots with his new rank.



Sgt. Steve Harrison is congratulated by Maj. Low, BCEO, ON HIS PROMOTION TO THE RANK EFFECTIVE April 83. Steve is a Stationary Engineer and is the foreman of the Remoting Heating Shop in CE.



When Capt. Farrell was the 407 Squadron ASO he suggested that safety could be improved by mounting eye was stations on each of the two large tool boards used with the CP140 when in maintenance. His Commanding Officer, LCol. Brygadyr, presented him with a certificate and \$200.00 for his proposal.



LCol. S.W. Brygadyr recently presented Cpl. Ronald Eligson, AE Tech with VP407, a "For Professionalism Award" from the Directorate of Flight Safety. Ron's eye spotted a loose spinner retaining bolt at night on a visiting Aurora from Greenwood, N.S. Well done!



Cpl. Louch, a Financial Clerk in our Pay Accounts Section, recommended that the unit pay office number be included in unit personnel data transaction entries in the CF743 pay guide. His proposal results in more efficient use of the clerks time and the CF awarded him \$250.00. Maj. Alexander, our Base Comptroller, made the presentation.



A/MCpl R.W. Earl, a Wpn. Tech from 407 Squadron receives the Green Flight Top Student Award for JLS Course 8302. Making the presentation is Major D.W. Carpenter, Commandant CFJLS Penhold. Congratulations Robbie!



MWO R.H. Hartwell (ate) with Maj. W.A. Ainslie (upon being promoted to MWO)



Sgt. Pat Tinnion, MP Section, was promoted to that rank effective 29 April 83. He is shown above being congratulated by his Commanding Officer, LCol. E.N. Berntson, BOpsO. It is understood that a short ceremony was held later at the Security Lounge to present 'the 'Army Provost Sergeant' hooks'.

Around the Base



OUR LADY OF THE SACRED HEART CHAPEL CFB COMOX, B.C.

BASE CHAPLAIN (RC): Maj. Julien Rheault: 339-2211, Local 2274

MASS SCHEDULE HOURS:

Saturday 1900 hrs
Sunday 1000 hrs
Week Days 0930 hrs (No Mass Thurs.)

BAPTISMS & MARRIAGES: By appointment - notice well in advance

CATHOLIC WOMEN'S LEAGUE: Meets every second Tuesday of the month at 8 p.m. in the Parish Hall, preceded by Mass in the Chapel at 7:30 p.m. (no meetings during Jul and Aug)

PARISH COUNCIL: Meets every second Wednesday of the month at 1:00 p.m. in the Parish Hall.

CATECHISM CLASSES: Each Wednesday in the PMQ School from 1830 to 1930 hrs from September to April.

ST. MICHAELS AND ALL ANGELS PROTESTANT CHAPEL

CHAPLAIN: Padre Bob Risch (UCC) Tel: 334-3575
CHAPEL: St. Michael and All Angels Protestant Chapel, Bldg. No. 88.

OFFICE: Headquarters Bldg No. 45, Rm. No. 48, Loc. 2273.

ORGANIST: Nancy Nowosad, Tel: 338-9843

PUBLIC WORSHIP: Sundays - 1100 hrs. EXCEPT FOR 3 & 10 JUL 83 at which time services will be at 1930 hrs in the evening.

COMMUNION: First Sunday of the month.

SUNDAY SCHOOL: No Sunday School for July and August.

CHOIR: No choir practices during July and August.

CFB COMOX MILITARY CHRISTIAN FELLOWSHIP



Meetings held from Monday to Thursday from 1200 - 1300 hrs. in the R.C. Parish Hall next to the Tennis Courts.

Library (Located back Station Theatre)

HOURS:
6:00 p.m. - 9:00 p.m. Monday - Thursday
NEW BOOKS:

The One Tree (The Second Chronicles of Thomas Covenant) - Book II - Stephen R. Donaldson

"...I'm going to leave the Land - try to find the One Tree. So I can replace the Staff of Law. I don't know what else to do," Covenant said. "I don't know how long I'm going to be gone, and every day they kill more people. Somebody has to stop them." Thus Thomas Covenant accompanied by Linden Avery, begins his search for the 'One Tree'.

White Gold Wielder (Second Chronicles of Thomas Covenant) Book Three - Stephen R. Donaldson.

"...I want you to go back to the land. To Revelstone and Stop the Clave. Put out the Banefire. If you do that, the Sunbane'll slow down. Maybe it'll even recede. That'll give us time to look for a better answer." Thomas Covenant was shocked by Linden Avery's demand; but he realized

that, despite their awful failure on The Isle of the One Tree, there was no alternative but to return and fight.

Pacific Yachting's 'Cruising Guide to B.C. Volume III - Bill Wolfertan

In this third volume of Pacific Yachting's Cruising Guide to B.C., renowned cruising author Bill Wolfertan takes the reader on an exploration of southwestern B.C. mainland coast - from Bound Bay to Jervis Inlet, including the Fraser Estuary, Vancouver and Howe Sound, the justly famous Sunshine Coast, and the isolation of Hotham Sound. This is prime cruising territory for all yachtsmen, including some of the most dramatic unspoiled wilderness in the province, all located within easy range of the major urban centres of Victoria and Vancouver.

We also have magazines and a Book Exchange.



Community Service Awards presentation - Seated left to right: Mrs. Pam Goinet, Mrs. Sharon Carlson, Mrs. Carol Fetting, Mrs. Ruth Hunter, Mrs. Sue Mackenzie and Mrs. Joan Leblanc. Standing left to right: MCpl. Charlie MacLeod, Mr. Gary Bourque, LCol. Morrice, MCpl. Don Leblanc, Capt. Wayne Martin and Mrs. Heather Massey.

Missing from Photo are Mrs Barbara Bagnell, MSgt. Louis Robertson, and MCpl. Ray Hunter.

Community Awards

On 25th May, Wallace Gardens PMQ Council had the pleasure of presenting "Community Service Awards" to 14 well deserving individuals.

The "Awards" which were presented by LCol. Morrice, BADO, were in appreciation for volunteer work carried out by members of the community.

LCol. Morrice praised the volunteers for their many hours spent in "community work" and expressed hope that others would continue to offer

their time and experience to the community.

Capt. Spiers, PMQ Mayor, also praised the work of the volunteers and on behalf of the entire PMQ Council expressed a sincere thanks for all their support and assistance throughout the year.

Volunteers offer their assistance in various activities within the community by working as leaders for the scouts, cubs, beavers, ladies auxiliary, transportation, church activities, organizing special

events, members of PMQ Council and in many other ways. All recipients of the "Community Service Awards" were chosen from nominations submitted by PMQ residents and council members.

Capt. H. Banks (USAF), Sgt. John Bagnell and Mrs. C. Haskell were appointed as members of the appreciation awards committee whose job it was to review all nominations and select the recipients.

Volunteer work within our community is an

"ongoing effort" and we are always looking for interested personnel who wish to contribute their time and experience towards community involvement. We are looking for interested residents who wish to become leaders in scouts, cubs, beavers, help with transportation, work with the ladies auxiliary or group committee. Interested personnel can contact Sgt. John Bagnell PMQ 117-D or phone local 2431.

Day Camp

Hurry and register your children in CFB Comox's Day Camp Program. Each two week session consists of sports and games instruction during the morning. The afternoon will include a swim to cool off. This, all for the low cost of \$11.00 for 2 weeks.

Fun is the chief aim of this program. Learning sports and games will be the benefit of this program. Registration for this fun filled camp is being taken at this time. Don't miss out, Register Now!!! at the Base Rec. Centre (8 - 11 am and 2 - 4 pm.).

PMQ Preamble

The final meeting of the present council was held two weeks ago with most of the Councillors in attendance.

A number of Council-sponsored events have been held since my last Preamble. The flea market had a good turnout, even though it was very warm that day. But, for anyone who was here a couple of years ago, the sun is much nicer than the flooding we experienced then. Family Day was another success, especially the Dunk Tank.

Warrant Officer Ed Dupuis was a guest speaker at our last meeting. He explained the Summer Program of Aquatic (swimming) and Sports (recreation area). A flier was delivered concerning these events and for more information, please contact Marie Gallagher who is in charge of the program. W.O. Dupuis stressed that the Rec. Centre is open from 7:30 am to 9:30 pm for all dependents EXCEPT from 11:15 - 1:00 which is for service personnel.

EXERCISE is no SWEAT

BUILD A BIRD HOUSE CONTEST

Kids! Here's a fun activity for your spare time in the summer. Build a bird house! Then enter it in the "BUILD A BIRD HOUSE CONTEST" at the HOME IMPROVEMENT EXHIBITION & DO IT YOURSELF SHOW, October 12th to 16, 1983 at the P.N.E. First prize is \$100.00! The contest is open to all children, ages 6 to 12, who are residents of B.C.

To get a copy of the Contest rules write:

Southex Exhibitions
Suite 202
2695 Granville Street
Vancouver, B.C.
V6H 3H4

or phone: (604) 736-3331

I'd like to congratulate all the people who received the Community Service Awards. Your work is well appreciated. (There is an item on this in another part of the paper.)

Please don't forget the watering regulations in the PMQs. Even number houses on even number calendar days and odd number houses on odd calendar days, from 6 pm to 11 pm. Strict penalties will be imposed on any infractions.

The Brownies, Guides, Cubs, Scouts and Beavers are in need of new leaders this Fall. For Brownies and Guides, please call Pam Gionet at 339-5009, and John Bagnell for Cubs, Scouts and Beavers at 339-6929.

As this is my last Preamble, I would like to thank all the Councillors, past and present for their support

and assistance. For both my husband and myself, the last six years serving the Wallace Gardens Council in various capacities has been a lot of work at times, but very satisfying. We are posted to the land of the Snow-Shilo, Man. My husband left yesterday, and our son and I leave early in August.

I would like to say 'so long' to all our friends and acquaintances, and also to Sgt. Bill Kennedy, who works at WSA. Bill has been the blunt of "My friend Bill" for quite some time and has taken it all in good humour.

And, because we are moving, we had some tomato plants left over that I gave to my friend Bill. He said "Thanks, Joan, are they green or red?"

See you in Shilo!
Joan LeBlanc



Chuck Cronmiller, Vice-President, General Manager of Nanaimo Realty is pleased to announce the appointment of Jack West to their sales staff.

Jack previously enjoyed a 25 year career with the Canadian Armed Forces.

He is a member of the Courtenay Legion, Courtenay Fish & Game Association, as well as a golf enthusiast.

Having successfully completed the University of British Columbia Real Estate Salesman Course, Jack will be looking forward to assisting anyone with their Real Estate inquiries.

For prompt and friendly service phone office 334-3124, residence 334-3940.



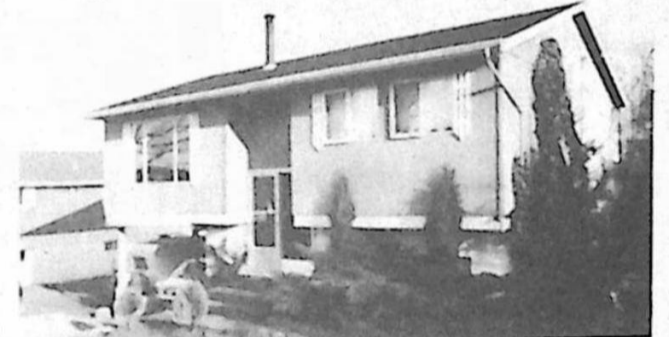
Chuck Cronmiller, Vice-President, General Manager of Nanaimo Realty is pleased to announce that Fred Davis has now joined the Sales Staff. Fred has an interesting and varied career in the R.C.A.F. including tours of duty both in Canada and Europe. His last tour being at C.F.B. Comox. He is therefore well acquainted with the Comox Valley, residing in Courtenay with his wife and son. He enjoys participating in sports including coaching Minor Hockey in the area.

Fred would be pleased to advise you on any Real Estate enquiries. Please phone his office 334-3124 or residence 338-5027 anytime.



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QUIET COMOX CUL-DE-SAC! — Immaculate four bedroom home, features wood burning stove, outside storage shed, garden area and fruit trees. Priced at \$55,000⁰⁰

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Circle No. 11 on Reader Service Card





A happy CO (LCol. Mack) after presenting the following awards: *Back row (L-R)* - MCpl. Rich Gladish, 10 yr. pin, Mr. Frank Campbell, 21 yrs (Master Driver), MCpl Larry Warren, 10yr pin, Sgt. Lloyd Kuhn - DDC Silver Plaque for 322 hrs of instructing. *Front row (L-R)* - MCpl. Ron James, 10 yr pin. The Boss, Cpl. Harvey Corman, 10 yr pin.



Col. Dobson presenting Mr. Frank Campbell with his Master Driver award for 21 years of accident-free driving.

Try the "Y"

Have you noticed how every motel, hotel and inn is boasting bargains and offering incentives in order to entice the cost-conscious traveller. But is \$90 a night in Vancouver really a saving? Or \$60? or even \$40? Consider the newly-renovated YWCA Hotel - a true bargain at half these prices.

For \$28 a night (high season, single occupancy rate) the YWCA Hotel offers single, double or triple rooms for women, couples and families. The rooms are comfortably appointed and attractively decorated by noted West Coast designer Robert Ledingham. All rooms in the hotel/residence feature access to television lounge areas and full kitchen facilities, laundry service,

and an affordably-priced licensed restaurant. The YW's fitness and swim/sauna facilities are also offered at no extra cost.

And, as well as being well within reach in terms of price, the YWCA Hotel is well within reach in terms of location... situated in the heart of Vancouver within walking distance of Stanley Park, B.C. Place Stadium, shops, businesses and entertainment, and right next door to the Hyatt and Four Seasons Hotels. It's the perfect location for a family vacation, a week-long business trip, or an overnight shopping spree.

So, with all these so-called bargains being offered these days, consider the fact that the YWCA Hotel has always been one.

S. I. S. I. P.

Welcome to the second in a series of informative articles on SISIP, the Canadian Forces insurance plan (you did read the first one didn't you? If you didn't, you should).

This article will deal with SISIP Long Term Disability (LTD) insurance. This part of SISIP was considered so important that it was made compulsory for all members who join the CF as of 1 April 1982. Those of you who joined before that time still have the choice of taking LTD coverage or not, as you see fit. Hopefully, after reading this article, you will understand just how valuable this insurance can be to you.

SISIP LTD pays you a monthly income in the event that you become disabled to the point where you are unable to work. It is paid whether you are disabled as a result of illness or injury, at work, or on your own time. It is even paid if you have a sky diving accident, a race car driving accident or slip on the soap in the shower. It won't be paid if you are injured while committing a crime or trying to commit suicide, but you are covered for practically any other occurrence. There are even provisions to pay benefits for dismemberment, should you be careless enough to misplace a hand or a foot or an eye. It should be noted that release from the CF on medical grounds is not a guarantee that you will receive LTD benefits. You must show that you are unable because of your disability to work at any job for which you are qualified by education, training or experience.

The amount of benefit payable under SISIP LTD is 75% of your last monthly rate of pay. Should you receive an annuity under the CFSA, or a pension under the CPP or Pension Act, these amounts will be deducted from the SISIP LTD benefit, so that the total amount you receive

from all sources equals 75% of your pay. The LTD benefit is also indexed to provide increases in times of inflation.

One very important part of the LTD plan is the rehabilitation program SISIP provides. Under this program you would be provided with counselling and retraining services, as well as a possible interest free loan for equipment or services to help with your rehabilitation. It is a comprehensive program which has been enthusiastically received by those who have participated in it. One of the people who took part in the plan is now a professional opera singer!

As if that wasn't enough, SISIP will provide continuing life insurance coverage at no cost for as long as you receive LTD benefits and for 5 years after the benefits cease, (provided you had such coverage under SISIP before becoming disabled). Right now you must be thinking this is too good to be true, it must cost an arm and a leg to join (pardon the pun). To show you how affordable this protection is, here are some examples of the monthly LTD premium.

RANK	SALARY	PREMIUM
PTE	\$1403	\$2.81
MCPL	1901	3.80
WO	2312	4.62
2ND LT	1680	3.36
CAPT	2810	5.62
LCOL	3830	7.66

To find out how much it would cost in your case, refer to the portion of the SISIP brochure entitled 'How to Calculate Your Premium', as the pay office, or see your local SISIP adviser. And while you're at it, find out what other benefits you can get from SISIP. The next article in this series will deal with the Survivor Income Benefit portion of SISIP. But why wait for the article to find out about it? See your SISIP adviser now!

Answers to Trivia Quiz

1. The Mig 15 first flew on December 30, 1947.
2. The shortlived aircraft was named the Dynavert.
3. Britain's main battle plane of the Battle of Britain was the Hurricane.
4. "Pappy" Boyington led the Black Sheep squadron for a period of the time before being shot down and taken prisoner by the Japanese.

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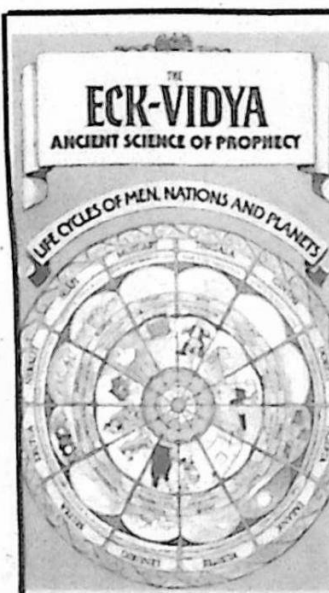
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Canadian Forces News



Officials at Canadian Forces Base (CFB) Moose Jaw have announced the promotion to the rank of Captain (Capt) of Lieutenant R.S. (Robin) Barr, twenty-five, of Comox, British Columbia.

Capt. Barr joined the Canadian Armed Forces in May 1979. He completed his Grade Twelve at George's P. Vanier Senior Secondary School in 1975 and worked at a few local business firms including being a civil servant for the Department of National Defence. Capt. Barr arrived at CFB Moose Jaw for the first time in May 1980 to undergo basic pilot training on the CT-114 Tutor Jet Trainer and received his pilots wings in April 1981. From here he attended the flying instructors school at this base and was then attached to Number Two Canadian Forces Flying Training School (2CFFTS) as a jet flying instructor.

He and his wife Susan (the former Susan Danielson of Shellbrook, Saskatchewan) reside in the city of Moose Jaw, Sask.

Pathfinders

OTTAWA - 'Pathfinders' were not the type of airmen who tended to lose their way, and after nearly four decades, a small group of Canadian Pathfinders are heading back to Little Stoughton, England. They will take part in a May 28th and 29th reunion of Commonwealth veterans who flew with two Royal Air Force (RAF) squadrons posted there during World War II (WWII).

The Candian members of 582 Squadron (Lancasters and 109 Squadron (Mosquitoes) will be seeing old flying friends from Australia, Britain, New Zealand and the United States, some for the first time in 38 years. During WWII, Little Stoughton was their home, and the reunion will be an occasion for the townspeople to lay out the red carpet in honour

of an illustrious group of flyers, including the WWII Chief of Pathfinders, Air Vice-Marshal D.C.T. Bennett, CB, CBE, DSO, AFC. Pathfinders were the elite of Bomber Command, and their role was to fly ahead of the main bombing forces to find and mark targets for the incoming waves of bombers. It was harrowing, and risky work, and completing a tour which consisted of 45 missions over enemy territory, was a great achievement.

Various displays, a dinner, and a special church service are planned for the more than one hundred expected veterans. Persons interested or requiring more information may contact Mr. Douglas H Penny, Canadian co-ordinator of the reunion at his home in St. Albert, Alberta, (tel: 403-459-0463).

ALCOHOL QUIZ

Try this quick test...

- | | Yes | No |
|--|-----|-----|
| 1. A person can become an alcoholic by just drinking beer. | ___ | ___ |
| 2. Most alcoholics are on skid row. | ___ | ___ |
| 3. Eating while drinking slows down the absorption of alcohol in the body. | ___ | ___ |
| 4. A person can be allergic to alcohol. | ___ | ___ |
| 5. A person can die from alcohol overdose. | ___ | ___ |
| 6. Alcohol is a drug. | ___ | ___ |
| 7. Alcohol is the perfect remedy for fighting off a cold. | ___ | ___ |
| 8. Black coffee helps to sober up a person who has "tied one on". | ___ | ___ |
| 9. A big tall person can get drunk. | ___ | ___ |
| 10. Alcohol is a sexual stimulant. | ___ | ___ |

Answers: For a perfect score you have checked "yes" for statements 1, 3, 4, 5, 6 and 9; "no" for statements 2, 7, 8 and 10.

The Royal Canadian Dragoons Centennial



Toronto, Ont. -- A plaque is unveiled June 5 at the former Stanley Barracks to honour the Royal Canadian Dragoons during centennial celebrations. The Royal Canadian Dragoons were in garrison here from 1892 to 1940. Left is Brigadier-General P.V.B. Grieve of the Royal Canadian Dragoons and right is Mrs. P. Williams Arnoldi, daughter of Major-General V.A.S. Williams, Regimental Commanding Officer 1907-12 and Honorary Colonel 1927-49. The historical plaque is shown outside the Marine Museum of Upper Canada at Exhibition Place in Toronto. Inside is a special Royal Canadian Dragoons centennial display.

(Canadian Forces Photo.)

The life and times of the Royal Canadian Dragoons, one of Canada's oldest cavalry regiments, with over a half century of services in Toronto, will be on display in the Marine Museum of Upper Canada, the former Officers' Quarters and last remaining building of Stanley Barracks, June 6 to December 31, 1983.

The Royal Canadian Dragoons trace their history to 1883 when the School of

Cavalry was organized at the Citadel in Quebec City. Their first active service was in the 2nd Riel Rebellion in 1885. During the 51 years from 1892 to 1940, when the Regiment was garrisoned in Toronto's Stanley Barracks, the Dragoons served in three major wars - the Boer War (1899-1902), World War I (1914-18), and World War II (1939-45) and received many honours for their skill and bravery in combat. At

the outset of World War II cavalry was no longer considered an effective fighting form and in 1940 the Royal Canadian Dragoons officially became an armoured unit. Since 1945, they have performed peacekeeping duties for NATO and the United Nations in Germany, the Middle East, Korea, Cypress and Vietnam.

The display in the Marine Museum focuses on the soldier and his horse, life in

Stanley Barracks, the evolution of fighting techniques on foot, on horseback and in armoured vehicles.

The Marine Museum of Upper Canada, located in Exhibition Place, near the Princes' Gates and the streetcar loop, is open daily from 9:30 am to 5:00 pm, Sundays and Holidays 12 noon to 5:00 pm. Admission for adults is \$1.50 and \$1.00 for children and seniors.

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<div>SILKIENCE</div> <div>SHAMPOO</div> <div>AND</div> <div>CONDITIONER</div> <div>400 ml.</div> <div>3⁴⁷</div>	<div>JOHNSON AND JOHNSON</div> <div>BABY SHAMPOO</div> <div>550 ml.</div> <div>3⁹⁷</div>	<div>RIGHT GUARD</div> <div>ANTI — PERSPIRANT</div> <div>200 ml.</div> <div>2⁹⁷</div>	<div>SYLVANIA</div> <div>LIGHT BULBS</div> <div>TWO PACK</div> <div>60 WATT</div> <div>1¹⁷</div>
<div>CAMAY</div> <div>BEAUTY SOAP</div> <div>140 g. ea.</div> <div>3 FOR 1⁸⁷</div>	<div>IVORY</div> <div>DISH DETERGENT</div> <div>REG. 2⁹⁹</div> <div>SALE 2⁵⁷</div>	<div>JOY</div> <div>DISH DETERGENT</div> <div>1 l.</div> <div>REG. 2⁷⁹</div> <div>SALE 2⁵⁷</div>	<div>BUZZ</div> <div>WOODCRAFTS</div> <div>WOODEN FIGURES</div> <div>WITH</div> <div>CRAYONS</div> <div>5⁹⁹</div>
<div>SILVER PLATED</div> <div>SALT AND PEPPER</div> <div>SHAKERS</div> <div>11⁹⁷</div>	<div>STYLE CRAFT</div> <div>OF</div> <div>BALTIMORE</div> <div>PENCIL HOLDER,</div> <div>MEMO PAD</div> <div>AND PENCIL SET</div> <div>9⁹⁹</div>	<div>STYLE CRAFT</div> <div>EXQUISITE</div> <div>WRITING PAPER IN A</div> <div>HAND CRAFTED</div> <div>REUSABLE BOX</div> <div>7⁹⁷ TO 17⁹⁷</div>	<div>STYLE CRAFT</div> <div>DESK ACCESSORIES</div> <div>10⁴⁷</div> <div>DESK SIZE</div> <div>ADDRESS BOOKS</div> <div>8⁹⁷</div>



When Sergeant (retired) Forsyth was employed as a Class "C" Corporal IS Tech in BAMSO IE/IS Labs, he suggested modifications which permitted two different test sets to be used to check CH113 helicopter Horizontal Situation Indicators and Altitude Indicators. For his proposal he received two certificates and a cash award of \$755.00. Maj. Gidley made the presentation to Mr. Forsyth while he was awaiting orders to get back into a uniform as a Cadet Instructor List AERE Lieutenant.



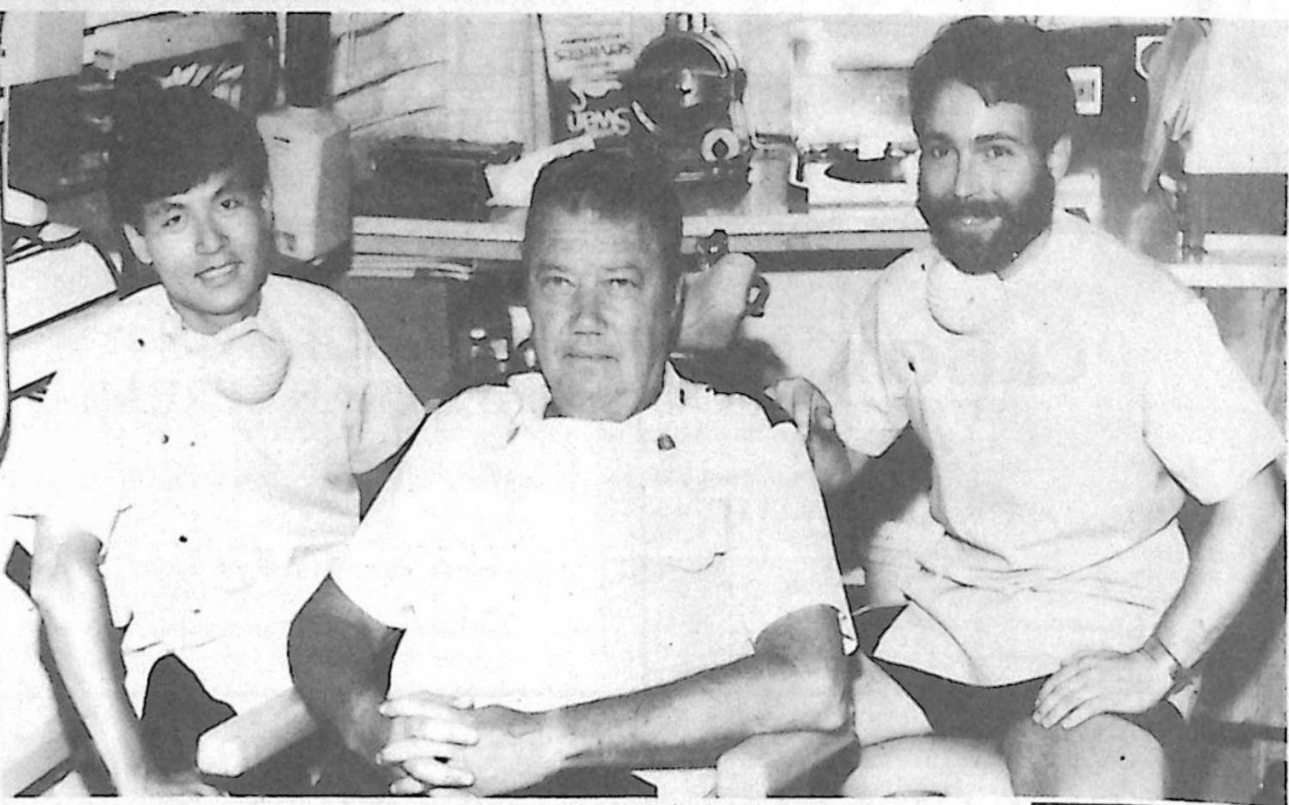
MCpl. Roberts, an IE Tech on 407 Squadron, recognized the unsafe situation where many pieces of ground servicing equipment, such as tool kits and test equipment, were a hazard on the line at night time as they were not readily visible. He suggested that reflective tape be used to mark these items and thus make them more visible. For his suggestion he was given a certificate and a cash award of \$100.00. Capt. Perrier, the Squadron ASO, made the presentation in front of Lt. Poulin, the ASO designate.



The CO 409, Lt. Col. Lott congratulates Sgt. William (Al) Walsh on his latest Physical Fitness achievement. Al has been jogging seriously since 1966 but started recording for the Aerobic Awards only in 1973. At present he runs approximately 19 miles each week for a total of 988 miles per year. His goal, having just received the silver medallion for running 6,000 miles, is for a grand total of 7,200 miles. This would entitle him to the Gold Medallion. Jogging is a fine conditioning sport and Al feels he will always be a jogging enthusiast.



Official Opening — Water Plant Extension Col. W.D. Johnston, DCOS MILE at Air Command Headquarters, prepares to cut the 'ribbon' to officially open the new extension to the Base water treatment plant. Cautioning Col. Johnston not to injure himself is the Base Commander, Col. W.R. Dobson. The extension was designed and constructed as a Construction Engineering trades OJT project, one of several that have been carried out at CFB Comox over the past five years. Participating in the opening ceremony are most of the CE members involved in the project. (L to R) Cpl. Cowles, Cpl. Gauvin, Cpl. Shuttleworth, M/Cpl. Burke, Col. Dobson, Col. Johnston, M/Cpl. Hunter, Maj. Low, Cpl. Talbot, and Cpl. Mitchell.



Dentistry in the South Pacific! -- The picture above shows Capt. Nelson Hui and Pte. Don Gatiss in the Dental Clinic of HMCS PROVIDER with our patient CP01 G.K. Hunter, the Coxswain of PROVIDER, who will be posted to CFB COMOX in late July. The picture was taken by the Squadron Photographer M/Cpl. A. Sartori who will also be posted to Comox after the trip.

During Exercise FAR HORIZONS 83, the AOR replenishment ship supported the Second Canadian Destroyer Squadron on the recent cruise to the Orient, which included port visits to Yokosuka and Kure - Japan, Shanghai - China, Pusan - South Korea, Hong Kong, and Manila - Philippines. The ships departed CFB Esquimalt on March 14 and returned on June 24, 1983.

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