



TOTEM TIMES



Old Age And Treachery Will Overcome Youth And Skill

Vol. 27 No. 5 CFB COMOX TOTEM TIMES

THURSDAY March 7, 1985

Deadline is Monday, March 18, 1985

COST: PRICELESS

Its Hands Across The Border

VP407 Duo Foil International Conspiracy



All's well that ends well...Cmdr Mike Montgomery, CO of VP69 "accepts" a helping hand from Chief Whalekiller, LCol Terry Rogers and two of his baby belugas Capt Al "Kung Fu" Sharpe and Lt Dennis "Killer" Sawatzky. These two "humanitarians" were instrumental in the recovery of the prized VP69 trophy and helped avoid a major international disaster.

... What They Said!

By VP-69 Staff

The VP-69 Totems were pleased to return the NAS Whidbey Island Officers' Club valuable EA-6 model which had been mysteriously removed from its display case. The large model, 3 ft. 6 in. long with a 3 ft. wing span, was discovered missing on a recent Sunday morning following a Dining-In hosted by the Whidbey patrol squadron.

The VP-69 commanding officer Cdr Mike Montgomery, speculated that the highly regarded model had been the target of "foreign extremists" who hoped to embarrass the squadron.

"VP-69 squadron members left no stone unturned in seeking to recover this symbol of the Whidbey air station," Montgomery said. The model was eventually recovered in an undamaged condition with the exception of some foreign markings on the wings. Assisting in the return were some visiting officers from the air wing of the Canadian Defense Force.

-Courtesy The Whidbey Crosswind
Jan 18/85.

... And Now The Real Story

Recently, the fighting 407th Squadron was hosted by its brothers in the trade from Naval Air Station Whidbey Island, Washington. The VP-69 "Totems" convened an Officers' Dining-in which witnessed the exchange of ideas ranging from tactical planning to state-of-the-art TV dinners. The lavish meal was punctuated by a broad span of frivolity which was perpetrated under the direction of the Commanding Officer of VP-69 and his Executive Officer. Having completed the sumptuous dinner, and after having dissolved all the national barriers, the evening continued with pilots from both squadrons re-flying those glorious early dawn missions, and navigators comparing their personal approaches to celestial "dead reckoning".

Sometime while these gentlemen were engaged in their evening's festivities, an apparently seditious and rival quasi-military group was enacting a long-planned and well-thought-out scheme which saw a "priceless" artifact deftly removed from its place of rest in the foyer of the Officers' Club. The heinous crime was not discovered until first light, at which time the resourceful Americans put their shoulders to the task and brought in the cavalry. The highly respected special investigative body was however not required. It appears that two front-line navigators from 407 Squadron were casually admiring the night skies and discussing the vagueries of stellar positioning, when they saw the dastardly trio making off in haste with the precious A-6 Intruder model. Bravely, and without regard for their personal welfare, they challenged the nocturnal bandits. The latter, fearful for their lives, dropped the model and took to the hills rather than mixing blows with Lieutenants Al (Kung Fu) Sharpe and Denis (Killer) Sawatzky. The two Canadian airmen gingerly returned the aircraft to a safe location and sought out the proper authorities to effect what was an emotional return.

The CO of VP-69, Commander Mike Montgomery praised his colleague, Lieutenant-Colonel Terry Rogers on behalf of a grateful Naval Air Station, and complimented the Canadian officer on the bold and resourceful traits which characterize VP-407 aviators. **Bravo Zulu Demons!**

New Chief Of Ivory Hunters

Ottawa -- The Chief of the Defence Staff, General Gerard C.E. Theriault, has announced the appointment of Brigadier-General (ret'd) W.R. Thompson, of Trenton, Ontario, as Colonel Commandant of the Canadian Forces Dental Services.

General Thompson's military career began in 1943 where he served with the Canadian Army as a dental assistant and subsequently qualified as a navigator in the Royal Canadian Air Force. Following the Second World War he graduated from the University of Toronto with a Doctor of Dental Surgery in 1949. He re-entered the Canadian Army during his final year of studies and on graduation began duty as a Captain in the Royal Canadian Dental Corps.

General Thompson is a certified specialist in oral and maxillofacial surgery, having received his training at Walter Reed Army Medical Centre in Washington, the University of Toronto, and the Toronto General Hospital.

He has served as base dental officer at Petawawa, St. Hubert, and Gagetown; as senior dental officer with 1 Fighter Wing in Marville, France and as an instructor at the Canadian Forces Dental Service School at CFB Borden. He also served with 25 Canadian Field Dental Unit in Korea.

From 1970-74 he was Commanding Officer of 13 Dental Unit at CFB Trenton. During this period he also served as oral surgeon for Kingston Military Hospital.

General Thompson served on two occasions as a staff officer in the Division of Dental Services at National Defence Headquarters. He was Director of Dental Treatment Services at NDHQ until he became Director General of Dental Services in 1976.

In 1973, General Thompson was appointed an honorary dental surgeon to the Queen and also was inducted as a fellow of the International College of Dentists. In 1979 he was inducted as an honorary fellow of the Royal College of Dentists of Canada and also was presented with the Pierre Fouchard Medal by the National Order of Dental Surgeons of France for his contributions to international dentistry.

In June 1981, he was appointed to the Order of Military Merit at the level of Commander. In the same year he was honoured in Rio de Janeiro when he was presented with the Merit Award by the Federation Dentaire Internationale (FDI) in recognition of his contributions as Chairman of the Commission of Defence Forces Dental Services of the FDI.

The position of Colonel Commandant is an honorary appointment which is held in high esteem and is accorded to a retired senior officer of the concerned Branch.

Colonel Commandant, General Thompson's duties will include fostering esprit de corps throughout the Branch and advising the Chief of the Defence Staff on matters of significance to the Canadian Forces Dental Services. The appointment expires in 1988.

Nutrition Month

March, 1985 has been designated as National Nutrition Month by the Canadian Dietetic Association.

This year, the Directorate of Food Services (DFoodS) has developed the CF Nutrition Month program with the cooperation of the Director of Physical Education, Recreation and Amenities (DPERA) to expand on the theme "Nutrition and Fitness". The slogan for the campaign is "Eat Well, Live Well".

One of the aims of the 1985 Campaign is to make CF personnel and their dependants both realize and enjoy the benefits of good nutrition and physical fitness.

Questions concerning nutrition and fitness and how to become and stay fit will be addressed. Watch for displays, newspaper articles, etc. providing information on nutrition and fitness.

UIC Policy Announced

On 30 Jan 85, a canforgen was released to clarify the announced changes to Unemployment Insurance Policy and to dispel the concerns being raised as a result of the circulation of false and misleading information. At that time there was nothing to indicate what action DND would undertake in response to these changes which involve the following:

- Severance Pay would be treated as income for the purpose of calculating UI benefits beginning 31 Mar 85, and

- Pensions would be treated as income for the purpose of calculating UI benefits beginning 1 Jan 86.

The question of Severance Pay has been reviewed at the highest level of the Department and it has been decided not to seek changes

to, or an exemption from, the new policy because a compelling case cannot be made to do so. Major concerns focus on the provision which would count pension income as earning effective 1 Jan 86.

There are two major areas of concern:

- On retirement with a pension our people would be ineligible from receiving either full benefits or any benefits from Unemployment Insurance should they be unable to find employment at that time even though they contributed to the programme during their service career, and

- The second concern centres on the requirement for those who obtain employment on retirement to contribute once again to a program from which they will derive little if any benefits should they sub-

sequently become unemployed. This illogical circle could be repeated, over and over again, for as long as twenty five years.

Formal ministerial representation will be made to the Minister of Finance and the Minister of Employment and Immigration on the legitimate concerns of our personnel. Discussions are also taking place with senior officials in the Department of Employment and Immigration. These have been going on since mid Dec and will continue until some type of equitable solution can be found.

THINK



SUMMER

Commander To Visit

BGen Ian Patrick, Commander Maritime Air Group will be making his official base visit 18-19 March.

BGen Patrick is scheduled to arrive by Aurora on Sunday March 17. He will commence on base activities on Monday morning and leave for Esquimalt late Tuesday afternoon.

While on base the General will be visiting the three squadrons and other related base activities.

Further information regarding this visit can be obtained by contacting the visit co-ordinator, Capt Gord Kruger at local 2289.

"Fishwrapper" Exposed

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"Our Quotable Quote"

A generation which was given everything without question has wound up thinking that it is entitled to get everything without effort.

Section News

VU



33

VU33 AIRCREW

It has been somewhat like "homecoming week" around the squadron this past week. Nick Murgatroyd returned from his three-week vacation in England and has decided to write a service paper entitled *The Relative Merits of Cold Versus Warm Beer or Some Like it Hot* for short. Nick is also being sought by the MPs as a star witness in the case of a near-miss accident on base caused by somebody driving on the wrong side of the road.

Dave Bekolay also dropped in for a weekend at home, giving him a chance to show off his newly formed facial creases from his T-Bird course. Dave must be taking this jet business very seriously as he now refuses to do up any of his flight suit zippers.

By far the biggest topic of discussion this last week has been the recent squadron aerial photo contest. The squadron photo officer organized a contest which required each of four crews to take both photo pod and hand-held camera shots of specified targets. The competition was definitely cut throat. The CO suspected sabotage, when on his walk-around he

discovered a mysterious piece of tape covering one of his photo pod lenses. This incident obviously ruffled the boss, as all his photo pod pictures appear to be of some obscure power dam while everyone else's are of Sisters Island lighthouse.

In an effort to cover all angles, Terry Patterson chose John Reimer (chief judge of the contest) as a last-minute substitution for his copilot. How obvious can you get? This, of course, led to other crews offering bribes but perhaps none so persuasive as the CO who merely walked into the lounge with John's unsigned PER in his hand. Contest winners will be announced in the next issue.

ANCHOR 92

VU33 TECHSIDE

A week or so has passed since the last report and it seems that my scoopers want more pay or recognition for they haven't found too many incidents to report. Squadron activity has been at a quick pace lately with an amount of flying.

John Dimock is preparing to go to Borden for a 6A course which will allow me to romp and roam under the careful eye of his informers. I only wished my scoopers were as attentative as they are. Pete Morro is also heading Ontario way to attend a Battle Damage Course in Trenton.

For the past week and for the next couple of weeks you will see some new faces as we have three exchange techs from Summerside's 880 Squadron getting the lowdown on our operation. We would like to welcome Claude Richard, Al Price and Sheila Swedberg and hope they enjoy their stay with VU33.

Only one move recently, Tom Livingstone has gone to Maintenance to oversee their operation. George Murphy will be relinquishing that position in a couple of months when he goes to Greenwood's Hornell Centre to instruct with 404 Squadron.

Frank Bliss, our Delmar operator from Base Arm, would like to convey to persons who want to know what happened to 20,000 feet of wire, to see him first so he can give you his side of the story. Last week's Delmar trip I was involved in gives me the impression the Navy is getting better at weapons firing. There is no longer a need for a target 8 feet long and 4 feet round when .040 wire is quite sufficient. I wonder if they realize that we are pulling and not pushing the target. To be diplomatic and not rib anyone the wrong way is a task in itself and so as to not offend anyone or stick my foot in it, it is only my opinion that the "shot was close".

The hockey team has been idle due to the broomball regionals but is keyed up for the next game. I'll keep you informed by word of mouth as to game times. We could use some more fan support. Our faithful fans would like to see some fresh faces in the stands.

How's the car Yvan? Keven Saunders and Pete Morro were seen discussing a story to tell Dennis Vicklund something about some empty beer bottles. Another ski-day will have come and gone by the time this is printed so let us hope that no one is reading this from a hospital bed. If they are, you will hear the whole story. I have heard there have been some close calls on our previous ski outings.

If there is anything that you would like to see written in the article, let me know and if it is printable it will be included in the following paper. So until next time.

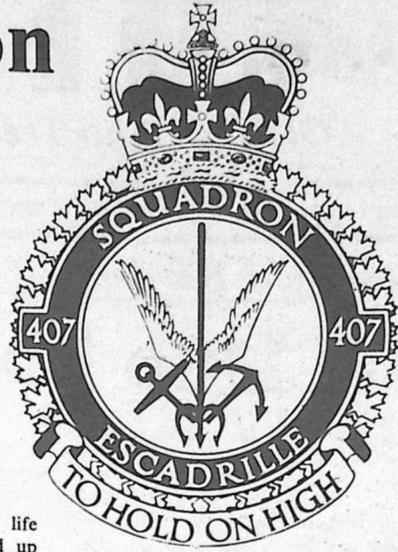
G.L.

THINK



SUMMER

Demon



Doins

DEMON DOINS AIRCREW

Since the last printing, life around squadron has picked up substantially a tell-tale sign that the somewhat drab winter season is nearing an end, and many crews are on the move again.

The Crew 7 'Moosemen' are away on the best trip of late, in that they are presently in the 'land down under' to participate in an international naval exercise.

Also seen departing was a strange being, in the image of the Great King Neptune, ready to put the crew through the gruelling indoctrination of equator crossing. Hope their stomachs are up to it!

The announcement was made recently that the Crew 3 'Sub Busters' are to represent 407 Squadron in the upcoming O'Brien Cup competition, after being chosen from the short list, amongst very tight competition. The O'Brien will be held in Greenwood next month, and if recent trends continue it should be another gold mine for 407. As a matter of fact, the cup already has the Tacnavs name on it! Congratulations and good busting goes to Crew 3.

Crew 2 just returned from Hawaii, and are presently coping with the dreaded *Pineapple Withdrawal Symptoms*. A reliable source tells me that the water off Waikiki is once again sub-free for a while, thanks to their diligent work.

And then there's Crew 4. Assigned the difficult task of aiding our southern (northern?) neighbours in Adak, Alaska. They recently bundled up and flew there, only to discover that the WOXOF lounge was not idly named. Once there they were graciously hosted by the VP46 'Grey Knights' and were invited to a Mess Dinner of sorts. It seems a certain newly promoted Captain had some problems in deciding the genders of the PMC and Vice PMC, having initially addressed the PMC (male) and the VPMC (female) as MR. and MR., only to make a quick thinking recovery to address them as Miss and Miss! To add to the confusion, he then proceeded to address the host squadron as VP69 vice VP46. If you look closely you can still see the bruises from the bun bombardment he received.

Speaking of VP69, they will shortly be coming to the Great White North for their Dining-In night in return for their tremendous efforts laid out last month at NAS Whidbey Is. From the reports back, that event was superb, thus all efforts are being put out to show them a good time in return, and attendance is highly recommended.

The Flt Comd's office is presently very busy, as it is the annual PER season. Preliminary reports say that if we are half as good as the reports state, Canada's sovereignty is in safe hands!

A newly serviceable, Maj Gibbs has recently been seen in squadron spaces in a flight suit of all things, wandering aimlessly, mumbling something to the effect of "Crew 8, where's crew 8?". Glad to have you back on line. Another tell-tale sign that summer is right around the corner is that posting messages are beginning to trickle in. Early rumours have Capt Kirby and Lt Landry going the flatlands of Winnipeg, to instruct at CFANS, while Capt Phillips is off to CFS Shelbourne as a watch officer.

The intersection hockey season is now finished with both 407 teams going down to hard fought defeats.

However, the playoffs paled into insignificance with the Demons vs Devils game being the premiere match up, whereas, in a difficult battle, the Demons trounced the Devils by a score of 7 to 3. It would seem Capt Byam can tend goal better than he can speak.

One of the newest squadron members, Lt Marsden was recently seriously injured during a soccer match, and ended up in the hospital for a time. He is presently well on the road to recovery, and is taking some sick leave. Our best wishes for a rapid recovery.

Ending on a lighter note, congratulation goes to Capt and Mrs. Gaboury, in that she recently gave birth to an 8 lbs. 4 oz. bouncing baby boy, which is just what the father ordered.

SAMO SECTION NEWS SERVICING #1 Crew

Well! Spring is slowly catching up on us and soon, no doubt, we'll all be affected by spring fever. The fishing reports are in and apparently a few people have already landed a sucker.

All of 1 Crew would like to wish Pte Russell and her husband all the very best in Armstrong, B.C., mainly because we're hoping we'll get our BBQ chicken cheap from now on.

Cpl Hogan has kept us all in line since his return from JLC. When he's not getting us in 3 ranks for roll call, he's busy studying his General Service Knowledge and Leadership handout. Keep it up, Chuck.

I suppose we should bid farewell to MCpl Buell, who has finally been sentenced to research, and Cpl Jean, who had a short but sweet stay on 1 Crew. He is going to pass on his vast knowledge to others in Borden.

Congratulations Serge on your promotion to MCpl. I guess having two Cpl Peters on the crew got confusing and you won the toss. All you young and influential privates out there remember that

abrasiveness does pay off as we all witnessed with the promotion of MCpl Roberts. Maybe coarse is the right word, eh Russ?! Congrats to you too.

Although we'll be bidding farewell to Nick Cline in June, we hope he has an enjoyable brief stay on 1 Crew.

Cpl Gardiner has a new protoge, Jeremy. Deb and Nick were nice enough to buy him and his new son matching soothers before leaving for Cold Lake.

Welcome back to 1 Crew Cpl Boisvert. We all know you're overwhelmingly excited about working with us again after 6 months off. Oh! and contrary to popular belief, Dan Labbe is still on 1 Crew. He's the one with the haircut!

Farewell for now, and hold back the intense apprehension while waiting for more words from 1 Crew. We know the excitement is killing you.

ARMAMENT

The 1985 ASW Competition Crew has been selected and will start practicing their torp loads in the near future. It is hoped that they will succeed in bringing back the ASW load trophy where it belongs, here at 407 Arm't.

Cpl Mike Marlow should have a good time on his TD trip to Alaska. I heard the weather is very nice up there; snow, lots of rain and very little sun.

There are two new WTechs coming in very soon, MCpl Wells from Germany and Pte Oakes from CFB Borden. I hope they will enjoy the *Comox Valley* as much as we do or at least some of us.

#2 Crew in Arm't Servicing will once again be short of people. We are losing two of them on the ASW Competition Crew and another is going on his solid state course at CFB Borden. That will leave two people on the crew. As usual #2 Crew will manage as they always have.

Congratulations to Cpl Jean Lapointe on his recent promotion.

407 Demons Tech of the Month



Meet Cpl Colquhoun our Demon Tech of the month. This native of Kirkland Lake, Ontario is presently employed at 407 Armament. He joined the CF at North Bay, Ontario in August 1978. He was posted at 407 Squadron in March 1982. David (*nick name Coon*) is presently single! Highly sports minded, he enjoys fishing, hunting and camping - a real outdoor man!!! David is beginning to feel like POET and his Aurora Arm't Maint courses and soon he will be leaving again, this time for his JLC course. Good Luck Coon!

Section News

Base Supply

It is time, once again, to record the various comings and goings in the Supply Section. Glancing at the list it appears that there are more people going places than coming back. We are losing a couple of techs to Borden this week. Greg Alton who has been doing OJT in the Mux is off on his TQ3 course, while Bob Cotton, from 1 Group is on his 6A course. We wish them both good luck and high marks. Gone from MPO, where he worked as a civilian for the last 5 months, is Bill (Jeffy-poo) Jefferson. Now the military people over there will have to start working again. They'll miss him. And word came down last week that Sean Price will be leaving in April as our Supply Rep at RV85. This will be Sean's first trip into the field so it should be a learning experience.

Mal Wilson has just returned to General Stores from Shearwater where he was taking a Sea Survival Course. Word has it that Sue is very happy to have him back. Mal says that the Shearwater-Halifax area is a real drinkers place. We're sure he fit in just fine. We're happy to report that Stan Stevens is out of the hospital and back in CRS. The doctors worried that something was wrong with Stanley's heart, but it turns out that he was a little over-stressed. Take it easy and get well Stan. A bunch of Supply people just returned from trips to Reno. From the lack of cheering on Monday morning it was obvious that there were no winners, but at least nobody came home broke.

As stated in the last edition of the T.T., there would be more moves around the Supply Section before long. Well, there have been, Dan Martin is now working in Rations Section, taking the place of Les Roe, who is replacing Dan at POL. Hutch is the latest person to work the DST job. He will be joined in April by Larry Potter, who will be moving down from 2 Group. Clair Gagnon, who is on her TQ5 course in Borden says that during the pre-inspection for the Major's inspection, her Sergeant (who is also her cousin) ripped everything out of her locker while leaving the rest of the course alone. She thought she was being picked on until the day of the big inspection when the Major ripped apart everyone else's locker and left hers alone. She says she is enjoying the course though. We haven't heard from Cal Francis who is also out there on his 5's course.

As sports minded as ever, Supply's fitness buffs are getting out and doing whatever they can to stay in shape. Sandra Belanger is going to be taking the military ski course next week. The only thing she is worried about is breaking a leg. The MPO section is obviously into fitness, Pat Armstrong succeeded in passing his PT test at the gym. While this may not seem like much to some people, to Pat it was great news because he's just turning 31 this week and as he puts it, he's *over the hill and into the valley*. We were surprised to see Lee Anne Buxcey riding to work on Friday on a bicycle - can a triathlon be far behind. And Keven Luther went caving twice last week at the Horne Lake Caves, once Monday and again Saturday. An active lot. Supply's curlers are going to Esquimalt next week for the Logistics Bopspiel. Good luck and bring back some trophies.

Promotions were in the air a couple of weeks ago as Starr Beachey received her Warrant and Bob Cotton his Sergeant. Congratulations to two deserving people. And Sue Gougeon who is our ARAF worker in Customer Services is being accepted into the regular forces. Congratulations to her as well.

Now for the good stuff. We have two more birthdays to announce this week, aside from Pat Armstrong; Kathy Segriff and Deanna Graham both had birthdays last weekend. Kathy turned 22 and Deanna turned, but I forgot to ask by how much.

Luc Lapointe got an unexpected present on Friday when he won Supply's pot-of-gold draw finally. Luc missed out on about \$150.00 when his name was drawn a couple of weeks ago without him signing in. This time he was signed in and picked up \$19.00. Marie-Jo, on the other hand, lost something very important last week, her clothes. It seems that enroute to a curling bonspiel in Gagetown, her luggage was misplaced. She finally got it back 4 days later. She was not impressed.

Not much is said to be going on in Customer Services. Dan Brown says that he has everything under control. Something must have gotten out of control at the Junior Ranks on Punks Night. I hear the werewolves were howling at the full moon. Pat Armstrong is now the Vice-PMC at the Mess. We aren't too sure what he thinks of the job but everytime he walks by we hear him whispering to himself, "free booze, free booze".

Ken Minor has bought himself a new car. He describes it as four wheels with lots of speed. Speaking of cars, we think Supply's newest Honda owner should take her car in to get it rust proofed before it falls apart completely. I was told to make mention of Sgt Bev McConnell up in the Supply OR because she hardly ever gets mentioned in the Totem Times but since I can't think of anything to say about Sgt Bev McConnell, I won't mention Sgt Bev McConnell.

And finally, has a certain Corporal in Clothing Stores memorized the NATO stock number for knee pads? And is it true that her sister is a better counter than she is? Enquiring minds want to know! Rock on!

Van Doo's To Cyprus

OTTAWA - Canadian troops will begin their 43rd rotation to Cyprus during the period of February 26 - March 15, 1985.

The Third Battalion, Royal 22^d Regiment (3 R22^dR) based at CFB Valcartier, Que., will take up Canada's portion of the UN peacekeeping role on the island for a six month tour.

The 425 members of 3 R22^dR, under the command of LCol Luc Bujold of Senneterre, Que., are replacing the members of 1st Battalion, The Royal Canadian Regiment who will return to their home base in London, Ont.

Air Command's 437 Transport Squadron, located at CFB Trenton, Ont., will fly the 3 R22^dR to Cyprus and bring home 1 RCR. This will be the fourth tour of duty on the Mediterranean island for the 3 R22^dR.

Canadian Forces personnel have been in Cyprus since March, 1964.

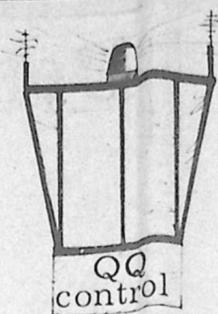
M. S. E. Driver Safety

What would you do??

You've gotten trapped into stopping on a railroad crossing and your motor is stalled. There's a train coming. What should you do?

- Leave the car and run in the direction the train is coming from.
- Act quickly. Place in neutral gear and push.

Answer On Page 8



As The Beacon Turns

Welcome once again to "As The Beacon Turns".

On Friday 22 Feb, Comox Air Traffic Control hosted Vancouver ACC in a hockey game at Glacier Greens Arena. LCol Rogers, CO 407 Sqn dropped the opening puck and the challenge was on. We definitely underestimated the opposition as they came on extremely strong in the first and second period. Fortunately, due to some brilliant goaltending, we were able to squeak through with a 3 - 2 victory.

Recognition to the throngs of fans who cheered us on should also be made, as their cheers of "kill the bums" and "Grab both the goalies legs and make a wish" definitely drove us on to victory. I also recall hearing "Go for the jugular", but I think that was the other teams coach! What do you think, Paul?

After the game there was a meet and greet at the Golf Course, and still later a crud match at the Officers Mess. It was during the crud match that "Clubfoot Burnham" drew all the attention. Lee, agitated by a referee's call, kicked the crud table to show his *dis - pleasure*. Wow, Lee has *dis - pain* from the knee down. Although it took them a week to do it, the doctors have finally decided that Lee's leg is broken, hence the clubfoot.

This past Friday as the 1985 opening of gravel pit II. The 30KT winds and rain showers did not deter anyone from this prestigious event and a good time was had by all. I wonder if the free booze might have accounted for the good attendance. Maj Les Al-Molky presented the gravel pit with a refinished plaque originally presented to 409 Sqn and Comox Radar Control, over 20 years ago. Les did an excellent job and his efforts are appreciated by all of us.

On course, we have Ocdt's Dimer and Young, off to Cornwall for the basic VFR course. They will return 19 June. Ocdt Katherine Guedj is off to Portage on 14 Mar for a three week Technical Vocabulary course. Katherine is on OJT awaiting her ATC course in the summer.

Capt Turnbull and Sgt Garlough are in Vancouver for a two day seminar on bird and pest control. Neil is down as the base representative and Murray is down because his chickens are starting to talk back to him again.

If you're experiencing a problem with your neighbours, or business associates and you are not getting satisfaction, don't take the law into your own hands, take them to

court. "Fast Eddie's Court" Judge EH Montgomery presiding. The court baliff, "Do I salute now, Sir" Sam Kincaid and defense attorney "Slick Rick Champagne" can attend on request for a nominal fee. Results guaranteed.

In other news, Cpl Greg Threader will be trading in his flight jacket for fire fighters gear in the near future. Greg is really pleased because as a child all he ever said was "when I grow up I want to be a fire truck".

MWO Mueller is in town administering an ATC occupational analysis questionnaire, for the next 4 days.

An ATC ski day is being arranged for the middle of the month as well as a wine and cheese party. The wine and cheese party will be held at the Lions Den in Comox on the 16 March.

The section will be entering a team in the 'SNOW TO SURF' COMPETITION IF Tom McQuade can be talked into the downhill ski portion. We also need a volunteer for the running portion.

Last but not least, congratulations to all those participants in the last OPDP session. All were successful, well done!

Till next time, take care ya-all.
R.C.

442 Squadron

FROM THE MAIN FLOOR

Barry Dickson was carrying a bag of freshly caught fish along a remote beach last weekend, when he stepped in something. It was a three foot deep pool of water and sand, and it was freezing. So were parts of Barry Dickson. His fish were recovered after a short swim, then Barry sat down on a snowbank to don a set of dry clothes. Tough birds, these engine techs.

Cpl Cathy Stewart was observed doing *Wife Stuff* last Friday - washing and waxing floors, and so on - getting prepared for her posting to Edmonton where her husband is. Also posted is the team of Brooks and Brooks - Bob and Kathy, who are going to Summer-side, on another island somewhere down east. And when Barry

Dickson thaws out, he will be off to 426 Squadron, Trenton to instruct.

In the 'My how the money rolls in' category are Lt. Greg Caws, who will be a Capt on May Day, and Jim Harrison, who adds a third stripe effective January 2. Finally, in sports, Mr. T led AMCRO to victory in bowling last Friday, over teams from AVSO, Engine Bay and R/W Maint. The trophy was donated by the manager of Courtenay Bowling, Pat Hudson. AVSO plans to challenge for a rematch soon. Mr. T vs Ab McD - what a match! By the time this reaches print, you will know how our hockey team did in their second of three final game against BAM-SO/BTeO. Good luck.

WOs' - SGTs' MESS

March 8, 15, 22 & 29

TGIF -- Food. Games. Relaxed Dress.

March 9 & 10

SNOOKER TOURNEY
Register in the Mess.

March 16

WESTERN NIGHT DANCE

1900 HOURS.

Food. Deep fried chicken, chips, salad.

2100 hours -- "Glen Gillis and the Alley Cats"
Cost \$10.00 per couple.



JR. RANKS' MESS

March 7 & 8 -- DJ SUMMIT MUSIC
March 14 -- DJ AUDIO EXPRESS

March 15

CFOX ROCK VIDEO PARTY

9 X 12 Screen for Video

Lots of prizes -- Cost - \$2.00 per person.

March 21 -- NINE TONIGHT DJ

March 22

JRM INDOOR BEACH PARTY

Wear your sun glasses and bathing suit.

Women pick *Mr. Beach Bum 1985*

Men pick *Miss Beach Beauty 1985*

GREAT PRIZES!

March 28 -- DJ SUMMIT MUSIC

March 29

TOP 40 BAND -- LAKE SCHINDAL

This band did very well on the CKLG countdown of the bands!

DJ on Fridays-\$1⁰⁰ * Bands-\$3⁰⁰ per person

SPORTS

TGIF FOR MARCH

March 1 -- DARTS * March 8 -- EUCHRE * March 15 -- CRIB

March 22 -- DARTS * March 29 -- EUCHRE

Sign up by 1715 hours. Games start at 1730 hours.

\$100⁰⁰ CANEX Gift Certificates for prizes!

SUNDAY TOURNAMENTS

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March 24 -- CRIB * March 31 -- DARTS

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ENT HOTLINE - PHONE 339-5212
FOR A RECORDING OF UPCOMING EVENTS.

Editorial

Mom Called

Hi Mom! Good to hear from you again - I guess things have been slow over the winter eh!

What? - You say you're upset about these here flyin' missiles - Oh! you mean the Cruise Missile - well yes, I am aware Mom but no, I really can't put a stop to the program.

What! You're gonna join greenleaf - No! No! Mom greenpeach - and I really don't think you're the type. Ya gotta have a lot of hot air to blow up them balloons.

So you want to know more about them eh! Well I'll try and fill you in a little so you and Pop can relax a little and enjoy all those wonderful government pensions.

What? - not enough money eh! I know, I know - Baloney isn't two bits a pound anymore.

Anyway Mom a cruise missile is simply a pilotless aircraft powered by a small jet engine. It has wings to give it lift and its capable of carrying a warhead.

What? - you say that's what concerns you - well don't worry mom, these guys in Cold Lake are not playing with any warheads - just testing the guidance systems.

You see Mom, the cruise incorporates advances in the areas of propulsion, navigation and guidance technology and its size and the possibilities for concealment make it difficult to see and therefore to count. It is difficult to detect by ground radar but airborne radar could detect advancing missiles.

No mom, I'm not trying to confuse you with propaganda - just trying to ease your concerns. No! Its not quite the same as the still out at Uncle Harrys. Ya - I know the whole thing blew sky high but it wasn't a controlled operation. These guys know what they're doing Mom.

What? you're concerned about those other guys? - Yes that's it mom, the Russians! Not so mom, the Russians are already testing long range Cruise Missiles as an extension of short and medium range cruise missiles that they have had for decades.

No Mom - there is no reason to believe that our not testing will cause the Soviet Union to stop developing its own. What? A long haired guy with a scruffy beard told you the Missile wasn't necessary at all?

Listen Mom, ground launched Cruise Missiles in Europe will serve with the Pershing II Missile to make clear that a Soviet Nuclear Attack on Western Europe would attract a nuclear response from NATO - fair enough isn't it Mom?

No Mom - we must set an example by being responsible members of the NATO Alliance and not by refusing to test. If we wish to accept all the benefits of that alliance then we must also accept our responsibilities and the Cruise Missile was chosen by NATO as a way to deter aggression and prevent war. It will serve that purpose better if it is perfectly clear to all concerned that it can perform as advertised.

What - you say them left-wingers next door say that Canada is doing nothing to slow the arms race and reduce dangers of nuclear war? That's just not true Mom! Canada is second to none in promoting and participating in the search for real and verifiable measures of arms control and disarmament. In fact we were the first country with a nuclear capability to voluntarily renounce our option and our stringent nuclear safeguards are well known. Canada also fully supports NATO and its two main functions - to



Hard Lost Cash

I'll bet Canadians pay hundreds of millions more in income tax than they would if they only knew the tax laws.

I was amazed when I said to my bank manager: 'Jim I'd rather have eight percent in dividends than the 12 percent interest you are offering me.' He confounded me by asking 'why?'.

I pointed out that dividends had a much lower tax liability than interest, and that in my opinion "Rate of Return" was meaningless, but "Rate of Return" after taxes was what I wanted to know.

More with dividends. I then pointed out to him that a person earning eight percent in dividends (even in the lowest of tax brackets) would end up with more dollars to spend than that same person

receiving 12 percent in interest.

'Why?' he asked, and I simply explained to him the difference in taxation between the two types of investment income.

I later wondered why he wouldn't know the difference, and then suddenly the answer hit me. As a bank manager, the only thing he has to offer are "interest earning" investments and he had never looked into other types of investments, or the different tax laws that apply to them.

Yet many of us ask our bankers how to invest our savings. If the manager is honest, all he can legally tell you about are the interest earning investments he has, plus Canada Savings Bonds, which also earn interest.

And then we're taxed to death.

How many know that we can earn over \$40,000 per year in dividend income, and if that were our only income, and even if we were classed as single, we'd pay no income taxes? Yet, if we earned the same amount in interest-income, we'd have to pay many thousands of dollars in income tax, leaving us with many fewer dollars "to spend".

How many of us use RRSPs, RHOSPs to save taxes? How many of us know how to make our mortgage tax deductible (if we have other investments) by using our investments to pay off that mortgage, and then getting a new mortgage and using the proceeds from that mortgage to get our investments back?

There are dozens of ways to reduce your taxes.

all designed by the government, but many of us do not know them, or apply for them.

If you don't know them, why don't you get expert advice. It can be obtained from financial planners, and we would recommend independent investment fund representatives who study tax laws and rules, in order to help you. Cost: nothing. And they will usually come to your home and work with you for hours.

It could save you many tax dollars.

For a **FREE** brochure on Investment Funds, write Paul J. Rockel, Financial Centre, 153 Union Street East, Waterloo, Ont. N2J 1C4 Paul J. Rockel is President of Regal Capital Planners Ltd. and of the Independent Investment Fund Dealers Association of Canada.

maintain adequate military strength and political solidarity to deter aggression, and to search for a more stable relationship in which political issues can be solved.

What? they also said that the Yanks are just using us eh! Well that's a lot of bunk Mom - Canada has freely agreed to testing the air launched Cruise Missile within the country because we realize that our security is inseparable from that of our NATO allies. By assisting in measures to maintain NATO's capacity to deter aggression, Canada is enhancing its own security as well as that of others.

No Mom - no danger! The missiles will carry no warheads and there will be no explosions. The flight path is designed to avoid population centres and all safe guards will be employed.

Good Mom! - you feel a little better now.

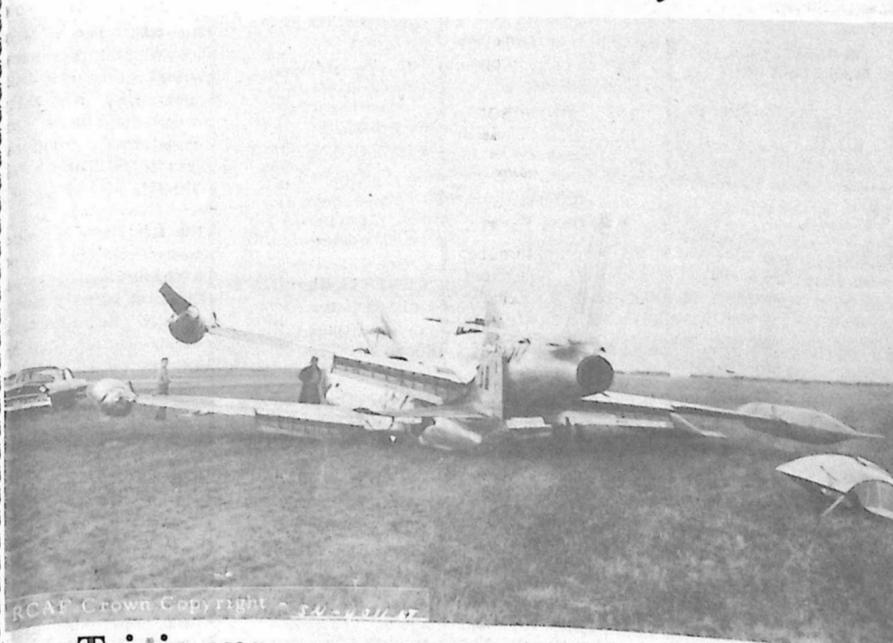
Ya, I think the hardware store will take back the helium - and the balloons? Well, why don't you save them for your grandson's birthday!

Bye now Mom - nice talkin' to you again.

G.M.K.

Air Force Trivia

What? Where? Why? When?



Trivia answer From Last Issue

The Shackleton aircraft is the workhorse of RAF Coastal Command. RCAF Argus is parked in background.

What:

RAF SHACKLETON
(NOTE: RCAF Argus in background)

Where:

Bally Kelly, Northern Ireland

Why:

Coastal Command Base

When:

June, 1963

TOTEM TIMES

Published every second Thursday, with the kind permission of Colonel Kadonoff, Base Commander, CFB Comox.

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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: \$6.50 per year.

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Next Totem Times Deadline - Monday, March 18, 1985

A.F.V.C.

SOUPER SPECTACLE

L'association francophone de la Vallée de Comox vous invite à son souper spectacle qui aura lieu le vendredi 29 mars au Shoestring, au coin de la 4^e Avenue et Fitzgérald. Un repas vous sera servi vers 19h00 suivi d'un spectacle mettant en vedette trois artistes locaux, Gaston Couturier, Don Vienne et Michel Laplante.

Afin de mieux vous situer, nous laissons la parole à Gaston.

"Je suis née en Gaspésie au Québec. Je chante depuis que je suis haut comme ça, et j'ai très souvent animé des soirées spectacle.

Professionnellement j'ai gravé un long jeu et un quarante-cinq tour. Entre 1978 et 1980, j'ai participé à une trentaine d'émissions de télévision et de radio. Depuis, mes énergies ont été consacrées à l'éducation de mes deux fils et au quotidien de la maison, eh oui!! Le goût de la scène m'habite toujours, et je serai heureux d'être le chanteur animateur du souper spectacle du 29 mars. Je vous invite à venir chanter avec nous des airs connus du répertoire francophone. "A bientôt."

C'est donc un rendez-vous, vendredi soir le 29 mars au Shoestring de la 4^e Ave à Courtenay. A la prochaine parution du journal nous laisserons la parole à Michel et Don.

Il est possible de réserver des billets au coût de \$5.50 (\$7.00 le soir de spectacle) en communiquant à l'association dont les heures de bureau sont du mardi au vendredi de 13h00 à 16h30. Nous vous invitons à réserver tôt car plusieurs billets ont déjà été vendus. Tel: 338-6125.

Campbell River

L'association francophone de Campbell River présentera les danseurs du pacifique le samedi 9 mars à 20h30 au Thunderbird Hall. Des billets sont disponibles auprès de l'association de Comox au coût de \$9.00 pour les adultes, \$8.00 pour les membres et enfin \$5.00 pour les étudiants. A noter qu'il y aura de la danse après la représentation.

Pour de plus amples informations contactez votre association à 338-6125.

**LA PROCHAINE RÉUNION
SERA JEUDI Le 15 mars
A 7:30 p.m.**

La nutrition et la personne active

Encerclez la bonne réponse.

QUIZ

1. Sauf pour les calories, les besoins nutritifs d'une personne active sont similaires à ceux d'une personne inactive.

V F

2. La personne qui fait des exercices ou qui pratique des sports a besoin d'aliments riches en protéines avec ou sans suppléments protéiques.

V F

3. Il est possible d'accroître son rendement pendant les exercices ou le sport en prenant des suppléments de minéraux et de vitamines.

V F

4. Certains aliments pris avant une activité sportive aident à améliorer le rendement fourni pendant cette activité.

V F

5. Les bonbons, tablettes de chocolat, etc. se convertissent rapidement en énergie.

V F

1. V - Tout bon régime alimentaire, quelle que soit l'intensité des activités auxquelles on s'adonne, comprend une variété d'aliments choisis parmi les quatre groupes suivants: (1) le lait et les produits laitiers (deux portions), (2) la viande, le poisson, la volaille et substituts (deux portions), (3) les pains et les céréales (trois à cinq portions), et (4) les fruits et les légumes (quatre à cinq portions et au moins deux légumes). Pour accroître l'apport de calories, il est recommandé d'augmenter le nombre de portions des aliments de tous les groupes. Toute personne qui fait beaucoup de sport devrait augmenter le nombre de portions de pain et de céréales qu'il prend tous les jours car ces aliments contiennent des hydrates de carbone, la source d'énergie qui peut être utilisée le plus vite par l'organisme.

2. F - La plupart des Canadiens consomment déjà deux fois plus de protéines qu'il ne faut; il ne servirait donc à rien d'en prendre davantage. Il est vrai que le tissu musculaire est fait de protéines, mais ce n'est pas tout simplement en mangeant des aliments dont la teneur en protéines est élevée que l'on obtiendra des muscles plus gros, plus forts et plus durables. En fait, les calories que contiennent les protéines que l'on mange en trop sont converties en graisse et emmagasinées par l'organisme.

3. F - Si vous suivez le Guide alimentaire canadien, les suppléments de vitamines et de minéraux ne vous aideront pas à améliorer votre rendement pendant les sports et les exercices. Le Guide contient la cinquantaine d'éléments nutritifs indispensables à une bonne santé.

4. V - Bien que les études effectuées à ce sujet n'aient pas établi de façon concluante que certains aliments sont bons et d'autres mauvais à prendre avant de jouer à un sport, le rendement sera probablement meilleur si l'on prend un repas fait d'aliments dont la teneur en hydrates de carbone est très

élevée (céréales, pains, pâtes), et qui contiennent une quantité modérée de protéines et une petite quantité de matières grasses. Les aliments qui contiennent des protéines ou du gras prennent plus de temps à être digérés.

5. F - Lorsqu'on les prend avant une activité sportive, les aliments comme les bonbons, le sucre, le miel et les boissons gazeuses, dont la teneur en sucre est très élevée, peuvent causer un malaise intestinal et un épuisement rapide.

**POUR NOS ENFANTS,
UNE ÉDUCATION DE QUALITÉ...
ET EN FRANÇAIS!**



LE PROGRAMME CADRE DE FRANÇAIS

QU'EST-CE QUE LE PROGRAMME CADRE DE FRANÇAIS? - C'est un programme de la maternelle à la 12^e année, offert par les commissions scolaires de la Colombie Britannique, parallèle au curriculum anglais mais dont la langue d'instruction est le français.

WHAT IT IS - The programme cadre de français (French Curriculum) is one of many programmes offered by the public school system in British Columbia. The programme cadre de français parallels the English Curriculum in its content, from kindergarten through grade 12. Except for the time allotted to English Language Arts, French is used as the exclusive language of instruction.

FOR WHOM - The main objective of the PCDF is to provide the francophone population access to education in French in B.C. The programme is designed for francophone students and therefore is not an immersion type programme for non-French speaking students wishing to learn French as a second language.

Unclassified

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For sale: home on large lot with 2 bedrooms, living room, den, kitchen/dining area, utility room bath room, enclosed porch, patio, car port & large shed. Call 339-2770.

For sale: new 70 horse power Evinrude Motor w/new trailer. 16' walk thru boat. (Chrylar Sports Lite) seats 6, seats make into beds. Can be seen at 460 Uplands or call 334-2013.

For sale: 21' Aristocrat (Land Liner) trailer, stainless steel double sink, stove, oven, 2-way fridge, toilet, shower, furnace, 12 volt/110 volt lites, lots of cupboards, sleeps 6, tantem axle, good tires, etc. and much more, well maintained. \$5,500.00 Phone 339-7817 - anytime.

For sale: 1980 Ford F250. P.S. P.B. 4 speed trans. Phone 338-1685 after 5 p.m. \$5,500.00 o.b.o.

For Sale: Older model REO refrigerator, vintage unknown. Excellent working condition, 5.5 cu. ft. plus freezer compartment. Ideal for rec room or basement. \$400. Phone 339-2211, Local 2524 or 339-7218 after 5 pm.

1974 Dodge Colt GT.

Good running condition, good tires, some rust. \$1000.00. Phone 335-0224.

For sale: 1975 Honda CB550. Fair condition. Runs well. \$500 o.b.o. C. Ellis at 338-9117.

For sale: 17 cubic foot Westinghouse Frost Free fridge. 1983 model. Used 1 1/2 years. Almond color. \$450.00
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Phone - 339-6557 after 4 p.m.

CFB COMOX

RESTAURANT GUIDE



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DIANE KEATON, MEL GIBSON
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NEW SHOWTIMES: 7:15 p.m. & 9:15 p.m. to accommodate Quadra Island residents & Ferry Schedule

NOW SHOWING - March 7
CITY HEAT **MATURE**

"Some violence & coarse language."

March 8 & 14 - MISCHIEF **14 YEARS**

"Very coarse language, some nudity & suggestive scenes."

March 15, 16, 17
THE PRODIGAL **MATURE**

Sports

Intersection Hockey Champs '85



BAMTELO



Intersection Champs . . . Pte Mike Robinson accepts the Intersection Hockey Trophy from LCol Mack. BAMTELO came from behind and then went on to defeat 442 in overtime 4 to 3. Congratulations Champs!

Courtesy Base Photo

Glacier Greens report

An interview with Bob Marshall, Club Captain of Glacier Greens.

A. Bob, what is a Club Captain?
A. The Club Captain is an elected member of the Golf Course Executive and reports to the President. He heads all sub-committees.

Q. What are your duties?
A. The Club Captain governs all playing aspects of the game of golf. This includes interpretation of the rules and disciplinary action, if required.

Q. So, if two players can't agree, they come to you for a ruling?

A. Well, the rules already exist. I'm there to ensure that the proper rule is followed under those circumstances. During tournament play, a rules committee is formed with myself as the head.

Q. What possible reason could there be for disciplinary action on a golf course?

A. You'd be surprised. Fortunately, it doesn't happen often, but there are cases where a player's actions, such as throwing a club after hitting an errant shot, could pose a real danger to other players. Another problem is damage to the golf course itself, particularly the greens, be it deliberate or through ignorance. The greens are very delicate, take a long time to heal, and should be treated accordingly.

Q. What do you, as Club Captain, hope to see in the coming year?

A. I'd like to see lots of new golfers come out and give it a try, particularly those in the military. Glacier Greens is one of the finest courses on Vancouver Island, and has excellent facilities. As an added inducement this year, all new members will receive free lessons from our head pro, Jim Nolan, or his assistant, Mike Burrows. Anyone interested should contact the Pro Shop for further information.

Thanks, Bob. Best of luck to you and Glacier Greens in the coming season.

W.O'N.

Seagrams For Sports

A total of \$50,000 will be given to amateur sports in Canada at the second annual Seagram's Five Star Awards dinner in Vancouver next spring.

The Awards are presented each year to five Canadian athletes or teams competing in any sport at the amateur level, selected by a nationwide jury of prominent journalists. Alberta representatives are Terry Jones, sports columnist of the Edmonton Sun, and veteran commentator Jim Coleman of Calgary.

Among the contenders for 1984 Seagram's Five Star Awards are several Olympic silver medallists from Alberta, including boxer Willie de Wit of Grande Prairie, relay runner Julian Richardson and Synchronized swimmers Carolyn Waldo in solo and Sharon Hambrook and Kelly Kryczka in duet, all from Calgary.

Seagram makes a contribution of \$10,000 to each of the sports

federations represented by the winners, for the total of \$50,000 in grants per year.

Individual winners for 1983, the inaugural year, included de Wit along with swimmer Alex Baumann and Alpine skier Todd Brooker. The Canadian national women's field hockey team and the national men's basketball team also were honored with the later having three Alberta players -- John hatch, Romel Raffin and Karl Tilleman, all of Calgary.

Winterproof Your Skin

To ward off the ravages brought on by the cold weather months skin requires special protection and care -- both indoors and out. Failure to do so may result in permanent damage and premature aging.

Marie-Josée Trempe, a leading Montreal aesthetician stresses the importance of protection prior to venturing outdoors: "Winterproofing is essential, otherwise the change in temperature will traumatize the skin and dry it out -- often leading to red, blotchy patches."

To combat the dry skin problem, our first line of attack should be the use of mild cleansing products, says Trempe. She recommends a non-alkaline cleansing bar or milk -- such as Dove Beauty Bar -- to gently clean the skin without stripping away all of the natural surface oils.

Independent clinical studies conducted by a team of dermatologists at the University of Pennsylvania show that Dove is "in a class by itself" in terms of mildness when tested against 17 other popular cleansing products.

Other ways of winterizing skin against the freeze-dry days include:

- Switching to a richer heavier day and night cream. And rub the excess into elbows, knees and heels.

- Have a facial mask every week -- one that contains honey or almond is particularly soothing.

- Avoid hot water when taking baths or showers, and try to spend a little less time in either. Prolonged exposure encourages evaporation of skin cell moisture.

- Humidify your home and workplace to offset the dryness. Heated air loses an additional 30% of its humidity, and thereby causes rapid moisture loss from skin.

- Finally, hydrate yourself by drinking at least six to eight glasses of water every day. Scientists discovered years ago that the key to soft skin is cell moisture, and water keeps the skin lubricated from the inside.

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THINK

Junior Golfers -- Zone 6 play begins March 21st and carries on through April. A meeting for all Juniors and their parents will be held March 9 at 2:00 p.m. at Glacier Greens. Lessons will be held March 10 at 2:30 p.m. For further information, contact Wally Berger at 338-5909.

SUMMER

Notice to All Members -- If you have a club storage locker at the Club, you have until 15 March 85 to pay the rental fee for 1985. On 16 March, all locks on lockers that have not been paid for will be cut off, and the locker will be given to someone on the waiting list. -- the President.

BASE SOCIAL CENTRE

NEW HOURS
Monday to Saturday - 1100 - 1800 Hours
Sundays - 0900 - 1600 hours

NOTE: Our daily live entertainment was supplemented by a new duo called "THE MALLARDS". They will continue until further notice.

An Apology
With the large Friday noon hour crowds, we have had problems coping. Some adjustments have been made and we ask your indulgence during the busy periods.

Available to All Ranks for All Occasions
Regular Sunday Tee-Off now 1000 hours.
1985 memberships are in effect.

PHONE - LOCAL 2592

Sports

PAC REGION



Esquimalt

Large Base Champs



Kamloops

Small Base Champs

Local Beacon Boys Victorious



ATC Hockey Action . . . Capt Paul (Boom Boom) Anderson of our local Beacon Turners, faces off with Ernie (It's In The Wrong Net) Keen during the recent Air Traffic Controllers Hockey Game. The boys from Vancouver Centre came out on the short end of a 3-2 score to our local slayers. The locals would like to thank Ernie for scoring into his own net. Honorary referee LCol Terry Rogers supplied the puck!

CAR STEREOS

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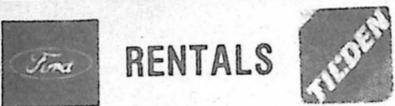
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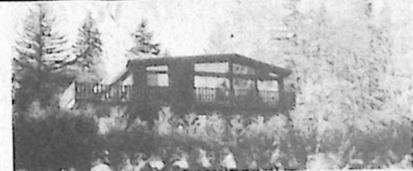
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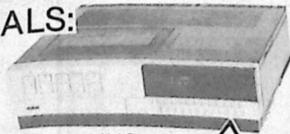
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Promotions and Awards

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Starr Beachy To Warrant Officer



Paul Parent On Retirement



Ted Harvey To Sergeant



Bob Cotton To Sergeant



WO Denny Cock Flight Safety Award



Stan Zimmer To Sergeant



Dan Brown Accelerated to Cpl



Cpl Dan Daniels Flight Safety Award



Frank Laing To Sergeant



Cpl Keegan, a Vehicle Tech in the BMaint (Land) Section in BTNO, proposed the use of a locally manufactured rubber bumper to protect the lid of the foam fill basket on the Walter Fire Truck. Second Lieutenant Keegan, now stationed with the PPCLI in Calgary, was granted \$250.00. He is shown here receiving his award.



In 1981, Cpl Douglas, a Radar Systems Tech on 407 Squadron, proposed a mod to improve the operational reliability of the Aurora ground refrigeration unit. It took a long time but finally, in 1985, Maj Caddey was able to present MCpl Douglas with a \$150.00 award.



Velma Salt On Retirement



Congratulations go out to recent 407 Squadron Lt-Capt promotees. From left to right: Chris Kirby, Charlie Ellis, Jean Langevin, Steve Harrison, LCol Rogers - CO 407, Jim Forbes, Kevin Parker, Jeff Byam, Steve Phillips, Al Sharpe.

Answer to MSE safety quiz

Leave the car and run in the direction the train is coming from is the best choice.

If you can see the train coming, you're not going to have much time. You may have a small car and be able to move it, but unless you're very sure, you're much smarter to get away from it. The train is going to throw the debris that was once your automobile in the direction it's going, and you don't want to be around.



MCpl Wohlgemuth of VP407 DIAC Maintenance and Training receives his CD from the CO VP407, LCol Rogers.

Think Summer!



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The Children of B.C. Thank You

bctv

Etc.

888 Wing

Come alive in '85 - that's the slogan 888 Wing is trying to use to develop an active Wing program this year. We need the help of our total membership to support us. Come out and participate in Wing activities; dig a non-active member out of the woodwork; or better still bring a new member.

Foremost of course is our support of 368 Squadron Royal Canadian Air Cadets. The Squadron is doing well under the

leadership of Capt Don Forsyth, but more active participation by the sponsoring group (us) is necessary.

In conjunction with supporting cadets and part of our Wing aims, is the provision of a new building for both Squadron and Wing. We have the property, now we need everyone's help.

Two important events coming up within the next month: first, our annual Charter Ball on March 30th at Courtenay Legion. Details and

tickets available at the Hangar Lounge. It's only \$12.50 per person.

Secondly, on April 1st, in conjunction with the anniversary of the RCAF, there is a parade at CFB Comox to dedicate the new aircraft park. For RCAF members please wear parade dress or your old RCAF uniform. Form up at the Wing at 1330, parade at 1400.

*Volunteer...Participate...
Come Alive in '85*

In Case Of Fire - What To Do!

WHAT TO DO IN CASE OF FIRE

AT HOME - Fires in homes account for about three fourths of the lives lost by fire. Most of the victims are women and children, probably because they spend more time at home than men do. Every family should practice fire prevention. The best way to fight fire is to eliminate any chance that it may occur. Every home should have fire extinguishers in working order and in places where they can be easily reached.

Here are some rules you should know, in case a fire breaks out in your home.

Call the fire department immediately.

Conduct periodic family fire drills, and plan more than one way to escape from every part of the house. Remember that cool-headedness is as important as speed. You will act more wisely and quickly when fire strikes if you have a good plan of escape.

Warn everyone in the home so they can escape.

Leave the building at once and do not return for any reason.

Do not hastily jump out of windows above the first floor. The fall can be fatal. Give firemen a chance to arrive, and rescue you.

Before you leave a closed room in a burning building, feel the door with the palm of your hand. Never open a door that feels hot. The fire on the other side might be burning so fiercely that the flames would kill you if you opened the door.

Be sure to close every door you pass through. Closed doors slow the spread of fire.

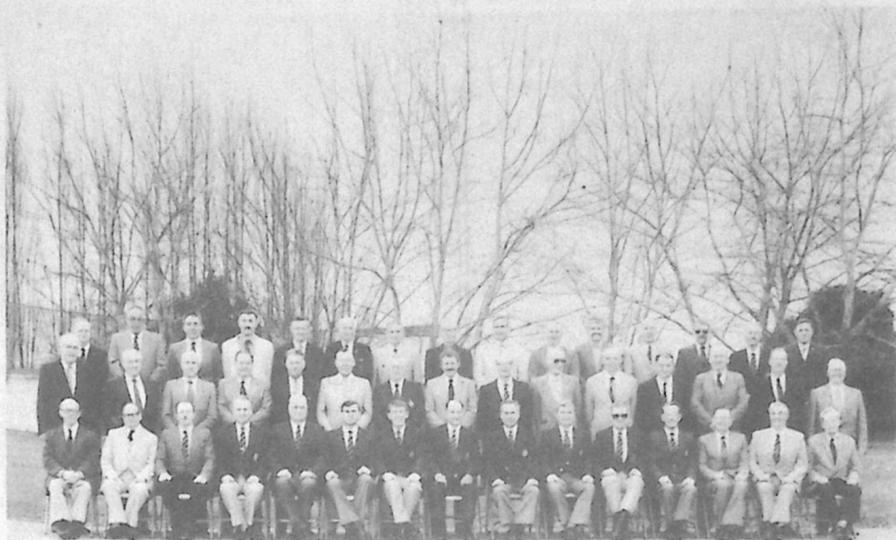
If you must go through a smoky area, crawl on your hands and knees. Smoke is thickest near the floor.

Do not run if your clothing catches fire. Running fans and spreads flames. Roll in a coat or blanket or on the ground to smother the flames.



Yep! Right over beyond the point Ron...A Spanish galleon went down in 1575 with many many pieces of gold...George and I feel we are close...Then it's Tahiti forever...And maybe I'll even repaint the old Fargo!

Commissionaires Invade Comox



The Staff and Candidates for the Commissionaires Advanced Training Course held at CFB Comox 22 - 28 February '85.

Courtesy Base Photo

BACKGROUND

England -- The Corps of Commissionaires was founded in England in 1859 by Captain Edward Walter. The original group consisted of eight veterans, all of whom had lost an arm in the Crimean War or the Indian Mutiny. He obtained jobs for them through his friends in business. The Corps grew, and the men of the Corps were soon in great demand because of their loyalty, bearing, discipline and maturity resulting from their service in the Armed Forces.

Canada -- The Corps in Canada obtained its Charter in 1925 at which time three companies were organized; Number 1 in Montreal, Number 2 in Toronto and Number 3 in Vancouver. In 1936-37 the Corps was reorganized and spread to all major cities in Canada, each of which had its own Board of Governors, each autonomous but co-ordinated under a Dominion Headquarters.

Today there are eighteen Divisions (Member Corps) and a National Headquarters in Ottawa, these eighteen Divisions are located in;

Newfoundland (St. John's), New Brunswick & P.E.I. (Saint John), Nova Scotia (Halifax), Quebec (Quebec and Montreal), Ontario (Ottawa, Kingston, Toronto, Hamilton, London and Windsor), Manitoba (Winnipeg), Saskat-

chewan (Saskatoon and Regina), Alberta (Edmonton and Calgary), British Columbia (Vancouver and Victoria).

The aim of the Corps is to provide meaningful and respectable employment for ex-members of the Canadian Forces and former R.C.M. Police.

ADVANCED TRAINING COURSE

In response to a Federal Government request that the Corps establish a more active training program, a National Supervisor's Course was set up. The first course was run at CFB Kingston in 1975, with subsequent courses, two per year, being run on Canadian Forces Bases across Canada from CFB Summerside to CFB Esquimalt.

In 1983 some modifications were made to the course to allow greater flexibility in the Corps training program. The course is no longer specifically designed for supervisors or potential supervisors. It is an advanced training course designed to give Commissionaires an understanding of human relations and problem solving thereby enabling them to carry out their duties more confidently and effectively. Candidates are selected by their Commandants. Some may become supervisors depending on the requirements of their respective Member Corps.

The course consists of a number of lectures followed by a series of syndicate workshops during which problems involving human relations, Corps operations and administration are presented with require the candidates as a syndicate to solve. In some cases they must play the role of a supervisor.

The Subjects covered are: a. Criminal Threats to Security; b. Emergency Procedures; c. Supervision; d. Human Relations; e. Physical Security Surveys; f. Security Administration; and g. Note Taking and Report Writing.

This is the 20th course run by National Headquarters.

There are 36 candidates on this course from the following Member Corps: Victoria & Vancouver Island, British Columbia Corps, Northern Alberta, Southern Alberta, North Saskatchewan, South Saskatchewan including two Police Constables from the Victoria City Police.

The Directing Staff are from various Member Corps, on this course they are from: National Headquarters in Ottawa, Toronto, Edmonton, British Columbia Corps, Victoria and Vancouver Island.

The National Chairman, Maj K. J. McRae, a former World War II Armoured Corps Officer, Governors and Commandants from the Saskatchewan, Alberta and British Columbia Member Corps were in attendance for the closing ceremonies of the course.

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OFFICE: Headquarters Bldg., No. 45, Room No. 48. Telephone 339-2211, local 2273.
ORGANIST: Nancy Nowosad, telephone 339-9843.
PUBLIC WORSHIP: Sundays at 1100 hours.
COMMUNION: First Sunday of the month.
CONFIRMATION GLASSES: Each Wednesday at 1515 hours in Chapel Annex until Palm Sunday. Confirmation 31 March, 1985.
RELIGION-IN-LIFE CLASSES: Each Tuesday at 1515 hours in Chapel Annex until Baden-Powell Sunday.
JUNIOR CHOIR: Rehearsals each Sunday at 1015 hours in Chapel.
SUNDAY SCHOOL: Sundays at 0930 and 1100 hours.
BIBLE STUDY: Thursdays at 1000 hours in Chapel Annex.
LADIES GUILD: First Thursday of each month at 2000 hours.



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CHAPLAIN: Padre J. Dabrowski (RC). Telephone: 339-3818
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MASS SCHEDULE HOURS: Saturday - 1900 hours.
 Sunday - 1000 hours.
 Week Days - 0900 hours.

BAPTISMS & MARRIAGES: By appointment - notice well in advance.
CATHOLIC WOMEN'S LEAGUE: Second Tuesday of the month in Parish Hall, preceded by Mass in the Chapel at 7:30 p.m.

CATECHISM CLASSES: Each Wednesday in the PMQ School from 1830 to 1930 hours,

CFB COMOX MILITARY CHRISTIAN FELLOWSHIP



Meetings held from Monday to Thursday from 1130 - 1230 hours in the R.C. Parish Hall next to the Tennis Courts.



HOUSE OF COMMONS

STANDING COMMITTEE ON FISHERIES AND FORESTRY

The Committee will be travelling to Kamloops, Vancouver, Campbell River, Nanaimo and Prince Rupert in British Columbia from March 23 to April 3, 1985, to receive submissions concerning the West Coast Fishing Industry.

Individuals and organizations wishing to appear should contact the Clerk of the Committee by telegram before March 15, 1985. Written submissions relating to this subject may be sent to the Committee in English and French or both official languages.

If possible, submissions should be typed on 8 1/2 x 11 inch (28cm by 22cm) paper, with margins of 1/4 x 3/4 inch (3cm by 2cm). Submissions received by the Committee may be made public at the Committee's discretion.

Witnesses invited to appear before the Committee will be chosen from among those who have requested to be heard.

Requests to appear and/or written submissions should be addressed to:

Clerk
 Standing Committee on Fisheries
 and Forestry
 Room 532
 180 Wellington Street
 House of Commons
 Ottawa, Ontario
 K1A 0A6

Mr. Lorne Greenaway, M.P., Chairman

WO & Sgts'

Wives Club

March came in like a lion, weather-wise, but don't let the pre-spring time blues get you down. There is a variety of interests being presented both on base and in our Comox-Courtenay community. Take advantage of all that is so readily available. For the Wives Club, the members will be getting together for an evening of "remembering the past" with a baby photo contest. Everyone is asked to bring a photo of themselves between the ages from infancy to 10 years of age. Print your name lightly on the back of each photo and Vicky Le Fort will be there to collect them from you at the door. Wear a touch of green and help us celebrate St. Patrick's Day and come prepared for a night of fun and games.

With spring comes visions of springtime fashion. This year color

is definitely "in" and the stores in the Comox Mall are going to put fashion together for us at our April Spring Fashion Show. Tickets go on sale at the March meeting and will be \$3.00 a ticket. If you can not attend the March meeting, please make arrangements for a friend to pick up your ticket as tickets will be available to guests after the meeting.

Will you be leaving CFB Comox this summer? If so, let us know —

So keep in mind — March 11th and April 15th and we will see you in the Mess Lounge at 8:00 p.m.

Your Executive
 Ann Ikle: President
 Shirley Steihl: Vice-President
 Sharon Smith: Treasurer
 Gay Gray: Secretary -
 (339-6705)

Officers' Wives Club

Hello once again everyone. Thank goodness **Chrysalis Studio** simply put on a demonstration at the **OWC Health and Fitness Night**. Had we participated in the lively aerobic performance to "The Heart of Rock and Roll", Rod Verschere would have had his hands full tending to live cases of coronary failure! If that's the shape you can get into, I think everyone can make a start by doing at least 15 waist touches a day!!!

Approximately 40 people attended and enjoyed another demonstration by Rod Verschere, who showed us what to do in case we were to witness a "Cafe coronary". Laurel Harris (and belly) kindly volunteered to help demonstrate the life-saving manouvers; Remember: **A-airway, B-breathing, C-circulation**. Kathy Mitchell, our Base Pharmacist then took the floor and gave us an enlightening talk on vitamins, which prompted a fair bit of discussion. The door prize (appropriately a book on aerobics and a headband) went to Sylvia Mitchell. The raffle, a beautiful decanter, was won by Jane-Marie Cherwonick.

Coming up on March 20, 1930 for 2000 hrs, is **Self Defence For Women Night**. Since we are all getting into wonderful shape with aerobics, this evening is a must aimed at teaching us how to protect ourselves from the renewed attentions of our husbands! Seriously folks, there will be a very good film followed by a talk given by Ron Harris. Dessert type goodies, tea and coffee will be served. Remember to bring your UP codes and donations for the Food Bank. Tickets for the **Spring Fashion Show** (April 17) will be available for \$5. per person. A Touch of Class will be hosting again this year. There is a limited number of tickets and they will only be available for a short time so please buy as soon as possible to assure your seat. You may also acquire tickets from the following people at any time: **Pam Holbrook at 339-7712, or Eleanor Duguid at 338-0089.**

Congratulations go out to Robin Macauley on the birth of a beautiful baby girl, Erika Jade, 8 lbs 3 Oz., born February 20, 1985. See you all March 20. Till next time,

A.C.

THINK SUMMER



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Across my kitchen table

— by Rosemary Gibson



Once again, staunch Victorians are outdoors for the annual flower count, the magazines are full of Easter bunnies, and the summer catalogue has arrived -- sure signs of the approach of spring. The weatherman has been teasing us with some lovely days, forerunners of those to come. Certainly when we see on television the violent winter weather farther East, we can appreciate our mild valley weather. As I read recently on a signboard down-Island, "Better wet than white!"

There seem to be a lot of reunions planned for this year and not to be left out, I find myself involved in two such events. Apparently, both sides of my family came up with the brilliant idea for a family reunion this year and (although I'm not quite sure how it happened) both are to take place at our summer camp. There'll be a three month space between, which should give us time to tidy up, make peace with the neighbours, regroup and regress!! I'm just kidding -- I am at least as enthusiastic as the others and, if the reunions themselves are as much fun as the planning sessions, we should really make some great memories.

This poem I've had around for quite a while. I got it from my Mom; it's one of her favourites.

DINING OUT

*The kids think it's a blast
 To go for food that's labelled 'fast'.
 But in a life that's go-go-go
 I like mine candlelit and slow.*

When you have a large crowd to feed, you have to be a "Kitchen General" and plan ahead. Plan carefully, make lists down to the smallest detail, follow your plan, and there you'll be, cool, calm and ready. (Note to anyone

who has been a guest in our home: Stop laughing.)

Here's a good recipe for a large gathering. Serves about 20 people, and it's simple to prepare.

HAMBURGER STROGANOFF

Ingredients:

- 6 pounds ground beef
- 3 cups chopped onion
- 1/2 cup butter or margarine
- 1/4 cup flour
- 4 teaspoons salt
- 4 cloves garlic, minced
- 1 teaspoon pepper
- 3 cans sliced mushrooms (or stems and pieces)
- 6 cans cream of chicken soup
- 6 cups dairy sour cream
- 24 ounces egg noodles, cooked and drained
- 1 cup snipped parsley

Method:

In large roasting pan or Dutch oven, cook and stir beef and onion in butter until meat is brown and onion is tender. Stir in flour, salt, garlic, pepper and mushrooms. Cook 5 minutes, stirring constantly. Stir in soup; heat to boiling, still stirring constantly. Reduce heat; simmer uncovered for 10 minutes. Stir in sour cream; heat through. Serve over noodles and sprinkle with parsley.

HINT:

Unscramble keys easily by painting the car key to match the car, the house key to match the house or front door, etc.

THOUGHT FOR TODAY:

Most of us spend half our time wishing for things we could have if we didn't spend half our time wishing.

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Around the Base

Our People

Our Greatest Asset



Sgt Tom Quirke

This issue introduces Sgt Tom Quirke the congenial Manager over at the Officers Mess.

Tom hails from London England originally. After his formative years growing up in the 'jolly old UK', Tom joined the British Merchant Navy and spent six years out on the briny.

He came to Canada in 1961 and joined the RCAF in Vancouver in 1962 as a steward. Tom has travelled extensively during his service years with stops along the way at such places and Grimli, Armstrong, Europe, Ottawa and finally Lotus Land.

Tom is being posted to Chilliwack this summer as a terminal posting but intends to return to the Valley after retirement to settle in.

Tom's hobbies include golf, reading and coin collecting. Welcome to the pages of the "Fishwrapper" Tom, and thanks for being one of "Our People".

G.M.K.

Wallace Gardens Community Council

Hello fellow PMQers. I would like to take this opportunity to give you a few announcements to brighten your week.

On April 6, we are having our annual Easter Day festivities. It will begin at 10:00 a.m. by the arena parking lot with the children's Decorated Bicycle Parade. Finding its way through the PMQs, the parade will end at the Airport School where there will be a contest to judge the best bikes. Prizes to be awarded. Following the parade, the Egg Hunt shall begin at 11:00 a.m. Coffee and donuts will be available to the parents. The parade and egg hunt are limited to PMQ residents only.

Do you have nerves of steel? Is your body hard enough to withstand those insults? Do you have a cool mind and good temper? If the answer is "yes" then you are eligible to be Baseball Coach - that's right, you. The Council is looking for brave volunteers to coach T-ball and regular baseball. If you are interested contact Al Rice at 339-7291.

Talking about volunteers, we need people to assist in canvassing for the Cancer Association. Also, with posting season just around the corner, we need volunteers for the PMQ Council. Some of our members are to be posted out and therefore need others to fill in.

I would like to thank all those who canvassed for the Heart Fund. Through their hard work they collected a total of \$530.00.

Well, that's it for today, stay tuned to this column for more great news.

S.R.M.

THINK



SUMMER

Kwah-nice District

Pathfinders



The District banquet to celebrate the birthday of Lord and Lady Baden-Powell is now just a memory. We spent a pleasant evening and met many of the parents we would not usually meet.

We are hoping to open a PATH-FINDER Unit on the base in April. Who and what are Pathfinders? They are girls from 12-15 years who form the senior age group of the Girl Guides of Canada. They have a programme of challenges designed to develop decision making skills.

What do they do? Well, it's not

just tying knots and selling cookies. Activities will include fashion, handicrafts, consumer knowledge, child care, civic responsibility, creative arts, camping, canoeing, boating aquatics, service projects - World Guiding.

Who can join? Any girl in the 12-15 age range who may be interested in the programme. They don't need any previous experience as a Brownie or Guide.

Service life frequently makes it difficult to continue children through a programme or to start

them into one. Guiding is one programme that is the same across the nation or indeed across the world.

How much will it cost? Registration is normally taken in September. We will charge to cover our operating costs till September 8.

Where will we meet? Gibwell Hall probably on Tuesday evenings.

For further information please contact Pat Jackson - District Commissioner at 339-5091.

Congratulations to Art Meyers and the gang down at Block Bros. Realty on the opening of your new office.

From The Fishwrapper Staff

SCOUTS * CUBS * BEAVERS

Volunteer leaders are urgently required for the LAZO TROOPS, PACKS and COLONIES. Although previous experience is desirable, it is not essential. Advice and instruction will be provided to new leaders. Volunteers must be willing to provide guidance to the boys at weekly meetings and prepared to assist at various crafts and camping trips. The rewards include a sense of accomplishment in passing on skills, and a contribution to the local community. Interested persons please contact Major G.W. Rose at Local 2260 or Mrs. Sue McKenzie at Local 2211.

With the CCWO.....

A Potpourri of Activity



Etc.



Airshow Sponsorship in '86

EXPO 86 announced today that an International Aviation Exhibition will be held during the 1986 Abbotsford International Air Show.

In making the announcement, the Hon. Claude Richmond, Minister of Tourism/EXPO 86 said that the International Aviation Exhibition, to be jointly sponsored by the Abbotsford International Air Show Society and EXPO 86, will be the largest air extravaganza ever staged in North America.

"The Abbotsford Air Show is world-renowned. The EXPO 86 participation will help attract more international participation than ever before and will draw hundreds of aviation professionals to British Columbia," noted the minister. "This co-operative effort will be a fitting tribute to the Air Show's 25th anniversary in 1986."

Plans are already underway to bring the world's best known aviation teams and aircraft to Abbotsford, including:

- the Canadian Air Force Snowbirds;
- U.S. Navy Blue Angels;
- U.S. Air Force Thunderbirds;

and — the JVX tilt-rotor verticle take-off aircraft built jointly by Bell Helicopter Textron/Boeing Vertol.

These attractions will be in addition to the EXPO 86 Air Show program announced last fall which includes a flypast over Vancouver of historic aircraft from the 1920's to the present and a flypast of more than 50 DC-3s to commemorate the plane's 50th anniversary.

Mr Richmond acknowledged the assistance of the Hon. Bill Ritchie, Minister of Municipal Affairs and

MLA, Central Fraser Valley in helping to bring the exhibition to the famed Abbotsford Air Show.

The minister said a six-member special committee will be formed to "effect co-operation and consultation" between EXPO 86 and the Abbotsford Air Show Society with each nominating three members.

The exhibition will begin August 4, 1986 at the Abbotsford International Airport and will continue through the run of the Air Show, August 8, 9 and 10, 1986.

Due to unprecedented demand, the Expo Display Centre will be open for free tours seven days a week from 10 a.m. to 5 p.m. which began February 27. Visitors are welcome to drop in to the Display Centre during these hours. However, reservations during weekdays are recommended. Group tours are available for organizations, corporations, schools and other large groups and should be reserved in advance. Free parking is available adjacent to the blue and white pavilion.

Located on the main False Creek site on Pacific Boulevard between Richards and Homer streets, the Expo Display Centre was the first building to be completed for EXPO 86.

"The popularity of the Expo Display Centre shows that our plans for EXPO 86 are headed in exactly the right direction. The excitement and adventure that lies

ahead in 1986 are exceptionally well presented in its displays," says Claude Richmond, British Columbia's Minister of Tourism/EXPO 86.

Inside the pavilion, a 100-seat theatre allows visitors to sit back and take in the sights and sounds of the up-tempo 18-projector audiovisual show, *Something's Happening Here*.

On the main floor level, Canada's largest architectural model - the 1:100 Expo site model - puts EXPO 86 into perspective. During a guided tour of this 22-metre-long and 10-metre-wide scaled-down version of the main site more than 200 buildings, 3000 trees, 1000 flags, a monorail, two skyrides and even 20,000 miniature Expo visitors are featured. The Canadian Pavilion at Canada Place on Burrard Inlet, the second EXPO 86 site, is also featured in a model, as is B.C. Place.

"The response to the Expo Display Centre has been tremendous," says EXPO 86 President Michael Bartlett. "We are planning a top-notch Exposition and the display centre gets that message across loud and clear."

The Expo Display Centre closes on April 28, 1985 to make way for the Expo Centre's gala opening on May 2, 1985. A final tally of 100,000 people in all are expected to visit the Display Centre.

For more information and reservations, contact: EXPO INFOR, 660-EXPO (660-3976).



Expo Ernie and the display centre guides invite visitors to the Expo display centre. Hours for free tours are 10 a.m. to 5 p.m., 7 days a week. The centre offers an audio-visual and model preview of the 1986 World Exposition.

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