



# TOTEM TIMES



Don't Underestimate Yourself .....Leave It To Others

Vol. 27 No. 6

CFB COMOX TOTEM TIMES

THURSDAY March 21, 1985

Deadline is Monday, April 15, 1985

COST: PRICELESS

BGen Ian Patrick Spends Some Time With Us

## MAG Commander Visits C.F.B. Comox



A bright sunny Sunday afternoon saw the arrival of BGen Ian Patrick, Commander of Maritime Air Group.

BGen Patrick disembarked from his trusty Aurora to greetings from Base Commander, Col Bob Kadonoff and an outstanding Honor Guard courtesy the BWO, CWO George Del Fabro.

The General visited Comox on official briefings and tours during Monday and Tuesday. During his time on base he

visited each of the squadrons and AFIS to familiarize himself with base activities and to glad hand with some of the people. The General was hosted by the Sr. NCO's during a Monday luncheon and by the officers during an informal Monday evening function.

BGen Patrick and our leaders left for Esquimalt late Tuesday afternoon to attend the two day Commanders conference. He will return on Friday morning and before leaving for Halifax

this coming Sunday, he hopes to test the slopes up at good old Mount Washington. A Saturday ski date is in store and we hope that the General will be able to enjoy some of that fine spring weather that has been around lately.

On behalf of CFB Comox personnel we at "Ye Old Fish-wrapper" would like to extend thanks to BGen Patrick for his visit. We hope it was very enjoyable.

### "HAWK ONE" In Its Final Resting Place

## The Last Flight



Courtesy Base Photo

by WO B.A. Munkeskov

In the afternoon of 7 March, CF101057, our technicolor Hawk One Voodoo aircraft, was airborne for the last time. At an uncommon speed and attitude (with a little help from our 60-ton lifting capacity diesel electric crane Big Jock) it made its way from the south taxi-way to its mounting pad

alongside the CF100 Canuck in the newly established Vintage Aircraft Park.

The preparation and mounting of the CF101 Voodoo and previously mounted CF100 Canuck and CP107 Argus has involved the active participation of all base technical resources. Under the coordination of the Base Technical Services Officer, the Base Aircraft Maintenance Support organization carried out the brunt of the work involved to prepare these aircraft for display. Our Base refinishers spent countless hours touching up the old Argus and applying the custom paint jobs on the CF101 and CF100. Base workshops immobilized all control surfaces, plugged or screened all openings (to protect the anticipated prying hands these aircraft will receive) as well as designing and manufacturing the metal supports. The Brake and Wheel shop put new tires on the Argus and repainted the

wheels. 407 Squadron carried out extensive preparations for the display and actual mounting of the Argus at its present location. VU33 Squadron provided the tow crew and moved the CF100 to the aircraft park last fall. 1 Fighter Support Unit provided the expertise and manpower to sling and assist the mounting of the Voodoo. Base Transportation contributed their expertise, skill and Big Jock. Controlling this brute of a machine with a 20-ton pendulum hanging off the boom is no easy task. Base Photo provided excellent photo coverage, often with short notice, to document events as they happened.

The Base Construction Engineering section's contribution to this project has been invaluable. Aside from providing design support for the park, their active participation in planning and execution of the physical placement of these aircraft is

Continued on Page 12.

### Col Bob Kadonoff Greets

### BGen Patrick on Arrival

....Saves The Base—Wins The City

## Our Man excels in Kandahar

Kandahar returned with pomp and ceremony to the slopes of Forbidden Plateau.

The music played and our very own CFB aircraft zoomed overhead as all prepared for the return of Vancouver Islands longest running downhill ski race. The race had to be shelved last year because of financial problems at the plateau.

It was a glorious day with racers providing all the thrills and excitement required to make the day a hit. The Big Deal however was set to go in the VIP race.

After ceremonial forerunner, Dr. Robert Gordon of Campbell River, who was inaugural winner in 1948, started things off the big challenge commenced.

Mighty George Cochrane, the keeper of the keys to the city of

Courtenay had laid it all on the line with our very own Friendly Giant, Col Bob Kadonoff, deed holder of Ye Old CFB. The wager was quite simply the city against the base -- winner take all.

The two engaged in a spirited head-to-head duel and the result was in doubt until the end. However, our man did persevere through an outstanding effort. The margin of victory was slight but convincing.

Under the terms of ownership, his Worship will be allowed to RETAIN his chain of office and all administrative transactions will remain intact - and no George, - the Base Commander will not be moving his offices to City Hall!

G.M.K.

## Updating Our Air Defences

The Government has approved an agreement with the United States under which the two countries will take part in a joint program to modernize the North American Air Defence Surveillance and Warning System. Documents constituting the agreement were signed in Quebec City on March 18. These documents will be tabled in the House of Commons following signature.

The agreement provides for the establishment of a warning system around the perimeter of the North American continent which will be capable of detecting aircraft and cruise missiles penetrating North American airspace at high and low altitudes within the atmosphere. This modernized system will consist of over-the-horizon backscatter radars, located in the United States and covering the eastern, western and southern approaches to North America.

In the north, there will be a new and improved Dew Line -

to be called the North Warning System, most of the North Warning System will be located on Canadian Territory. The new radars will permit Canadian Forces interceptors - CF18s - to identify and, if necessary, engage intruders on the perimeter. North warning will enhance our sovereign ability to control access to Canadian airspace.

In concluding this agreement, Canada will be taking an important step forward in ensuring that we can carry out the responsibilities we share with the United States for the defence of North America. The agreement we have reached reflects the essence of the partnership between the two countries which share the continent - sovereign allies, independent neighbours, and close friends. It is an agreement which serves both nations well. Under the new arrangements, Canada will, for the first time, fully exercise its national defence

Continued on Page 12

### "Our Quotable Quote"

Firmness Is That Admirable Quality  
In Ourselves That Is  
Detestable Stubbornness In Others

### "Fishwrapper" Exposed

Section News.....	2
Editorial.....	4
A.F.V.C.....	5
Sports.....	6
Promos & Awards.....	8
Around the Base.....	10

# Section News

VU

33



Well here it goes. Due to the absence of our regular scribe who is away on a security course in Boredum, the Boss suggested a couple of guest scribes take over. I have to go easy on J.R., as he gets to even the score in the next edition.

Sometimes our writers forget to mention the whole crew when an aircraft deploys. We all know that other than local Pilot Trainers, you can't let two Pilots travel alone. The crew is complimented by an AESO who tries to keep the new pilots on the straight and narrow (right J.R.) and to try to improve the dinner wine selections made by the older pilots.

And what Sqn could run without an efficient orderly room. Since Bernie arrived on the Sqn, Andy has become similar to the Maytag repairman. The traffic into the Orderly Room has increased but who sees Andy in his corner.

It is normal to pay respects to your CO, but our boss gets compliments on his cologne from one of our Techs. Major, you are going to have to quit wearing that "Midnight Passion" during the day.

The Aircrew had a Photo Contest last week. Each crew was required to take full 35mm and photo pod sequences of an oil polluter, fishing violator, intelligence pattern and a specified point of land at a predetermined scale. The fix was in right from the start. The boss just happened to be teamed with Ken Farrar (very senior tracker pilot) and Dave Gibson (Sr. A.E.S.O.). The Photo Officer, who is our Junior Subbie was to be the impartial judge. I must admit that he withstood the threats quite well. The CO mentioned something about a vacancy in Alert or a six month winter survival course in Resolute Bay. The CO's crew is still trying to convince us that a picture of a bridge is worth more points than one of Sisters Island. Three of four crews can't be wrong.

After many hours judging photos and changing the scoring system a few times, J.R. still couldn't honestly fix it so the CO's crew could win. J.R. said lots of nice words about each crew's photo work and then let Col Creelman announce the winners and present the awards. Congratulations Terry, John and Wayne. It was just a coincidence that the Photo Officer and his Deputy were on the winning crew.

Speaking about Col Creelman, it seems that when his visit was first announced at the BComd morning brief, the Auxiliary Wing of Transport Group (VP407) were tasked to transport the Col from Victoria to Comox. Maj Owen asked if VU33 should have an operational Tracker converted to Transport configuration and put on standby for this special assignment. His offer was considered funny but not required. You guessed it. The Col enjoyed his ride in the Tracker provided by the steadfast and true, Yee Yuu. Just remember 407, when the job gets rough, give us a call.

Norm Potvin did a long range captain's check on J.R. two weeks ago. The duo and yours truly went to March AFB Calif. The crew took a days crew rest and visited L.A. where Norm attained the distinction of becoming a true blue, Joe Cool Jet Pilot. Minnie Mouse presented him with his Mickey Mouse sunglasses.

Dave Bekolay just finished his T-Bird course in North Bay. Congrats Dave! now the fishes can have fun with you.

Rollie (chocolate-chip) is happy this fiscal year is almost over. Rollie is always blaming the Boss for eating the chocolate chip cookies, but the boss in his own defence, put Rollie on exhibit.

It is good to have our slimmed down OPSO back from his honeymoon. Nick insists that it was because he didn't really enjoy English cooking.

Well, I think that I have stirred up enough for one tabloid.

B.V.D.

## TECH SIDE

In my last two years with the Squadron, I have never seen so few things happen in such a long period of time. Although the airplanes continue to fly, the stories are just a little hard to find. A few items have come to my attention as a result of my asking for a comment from the floor. But like I said, if it is printable sure, but the great dirty jokes I heard won't go over well with the paper staff.

Hockey has come to a slow wind down although there are a couple games to go. This years schedule has drawn out long enough for the enthusiast to become somewhat bored. It was nice to see a couple of new faces in the stands last week. Let's keep up the squadron spirit.

Rumor has it that our guests from Summerside have decided to stay a while longer to allow others to capitalize on their vast knowledge of the Tracker. Actually, the recent trip by our P.M. has caused their stay to be extended.

Last week found our squadron volleyball team head to head with Base Telecom in this year's base unit championship. Base Telecom has held the trophy for the past 4 years and VU33 was out to take it away. And that they did in 3 straight games. Fan support at the games was low although there were many pro-tips from all.

No word from Pete Morro out in Trenton but John Dimock has stated that Borden has not changed since his last appearance there. And like the rest of us, hope we never have to go back.

A senior member of our Servicing branch pulled a Howie Mandell act last week, when a T-bird from Cold Lake required a quick fix. If he were to be asked, he would say that he was just acting, but for those that witnessed his turmoil, it was no act. The problem started with a need for ear defenders, they were found. Now to position the chin straps to accommodate a ball hat. I think Cal Pearson soon established the fact that a ball hat, ear defenders and a chin strap don't mix. He learned a lesson as well did we, but who got the last laugh?

'Box Lunch' McKinnon found out that you can actually squeeze two days into one. For others interested in finding out how - don't cross Tracker John. Darryl thinks John is kidding around but we know different, we were at work when he mentioned it.

I don't know if others on the squadron are aware of the fact that to write an article requires input. Once man cannot possibly write what all want to read. Not being able to be in two places at one time is definitely an asset, one that I don't have. I would appreciate your information so as to make the bi-weekly writing of interest to everyone.

Enjoy the nice weekend weather, see you again.

G.L.

## As The Beacon Turns

Welcome once again to "As the Beacon Turns".

The section Wine and Cheese Party went off without a hitch last Saturday, and a good time was had by all. The entertainment committee laid on a magnificent spread, undoubtedly with some assistance from their wives. I can't believe the rumour that Safeway prepared the trays is true.

Capt's McQuade and McQuade are back from sunny Hawaii, and certainly don't look any worse for wear. When I asked Tom about the girls on the beach he replied "Don't ask me! Jan made me stay in the hotel and babysit the whole time!" Jan returns to the tower 25 March after her extended vacation. It's okay if you bring Chelsea to work with you but breast feeding is out of the question.

Capt Hopp and family have also began to shed their bronzed skin which they picked up from their five week stay in Australia. Lothar says the most prized object he brought back with him is his lucky Kangaroo's foot. The only problem is trying to keep it in his pocket.

In other news, MCpl Dave "Do I Have a Deal For You" Rychly sold his car to the Toyota dealer for \$9000 after he was convinced he was making a real bargain. It's now up for sale to anyone for a mere \$11,500 at the dealership. Way to go Dave!

Sgt Neil Garlough is in Edmonton for his HAI course. This is a requirement for anyone who has to work in the tower.

OCdr Dean Krall has been officially reclassified to Pers Admin and is posted to Edmonton. Lt Russ Smith has made it through procedural control down in Cornwall and continues with his radar portion.

Our soon to be BATCO, Maj L. Harker arrives next week for a house hunting trip. MCpl Rychly's assistance was declined.

Capt Turnbull has returned from Toronto with the good news that he can throw away the white cane anytime.

Cpl John Koidhis is off to Cornwall on the 25th for his radar course.

The ATC hockey team has yet another challenge, this time from Cold Lake Radar. The game will be 25 March.

Finally, on 27 March, ATC will be assisting in hosting the Base Community day. The theme is "Women in the Forces". Bernie Murphy volunteered to OPI but since he was already in charge of section sexual harassment, his offer was turned down.

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

## Demon

### DIAC MAINTENANCE/ TRAINING

There have been a few newsworthy events since we last appeared in the *Fishwrapper* starting with a change at the "Top". We welcome Lt Push Godbole as the new DSO and say farewell to Capt Rob Foster who has left to become the new ASO.

The 1985 version of the Display and Control course is in its fifth week, with some familiar Greenwood faces in attendance - welcome back to Rick O'Toole, Glen Coates and Reg McIlwain.

Renovations to building 64 are well under way, so the training cell should have a new home in early April.

Speaking of renovations, we want to thank the unsung heroes from the CE section who finally got the air temperature down to a livable level here in the Maintenance shop. The blast of super-heated air now coming out of Research section indicates that the problem has been relocated rather than solved, whatever you did, Bravo Zulu from the DIAC Troops.

Finally, congratulations to WO Jorgensen and MWO MacLean on their recent promotions. The section is somewhat top heavy rank-wise and someone should move on - I wonder who that might be?

### AMCRO

Well, things are finally settling down to a sort of routine here in Log Control and Research. We're all together now that Bert Keryluk has moved into the Chief's old office with Kyle Jones. The Chief does not have to hike over to the SAMO's office so much anymore as now he's right next door. Yes, a lot of changes have happened in the past couple of months but hey, it was worth it because now Marilyn is warm and cozy! Personally the place reminds me of the New York Times news room; a little bit noisy, always about fifteen different things happening and everyone after a good story (Marilyn usually scoops us though).

I can just see Bill (the city editor - to keep the analogy going) screaming someday, "stop the presses!" or something.

Welcome back to Harry Lunde who's back from sabbatical and to Bob Earl who never left after all. Bob's staying because Pam Begin is leaving, for a little while at least. Pam will be one of the first people to hand in her CF greens for the new Air Force blues when she shows up for kit issue in Shearwater in April where she'll be training as a member of this summer's Armed Forces Tattoo. She'll be back in Research next September with tales of her exploits in cities all over Canada and parts of the U.S.A. We're all really proud of you Pam,

### THINK

### SUMMER

## Doins



best of luck and have fun! (Gee, I hope the city editor likes my copy!) **SERVICING**

Hello again from #2 servicing crew. As you're well aware, not much changes around the servicing scene. People are running all over the place, slaving away to keep the aircraft in the air. It's not really that bad, even now you can hear the echos of Kevin Fleet in the coffee room with his "2 spade" bid. Yes, the bridge tables are in full swing.

With the weather the way it is, the golfers on our crew are chomping at the bit to get out on the course. Just the other day, Micki Thurston (alias mouse) was saying he fired a 64. Congrats Micki, too bad you quit after the first hole. Dave Ronaldson, Fed Schwab and Bernie Miller are rarely seen at the hangar now-a-days, so if you're trying to get hold of them call the Glacier Greens and not the hangar.

The ATAT exams were held last week and the whole crew wishes Barry Sooley AFT and Guy Samson, CRST, Good Luck on their TQ5 exams.

With the nice weather comes posting season and even our crew has to say goodbyes and hello's. John Hugill is all happy because he's going overseas. Who would have thought overseas was across the Strait. Have fun in Cold Lake, John. James Wilson, one of our best "Cosmic Warriors" goes to 1 Crew. Hope you find more "Cosmic Cadets" to train.

We would also like to welcome to the crew Sgt Bernie Miller from Maintenance. So if someone happens to see him on the golf course, please tell him.

That seems to be all from #2 Crew, so 'til next time, farewell from the Glacier Greens.

### AIRCREW

A busy weekend was had by all recently, as we had an unofficial record number of VP squadrons visiting our humble home. VP1, VP22 and VP17 from Hawaii, and VP69 from Whidbey Island, all were able to enjoy our beautiful weather. A party had been arranged at the Base Golf Club for the expected arrival of VP69, which was expanded into a huge VP party, which all four attended. The meal and the get-together at the golf club were only a forerunner for the international crud tournament held in the Officers' Mess afterwards.

The Canadian team held a perfect record, until the last game, (which ended up with LCdr Montgomery, CO VP69, pitted against our illustrious leader LCol Rogers). When the smoke cleared, our near

perfect record was shattered. VP69 arrived deeply humiliated by our squadron's crafty light-fingeredness and were very prepared to even the score.

With a quick stock-taking the next morning, it was discovered that all three flags were removed from their respective places in front of Base HQ, much to the chagrin of the MP's and the BWO. The BWO then ordered the MP's not to allow any aircraft to leave the scene of the crime, until the goods were recovered.

After a thorough investigation, VP69 were found guilty of this act against the Crown, and banished from the Base, after ceremoniously returning the flags. However, further investigation now reveals that this scam was just a distraction, and their real target of interest was the Canadian flag, which normally adorns the Base Main Briefing room. This low down act of thievery went unnoticed until Monday morning, when our keen powers of observation noticed the *Stars and Stripes* flying in its place. Photos were taken of this whole sordid affair, and there will be more to follow in further issues.

On the more operational (?) side of things, Crew One once again visited Hawaii for a couple of days last week. Rumour has Steff Kummel applying for citizenship soon, as he is closing fast on the necessary qualifying time to do so. The Sub-Busters were heavily into training for the fast approaching O'Brien Cup competition last week, and were in Greenwood for an OMS run. Crew 3 VP407 is still attending the competition, contrary to the sign by the main gate where our southern neighbours had vandalized it to read "VPI Crew 8".

Keeping wishing guys! Crew 7 is still in Australia, enjoying themselves, and should be returning this week. There were a couple of mug-outs last week, as Denis Cock is on his way to the other hangar to join 442 Squadron and Bobby Turnbull is going to California to join the housebuilding industry. Good luck in the future! Many new squadron members are arriving daily, and the most recent are Lts Pete Lipohan, Steve Amo and Larry Arnold who joined us from CFANS and MCpls John Motyer, Mick Hotch and Sylvain Tremiseaux, from MOAT. Welcome to Lotus Land.

Mention must also be given to the grave injustice done last issue, to the author of the front page scoop. J.T. Williams wrote the critically acclaimed article, and the credits were overlooked. However, I heard the Pulitzer prize organization were reviewing it, for possible international recognition.

## WOs' & Sgts' Mess

13 April 1985  
SPORTSMAN'S BINGO & DANCE  
\$5.00 Per Person  
★ ★ ★ BAND ★ ★ ★  
GLEN GILLIS & THE ALLEY CATS  
REGULAR TGIF EVERY FRIDAY!

## M. S. E. Driver Safety

### What would you do??

You're driving in a residential area at 40 kph (25 mph). There are cars parked at the curb on your right. You see the ball rolling out into the street just about 20 m (60 ft.) in front of you. What should you do?

- ☐ Honk, medium brake to slow, cover brake and be prepared to stop.
- ☐ Honk, hard brake to stop and then proceed.

Answer On Page 12

# Section News

## Base Supply

Here we are again with another exciting update on Supply happenings.

Well it's approaching 'posting time' again, and a few people have received the good news already. Cpl Truesdale on his way to Petawawa this summer, while Cpl Cudmore is moving inland to Chilliwack. Mel and Sue Wilson are rolling down the island to Esquimalt. Sue is going Base side, and Master Seaman Wilson is climbing aboard the Kootney. **Rumour** has it that the Hutchinson's are hoping to check out the Navy style of life firsthand; **Good Luck Hutch!**

Speaking of luck, lots of it to all those people on their way to Germany. Cpl Davis, Cipelletti and Pte Francis are all on their way to visit Europe for a few years. Pte Francis says he is going to be selling his car and waterbed before he leaves; anyone interested?

According to Sgt Cotton, he and Cpl Gagnon are both doing fine on their courses. WO Fleming has finished his course and should be back in Sunny Comox in time to read all about his people in this article. On the note of courses it seems Cpl Baer is feeling a touch of loneliness while her boyfriend is in Penhold.

The big news in 1—Sup Grp is Sgt Channen's new vehicle, a brand new 18 speed mountain bike. He says it is for recreation only, and that he'll continue to use his good

old ten speed to get to work and back. The smaller news from 1 Sup Grp is Pte Parrot, who is getting even smaller thanks to her new diet. She says she is halfway to her goal; and with the support from all her co-workers we're sure she will reach it.

On a more sour note, 1 Sup Grp is going to have to get along without Wally Berger starting in April. Wally is going to be enjoying some time off work to relax for awhile.

There are congratulations due for Sgt Alex and her husband. They are now the proud parents of a 5 lb, 9 oz baby girl. They named her Lauren.

General stores personnel are getting ready to celebrate the birthdays of their senior civilians. Moe and Barry will be celebrating their birthdays on the 30 and 31 of March. It seems Pte Segriff will be able to party too, now that her reject rate is on the decline.

The best of luck to everyone who will be curling in Esquimalt on the Logspil. With the number of people going, I'm sure someone will win something, if they can just stay on their feet; Party on!!

I'll close this column with a note on the Supply Scavenger Hunt. We should be fantastic at this, seeing that we've all practiced the blind hunt at work at least once. Well until next time, this is another cheerful Supply Tech signing out.

### NOTICE

NEXT DEADLINE - April 15

Note: 3 week Easter break.

## 1985 Cancer Drive

New Westminster, B.C. — A goal of \$3 million has been set for the 1985 April fund-raising campaign sponsored by the B.C. and Yukon Division of the Canadian Cancer Society.

The announcement was made by Division Campaign Chairman Phil Tulk in an address to Canadian Cancer Society volunteers attending a weekend workshop here February 15 to 17.

Tulk said the campaign goal represented a 15 per cent increase over the \$2.68 million raised in 1984.

"With unemployment increasing, and inflation eating away at the actual value of every dollar, we need more money just to maintain the level of direct and indirect support we provide cancer patients and their families," he said.

Tulk pointed out that, in 1984 alone, the B.C. and Yukon Division provided: more than \$2 million for cancer research; room and board in our lodges for more than 1,700 out-of-town cancer patients requiring treatment in Vancouver and Victoria; emotional support programs for more than 6,000 people whose lives have been touched by cancer; and educational cancer prevention and detection programs that reached over 100,000 more B.C. residents. An additional \$347,000 was provided in direct aid to patients in financial difficulty.

"And, with our economy remaining in the doldrums, we realize an increasing number of patients will be needing direct financial help," he said.

Some 15,000 volunteers will be needed for the month-long fund-raising drive that officially opens on Daffodil Day, Saturday, March 30. The need for volunteer help is particularly acute in the Lower Mainland area.

"The door-to-door canvass will be an education event this year, not just a technique for raising money. We'll be distributing information about our Healthy Lifestyle Choices Program, a valuable part of our work in promoting health and preventing cancer," Tulk said.

## BAMSO NEWS

BAMSO stands for Base Aircraft Maintenance Support Officer, and support is what we do. We provide support to all the squadrons on this Base and to the Base itself. You have all probably heard of many of our shops but maybe you are not familiar with what they do or who works there. With that in mind we are going to put a BAMSO column in the Totem Times with portions of same to be written by (or about) NavCom Labs, IE IS Labs, Base Armament, Base Photo, Brake and Wheel, Workshops, Non Destructive Testing, Safety Systems, AMSE, Aircraft Refinishing, RTT, Tool Control, Master Tech Library, AMMIS and UCR Control, ATAT, and the BAMSO Orderly Room.

So as we say above: "Watch This Space".

We will start with Base Photo as they are probably the one section that most of you have heard of or possibly have even had dealing with.

### Base Photo

Did you know? Base Photo is the "Ground" photo shop and 407 Squadron has the "Air" (aerial photo surveillance) role. Base Photo uses the typical hand held cameras which use 120 or 35 mm size film; "Air" photo cameras typically use the larger 70 mm film.

Base Photo personnel are commonly seen covering the "grip and grin" assignments (promotions, award presentations, parades, etc.) and other public relations activities. These rolls are low priority tasking with the top priority going to the documentation of aircraft/vehicle/

vessel/fire accidents and incidents and the many photos required for the documentation of technical problems. Base Photo technicians must be prepared to do photo documentation from aircraft or vessels in the course of public relations or crash investigation or equipment testing and evaluation projects such as with the recent SKAD (Survival Kit Air Dropable) equipment. Theoretically, Base Photo is on stand-by to provide photo service for every Base and squadron work centre.

Look for improvements in this column next time as our regular scribe will be back from TD at that time.

### NavCom

This is NavCom Labs' first article and for those of you who are unfamiliar with us, we live on the third floor of 7 Hangar, right beside the BAMSO. You know - that flagitious (the BAMSO had to look that one up in the dictionary when he proof read this column) room, into which all those black boxes disappear, never to be seen again. Our lab consists solely of MOC 524 tradesmen and women, with the exception of the odd RTT type, but we keep them reasonably well hidden so as not to embarrass us.

Most of us have been kept fairly busy in the last little while, due to lack of personnel. Cpl Sylvie Locas has joined Cpl Richard Viger and Marc Neumann in your favourite place and mine - Greenwood. This considerably cuts down our French population but makes a very convenient "menage a trois" for

Continued on Page 9.

## 442 Squadron

### FROM THE GROUND FLOOR

With some of the boys off looking after the herring fleet at Sandspit - a pleasant assignment up to this time of writing, in that the weather has been unusually mild - the hangar has had all the atmosphere of a library. Except for the weekly visit of green-coated ankle biters, and Dorothy's promotion to Corporal, we've had no excitement at all. New Corporal Shuttleworth is pleased, of course, because now she can afford to put gas in her Porsche. Mr. T was home with the flu as of Friday, or was he still recovering from his virtuoso

performance (a 259 score) in the alleys?

Both Mel Mills and Denis Gagnier are headed for Ontario in July - Mel to 414 Squadron, North Bay and Denis to CFB Trenton. Headed this way is Cpl Schultz, AE Tech from Windypeg. Welcome aboard Schultzie. His COS is March 15. Not all of our squadron personalities are persons. We have some pretty nice aircraft too, and we also have 454, which has been *Not Flying Good* for three months. If she (or should I say it) keeps this up, 454 may be considered for in-

Continued on Page 9.

## OFFICERS' MESS

April, 1985

### Mondays to Fridays COFFEE HOUR

Coffee will be served in the Lounge daily at 1000 hours. Dress will be dress of the day.

### Thursday, April 4 Fridays, April 12, 19, 26

#### REGULAR TGIF

1600 - 1700 hours. Food as indicated: 1700 - 1800 hours. Free taxi - ask at Bar.

### Thursday - April 4 - FISH & CHIPS

Fridays

### April 12 - SLOPPY JOES & FRIES

April 19 - LASAGNA, SALAD, GARLIC BREAD  
April 26 - CHICKEN FINGERS, FRIES, SALAD

### Sunday, April 7

#### EASTER SUNDAY BRUNCH

Brunch will be served from 1130 - 1330 hours.

### MENU

Braised Beef Tips with Noodles

Pancakes

Banana, Blueberry, Strawberry with Whipped Cream  
Strawberry Crepes  
Eggs (any style)  
Bacon and Sausages

Florentine Vegetables

Mashed Potatoes

Salad Bar

"Make Your Own" Sundaes

Cost per person: Adults: \$6.00 - Children: \$3.00.  
Tickets to be purchased at the Bar. Dress is casual.  
Reservations are not required.

### Wednesdays, April 10, 24

#### OFFICERS' WIVES BRIDGE CLUB

### Thursday, April 11

#### ROYAL CANADIAN AIR FORCE 61<sup>ST</sup> ANNIVERSARY MESS DINNER

Reservations through Squadron/Unit.

### Wednesday, April 17

#### OWC SPRING FASHION SHOW

Touch of Class will be hosting a fashion show. Tickets \$5.00 per person are available from Pam Holbrook at 339-7712 or Eleanor Duguid at 338-0089.

### Saturday, April 20

#### CLUB NIGHT FLOOR SHOW

An evening consisting of ★ Comedy ★ Illusions ★ Ventriloquism and ★ Hypnosis by *Illusions Unlimited* - Direct from Seattle - Hor d'Oeuvres - 1930 hours - Floor Show - 2100 hours. Cost per couple: Members - free; guests - \$10.00. Dress casual. Reservations not required.

### Saturday, April 27

#### CANDLELIGHT DINNER

1900 for 1930 hours.

### MENU

Minestrone Soup

Cucumber Gondola Salad with Shrimp Filling

Prime Rib with Au Jus, Horseradish

English Roast Potatoes

Carrot Medallions cooked in Ginger Ale

Broccoli Almondine

Chocolate Mousse with Maraschino Cherries

Maximum attendance: 120 people. Reservations to the Mess Manager by 1200 hours 17 April 85. Dress is informal. Cost per couple: members - \$25.00; guests - \$30.00. Dance to music by DJ at 2130 hours.

## JR. RANKS' MESS

Men pick March 22 JRM INDOOR BEACH PARTY  
Miss Beach Beauty 1985 Wear your sun glasses and bathing suit.  
Women pick Mr. Beach Bum 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!

April 4 & 5 -- WAYNES MUSIC DJ

April 11 -- DJ AUDIO EXPRESS

April 12 -- BOSSES NIGHT

DJ Audio Express playing 1800 - 0100.  
Cost -- FREE!

April 18 -- NINE TONIGHT DJ

April 19 -- ILLUSIONS UNLIMITED

Great illusionist and hypnotist.  
Come out and be hypnotized -- 2100-0100 hours. Cost: \$2<sup>00</sup>

April 25 -- DJ SUMMIT MUSIC

April 26th -- BAND - INNUENDO

Top 40 from Vanocover - 2100-0100 hours. Cost: \$3<sup>00</sup>

DJ on Fridays-\$1<sup>00</sup> \* Bands-\$3<sup>00</sup> per person

DJ ON THURSDAYS - FREE  
ENT HOTLINE - PHONE 339-5212  
FOR A RECORDING OF UPCOMING EVENTS.

## SPORTS

Sign up by 1715 hours. Games start at 1730 hours.  
\$100<sup>00</sup> CANEX Gift Certificates for prizes!

March 22 -- DARTS ★ March 29 -- EUCHRE  
April 5 -- CRIB ★ April 19 -- DARTS  
April 26th -- EUCHRE

## SUNDAY TOURNAMENTS

Sign up by 1215 hours. Games start at 1230 hours.  
Cost \$2<sup>00</sup> per person. All money returned in cash prizes.  
March 24 -- CRIB ★ March 31 -- DARTS  
April 7 -- POOL ★ April 14 -- EUCHRE  
April 21 -- CRIB ★ April 28 -- DARTS

# Editorial

## Alcohol Abuse

### ... Who Gets Hurt?

When a person, man or woman, abuses alcohol, becomes a problem-drinker, or an alcoholic, who gets hurt? If your answer was -- the person who drinks abusively, you are only one-eight correct. Alcohol-abuse or alcoholism reaches out beyond the abuser and infects everyone with whom he comes into contact. There is not space to identify all of the people an alcohol-abuser harms. So, from your own experience, why not add to the list:

The abuser of alcohol certainly harms *himself*. He damages his liver, stomach and heart, he scrambles his thinking, distorts his judgement and damages his memory. He alienates his friends, angers and frustrates his employer to the point where he may lose his job.

The alcoholic will very probably insist that his wife is not harmed. According to him she is the cause of his problem. But suppose you are the wife of an alcoholic. You are looking forward to an evening of conversation -- perhaps wanting to discuss the payment of bills or a problem with one of the children, but your alcoholic partner has passed out on the chesterfield after a "few" beers. Or when the mess bill has been paid and there is not enough money left for adequate food or new clothes for the children -- would you feel hurt, angry, frustrated? Carry on -- you can think of similar examples!

The children of the alcoholic cannot confide in Mom or Dad. The parent affected with alcoholism is either absent, asleep or so grouchy, so unpredictable that it is unsafe to be even around. What child wants to bring friends home or even stay home when Mom or Dad may have had too much to drink?

The employer of the alcoholic does not receive his money's worth in work. Sure the alcohol abuser is on the job, but hung over, half alert, guilty, remorseful, and/or suffering from hangover-headache and upset stomach. When sober the alcoholic employee pushes excessively to make up for lost time or simply to convince the boss that everything is all right just in case his erratic work record may be noticed. As a result, the alcohol abuser is often accident-prone, hurts himself or damages machinery.

What about work associates? Who wants to work beside someone who is not pleasant in the morning and surly, quick to snap or even fight after a "few" beers at lunch? How do fellow workers feel when, time after time, they have to double up because the alcohol abuser is absent with the "Flu" or some other vague disorder -- which, incidentally, his spouse reports to protect his job.

Consider yourself as a victim of the alcoholic. For instance, if you were struck and crippled by a car driven by an alcohol-impaired driver -- or if you pass a table in a restaurant accidentally brushing against it and the alcohol-abuser resents the slight jolt and starts a fight -- or you are having a house party and your alcoholic friend drinks too much and pours a drink down the front of an expensive dress or decides to do a strip-tease on the living room coffee table -- are you not embarrassed, hurt, angry and even revengeful?

As the physician of an alcohol abuser, you know this patient lies to you, refuses to follow your advice, yet continues to waste your valuable time. He claims vague diseases, cons you for tranquilizers



## Tax Tips

By the Institute of Chartered Accountants of British Columbia.

If you can't use all your tax deductions yourself, don't throw them away. Depending on your circumstances, you may be able to transfer some of your deductions to your spouse.

There are several deductions you can transfer to your spouse, or vice versa. These include: the age exemption for people 65 or over; interest, dividend and capital gains deduction; pension income deduction; education deduction; and deductions for people who are blind or confined to a bed or a wheelchair.

In most cases, one spouse is earning more than the other. The spouse earning the least may be a homemaker, a student, a pensioner, or confined to a bed or a

wheelchair.

The spouse is receiving income, but has deductions that exceed that income. That means there are deductions that are transferable to the other spouse.

Here is how to transfer the deductions:

Fill out Schedule 2 of the income tax return. Part A is simply a copy of your spouse's return down to the net income line.

The T-1 Tax Guide tells you how to calculate eligible dividends and pension income, and your calculation must be included when you fill out Schedule 2.

Part B shows you how to calculate the various eligible deductions that may be transferred. Your spouse's net income from Part A of Schedule 2 is reduced by the personal exemption of \$3,960.

### .....Transfer Your Deductions

If the various exemptions exceed what is left, you may then take these "leftovers" and deduct them from your own income, and so reduce taxes.

How does this work? Let's say your spouse has a net income of \$4,000 and deductions of \$7,000.

That leftover \$3,000 may be transferred to you to deduct from your income. If you are paying a third of your income in taxes each year, doing the simple paperwork has saved you \$1,000. Doesn't that seem worthwhile?

In some cases, you need to enclose slips or copies of them with your return.

For example, you must complete form T2201 and attach it to Schedule 2 if you are claiming a transfer for a first-time deduction in the case of a blind spouse or a

spouse confined to a bed or a wheelchair. To claim the education deduction, you need form T2202 or T2202A.

So, look into the possibility of transferring deductions. For filling out a few forms and spending an hour or so figuring it out, you can get hundred, and maybe thousands, of dollars back on your tax return.

#### FISHWRAPPER READERS:

Please note that due to the Easter Break, our beloved journal will not publish again until Thursday, April 18th, 1985. Deadline for this next issue is Monday, April 15, 1985.

Editor

Celebrate Canada's Heritage



Célébrons notre patrimoine

1885-1985

## Air Force Trivia

What? Where? Why? When?



### Trivia answer

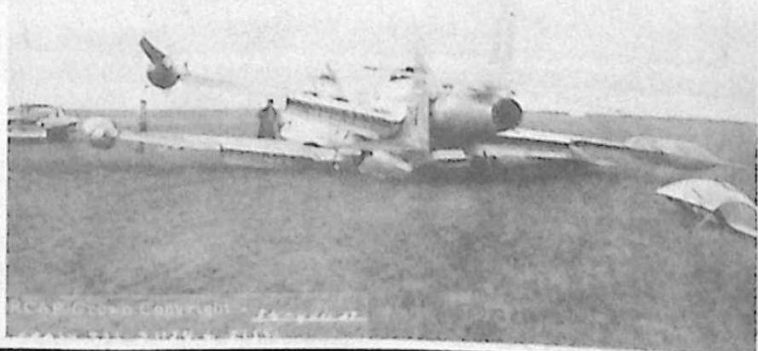
From Last Issue

What: Two bent RCAF T-33s

Where: Saskatoon, Saskatchewan

Why: Landing accident in 36 aircraft formation.

When: July 1st, 1959



## TOTEM TIMES

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

Second Class mail registration is 4098. Office phone: 339-2541.

INTERIM EDITOR: Ron Fisher (local 2560)

ASSISTANT EDITORS: Gord Kruger

BUSINESS MANAGER: Ken MacLean (local 2524) or 339-7218

CIRCULATION MGR: Shawn & Susan Johnson: 339-0580

SECRETARY: Kathy Pincombe: 339-3497

CAMERA OPERATOR: Dave Blamire, Dave Gibson & Jerry Walton.

PHOTOGRAPHY: Base Photo

EDITORIAL STAFF: Gilles Doiron, Bob Hallowell & Marion Kroemer.

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.

Printed in Courtenay, B.C., by the Comox District Free Press



or pesters you to sign certificates of illness to cover his hangovers or binges. You, too are a victim of the alcoholic.

Eight classes of people whom the alcohol-abuser harms have been pointed out. You may have added a few more. The point is, alcoholism or alcohol-abuse is a vicious disease. Rather than allow the alcoholic to continue to do more harm to more people, our obligation is to push him or her towards help in any way we can. And the help is available!

Mr. Hank Oke is the CFB Comox Drug and Alcohol Counsellor/Co-ordinator. He can be reached at local 2381.

Courtesy the Directorate of Preventive Medicine.

Next Totem Times Deadline - Monday, April 15, 1985

# A.F.V.C.

## SOUPER SPECTACLE

Le vendredi 29 mars prochain aura lieu au shoestring de la 4<sup>e</sup> Avenue à Courtenay, un souper spectacle mettant en vedette trois artistes locaux, soit Gaston Couturier, Don Vinette ainsi que Michel Laplante. Lors de la dernière parution du journal, nous vous avons présenté Gaston et maintenant nous laissons la parole à Don & Michel.

*"Il était une fois... dans la vallée d'Ottawa, un musicien aux cheveux longs. Au cours de ma carrière, j'ai été constamment en contact avec la culture française et ses différents styles de musique, vivant à proximité de Hull Québec. Le temps a fait son œuvre et maintenant je travaille pour le MDN dans le domaine de l'électronique. Malgré ma profession, la musique occupe toujours une place importante dans ma vie et je suis toujours disponible à participer aux événements artistiques locaux. Le 29 mars nous serons très heureux de partager avec vous une soirée au son de la musique francophone. Nous espérons sincèrement vous y rencontrer en grande nombre."*

A bientôt,

Don

*"Avant de me joindre aux Forces, il y a quatre ans, ou je travaillais comme opérateur d'équipement de soutien, j'étais gérant d'un magasin d'orgues sur la rive sud de Montréal. A ce moment là, j'affectionnais particulièrement les claviers."*

*J'ai toujours eu le goût du spectacle et ma décision de travailler la guitare de deux à quatre heures par jour depuis trois ans, ainsi que de prendre des leçons de chant depuis un an et demi m'a porté fruit puisque en février j'ai participé au festival de musique de Courtenay. De plus, presque tous les samedis soir je chante en m'accompagnant à la guitare à l'église de la base. Et maintenant je participe à l'élaboration du spectacle du 29 mars et je serai là pour réveiller le folklore que vous avez dans le cœur."*

Un ami,

Michel

L'association vous invite cordialement à venir constater les talents de nos artistes. Les prix des billets sont de \$5.<sup>50</sup> incluant le souper et le spectacle (avec réservation) et de \$7.<sup>00</sup> le soir du spectacle. Pour de plus amples informations n'hésitez pas à nous contacter à 338-6125.

Avis aux personnes intéressées: il ne reste que quelques billets alors pour éviter d'être déçu, procurez-vous en le plus vite possible.

## Mois de la nutrition - mars 1985

Une bonne nutrition et une bonne condition physique vont de pair pour ceux qui veulent avoir un corps sain, se porter bien, avoir belle mine et se sentir en forme. Le thème, cette année, "Aptitude physique et nutrition" est tout indiqué et approprié pour le personnel des FC. Le programme promet d'être passionnant! Il vise à informer le personnel des bonnes habitudes alimentaires à développer et à fournir aux personnes qui pratiquent des sports de bons conseils en matière de nutrition.

Ne manquez pas la campagne qui aura lieu en mars dans votre unité. N'oubliez pas...

manger mieux, c'EST MEILLEUR

Célébrons  
notre patrimoine



Celebrate  
Canada's Heritage

1885-1985

### ASSOCIATION FRANCOPHONE DE LA VALLÉE DE COMOX

<b>PRÉSIDENT:</b>	Gilles Doiron	Res: 339-3802
<b>VICE-PRÉSIDENT</b>	Serge Roy	Res: 339-5884
<b>TRESORIER</b>	Marc Beaulieu	Res: 339-4258
<b>SECRÉTAIRE:</b>	Sonia Hauser	Res: 339-2637

<b>DIRECTEURS</b>		
<b>ÉDUCATION:</b>	Gérard Gagné	Res: 337-5787
		Bur: 286-3282
<b>SUPPLÉANT:</b>	Jean-Charles Lemieux	Res: 338-8815
<b>LOISIRS ET SPORTS:</b>	Jacques Côté	Res: 338-5670
<b>CULTUREL:</b>	Marie-Paule Gregor	Res: 337-5785

**SECRÉTAIRE:** Johanne Pelletier

Pour plus de renseignements, contactez l'une de ces personnes.

### ASSOCIATION FRANCOPHONE DE LA VALLÉE DE COMOX

493 Fitzgerald  
Courtenay, C.B., V9N 2R1  
Tel: 338-6125

### HEURES D'OUVERTURES

MARDI - VENDREDI: 10:00 a.m. - 3:00 p.m.

## 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<sup>e</sup> 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.

Pour plus d'information au sujet de l'inscription pour l'an prochain s.v.p. contacter Mr Gérard Gagné au 337-5787 dans la soirée.

**A QUI D'ADRESSE CE PROGRAMME?** - Le programme a été conçu pour les enfants de parents francophones qui ont une compréhension suffisante du français pour être éduqués dans cette langue.

**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.

## LA PROCHAINE RÉUNION SERA JEUDI LE 29 MARS À 7:30 p.m.

## Unclassified

### RATES

First Insertion - NO CHARGE  
Subsequent Insertions - \$2.00 per inch

### RIVERSIDE PARK RENT REDUCTIONS

#### Does Your Rent Include?

—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: 338-7973

"Best value for your rental dollar"  
CUSTOM PROPERTY  
MANAGEMENT LTD.

### ARRAN HOUSE

SPACIOUS 1 & 2 BEDROOM APARTMENTS AVAILABLE NOW IN THIS NEARLY NEW BUILDING. SUITES ARE BRIGHT AND CLEAN AND INCLUDE LARGE FRIDGE AND STOVE AND ARE CLOSE TO TOWN.

1 BEDROOM FROM \$320.  
2 BEDROOM FROM \$345.

(After Rebate)

\*30 rebate on 1 bedroom  
\*60 rebate on 2 bedroom  
Call Gordon or Edna Brady at 338-1624

Managed by West Coast Savings Real Estate Division Ltd.

Be sure your home and belongings are properly insured. See —

Bob Emmerson

Nanaimo Realty Insurance  
Courtenay, and call  
334-3124 or home 339-5259

Bates Beach Resort

1 & 2 bedroom furnished apartments. Waterfront. Heat & Hydro included. From \$285.00. Call 334-2151 or 338-0501.

**Moving to Ottawa?** Contact me for the best information on Real Estate. Mike McDonald, Royal LePage, 523 - 5500, 523 - 5997 (res.)

**For rent:** Mt. Washington condominium. 2 bedrooms, sauna, \$280 from Sunday to Friday. Phone: 339 - 2342 or 339 - 6216.

**FOR SALE:** Modular home 12x62 with 50x110 lot. 2 Bedroom, wood & oil heat, can be sold either furnished or unfurnished, large covered carport, 14x20 storage room also used as a work shop. Outside garden space approx. 20x15, greenhouse 10x12, woodshed, all landscaped, fruit trees, cement driveway, decorated brick work, built in covered barbecue, mountain view, excellent for retired people and Uplands Subdivision. Can be seen anytime - 460 Uplands - phone 334-2013. \$42,000 - open to offers.

### BUILDING MATERIALS

Lumber & Plywoods  
Panelling - Arborite  
Doors and Windows  
Builders Hardware - Tools, etc.  
Electrical and Plumbing Supplies  
Paints and Finishes  
Roofing - Siding  
Cement Department  
Truck Delivery  
Customer Financing

**CENTRAL BUILDERS**  
610 Anderton Avenue  
Courtenay, B.C.  
Phone 334-4416

**Dick's Quality Meats**  
TWO LOCATIONS TO  
SERVE YOU BETTER.

Farmers' Market  
Courtenay, 334-3200  
and

**Comox - 339-3100**  
Complete line of Grade "A" Alberta beef, pork and poultry. Freezer orders of custom cutting our specialty. Every Wednesday 10% discount off counter prices.

**FARMER DAN'S**  
1745 Comox Avenue  
339-4131

Specializing in high quality fruits and vegetables. Open 7 days a week, 9-6. Every Wednesday is 10% discount day.

**For Sale.** 1980 Camper, 11', Equipped for winter camping. Very good condition. Asking \$3400.<sup>00</sup> O.B.O. Call 339-4917 after 5.

**For rent:** 4 bdrm, 1 1/2 bath, Comox home. Porch, wood heater, central vacuum. Prefer non-smoker. Available immediately. \$450.00 per month. 334-4294.

**CAKES:** For all occasions. Birthday, weddings, anniversaries, parties. Any shape or style. Call 339-2170.

**Buy local books!** Lansdowne's Birds of the West Coast, Vol. I and II, were \$45<sup>00</sup> each, now \$19<sup>95</sup> each. Limited number. Please order!

**Blue Heron Books**  
1777 Comox Ave., Comox  
339-6111

**For sale:** 1981 Goldwing - fully dressed. \$3,800 o.b.o. 923-6166

**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:** 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.

**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:** 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:** 17 cubic foot Westinghouse Frost Free fridge. 1983 model. Used 1 1/2 years. Almond color. \$450.00 30" Viking Electric Range. 1982 model. Used 2 years. Almond color. Self cleaning oven. \$300.00. Phone - 339-6557 after 4 p.m.

**For Sale:** Boat/canoe trailer. 17 ft. long. \$225.00 or best offer. Contact Jean Pare, PMQ 41, Cedar Cresc, Lazo. Phone 339-7391.

**EW**  
COURTENAY  
Ad. \$3.75, OAP \$1.75, Ch. \$1.75

Two Shows  
Each Evening  
7:00 p.m. & 9:00 p.m.  
Open 7 Nights a Week

Theatre Info: 337-5033

NOW SHOWING - Thursday, March 21  
**THE PRODIGAL** (MATURE)

OPENS FRIDAY-Mar. 22, 23, 24, 25, 26, 27, 28  
**FRIDAY THE 13th**  
A NEW BEGINNING (RESTRICTED)

WATCH YOUR LOCAL NEWSPAPER FOR THE  
NEXT EXCITING FILM FEATURES

**Stardust**

Drive-In Theatre

Corner Williams Beach Road  
& Island Highway  
ALL ADMISSIONS \$4.00  
ALL-NITER \$4.50  
BOX OFFICE - 7:30 p.m.  
SHOW STARTS - 8:00 p.m.

NOW OPEN  
Friday, Saturday, Sunday - March 22, 23, 24  
CLINT EASTWOOD, BURT REYNOLDS  
**CITY HEAT**

"Violence & coarse language."

(MATURE)

— PLUS —

**GRANDVIEW U.S.A.**

"Not for under 14. Very coarse language, nudity & suggestive scenes."

(14 YEARS)

### CFB COMOX

## RESTAURANT GUIDE

**Mr. Mike's**

COME AND GET  
A REAL MEAL

Mon.-Sat.: 10 am-9 pm  
Sunday: 12 noon-8 pm

# Sports

## Our People ..BPERO Staff



Courtesy Base Photo

The "Fishwrapper" would like to introduce the BPERO Staff. These personnel are responsible for the day to day operation of your recreation activities. They look after such areas as the Gym, Pool, Arena, Tee Pee Park, Bowling Alley, Wood Hobby Shop, Auto Club and Forbidden Plateau ski passes and ski rentals. Assistance is also available for personalized fitness programs, selection or purchase of sports equipment, planning group or section sports events and drawing up schedules for the same, to mention a few. The BPERO staff is only too happy to help and a quick call to local 2315 or 2542 will get you the assistance or information you require.

Left to right (sitting) - Lt Van Hereweghe, BPERO; Cpl Walton, secretary; Maj Carmichael, BP-SvO.

Left to right (standing) - WO Dupuis, Sr PERI; Cpl Lacasse, Phys Ed/Aquatics Supervisor; Cpl Shanks, Arena Mgr; Cpl Tucker, hopeful remuster; WO Eggleton, Resources (sports storesman); Sgt Brazeau, Military Sports Co-ordinator.

A tip of the old hat to the Gang at the Rec Centre and Thanks for being part of the Totem Times. G.M.K.

### VOLUNTEER COACHES—COMOX VALLEY TRACK AND FIELD CLUB

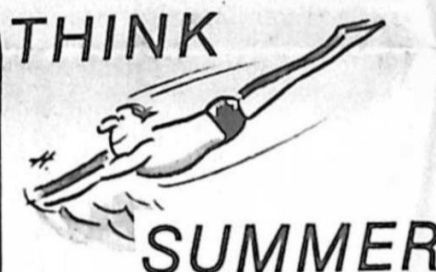
The Comox Valley Track and Field Club require coaches. They practice from 1600 - 1730hrs on Tuesdays and Thursdays. Any one interested in volunteering their time may contact the Rec Centre, Local 2542 and ask for WO Dupuis.

### Totems

### Fastball

All personnel interested in playing for the Base Team, please meet at the Base Rec Centre, 1000 hours, Saturday, 23 March 85. Practices will be held every Satur-

day at 1000 hours. For further information contact MCpl Charlie Fleming, local 2395 or at home, 339-7276.



## "Dedication Ceremonies"

### CFB Comox Vintage Aircraft Park

Parade On Location Will Include CFB Comox and RCAFA Personnel

Open To All — Military & Civilian

Access At Park Site - Next To Civilian Terminal

Parking At Glacier Gardens

April 1 - 1330 Hrs

## BOWLING Intersection Statistics As of March 15, 1985

Photo #3.....	330
CE.....	316
IE/IS Labs.....	284
BCompt #1.....	262
BCompt #2.....	223
VU33.....	213
Photo #2.....	204
Base HQ.....	203
Base Hospital.....	180
407 Photo.....	175
Supply #1.....	107
Supply #2.....	86

## CF Joins Sports Council

Ottawa --The Defence Minister has accepted on behalf of the Canadian Forces an invitation to join the Conseil International du Sport Militaire (CISM).

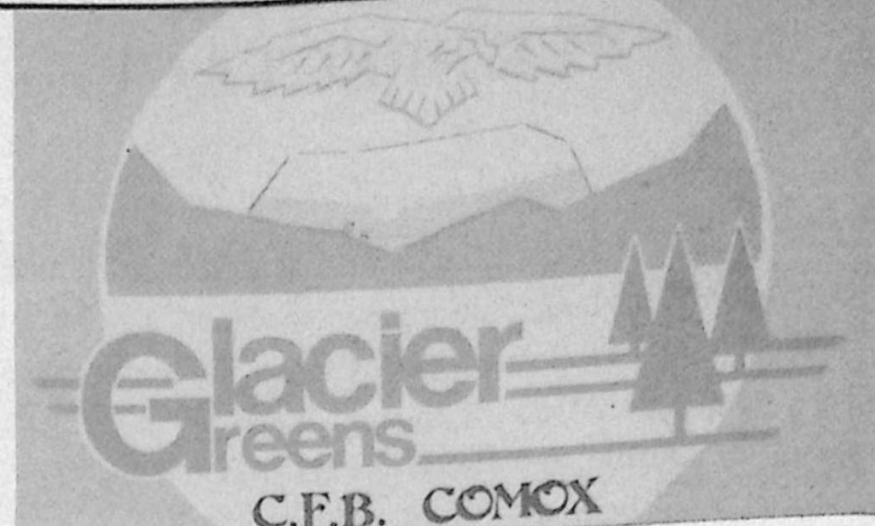
CISM is an 86 member world-wide association composed of the armed forces of various nations dedicated to the development of military sports. In 1985, CISM plans to conduct 12 military sport championships throughout the world.

The Minister said: "I believe that Canada will be able to contribute to this world-wide body as well as to benefit from our involvement therein. The overall aim of friendship through sports is an admirable goal, and it is only fitting that Canada join other sovereign states in yet another means of reducing world tensions."

The Canadian Forces are currently assessing participation in parachuting, biathlon, cross country running, shooting and military pentathlon. Further down the road, the CF will also investigate the possibility of participation in the CISM naval pentathlon and orienteering.

Canadian participants and observers will be attending the Nordic ski events in Switzerland and the Cross Country run in Portugal (both in March) to further evaluate the program.

CISM was founded in Nice, France in 1948 to encourage physical activities and military sport, develop friendly relations between the armed forces of member nations, further mutual technical assistance between members and contribute to universal peace through comradeship and mutual understanding.



## Coming Events AT GLACIER GREENS

**March 24 - Winter Golf WINDUP**  
Sponsored by Roto Rooter and Pearson Tire. Tee off at 10:00 a.m. 18 holes to be followed with wine and cheese. Golfers must have participated in a minimum of 3 winter golf days to qualify.

**April 13 - Meet And Greet**  
New, old and potential members welcomed. DJ music, \$5.00 per person. 8:00 p.m.

**April 14 - Mixed 4 Ball**  
Sponsored by the Trophy Den. Members only. Tee off at 9:00 a.m. 18 holes. Team prizes. Entries accepted until 8:30 a.m. Entry fee: \$5.00.

**May 2 - Men's Night**  
And each Thursday night at 5:30 p.m. thereafter -- course closed --

**May 6 - Business Ladies Night**  
And each Monday night at 5:30 p.m. thereafter. -- course open --

### NOTICE

The Pro Shop is now open for the season. Membership fees are due and must be paid by April 1. Green fees will be charged to all golfers not holding a current membership card.

## Intersection Fastball

As it is the first day of Spring and with the TV flooded with Exhibition Baseball, the number one question is, "When is Intersection Softball starting?" The second most frequently asked question is, "Will it be fast or slow pitch?" Based on the last three years, it is the opinion of the BPERO and his staff, that there is room for both. Now the proposal: A Fast Pitch League would be comprised of 4 - 6 teams with good pitchers, while the less fortunate teams (those with no whip pitchers) would play in an equally fascinating Slow Pitch League.

A meeting to organize the above mentioned league will be held in the ALLCAN Lounge (upstairs in the Rec Centre) on Wed, 3 Apr at 0900 hrs. This meeting is open to teams and individual players. Team/section reps are urged to attend this meeting and canvas their players opinion of the proposal.

## SERVICE DIRECTORY

### GOODS GROCETERIA

P.O. BOX 190, LAZO, B.C. 339 2376 VOR 2K0

### MEAT SHOP

339-3800

RED & WHITE FOOD STORES

### LAWSON ELECTRONICS

2703H Kilpatrick Ave. 338-6631  
Courtenay, B.C. (Behind the Driftwood Mall)  
service for all makes  
TV, Stereo & Microwave Ovens  
Warranty Depot For Most Major Brands  
Sales & Service For Auto  
Stereo, Marine VHF, C/B's, Depth  
Sounders, Zenith T.V.

### COMOX HARDWARE LTD.

A COMPLETE LINE OF  
HARDWARE, PAINT,  
APPLIANCES AND  
FISHING TACKLE

IN THE  
SHOPPING CENTRE



339-2911

### COMOX MINI WAREHOUSE

"BEST LITTLE WAREHOUSE IN THE WEST"

U

Store It  
Lock It  
Keep the Key

CLOSE TO THE BASE & TOWN

★ Safety ★ Security ★ Supervision

Knight Rd. & Pritchard Rd. Comox B.C. 339-3424



TIRE STORES

OUR TIRES GO AROUND WITH THE NICEST PEOPLE

971 CUMBERLAND ROAD JOE PARKINSON  
COURTENAY, B.C.

### BAYVIEW



COLOR CENTRE

PAINTS - WALLPAPER - DECORATING SUPPLIES

BAPCO PAINTS  
C.I.L. PAINTS  
SHERWIN-WILLIAMS PAINTS  
INTERNATIONAL  
MARINE PAINTS

PHONE  
339-3711

OLYMPIC STAINS  
CABOTS STAINS  
SIKKENS STAINS  
VALSPAR STAINS

COURTENAY, B.C.

### COMOX VALLEY READY-MIX LTD.

CUMBERLAND, B.C.  
PH. 336-2218  
Ready Mix Concrete  
Sand and Gravel  
Trucking  
Cement Finishing  
Drain Rock  
Loaders

### COURTENAY LUMBER

QUALITY SERVICE  
& LOW PRICES  
120 ISLAND HWY.  
COURTENAY, B.C.  
338-6788

### HARTMAN AUTO SUPPLY 338-7261

367 - Sixth St., Courtenay, B.C.

BRANCHES IN  
CAMPBELL RIVER  
& PORT ALBERNI

### Support

### Our

### Advertisers

### MARKET WORLDWIDE PROFESSIONAL TRAVEL ARRANGEMENTS

549 England Ave., Courtenay V9N 2N2  
Across from The Bank of Nova Scotia

338-1474

Dial  
Operator Toll Free

ZENITH 2767

TRAVEL



"Bicycles, Tricycles  
and lots of accessories"  
Full repair service

### PEDAL PUSHER

NOW OPEN AT OUR NEW LOCATION  
137 - 5th St. -  
BELOW THE MAIN CIVIC PARKING LOT  
334-4845

Cindy  
Cochrane

### SHEARLOCKS Family Hair Care

IN THE OLD EATONS BUILDING

NO APPOINTMENTS  
Mon-Sat 9-5

Suite 206  
307 5th St.  
Courtenay, B.C. V9N 1J9

Vicki  
Elliott

REDKEN

338-8812

### SEASIDE MOTORS

SERVICE SALES PARTS  
FOR  
ALL VOLKSWAGENS

430 Puntledge Avenue  
Courtenay, B.C.

PHONE 338-6791



# Sports

## Intersection Volleyball

### Intersection Volleyball

The 1984/85 Intersection Volleyball League closed out this years play on Tues, 12 March, when the VU33 Team captured/wrestled the "A" League Championships from the preannually B Tel O Champs.

Not to be outdone the CE Volleyball Team fought off a gamefull 407 "A" team in an exciting five match series (approx 19 games) before they could emerge as "B" League Champs.

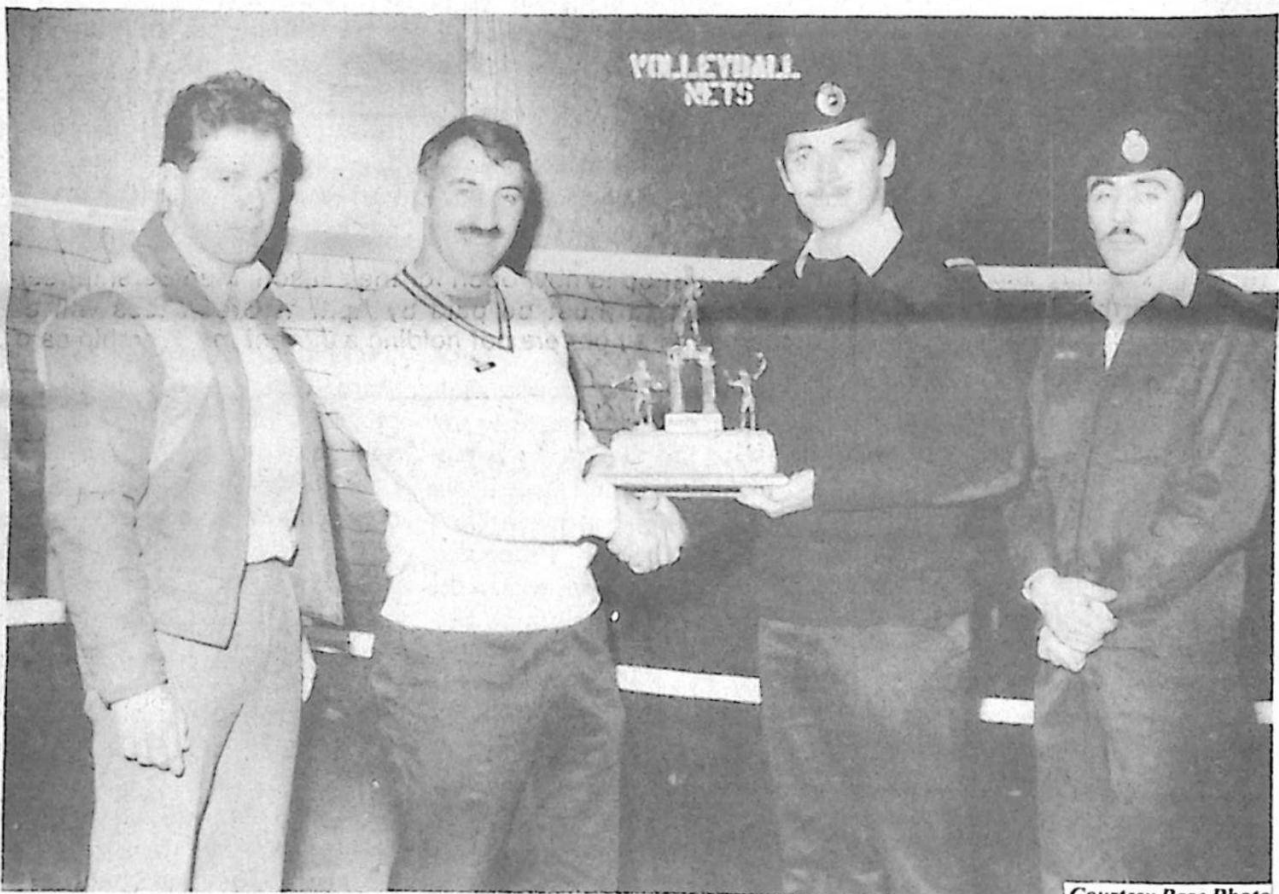
Rumor has it the VU33 has challenged the CE Team to a playdown.



Courtesy Base Photo

## Intersection Volleyball Champs ..... VU 33

THE VICTORIOUS VU33 TEAM and the Intersection Volleyball Trophy. From L to R standing....MCpl Longval, Cpl Litchfield, Pte Batson, Capt Brown. Kneeling.... Capt Patterson, Pte Shelly, Cpl Woodwoeth.



Courtesy Base Photo

## B Division Champs ..... C.E. Section

CE Section receives the B Division Trophy from SR PERI WO Ed Dupuis. L to R Mr Les Bodgan, Lt Rivest, Cpl Mitchell.

## Katimavik Deadline Nears

Young people across Canada have less than two weeks to apply for summer admission to Katimavik, the national youth volunteer service program.

Applications must be received by

March 29 for projects that begin June 26. Forms are available by calling the program's toll-free number, 112-800-361-8077. (In the Yukon, 1-800-361-8077.)

Katimavik will have about 2000

openings this year, including 220 from B.C. and the Yukon. Applicants must be Canadian citizens or landed immigrants between the ages of 17 and 21.

Participants spend nine months in the program. They receive pocket money of one dollar a day and a \$1000 honorarium on completion.

Another group of projects will begin September 4, with an application deadline of May 31.

THINK  
SUMMER

## BASE SOCIAL CENTRE

### NEW HOURS

Monday to Friday - 0900-1800 Hours  
Saturdays & Sundays - 0900-1600 Hours

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

See Sports Section for "Coming Events"

Available to All Ranks for All Occasions  
✓ Regular Sunday Tee-Off now 1000 hours.  
1985 memberships are in effect.  
PHONE - LOCAL 2592

## PAC Region Alpine Skiing



Courtesy Base Photo

## Pac Region Team Winners CFB Comox

The Champs....Members of the CFB Comox winning team include; From L to R Cpl Cipelletti, Maj Finn, Pte Herbert, Lt Claws, Capt Landry.



Courtesy Base Photo

## Top Female & Male Skiers ....Cpl Morrison and Cpl Cipelletti

## Fisheries Act Amended

Fisheries and Oceans Minister John Fraser tabled today legislation to amend the Fisheries Act. Proposed amendments will clarify Ministerial authority to manage the fisheries and increase the flexibility and precision of on-site fisheries management.

"These amendments will provide a first step toward more orderly and effective management of the fisheries," Mr Fraser said. "Specifically, they will permit the department to address a number of pressing issues facing the fisheries today."

On the west coast, a clearer statement of the Minister's statutory powers is required to avoid further court challenges to the Department's management regime. This clarification is equally applicable to the Atlantic coast, where the realities of modern

fisheries management, including such recent features as enterprise allocations, go far beyond anything foreseen by the authors of the original Act.

New definitions of fish and fishery as well as the addition of a "purpose" clause, will clarify the management powers of the Minister. "Fisheries management must address not only the type of vessel used, the people licensed to engage in fishing and the time during which a fishery may be conducted," the Minister said. "These clarifications are required to enable the orderly implementation of fishing plans developed cooperatively with commercial, Native and recreational fishing interests."

The new amendments will also give fishery officers greater precision and flexibility in

managing the fisheries, by allowing them to take on-site decisions to open or close small portions of fishing management areas in order to protect endangered stocks while allowing the fishery to proceed in the remainder of the area. Such on-site decision-making powers are important in the management of highly mobile species such as herring and salmon.

"These amendments should prove highly beneficial for fishermen," Mr. Fraser said. "They will now have access to fishing opportunities in portions of a management area that could not be opened in its entirety."

"These amendments ensure that the powers conferred by the Act correspond with the management needs of a complex modern fishery and with essential aspects of current departmental operations."

## NO EXERCISE METHOD OF REDUCING HIPS, THIGHS, BUTTOCKS AND WAIST

- Inch & weight loss.
- Firm & tones muscles.
- Cellulite dissolving.
- Balance & control food intake.



**SOMA**  
SLIMMING & SUNTANNING  
STUDIOS

330-1933 or 337-8885

HOURS: Mon. - Fri. 9 am - 8 pm  
Weekends: by appointment only.  
Suite F. 478-5th St., Courtenay  
(Upstairs next to Loung's)



## INCOME TAX RETURNS

WE SPECIALIZE IN PERSONAL  
& SMALL BUSINESS TAX RETURNS.

- Discounts to Seniors.
- Reasonable Rates.
- Here 12 months of the year to serve you.

Just give us a call or drop in to our office.  
HOURS: Mon.-Sat. -- 8 a.m. - 8 p.m.



**EBY'S BUSINESS SERVICES LTD.**  
339-2261

1994 Comox Avenue  
Comox, B.C.

## KEEP YOUR MONEY!

Of course you want to keep more of the money you work hard for. And you could—if you let H&R Block prepare your tax return. As a matter of fact, in a recent survey, 2 out of 3 H&R Block customers who got refunds believed they got bigger refunds than if they did their own taxes. H&R Block helps you get every possible deduction, exemption and credit you're entitled to. Call your nearest H&R Block office today. We could help you keep more of your hard-earned money.

It pays to be prepared by  
IN COURTEANAY PHONE: 338-5611

**H&R BLOCK**  
THE INCOME TAX SPECIALISTS

# Promotions and Awards

Courtesy Base Photo



Courtesy Base Photo

## Base Commander's Commendation

MCpl Hayman



Courtesy Base Photo

MCpl Bullock

## Flight Safety Awards

Pte Wilson



Courtesy Base Photo

In 1977, while stationed at CFB Shearwater, Cpl Ian Murray suggested the use of a more reliable seal in the Seaking Hydraulic System. After eight years of evaluations and procurement problems, NDHQ finally granted him a cash award of \$1,430.00. His CO LCol Stuart, presented the award and certificate to Sgt Murray, who is now one of his Labrador Flight Engineers.

## Crime Prevention

What do dirt bikes have to do with crime prevention?

A lot, if you look at Victoria's Wheels Project, a juvenile crime prevention program which unites the efforts of the police, volunteers, a community service organization, the provincial government and several private companies.

Project Wheels is a 10-year-old program which gives potential problem kids the opportunity to spend their weekends roaring around dirt trails in the Malahat area on Yamaha motorcycles. In return, the kids - aged 11 to 16 - must stay in school, do their homework, live with their parents and stay out of trouble. About one-third of the young people are girls.

"A 14-year-old kid gets pretty excited about the possibility of riding a motorcycle," says Victoria Police Constable Doug Holmes in explaining the appeal of the project. Holmes is president of the Wheels Project, which is sponsored by the Victoria Kiwanis.

Holmes says the project works by "dangling a carrot" in front of the approximately 34 juveniles who've been identified by the police, teachers or social workers as potential delinquents: "You're drastically reducing future problem," he says. "Sure, a few of the kids fall off the boat but most really do learn responsibility."

Aside from tearing around trails on property owned by Genstar Properties, participants in the project learn driving skills and motorcycle maintenance. As well, they take part in fund-raising bottle drives.

A co-ordinator whose salary is paid by the provincial Ministry of

Human Resources supervises the project and ensures that the teenagers are living up to their end of the bargain. The co-ordinator is both an experienced counsellor and enthusiastic cyclist.

A study of project participants showed that 60 per cent of the teenagers reported improvements in their home life, 89 per cent in school and 91 per cent in relations with the police.

Holmes has high praise for the Victoria Kiwanis who continue to pay gas, insurance and maintenance costs for the Project, as well as for the other groups who make the Project possible. The motorcycles, for example, were donated by Yamaha Canada and Mullins Marine, a local motorcycle shop, while the van which is used to tow the bikes to the bike trails was purchased with a donation made by the Victoria City Policemen's Athletic Association. Genstar Properties, owner of the land on which the trails are found, has given its permission for their use by the Project.

Holmes also has words of praise for the adult volunteers - some of whom have themselves "graduated" from the project - who supervise the activities of the young people: "These kids are watched so carefully. The volunteers get pretty filthy out there in the bush. I guess they're trying to put back into the project what they got out of it," he says.

The Victoria Kiwanis Club, sponsor of the Wheels Project, was recently presented with a Crime Prevention Award during National Crime Prevention Week by Member of Parliament Mary Collins on behalf of the Solicitor General of Canada. The emphasis of National

Crime Prevention Week this year was successful crime prevention programs involving community groups.

The Wheels Project - which Holmes says is a "model right across the country" - is not only a good example of community involvement in crime prevention but also something which crime prevention specialists call "early intervention". This means the early identification of children who are likely to get into trouble with the law and intervention by authorities to prevent them from doing so.

According to Corporal Rick Steele, president of the B.C. Crime Prevention Association of B.C., there are early intervention programs in several B.C. communities, including Kelowna, Langley and Surrey. Although each program differs somewhat, they all "identify children at an early age who appear to be heading towards a conflict with the law and they then try to divert them," he says.

Key actors in identifying potential problem children are doctors, social workers and teachers: "Teachers can often see it long before anybody else," he says, noting that common symptoms of a child in trouble are truancy and indiscipline.

Parents, he says, generally welcome the help that an early intervention program can provide: "Yes, you're going to get those parents who resent that you would ever suggest that little Johnny has done something wrong but the majority are very concerned about what their children do," he says.

## Spindrif

Having repaired to the Mess at the close of a long day, we had just given an explanation in laymen's terms (considering the low comprehension level of our listeners, mostly air element) of the electro-mechanical properties of the Ignition Analyser and were draining our glass of the old nut-brown as the murmers of appreciation died away.

A wide-eyed youngster said unto us, "Master", he said, "Could you give us a few words on Single Sideband Receivers?" We nodded assent as we accepted a chilled glass from an admirer, but as we cleared our throat in preparation to speak, a land element chap of francophone persuasion spoke up.

"Speaking of bands," quoth he, "it has come to my attention that the Naden Band has forty members, but only two French horns are in the band. This, surely, is not in the best spirit of biculturalism."

We reasoned with the fellow in our usual kindly fashion that probably several members of the band were bilingual and that surely this fact should satisfy the requirement. But no, our friend remained adamant.

"Until such time as twenty eight percent of the band plays French horn, to be exact—11.2 bandpersons, the Command is abdicating its responsibility toward Bi and Bi," he asserted.

We mused on the matter and tried to find some weakness in his seemingly infallible logic. At that point an armoured corps worthy, his glasses fogging over with excitement joined the fray.

"Dammit all, man," he raged, "You've got the entire thing in reverse order! The fact is that although there are two French hor-

ns in the band, there's only one English horn. To keep the formula straight, we anglophones are entitled to 28.8 ENGLISH HORNS."

The two disputants stood toe to toe, glaring. The tension was only broken when we quick-wittedly drained our glass, the signal for all present to push to the bar, hoping for the honour of refilling it. In the ensuing scramble we drew our two friends aside and in our charming manner assured them that the Vast Influence of this column would be used in the best interest of seeing Fair Play done to all.

Accordingly, we have done much research and are now ready to submit to the Commander Maritime Forces Pacific that he would be well-advised to re-establish the band as follows, lest there be some future redress of grievance filed by one of our ethnic groups: 14.32 English horns, 6.68 French horns, 7.6 bagpipes, 3.43 glockenspiels, .81 tom-toms and .27 sitars. The remaining 6.89 bandpersons must be able to Swiss yodel, perform Irish clog dances and sing at barmitzvahs.

We have not recommended that a Pyrogy be included in the band. If a recent federal census can refuse to recognize Ukrainian, then why not us? In any event, the Pyrogy is not the most inspiring of instruments.

Reprinted with thanks from the Esquimalt Lookout.



## Projects Officer Appointed

The Chief of the Defence Staff, General Gerard C.E. Theriault has announced that Colonel Peter A.G. Cameron, of Toronto has been promoted to the rank of Brigadier-General and appointed as Special Projects Officer to the Chief of Reserves Council. The Council, headed by Major-General Reginald W. Lewis, consists of senior members of the Primary Reserve responsible for advising the Chief of the Defence Staff on matters of Reserve Force operations, organization, administration and training.

BGen Cameron was commissioned through the Canadian Officer Training Corps program in 1951. His extensive service in the Reserves includes command of the 48th Highlanders of Canada, from 1976 to 1970, and command of Headquarters Quebec No. 1 Militia District, from 1974 to 1978. He was awarded the Order of Military Merit in 1977 in recognition of his outstanding service. In January 1982 he was appointed to the Chief of Reserves Council as the Senior Staff Officer (Land).

He is an executive and member of many civil and military organizations including the Royal Canadian Military Institute (Toronto) and the Saint James Club of Montreal. He is chairman of the Board of Governors of Appleby College, Chairman of the Board of Directors of Sunnybrook Medical Centre Institute, and Chairman of the Business Council on National Issues Task Force on Defence policy.

## THE BABYSITTER COURSE



DATE: 22-24 APR  
PLACE: DND SCHOOL  
TIME: 1830-2100

REGISTRATION: BASE FIRE HALL LOC 2552

# Etc.

## ... "New Balance" For Crabfats



Four of the six-member Navy Running team begin preparations for their Sea-to-Sea Run in honour of the 75th anniversary of the Navy.

Lt(N) Gord Jones, 51, CPO Bill Mackie, 50, CPO Dave Couglin, 48, and CPO Matt Leeming, 50, look over the newly-arrived equipment provided by New Balance Canada Inc. of Kitchener, Ontario. The other two members of the team are CPO Gord Bell, 48, and CPO Dwight Grieve, 41.

All six, representing 176 years of naval service, come from the Maritime Forces Pacific area. As part of the Pride and Commitment program on the west coast, they will run across Canada from Halifax to Victoria, a distance of 6,090 Km. or 3,784 miles. Each member will run 24 km. or 15 miles per day on the journey estimated to take 48 days. The run commences in Halifax, Nova Scotia, on May 4, the anniversary date of the Canadian Navy and finishes June 21 in Victoria, British Columbia.

Along the way the team will visit Canadian Forces Bases and Naval Reserve units which are situated close to the Trans-Canada Highway

## An Option To Buying

Scarcity has become very real to a lot of people in the past two years. Resources, especially financial resources, are not what they used to be either in amount and/or purchasing power.

Three alternatives for expanding limited financial resources are renting, co-owning and bartering.

Instead of spending diminishing dollars on household equipment that would be used once or twice a year, consider renting. Not only can it be cheaper, but you don't have the problems of storage and maintenance.

In larger centres, equipment rental agencies can supply anything from an extension ladder to an electric typewriter. Daily and weekly rental rates tend to be reasonable. Be sure to read the contract carefully before signing. Find out who is responsible for damage and loss, what the return security deposit details.

Weekend rentals often mean two days' use for one day's price. If two families can share you'll even save more.

Expensive home equipment items which are used more frequently, like snow blowers and movie projectors, adapt well to co-ownership. Shared ownership often means you can buy a better quality item initially. As well, you save through shared maintenance. You will need a clear agreement or guidelines about use, maintenance, and storage of the equipment. Co-ownership among family, friends and neighbours who have similar standards of quality and care will likely be more successful.

The idea of shared ownership may mean a change in attitude towards buying. The value of ownership is replaced by utility, economy and durability.

Now for services. Instead of paying for someone else's service, could you exchange your skills for their's? Old fashioned bartering has found acceptance; the trading skill resources rather than spending financial resources. Sometimes known as the underground economy, bartering services can be very informal among neighbors or more formalized through public advertising. Community and specialty papers sometimes advertise talents to be bartered "electrician needs carpentry work -- will exchange."

A word of caution Revenue Canada has warned that persons bartering goods and services related to their business or profession and who make a regular habit of doing so, could be subject to taxation of the value of services rendered. For more information see Interpretation Bulletin IT-490-Revenue Canada.

Many young families have discovered the benefits of exchanged child-care which permits an evening out without breaking the budget. With a little imagination bartering of services can be expanded considerably among neighbors and friends. It is important that exchanges are fair, especially on behalf of individuals whose talents are in great demand. A system "credits" for services performed might be useful. Why not get in on the savings? Be creative, everyone has something to barter -- "Mending and ironing shirts -- will exchange for regular snow removal."

## BAMSO

Greenwood. Sylvie is attending the DATS course and will be coming home on March 22 whereas Richard and Marc are on the FLIR course and hope to return on April Fool's Day.

Pte Don Haberstock is in Cold Lake on the APN 194/CF118 course, but I'm sure that everyone in Comox is aware of that by now. Cpl Wayne Allen is out on loan to Tool Control. What a perfect place to be six months before retiring... eh Wayne? Pte Bob Gauvin is down in VU33 learning all that Marc Larrivee has to teach and we all know who NOT to pick as a euvre partner.

To help compensate for these losses we now have a new TQ3 private in labs, and I would like to take this opportunity to welcome Warren Sutton to Comox. Warren is a 524 technician, but was actually 522 trained (thank the Lord), so he will make a fine addition to our happy home. Warren's wife Kim (524) is expected to arrive in Comox on 407 Squadron in April 18th. Don't fret Warren, I hear that anticipation builds character, or that it grows hair on your chest, or something to that effect.

We are also expecting two more technicians from Borden; Cpl Walters and Cpl Johnson, both arriving in May. Alas, poor Sylvie would like to exchange them for more eligible types. Look at the bright side Sylvie... at least they are both 522 trained.

The RTT shop is to be remodeled beginning March 18th. While the redecorating is occurring RTT will be working out of three different shops. NavCom is now preparing for the mass confusion that lies ahead. Concerning the coffee break dart league, I have been told by a very reliable inside source that RTT's Ron Lepage (Grumpy) needs to bring in his Christmas present in order to improve his grouping, and that congratulations are in order for Harold Peacock (also RTT) for "Good Darts".

Other rumors around the shop are that MCpl Eddie Majden is considering becoming a defence critic and developing a rank structure where everyone works their way DOWN from general and that, due to income taxes, Carl Charko will be applying for welfare this year.

Before we say goodbye, congratulation goes to Lee Chamberlain on his recent promotion to Warrant Officer. Big brother is really watching us now.

P.S. Flagitious means "grossly wicked".

### Workshops

At last we finally get a chance to air our goings on but in this, our first paper debut, I'd like to introduce Base Workshops, not that we really need it, as there is really more to us than a hard time at the work order desk. Workshops is a combined shop consisting of machine, welding, carpenter, and metal shops and a hangar crew. We are responsible for all metal, machining, welding and carpentry work to maintain all Base and squadron equipment. We employ two CF trades, MOC 561 Metal Techs and MOC 562 Machinists, and two civilian trades, GL/WOWO Carpenter and GL/SW8 Sheet Metal Worker, giving us a total of 20 personnel.

Stay tuned in the weeks to come for another episode of "As the Machine Turns".

### Brake and Wheel

Brake and Wheel is still operating at peak efficiency, but under the direction of Sgt Stenson, now that Sgt Knudsen has moved to 407 Squadron. MCpl Nichols and Cpl Larrivee are handling the section sports activities while MCpl Poole and Pte Bellot organize the social events. Although a small section, the personnel of Brake and Wheel make their presence felt with their support of the three squadrons on this Base.

— BAMSO BOB

Continued From 3.

## 442 Squadron

clusion in the Comox Historic Aircraft Park. One washroom wit contends that as a work project, 454 may rescue the Canadian economy. Considering the time spent by this old Buffalo in the hangar, we should name it Boy George.

In sports, our hockey team is playing in a post-season warm-down, after losing in the intersection finals 4-3 in overtime. Nice season guys, we'll get 'em next year. The bowlers are likely to go at it again on Friday, March 22, same sections, but this time the Titanic Mr. T will have to face Awesome Ab.

Now that the nice weather is here, Six SG has decided to go on vacation and order everything IOR. That will please MWO Cameron no end. (Diane made me write this sire, get her, not me!)

Finally, I sat for a while with our squadron sage and all-round humorist, as he collected oil in a collander, and tried to pry some Newfie wit from him, but all I could get were quotations from the Koran, and expletives like 'Imshi' and 'Yalla' - which I understand is Arabic for 'Go Away!' Some Newfoundlanders are really getting carried away with this oil business.

## Nutrition & Fitness

Fitness training cannot have maximum impact if the individual is not eating the appropriate quality, quantities and varieties of food. Food provides the necessary ingredients, such as vitamins and minerals, which are necessary to convert fuel to energy and provide the building blocks on which body cells, tissues, and ultimately the body are formed.

"He's always eating but he never gains weight", "she eats very little but can't seem to lose a pound" are comments often heard in training areas. The control of excess weight has often been thought to be solely a dietary adjustment. However, exercise is now being considered an equally important factor to effective weight control, loss or gain. Research suggests that obese people do not necessarily eat more than others... that individuals' metabolic rates - (that is how fast the body consumes calories) and, therefore levels of energy expenditure - vary widely... that age causes the metabolism to slow down... and that moderate exercise can curb appetite.

Clearly the key to weight control lies in the delicate balance between food consumption (calories) and energy output (exercise). Dieters have long contended that an increase in physical activity results in an increase of appetite. However, it has been shown that moderate exercise does not affect the desire for additional caloric intake and may, in fact, result in the desire for fewer calories. Another factor which suggests the positive attributes of exercise is its effect on Basal Metabolic Rate (BMR). As with many other bodily functions - as we grow older our BMR slows down. Our bodies require less calories or food energy to carry out its functions and as a result if we continue to eat the same number of calories after our BMR slows down more fat-padding will occur. Exercise results in an increase of BMR during the activity, thereby consuming more calories. There is evidence indicating that there is an increased metabolic rate which outlasts the exercise. Therefore if one considers BMR as a thermostat then perhaps it is possible to turn up the control and use up more calories. The result is that more calories will be consumed and not stored in our bodies.

The relationship between nutrition and physical fitness cannot be overlooked. During nutrition month - March - take advantage of the opportunity to meet your PERI staff and your Food Services organization and good luck in meeting your fitness and nutrition goals.

## Over To Steve!



### In Memory of WO Al Gregory

#### .... A Presentation to Steve Fonyo

Steve Fonyo's cross-Canada run brought him to Winnipeg this month and Canadian Forces personnel were on hand to join representatives from a number of organizations making contributions to the Canadian Cancer Society.

Privates Jim and Terry Beattie of Base Transportation Section, CFB Winnipeg, joined other presenters and local dignitaries at a ceremony where they presented Steve with their donation of over \$800<sup>00</sup>. The money was collected from Traffic Technicians across the country as a tribute to the memory of Warrant Officer Al Gregory.

WO Gregory's five-year battle with cancer ended at the National Defence Medical Centre, Ottawa, in January of this year. He served in the Canadian Forces for 27 years and during that time became well-known throughout the forces for his sense of humour, courage and dedication.

When news of his death was released, his fellow servicemen and women responded quickly and generously. In less than two weeks they raised the money which was presented by Jim and Terry Beattie to Steve Fonyo during his Winnipeg visit.

## Caring For Leather

When you have made your investment in leather clothing shoes, boots, or a handbag, take good care of your purchase in order to maintain its smart appearance for several seasons, say clothing and textiles specialist with the Ontario Ministry of Agriculture and Food. Water and dirt ruin leather more often than ordinary use and wear, so take every precaution you can to preserve it.

Always wear a scarf at the neck of a leather coat or jacket to protect it from body oils, hair preparations, and makeup. Use dress shields or coat shields to protect underarm areas. To prevent buttons from pulling away, it is a good idea to open a jacket or coat when you are sitting for a long time.

Spots and light stains on leather can often be removed with an art-gum eraser or chalk cleaner. Suedes can be brushed with a dry sponge or bristle (not wire) brush. Avoid dabbing with cleaning fluids, spot removers, shoe creams, or soap and water; many garments have surface finishes that lift with cleaning and rubbing.

Leather is the oldest of clothing materials, as well as one of the most durable and long-lasting. Treat your leather garments as you would high quality cloth ones. Hang them on thick, padded or shaped, non-metallic hangers. Let the clothes hang freely between wearings so air can circulate around them. Boots and shoes, too, need airing between wearings. Given the needed protection and care, the wear life of leather can be prolonged considerably.

Commercial leather or suede protector will help prevent stains from soaking into the material. On leather boots a silicone spray or compound will help keep moisture out but it will not make them waterproof.

If you get caught in the rain or snow, blot up as much moisture as you can with a soft terry towel, then let coats or boots dry slowly at room temperature away from hot air registers that tend to dry out the leather. Stuff boots and shoes with soft tissue to speed drying and help retain their shape. Wipe salt stains on boots with a cloth dipped in a half vinegar/half water solution.

Brush suedes only after they are dry with a bristle brush or terry towel to bring up the nap.

Revitalize your leathers with a monthly steaming by hanging them on the shower rod over the bathtub and then letting the hot water run until the room is full of steam. This acts very much like a facial to open the pores of the skin and lift out the soil. Wipe off any surface soil after the steaming with a soft, clean, cotton cloth. An added benefit of steaming is that it helps to retain the shape of the garment, and remove the wrinkles.

Don't let garments become over-soiled before cleaning. Professional cleaners are able to cope with most stains but it helps if you can identify them. But choose your dry cleaner carefully. Leather cleaning and refinishing require special equipment which most dry cleaners do not have. Because leather can be ruined if handled improperly, it is a good idea to use leather processors or only dry cleaners you know are experienced in handling leather.

Colour loss can be a problem (even in quality garments). Both suede and leather fade, and dye may rub off with wear. Check for depth of colour loss by looking under the collar or pocket flap. Cleaners can reoil and redye after cleaning, but sometimes there is difficulty in matching dye colours exactly to the original (especially on imports). When arranging for cleaning, send all matching pieces together to make colour matching easier.

When it is time to store your leather articles look for a place that is neither too hot, too damp, not too dry. Garments, shoes and handbags need to "breathe" so do not store them in plastic covers. Instead, use old pillow cases or cotton garment bags. And be sure articles are clean before storing.

## Triple take



Triple crops triple \$1-a-day landless labourers take-home pay, thanks to USC interest-free loans, water wells, irrigation, long-term leases with landowners, savings accounts and literacy programs. Helping develop our world by breaking the pattern of poverty.

Please send contributions to:

**USC Canada**

Founded by Dr. Lotta Hiltzmanova, C.C., in 1945  
Managing Director: Raymond van der Buhs

To: **USC Canada** 56 Sparks Ottawa, K1P 5B1

My contribution \$ \_\_\_\_\_ is enclosed. (Postdated cheques welcome)

Mr. \_\_\_\_\_ (Please print and indicate apt. no. and postal code)

Mrs. \_\_\_\_\_

Ms. \_\_\_\_\_

Address: \_\_\_\_\_

Registration number 005 4758 09 10



# Around the Base

## ST. MICHAELS AND ALL ANGELS PROTESTANT CHAPEL

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



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

**CHAPLAIN:** Padre J. Dabrowski (RC). Telephone: 339-3818  
**OFFICE:** Headquarters Bldg., No. 45, Room No. 48, Telephone 339-2211, local 2274.  
**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.

## World Day of Prayer

Our Lady of the Airways Catholic Women's League hosted the World Day of Prayer with 91 in attendance. The service was held Friday 1 March 85 at 1:30 p.m. in Our Lady of the Sacred Heart Chapel, CFB Comox.

Connie Lamouche and Shirley Ned, co-convenors, welcomed the guests. The 1985 programme was prepared for use around the world by the women of India and the theme was *Peace Through Prayer and Action*.

Women and men from several Comox and Base congregations, Muriel Hunter, Church of St. Peter, Mary Kerr, Frank Schierski, Richard and Ron La Grange, Tish Tessier and Father J. Dabrowski took part in the programme with prayers and special readings. Pat Thompson, St. John the Baptist, Julie James, St. Michaels and All

Angels, Edith Cameron, Baptist Church, Pearl Cockran, Pentecostal, and Mona Waugh, United Church gave the scripture reading. Gaby Laporte of Our Lady of the Sacred Heart was the organist.

Mr. Ron Frank and Stewart Bruhman of Courtenay gave a message related to the theme and slides were shown of the third world.

Shirley Ned made the lotus, the national flower of India, which resembles the water lily. The emerging flowers symbolizes the struggle of people who through prayer and action strive for peace within themselves and in society. Refreshments and fellowship followed in the Parish Hall. Joyce Graitson and Nicole Gagne were co-convenors. Lunch was provided by all the members.

## Humidity -- Help or Hindrance?

It can be both. We need humidity or moisture in the air to make breathing more comfortable, to reduce static electricity and a few more health associated reasons. However, too much moisture in our homes can cause all sorts of problems with the house itself. Moisture in the air will collect on window glass and walls during cold weather and will eventually rot in the window frame or run down behind the wall board and dampen the insulation. It can force its way through most painted surfaces and then force its way out again in the form of a blister when the temperature warms up.

The laws of physics dictate that cold air can hold less moisture than warm air. As temperatures go down this moisture must go somewhere and it is forced into most building materials or collected as water (or ice) on glass. Keeping the furnace humidifier at a high level only makes matters worse. At very cold temperatures normal human activities such as washing, bathing or cooking provide sufficient moisture for the average home. This is the reason your furnace humidifier should have a little chart affixed. Dust it off and it will probably look something like this.

At outside temperature	-30°C	-25°C	-20°C	-10°C	-5°C	0°C
recommended setting	15%	20%	25%	30%	35%	40%



CANCER CAN BE BEATEN  
WITH YOUR SUPPORT  
CANADIAN CANCER SOCIETY

## Across my kitchen table

by Rosemary Gibson



Here it is the first day of spring -- how I look forward to it. I'm really not a winter person. The fruit trees have been sprayed and pruned, and the rose bushes are beckoning for attention. Geraniums which have bloomed gaily in the rumpus room window are anxious to be moved outside. (I know this isn't the way my gardener father would carry over geraniums, but so far it has been quite successful for me. It's easy - and that's the kind of gardening I like!)

Here's another favourite from my file.

### SLOW ME DOWN, LORD

*Slow me down, Lord: Ease the pounding of my heart by the quietening of my mind;  
 Steady my hurried pace with a vision of the eternal reach of time;  
 Give me, amid the confusion of each day, the calmness of the everlasting hill;  
 Break the tension of my nerves with the soothing music of the singing streams that live in my memory;  
 Help me to know the magical restoring power of sleep.  
 Teach me the art of taking minute vacations; to look at a flower, to chat with a friend, to walk in the woods;  
 To watch a spider build a web, to smile at a child, to wipe her tears.  
 Remind me each day that the race is not always to the swift -- That there is more to life than increasing speed.  
 Let me look upward to the clouds and the sky, to the towering oak, and know that it grew great and strong  
 Because it grew slowly under Thy life-giving sun.  
 So, slow me down, Lord! That I may take time to commune with Thee,  
 And find peace and rest... my deepest need.*

Had a touch of that nasty flu recently. Bundled myself up and slept in the guest room. Wonder if Velcro was invented by someone trying to sleep in a flannel nightgown between flannel sheets???

There are probably many recipes for lemon loaf around, but this is my favourite -- maybe because it's my Mom's.

### LEMON LOAF

#### Ingredients:

½ cup margarine  
 1 cup sugar  
 1 lemon rind, grated  
 2 eggs, beaten  
 1½ cups flour  
 1 teaspoon baking powder  
 ½ teaspoon salt  
 ½ cup milk

#### Glaze:

¼ cup sugar  
 juice of 1 lemon

#### Method:

Mix together margarine and sugar. Add grated lemon rind. Add beaten eggs and mix well. Add flour, baking powder, salt and milk; mix well. Bake in wax paper-lined loaf pan at 350° F. for 45 minutes or until done. Remove wax paper and place loaf back in pan. Mix together sugar and lemon juice, spoon over cake while still hot from oven.

#### HINT:

If using lemons or oranges but not their peel in a recipe, peel and freeze for future use. Use a potato peeler to pare in strips; grate in blender.

#### THOUGHT FOR TODAY:

A nice thing about spring is that it always "says it with flowers".

## MARKET TRAVEL

THE  
WORLDWIDE PROFESSIONAL TRAVEL  
ARRANGER

**338-1474**

Upper Island Dial Operator Toll Free Zenith 2767  
 Downtown Courtenay, B.C. -- Across from the Bank of Nova Scotia

## COURTENAY CHRYSLER PLYMOUTH

Island Highway North -- at the top of Mission Hill, Courtenay, B.C.

### CHRYSLER

NEW YORKER • E CLASS • LEBARON • LASER

### PLYMOUTH & DODGE

• HORIZON  
 • TURISMO  
 • RELIANT  
 • CARAVELL

• OMNI  
 • CHARGER  
 • ARIES  
 • DODGE 600  
 • DAYTONA  
 • COLT

### DODGE TRUCKS & VANS

### MAGIC WAGONS

PLYMOUTH VOYAGER • DODGE CARAVAN

### GOLD KEY LEASING



RAM TOUGH DODGE TRUCKS '84  
 KEEP YOUR EYES ON  
 THE RAM



Join the  
Chrysler  
Revolution!

Only Chrysler backs you: 1. Engine and Powertrain for 5 years or 80,000 km. 2. Outer Panel Anti-Corrosion. See dealer for details.

## IDEAL TOYS & GIFTS

In appreciation for the contributions CFB Comox makes to the Comox Valley, we offer a 10% Discount off all regular priced merchandise. Offer open to all serving, retired personnel and their dependants.

Serving you...  
 Ron, Gertie & Kim

338-5231

RUTHERFORD MALL, NANAIMO, B.C.  
 DUFFYWOOD MALL, COURTENAY, B.C.

## BLOCK BROS. REALTY LTD.

1742 Cliffe Avenue, Courtenay V9N 2K8  
 BUYING OR SELLING YOUR HOME  
 OR PROPERTY.

FOR: PROFESSIONAL SERVICE, COURTESY  
 AND PROMPT RESULTS CALL

### TOM PROCTER

RES: 339-2668  
 OFFICE: 334-3111

10 YEARS REALTY  
 EXPERIENCE AND SERVICE  
 TO THE SERVICES IN THE  
 COMOX VALLEY.  
 CALL ANYTIME.



TOM PROCTER  
 CAFE/CAAF Retired

## CENTRAL BUILDERS

FOR

- \* New homes
- \* Renovations
- \* Home improvements

Everything for the builder at one stop.  
 All our building departments can be of assistance to you.

Inquire about financing major purchases.

WE DELIVER

**CENTRAL BUILDERS**

334-4416

CENTRAL BUILDERS  
 610 ANDERTON AVE.



SUPPLY LIMITED

COURTENAY, B.C. V9N 2H3

Foot of 6th Street



## This is Nanaimo Realty Country

576 England Ave., Courtenay, B.C. Phone: 334-3124



**FIRST CLASS** - walk-on waterfront property with approximately 160' beachfront. 1535 sq. ft. basement home, two fireplaces, woodstove, 5 bedrooms, ensuite, 13 x 27 rec room, family room finished in cedar with vaulted ceilings. All this plus 520 sq. ft. cottage and small barn. \$179,500  
 JOHN CAMERON

RES: 339-4353



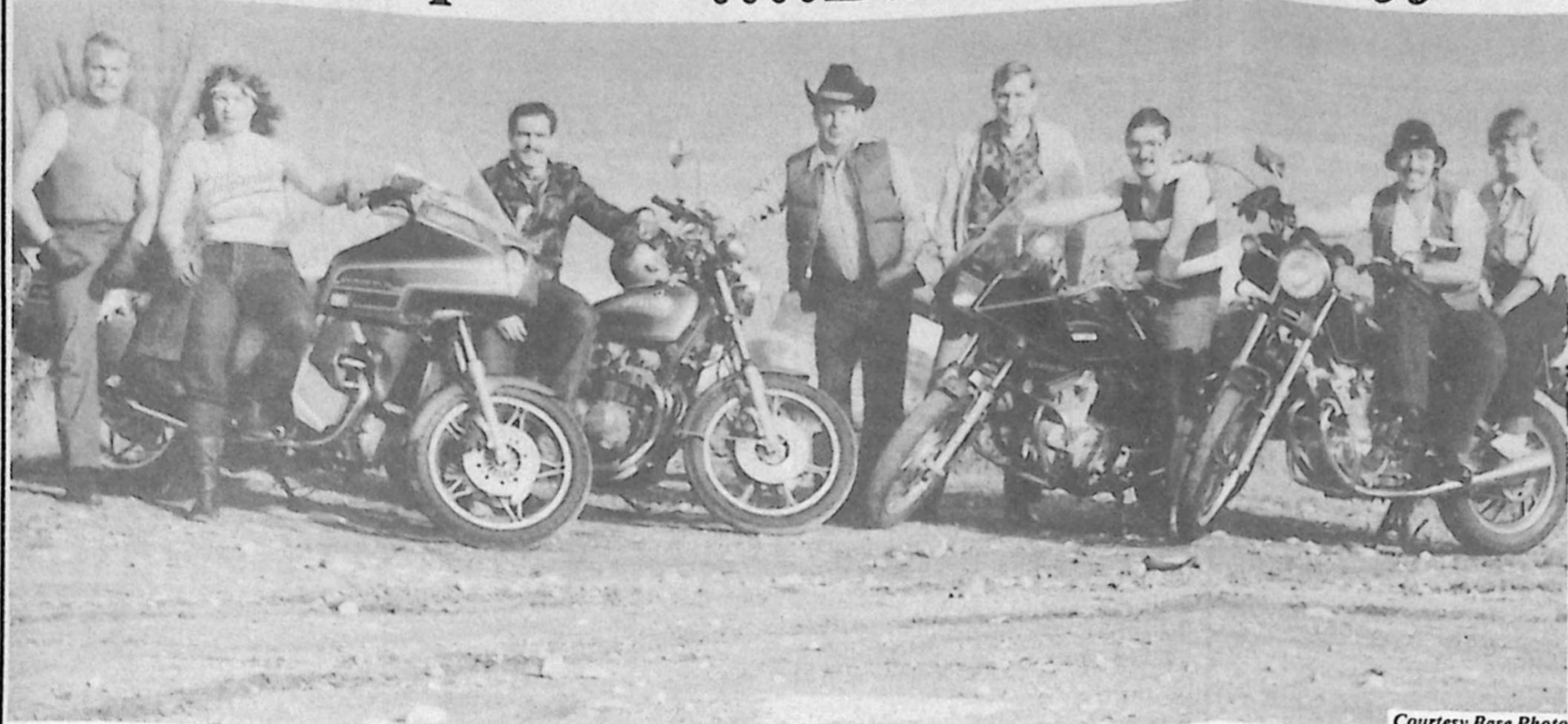
**GREAT STARTER** - Centrally located in Comox. 3 bedroom bungalow featuring large livingroom and master bedroom. Landscaped lot dotted with fruit trees. Owner will consider all offers on asking price of \$49,900.  
 TERRY CARR

RES: 339-6296

# Around the Base

## Our People

## ....Base Photo Staff



Steve Roy

Tammy Boucher

Moe Robert

Doug Slavenwhite

Joe Baars

Gilles Dolron

Attilio Sartori

Kim Lambillon

The "Fishwrapper" would like to introduce the Base Photo Staff. Without them the Totem Times would be a mere newsletter. We would like to thank them sincerely for all the help in providing that very necessary ingredient from issue to issue.

Let us introduce them to you in a less formal role.....

Cpl Robert is presently remustering to SAR Tech and is in Edmonton on his TQ3, while Cpl Roy is remustering to Photo and is now attending the TQ3 Photo course in Borden Ontario. Pte Baars is an ex - Safety System remustering to Photo and is leaving us next week for sunny (Ha!) Borden to attend his TQ3 Course.



## Charities

There are two main ways that money is collected for charitable purposes:

1. By charities that are registered as non-profit organizations and that use their own staff (often volunteers) for collecting money.

2. By professional fund raisers, who collect on behalf of a charity or other organization.

Most of the money collected by non-profit charities goes toward its stated purpose. Canvassers for these organizations carry official identification, which they are pleased to show when asked. Also, they issue a numbered receipt in the name of the charity concerned. The Companies Office requires an annual accounting from these charities to ensure disclosure of their activities.

On the other hand, a considerable percentage of the money collected by professional fund raisers is often spent on the collection process. Usually, professional fund raisers have an arrangement with the charity which allows the collector to subtract the cost of any attraction (such as a circus show) or prizes and all administrative expenses before the remaining amount is

shared on an agreed percentage basis with the charity.

If the event sponsored by the charity fails to make a profit, there is nothing left after expenses have been paid.

The charity concerned seldom argues with these terms, because it usually receives some money merely for allowing use of its name; however, the actual percentage of the money that is ultimately used for charitable purposes can be relatively small or non-existent.

Of course, anyone who receives a call from a professional fund raiser may choose instead to contact the charity and send the contribution directly to them.

Generally, all professional fund raisers must obtain a licence from the municipality or city in which they operate. Before such a license is issued, the organization must satisfy the licensing agency that it is legitimate.

Also, if there is a draw for prizes, the organization must be licensed by the provincial Lotteries Branch, and there must be a financial accounting.

If you are concerned about the claims made by any charitable organization, contact your city or municipal license inspector (see the local government section of the blue pages in your telephone directory), or bring the matter to the attention of a provincial consumer law investigator or the police.

The B.C. Trade Practice Act applies to consumer transactions, including those where misleading or deceptive practices are used in the collection of funds for charitable purposes.

## Travel Canada

Time was, if you wanted to travel to another part of this country, you had precious few transportation modes from which to choose. The trains were there, and sometimes buses, and then of course there was the family automobile.

Today, it's a different story. Canada, although one of the largest and most far-flung countries in the world, has become remarkably accessible. Our air transportation network, a surprisingly workable mix of public and private carriers, is a model of efficiency and economy. Canadian cities with as few as 50,000 people have access to the main line services of Air Canada, and many much smaller centres have daily air service provided by one of two dozen regional or feeder airlines.

The passenger trains are still there, and with the introduction of VIA Rail Canada, are making a major contribution to travel within Canada. As more passengers have returned to the long steel rail, government has responded by embarking on major renewal programs for VIA services, and today Canada has one of the world's most extensive rail networks.

Buses too, have come of age, offering both cross-country and inter city convenience, and providing transportation that is safe and reliable at a very low cost per passenger mile. Adding to the options are ferry services on both the Pacific and Atlantic coasts, connecting mainland destinations with the islands offshore.

A family could leave Vancouver by plane for Toronto, and after

touring Canada's largest city, board a high speed train for Montreal or Quebec City. There they could avail themselves of a fly-drive package from any of the national car rental systems, and drive to the Maritimes. From there, our travellers could take an overnight ferry to Newfoundland, cross that island province by bus, and fly home again from St. John's.

## THINK



## SUMMER



REID'S COURTENAY ESSO

"ACROSS FROM THE DRIFTWOOD MALL"

334-3844

Steam Cleaning - Towing - Auto Propane Sales  
280 ISLAND HWY., COURTENAY Auto Rentals Daily, Weekly, Monthly



334-2060

THINK  
SUMMER

**PAT KING** Real Estate  
THE HOME OF REAL ESTATE  
765-3338 or 825-4874  
KINGSTON-GREENWOOD-MIDDLETON AREA  
**ANNOUNCEMENT**

Pat King Real Estate is pleased to announce that Dave Gardiner has joined the Sales Staff of the Kingston and Middleton offices.

After successfully completing 26 years in the Canadian Armed Forces, Dave has "Hung out his Shingle" on the family home in Fales River Subdivision, Greenwood. Prior to commencing employment with Pat King Real Estate, Dave completed a comprehensive training program in Real Estate Investment and Management, also the Nova Scotia Prelicensing course. Prior to his retirement he gained valuable experience in Real Estate on both coasts of Canada and will be able to provide his services in both French and English.

Dave will be working out of the Kingston office and is looking forward to providing professional assistance to the general public, his many friends and acquaintances regarding their real estate requirements.

Dave may be reached at home at 765-2381 or the office at 765-3338, Long Distance Area Code 902

## JRM Childrens Photos

The JRM Children's Christmas Party PHOTOS with Santa Claus are ready. Cost is FREE, please pick up your photos at the PMC's office on Mondays, Wednesdays and Thursdays - ONLY. The photos will be held only until 30 April 1985. No phone calls please.

**WOOFYS**  
Discount Pet Foods  
YOUR ONE STOP PET SUPPLY STORE  
338-0455

Check Out Our Chow, Chow, Chow Days  
March 27 - 30  
841-B Cliffe Avenue Courtenay, B.C. V9N 2J8

SEE YOU AT THE **LEEWARD!**

**PUB HOURS:**  
Monday to Thursday 11:00 a.m. to 1:00 a.m.  
Friday and Saturday 11:00 a.m. to 1:30 a.m.

**THE LEEWARD NEIGHBOURHOOD PUB & BREWERY**

good food!  
KITCHEN HOURS 11AM - 10PM

good times!

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

\*RESERVATIONS ARE SUGGESTED FOR LARGE GROUPS

649 ANDERTON RD., COMOX 339-5400

OPEN 7 DAYS A WEEK  
**COLUMBO'S STEAK HOUSE**  
PIZZA PASTA  
338-1488  
FREE DELIVERY

## SERVICE STATION PROUD...

of our work / of our price

EXPIRES - May 31, 1985

## FRONT DISC BRAKE SERVICE

24 MONTH/40,000 KM WARRANTY

\$69<sup>95</sup>

- INCLUDES NEW FRONT PADS
  - REPACK FRONT WHEELBEARINGS
  - TRUE THE FRONT ROTORS
  - INSPECT ALL OTHER COMPONENTS
  - ROAD TEST YOUR VEHICLE
- METALLIC PADS - \$20.00 Extra**

Most cars and light trucks - imports - small trucks

# Etc.

## Air Defences To Be Modernized

Continued From Page 1.

responsibilities on its own sovereign territory and within its own airspace.

Canadians are reminded of the importance of fully exercising sovereignty in our north. The Dew Line has served Canada well, but Canadians do not control it. The Dew Line is operated by United States Air Force personnel. Canadian involvement has been limited to small detachments of Armed Forces personnel at 3 of 21 Dew Line sites in Canada. The North Warning System will be a Canadian controlled system -- operated, maintained and manned by Canadians. Canadian sovereignty in our north will be strengthened and assured for the future.

The agreement will present Canada with significant economic challenges and development opportunities. Canada will be assuming responsibility for overall program management and systems integration of the North Warning project. Design, acquisition, installation and integration of all associated communications in addition to all construction in Canada will be undertaken by Canadians and by Canadian industry.

The industrial benefits from this project will, at the very least, equal national expenditures on it. More than 11,500 person-years of employment will be generated in the communication and construction industries during the eight year modernization program.

The project experience will help open world markets for Canadian industry, and for our highly skilled communications industry in particular.

It should be made clear that these radars are neither designed nor sited for the detection of ballistic missiles or of other events in space. This is an important distinction.

The new long-range radars which will form part of the North Warning System will have essentially the same range of surveillance as the existing

radars of the distant early warning (Dew) Line. The new long-range radars will differ in that they will incorporate the most modern technology, and they will provide information on the direction, height and speed of aircraft entering their coverage. This information is required so that Canadian Forces interceptor aircraft operating from northern airstrips can identify and control potential intruders.

The short-range radars in the North Warning System are designed specifically to provide detection of aircraft at low altitude, to close the serious gaps in the present system.

There is no responsible alternative to modernization. Major components of the existing system are technically obsolete and increasingly difficult and expensive to maintain. Most important, the present system is no longer adequate to meet the modern bomber and cruise missile threat.

It was Canada which initiated discussions with the United States on the need for a joint approach to modernize the Air Defence Warning System, which is continental in scope. The question of modernization has been under review and study between the two countries since 1976. The approach adopted in the agreement is the result of an independent study jointly funded by Canada and the U.S., which was completed in 1979, and is the result of close consultations between the defence authorities of both countries.

The cost of the overall modernization project will be in the order of 7 billion dollars. The United States will be bearing some 88 per cent of this cost. The 1.5 billion dollars estimated cost of the North Warning System component of the overall program is to be shared with Canada paying 40 per cent and the United States 60 per cent. The cost of operating and maintaining the North Warning System is to be

shared on the same basis. However, Canada will be completely responsible for the actual operation and maintenance of the system in Canada, which is a major change from the arrangement in effect for the Dew Line.

Most of the radar stations in southern Canada which are now part of the Cadin-Pinetree Line will need to be closed. These stations are of little military value now, and they are very expensive to operate and maintain.

There is a need to recognize the social obligation of those communities which have come to derive much of their livelihood from these old stations. As a result, an agreement has been reached with the United States to share the costs of closing stations of the obsolete Cadin-Pinetree Line -- Canada paying 45 per cent, the United States paying 55 per cent. Assistance with the social and economic costs borne by these communities as a result of closure will be taken into account in the cost-sharing.

The Government will work closely with the provinces, and, most important, with the communities concerned, to help those people affected by closures.

Throughout the negotiations, the Government has sought to reinvigorate the Canada-United States Defence partnership while at the same time financing Canadian sovereignty. This agreement on North American Air Defence modernization is tangible evidence of this governments commitment to strengthen Canadian Defence capacity and to assure Canadian control of its defences.

There is to be no misunderstanding. By this agreement Canadian sovereignty has been enhanced -- sovereignty over Canadian Territory, sovereignty over Canadian defences, and sovereignty over Canada's north.

## Hawk One

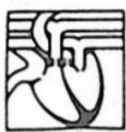
Continued From Page 1.

much appreciated. Currently CE is busily getting the park grounds in shape for the upcoming dedication ceremony on 1 April.

The three aircraft on site now are only a start, as the Vintage Aircraft Park has been designed with future aircraft acquisitions in mind. The park has been site-planned for a Lancaster, Neptune and Tracker aircraft in the area where the Argus is mounted. A T-33 would be mounted in the Voodoo-Canuck area and a section has been designated for search and rescue aircraft. Note to 442 Squadron: regardless of how you feel about your aircraft, we cannot accept them until they are declared obsolete and you have replacements.

As much as the Vintage Aircraft Park will highlight and preserve aircraft that have served in various roles at CFB Comox, it is also intended to salute all the men and women, past and present, of CFB Comox and its squadrons who have flown, maintained and supported these aircraft.

## Heart Answers



### Tachycardia

Tachycardia means "fast heart rate." The definition of fast depends upon the age and physical activity of the person. Tachycardia in a newborn is a heartbeat rate of over 160 beats a minute, while in the teenager or adult, tachycardia is a heart rate of greater than 100 beats a minute. Normal tachycardia occurs with fever, excitement, exercise and other similar temporary events, and treatment is not needed. Some diseases, such as an anemia or increased thyroid activity, cause tachycardia and, in those cases, the underlying diseases should be treated. Often, the cause of tachycardia is unknown but can be controlled and prevented with medications.

WE'VE TOUCHED THE HEART OF SOMEONE YOU KNOW

B.C. Heart Foundation



## Marina

"Double Threes"

....And Looking Better Than Ever

Happy Birthday Babe

## Canadian Warplane Heritage

### Gallery of Recognition

The period during which the most significant developments in our aviation history occurred was during and after World War II. Military requirements fostered the sudden growth of a very large aircraft manufacturing industry. Commonwealth aircrew training requirements created hundreds of airfields and aviation facilities across Canadian provinces.

During this time of dramatic technological growth in aviation, perhaps the most remarkable and important aspect of history has been the personal contributions of spirit and physical effort made by the thousands of Canadians on behalf of their country.

Canadian Warplane Heritage is creating the GALLERY OF RECOGNITION. This permanent gallery will be an exciting display in recognition of the sacrifice and participation of those who contributed to Canada's outstanding aviation history, ranging from those who laboured on the assembly lines tirelessly to those who braved the skies in our flying machines.

To complete this project, we invite the public to participate by sending personal, squadron, and manufacturing photographs clearly showing individuals. Pertinent information that should be included:

- SUBJECT NAME (names) on photo
- details of photo's setting and circumstances

(Note: All photos become the permanent property of the museum.)

The contribution towards the GALLERY OF RECOGNITION is \$10.00 per photo and any contribution above this amount qualifies for a tax receipt. Help preserve the memory of those who gave Canadian aviation so much.

### AVRO Lancaster MKX Bomber

The public can now be part of the outstanding and exciting effort to preserve and properly maintain a priceless part of Canadian aviation history, the Canadian Warplane Heritage Avro Lancaster MKX bomber.

Canadian Warplane Heritage is a registered Canadian charitable foundation and flying museum which now invites interested members of the public to help underwrite the enormous costs of restoration to the Lanc by joining the Lancaster Support Club. For a minimal fee of ten dollars (Canadian funds), one would receive an official membership card; a periodic update on restoration progress; a notification and personal invitation to attend the first public flight; and one chance in a draw for a flight in the fully rebuilt bomber. One may donate more than the minimal fee if one wishes to do so.

This support will ensure the quick completion of this memorial to V.C. winner Andrew Mynarski. The aeroplane will serve as a vivid reminder to many throughout the world of man's courage and sacrifice in days gone by.

For further information please write to:

Canadian Warplane Heritage  
Hamilton Civic Airport  
Mt. Hope, Ontario  
Canada L0R 1W0

### Answer to MSE safety quiz

Honk, hard brake to stop and then proceed, is the best decision. When you see a rolling ball you can be almost sure that there's a small child to go with it. With cars parked along the curb your vision is limited and a young child could, and usually does, appear out of

nowhere to recapture the ball.

You need to stop because you can't see. When you do see there is no one, or after the child has recovered the ball, then, you can proceed. Don't take any chances. At 10 mph, it's still going to take you 20 ft. to stop.

## COMOX-RENO

DIRECT FLIGHT - C.P. Holidays

Departure - Thursday, April 18

★ 3 nights in choice of hotels

★ complimentary vouchers for casinos, breakfast, etc.

BOOK EARLY!

Join us for a fun holiday

CALL FOR YOUR RESERVATION

Zenith 2689

BEAVER TRAVEL

1983 LTD.

1509 Cliffe Avenue, Courtenay, B.C.

338-6781

## UNATTACHED?

Take the first step to social happiness with Canada's leading & most Professional introduction Service...

Island Dating Service

338-8855

24 Hours ..... 7 Days A Week

## THE Green House DINING ROOM

IS PLEASED TO ANNOUNCE A NEW MENU

Enjoy the same intimate dining experience with a wider choice of menu items.

Special Easter menu

Special Mothers' Day Menu

Open for brunch on Mothers' Day

WESTERLY Hotel

For reservations

338-7741

1590 Cliffe Avenue, Courtenay, B.C.



BB BLOCK BROS. REALTY LTD

NRS NATIONAL REAL ESTATE SERVICE

1742 Cliffe Avenue, Courtenay V9N 2K8

Call Al Robb to enroll all the forces of Block Brothers Realty to complete your buying or selling of real estate.

ONLY Block Bros. Realty can provide your property with BOTH:

- Block Bros. National Real Estate catalogue for NATION-WIDE coverage, and
- Vancouver Island Real Estate Board MLS Catalogue for local coverage

FOR PROMPT PROFESSIONAL SERVICE

call or write -

AL ROBB

Res. 339-3307

Office 334-3111



## Comox Valley Ford Sales (1964)Ltd.



### RENTALS

We rent all size cars, 3/4 ton pickups, moving vans, 15 & 20 passenger buses, 1 ton flat decks, ladder trucks

SALES SERVICE & RENTALS 334-3161

PARTS 338-5318

OPEN 8 a.m. - 5 p.m. Mon. to Sat.

For prices & reservations

Call Ken Cochrane

334-3161

Your Local Ford and Mercury Dealer

360 N. Island Highway, Courtenay, B.C.

MOTOR DEALER LICENCE NO. 5028

## THINK



SUMMER



Good Health Through Natural Foods & Vitamins  
Bulk Quantities Available  
Toiletries, Appliances, Books  
Wine Art Supplies  
Vitalizer Rebounders  
COMOX - 1783 Comox Ave.  
339-5111  
PROMPT MAIL ORDERS  
DISCOUNT FOR SENIOR CITIZENS