

Patriot Paladin '85

Mid-August is exercise time at CFB Comox. From the 8th to the 18th of August the 919 SOG from Elgin AFB Florida and the 304 ARRS from Portland will be conducting an exercise in the Comox area.

The deployed aircraft for the exercise will include two C130 gunships and one C130 transport of the 919th and four twin hueys and one C130 of the 304th. There will be about 140 troops along for the exercise as well. It will also provide a major test for our facilities. CFB Comox will support the two squadrons to facilitate a successful completion of the exercise. The beauty of it is that all costs for logistic support provided will be on a cost recoverable basis with no cost to us.

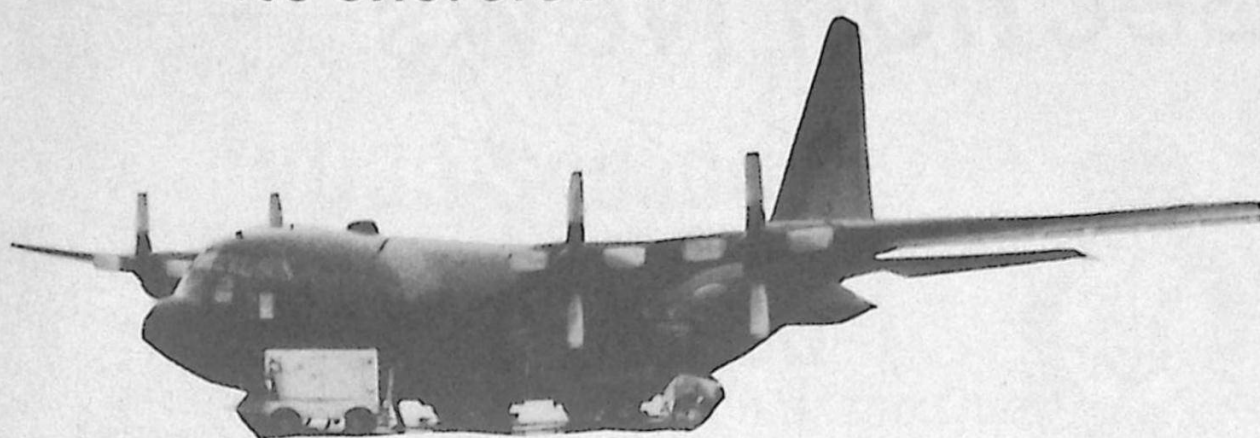
The old QRA facility will be reactivated for the duration of the exercise with both squadrons operating out of Hangars 10 and 11. The VP407 arming point will

also be fully utilized to support the two C130 gunships. The ground support equipment required by the USAF personnel will be provided by our troops.

Living will be a mixed bag for the USAF gang. The 304th will be utilizing on base facilities while the troops from the 919th will be spreading those beautiful green-backs all over town while staying at the Westerly Hotel.

All sections are encouraged to liaise directly with the detached USAF personnel while they are here. This will ensure a successful and harmonious exercise and deployment form them. Anything which arises and requires a more formal approach should be channelled through the Base Operations Officer. The USAF troops will be mass briefed on the 11th of August as to the goings on of CFB Comox.

Its exercise time at CFB Comox



There will be some availability for our people to fly with the USAF on the exercise. CFB Comox personnel wishing to fly on the gunships during actual live fire sorties should submit their names through section heads to Base Ops as soon as possible. The Deputy BOPSO, Maj Doug McGill will co-ordinate replies and advise personnel accordingly as to their trip.



Beating the heat . . . The recent hot spell produced many methods of cooling. Swix and Max joined the crowds at Air Force Beach and took advantage of the cool ocean waters.

Throne change at Quadra

On Sunday, 21 July 1985, aboard HMCS Quadra, Commander J Cummings turned over command of HMCS Quadra to Commander R.G. Payne during a traditional naval Change of Command ceremony.

During his three years in command, Commander Cummings has seen a number of changes, from new facilities being added, to the improvement of course content for cadets who train at HMCS Quadra during the spring and summer. Commander Cummings is a typical example of the type of officer found on the Cadet Instructor's List. He began his career in the cadet programme in Port Alberni Sea Cadet Corps and, since then, has risen from the Lower Deck to the rank of Commander — the highest rank a CIL officer can attain. Since leaving Quadra, Commander Cummings has been appointed as a Programme Consultant to the Directorate of Cadets at National Defence Headquarters in Ottawa.

The Change of Command parade was preceded by a testimonial dinner held at the Officers' Mess at CFB Comox. At the dinner were the Ship's officers, three former Commanding Officers, a number of distinguished guests, and Commander Cummings' parents. After the dinner, Commander Cummings was presented with the traditional naval officer's sword and scabbard on behalf of the Ship's officers, staff cadets and trainees.

The Change of Command parade was the embodiment of naval customs and traditions. Commander Cummings was brought across the bay to HMCS Quadra aboard the Blue Boat by a boat's crew in traditional naval rig, and was piped aboard Quadra by four Boatshed Staff Cadets attired in the traditional blue rig. He was then escorted by Commander Payne to the Commanding Officer's cabin, where he was met by well wishers. During Ceremonial Divisions, the Commander inspected a hundred man cadet guard and the remainder of his Ship's Company for the last time. After the inspection, the Change of Command documents

were signed in front of the Ship's Company. Commander Cummings took the salute during the march past of over 1000 officers and cadets. Following the march past, Commander Cummings was given three rousing cheers.

On completion of the parade, Commander Cummings was pulled on a gun carriage by his former junior officers along walkways lined with the Ship's Company to the jetty for his final ceremony as part of HMCS Quadra. He was escorted by Commander Payne and the ship's senior officers.

On the jetty, Commander Cummings inspected a twelve man Petty Officer Guard commanded by the Ship's Coxswain. He was then piped aboard the ceremonial cutter, manned by the Ship's senior lieutenants, for the trip to Comox. As he left Quadra, he was cheered by the Ship's Company and a seven gun salute was fired by Quadra gunners. During the row to Comox, the cutter passed the vessels of the Quadra Flotilla anchored in review and was cheered by each in turn.

Crown Land for Comox

Victoria -- The town of Comox will receive free Crown Land for a nature park and watershed preserve, Lands, Parks and Housing Minister Tony Brummet has announced.

The land is located on Robb Road adjacent to the Lazo Marsh Sanctuary, and will complement the existing sanctuary by increasing both the diversity and space for local wildlife as well as ensuring that water run off from the northeast slope continues to replenish the water supply of the marsh.

The size of the parcel of land is 13.84 hectares (34 acres) with an estimated value of \$104,800.

"The Provincial Government will continue its policy of making free Crown Land available, wherever possible, for this type of project," Brummet said.



Employment opportunities provided

Doing our part for youth

This being International Youth Year, it is appropriate to say something about the involvement of the Department of National Defence (DND) in various programs and activities that provide Canadian youth with opportunities for employment and training.

Among the organizations with activities supported by the DND are the Cadets, Corps or squadrons are affiliated with the three elements of the Canadian Forces (CF) — sea, land and air.

Programs for Canadian youth in which the Department participates include: the Youth Training and Employment Program (YTEP), the Summer Youth Employment Program (SYEP), the Katimavik Program, the Co-operative Student Employment Program and the Summer Internship Program. This year, there is a new addition to the list — the Student Summer Employment Program.

As well, the DND supports special events held by various youth organizations, for example, Scouts' jamborees.

Through these organizations and programs, the Department tries to develop good citizenship, leadership qualities and physical fitness in young people.

Over 61,000 cadets in 1,000 corps, squadrons or summer camps across the country take part in special activities. There are more than thirty summer camps in Canada, mainly at, or near CF bases.

One of the more important programs supported by DND is the YTEP, which was set up in 1983 to reduce youth unemployment. Under the 1985-86 fiscal year program, approximately 2,500 young Canadians are expected to receive basic military training and skill development training in one of about thirty-five trades. As the training progresses, one can see the participants developing self-discipline, self-confidence, a sense of responsibility, teamwork and pride in being Canadians. The training is provided at CF bases by personnel of the Regular Force. About half of the participants may be offered regular enrolment in the CF at the end of the program.

During the summer, more than 9,000 young people train with units of the Reserve Force or are employed in cadet corps. In the first case, participants are trained in activities related to the element to which the unit belongs. If they are employed in cadet corps, they are treated as staff members and given supervisory positions, such as platoon commander or specialized instructor.

This means that 5,000 more cadets can be trained in the summer camps.

Next, there is the Student Summer Employment Program which, although the latest to be set up, has a sizeable budget allocation. Under this program, some 1,250 young people are employed in various manual or clerical jobs at CF bases and stations.

For eight years now, young Canadians have been registering in the military option of the Katimavik program. Here they learn something about the subjects included in basic service knowledge, such as first aid, how to use a compass, map-reading, fire-fighting and survival. The training is provided in a naval or a land environment and is similar to that given to members of the Reserve Force.

As it has done in the past, the Department will be offering young many opportunities. Young people are constantly on the look out for challenges — something new — as well as for ways to earn enough to pay for their studies and to acquire the experience they need to get established on the labour market.

The sweet sounds of summer

There is music in the air at HMCS QUADRA, the Royal Canadian Sea Cadet Training Establishment on Goose Spit, Comox, British Columbia.

Here aboard HMCS QUADRA there are four bands undergoing training. A Senior Military Band, a Junior Military Band, a Concert Band and a Beginner's Band perform a wide selection of marches and concert music arrangements from classical to modern. The senior musicians within the School of Music are responsible not only for performing within these various groups but also for the instruction of all the younger musicians. After hours, these senior musicians also manage to find time to rehearse and perform in a dance band much like those of the Glen Miller era.

Each year, HMCS QUADRA's School of Music produces a full length long play recording of the music that the School has been performing throughout the summer. For those musicians who have the opportunity to perform on these recordings it becomes a keep sake which brings back fond memories.

Although music is the focal point of the training for bandmen at HMCS QUADRA, many other activities are offered to the young people. Sailing, sports, fitness programs and range training are just a few of these extra curricular activities that the young musicians participate in.

Order of Military Merit

Her excellency, the Governor General, the Rt Hon Jeanne Sauve, Chancellor and Commander of the Order of Military Merit, on behalf of Her Majesty, the Queen of Canada has appointed 54 members of the Canadian Forces both Regular and Reserve to the Order of Military Merit. Three of those appointed members are from Canadian Forces Base Comox. We congratulate them.

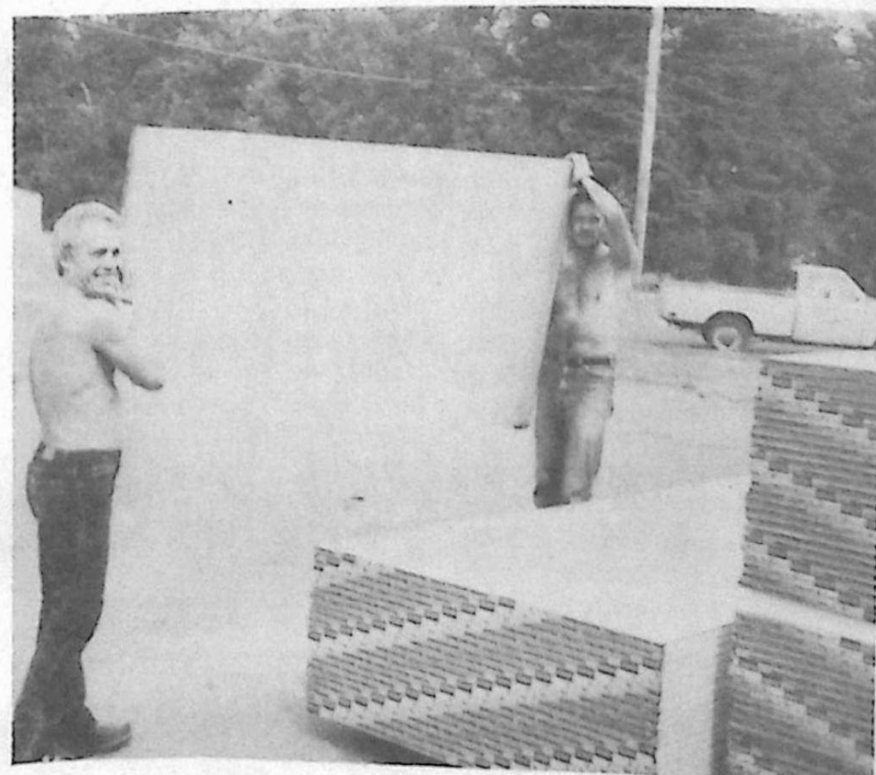
Maj A.H. Crawford - VP407
CWO S.L. Bale - VP407
WOS G. Boyd - BAMSO

... New AFIS facilities taking shape

Base Theatre being converted



Out with the old



In with the new

Section News



Demon Doins



407 Sqn Brass gathered recently to commemorate the addition of three happy faces to the DIAC staff. The gang of three, graduates of computer operators course 8501 are top row, left to right: **WO Dave Breese, MWO Dave Wires and Sgt Al Turpin.**

Their apprenticeship behind them, the gang are eagerly offering a prize to the first 407 Sqn employee who can correctly identify the name and rank of each of the above. The winner, under supervision, will be allowed to reboot the yuk-7 computer, initiate the load of a previously dumped mission, adjust the penetration of the high speed printer and, in climax, degauss a tape.

AIRCREW

With at least 2 crews on leave at all times, things have been very busy for the remaining crews around here lately.

Both Crew 2 and 3 are on leave presently, and crews 4 and 5 have just returned to the busy flying schedule. In fact, not long after coming off of leave, crew 4 was sent for a three day trip to Hawaii, which they brought the BComd along on, to show him the ins and outs of deployed Ops. The flights associated with this trip were highly successful, and apparently the time spent on the ground wasn't bad either.

With the summer also comes some airshows, this one being no exception. A 'mixed bag' of Aircrew recently attended the Alberta Air Show held in Red Deer, Alta. The Aurora was one of the stars of the show, being the largest plane in attendance. In fact, the aircraft had to be put on metal plates to keep it from sinking into the taxiway! CFB Penhold and the town of Red Deer put on some spectacular hosting for this event, and the show was enjoyed by all. Crew 3 is heading off to the Abbotsford Airshow this week, which also promises to be the success which it always is. Norpats are also part of summer, and thus crew 5 is presently deployed to Inuvik to do some Arctic flying. After asking around squadron, it seems no one knows the whereabouts of crew one, it seems they got lost in the shuffle somewhere.

For all of you budding Rembrandts out there - here is your big opportunity! I'm sure you've all noticed that rather dingy looking ancient history ASW aircraft (the Argus) over at the aircraft museum on base. Well, the squadron wants to make it look fresher, and thus, is looking for volunteers to help sand and paint the old beast. Initial interest was somewhat lower than expected, however we are sure this is simply due to the lack of advertising. So come on out and see history in the rebuilding, every morning at 0900 hours.

A final farewell must be said to Capt (soon to be Maj) Jim Lavigne, who recently left us to take a job in NDHQ. Good luck and best wishes Jim.

So when is Steve Pawelec leaving anyway?

Congrats should go out to Steve and Diane Harrison, as she recently gave birth to a bouncing baby girl,

their second.

Brad Lunsford is a much relieved father these days, as his boy, Peter, recently took a fall from a window, and badly hurt his head. But due to the quick reactions of the local medical staff, it appears Peter is well on his way to a full recovery. Next time leave the flying to daddy, Peter.

Finally for all of you rumour mongers out there, keep your eyes peeled for the premier of the 'Aircrew Enquirer' which should be on your news stands in the near future.

DIAC

The DIAC contribution to Demon Doins is in search of a name. Several have already been suggested:

- Behind the green door,
- Ditty Ditty DIAC blither,
- OPS Drops,
- Shield sputum,
- McDIAC, and
- Fishtrap findings.

Those not yet suffering from AIDS (Aircrew Intelligence Deficiency Syndrome) are encouraged to submit suggestions to the SMCSO, Major Small. As well as suggesting a name for this column, readers are invited to enter a contest concerning the photograph.

2 CREW NEWS

Well, summer is here and once again my talents have been called upon to come up with some witty remarks to fill this article.

As most people know Al Brown attempted the world record motorcycle slide, but he fell short because of a truck. All kidding aside, we all wish Al a speedy recovery.

Don McCauley has not been able to sleep at night. Don has finally been chosen to go on his first trip to Abbotsford. Because of this, I have decided to give him the name Tailspin instead of his Master-Corporal.

Goodbye goes to Pat Lemieux as he is going to VU33 to become a curator in the museum next door.

Our hellos to Mark, Marie and Doris who all finally got here from Borden.

Congratulation goes to Bev Kolins and Boo Boo Caron who both have been promoted to Warrant Officer and Corporal respectively. When's the beer guys!

Finally a word of wisdom to all personnel on base. If you meet Sgt Miller and he seems upset or mad, just rub his belly and you will have

a friend for life!

PHOTO

Well, it's time once again to shed a little light on the Photo happenings around 407 and expose the most recent facts on everyone's favourite techs.

Several changes will be noticed in the Photo staff in the next while in the form of postings in and out, and retirements.

First of all, Sgt Doug Price has retired after 22 years of service with the RCN, RCAF and CF from his post as NCO i/c Photo Processing.

Also, recently retired, MCpl Rene Lafontaine who ran the Air Photo Maintenance shop, has packed it in after 13 years and has decided to give the insurance business a try at Nanaimo Realty. Good luck to both Doug and Rene in their future endeavours!

Also leaving us are MWO Bob Bourne, (recently promoted to that rank), on his way to a new job in CFB Esquimalt and MCpl Jean-Yves Dionne who will soon be packing up his family heading east for CFB Bagotville. Our best wishes go with Bob and Jean-Yves as they depart for their new bases.

Someone is obviously worried about the loss of so many trained people all at once because the following was found on a scrap of paper near the DIAC:

Wanted - 2 MCpls for Photo Processing. Qualified personnel may apply to DIAC Photo Processing, 1st Floor, #7 Hgr.

Well, we may be losing a lot of good people, but we are anxiously awaiting the arrival of Sgt Stan Lawless from CFB Edmonton and Cpl Debbie Ekert from CFB Shearwater, both of whom should be here by the time this goes to print. We therefore offer them both a warm welcome.

Among the remaining photo techs Cpl Valiquette is away in Penhold for the summer teaching the cadets the basics of photography. I'll bet that his beer fridge (the only one in his barracks is well stocked at all times!

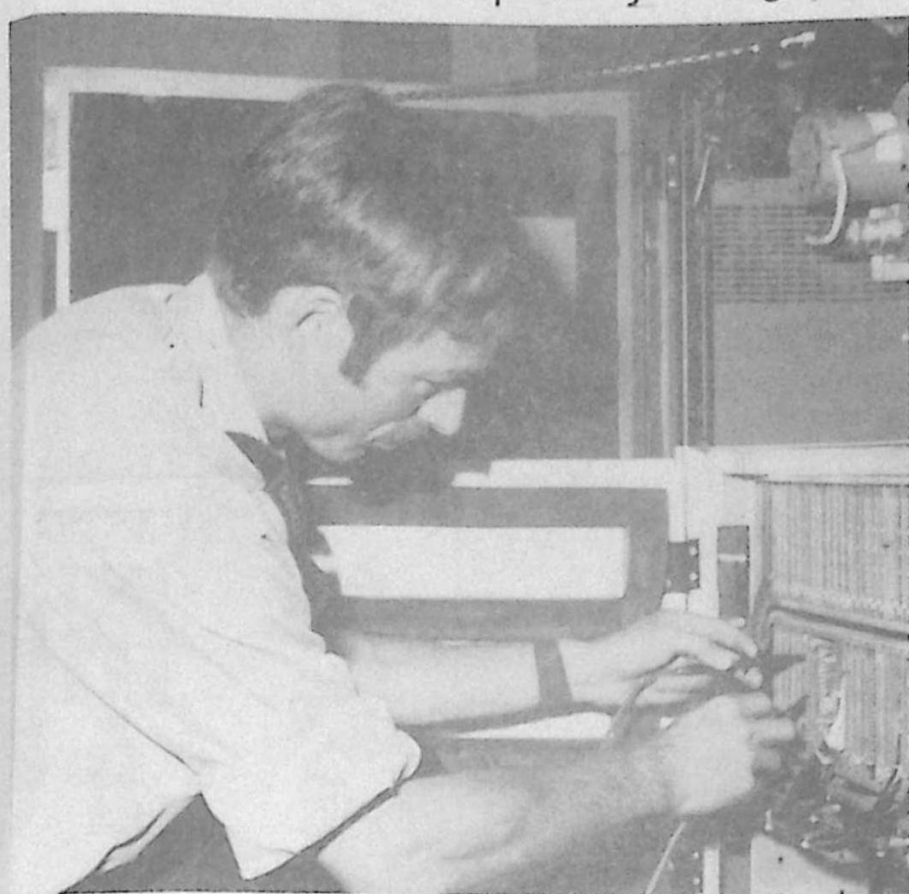
Pte Jeanette Mathews has just returned from leave in Newfoundland where she learned where mosquitos and black flies come from.

Pte Lynne Fralic was out looking for a tan recently but all she found was a sunburn.

Well, it's time for me to go back into the dark and wait for more news to develop.

demon Tech of the month

MCpl Marty Wohlgemuth



Meet MCpl Martin Wohlgemuth, our *Demon Tech of the Month* for the month of August 1985.

Marty enrolled in the CF at Vancouver, British Columbia in the month of February, 1973. He came to Comox on 30 July, 1979 from CFB Ottawa South where he spent four and one half years.

Marty works in the VP407 DIAC Maintenance, where in his spare time he makes up supplementary programs on the computer. These programs aid in the search for general information by making it easier and quicker to find.

This past August, 1984, Marty received a Base Commanders Commendation for work he had carried out on the Fast Time Analysis System, (which he now instructs).

In April, 1985 he received a Suggestion Award for improving the Tape Transport Cartridge Maintenance Procedures.

Marty and his better half, Michelle, have a family of two boys; Antony, who is three and Aaron who just turned one on July 26, 1985.

In his spare time, Marty has fun working with his home computer. This along with being a dad, takes up all of his spare time.

Photo and article by Pte J. Matthews

Four up ... and ready to go



Historical happenings over at The Whale Killer Shop... Count 'em — Four... Yes 4 Aurora A/C, servicable all together in a bunch at one time. "My Gawd Man", exclaimed the residents of good old CFB... "That's the whole bloody fleet". "Well done lads" said the Admiral from his tower of power down island way. Anyway, 23 July '85 will go down in the annals of VP History.

The Terry Fox Run

The date has been announced for the biggest, most successful Terry Fox Run yet. On Sunday, September 15, 1985 Canadians from coast to coast and abroad will be busy celebrating the fifth anniversary of The Terry Fox Run by participating in the 10 km event.

"With the theme 'Make This Year's Run Twice The Success, Bring A Friend' we want to double last year's figures in our challenge against cancer," Betty Fox, Honorary Chairman of The Terry Fox Run explains. Last year, 250,000 Canadians participated in the event and raised \$3.43 million for cancer research.

Walk it, Job It, Bike It

As in previous years, the Run

course will be open all day for the convenience of participants. No matter when or how you choose to participate, the Terry Fox Run appreciates all the support you can give. You can walk it, sponsor it or help organize it. It's important that the dream be kept alive.

"The momentum established through Terry's Marathon of Hope is growing," Beverly Noris, National Terry Fox Run Director, points out. "The Terry Fox Run has become a symbol of great pride and joy for a growing number of Canadians."

Brighter Future Ahead

According to the Canadian Cancer Society, 255,000 Canadians will be under medical care for cancer this year. The advances made by

Beacon Banter

Since the last article there have been four "checkouts". Firstly Capt Bernie Murphy at the terminal position after working for six years in the tower. Pte Sylvain Houde checked out at the terminal data Position. Both jobs were done very well. Capt Pat Wolfe-Milner on his second tour of Comox, just got qualified. And within the week Capt Jan McQuade will be qualified as a terminal controller. Our final departure this Posting season was MCpl Doug Crumback on his way to Trenton where he bought his first home. Last week Pte Paul Fleury and wife left for an extended visit of CFB Cold Lake. Someone must have got his travel arrangements mixed up. Capt John Myers and family left for England on a two week visit, and Sgt Neil Garlough is on his long awaited cruise. Neil also is taking a survey of the section for tickets to EXPO '86, so get your reservations early. Lt Bob Ogrins figured his car couldn't make it to Cornwall with his four kids so he bought a Toyota van. Now he can bring the rest of the Ogrin clan.

Recent arrivals in Navais are Sgt Rick Urban from CFS Alsask who will be in charge of ASR maintenance and Pte James Fuller who just completed his trades training in Kingston. We are awaiting the arrival of MCpl Red McLean.

Good news for Capt Rick Champagne and Andrea, she is due next March. Congratulations Rick from the section! WO Al Collins has had difficulty losing the key for the water sprinkler so he installed a ten pound ball and chain on his last key. Actually he uses it on "B-Stands" who do not adhere to his policies.

Air traffic Control will be sending seven personnel from across Canada to the Arab Republic of Egypt. One Captain, one Warrant Officer, two Sergeants and three Corporals will replace the Australian contingent now there next March. WO Dale Campbell was the first to volunteer his services to get away from the three cats. Dale understands that cat is a delicacy in the Sinai region.

The ATC fastball team finished third under the guidance of Joe Pacowski. Roy Field and Jim Hatton both tried their arms at pitching, they both fared pretty well considering first efforts. In the first round of playoffs BAMSO beat ATC 4 - 2, then ATC defeated BAMSO in the second game 10 - 6. The final game will decide who continues on this season. Good Luck, guys!

There have been many modifications to the OPS ROOM but the last allows for dancing and some sporting activities.

Lastly, who was the elderly grey haired gentleman from 407 Sqn, while jogging was picked up for loitering?

...Bring a friend

research in early diagnosis and treatment will enable at least half of that number to be alive and well five years after treatment.

"Looking back at the advances made by our research teams gives me great confidence that Terry's dream will come true," says Bety Fox. "Today's cancer victims and their families can look forward to a brighter future because we're working together to find a cure for cancer."

Pledge sheets for the Run can be picked up at Canadian Cancer Society offices, Four Seasons Hotels, Canada Post offices, Kentucky Fried Chicken outlets, Shoppers Drug Mart stores, Collegiate-Arlington Sports outlets, Kmart stores or your local Run offices.

Next Totem Times deadline - Monday, August 26, 1985

WOs' & Sgts' Mess

Steaks will be on sale at Bar with Potatoes and Rolls for members use on the Barbeque until September.

Entertainment resumes in September with MEET & GREET ON 28 September. Regular TGIFs begin on 6 September.



442 Squadron



LCol Doug Stuart proudly displays his parting gift from 442 Squadron! Snake 60 contemplates its fate... Will the new man have me it pleads silently... stay tuned for developments.

The Winged Serpent Airshow teams have been busy of late, with the CO and crew performing at Red Deer Alberta, 26-29 July; Capt Tom Lindsey and crew providing a static Buff for Whidbey Island NAS this past weekend; and an aerial delivery of the Skyhawks at Comox Nautical Days on Monday the 5th by Capt Marv Macauley and crew. Coming up this weekend is Abbotsford, probably the largest show of our schedule, and the last airshow (on the Buffalo, anyway!) for our CO, LCol Stuart prior to his departure for a desk in Trenton.

Speaking of the Boss, his official/unofficial send-offs were completed this past week. On Wednesday evening, the Gaff Rig restaurant was the scene for a sell-out Officer's farewell to Doug and June Stuart. As the crowd adjourned to the back bar at the Officers' Mess for libations following dinner, they were well entertained by Capt Mark Levesque and his impersonation of a Dean Martin Roast. Remember, Zwanski, two buttons undone is MORE than enough! Later in the week, on Friday, 442 personnel gathered around a Buff and Snake 60 (The Car) in the hangar, as an oil painting of the Comox Glacier was presented to LCol Stuart on behalf of the entire squadron. Another adjour-

ment to the back bar found the Boss being mugged-out at the Friday TGIF. Our final goodbyes of course will follow the Change of Command parade August 15th, as LCol Dave Lett formally assumes command of the Snakes.

While we're on the word "Command", the Commander, Air Transport Group, BGen K.O. Simonson is expected to make another brief visit to his favourite SAR squadron on 5, 6 September. This trip the General wants to try his hand at the Buff controls for some local flying. Seems that the call of the Coast has touched even ATG headquarters!

Other upcoming events include five days of parachute trials in Edmonton later this month, a 620 Northern Trainer in September, and possibly the Salinas, California Airshow, if approved. Of course, all of this is in addition to "Good Ole Training," as newcomers like Lieutenants Dan Lachance and John Komocki struggle to earn their *Green Tickets*, and old-timers like Maj Jim McBain try to learn to fly a real airplane, the Buffalo!

That's about it for this time around; next issue, photos of Snakes on Parade! 'Till then, Snakes, out!

FROM THE MAIN FLOOR

Ah August! A time of departure for our new civilians, of arrival for

the last of our summer replacements and for the fortunate ones, of vacations in Disneyland, the Okanagan and perhaps Nanaimo.

Butchart Gardens in their full flaming glory, your own garden full of flaming weeds. We have moved from the country into town, where the lawn will not take five hours to cut, and are looking forward to becoming city slickers. No more sheep, chickens and pigs. Neighbours — good ones — who are close enough to talk to in a normal voice. We will keep up our subscription to Harrowsmith magazine, though. Our *old dreams* will be kept as souvenirs.

New to 442, and welcome too, are Cpl Karen Tulk, who came from Chatham to AMCRO, Sgt Jake Dyck, from 407 to Engine Bay, Pte Nat Corneau from Borden to 3 crew, WO Dave Graham from BMSO to 2 crew, Cpl Lorne Penny, from 408 Sqn, Edmonton to Safety Systems and Pte Rob Adams from HMCS Protector to 442 SOR. (Chuck Trenholm, you have competition; this is one tall seaweed).

Socially, we have a wedding to announce: Corey Manery will become Mrs Sooley on August 17th. Also socially, there is the squadron beach party (steaks and other stuff for \$10. per couple) on August 24th. All details and tickets are available in the Canteen. In sports, our fast pitch team is eating the opposition, and the slowpitch boys ain't too shabby either. Keep it up guys; you do 442 proud.

Germany and his new rank.

Since we've lost some of our people, we must welcome some new ones: WO Ray Uhl from Lahr, Sgt Rick Urban from CFS Alsask, Cpl Marty Doyle from CFB Moose Jaw, Pte Fuller from TQ3 Course from Kingston, and Pte Leclerc from CFS Beausejour.

On other news, now that most people are back from TSQ courses and have decided to go on holidays — some are coming back with wedding ideas (some certain AI/Cpls). But for sure on 27 July '85, we will see Cpl Patterson get united here in Courtenay to Sharon Jensen — good luck! Bob and Sharen in your new life together.

MCpl Kas is away on a PAR demolition team in Ottawa, but they are expected to put it back together at CFS Goose Bay before the winter settles in "about the end of August".

On a closing note, we are accepting donations towards the "Hume Van Fund". He drives a FORD, what else can I say.

Until nexttime, take care you all, A Bedard



VU 33 AIRCREW

VU33 Squadron

VU33 Tech of the Quarter



Cpl Glen Litchfield

Maj Trev Owen presenting

A "Master"-ful Award



MWO Gerry Gerow

Maj Trev Owen presenting

To keep in the "get em" mood, Clive Webb, who stands 6'2" finds it easier to open the big hangar doors to a height of 5'8" and duck under than 6'6" and walk under with comfort. A safety hat has been ordered for Clive.

S.S. have been spreading a rumor about a liferaft inadvertently inflated in the hangar. I've had three stories so far and am waiting for the other two techs to comment before passing any judgement.

A human interest story. "OLD KID IN SQUADRON FINALLY REACHES MANHOOD". Len Mallette no longer is a kid having now been accepted as an adult. Wife Ellen has to be happy with Len's recent lift to maturity. Len is equally glad it was chicken pox and not some of the diseases as diagnosed by learned Sqn members.

Phil White, it has been asked of me to formally state that if you don't wish two gaskets next time, do not ask Pete Morro.

Leonardo the Artist alias Ted Stenson returned to work with VU33 to add a new shine to the tarmac. Our thanks to Ted on the great job he did on the Sqn crest now brilliantly displayed in front of Servicing. Also to Pierre L'Arrivee for his help or was it a way of getting back to work for 33. *Congrats!* Promotions to MWO Gerry Gerow

and to Cpl Shelly. No more duty private, now it is duty corporal with a difference — a free meal. Also two new additions to families already underway, a boy to Bruce and Joan Driver and a boy to Gene and Sue Meyer(s). Pete Morro, not wanting to be outdone by Bruce and Gene announced he also is going to be called Daddy in April or May.

Trips — Daniel Dureau just returned from Whidby NAS. I phoned upstairs for some info and it was passed on to me that nothing happened. Hard for those that know Dan to believe.

This week Phil White departs for Abbotsford to supplement the ground crew. Shane Shea and Chris Shelly will be flying down in Trackers to uphold the display side of the show. I also will be attending the show to answer those questions only a person who doesn't know what a heat seeking missile looks like would ask.

My thanks to Dave Gibson from upstairs for sitting in on a FX trip last week. I hope he can handle the comments about only being as smart as an armorer.

The Sqn ballteam is now in the playoffs having finished the season on top.

So in closing, check the bulletin board for game times and hope to see you there.

Jr Ranks' Mess

ENTERTAINMENT

HOTLINE: 339-5212

B TelO's corner

Well I know we didn't put too many reports from the B Tel O's Section in the Totem Times in the past, but lately, we've had enough excitement to let you people know a little more about us.

The Annual B Tel O fishing derby was held in June. Although this event was planned ahead of time, the windy weather left us to make the final decision just the afternoon prior to the event. But it turned out well. The wind calmed down, the sun was bright and shiny. Thank God, otherwise we might have had a couple of cases of sea sickness. Something to do with a certain WO's/Sgts Mess Dinner. Everything went well, until low tide time, at which time somebody decided to try his 78 Ford to see if it had any aptitude for future Dune Buggy purpose. Looks like it did make it.

Since this year's event involved Comm Grd, ATC and Nav Aids personnel, everyone gathered afterwards at the Gravel Pit II for a fish fry, salad and prize presentation. First prize for biggest fish

went to CommGrd Section. Jack Berry went jigging again. They will get to sit on this one for a while. Second prize went to ATC — Steve Tinker lucked in again. Third prize to Nav Aids — Randy Hume swears it didn't do it on purpose. As there were lots of prizes awarded from a hat draw, we will just mention the ones above, with prizes donated from sports and hardware stores around Comox. I would like to take this opportunity to thank them as they were much appreciated: Ted's Fishing and Marine Supply, Comox; Comox Mall Pro Hardware Store; The Inkwell Store in the Comox Mall. Thanks again to those people mentioned above who help make this derby a success; and thanks to all participants whom I am sure really enjoyed that day.

As far as postings are concerned, we had to say goodbye to two members of our Nav Aids section — WO Nash to CFB Greenwood and MCpl Lemire to CFB Baden. Just about forgot that MCpl Lemire only received his promotion in early June. Hope he enjoys both

Editorial

Goonies - class(less) acts

There are many occasions I'm sure in each of our lives, when we note with *abhorrence* the wanton destruction of our surroundings by the "goonies".

These are the folks that languish in the satisfaction of having devastated yet another of our public conveniences or natural attractions. We shake our head in disgust and wonder how the minds of these "sickies" conjure up those distasteful acts. We congratulate ourselves and say "boy is it ever great to live with a sane bunch of people who appreciate, enjoy and leave for others the things made available for them."

Well hold on my friends — it may not be so! It is becoming more evident that we, the clean cut guys and gals of sounder minds have our share of goonies too! This was recently made very clear with happenings at Air Force Beach.

We have a tremendously fine facility in the beach complex. It is an extra that not many of our brethren in less desirable climes can enjoy. And yet it seems that some amongst us "do reap havoc" on this fine attraction.

Broken bottles and other garbage lie strewn about the area on many occasions, while refuse containers provided remain unused. The beach pavillion which provides the small comforts during less appealing weather has been attacked. The wood siding of the building has actually been ripped off and used for firewood. This in spite of the fact that just below on the beach lies some 3 million cords of potential fuel. And to add insult to injury, the picnic tables have been broken up and used for firewood as well.

Are you shocked that this sort of thing is happening to your facility? Should a few ruin it for the many who do appreciate? Those who command will take firm disciplinary action against members found guilty of such wanton destruction — but your cooperation is needed. "If you see it — heed it". Otherwise it goes on unchecked. Lets rid the beaches of the goonies - in fact lets make an example of them! We should hang them by the fingers for public exposure. Enough said!

G.M.K.

Hail the Firefighters

The protection of people and preservation of our valuable forest resources are a task of incredible importance.

The fires that have ravaged our province this summer have demanded a special attention. The difficulties involved in tackling these outbreaks are extreme and we pay tribute to the dedicated personnel who have responded.

The hours are long, the work is dirty and the logistics mind boggling. But it had to be done to protect our valuable forest resource. Thank you from the Men and Women of Canadian Forces Base Comox. We grow to love this province as we lead our transient lives and we appreciate the efforts you have made and continue to make to keep it beautiful.

G.M.K.

Gerow fights back

Thanks for writing. My whole point was that air pollution should stop. I didn't intend to imply that non-smokers were wrong but I simply feel that they should be looked to as leaders in the struggle against air

pollution of any type. An article in the July/August issue of 'International Wildlife', points out that Germany's Black Forest is dying and the suspected cause is automobile exhaust emissions.

G.G.

Letters

Dear Sir,

Way back in 1976 I bought a brand new station-wagon. I chose a lead-gasoline type for several reasons. The price of fuel was only one consideration. The other very important factor was that of finding service stations in remote areas, such as Bridge Lake or Horse-Fly where modern fuels are something you hear about on the crystal-set or wireless. Many local stations lacked the choice of more modern fuels as well. I continue to use lead-gasoline for this vehicle because the local dealer for this make of vehicle states that the manufacturer designed the engine for this type of fuel. It is not for reasons of false economy as Gerry Gerow would have you believe.

I am sure that Gerry Gerow, in his Pipe Dream or was it Pipe Smoke will be chastising his fellow man for not using propane or natural gas instead of that old-fashioned non-leaded junk ten years down the road. That is, of course, if his tobacco addiction doesn't get to him before that.

Contrary to what Gerry Gerow states, if a person is not concerned about polluting your immediate environment with tobacco-smoke, he or she is obviously not going to worry about polluting your environment in any other way either.

Your article appears to me to be just one more excuse to continue to ruin your health with tobacco-smoke while taking a few innocent victims along with you.

Why not butt-out and give everyone's lungs around you — including your own, a fighting chance to recover from any damage that has been inflicted upon them so far? Your quality of life and health will improve dramatically.

Yours truly,
Fred Perry

Sir:

While I would not argue with Gerry Gerow's contention that leaded fuel should be taken off the market, his introduction to the subject reeks of a little axe-grinding on behalf of smokers. Non-smoking is not a "Kick". It is perfectly normal. What isn't normal is the breathing in of toxic fumes from any source. Mr. Gerow's research on engine tuning also seems to be on par with his logic in linking non-smokers to the use of leaded fuel. Our old Gran Torino would not tolerate anything but Regular, no matter how well tuned. If forced to gurgitate unleaded, she would sound like the Bells of Saint Mary's, and refuse to go anywhere but downhill. My Lawn-Boy grooves on Marine gas (leaded) and the family Ranger uses unleaded. I do not have any choice in the matter, whether I smoke or not.

But as a member of the non-smoking majority, I should be able to choose not to breathe tobacco fumes. Will Mr. Gerow advocate the removal of tobacco from the marketplace too?

Sincerely,
Norm Blondel



As I see it

Gord Kruger



They cheated - plain and simple! Not only did they cheat but they got caught too. The "they" I'm talking about are the lower mainland students who cheated in their recent departmental exams.

There are those amongst us who are trying to suggest that the school system is to blame because of the importance placed on these exams and their results. And I say that's a lot of crap! How can we possibly condone or justify that type of flagrant disregard for the rules. The education system may appear tough to some but cheating is no way to circumvent it.

Just what sort of students do we want to graduate? Just what are

we trying to teach students in the schools? My understanding is that schools instruct students in the basic learning skills and encourage them to use these skills for further education.

Our children are competitive by nature and they will use their developed skills and talents to realize their potential. To suggest that the toughening up of the system has put undue pressure on these kids and encourages cheating is ludicrous.

Examinations have a purpose. They are the only sure measure of true learning and of the extent to which information has been retained. They

provide for an accurate recollection of information taught.

Would you like to be treated by a doctor who had inferior grades or worst yet - by one who "cheated" his way through. There's the scenerio - you lying on the stretcher in agony while the "Doc" checked his texts for that vital information.

There seems to be an apprehension about exams both by students, parents and teachers. For too long now the education ministry downplayed their importance.

I'm glad to see them back and I welcome the competition which they provoke. Think about it and I'm sure you'll agree.

Report Forest Fires



Dial 'O' and Ask for Zenith 5555

TOTEM TIMES

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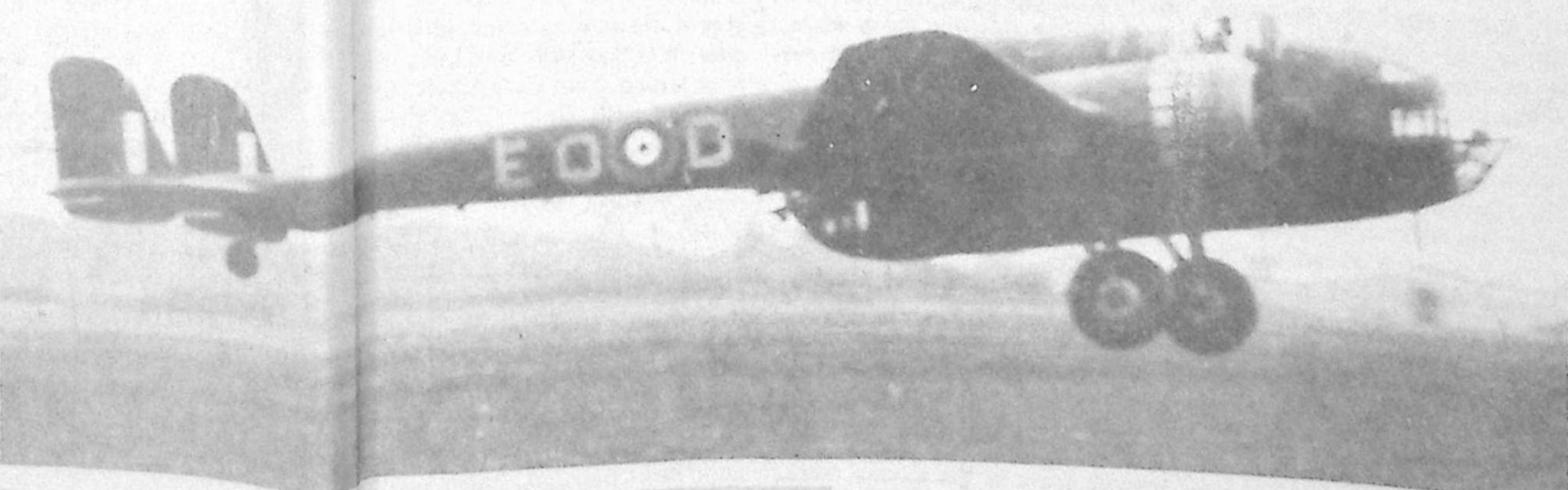
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Air Force Trivia

What? Where? Why? When?



Answer from last issue

Royal Navy Sea Venom
CEPE Detachment, RCAF Stn Saskatoon
during cold weather trials...1955 - 56



Cpl Brian Porter
3rd - Bus



Mr. "Knobby" Clark
1st - Stake Truck



Pte Jacquie Field
2nd - Stake Truck



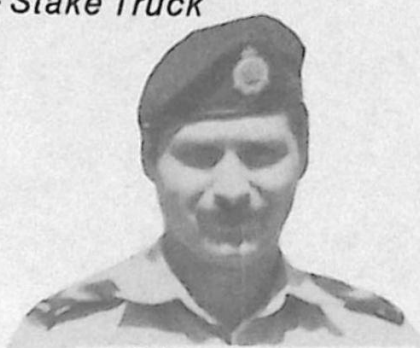
Pte Wayne Cardinal
3rd - Stake Truck



Cpl Roger Bernard
2nd - Bus



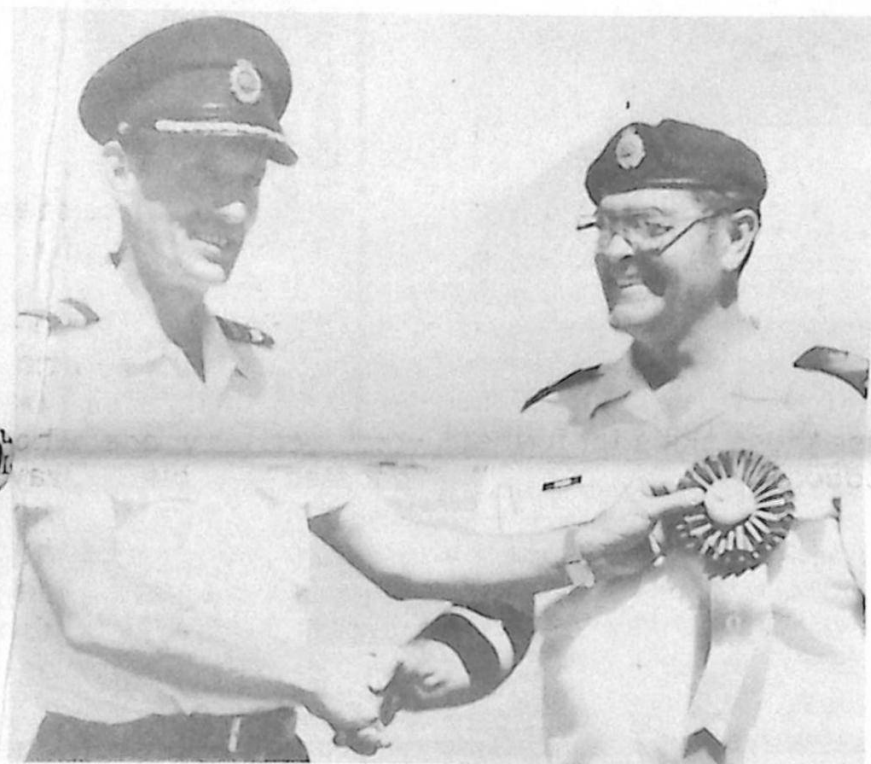
Cpl Jean Beaulieu
1st - Bus



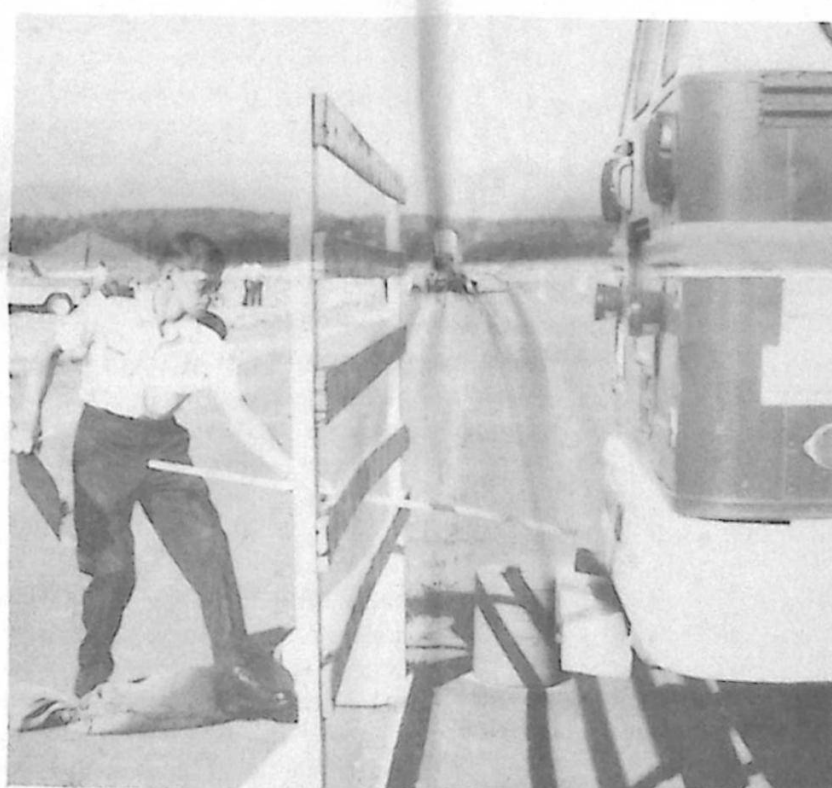
Cpl Len Lucas
2nd - Tractor Trailer



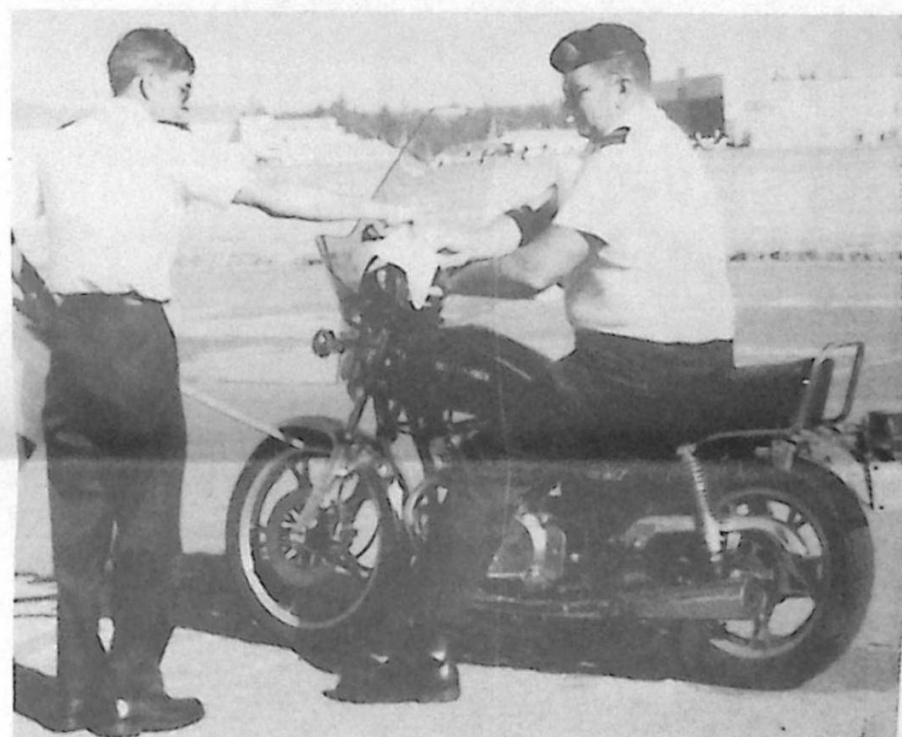
Cpl Steve Wilcock
1st - Tractor Trailer



McArthur gets the boob



Up the pipe should do it



Hey Moose . . . Where's your helmet?

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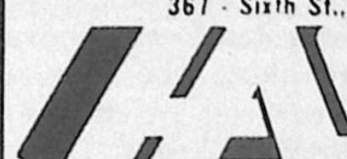
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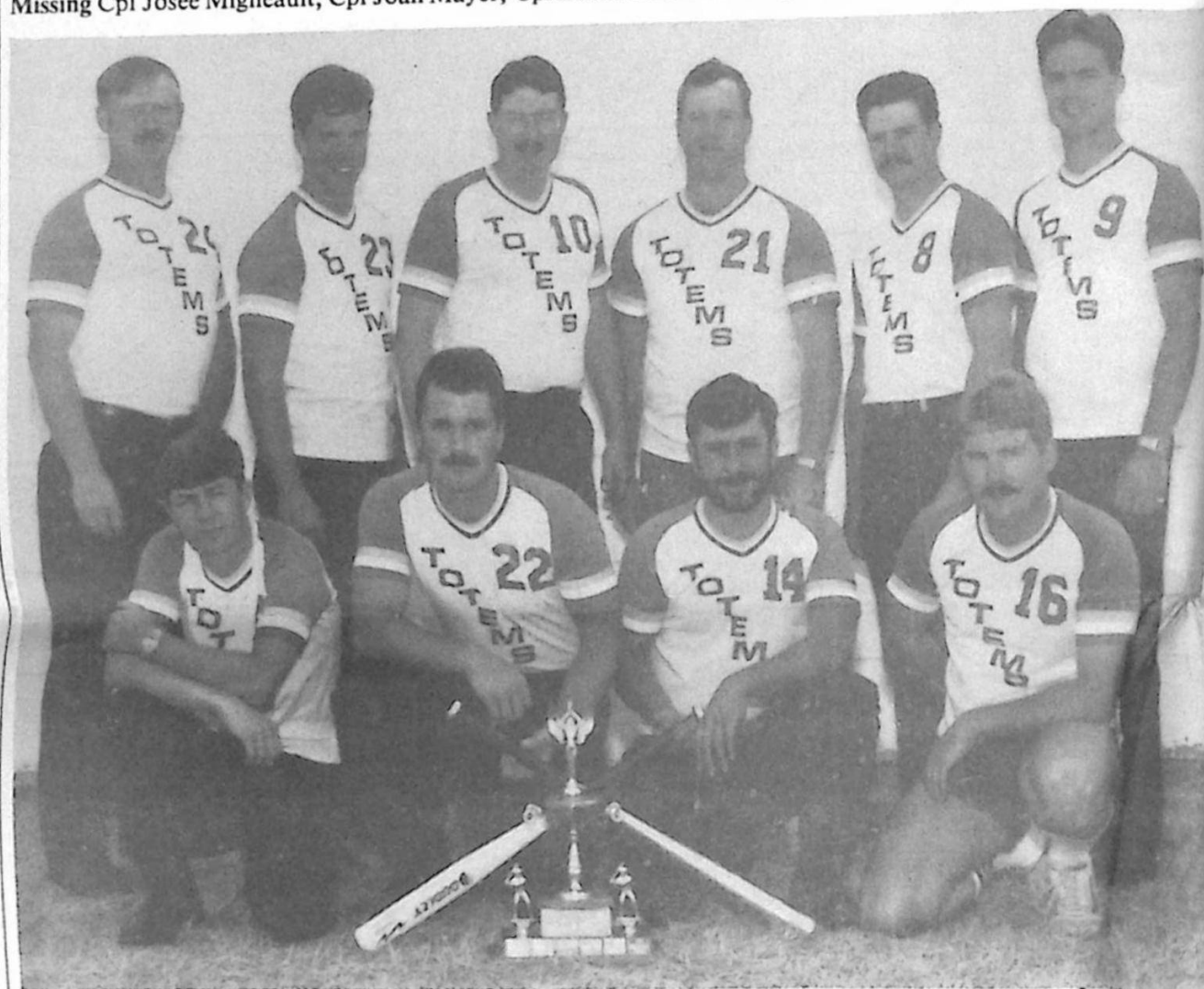
Sports & Recreation

..and now its off to Cool Pool

Our Men & Women to represent PAC region at the softball nationals



Service women PAC Region softball champs...Front Row (Left to Right) OCdt Michel Millet; MCpl Josee Descoteaux; Pte Arseneault; Pte Marie Oliver.
Back row (left to right) Cpl Sandy Beal; Pte Doris Perreault; Pte Robin May; MCpl Johanne Paul; Pte Debbie Green and Pte Cindy Dickson.
Missing Cpl Josee Migneault, Cpl Joan Mayer, Cpl Diane Ludlow and Sgt "Casey" VanDusen (coach).



Servicemen PAC Region softball champs...Front row (left to right) MCpl Denis MacPherson; Cpl Brian Beal; Cpl Jack Picard; Cpl Steve Tinker.
Back Row (left to right) Sgt Darrel Sears; Cpl Rick Parent; MCpl Pat Armstrong; Cpl Ron Pinnell; MCpl Dave Bisskey and Capt Gord Jones.
Missing Cpl Bill Talbot, Cpl Mike Hatch and Capt Ken O'Brien.

Abbotsford International Airshow

August 9, 10 and 11

Confirmed to date: Canadian Forces Snowbirds, RayBand Golds 3 plane aerobatic team flying Pitts Specials, Team America - 2 or 3 plane aerobatic team flying the Siai Marchetti SF260, the Daring Damsels - 2 lovely lady wing-walkers, Steve Wolf flying the Curtis Samson, Frank Ryder and his beautiful Chipmunk, other Canadian and U.S. military jets, a number of WWII aircraft, homebuilts, antiques, ultra-lights, hot air balloons, sky-divers, etc., and the GOODYEAR BLIMP.

—1985 admissions: \$8 - adults (16 years and older); \$4—Children (6 to 15 inclusive); Children under 6 are free.

The Abbotsford International is officially recognized as Canada's national airshow and acclaimed world wide as the fastest-paced, most varied flying show in the world.

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

Survival Course

During the last session of swimming lessons August 19 - 30, we will be offering a Red Cross Survival Course. This is an ideal course for those who have completed their White Level in the Red Cross system and who intend to take their Bronze Medallion course. The cost is \$10⁰⁰ per person.

For more information
Contact the pool office at local 2314



Be Water Wise. Play it Safe.

Always wear a Personal Floatation Device or a lifejacket when around the water.

The Canadian Red Cross Society

REC CENTRE HOURS OF OPERATION

22 May - 03 September, 1985

a.-Military personnel; b.-DND employees; c.-Canex employees; and
d.-dependants of a. and b. above.

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Mon. - Fri. 0730 - 1115 hours
1115 - 1300 hours
1300 - 1530 hours
1800 - 2100 hours
Sat. - Sun. 1300 - 1600 hours

a., b., c. (& d. if space available)
a., b., and c. only.
a., b., c. (& d. if space available).
a., b., c., d.
a., b., c., d.

POOL HOURS REMAIN UNCHANGED
Monday, Wednesday, Thursday -- 1800 - 1900 hours

Personnel Authorized to use the Rec Center are:
Military personnel; DND employees; Canex employees; and
dependants of Military personnel and DND employees.



Pipe Smoke

By Gerry Gerow

When it comes to gun dogs in Canada, the hands down favorite is the Labrador Retriever. If someone ever decided to make a National symbol of a dog, which isn't such a bad idea, I'm sure the Lab would win. There are three distinct colour varieties of the Labrador. You will find yellow and chocolate, but black is the predominate colour.

Strangely enough, despite his name, the Lab wasn't developed in Canada, but in Britain. Back when the new world was just starting to be developed, seamen and explorers left dogs in Newfoundland. These dogs evolved into two distinct types. The larger was the forerunner of the dog we know today as the 'Newfoundland'. His smaller, shorter coated cousin was called the 'Black Water Dog', the 'Lesser Newfoundland' and the 'St. John's Dog'. A number of these smaller dogs were taken back to Britain by fishermen, where they were found to be excellent retrievers. They were kept pure for a while and then due to a shortage of breeding stock they were crossed with the Flat Coated Retriever, the Curly Coated Retriever, and the Tweed Water

Spaniel. The results was the dog we have come to know and to love as the Labrador.

The Lab was officially recognized in England in 1903, in Canada in 1906 and in the United States in 1917. He is the undisputed king of the retrievers.

The 1984 Retriever field trial results show Labradors taking every one of the top ten positions, both in the Open Stakes and in the Junior Stakes. In fact a retriever field trial not won by a Black Labrador is a rare event indeed.

Labs are extremely obedient dogs and make wonderful pets as well as gun dogs. They are very good around children, and I've actually seen a Lab herding small children like sheep, making sure they stayed within a safe play area. They are also widely used as guide dogs for the blind.

Male Labs will normally weigh between 27 and 34 kg. and stand around 57 to 62 cm. high. Females are just a little smaller, weighing about 2 kg. less and standing about 2 cm. shorter.

There are 137 recognized dog

breeds in Canada and the Labrador is one of the most popular. If you're looking for an excellent, easily trainable retriever, or simply a good family pet, you won't go wrong with a Lab.

A beer commercial on the boob tube has me hopping mad. This so called advertisement, shows a group preparing to go fishing. The bulk of what they're loading up to take with them is beer. Now, while most of us would probably take a few beer along on a weekend fishing trip, the suggestion here that the main interest in the trip is beer drinking is hardly fair to most outdoorsmen.

Ever since the Gimli Glider incident, I've enjoyed baiting the Air Canada stewardesses with remarks like: "Did you say we're landing in Gimli?" Most responses are uninteresting like "Bite your tongue" or "Aw be nice", but some are quite interesting. The prize goes to the seasoned stew who immediately shot back "Are you kidding? The kid flying this crate is so green he doesn't even know where Gimli is."



The second annual Lefty vs Righty golf tournament was held Sunday 28 July, 1985 at Glacier Greens.

Despite the left-handed rules, left-handed officials and left-handed scoring, the Righties emerged with a resounding 715 - 726 trouncing of the Lefties.

Sponsor Lefty (Roto Rooter) McAndrew had to admit he was numbed by the outcome. After witnessing the awesome power of the Righty team, he proudly presented the Roto Rooter Trophy to Righty O'Neill, whose "Short" game was a deciding factor in the Righties victory. Too overcome with emotion for comment, McAndrew vowed to continue his sponsorship next year in what is obviously going to become a Righty dynasty.

Tournament organizer Lefty Verchere was also humiliated by the defeat. "I may as well cut off my left arm," he was heard to remark at the victory party held after the event. His assistant, Lefty Chiki, agreed that may well be the only solution, adding that, "At least we'll be on the right team next year."

The Righties, who are in charge of next year's tournament, say they will definitely be altering the rules and coming up with some sort of handicap system so that this type of devastating slaughter doesn't happen again. We can only hope they're right.

-Lefty

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NO EXPERIENCE NECESSARY -- Start from the beginning and learn how to swim or if you can already swim, improve your stroke.

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Cost -- \$2.00 per lesson -- Pay as you come!
First lesson Wednesday, July 3rd

For more information, contact pool office at local 2314.

Learn To Swim This Summer!

Red Cross swimming lessons will be held again this summer at the Base Pool.

August 6 - 16; August 19 - 30

8:30 - 9:15 a.m. -- Red, Grey, White
9:30 - 10:15 a.m. -- Moms & Tots, Maroon, Green
10:30 - 11:15 a.m. -- Yellow, Orange, Blue

The cost is \$10 per session per child.

Registration will be taken at anytime during regular work hours as well as during any part of the session, in the Rec Centre.

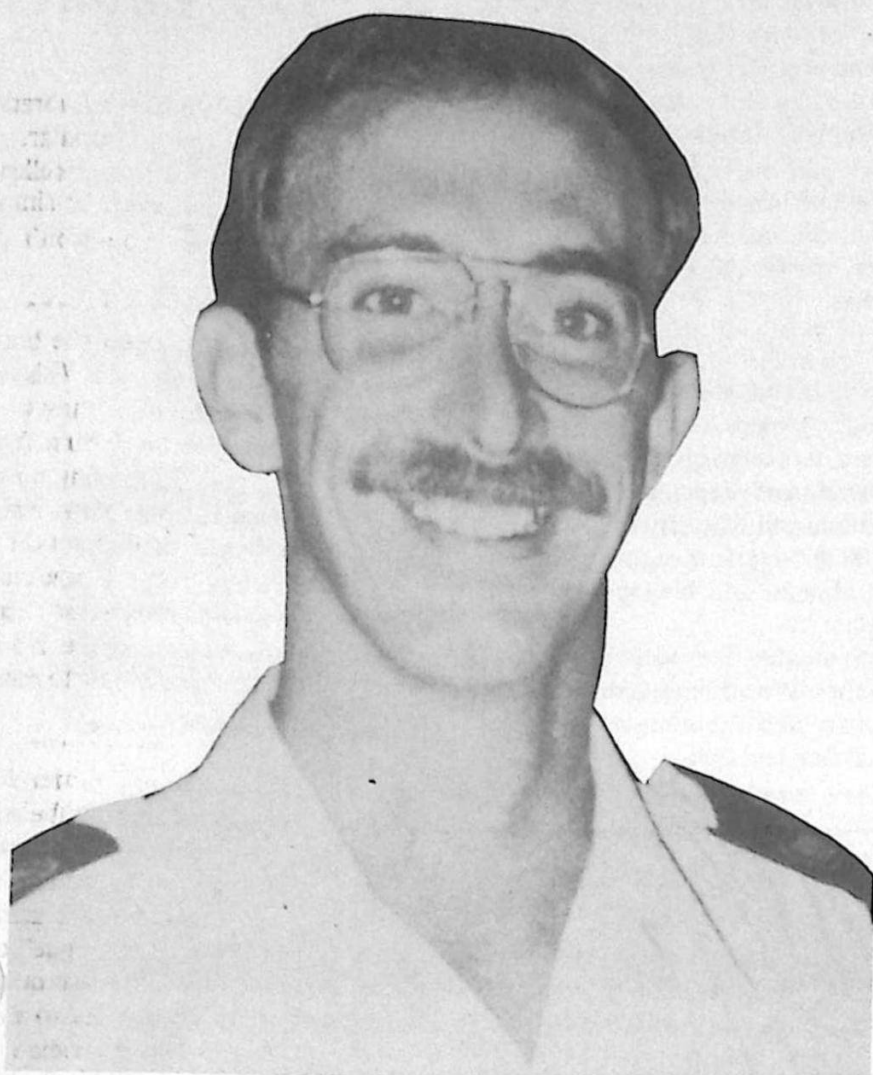
For any further information contact Robert Carmichael at local 2315.

Bronze Medallion and Bronze Cross

If you are interested in obtaining your Bronze Medallion or Bronze Cross swimming awards, please contact Robert Carmichael at local 2315. If enough people (10 or more) show interest, a course could be offered some time this summer.

Sports & Recreation

Our People



Cpl Ken McDonald

Meet Ken McDonald, our personality this issue. Ken hails from Portage La Prairie originally but being an PMQ brat, home was wherever the service took the family.

Ken joined the CAF in 1977 as a Radio Tech and after baptism in Cornwallis, Ken came to Comox. He is single and plays just about any sport imaginable. In fact it has been said that Rad Tech is a secondary duty.

Thanks goes out to Ken for joining us this issue and all the best in your future endeavours.

G.M.K.

Stags take chance on McDonald

Ken McDonald has been in the trading block for the past year. After failing to bring the National Volleyball championships back to Comox, he was put on the unprotected list. For over a year there were a few bases who showed an interest but in the end it was CFB Shilo making the steal. McDonald was traded for two used artillery shells and a free ride in an APC for the BPERO.

Kenny's primary job was in the Telecommunications world, when he wasn't at the gym. His contributions to the base were many, both professionally and otherwise... As an athlete, he participated in most intersection sports with base volleyball his "Fame Game". Ken was one of the reasons the National Volleyball penants for the years 82 & 83 hang in the Rec Centre trophy case.

Ken, on behalf of the base athletes and the PERI staff, we thank you for your support, contributions, and wish you the "Best" with the Shilo Stops.



The safe bicycle

Twice a year, take your bicycle into the yard and give it a thorough safety inspection.

Cycling can be a wonderful form of exercise — but in city traffic it can also be dangerous. Best, then, to ensure that you not only ride safely but also that your bicycle won't let you down.

1. The Seat. Make certain to adjust the seat height properly. Your feet should be able to touch the ground when you're just sitting on the bicycle. Make certain you're comfortable in the seat itself. If you're not, replace it.

2. The Pedals. If your feet slip on the pedals, you lose control of the bicycle. Rubber-tread pedals prevent slippage.

3. Handlebars. Are they tight? Are they set at a comfortable height? Do they have non-slip grips?

4. Tires. They're as important on your bicycle as they are on your car. Make certain, then, that they're not worn and are properly inflated.

5. Wheels. Are they "true" — that is, do they wobble? If they do, you might need the bicycle shop to set them right. Don't neglect this: why risk having a wheel fall off in traffic or having the bicycle steer with a mind of its own?

6. Visibility. Naturally, ensure that your headlight and taillights work. Add reflector tape on the body and rear reflectors on the rear fender, pedals and spokes.

Check that the fenders don't have rough edges. Oil the chain. Then take a brief ride and put on the brakes: if they stick, clean and adjust them.

Statistics indicate that in most accidents involving a bicycle, the cyclist was at fault.

Thus, always ride your bike as safely as you would drive your car — the same traffic rules apply!

And wear a helmet in heavy traffic.

Hunting Regs 85/86

The synopsis of hunting regulations for 1985/86 is now being distributed through Ministry of Environment offices, sporting goods stores and Government Agents, Environment Minister Pelton has announced.

"Numerous changes have been made in the hunting regulations," Pelton said, "and I urge every hunter to check the synopsis carefully before going afield."

"The hunter who is familiar with the rules can relax and enjoy his recreation more, knowing he's not likely to break the law, and that his actions will be consistent with the safety of other people and the conservation of our wildlife," Pelton said.

The Minister cautioned hunters to note particularly that a number of new areas have been closed to hunting and discharge of firearms, for the safety of the public.

— keep their craft properly maintained and have it inspected annually;

— carry with them at all times a first aid kit.

The Red Cross also urges canoeists to check the daily weather forecast and recognize weather signs, such as choppy waves, dark clouds, sudden shifts in wind and fog.

It is also essential that canoeists check identifying markers along the shoreline and look behind them to memorize the route taken and look for prevailing wind signs.

The Red Cross further recommends that canoeists:

- take a map and compass along & know how to use them;
- know the hazards of alcohol consumption;
- avoid fatigue;
- recognize cloud formations (a sudden change in cloud formation is a sign of trouble and you should head for shore);
- practise their skills close to shore before heading off on long trips.

For further information about canoeing safety or water safety, contact: Caroline Brear, Area Consultant, Vancouver Island, at 754-5521.

Base Pool Schedule

As of July 2, 1985

MONDAY - FRIDAY	SATURDAY & SUNDAY
0830 - 1130 Red Cross Swimming Lessons	1300 - 1500 Family Swim
1130 - 1300 Military & DND Employees Swim	1500 - 1600 Adults Only (18 years & over)
1300 - 1400 Masters swim	1800 - 1900 Open Swim
1400 - 1600 Family Swim	1900 - 2000 Adults Only (18 years & over)
1800 - 1900 Open Swim	
1900 - 2000 Adult Swim (18 years & over)	

For further information, contact the Rec Centre.

Unclassified

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For Sale: 15 cu. ft. Viking deep freeze - \$60; auto. washer - \$150; auto. dryer - \$50; outdoor gas grill - \$150; Sansui 4-channel receiver, Sansue turn-table, 4 speakers, Akai 4-channel stereo type deck, complete - \$750; 10 speed bike - \$50. Phone 339-6391.

For Sale 1973 Safeway Mobile Home 12' x 68'. 3 bedrooms, 3 sheds, stove, washer & dryer. Fenced. (Small pets sold by owner.) Telephone 339-5664. \$12,500. o.b.o. Queenish Trailer Park. Back Road, Comox.

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CFB COMOX

RESTAURANT GUIDE

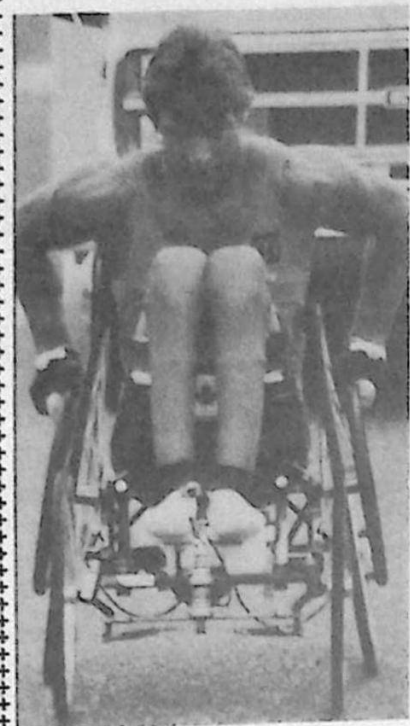
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Sports & Recreation

Man in Motion



Rick Hansen, British Columbia's man in motion has been awarded Simon Fraser University's Terry Fox gold medal and prize. Hansen, a world-class wheelchair athlete, is currently on the third stage of his round-the-world odyssey by wheelchair. Contacted in Paris and told of the award he said he was delighted with the honor. "Thank you. I'm honored to be recognized in the same light as anything that Terry Fox stood for."

"We all admired his courage and ability to give everything he had to reach for a dream. I think that he is a symbol of what makes Canada unique. Our forefathers came here in the belief of a dream and gave everything they had to make a better life."

"To me personally it's special because Terry was a special friend. I'll never forget his spirit and I'm sure that all Canadians feel the same."

The Terry Fox medal is awarded by the university to a "person who has demonstrated those personal qualities of courage in adversity and dedication to society which were exemplified by Terry Fox, an SFU kinesiology student who lost a leg, and later his life, to cancer but earned the admiration of the world for his valiant effort to run across Canada. Fox's Marathon of Hope raised \$24 million for cancer research."

The medal and cash prize of \$1,000 will be presented at a later date. The award also includes three semesters' tuition should Hansen decide to register at Simon Fraser for further academic work. He is a physical education graduate of the University of British Columbia and believed to be the first disabled person to complete that course.

... Rick Hansen recognized

Rick Hansen has been involved in athletics since his youth. A traffic accident at age 15 left him paralyzed in both legs and set him on a path that has brought personal achievement and national honors as an athlete. While he has competed nationally in basketball and volleyball the major emphasis has been in wheelchair track and marathoning. He has won 19 international marathons in five countries and was a finalist in the 1500 metre wheelchair exhibition race at the Los Angeles Olympics. Three times he has been named Canada's disabled athlete of the year. In 1983 he and hockey superstar Wayne Gretzky, shared the Lou Marsh trophy as Canada's outstanding athlete of the year.

Rick's Man in Motion world tour, which began Mar. 21 in Vancouver and will see him go around the world, wheeling nearly 25,000 miles through 34 countries and five continents, is designed to create world-wide awareness of the abilities of the disabled and create an international fund for spinal cord research, rehabilitation and wheelchair sports. The of three days wheeling to a day of rest Hansen and his team expect to arrive at the door of EXPO 86 in September '86.

Disabilities, determination and dreams created Terry Fox's marathon and Rick Hansen's journey. Says Hansen: "We all have a dream. Terry Fox's special message to everyone was to find the courage to give it everything you've got." Rick Hansen is doing just that.

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Sailing along... CFSA news

While most service personnel at CFB Comox and area view sports fishing as the primary water related activity in the valley, a dedicated group of individuals utilize the local waters in a different manner altogether. These are the members of the Comox Sqn. of the Canadian Forces Sailing Association (CFSA).

The CFSA has its origins in the Royal Canadian Navy Sailing Association formed in 1952. At present, the organization consists of 17 squadrons established throughout the CF from CFS Halifax to CFB Comox. The history of the Comox squadron, formed in 1971, has been marked by its share of ups and downs, not unlike the majority of CF sports and recreation clubs. Membership presently stands at 56 paid up members.

The Comox squadron is very active in training and encouraging new sailors. Every year dinghy courses are offered and Canadian Yachting Association (CYA) certificates are awarded to those who successfully complete the course. In addition to keelboat coastal cruising course is offered, enabling sailors to qualify on the "Klim Kwash" a Columbia 22 owned and operated by the CFSA at Comox.

Full membership is open to past and present members of the CF and the reserves, active members of the cadet instructors list, and members of the RCMP. Local membership is also available to civilians possessing sailing expertise which would benefit the CFSA. However, local membership shall not exceed 10% of total membership.

The first dinghy course, held this spring, was well attended and the following members successfully completed their White Sail Level III qualifications: Hans Kroemer, Tiny Goerzen, Claudia Greenaway, Dave Graham, Brian Eggleston, Jane Daniel, and Rob Hanula.

Another course nearing completion was started on 22 June with ten students. The dinghy used for instructional purpose is the 420 dinghy which is used throughout the CFSA and is also in wide use throughout the world. The 420 is a high performance planning sailboat which is both a reliable training vessel and an excellent racing dinghy.

The CFSA sponsors a national racing program. In support of this program, and to promote sailboat racing in general, the Comox Squadron of the CFSA has been conducting a racing series on Wednesday evenings at HMCS Quadra. Participation in this series, initiated this spring, has consistently averaged 4 to 5 heats. This year the series winner will be awarded the Commodore's Trophy.

Two crews were selected on the basis of the series standing at the time to represent the squadron at the Pacific Regional Regatta in Esquimalt held on the 13 of July. Don Irvine and Brad Lunsford placed third! Don MacCauley and Lynn Fralick, plagued by boat problems, placed fifth. Congratulations!

New members are welcomed. Come on out and take the helm. Interested? Contact Don Irvine at VU33 Maintenance, local 2416.

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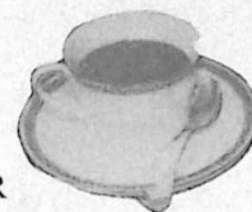
Be Water Wise. Play it Safe.

Never swim alone.
Most drownings occur in unsupervised areas.

The Canadian Red Cross Society

OFFICERS' MESS

August, 1985



Wednesdays August 7, 14, 21, 28
OFFICERS COFFEE HOUR

Coffee will be served in the Lounge every Wednesday at 1000 hrs. Dress will be dress of the day. All Officers are invited to attend.

Fridays August 9, 16, 23 & 30

REGULAR TGIFs

Food as indicated 1700-1800 hours.
Free taxi. Ask at Bar.

Friday August 30
MIXED TGIF STEAK NIGHT

BBQ Steaks, Baked Potato and Salad will be served 1730-1930 hrs. Dancing to DJ will follow 2000-2400 hrs. There will be no charge for this evening.

Friday August 9, TGIF Pizzas & Fries

August 16 TGIF Burgers & Fries

August 23, TGIF, Bacon & Tomato Sandwiches

August 30 MTGIF Steak Night

Coming Events:

SEPTEMBER 1985 — MEET & GREET

Afraid of the water?

If you're afraid of the water — meet Michael Berger.

He's a former Red Cross Water Safety instructor who spends most of his working time travelling from pool to pool in Toronto helping people overcome their aquaphobia. "Most of my pupils' fears are two-fold, the 50 year-old Berger explains.

"First, they're genuinely frightened of the water, and second, they won't admit their fear to anyone else because they feel foolish. They'll dream up all kinds of excuses to keep away from lakes and pools."

Pam Chiotti, who helped Berger launch his highly successful program, told Participation Berger developed his technique 15 years ago working as director at the Jewish Camp Council's "Good Fellowship" Lodge.

Using his "Transfer Effect" method, he taught senior citizens to analyze and fully understand their barriers before attempting a breakthrough.

Now he instructs people of all ages throughout Metro Toronto.

"I keep people in their own comfort zone by moving them at a very slow pace," says Berger.

"A good number prefer private lessons, particularly in the beginning. After they become less fearful, they usually move into pairs or small groups, though the program is tailored to each individual's needs. It really is a personal kind of thing."

According to pupil Michael Levman, Berger has that certain "something" when it comes to establishing a trusting relationship.

"Mr Berger has incredible patience. I really admire him. I'm nearly 40 years old and I never thought I'd learn to swim. After only two lessons, I'm able to breathe in the water!"

Berger explains: "The lessons are never forceful. We play games and have fun."

"Also, I make absolutely sure that the student's new skills become automatic reactions before going one step further."

Berger will offer instruction at the pool of his student's choice. He's so confident of success, he refuses to charge if a pupil remains unable to float in a relaxed manner after six lessons.

Experts call swimming the "perfect" exercise: it works almost every muscle in the body, and people of all ages can enjoy it. Doctors frequently prescribe swimming for patients with back or joint injuries.

In fact, swimming has so many advantages, it's a shame some people let their fear of the water keep them high and dry.

So, wave goodbye to that fear of the waves! If you're in the Toronto area, consider calling Michael Berger at 782-4589. Elsewhere, look for helpful instructions at the YMCA, the YWCA or the Red Cross.

Get into the swim!

Come Meet The Staff at the CANEX SERVICE STATION



People & Places

Base Commander's Commendation



Sgt Neil Garlow

... Col Kadonoff presenting



Line Men ... Eddie Brett and Al Fogg are busy sprucin' up the white lines. Great job on those warm summer days.



New propane jockey — Dave Allen our resident auto shop manager surveys his new acquisition. Propane will soon be available at the Base Service Station.

The 5 Pin Bowling Association of CFB Comox will hold a General Meeting at the Base Bowling Alley, CFB Comox at 1900 hours (7 p.m.) 25 August for all persons interested in bowling on base this year. Further information will follow.



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TEL. 339-2348 (or drop in)

Lost & Found

Not all missing persons are runaways and victims of foul play. Many are alive and want to be found. They have been disconnected from their families by war in Southeast Asia, martial law in Poland, an earthquake in Italy, a tornado in Ontario or a family quarrel that occurred 25 years ago and was never mended.

There is a singular agony in not knowing whether someone you know is alive or dead.

When British Columbians want to trace a missing member of their immediate family, they contact Katie Coles, divisional co-ordinator of the Red Cross Tracing and Reunion Service, at headquarters in Vancouver.

Her caseload is staggering. The number of tracings increased by 20 per cent in 1984 compared to 1983. There were 424 requests in 1983 and 510 in 1984. She currently has 150 active cases and 78 cases waiting to be handled.

Since January, she notes there has been an increase in the number of emergency traces — cases where people want to locate relatives due to a death or illness in the family.

"We've had 15 of those in two months," she said.

Coles has learned a lot in her two years as divisional co-ordinator for this unique Red Cross service.

She said it is difficult to estimate how long it takes to complete "the average case".

"I've got three cases that originated in 1982 that are still active and I'm waiting for replies. Some case are absolutely impossible due to a lack of information such as a missing birth date," she said.

Nevertheless, she perseveres in her usual cheerful, friendly manner.

Some searches hit dead ends and Coles said she is disappointed every time this happens.

"I'm disappointed and I hate to be defeated," she said.

Her success rate varies. In 1984, of the 510 cases, she was successful in 142, unsuccessful in 164 and 204 cases were pending.

Tools of the trade includes telephone books, voter lists, government sources, ethnic newspapers and clubs, the RCMP, as well as a touch of Sherlockian cunning.

She's been trying for two years to get a woman out of Poland to visit her sick mother in Nanaimo.

"If the country refuses an exit visa three times, we can write a letter saying Canada is willing to accept them and why can't they come. Sometimes our intervention gives that extra little push," Coles said.

She recently reunited two men who were in the Hungarian Revolution together. "The man's daughter was so excited when I found her father's friend. Her father didn't believe his friend had been found.

She has about four "regulars" who drop in to see her every month to check on the progress of her cases.

"One woman who is trying to get her daughter out of Czechoslovakia comes in every two weeks," she said.

Makin' some Masters



"Ben" Balestra

Capt Peturson presenting



Jim Gaylor

L/Col Stuart presenting

No Parking here says Cliff



The "No Parking Man" ... Cliff Pilon spends this summer day painting up those little P's with the line thru ... Now you know who does it!

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August 5-10 -- Orlando Dillino
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August 19-24 -- Bassel Watsin

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338-7741



Mary Vandenameele will be operating at Style Rite Beauty Salon starting July 1st at CFB Comox, located in CANEX building.

•• Civilians are more than welcome.

Around the Base



Well I'll be dammed . . . Ron Fisher, "Senior Citizen" instructor over at AFIS is perplexed at the disappearance of the company sign. It seems that the boys of summer were under the influence of a full moon.

Alcohol and water

...A deadly mix

If you're thinking about mixing alcohol with your favorite aquatic activities this summer, think again.

In 1984, approximately 1,200 lives were lost on Canadian waterways — and alcohol was involved in more than half of these accidents.

Now that the swimming and boating season is under way, the Red Cross reminds you to dock or take that dip first — and party later.

It's difficult for some boaters to imagine a day out in the sun and open air without a case of beer. But a boat operator with a blood alcohol level of 0.04, one-half legal limit for driving, can be significantly impaired.

In a boat, when you combine a blood alcohol level of 0.04 with fatigue, the glare of the sun, and the noise and vibration of a motor, the reflexes of the operator are reduced enough to make him

legally impaired by provincial driving laws. The first thing the operator loses is his judgement.

The same is true of water skiers — a nasty spill caused by alcohol-induced carelessness can increase the chances of serious injury.

Like drunk drivers on the highways, those who operate boats under the influence of alcohol are subject to summary conviction under the provisions of the Canadian Criminal Code.

Drownings account for the majority of recreational boating fatalities. Among swimmers, it's that late afternoon swim or moonlight dip after a few drinks which most often prove fatal.

If you want to celebrate your sports achievements with a drink, do so after you've docked or taken that dip.

Remember, mixing alcohol and water can get you in over your head!

Tips for summer comfort

Summer is here, and with it comes cookouts at the lake, warm nights, bronzed skin, and tennis tournaments. But it also brings searing temperatures, high humidity, and increasingly high energy bills for air conditioning. To help you stay cool and comfortable during these hot summer months

and to defeat those shockingly high energy bills, just follow these "Tips for summer comfort":

- during intense hours of afternoon sunshine, draw curtains and close windows and doors.
- hang laundry on a line outside to avoid using your clothes dryer; take advantage of that warm summer air



Pte Snook and Sgt Tuson, Vehicle Technicians in Base Maintenance (Land), suggested a Mod that improved the throttle linkage on one of our aircraft towing tractors and they were granted an award of \$150.00. Maj Rose, our BTNO, presented Cpl Snook with his award.

New UN recognition

The UN Secretary Gen. has decided that personnel with more than one tour of duty with UN formations will be entitled to a silver arabic numeral affixed to the ribbon and to the ribbon on the medal to indicate numbers of tours of duty served with a particular UN mission. Qualification for tour numerals will be the same as for the initial award of a medal.

The issue by the United Nations of tour numerals will be made only for personnel serving on or after 21 Jun 1979 in a UN mission. Personnel who had previous UN tours of duty and who are currently serving in Cdn Units/Bases/Fmns/MIL areas will apply to their Commanding Officer

Household borrowing patterns in Canada

Household borrowing patterns in Canada have been more volatile so far in the eighties than in the previous two decades. The severity of the 1981-82 recession, which resulted in large declines in real income, and the volatility in, as well as the record height of lending rates at that time, forced consumers to re-examine their liabilities encouraging them to pay down debts and to reduce their reliance on credit for new purchases.

Total household credit which had grown by 13.5% per year on average since 1961, when statistics were first collected, slowed considerably in 1981 and increased by less than 2% in 1982 (chart 19). Previously the lowest annual rate of increase had been 7.5% (1966). Over the period, the average annual increase in household indebtedness had exceeded the rate of growth in nominal GNP by more than 2% per year (chart 20). Two factors contributed strongly to this rising trend of household debt relative to GNP: the very rapid increase in house prices and the resulting build-up in home-owner equity, particularly in the early seventies; and the relatively low level of real interest rates, particularly in the late seventies. However, this continuous increase in indebtedness relative to income was not sustainable, and the rapid rise in real rates in 1981 was the catalyst that led to a correction in both the level of debt and of household expenditures, particularly expenditures on durable goods and housing.

Since mid-1983, household credit, has resumed its upward trend, at an annual rate of about 8% (chart 21). Interestingly much of the increase in consumer credit in 1984 has been concentrated in three forms of advances. Of a total increase of \$2.7 billion in bank loans to individuals, the most important part of household credit, more than \$2 billion was accounted for by advances for the purchase of new cars (\$1.3 billion), the renovation of residential property (\$0.1 billion), and for increases in credit card outstandings (\$0.6 billion). These three categories combined grew at an annual rate of 20%, while other bank personal loans, a much larger aggregate, grew by a mere 3.3%.

Will the current overall growth rate of 8% prove excessive, lead to a reduction in household spending once again, and play a part in bringing on another recession? Not likely.

In the first place income growth has kept up with the increased indebtedness, and, therefore, debt ratios have not deteriorated much, if at all, since mid-1983. Secondly, interest rates have declined significantly since that time, reducing the debt-serving cost of this higher debt (chart 22). Finally, current debt ratios are certainly still low compared to the levels reached in 1981, when a spurt of interest rates led to a curtailment in spending. Thus the current level of consumer indebtedness does not appear to threaten the sustainability

of the recovery. Nor are the higher levels of personal direct and indirect taxes announced in Finance Minister Wilson's recent budget necessarily a threat to spending growth. This is because the consumer will probably reduce his savings rate and add to his indebtedness thus permitting consumption to grow sufficiently rapidly to allow the recovery to continue.

A decline in the savings rate is actually a likely outcome. While this rate has dropped significantly from its recession peak, it was still an extremely high level in 1984 (chart 23). Factors which would induce the consumer to dip into his savings to maintain his spending habits include: lower interest rates, which have reduced the attractiveness of financial assets and provided savers with capital gains as stock and bond prices increased; a lower unemployment rate, which reduces the cautionary motive for saving, as workers feel more secure about their jobs; the budgetary decision to allow funds previously accumulated in RHOSP accounts to be spent without tax consequences; and the lower inflation rate, which will reduce the rate at which the real value of saving is eroded.

The same factors which encourage consumers to dip into their savings increase their willingness to add to their indebtedness. Therefore, we would expect consumption to continue to move ahead in 1985 and 1986, despite a substantial reduction in personal disposable income as consumers

respond to lower interest rates, inflation rates, and unemployment rates, by dipping into their savings and by adding to their debt load. These increases in debt are unlikely to threaten the sustainability of the recovery since, as explained earlier, debt ratios and interest rates are likely to remain well below historical peaks and thus debt-serving costs should not hinder consumer spending for some time.

Exchange Cadets

Twenty-five United States Naval Sea Cadets and two escorting officers have become part of the Ship's complement for HMCS QUADRA. The young cadets, all meritorious teenagers, are from areas west of the Mississippi River. They spent a period of 12 days aboard QUADRA with side trips to Victoria, Esquimalt Dockyard, HMC Ship, Provincial Museum, etc. and our Comox Valley.

During their stay aboard QUADRA they participated in a number of training recreational activities. They received training in confidence building, parade drill, seamanship, range, and sailing. On the recreational side they participated in an overnight hike on the Forbidden Plateau, overnight cutter sail around Denman Island, the Canada Fitness Test, and a short leave period in Comox/Courtenay. During their stay the witnessed the Change of Command and participated in Ceremonial Divisions.

An equal number of deserving Royal Canadian Sea Cadets visited the State of California.

CF provides "Boeing wide body" service



CP Air visits . . . A CP Air DC-10 dropped in last week to deliver and pick up the summer games athletes. Seems that the Brown/McGill turn around facility worked to a tee. Nice goin' Guys!

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LADIES GUILD: Meets once monthly September - June.
President: Mrs. Joyce Brown; telephone: 339-2685

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BASE CHAPLAIN (RC): Padre J. Dabrowski
CHAPEL: Our Lady of the Sacred Heart (on Base)
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Sunday - 1000 hours.
Week Days - 0900 hours.
BAPTISMS & MARRIAGES: By appointment - notice well in advance please.
CATHOLIC WOMEN'S LEAGUE: Second Tuesday of the month in Parish Hall, preceded by Mass in the Chapel at 7:30 p.m. (No meetings during July/August). President: Mrs. Edna Sinclair, telephone: 339-6883.
PARISH COUNCIL: Second Wednesday/month at 1300 hours in Parish Hall.
CATECHISM CLASSES: From September - May in the PMQ School at 1830 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.

Section News



BAMSO News

With three weeks between issues instead of the normal two, you would think that there would be a lot more news to report but it is becoming obvious that the reason for the extended period between issues is that there are many people away on leave. We did, however, manage to squeeze in a golf tournament with top honours going to Pte Larry Kozakevich in Base Workshops who shot a 38. Sorry to say though that Workshops also had the high score for BAMSO players when one of their personnel shot a 72. Wouldn't want to embarrass him by mentioning his name but I give you a general idea who it was by stating that he is a Warrant Officer.

Our new MSO Lt Mike Wells is getting settled in and is finding out just what kind of skills it takes to operate sewing machines and some of the workshops equipment.

We also welcome Sgt Bill Hill who replaced MWO Boyd and came to us from 407 Squadron. We are glad to have you with us and look forward to being able to announce your promotion. Enjoy your Senior Leaders Course Bill.

Now for items from some of our shops, starting with,

ARMAMENT

Greetings from the section with the best wall murals in the BAMSO organization, Base Armament. Even though we are at the peak of the summer vacation period, there is still a remarkable amount of activity in the armourer lair.

Congratulations to Don and Anita Wilson for their contribution to the base population explosion with the addition of a baby boy. Congratulations also to Caroline (nee Maillet) and Steve Wilson on their recent marriage and we wish them a lifetime of happiness.

There have been so many people coming and going all summer that it has been extremely difficult to keep track of them but here goes for a try at it. WO Ireland has just retur-

ned from Bordon where he attended a three week AWS electronics conversion course (just add water and he is an AWS tech). Sgt Rice is back from a seven week EOD/IED course and it must have been successful as he still has all his fingers. Sgt Lewis didn't go on course but he sure is relieved that everyone is back as he had to take on the AMIT team single handedly. Good Work Jim! Cpl Fairweather is on an extended TD trip for his XG/XH course and will be back soon. MCpl Jacques has received word that he will be going on the POET course and may be seen around the section brushing up on his mathematics. Cpl Haskel has returned from RV85. "H" likes to camp out with the boys every year just to remind himself why he remustered. Frank Bliss is relaxing in Saskatchewan and he promised to bring us back a trunk full of grasshoppers. "Armament Russ" is also on leave so he can't make his daily runs to the Pop Shop.

We received word of another staggering statistic from the Armament Shop. It seems that our faithful fastball team is on a winning streak. They have won one in a row. While on the topic of ball, Dave Koens hit a big one in the last game but little does he know that the fielders fall asleep when he comes up to bat. A big thanks to all the guys (Haskell, Campton, Bliss) who filled in to keep the team going while the regulars were away.

A lot of postings for the section. Outgoing we have MCpl Eichler from Small Arms who is going to CFB Lahr and Cpl Gagne from "X" Area who is going to 1CAG. We wish them well in their new postings and at the same time welcome to the fold Cpl Patenaude from CFB Chatham, Cpl Oakie from CFB Gagetown, and Cpl Olsen from 1CAG.

Trade wise, our senior NCOs are still undergoing AWS conversion and all other trade members are still getting their POET courses and XG/XH or 9L training. Slowly but

surely, we are getting all of our personnel converted to Air Weapons Systems Technicians.

Only one other item and that is a special thanks to our secretary Linda Patterson. She is also posted this year and her secretarial talents will be sorely missed by all of the Armament Section.

Well, that ends our report on happenings in the Base Armament Section and until next time the Phantom Armourer says "Keep your powder dry".

SAFETY SYSTEMS

So here we are with the latest from Safety Systems. Everything has been pretty quiet around here. We welcome a new addition to our happy family, Sgt Hill, who will be going on his Senior Leaders Course very shortly.

MCpl Neilson just got back from a three day flip to balmy Red Deer Alberta and MCpl Bullock will soon be going to Abbotsford for the annual air show. That should be a high flying time.

We also have a new junior addition compliments of Cpl Wilson who recently had a little guy (Christopher) and our heartiest congratulations go out to her and her hubby Don.

So much for Safety Systems for this issue. Stay tuned for our next article when our regular writer returns.

NON DESTRUCTIVE TESTING

Sorry to report that there will be no NDT column this time as, until they receive replacement personnel, the section is so small that they can't find anyone who could write an article in time for this issue. This little bit though will let you realize that they still exist and on behalf of those who "do it in the dark", I sign off by saying that if you want something "X-RAYed" drop in and see them.

Base Supply

Hello again to everyone. As we all know, no edition of the "Times" would be complete without new of the Supply "goings on's", so let's see what each other have been up to as of late.

The annual posting turnover is almost complete for another year. One of the last but certainly not least of our flock to leave is Pte Sandy Turner. Sandy is off to Kingston to start training in her new trade. Their gain will certainly be Supply's loss. Good luck Sandy. We'll all miss you. In balance with our departures we have our arrivals too. We would like to extend a warm welcome to our newest techs; Cpl Cathy Deruelle from Shearwater, Cpl Bob Hutchison from Otawa, Cpl Brad Lourie from North Bay and Cpl Linda Hyde from Toronto. We have also been lucky enough to have gained the assistance of 3 new civilian members; Mr. Dick Waite, Mr. Frank Felhouser and Mr. John Ewert. Welcome back to WO Starr Beachey, Cpl Christine Couture and Cpl Dan Brown who have all been busy training in Borden this summer.

Congratulations to MCpl Martine Veldhuizen, Cpl Christine Couture, Cpl Donna Middelbrook, Cpl Sue Gougeon and Pte Shawn Price for their recent promotions.

Congratulations also to Pte and Mrs. Chuck Harvey who will be married this weekend back east. MCpl Dianne Earl will be starting her maternity leave this week. Customer Services loss will be her family's gain. We all hope you enjoy your well deserved rest and good luck with the baby. It is good to see you have remained so calm, God knows the rest of the section is at their wits end awaiting the birth!

Cpl Shelly Hutchinson will have to find a date to help her celebrate her First Anniversary since husband Brad will be on his 5's course. Rumour has it that a friend of the family, Pte Dan Martin, may have already won the honour. MCpl Steve Dew is finally going on his long awaited leave. A broken foot a few weeks ago cancelled it first time around. Better luck this time Steve.

We have a bona fide hero in our midst. Pte Shawn Price has recently been recognized for saving the day at the Canex by putting out a fire

which could have proven devastating, if not for his quick thinking. Good show, Shawn.

The Supply Sports Day confirmed once again that 7 Hangar Supply staff are an unbeatable bunch. The only event that they didn't win was the orange pass, Debra Burns says the whisker burn got so bad she just couldn't go on. Dick Waite is claiming full responsibility. Congratulations 7 Hangar!

Now that WO Francine Fredrickson has been fully briefed on how to operate the on/off switch of her new scooter, she won't have to worry about leaving it behind in strange parking lots anymore. I guess she found out the hard way how understanding the mechanics are that the scooter dealership sends out on their calls!

The slow pitch season is still going full swing - Good luck to all of you. I hope everyone enjoys their summer. Be careful on the streets and on the water if you're drinking.

The End

Be Water Wise

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



TIM KENNELLEY

13 YEARS ON THE VIP TEAM
NEED A CAR OR TRUCK
GIVE ME A CALL
NEW OR USED, I'M YOUR MAN

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MERCURY
COMOX VALLEY FORD SALES
(1944) LTD.
349 1st Hwy.
Courtenay 334-3161



THE CFB COMOX WINDSURFING CLUB

Extends a welcome to new members.

Club equipment includes:

- ✓ 6 windsurfer one design sailboards
- ✓ wetsuits/shoes/life jackets
- ✓ sailboard and wetsuit rental at \$200/hr
- ✓ IWSS certified lesson package available

For more information please contact one of the following:

	Work	Home
Capt L.A. Mamen, Club President	2442	338-0674
Lt P.E. Godbole, Vice President	2523	339-0541
Cpl P.E. Cloutier, Secretary	2524	339-2184
Cpl J.P. L'Arrivee, Treasurer	2399	339-6972



SCHOOL DISTRICT NO. 71 SCHOOL OPENING REGISTRATION 1985

September school opening registration will take place at all schools in School District No. 71 (Courtenay) as follows:

ELEMENTARY & JUNIOR SCHOOLS

Wednesday, August 28th - 9:00 a.m. - 12 noon.

G.P. VANIER SECONDARY SCHOOL

Wednesday, August 28th - 9:00 a.m. - 12 noon.

HIGHLAND SECONDARY SCHOOL

Tuesday, August 27th - 9:00 a.m. - 2:00 p.m.

Wednesday, August 28th - 9:00 a.m. - 12 noon.

ELIGIBILITY FOR REGISTRATION

- Kindergarten - all children born in 1980.
- Grade 1 - all children born in 1979.

Children attending school for the first time must produce a birth certificate and, if appropriate, an immunization record card.

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



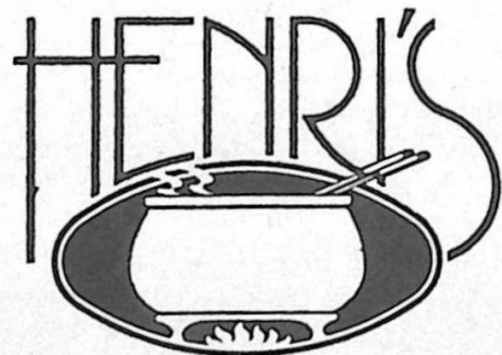
334-4401

COURTENAY HOUSE

Everything for your dining and entertainment pleasure.

- Pewter Room - EXCELLENT DINING
- Coffee Shop

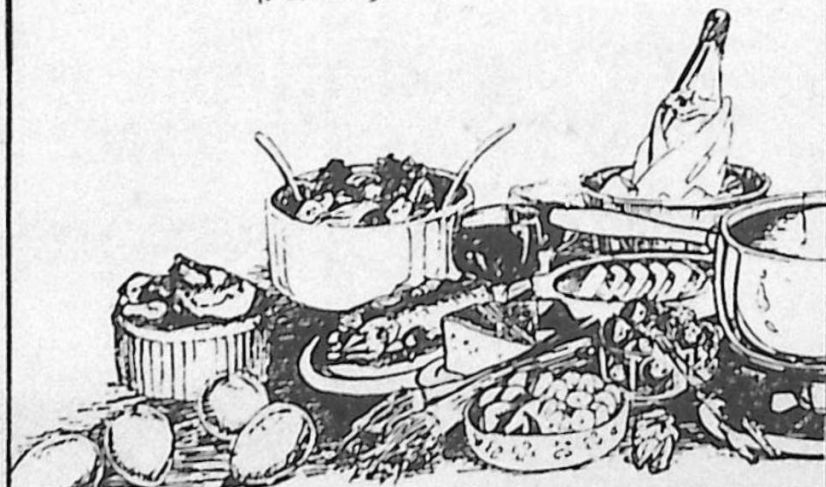
COURTENAY HOUSE -- 498 Island Hwy., Courtenay



RESTAURANT

In the Farmers Market

2270 Island Highway, Courtenay
(Formerly The Van Horn)



Weekend Dinner Specials

August 9 & 10

FILET WELLINGTON

or

SALMON WELLINGTON

\$11.95

MIXED FONDUE

(Chicken, Prawns & Beef)

\$12.50/Person

CHEESE FONDUE

\$9.95/Person

STEAK & PRAWNS

(New York Pepper Sauce Steak)

\$12.95

These Weekend Specials include "HENRI'S" Salad Bar
Lunch 11:30-2 p.m. © Dinner from 5 p.m.
Closed Sundays

RESERVATIONS 334-2477



Around the Base

Headlights on?

Vancouver, B.C. - British Columbia drivers will come out of the dark ages - and the British Columbia Automobile Association will light the way.

BCAA is launching a 'turn on and live' lights-on campaign for the B.C. Day and Labour Day holiday weekends.

Drivers will be encouraged to drive with their headlights on all day, not just at night time, according to Andrew Makin, President of BCAA.

"One of BCAA's mandates has always been to promote safety in automobiles and on the road," Makin said. "The 'turn on and live' campaign is designed to make cars more visible on the road and thus help prevent accidents.

"The safety community has long been aware that driving with headlights on is one of the cost effective and most readily available means of increasing driving safety," Makin said.

"Sweden has demonstrated that driving with lights on makes cars more easily seen and gives drivers a lot more time to react. This is especially important in the cities where there are large numbers of pedestrians," Makin added. "B.C. has an opportunity to reduce the number of accidents in normally high accident periods."

"If Swedish drivers can reduce accidents simply by turning on a switch, so can we."

• Tests conducted in Sweden have demonstrated that there is a dramatic increase in traffic awareness among pedestrians, especially in the city.

• The reduction in accident rates among pedestrians in Sweden was reduced by up to 25% when cars

drove with their headlights on. (Sweden was selected because of its similar latitudinal position as well as its highway systems.)

• A major benefit to driving with headlights on occurs in the summer. This may come as a surprise to most because of the overall quality of light in the summer. However, since winter is prone to fog and mist and the days are shorter, drivers in peak periods are more likely to drive with their headlights on. In the summer, there is no need to drive with the headlights on during a busy rush hour period because of the overall quality of light. However, the accident rate in Sweden was reduced most dramatically in the summertime months.

• The Canadian Government has conducted tests on several old air fields. These tests, conducted in all types of weather, asked participants to judge when they first became aware of a vehicle. Vehicles with headlights on were seen sooner and from a greater distance than those without headlights on. The Test results were the same for all different weather conditions.

• During the hot summertime days, heat tends to rise from the highway surface and create mirages. This distortion, can cause an automobile to "disappear" over great distances. Automobiles with lights on tend to avoid this distortion of light since they become a source of light.

• while driving with headlights on does not significantly increase the amount of visibility of the driver in that vehicle, it does make that vehicle become more visible to oncoming traffic.



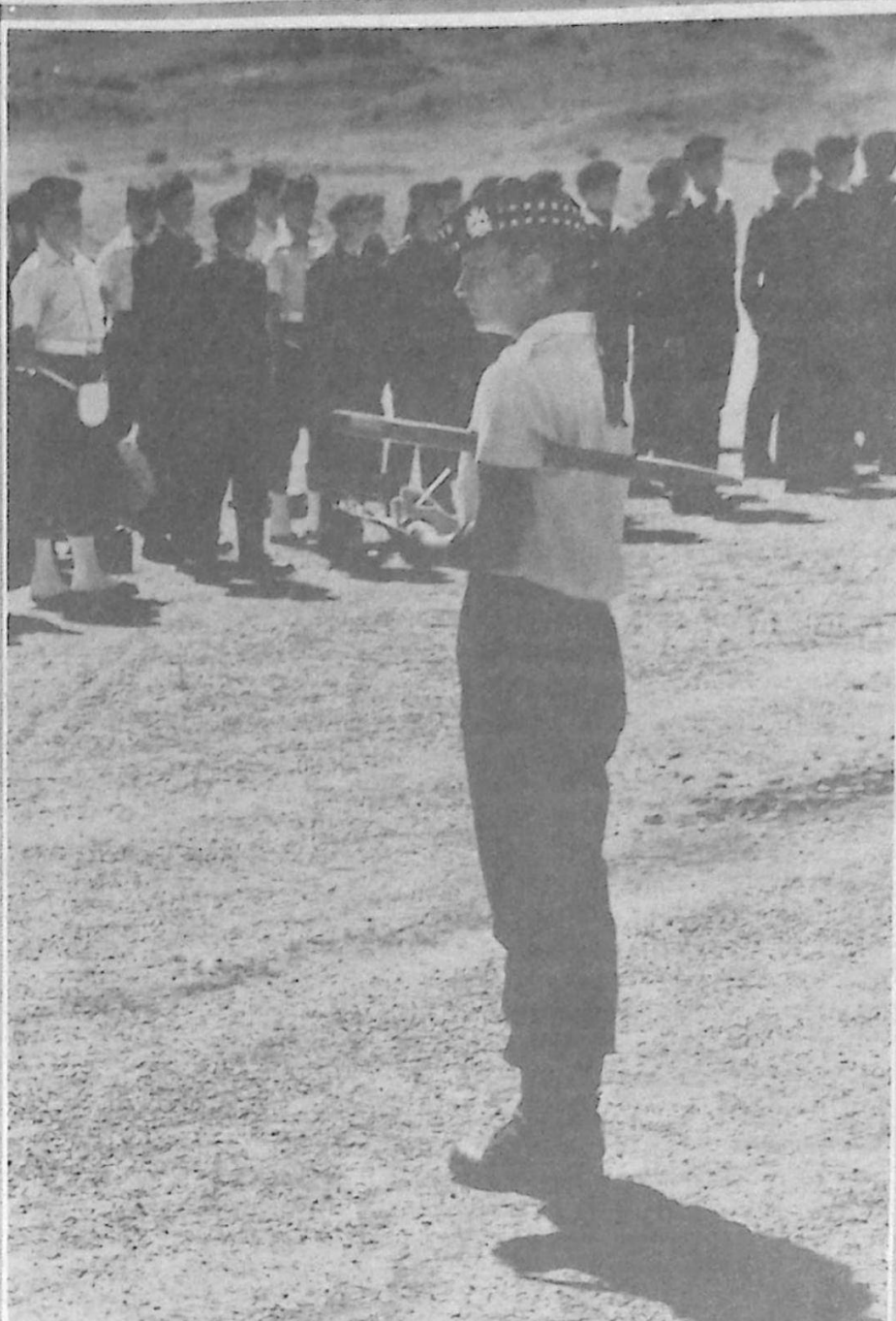
50 years after

Mr "Les" Graham

Less was a recent visitor to CFB Comox. It seems that some 50 years ago pilot officer Les Graham did his solo on a Vickers Vincent. (You remember those Molly!) Anyway, due to an flying injury in 1937, Les left the RAF and had not been on an air base since.

So we gave him the two-fifty special and showed him that things had changed somewhat in 50 years. Les enjoyed his short visit to CFB Comox and noted with interest the "new things" he saw.

Les lives with his wife in the peaceful confines of Denman Island. Thanks for joining us Les - it was a pleasure to have you.



"Answer when I call your name!"... Cadet Regimental Sergeant-Major Melinda Kempkens of Comox calls the roll on the arrival of a contingent of cadets from Vancouver Island to Vernon Army Cadet Camp. The Comox cadet is the senior staff cadet in the Okanagan Valley training facility this summer.

Top Cadet

... Melinda Kempkens

Two days after her graduation from Highland Senior Secondary School, in Comox, 18 year old Melinda Kempkens did what she has done every June for four of the past five summers. She packed her kit bag and headed east for Vernon Army Cadet Camp in the sunny Okanagan Valley.

Last year she was the top female cadet in the Junior Non-Commissioned Officer course, a two week program for senior cadets.

At the end of training, she was presented with the Strathcona Trust award, and a pace stick, symbolic of the top cadet in camp that summer.

"I came to camp with the goal of being Cadet RSM again this year", Kempkens said, and after this year's Junior NCO course, Commanding Officer Lt. Colonel Brian Munro again presented her with the trophy for being the best female NCO and the coveted Cadet RSM's pace stick.

In Comox, Kempkens has been a member of 1726 RCAC Corps (Canadian Scottish Regiment) for six years.

Next Totem Times Deadline August 26.

A Kudo For us

Congratulations on Totem Times being chosen winner of Second Place Award for Best All Around Military Newspaper - volunteer staff. A base newspaper is a vital communications medium in our busy lives. Well done and keep up the good work!

Commander
Maritime Air Group

Welcome to

TOMMY TUCKER'S

No substitutions please

SOUP OF THE DAY 1.50
with crackers

Fantastic Salad Bar

SALAD BAR WITH BISCUIT 3.99

SOUP AND SALAD BAR WITH BISCUIT 4.99

1/4 CHICKEN DINNER 4.49

1/2 CHICKEN DINNER 6.49

Chicken dinners include biscuit, choice of baked potato or fresh cut fries and homemade gravy

HOT CHICKEN SANDWICH 3.99

includes choice of baked potato or fresh cut fries and homemade gravy

COLD CHICKEN SANDWICH 3.59

on a fresh Kaiser bun, served with potato salad and dill pickle

TINY TUCKER 1.99

Chicken, fries and gravy (Children under twelve)

CHICKEN POT PIE 4.75

includes biscuit, potato or fresh cut fries

Burgers

TOMMY TUCKER BEEF BURGER 3.59

with cheese on a fresh Kaiser (1/3 lb.) with fresh cut fries

DOUBLE BURGER WITH CHEESE 4.99

on a fresh Kaiser (2/3 lb.) with fresh cut fries

MUSHROOM BURGER WITH CHEESE 4.59

(1/3 lb.) loaded with sauteed mushrooms, on a fresh Kaiser with fresh cut fries

Beef up your Burger

Fresh Tomatoes49

Bacon99

6 OZ. STEAK SANDWICH 5.95

Top sirloin served with fresh vegetables, baked potato or fresh cut fries

8 OZ. NEW YORK STEAK DINNER 8.95

12 OZ. NEW YORK STEAK DINNER 12.95

Steak dinners include fresh vegetables, biscuit, baked potato or fresh cut fries

STEAK AND KIDNEY PIE 4.75

Includes biscuit, baked potato or fresh cut fries

STEAK AND CHICKEN COMBO 8.49

STEAK AND SHRIMP COMBO 8.49

Combo dinners include biscuit, fresh vegetables and baked potato or fresh cut fries

SHRIMP DINNER 5.99

OYSTER DINNER 4.99

COMBINATION DINNER 5.49

(1/2 shrimp, 1/2 oyster)

Our seafood dinners include biscuit, tartar sauce, lemon wedge and choice of baked potato or fresh cut fries

Side Orders

ONION RINGS 1.29

BAR-B-Q SAUCE50

GRAVY75

SAUTEED MUSHROOMS 1.00

Salad bar with
dinner or sandwich
1.49

Locations:

1. Victoria: Saanich Centre Mall - 727-2721

2. Nanaimo: 477 Wallace Street - 754-1621

3. Nanaimo: Rutherford Village Mall - 756-1422

All locations feature facilities for the physically handicapped

4. Victoria: 1258 Esquimalt Road - 384-2646

5. Victoria: 1830 Oak Bay Avenue - 595-2545

6. Victoria: 625 Pandora Avenue - 382-3113

7. Sidney: 9810 - 7th. Street - 656-1711

8. Courtenay: 1742 Cliffe Avenue - 334-3166

Desserts

FRESH BAKED PIE 1.50

with ice cream or whipped cream 2.00

Ask your waitress for today's selection!

CARROT CAKE 1.50

Take Home Bakery Products

FRESH BAKED PIES 4.99

TOMMY TUCKER'S TEA BISCUITS - dozen 1.99

CHOCOLATE CHIP COOKIES - 1/2 dozen 1.99

1 dozen 3.49

Beverages

TEA60

PRIVATE HOUSE BLEND60

FRESH BREWED DE-CAFFEINATED60

MILK: Large 1.00 Small75

SOFT DRINKS:

PEPSI - GINGER ALE - 7-UP - DIET PEPSI

ORANGE CRUSH - HIRES ROOT BEER

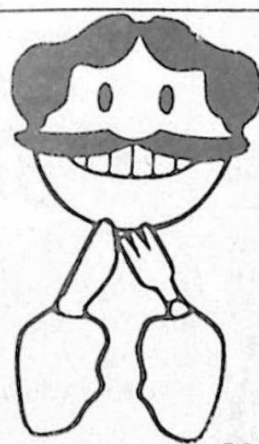
Large 1.00

Small75

Diet 1.00

JUICE: 0.95

PERRIER 1.25 ICE TEA 1.00



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OSOYOOS WHITE SELECT

(White Dry)

OSOYOOS RED SELECT

(Red Dry)

ANDRES

HOCHTALER

(White Medium)

FULL BOTTLE 6.83

1/2 BOTTLE 3.79

1/4 BOTTLE 2.09

5 OZ. GLASS 1.35

House Wines (Imported from France)

KRESSMANN DRY RED OR DRY WHITE

FULL BOTTLE 11.00

1/2 BOTTLE 5.70 1/4 BOTTLE 3.35

5 OZ. GLASS 1.95

Beer & Cider

LOCAL BEER 1.75

LIGHT BEER 1.75

LABATT'S BLUE 1.75

MOI'SON'S CANADIAN 1.75

EXTRA OLD STOCK 1.75

KOKANIE 1.75

MILLER 1.75

LUCKY LAGER 1.75

HEINIKEN (Holland) 2.50

OLYMPIA (S.A.) 2.00

B.C. CIDER - Dry 1.75 Medium 1.75

PLEASE TAX



Cadets to perform

The traditional naval Ceremony of the Flags will be carried out by a detachment of 225 officers and cadets from HMCS QUADRA on Saturday, August 10th at 8:00 p.m. and on Sunday, August 11th at 2:00 on the lawn of the Provincial Legislature.

The cadets will be dressed in both modern and traditional uniforms. The band will be dressed in whites; while the guard will be in traditional blue uniform formally worn by the Royal Canadian Sea

Cadets. The two naval field gun crews and the colour party will be dressed in the present Canadian Forces uniform for cadets and officers.

The Ceremony of the Flags is a distinct Canadian Ceremony which incorporates both our military and naval heritage. The ceremony is complimented with a fine selection of musical pieces played by QUADRA's Senior Band. Along with this, there is plenty of pomp and circumstance from the

parading of the colours to the emotional naval evening hymn. The ceremony is truly a reflection of our military and naval traditions that have been incorporated into a unique historical Canadian Forces ceremonial presentation.

The cadets and officers partaking in the ceremony are presently under training onboard HMCS QUADRA (a National Royal Canadian Sea Cadet Training Establishment) at Goose Spit, Comox, B.C. They come from all across our Dominion of Canada.

Backwoods machismo

Ottawa — Three former Canadian Forces personnel officers yesterday urged a committee of MPs to force the military to open all its employment positions to women.

The three — all of them women — appeared before an all-party House of Commons sub-committee on equality rights that will recommend to parliament this fall what exceptions should be permitted under the equality section in the Charter of Rights and Freedoms.

The three blamed what they termed "a backwoods machismo ethos" and "entrenched misogyny in the armed forces" for current restrictive hiring practices.

Currently, women are precluded from filling 42 of 133 armed forces jobs because they would put women into combat or near combat situations. Since 1979, the Canadian Forces have been conducting performance tests of small groups of women in near combat and support roles. The last of the trials will conclude in October.

A Department of National Defence report last March, based on some of the trials, reiterated the forces' long-standing opposition to women in combat roles. The report cited inferior physical abilities and potential romance as among the major reasons.

Retired Lt-Col Shirley Robinson, a former deputy director of women personnel and a nurse with 30 years of experience in the armed forces, told the MPs, "It is ludicrous to think that in the heat and dirt of battle, there would be time for romantic liaisons."

Suzanne Simpson, a psychologist and former captain who was personnel selection officer with the forces from 1976 to 1981, asked "Why should the women shoulder that (romance) as their responsibility? There are two people involved."

Ms Robinson, who left the forces last September, said "unproven myths and prejudicial stereotypes about women" held by the male-controlled armed forces are all that prevent women

from joining men in the trenches.

The former director of nursing at the National Defence Medical Centre said research has shown women are physically superior to men in various ways: "Women endure better than men from conception until death and live longer; women show fatigue during exercise significantly less than men do; women can survive longer on little or no food; women tolerate noise better than men."

She predicted "precious few" women will want to join combat ranks but said those who do and who meet the qualifications should be allowed to do so.

"The present policy of the Canadian Forces is in Contravention of the law of the land and must be struck down."

"If the Canadian Forces gain exemption from the Charter of Rights and Freedoms, a dangerous precedent will have been set; for it will signal to the people of Canada that women can be excluded from certain employment solely on the basis that men don't want them there."

Lieutenant Adelle Karmas, an officer with the directorate of personnel selection and research with the Defence Department from 1981 to 1984, said the forces are not only contravening the Charter with their hiring practices, but also violating the Canadian Human Rights Act.

She noted trials employing women in actual combat roles have never been done and "no conclusive evidence exists to prove that the presence of women would be detrimental to...combat mission accomplishment."

Lt. Karmas said women are being cut off from career experiences that are necessary for advancement because of the hiring restrictions. She told reporters there are no Canadian women generals or brigadiers. She said Defence Minister Erik Nielsen's comments on the matter have amounted to "baffle-gab and fuzzification."

—Courtesy The Globe & Mail
July 16, 1985

Deep dive

The Royal Navy carried out a manned simulated dive lasting one month to a depth of 360 m. Although this depth has sometimes been exceeded in shore experiments and occasionally in the sea, this will be the deepest dive in a near working environment which has been undertaken by Royal Navy Personnel. In commercial diving terms it will also be a very important breakthrough, in that the aim is to test equipment well beyond the 300m depth barrier, in a thoroughly tested and controlled manner. Very few commercial diving firms have experience at this depth.

The dive is taking place at the Defence and Civil Institute of Environmental Medicine (DCIEM), Toronto, Ontario, making use of reciprocal research arrangements between the Royal Navy and The Canadian Armed Forces. The trial is also a new departure because it has been organized by the Navy in close reciprocal co-operation with Norsk Hydro, a Norwegian Oil Company, who also wish to prove similar equipment before undertaking dives to the bottom of the Norwegian trench at a depth of 360m in 1987.

The aim is to fully establish the safety of a wide variety of equipment for use in HMS Challenger and by Norsk Hydro, but principally to establish the safe operation of the Gas Services Offshore Ltd. Gasmizer, which has been selected for eventual use in the ship. Gasmizer is an example of a system designed to recover the helium gas which forms part of the breathing mixture of the divers. This is essential for economic and logistic reasons — at extreme depths, not only does each minute of oxyhelium breathing cost 2 to 3, but if the system is not used, and every breath is exhaled into the sea, HMS Challenger will be unable to store enough gas for more than a few days operating before she must be replenished. With Gasmizer, each breath will be drawn back to the surface, cleaned of carbon dioxide, replenished with fresh oxygen, and pumped back down to the diver.

Another important trial is on diver heating. Helium extracts heat from the divers body at a very high rate, especially at great depth. The divers body and the gas he breathes must be artificially heated, otherwise he will quickly die. Several diver heating systems are being tried during the dive.

The difficulties of life support in deep diving have been said to be greater than the problems of keeping a man alive in space. Four Navy divers form the highly specialized team undertaking the actual one month dive. They were pressurized on 25 Jun and re-emerged on 23 Jul.

The special chamber complex at DCIEM is formed by a series of pressure vessels, which the divers can enter through an air lock which doubles as a bathroom. Inside one chamber are 4 bunks and basic entertainment of earphones for radio and music.

Women in the NATO Forces

The Twelfth Conference on Women in the NATO Forces has just taken place at NATO Headquarters, Brussels, from 21-23 May under the Chairmanship of Brigadier General Wilma L. Vaught, United States. Thirteen nations, a record number, were represented:

The 56 delegates and representatives, the most ever to attend, included 49 women officers of whom 10 were of Brigadier or equivalent rank, 5 male officers and two civilians.

A wide variety of issues affecting military women was discussed such as the experience of women assigned to the NATO AWACS unit where military women work and supervise men who have never worked for or with military women previously, and the management of careers by women who are married and/or have families, the effects of family commitments on force readiness, national differences in basic training of men and women, strength and stamina entrance examinations, the United States experience on employment of women in Grenada.

Significant accomplishments of the Committee and its delegations since the last conference include: increased publicity about the Committee and the achievement of military women; the first exhibit at NATO Headquarters recognizing military women in the NATO forces; a visit to five of the member

nations by the Chair, the first such visit in the history of the Committee; unanimous agreement on a resolution on employment of women providing that they should have the opportunity to serve in all jobs specialties, except that employment in a combat specialty should be determined by national policy.

Other noteworthy items recognized were: enactment by Belgium of a law allowing women to serve on a voluntary basis in posts now filled by male conscripts, as well as on a career basis; employment of women in various army, navy and air force units by Danish forces on an experimental basis, promotion by France of a woman to general officer rank; enactment by Norway of legislation providing for operating of all job specialties and full integration of women in the forces; increases in the number of women in the forces by almost all nations; and review of a film relating the experiences of United States World War II army and navy women nurses who were prisoners of war.

Special recognition was given to Colonel (Retired) Elsa Martensen-Larsen, formerly of the Danish Home Guard, in honour of the 25th anniversary of the first conference of military women and the first decade of the establishment of the NATO Committee. Colonel Martensen-Larsen's leadership was instrumental in both events. Air

Commodore Helen Renton, Director, Women's Royal Air Force, United Kingdom, and Lt Colonel Elizabeth Arentz Sveri, the senior ranking woman officer in Norway and the Norwegian delegate to the Committee were both recognized for their outstanding support to furtherance of the objectives of the Committee. Lt Colonel Sveri has more than 40 years service including participation in the Norwegian resistance movement during World War II.

Guarantee of a persons rights

The Canadian Chapter of Rights and Freedoms guarantees to a person who is arrested or detained rights which include the right to:

1. be informed promptly of the reason for the arrest or detention,
2. retain and instruct counsel without delay and to be informed of that right.

Detained or Detention as used in this text refer to some form of compulsory loss of liberty or actual physical restraint and not to the punishment of detention provided for in the code of Service Discipline.

Necessary action: a person arrested IAW QR and O Chap 105 must be informed at the time the arrest is made or as soon as it is practical to do so:

1. that he/she is under arrest,
2. of the reason of the arrest in general terms,
3. whether he/she is in close custody or open custody,
4. that he/she has the right to retain and instruct counsel without delay.

This information should be given as follows: "you are under arrest (or reason). You are in close (or open) custody. It is my duty to inform you that you have the right to retain and instruct counsel without delay. Do you understand?" It is not essential to use this precise wording so long as the person is made aware of the reason for arrest and the right to retain and instruct legal counsel.

When a person requests to consult with legal counsel he/she should be allowed to do so as soon

as practical at his/her own expense. At remote locations or in ships away from home port where it would not be possible for the individual who wishes to retain and instruct counsel to do so, the CO shall advise his Comd HQ of the circumstances.

There may be situations, however, where it is not possible to use the format above to carry out an arrest. If the person is resisting arrest, attempting to escape, unconscious, etc., the information should then be given to that person as soon as it is practical to do so under the circumstances.

Report Forest Fires

Dial '0' and Ask for Zenith 5555

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Travel tips

Denman & Hornby

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Editor's note: So close to home there is a little slice of heaven that many of you may not be aware of. When it comes to neat places to spend a day, a week or whatever give Denman and Hornby Islands some consideration. They are great spots to visit and we offer our readers this built in "travel brochure" for their convenience.

Our thanks to Brad Stormwell from Bradsdadland for letting us use his material. Remember readers, you saw it first in the Totem Times.

INTRODUCTION TO DENMAN AND HORNBY ISLAND

Located fifty miles north of Nanaimo, Denman and Hornby Islands have been, and still are, the undiscovered Gulf Islands. A rather ironic situation, given that the two islands probably constitute the Crown Jewels of the Gulf of Georgia.

No other island group offer the combination of isolated rural serenity combined with such easy access - just an eight minute ferry ride from Buckley Bay, on the Island Highway. Ferries leave on the hour generally, and more often if demand warrants it. The cost is most reasonable, at \$2.93 for a round trip for the car and driver with the purchase of a book of tickets.

No other island group offer so many spectacular scenic vistas easily accessible for all to enjoy. For example, the drive to Ford's Cove on Hornby Island, descending the Cove Hill through the Garry Oaks, overlooking Olsen's Farm and the Strait of Georgia, is almost certainly the most beautiful scene in all of the Gulf Islands, perhaps in all of British Columbia!

Lastly, and most importantly, no other island group matches the surfeit of spectacular beaches. Tribune Bay on Hornby Island boasts perhaps the most beautiful, sand beach in the Strait of Georgia. It has long been known by its bathers as the "Hawaii of B.C." Added to this is the crystal clean and very warm, bug-free freshwater swimming available at Denman Island's two lakes. Truly an abundance of bathing opportunities in an uncrowded, uncluttered setting.

In addition to the spectacular scenery, the Islands boast being the home to many extraordinary and diverse talents. Many artists maintain galleries or studios at their residences with their work available for public consideration.

What follows is a brief travelogue of the two Islands highlights. Letters associated with the description of each scenic attraction are appended to the map and indicate the point of access to, or the location of, each interest item. The numbers of the map indicate locations of sponsor services - arts and crafts, bed and breakfast (B&B), campgrounds, food and beverage, marinas, repairs, realtors, stores, etc.

POINTS OF INTEREST ON DENMAN ISLAND

Eagle Rock - Chrome Island Trail, Denman Island A
One hundred yards short of the very southerly end of East Road, is the beginning of what islanders call the South End. A woodland track leads one into the tall timber, and inexorably to land's end looking straight down the Strait of Georgia. At the first fork of the trail, half a mile in, bear to the left. One almost immediately comes to a promontory overlooking Eagle Rock and Hornby Island. At low tide, you can walk over to the rock and view the petroglyphs there. Further on, one comes

out onto the south end, looking directly over the Chrome Island Lighthouse B. This is a spellbinding vista of trim red clapboard buildings framed by the sea and distant mountains. Backtracking somewhat, another fork, just a walking trail now, takes you down to the ghost village of Princeton in Hermit John's Bay C. Princeton was occupied in the hungry thirties, and is now resided by only one or two denizens of the island. Continuing on, the trail wanders through magical woodland glens and returns to East Road a mile and a half north of the start. Should a person do the entire walk, he or she would begin to understand the very understated magical attraction of the Gulf Islands - their true nature. (Please remember, campfires on the South End are strictly forbidden - as fire hazard is extremely high in this area.)

Henry Bay - Tree Island Beach Walk, Denman Island D

At the end of Gladstone Way Road, a public beach access along the westerly fence line of Al Scott's place leads to the sea - walking north from this point leads you past Al Scott's oyster chucking shed and onto the lagoon on Lagoon Creek. Beyond the lagoon, we come onto the sweeping lines of Henry Bay and Longbeak Point, the northerly end of Denman Island. Spectacular scenic vistas are the order of the day all along this stretch of beachland. At low tide, a real treat is in store for you, as you can walk across a thousand yards of sand flats to Tree Island E. See forever, anywhere you look. Rural beauty and serenity at its best - but don't get caught by an incoming tide!

Fillongley Provincial Park - Denman Island F

At the end of Beadnell Road, one parks the car to take in the features of this interest point. The sand and gravel beach directly in front is fine looking and easy walking in both directions, perfectly safe for kids. The park woodland behind the beach boasts impressively large old growth trees. Each tree at one time sported its own name on a plaque, old George Beadnell having been so fond of them. A real treat, and very easy to get at, this is a lazy man's point of interest.

The Madigan Farm to Graham Lake Trail, Denman Isle G

Parking the car short of the rut crater at the end of Woodham Road, one takes the right fork straight ahead. After five minutes of woodland road, one breaks out onto the Madigan Farm, now a scene of enchanting Chinese in the twenties and thirties, to feed the hungry across a narrow neck of boggy low ground, will take you through beautiful tall timber to the head of Graham Lake. Follow through the small clearing to your left, and turn, takes you halfway down the lake to a private parklike campground area. This is private land, but the owner consents, so lets be good about things, especially using the swimming wharf. Continuing on would lead you to Jemina Road, where you can arrange to be picked up. Otherwise, a return hike is in order. (Please remember - campfires or picnics on somebody else's private land are an absolute no - no, summer and win-

Chicadee Lake - Swimming Wharf, Denman Island H

At the point where Lake Road turns into a private driveway, a swimming wharf is in place which can be used by all. A charming example of Ye Old Swimming Hole, its unofficial nature means that it can be a chancy thing as well. So watch out for rusty nails and loose boards. If this particular spot is too busy, look around, as there are at least half a dozen swim floats of various description on Chicadee Lake, especially along Chicadee Place Park on the western shore. (Remember no campfires.)

Culture - Denman Island I

The major institutions of life on Denman Island, the Store, the Hall, the Senior's Hall and Museum, the Craft Shop, are certainly worth stopping for. These are all within walking distance of each other in what is affectionately called "Downtown Denman". A part of island living can be experienced in the atmosphere here. Check the bulletin board for special events, as some of them, such as the Farmer's Market, are a highlight of the islands.

POINTS OF INTEREST ON HORNBY ISLAND

Tribune Bay Provincial Park - Hornby Island J

Tribune Bay Beach is without a doubt, the finest sand beach on the Gulf Islands. The sun heats the sand of the shallow bay at low tide, making the water caressingly warm as the tide comes in. Children can wade far into the water safely, making for worry free holidaying for everyone. The park offers parking and sanitary facilities, along with a handful of picnic tables near the beach for lunch. There is, however, no camping. The park is situated approximately five miles from the ferry landing, along the main highway, just a few hundred yards north (turn left) of the Co-Op crossroads.

Helliwell Provincial Park - Hornby Island K

Helliwell Park features a three mile circle route walk through to, and along the spectacular Helliwell Bluffs. One of the highlights is the Garry Oak Groves along the southwesterly corner of the park. From these beautiful groves, a person can make his way along a public, cliff front pathway, L through beautiful landscapes and ocean views, to Tribune Bay Beach - all this, cross country. Helliwell Park is situated approximately eight miles from the ferry landing, along the main highway. Go north (turn left) at the Co-Op crossroads for a half mile, then go west (turn right) for another two miles. (Please remember - campfires in this park in the summer are against the law - for the benefit of all of us.)

Whaling Station Bay - Hornby Island M

Whaling Station Bay boasts Hornby's second sandy beach. Truly a surfeit of riches - as this beach is near picture perfect as well. Although the uplands are privately owned, there are several public accesses to the beach itself. These accesses are located almost opposite the access road to Helliwell Park, but a stone's throw further along the main road.

Shingle Spit - Ford's Cove Hiking Trail - Hornby Island N

The most enjoyable walking trail follows the old Shingle Spit road to Ford's Cove, now closed for many years due to an old land slide. The trail begins almost opposite The Thatch Pub at the ferry landing, along the boat launch road, 50 feet or so past the public mailbox, on the upland side. Although the start of the trail is tricky to find, the rest is easy to follow and almost all smooth walking, save for the slide area, where the trail is a little goaty. Suitable for the whole family, save the infirm and the very young, you will be in Ford's Cove in about one hour's time and if hungry, Jennifer's hot roast beef sandwiches at the Ford's Cove Store come with the author's highest recommendations. If still game, (hopefully you are, the best is last) carry on through, right on the beach, south of the store, for another quarter of a mile. O The sandstone rock formations to be found along this short stretch are, simply put, stunning. (Please remember - smoking and/or campfires in the woods in summer is against the law - for the benefit of all of us.)

Mount Geoffrey Hiking Trail - Hornby Island P

Located approximately one mile up Strachan Valley road on the left hand side, the beginning of the trail is but a car track through what seems to be an open forest meadow, but is, in reality, an old gravel pit. Following the most travelled track and ignoring all the side trails will lead you higher and higher in elevation, along a trail that grows more and more abandoned. Don't despair though, for at the end, the prize will be well worth the doubts and hard work of a two mile uphill trek. What awaits you is a magnificent overview of Lambert Channel, Baynes Sound and the mainland mountains. One can wander along the open mossy ridge to either side, but caution must be exercised, as one false step may lead to the sheer drop off. The hike is not recommended for children because of the danger inherent in the cliff. (Please remember - smoking and/or campfires in the woods in summer is against the law - for the benefit of all of us.)

Culture - Hornby Island

Honourable mention must be made of the major institutions of life on Hornby Island - The Co-Op Store, The Thatch neighbourhood Pub and cafe and the Hornby Island Community Hall. All exhibit in one fashion or another, the unique character of Hornby Island, and should not be passed over. The Community Hall stages an island dance about every second weekend in the summer, usually on a Friday or Saturday night. Check the Co-Op Bulletin Board for more information. Other Community events take place throughout the summer, the Bulletin Board is again, the place to check.

Aslo, Hornby Island

Petroglyphs, located along Little Tribune Bay and off the North End R sand stone rock formations off to Spray Point S, Downs Point T and Ford's Cove O fossils off of Phipps Point U, warm sand hiking along the numerous trails of Hornby's heartland W revealing exquisitely beautiful woodland scenes, and scenic viewpoints along the Lower Bench X at Grassy Point Y and at the Cove Hill Z.

Around the Base

Dieppe 1942

BY Duke Warren, DFC, CD (Ret'd)

In early January, 1942, my twin brother Bruce and I went overseas. After a short stay in Bournemouth, followed by training at an Advance Flying Unit (on Miles Master aircraft) we both then completed the Spitfire OTU. Although the personnel people separated us briefly for this phase of our careers, the two of us had arrived on our first squadron by the end of June, 1942. 165 Squadron was stationed at Heathfield, near Ayr, at that time, but shortly moved south to become part of the Biggin Hill wing, stationed at Gravesend in Kent.

Yet another quick move followed: on 16 August, our squadron moved to Eastchurch, on the Isle of Sheppey, to make room for other squadrons from the north that were being flown into Gravesend. Right afterwards, on the evening of August 18, we had a special briefing: the plan for a "raid in strength" on the French coastal town of Dieppe.

It was emphasized that it was a Canadian Army show; with great things expected of them. As the only two Canadians on 165 Sqn, Bruce and I were most interested in this news and also very proud that Canadian troops were being used. (In the nature of the friendly chaffing that went on in the flight rooms we were often held accountable for any MT accidents or worse incidents in which the Canadian Army were involved, no matter what the circumstances.)

We were told that the troops would go ashore at daylight or earlier and begin the withdrawal around noon. There was no suggestion that they would stay longer; as a matter of fact, we were told if we crash-landed or bailed out on the land, to make no attempt to reach Dieppe and the Canadians if it was later than 1100.

Our first take-off was very early; shortly after first light. We patrolled over Dieppe for roughly forty minutes before being relieved. We saw no enemy aircraft, although it was possible to see a tremendous battle going on below. There were still some boats waiting off-shore it seemed, and there were many splashes around them from the German heavy guns. We returned to Eastchurch via Beachy Head, as there was a special routing that way for the fighter support. After refuelling and some pilot changes, we waited for the next scramble to be sent down from Fighter Command.

Our next sortie took off at mid-morning. As there had been reports of fighter and bomber enemy aircraft over Dieppe harbour, everyone was alert as we approached Dieppe at about 18,000 feet. Our section, Yellow, consisted of our Flight Command, F/L Campbell-Colquhoun, RAF; P/O Pederson, an American in the RAF, as Yellow 2; my twin as Yellow 3 and I was number 4.

The first 15 minutes or so were uneventful. Then a terrific air battle commenced as German fighter squadrons entered the area to provide

cover for Dornier 217 and JU 88 bombers who were attacking Allied shipping below. Since this was really my first engagement with e/a and there were so many of both them and us, I found it too confusing to track individual aircraft. Fortunately, F/L Campbell-Colquhoun was an experienced fighter pilot; he kept his section together as a fighting unit. We attached a Do 217e which was bombing landing craft, and each of us in Yellow section fired. The bomber was destroyed but the crew bailed out. After this episode there was a series of small dogfights with inconclusive results on either side. When our fuel reached minimums, we were relieved by another Spitfire squadrons. Over forty RAF fighter squadrons were engaged in all, though not all at once.

Again we returned to Eastchurch to re-arm and re-fuel. We pilots were quite excited as we recounted our combats and this carried over to the ground crew as they went about their work. Although some aircraft had been hit, none were lost and squadron morale was high. We had time for a hasty lunch at the flight line before being placed on five minute standby as soon as the aircraft were turned around.

Our next scramble came in the afternoon. We were briefed to patrol over the withdrawal which was taking place and, unless in pursuit of an enemy aircraft, we were told not to fly over land. Furthermore, we were warned not to fly under 8000 feet because the Navy had been told their ships could fire on any aircraft below 7000 feet and the RN gunners were naturally nervous about aircraft. While we were circling above the ships, a Hurricane came from the direction of Dieppe, with a tell-tale stream of glycol trailing behind. We know he was not going far. However he made our ships and bailed out about a mile in front of one, as we had been told to do. We understood if you bailed out in front of a warship there was a good chance they would lower a boat and pick you up; but if you bailed out behind one, not only might they miss seeing you, they might be reluctant to return for pick up.

While patrolling over the area, I saw a destroyer burning. The extent of this fire rather surprised me since I believed ships made of steel and iron would be slow to burn. This was not the case however: HMS Berkeley was badly damaged and had to be torpedoed and sunk by HMS Albrighton. Although we were all keen to engage the Luftwaffe over the ships, no such event took place. This patrol finished eventually.

At the end of the day the official summing up took place. Our squadron destroyed two enemy aircraft and damaged two, with no loss to ourselves. This was not bad for a relatively inexperienced group of pilots. The Royal Air Force lost 106 aircraft and at the time thought the Germans had lost about the same number. (After the war, it was determined that only 78 enemy aircraft had been destroyed.) We realized the cost to the Canadian Army had been serious: of

...A fighter pilots view Notes from Dukes Diary

the nearly 5000 troops, nearly a thousand had been killed and a further 1900 were POWs.

Although some people, in hindsight, have called it a defeat, there was never any intention that the Canadians were to stay in France. In my opinion, it was more accurate to call it a raid because this implied an attack and withdrawal, which is what happened. It was also an outstanding feat of arms to which all Canadians can still take pride in the accomplishments of that day.

Let me add a couple of footnotes to my story. If I had told my squadron mates on that day in August, 1942, that ten years later, in 1952, I would be a squadron commander who would lead his squadron of supersonic fighters in a commemorative flight over Dieppe, they would have shouted for the men with the white coats. If I had also told them that only fifteen years from 1942 I would be the Chief Flying Instructor at the Luftwaffe Fighter OTU, they would have called for the firing squad! Yet these things did come to pass. What strange twists happen in a lifetime.

Incidentally, during my tour as CFI at Wafenschule 10 at Oldenburg, Germany, I met a German fighter pilot, Paul Schauder. Paul flew a FW190 over Dieppe, and, after we became friends, we have had many interesting conversations about the raid.

Twenty-five years after the Dieppe raid, during Canada's Centennial year of 1967, a group of still-serving members of Canada's Armed Forces were sent to Dieppe to take part in commemorating the battle. By the, I was told, there were only twenty-seven men left in active service who had actually fought at Dieppe; and that I was the only RCAF member. (Both Bruce and I were in the peacetime RCAF but Bruce was killed in 1951 during a flying accident in the then brand-new CF100.) So few seems hard to believe, but when one considers all the men who were discharged at the war's end, the number who fought at Dieppe and subsequently were later killed in action, and the normal attrition that 25 years lays on mankind, I guess it can be understood.

By 1982, the fortieth anniversary of Dieppe, no one who fought at Dieppe was still in the service. Once more, some "survivors" (34 of us) were selected from across Canada to represent the men and the units of the Dieppe raid. I was lucky to be selected both as a member of the RCAF Association and the Dieppe Association. As part of the official party of the Minister of Veterans Affairs it was a very special occasion for all of us. My part, and my brother's, were small; in a fight that produced inconclusive results in relation to other, larger battles. Still, I remember with pride how it was to be a Canadian airman flying above Canadians involved in their first major allied landing against Hitler.

I still say proudly, "I fought at Dieppe."

Across my kitchen table

— by Rosemary Gibson



Friends leaving; friends arriving - summertime in the military. After 34 years, we should be used to it. Close friends become long distance friends, with the hope that some day they'll be close friends again. My better half is philosophical about it, and takes it in his stride. For me, it is never easy to say goodbye. That awful feeling in the pit of my stomach when I see a moving truck on our street never goes away. And so, again, Good-bye, Pat. Good luck in Ottawa. Hello again, Maxine; welcome to the beautiful Comox Valley. Bet we surprised you with all that hot weather, eh! But now it's cooler and a bit of a welcome break -- just as long as the break doesn't last too long!

Here are a couple of recipes I brought back from Nevada in June. They are good, easy summertime dishes to please your family and keep your kitchen time down to a minimum.

SCALLOPED CHICKEN

Ingredients:

- 1 1/2 tablespoons butter
- 1/2 cup slivered almonds
- 1 envelope Lipton's onion soup mix
- 1 can sliced mushrooms
- 2 tablespoons flour
- 2 cups milk
- 2 cups sliced cooked potatoes
- 2 cups cut-up cooked chicken
- 2 cups sliced cooked carrots

Method:

Melt the butter and saute the slivered almonds until golden. Stir in the onion soup mix blended with the flour and the milk. Bring to a boil, then simmer, stirring constantly until slightly thickened, about five minutes. Stir in the drained mushrooms. In a greased 1 1/2 quart casserole, layer 1 cup sliced cooked potatoes, 1 cup cut-up chicken, 1 cup sliced carrots, plus half of the sauce. Repeat with another layer of each and top with the remaining sauce. Bake 30 minutes at 350° F. or until heated through.

7UP SALAD

A. Base

Ingredients:

- 1 - 6 oz. pkg. lemon jello
- 1 1/2 cups boiling water
- 2 cups 7UP

- 1 - 20 oz. can crushed pineapple, drained (save juice)
- 1 cup miniature marshmallows
- 2 bananas, sliced

Method:

Make jello with boiling water and 7UP. Chill until almost set. Add pineapple, marshmallows and bananas.

B. Topping

Ingredients:

- 2 tablespoons flour
- 2 eggs, slightly beaten
- 1/2 cup sugar
- 2 tablespoons butter
- 1 cup pineapple juice

Method:

Cook and stir over low heat until thick. Add 1 cup whipping cream, WHIPPED. Pour over set jello.

HINT:

Getting white sox white again - boil in water to which a slice of lemon has been added.

THOUGHT FOR TODAY:

The average time between selling a thing at a garage sale and needing it is two weeks.

A FIT FOOD STYLE

Good health is a feeling of total well being - that means physically, psychologically and emotionally. Nutrition plays an important part in good health because it affects your skin, teeth, eyes, hair and overall appearance, as well as your personality, behaviour, working potential and general outlook on life. How can you have a fit food style? - by following Canada's Food Guide!

What is Canada's Food Guide? - Canada's Food Guide is designed as a pattern of eating, not a rigid set of rules. By following it, you can obtain enough of the more than 50 nutrients needed by your body every day for optimum health. The guide stipulates the minimum number of size of servings to be selected daily from each of the four food groups. They are as follows:

- (1) two servings of milk and milk products;
- (2) three to five servings of bread

and cereals;

- (3) two servings of meat, fish, poultry and alternates; and
- (4) four to five servings of fruits and vegetables (include at least two vegetables).

Why is Canada's Food Guide divided into four food groups? - The foods in each food group supply certain key nutrients. The kinds and amounts of key nutrients that each group supplies form an interlocking pattern of good nutrition. The food groups are not interchangeable because the nutrients that each group provides are different (eg, you get vitamin C from fruits and vegetables, but not from meat). Therefore, you cannot omit a food group or exchange it for another group and obtain enough of all of the essential nutrients.

Why is it important to have a variety of foods? - It is important to choose a variety of foods within each group to ensure that you meet your body's needs for all of the essential nutrients. Although the foods in each of the four food groups are grouped together because they contain the same key nutrients, each food within the group contains different amounts of these nutrients. Therefore, variety is important to ensure your vitamin and mineral needs are met.

Is Canada's Food Guide a weight loss diet? - Yes, it can be. The basic guide supplies 1000 to 1400 calories per day, which will result in a gradual weight loss in most people. Choose the lower calorie foods from each group to lose weight (eg, skim or 2% milk instead of ice

cream). All reducing diets must follow this pattern if they are to be considered safe for prolonged periods of use. Increasing your physical activity will also help you to lose weight.

To gain weight, you can obtain extra energy (calories) by increasing the numbers and size of servings from the four food groups and/or adding other foods.

Why should we "select and prepare foods with limited amounts of fat, sugar and salt?" - The guide recommends that you select and prepare foods with limited amounts of fat, salt and sugar to reduce the risk of such health problems as heart disease, dental cavities, diabetes mellitus, obesity and high blood pressure.

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Mr Chuck Cromiller, General Manager of Nanaimo Realty (North) Ltd., is pleased to announce the addition of Rene Lafontaine who is bilingual to the General Insurance Sales Staff.

Rene recently retired from the C.A.F. and has taken up residence in Comox with wife Donna and daughters Stephanie and Jacqueline.

Rene extends his invitation to discuss in either official language, your present and future Insurance needs.

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People & Places



SINGAPORE SIGNS ON WITH EXPO 86

Vancouver, B.C. -- The magic and mystery of Singapore will be explored during EXPO 86 when this city state of more than 2.4 million people makes its first appearance ever at a World Exposition from May 2 to October 13, 1986.

In announcing Singapore's participation at Expo, the Honourable Claude Richmond, Minister of Tourism/EXPO 86, said, it was an honour to welcome a country with such a sophisticated transportation and communications system.

For over 2000 years, Singapore has been the main arterial road between East-West trade, noted Richmond. "The history of ancient Singapore is the key to its commercial success. For centuries, merchants have sailed the seas of Southeast Asia trading the riches of the region with China, India and Europe."

Today, the Port of Singapore is the busiest port on the Pacific Rim and the world's second busiest -- after Rotterdam.

During the official announcement in Singapore, Lim Chin Beng, commissioner general of Singapore's pavilion at EXPO 86 and deputy chairman of the Singapore Tourist Promotion Board, said Singapore will highlight their expertise in transportation and communications with the theme "Surprising Singapore -- A Magic Place of Many Worlds."

Singapore Airlines, of which Lim Chin Beng is also deputy chairman, regularly flies to both Los Angeles and San Francisco. He says about 120,000 Singaporeans travel to North America every year and that he expected the number will be much higher during EXPO 86.

Singapore is often termed ASEAN's (Association of South East Asian Nations) "supermarket," as it is the distribution base of many international corporations. Within its 617.8 square kilometres is the world's third largest oil refining centre. Singapore is also one of the world's largest manufacturers of off-shore oil rigs.

B.C. PAVILION HITS THE ROAD

A mini version of the host B.C. Pavilion at EXPO 86 began a summer-long tour of British Columbia in Langley where the display was designed. The mobile unit, a scaled-down model of the impressive three-building B.C. Pavilion complex, converts into a 100-seat theatre. The mini-pavilion, which folds into two trailers, was conceived, designed and built in B.C. The touring show promotes British Columbia's involvement with EXPO 86. It will travel to 14 communities throughout the province.

JAPANESE GROUND-BREAKING AT EXPO 86

A Kannushi, or Shinto priest, recently performed a traditional Japanese Shinto ceremony at the future site of the Japan Pavilion on the EXPO 86 False Creek site in Vancouver, B.C. The highlight of the Japanese exhibit at the 1986 World Exposition will be the 450-metre demonstration track offering Expo visitors a ride on Japan Air Line's HSST (high-speed surface) train which runs on the principle of magnetic levitation. The demonstration train will run throughout the Exposition, from May 2 to October 13, 1986.

EXPO CENTRE HOT ATTRACTION

Less than one month after the May 2 opening of the Expo Centre in Vancouver, B.C., the 100,000th visitor passed through the gates for a preview of the 1986 World Exposition. Mrs. Iris Mintern, 74, and her two granddaughters were congratulated by Expo Chairman Jim Pattison who presented the three with Season Passes. The Expo Centre, which features the world's largest OMNIMAX Theatre, a futuristic exhibit hall and a second theatre, plus restaurants and live entertainment is now open daily from 10 a.m. to midnight.

VINTAGE CARS RALLY TO EXPO

Fourteen hundred vintage cars from across North America and Europe will roll into Vancouver, B.C. next year for the Vintage International Antique and Auto Tour Convention. The event, sponsored by EXPO 86, the government of B.C. and the British Columbia Automobile Association, will feature 700 of the automobiles on display in B.C. Place Stadium, July 7 to 9, 1986. The other 700 classic automobiles will participate in events in Vancouver and the Lower Mainland. Expo ticket holders will be admitted free to the Stadium event.

TIPS FOR TRAVELLERS

The question about Vancouver's 1986 World Exposition are rolling in -- more than 6000 telephone calls and 700 letters every week. Here are some of the most asked questions and their answers:

Expo Update

What is EXPO 86? Sanctioned by the International Bureau of Expositions, the 1986 World Exposition, EXPO 86, is a special category exposition with the theme of transportation and communications. It will host more than 80 participants during its 165 days (five-and-a-half-months) of operations.

Where is EXPO 86? EXPO 86 will take place on two sites: together the main site, on the north shore of False Creek, and the Canada Pavilion at Canada Place on Burrard Inlet cover 70 hectares (173 acres). Both EXPO 86 sites are in the heart of Vancouver, Canada's major West Coast city. Located in the southwest corner of the host province of British Columbia, EXPO 86 is just 50 km (30 miles) north of the U.S. border.

When is EXPO 86 open? May 2 to October 13, 1986, seven days a week, 10 a.m. to 10 p.m. Expo After Hours, a special night-life program, provides entertainment after 10 p.m.

What does admission to Expo include? Admission includes entrance to the more than 80 pavilions, all displays including the Ramses II and His Times exhibit, the Tall Ships, STEAMEXPO, specialized demonstrations and most on-site entertainment. Unlimited use of the Monorail, two Skyrides and intra-site ferries are also included, as is transportation by the new regional rapid transit system between the False Creek site and the Canada Pavilion on Burrard Inlet. There will be an additional charge for amusement rides, tickets to the World Festival and other "name" entertainment concerts.

Where can I stay? Vancouver and its outlying regions offer every type of accommodation including luxury hotels, family-style motels, bed and breakfast residences, campsites and recreational vehicle parking areas. Contact our official accommodation agency, ResWest, and make all your reservations for one five dollar fee. Write ResWest, P.O. Box 1138, Station A, Vancouver, B.C. V6C 2T1. Telephone: (604) 662-3300. Or, book yourself, using Tourism B.C.'s Accommodations 1985 guide, available from Tourism B.C., 1117 Wharf Street, Victoria, B.C., Canada V8W 2Z2. Telephone: (604) 387-1642 or (604) 660-2300.

When can I get tickets to EXPO 86? Season Passes and Royal-Bank Three-Day Tickets are on sale now at an early bird discount rate. Special rates are available for groups of 20 or more. Contact EXPO INFO to order your tickets by phone or mail.

Will there be organized tours to EXPO 86? Many tour operators are putting together packages that include trips to EXPO 86. While some packages are now available, many more will be announced in the Fall of 1985. Contact your local travel agent for full details.

How do I get to the site? Expo is easily accessible, located between two of the city's major north/south arteries -- Main Street to the east and Granville Street to the west. The Trans-Canada Highway passes nearby. Two rapid transit stations lead directly onto the grounds. Vancouver is also served by a city-wide bus system. Inter-city rail and bus terminals are within walking distance from the site. Vancouver International Airport, just 25 minutes away from the downtown core, can be reached by bus or taxi.

What about parking? Parking for many thousands of cars and buses will be available within close proximity of EXPO 86. Shuttle bus service will be available from around the city and suburbs.

What's B.C. weather like? In British Columbia, the weather from May to October is among the continent's most pleasant. B.C.'s temperate climate, sunny skies and fresh, clean air will make your visit a delight.

Will there be services for the disabled? EXPO INFO has the answers. Write: EXPO INFO, P.O. Box 1800, Station A, Vancouver, B.C., Canada V6C 3A2. Telephone: (604) 660-EXPO (660-3976).

Telecommunications Divice for the Deaf: Service for the Hearing Impaired: (604) 387-1642 or Service en francais: (604) 660-3999, 660-3933.

For information on Vancouver and the province of British Columbia, contact: Tourism B.C., 1117 Wharf Street, Victoria, B.C., Canada V8W 2Z2. Telephone: (604) 387-1642 or (604) 660-2300.

For information on events, attractions and restaurants in Greater Vancouver, contact: Greater Vancouver Convention & Visitors Bureau, #1625 - 1055 W. Georgia Street, P.O. Box 11142, Royal Centre, Vancouver, B.C., Canada V6E 4C8. Telephone: (604) 682-2222.

CIM available thru OLI

For the first time local administrators can complete requirements of the Canadian Institute of Management (CIM) Certificate Program in Lazo. Under a new agreement CIM will accept credit in Open Learning Institute (OLI) home-study courses as equivalent of its usual four year part time evening studies program.

Students completing eight of fifteen specified OLI courses with C grades or better will receive the Canadian Institute of Management Certificate and designation CIM. Additional requirements are a minimum of two years work in a staff or supervisory capacity and good membership standing in CIM.

"This new arrangement brings Lazo managers a training program available in 22 major centres elsewhere in Canada", said CIM B.C. Branch President, Peter Beaman. "The Open Learning Institute's home-study courses backed up by tutorial support on toll-free telephone definitely meet the CIM standard. So we are very pleased to extend the opportunity for a CIM Certificate to Lazo and all other parts of B.C. through the co-operations of OLI", he said.

The Canadian Institute of Management is a national non-profit educational institute teaching skills to managers and administrators in industry and the public service. It also sponsors seminars and workshops and publishes a national magazine, The Canadian Manager, five times a year. The CIM training program includes studies in management principles, accounting, business law, organizational behavior, financial management and policy administration.

Students enrolled in OLI courses may join CIM as campus members, eligible for reduced membership fees. Such membership must be maintained throughout a study program of at least one course per year. Campus members are also eligible for reduced credit transfer fees through January 1, 1986.

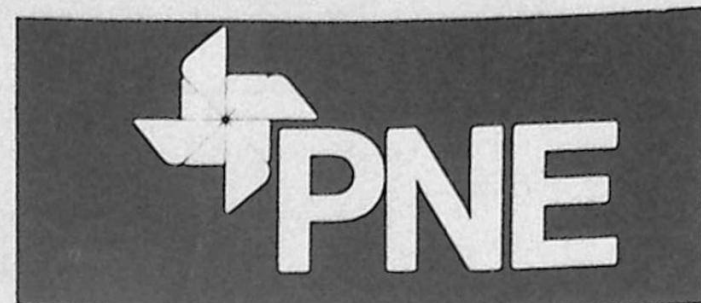
Certain prerequisite conditions apply to some courses in the CIM/OLI agreement, so interested students are advised to obtain further information from the Candian Institute of Management, Vancouver Branch, Ste. 600 - 890 West Pender Street, Vancouver, V6C 1J9 or from one of the following Open Learning Institute Advising Centres:

Kelowna - 762-7168, toll-free 112-800-642-1272

Prince George - 563-4237, toll-free 112-800-292-8315

Victoria - 385-1424, toll-free 112-800-742-6212

Richmond - 270-8021, toll-free 112-800-663-9711.



PNE PRIZE HOME



Yours to win at the Pacific National Exhibition, August 17 to September 2. This 2,000 sq. ft. single level home is only part of the 1985 PNE prize package. You could also win one of seventeen cars, pick-ups and vans, including a \$32,000 Cadillac Seville.

The PNE Prize Home is a trendsetter in the housing industry. Each year more than 100,000 people tour the home during the annual Fair, August 17 to September 2. Everyone dreams of winning and the free tour is a great source of new ideas for home design and furnishing.

This year's home offers 2,000 square feet of comfortable, family living. The emphasis is on practicality, making the most of all available space to create a really livable home for a moderate income family.

A special feature of the 1985 Prize Home is an \$8,000 home entertainment package from Yamaha Canada Music. The lucky winner of the home gets a 45" high Yamaha upright piano in polished ebony, a Yamaha Portatone portable organ with FM digital sound and music programmer, a Yamaha revolutionary MSX computer music system complete with video monitor, keyboard and software and a Yamaha audio tuner, amplifier and speakers.

The prize home is an attractive single level family home with cedar-siding and cedar shake roof. The main entry hall features a tile floor, ample storage and closet space and a large overhead skylight. The living and dining rooms give easy access to the kitchen which features a greenhouse window above the sink, garburator and microwave oven. After supper the lucky winners of the PNE prize home will be able to enjoy long summer evenings on their west facing outdoor deck.

The deck leads into both the family room and the master bedroom which comes complete with en-suite. The enclosed double garage has room for the handyman of the house to create a workshop.

As always the PNE prize home has many extra features including a built-in vacuum, intercom and security system, fire sprinklers, computerized heating, double glazed aluminum windows and color-coordinated fixtures.

The house comes with a fully landscaped corner lot in North Guildford's Fraser Glen development. Its location north of the Trans Canada Highway gives residents easy access to Guildford Town Centre, downtown Vancouver and to the Fraser Valley.

Like the home this new community of quiet cul-de-sacs and winding boulevards is designed and built by Dominion Construction. Architectural guidelines drawn up for the project call for an integrated community of 400 homes complete with parks, playgrounds, nature trails and recreational facilities.

Dominion Construction has over 70 years of design-built construction experience. The company has been involved in every facet of the construction industry including industrial, commercial, retail, high rise office and residential.

Fairgoers also have the chance to win one of seventeen cars, pick-ups and vans given away during the Fair, including a silver-grey Cadillac Seville and a fire-engine red Corvette.

Running for Life

No matter what your speed the Terry Fox Run needs you! On Sept. 15 Canadians will be keeping the Marathon of Hope alive by running, walking, jogging and wheeling in the annual Terry Fox Run to help find a cure for cancer. It's easy to get involved. Contact the provincial coordinator Vicki Hyndman, 731-3131 for information on established run sites in your community or if you want to organize a run, university news service. AD3150, has copies of the registration forms. Detailed run organizer kits are sent on receipt of the registration form.

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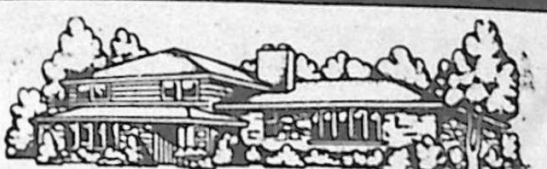
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