

MARCOT

Marcot...it means Maritime Command Operational Training, and it will come to Canada's West Coast from September 9th thru 20th. CFB Comox will play an integral role in the exercise as it becomes home to air units involved in the exercise.

The exercise is Canadian sponsored and will be quarterbacked by RADM R.D. Yanow, Marpac Commander, out of his Esquimalt headquarters.

Included as participatory units in the exercise are Naval and Air units from Australia, the United States and Canada. A total of 26 ships are involved with two submarines included. The subs are from Australia and the United States. Air units are from all three participating nations and include aircraft from 12 different squadrons. CFB Comox will supply Canada's contribution with participation by VP407 and VU33. 419's Squadron CF5's and 414 Squadron Falcons will also be involved. The

Base Commander Col Bob Kadonoff is the overall Commander of VP forces at Comox.

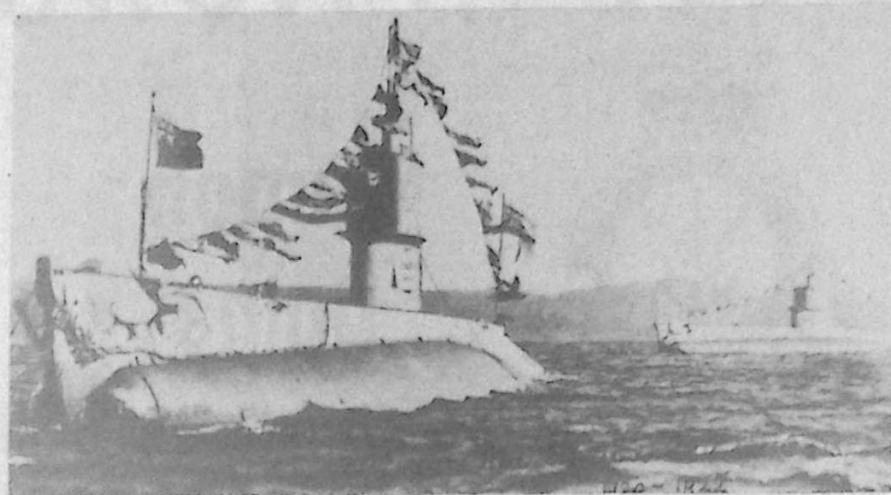
The exercise concentrates on operational training for ASW operations and co-ordinated ASW Ops.

A smaller ASW exercise which includes Canada, Australia and New Zealand VP and Naval forces and the named "Nootka" will be taking place during the same time period. The KIWI's are noticeably missing from the larger full scale MARCOT. Hmm! wonder why?

There will be about two hundred people involved in the exercise, some of them staying in town and making cash registers ring. No doubt many others will find their way into the bright lights and suck up a pint or two — What say mate? — She'll be right.

G.M.K.

Major ASW Exercise on Canadas' West Coast



Two "High Tech" Subs involved

TOTEM TIMES

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CFB Comox Totem Times



Out of the night with guns blazing...a C130 Gunship from 919 SOG Sqn Elgin AFB Florida makes firepower a reality as it lets loose. The gunships were recent visitors to CFB Comox and completed a couple of weeks of

useful training. Seems that the troops enjoyed their sojourn to the "valley of joy" and look forward to a return trip next year — and the merchants just loved all those yankee greenbacks.

Hats change at 442 Sqn

442 has a new Boss! Lieutenant-Colonel David K. Lett, CD, formerly Senior Staff Officer, Search and Rescue (SSOSAR) at Air Transport Group Headquarters assumed command of Canada's busiest SAR squadron in a ceremony on August 15th.

The parade and handover ceremony, attended by over 100 spectators, took place between No. 1 and No. 3 Hangars, suitably enhanced by a Labrador and Buffalo aircraft on the flightline. The Presiding Officer, Colonel Kadonoff, graciously took a supporting role, and, with the exception of some kind remarks directed at the Squadron and LCol Stuart during the addresses, allowed the outgoing and incoming COs to share the limelight. Following an inspection of the Squadron and HMCS QUADRA band, our new CO, LCol Lett took the salute as LCol Stuart led 442 past the reviewing stand for the last time. The signing of handover certificates was next, with Colonel Kadonoff invigilating.

With the formal act of Change of Command complete, it was time for speeches. Base Commander, Colonel Kadonoff offered thanks and congratulations to LCol Stuart for his leadership of 442 over the past three years. Colonel Kadonoff referred to the high level of dedication and professionalism displayed by all Squadron members culminating in the award of the Mynarski trophy in 1983.

Next it was LCol Stuart's turn to offer thanks to the men and women

of 442 Squadron for their hard work during his tenure as Co. LCol Stuart had special words of thanks for his secretary, Mrs Merle Wadsworth who had provided the kind of continuity and support that CO's secretaries are known for. In a brief presentation, LCol Stuart awarded a 442 Squadron Commander's Commendation to Mr. Ken White of Powell River. Ken had assisted on several occasions during SAR Operations by maintaining a voluntary listening watch on many of the distress frequencies and relayed information between SAR agencies. In LCol Stuart's own words, "Ken White personifies the true volunteer". In a last word, the outgoing CO turned over ownership of the 442 Ground Search vehicle SNAKE 60 to LCol Lett with all the blessings (and mechanical headaches) that go with it!

Finally, it was LCol Lett's turn to address his new command for the first time and praise the Squadron for its turnout and performance on parade. After a promise from the new CO to strive to maintain the traditional high standards of 442, (and to strive to maintain the operation of SNAKE 60!), it was time for a second marchpast.

LCol Stuart took the salute as LCol Lett led 442 Squadron in a marchpast, an advance in review order, general salute and finally, three cheers of farewell to the departing CO. The parade dismissed, and all ranks proceeded to the Glacier Greens Golf Club for a reception.

Pacemaker Inventor recovering

Ottawa — On 24 June 1985 the distinguished Canadian scientist Dr. John Hopps was admitted to the National Defence Medical Centre (NDMC) in Ottawa for insertion of a cardiac pacemaker by a consultant cardiac surgeon on the staff of NDMC and the Ottawa Civic Hospital. Following the operation Dr. Hopps was released from NDMC 5 July and is now convalescing at home.

Dr. Hopps, an electrical engineer, developed the pacemaker while working with Dr. Wilfred Bigelow at the Banting Institute, University of Toronto. Dr. Bigelow, as a Canadian Army military surgeon working in a battlefield medical unit during the Second World War observed that patients who had become hypothermic (cooled) survived

surgery very well. Dr. Bigelow later conducted a series of hypothermia experiments at the Banting Institute. A complication experienced during these experiments was disruption of the normal electrical discharges that stimulate the heart. In order to overcome this, the National Research Council seconded Dr. Hopps to the Banting Institute where working with Dr. Bigelow he developed an electrical "pacer" to stimulate the heart and overcome the problem. From this early "pacer" came the modern pacemakers which are now helping over 200,000 North Americans lead better lives.

Dr. Hopps was also involved in the development of the cardiac defibrillator, and is currently Secretary General for the International Federation for Medical and Biological Engineering. He

recently received the Distinguished Scientist Award from the North American Society for Pacing and Electrophysiology along with Drs. Bigelow and Callaghan for their pioneering work in the development of the pacemaker.

NDMC has been providing complete health services to Canadian Forces personnel since 1961. The 315 bed hospital employs more than 700 people and constitutes the advanced center of instruction for Medical services personnel of the Canadian Forces. The well-equipped cardio-pulmonary unit is very active in total patient care from diagnostic and medical procedures to post-operative and follow-up programs. NDMC also has the only regularly operating clinic in Canada for the treatment of tropical diseases.

ATG Commander to visit

BGen K.O. Simonson, Commander Air Transport Group will be visiting CFB Comox from the 5th to 7th of September.

While here BGen Simonson will concentrate on activities over at 442 T & R Squadron. He will be flying with both the fixed wing and rotary wing boys (and girls), during his stay in Comox.

After having finished his visit here the general will proceed to Victoria to "talk to the man in charge of war canoes".

Militia Commander appointed

PACIFIC MILITIA AREA, Area, effective September 1, 1985 for a two-year period.

VANCOUVER — The Commander of Mobile Command, Lieutenant-General Charles H. Belzile, CMM, CD, has announced the appointment of Brigadier-General Peter B. Kilby, CD, as Commander of Pacific Militia Area, effective September 1, 1985 for a one-year period.

Sprucin' up the Old Goose



Take heart all you old Pilots, Navs, RO's, Engineers and Observers! The old "Tin Goose" is getting a facelift. The boys from VP407 are in the process of changing the image of good old 712 from that of a faded derelict to (we hope) a shiny new delight. Argus 712 sits forever in the CFB Comox Airpark as a memento to dark nights past.

1985 Military Police Bicycle Safety Roadshow

WHERE - At the Airport School, CFB Comox

WHEN — Between 0900 hrs to 1500 hrs, 14 Sep 85

WHO — If you are a Military Dependant between the ages of 4 and 15 years old, you could enter in the Bicycle Safety Roadshow in the following categories:

- Category 1 - 4 to 6 Years Old;
- Category 2 - 7 to 9 Years Old;
- Category 3 - 10 to 12 Years Old; and
- Category 4 - 13 to 15 Years Old.

Bicycle Safety Roadshow Registration is at the Military Police Section

If you are one of the first hundred to register before 12 Sep 85 and participate at the Bicycle Safety Roadshow on 14 Sep 85, you will receive a "SILVER DOLLAR".

All participants will have the chance to win a BMX BICYCLE VALUED AT \$140. (or the winner's choice of another make of bicycle up to the same value) The BMX Bicycle can be seen at the Military Police Section, Main Gate.

And you will be able to win other prizes donated by the PMQ Council and Trophies donated by Super Value Food Store, Courtenay, in your Category.

During the day we will show a movie on Bicycle Safety, test your driving skill, inspect your bicycle for safety and teach you 'Bicycle Safety Tips'.

We will serve you hot dogs donated by Overwater Food Store, Courtenay with juice donated by McDonald's Restaurant, Courtenay, between 1100 hrs and 1300 hrs.

Bicycle donated by The Pedal Pusher

Next Totem Times Deadline September 9

Section News



AIRCREW

Very busy would be the best way to sum up aircrew operations recently, with many people flying their maximum monthly hours. Most noticeably, Crew 6 has been flying a lot, both on their highly successful NORPAT and in local operations. They however declined an interview with this lowly writer, as they have moved onto much bigger journals, having been featured in both MacLeans magazine as well as Wings magazines 75th Naval anniversary issue. Both with full colour layouts. They did mention however that they are presently looking for an agent, and a marketing firm, and hope to now enter into films. Possible titles include "Raiders of the Lost Sub" and "Everything You Wanted To Know About ASW But Were Afraid To Ask". They are presently on a cross-country tour with their major stop in beautiful downtown Greenwood, for an OMS/FDS.

The Crew 3 marketing company (Subbsters Inc.) was miffed recently, as there were no major press releases to the Vancouver newspaper this year at the Abbotsford airshow, much to the relief of their president, Cal Bagby. However, their chief spokesman told me the show was as spectacular as ever, and a great time was had by all. But it seems that Steve Pawelec, on his final 407 fling, developed a terminal case of the smiles ever since his return. Hope you can keep smiling all the way to Greenwood, Steve.

Crew 1, having finally come back off leave, is presently down in San Diego for a SUBEX to attempt to remember how to track a submarine.

Crew 4, having just come back from Hawaii, decided they liked the place so much that they are returning to get a second opinion.

Comox has been the site of some foreign world travellers of late, in the form of a couple of Australian crews from 10 Sqn, who have come to our base to do a recce for the fast upcoming MARCOT, at least that's the official reason. Personally I tend to believe they were brought in to boost the sagging bar sales at the local messes which they have carried out relentlessly. There shall be more AUSSIE (correct spelling RES11?) cycling through our base in the near future, and right into the MARCOT, so lets keep up our world-renowned hosting. Also during that time some VP19 crews will be coming to Lotus Land, so it should be quite a busy place for the next month or so. Our east coast associates, 405 Sqn have also sent a crew out here to supply Maj Gibbs et al, an airplane to fly out to the OMS/FDS, and to give them a try at some real flying. Initial reaction indicates that it's going to be difficult to get them on the plane for their trip back to Greenwood.

Congrats go out to Eric and Eleanor Duguid, as she recently give birth to a baby boy, their first, and to Jim and Victoria Walsh, as she give birth to a baby girl, their second.

So things have been busy lately, and it appears the trend shall continue. But, as a certain USN exchange officer once said, "What could be better than doing ASW with your buddies?" "Hmmm..."

407 SERVICING No.1 CREW

Welcome to one crew WO Bailey, Good Luck!

It seems half our people are on, or preparing to go on course. The rest are retiring. Gene Miles, Vick Sweeney, Hans Stoeckel and Paul Saunders will be gone in September. The best of luck in the future.

Newcomers Sgt Jefford (Maintenance), Bob Filgate (Cold Lake), John Rochester (Edmonton) and James Knaus have all joined the ranks of one crew, and returning are Holly Ford and Wayne Sloan (who really came back to one crew with a bang).

The water skiing party was a suc-

Demon Doins

cess, although a few people suffered near broken necks and torn wet suits. Even the beginners enjoyed themselves. They may not know how to water ski but at least they learned what an enema feels like. I think we'll all be glad to put our ski's on good old snow. Roll on November.

Joe Bogdan will be tackling the mountains of Europe this Christmas. Good Luck, he'll need it. We'll just have to settle for our own cosy mountain just a 20 minute drive away. Life's rough!

Congratulations Don, on your upcoming promotion, and not a day too soon, its been a while since someone put the beer on. Congrats also to Bruce Ehman on his promotion, who may have a family on the way. One tax write off after another eh Bruce?

Well, thats all for this week, don't forget the Sports Day September 5th. Hopefully the fishing derby will get some good weather. Till then from one crew.

DIAC MAINTENANCE

OK! Let's get to the facts, it's been a long time hasn't it? We have seen more than half the summer pass by without a note from DIAC Maintenance, well you can't stay lucky for long!

It's time we get our two cents in. MWO Ken MacLean has since returned from his Ottawa posting and taken his family back. Sgt Kurt Paulekat is now back from his California posting just long enough to pack his bags and whisk his wife away to the hot dry Californian desert. It's cold here in the morning isn't it Kurt? We would like to wish all the best to the MacLeans and the Paulekats in their new endeavours.

We have since recovered from our Section Bash at Tree Island. We had a great turnout from DIAC/OPS Sections, and better than the turnout was the weather — blue skies and just a light wind. Most everyone who turned out got their hand in at water skiing, and those brave enough to venture on to the waters atop of those narrow slabs of wood, paid for it by coating themselves with salt water.

A couple of gentlemen from the shop who wish to remain nameless found their way to Tree Island via windsurfer. The windsurfers were seldom on shore as everyone wanted to try the new mode of travel. Much like the skiers, many of them got a salt water bath. That was nothing compared to the poor young chaps who got half way back to the mainland just as the light wind turned to *no wind* and they spent their last mile laying on top of their boards paddling.

With September just around the corner and the rumor of another course in the air, many of our instructors are buried deep in the books. As long as everything goes on schedule, we should have the course under way the ninth of September.

Well, it will soon be time to hang up the water skis and bathing suits and pull out the skis and boots and head for the slopes. Some of us can't wait.

407 ARMAMENT

Well it's time once again to make a little light on the Armament section. I would first like to wish a warm welcome to our new boss MWO Henwood who just arrived from St Louis, Mo. and to MCpl Filgate from CFB Cold Lake. Goodbye goes out to MCpl Allard who will soon be packing up and heading east for CFB Greenwood. Jacques and his wife are presently house hunting in the Christian district surrounding that base. Best Luck to you, Jacques and Jane.

Congratulations to MCpls Bob and Dianne Earl on their newly arrived 7 pound 9 ounce baby boy. Bob will be back with us as 2 i/c of training by the end of September.

Sgt Jim Zotek, recently arrived

from IFSU and now i/c of the Armt repair shop, has been so busy changing things around in the shop plus working very hard rearranging his office that he has come down with circle fatigue and has taken two weeks leave. Jim will get to know CFB Greenwood in September while on the 04 course. Have fun rearranging the Bomb Bay, Jim.

Cpl Spike Marlow still enjoys his job as Armt Orderly Room 'secretary', especially when his bosses deserted and left him in charge for the past month. Spike got his chance at leave last spring when he went to Puerto Valarta, Mexico. No one robbed him while he was there but all he had to show for that trip was a sunburn on the bottom of his feet. (P.S. Spike is now typing more than 3 words a minute).

The 407 Armt will be holding a corn-boil party at the base pavillion on Friday the 13th of September to welcome the newly arrived members to the section. This will guarantee that there will be more good gossip for the next column.

RESEARCH

In recent weeks Research has been the scene of a spirited and sometimes vicious competition between our Weapon Tech Air (Robert Earl) and Aeroengine Tech (Ed Denton). Bob was so determined to win he embarked on a plan to cut down on smoking to improve his chances of victory. This may have proven to be his downfall for as he decreased the number of cigarettes, he increased the number of filters he smoked and the level of toxic gases created by smoldering filters is higher than that of tobacco. His plan being devious, may have been to keep the opposition in a constant state of anguish, as it is an unnerving sight to see a man with a bushy mustache light a cigarette filter that refuses to be lit. Ed proved to be a man with nerves of steel for he was unshaken, he even hid the fire extinguisher. The contest ended last week with Ed winning both the first to arrive and most weight categories. Some say Ed won the first to arrive category by unfair tactics, but I'm sure it is only a vicious rumour stirred by the Supply Section. Ed would never push his wife down a flight of stairs after making her run a mile and a half. The final results were — Ed and Fern a bouncing eight pound baby girl named Kathryn on the 30th of July — Bob and Dianne — a strapping seven pound nine ounce boy named Steven on the 12th of August. Congratulations to both mothers and cheer up Bob, there is always next year and besides, Ed still hasn't figured out the secret to baby boys.

It has been noted of late that when personnel from VP407 Servicing/Maintenance pass the doorway leading to the Research/Log Control section they get a look of sheer terror on their faces. Being a research organization, we sent out our number one investigator to try to determine the cause of this unusual phenomenon. He came back with three possible cause factors. First, it is the blast of hot air that is coming through the doorway. They may be unnerved fantasizing what outlandish beasts inhabit the area as no human could survive in such an environment. Second, they feel they are being tracked by a handlebar mustache. Third, they are afraid they may suffer the same fate as befell one of their members, Cpl Verbeek. Cpl Verbeek was carrying out his normal duties when he suddenly disappeared. Shortly thereafter, he reappeared with a dazed look on his face, sitting at what used to be MCpl Naso's desk in Log Control.

We take this opportunity to welcome aboard Cpl Rick Verbeek and Sgt Ruholl. Sgt Ruholl is the other newcomer to Log Control replacing Sgt Bill Hill who has things, namely future NCO/IC Safety Systems. The noonhour card games did not survive the change of the Log Control staff but Marilyn will soon have her new staff molded into a unbeatable green fighting machine. Already Rick's dazed look has been replaced by a 'let's go get em' leer.

We also welcome aboard the new AMCRO staff. Lt North returned to the squadron, after the book

learning that goes with becoming a Sir, to take over the AMCRO position. MWO McKendry is our new D/AMCRO. We hope you enjoy your stay here as much as your predecessor enjoyed his stay. It was a common sight to see him with a broad smile on his face. We are somewhat puzzled why it was accompanied by a slow side to side motion of his head. This may have been a way of expressing joy carried over from the years he spent with the Air Arm of the Navy.

By press time, MCpl Shentaler will be in Greenwood, once again proving I.S. Tech's are trainable. Hopefully by the time he returns in October, Keven Buell will be back to normal. Since his ride in the C130 Gunship, he has a strange look in his eyes and if you listen closely you can hear him mumble under his breath, "If only I could acquisition a Herc it wouldn't be necessary to play Lotto 6-49 any longer".

NAV COM LABS

The best way to describe the last few weeks here in labs is to call it a "transition phase". We've had a posting out, two postings in, a retirement and two impending retirements, not to mention the usual number of people on courses, leave, etc. Anyway, here are a few details.

Just months after returning from the High Reliability Soldering course in Borden, Duane York has been posted to VP407 Servicing (3 Crew). We can only assume that Servicing must have a very delicate project coming up that would require a tech with this training (maybe some welding needs to be done on the old display Argus!).

As Duane goes out, we've had a new CRS Tech come into the Radar side of the shop. Cpl Bruce Aitken, just in from CFB Chatham, has made the shift into the west coast lifestyle with only minor culture shock. This is amazing considering the fact that his first forays into the fast paced night-life of the Comox Valley were under the guidance of Joe Glidden and Sylvie Locas (both are notorious party animals). All three suffered under the rigorous training schedule of all night exercises that were capped last Saturday by a late night impromptu beach party.

Cpl Glidden, decked out in his Cold Lake issue anti-static parka, lead the expedition that set out from an apartment moving party at Cpl Steve Walters' place and arrived at Air Force Beach at around midnight. The party lasted until 0400 hrs when it was called due to lack of firewood. Souvenir photos of Joe Glidden curled up on a picnic table, wearing his parka, will be available in the Navcom

Coffee room. Hopefully Cpl Hamel, a TQ3 CRS Tech (Comm), will be spared such a horrible fate when he arrives from Borden this month.

Speaking of Air Force Beach — that was the location of a retirement party held by this section for three of its members who will be leaving us very shortly. WO Lee Chamberlain, MCpl Ed Majden and Cpl Wayne Allen were honored with speeches, plaques and some very appropriate gifts. Lee was presented with his very own Voodoo cockpit simulator, manufactured by Forbes Aerospace. Ed received what he's always wanted; an everlasting pension fund. Wayne got a dose of his own medicine and was given a huge hammer enscribed with almost every saying he has ever said. This little get together also lasted well into the mornings.

You'd think that with all this partying going on that we'd need some sort of special physical training program. With that in mind, Cpl "Sam" Dunsmore went over to our friendly PERI staff and arranged morning PT classes for interested people. If Cpl Perry Johnson can avoid breaking his arm (he was chasing dogs on his bike) and Pte Warren Sutton can remember to bring his running shoes we should be able to continue the program until September when we join a larger class with the BN-TO section. I just mentioned "Corporal" Dunsmore. Well, that was a mistake. Sam just received her "M/", effective 3 July. Congratulations, and please remember all the little people.

Demon promotions.....



Pete Ronayne to MWO

LCol Rogers presenting



Bev Collins to WO

LCol Rogers presenting



Ken Stephens to MCpl

Maj Caddey presenting

It's now time to mention something about the RTT section....Well that's enough about them.

Believe it or not, some of our personnel are engaged in actual military activities. Sylvie Locas is in Borden on an IFF course. Marc Neumann is proudly representing the CF at the Armed Forces display at the PNE and John Forbes is the BDF's newest section leader (by the way, John has a certain lieutenant approved your leave pass yet?)

Along the lines of military training, three of our personnel should be just about fully cross trained to refinishing tech. Sylvie Locas, Bob Gauvin, Steve Walters and George Stecko recently completed work on the "Navcom Labs Land of Miracles" cart. In order to prevent our cart from being "borrowed" any more Sgt Stecko deemed that the cart be repainted in some "distinctive" color(s). Unfortunately Bob and Sylvie got a little carried away and as a result we now are the proud owners of a baby blue cart with red wheels and a rainbow handle. Steve was responsible for the finishing touches and added a drawing of the official Navcom mascot and the slogan mentioned above (Steve likes to take a break from reality now and then!)

Also, some of our brave shop members volunteered for flood control duties at Lee Chamberlain's house. It seems that while Lee was

on leave, there was a slight problem with the storm drains and his basement was turned into Comox's only carpeted swimming pool. Sam led a work crew over to handle the clean up and everything was back to normal before Lee got back (except for a soggy couch).

Finally, a few miscellaneous items. WO Bob Stevens, ex-sergeant of the Radar Section here, was back in town for a visit. He and his wife attended a Section get-together at the Golf club where old and new members of the shop got a chance to meet them. Carl Charko was going on leave immediately after the party and was presented with a farewell plaque enscribed with a suitable slogan.

Richard Viger finally got off the U Vic this month and the shop wishes him good luck with his studies and his new career.

Most recently, USAF Reserve Spectre Gunship and Search and Rescue crews were on exercise here and two shop members got to ride along as observers on two of their missions. Sam managed to return from her trip wearing somebody else's T-shirt (the party later on was even more exciting). What, exactly did you exchange to get that shirt, Sam?

Well, I think I've made enough enemies for this week so that's it for now. Be sure to read next week for an expose on the infamous Penguin Club.



The Colours presented by Lt McClure, Sgt Vhlenberg and Sgt Johnston



The new & the old inspect the Troops

The new man at 442



LCol David K. Lett, CD

Lieutenant-Colonel Lett was born in Montreal, enlisted in the RCAF in 1959 and received his commission and Engineering Degree (Chem) upon graduation from RMC in May 1963. Upon completion of Advanced Flying Training, LCol Lett was awarded his Pilot Wings at Gimli, Manitoba in April 1964.

Following operational training and flying duties within Air Defence Command, LCol Lett served as an Information Officer with Tattoo 67 and the Golden Centenaire Air Display Team until December 1968.

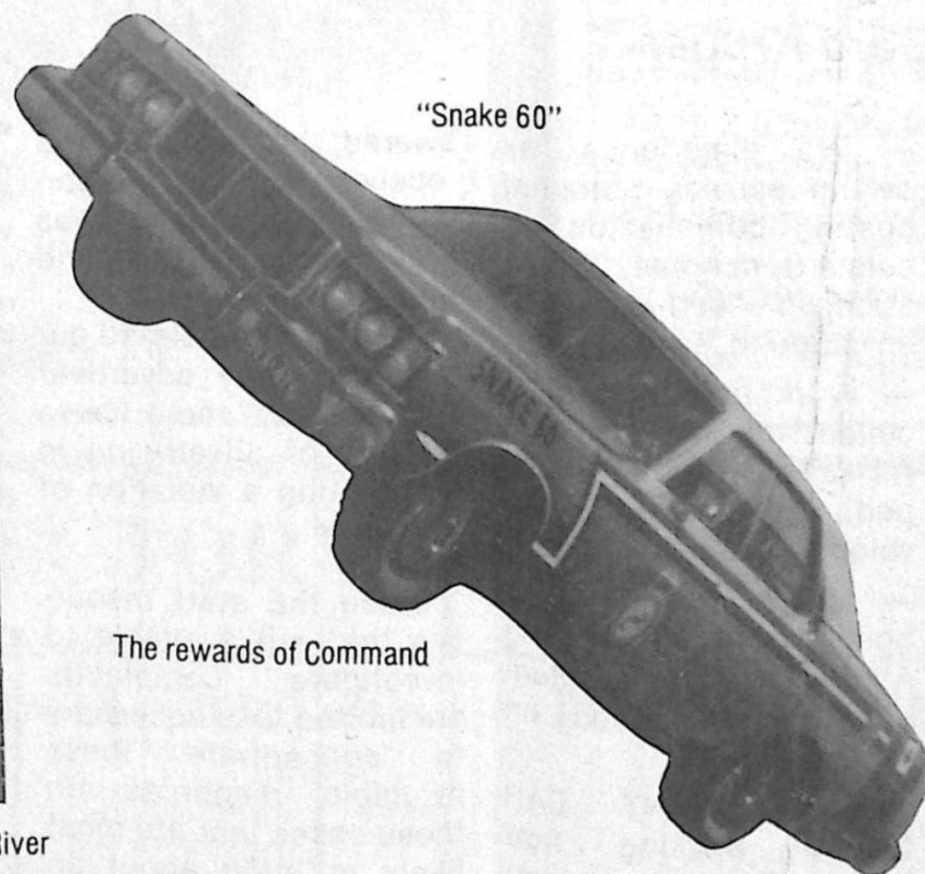
Subsequently, LCol Lett attended Staff School and returned to flying duties with 408 Tactical Reconnaissance and Fighter Squadron at Rivers, Manitoba, until the Squadron's temporary disbandment in April 1970.

He then served with 5 Tactical Air Control Unit at Valcartier, Quebec and was appointed the Commanding Officer of this Unit in July 1973. In March 1974, LCol Lett joined 2 Flying Training School at Moose Jaw, Saskatchewan where he served as a Training Flight Commander and Ground Training Squadron Commander.

In April 1977, LCol Lett was posted to the Basic Officers Training School at Chilliwack, B.C. where he was employed as a Company Commander and later appointed the Chief Standards Officer of the School. After attending the Canadian Forces Staff College in Toronto from September 1980 to June 1981, he was posted to Comox. LCol Lett flew the Labrador Helicopter with 442 Sqn until July 1983, at which time he was appointed Senior Staff Officer for Search and Rescue at Air Transport Group, Trenton and promoted to his present rank.



A 442 Squadron Commanders Commendation for Ken White of Powell River



The rewards of Command



A fond farewell to secretary Merle Wadsworth



signing over the shop



...doffin' hats for Doug

Editorial

An island superlink

The growth and economic stability of Vancouver Island are vitally dependent on two major components — sustained cheap energy, and fast, convenient and economical transportation. Without these components our job-creating and job-sustaining industries, forestry, tourism, light industry, etc., cannot possibly compete with our mainland neighbours. The priorities are very clear.

Vancouver Island represents approximately one-fifth of the Province's population. Are we not at least entitled to equally lower fuel and energy costs and an equal system of highway transportation such as those enjoyed by the Lower Mainland, the Okanagan, the Cariboo, etc? We should be.

The first transportation step is a convenient frequent, reliable, fast, safe and economical ferry service using the shortest distance between the Lower Mainland and Vancouver Island. Let's call it the "Seaway Freeway" — from an area neighbouring Point Grey and the north arm of the Fraser River to Gabriola Island. A distance of only 17 miles — a less than one hour crossing. There would then be constructed a causeway, bridging Gabriola Island to Cedar via Mudge Island. It's not a new idea by any means — it's a good idea that needs revitalizing.

Graeme Roberts Mayor of Nanaimo

As I see it

Hey Mate! —ever been stung by one of those fast buck organizations that want to share their financial success with you? Well I suppose many of us have and our hurt pride just makes us tuck our experience neatly away in some dark corner to avoid embarrassment.

Lets go out and get them! Those fast buck artists who persist in preying upon us, the vulnerable ones. There is an outlet out there in all that Bureaucratic tangle that will lend a hand

The Marketing Practices Branch, Department of Consumer and Corporate Affairs Canada is responsible for administration and enforcement of those provisions of the federal Combines Investigation Act which relate to false or misleading advertising and other similar deceptive marketing practices.

It is the duty of the Director to commence an inquiry when he has reason to believe that a provision of the Act has been or is about to be violated. If the result of an investigation disclose evidence that provide the basis for a prosecution, the

The second transportation step is a four-lane inland highway stretching from Victoria to Campbell River. Let's call this the "Island Superlink".

As Vancouver Islanders concerned about our tomorrow we must unanimously appeal to our British Columbia Government to commence forthwith the plans and time frame for the "Seaway Freeway" and the Island Superlink". For far too many years — a quarter of a century in fact — Vancouver Island has been sitting back watching the highways and freeways being constructed throughout the rest of British Columbia while we have had to contend with ferry line-ups and one hundred and seventy miles of two-lane (for the most part) country road.

From my vantage point it would appear that too many economic decisions have been based upon political priorities. We should be urging our government to now consider making some political decisions based upon economic priorities. Following up on the latter philosophy, Vancouver Island's transportation problems would then become a priority issue and some action would undoubtedly be forthcoming.

"Seaway Freeway" plus an "Island Superlink". Let's plan for it and make it happen.

Gord Kruger

— No experience, excellent earning potential: posting commission circulars from home. Details: stamped self-addressed envelope to....

— Work from home. Excellent earning potential. All areas. Details: stamped, self-addressed envelope to....

— \$\$\$'s weekly from home work. Interesting. All areas. Details: stamped, self-addressed envelope to....

— EXCELLENT EARNINGS working from home. Easy work. All areas. Details: stamped, self-addressed envelope to....

During the past few years Marketing Practices Branch officers across Canada have investigated, charged and convicted some of these advertisers with violations under Section 36 of the Combines Investigation Act.

These convictions have centered around the fact that these ads cause consumers to send money, usually \$200, to the advertisers. In most cases the consumers receive "worthless" information brochures that suggest by placing similar ads to the one they have an-

swered, the consumer will receive substantial earnings. Investigation has found this to be false and misleading.

It should be pointed out that not every advertiser that uses the above method of advertising is committing a violation of the Act.

Since the staff resources that are available to investigate complaints are limited, it is necessary to concentrate these available resources on those cases that are most likely to bring about an overall improvement in the quality of market information directed to the public, thereby contributing to the objective of the legislation. Your assistance is requested in an attempt to stop the flow of this type of false or misleading advertising.

Should further information be required get in touch with the investigator Mr. A. W. Cooper at the Marketing Practices Branch for Pacific Region. The address is 1400 - 800 Burrard St., Vancouver B.C. V6Z 2H8

If you have been stung by the Slinger, why not shed your deflated ego and catch the culprit.

Aviation

The following excerpts are from an article by Mr. John Gallagher, originally published in the January 1985 issue of Canadian Aviation, and are reprinted by kind permission of the Author.

"A recent U.S. National Transportation Safety Board report covers an accident where there is a suspicion that the captain, and possibly the co-pilot, were under the influence of marijuana.

"Canadian authorities, on the other hand, have been testing dead pilots for drugs for about two years — and have found illicit drugs in some.

"The NTSB is based on the crash of a Gates Lear jet operating as a

courier service aircraft at Newark, NJ airport on Mar 30, 1983. The Lear was seen approaching fairly fast, it bounced on landing, rolled, a wingtip caught the pavement and it exploded. The aircraft had neither flight data nor voice recorder.

"We've all come in a little hot and high, but this descent and approach must be classed as "unstable". However, it should not have caused an accident.

"Both pilots were experienced. The 26 year old captain had more than 5,000 hours with about 1,600 on type. The co-pilot, 25, had more than 4,000 hours with 1,500 on type. A good landing under the above conditions would have been

challenging but, given their experience, should have been possible.

"Investigations could find no mechanical failures. The aircraft had been flown for 200 hours since the last maintenance check and there were no reports of important snags.

"Nose swab tests indicated the use of marijuana by both pilots in the 12 to 24 hours prior to the accident. Urine analysis showed that the captain had used marijuana recently. The co-pilot had inhaled marijuana but it could have been "second hand" smoke from the captain.

"...the Safety Board believes that both pilots' judgement, decision making and flying skills were affected adversely by this combination of factors to cause the accident — both the initial bounce and the failure to recover.

"Cannabis, a crude material from the Cannabis Sativa plant, contains hundreds of chemicals. The predominant method of use is by smoking, although marijuana can be taken by eating and is absorbed into the body by digestion.

When the smoke is inhaled, the drug reaches the brain with relatively little time for metabolism or dilution. The effects are evident within a few seconds and peak effects occur about the time smoking is completed. When smoked, THC — the principal derivative — is rapidly absorbed by the blood in the lungs. Once in the blood, the levels of THC fall rapidly (into the tissues)

for the first 30 minutes. Having an independent rate of elimination, the metabolites of THC have a varied life in the blood. They are lipid soluble and dissolve in fats and fat solvents. Therefore, there is a long-term retention of THC in the fatty tissues of the body. Some cannabinoids are re-adsorbed and some diffuse through the kidneys. Because of these factors, marijuana may be active in the nervous system long after it is no longer detectable in the blood. In this way, marijuana differs fundamentally from drugs such as alcohol, nicotine and caffeine, which are rapidly metabolized and eliminated from the body.

As a general rule, simple and well-practiced skills are less susceptible to the effects of marijuana than are novel or complex tasks. There is evidence that it seriously impairs psychomotor performance, such as reaction time and tracking. Moderate doses impair short-term memory and subjects perceive events as lasting longer than actual time. The attentional mechanism (the ability to retain attention to a task) appears to be most susceptible to marijuana effects. Tasks or task components involving continuous attention are most likely to be affected and effects on memory are most significant in phases dependent on attention.

Certainly the effects of the drug as outlined above are totally incompatible with the tasks required to operate an aircraft or, for that matter, anything in the aviation industry".



TOTEM TIMES

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Editorial

Deficit scapegoats

Now that the battle to reverse the government's decision to de-index old age security has been won, there are other wars to be waged.

Two recent changes to the Unemployment Insurance regulations that may have slipped by many Canadians unnoticed can be viewed in two ways. Either they just haven't been well thought out or they're a deliberate attempt by Brian Mulroney and the Conservatives to punish people who, through no fault of their own, have lost their jobs.

Since 31 March 1985, the UIC has considered many payments to employees on separation to be earnings. These include severance pay, vacation pay, accumulated sick leave credits and some other payments. What this

means is that someone facing an impending layoff who is owed, say, \$12,000 in severance won't be able to collect UI benefits until they've been out of a job for 30 weeks.

It seems the Conservatives have chosen an approach to deficit-cutting that revamps UIC by maximising human suffering for what is really a minimal economic return. The new regulations lean most heavily on those who have worked and paid UI premiums the longest and have the most solid work histories behind them — simply because these people will have put the most into the system.

To make things worse, pension income will be included in this group by January 1986. And even more Canadians, including Canadian Forces personnel, will be caught

Ray Skelly M.P. Comox and Powell River

in the Conservative trap.

In fact, the repercussions could be far-reaching. One of the incentives for joining the Forces has been the possibility of early retirement with a decent pension. Today, that incentive is threatened because the loss of UI benefits will wipe out the advantages of an early pension. The same will be true for many people working in private industry. Naturally, there will be less and less room in the work force for younger men and women — which was one reason for early retirement in the first place.

It is patently unfair to expect members of the Canadian Forces to put in 30 years of service only to have the Government they serve use them as scapegoats for its deficit-mania.

But what of the "government of consultation" we heard so much about before election? Who was consulted on the effect of these changes? Unfortunately, "consultation" is only a figment of the Conservative imagination and fairness is a word reserved for Brian Mulroney's press conferences.

Any serious consultation about the fairness of the UI changes would have pointed out the failings and heartlessness of such an approach.

Many of us may have had a false sense of security when no major changes to the Unemployment Insurance Program were announced

in the Budget. However, a task force has been appointed to study the scheme and its recommendations for drastic changes to the system are expected by the fall.

I have consistently pointed out during last summer's election campaign, and in the House of Commons before then and since, that instead of quibbling over payments to Canada's unemployed, we should be doing everything in our power to provide jobs for every Canadian who wants to work.

An overwhelming number of Canadians who find themselves unemployed today, through no fault of

their own, are looking to their government for job creation and economic security. Instead, they find themselves branded as cheats and scoundrels.

We're all getting used to silver-tongued press conferences and gravel-voiced assurances of compassion, but Canadians should ask themselves what this government has actually done for our unemployed, our pensioners, and our youth. What have they done for loggers, for fishermen, for native people, for women, for the disabled?

What have Brian Mulroney and the Conservatives done for ordinary Canadians?

Air Force Trivia

What? Where? Why? When?



Answer from last issue



The nit who gave us the picture of the Hampton didn't provide any other info. Do you know?

Proof of Performance



This Fall, qualify for a better accounting position by taking the S.M.A. Accounting Technologist Program, the only one offered by a professional accounting body. It was developed to satisfy a need in the work-force for accounting para-professionals, and designed to be completed while you work at your present job. As an Accounting Technologist you will be able to offer employers a solid understanding and practical knowledge for intermediate accounting positions. And you will be able to continue to advance in studies with the goal of obtaining the professional accounting designation, RIA. There's another important reason to consider the Accounting Technologist Program: presently, post-secondary institutions in British Columbia are facing a crunch, with applications for admission outnumbering vacancies by two to one. And remember, as an Accounting Technologist, you can do more than just talk about your qualifications, you'll have it on paper: your Accounting Technologist Diploma is your Proof of Performance.

The Society of Management Accountants

Enrollment is underway for the Fall semester. Courses are offered by evening lectures and are also available through a correspondence program anywhere within the Province. For information on how you can qualify for the Accounting Technologist Diploma, please write or call before the Fall enrollment deadline of September 3rd.

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Sports & Recreation

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B Division champs

Military Police



C Division Champs

Junior Ranks

The Intersection Softball league has just completed one of its most successful seasons. The league was divided into two divisions, Fast and Slow Pitch.

With the number of teams competing, another division was

added for the play-offs.

The results are as follows:

"A" Division Fast Pitch 442

"B" Division Slow Pitch MP's

"C" Division Slow Pitch JRC

A job well done must be extended

to our two commissioner's Pte Rich MacNab (442) & Cpl Rob Butler (VU-33) and to the Umpire-in-Chief WO Neil Peters (B Met O). Without the hard work and dedication of valuable volunteers such as these, intersection programs would not be as successful.



Pipe Smoke

By Gerry Gerow

The British Columbia fresh water fishing regulations would appear to be so complicated as to discourage fishermen from their sport.

Surely there must be a way to manage our fisheries that doesn't require a different regulation for practically every stream and lake in the province. The present situation is so bad that the regulation booklet, which is in an awkward form to carry with you, must be, not only read, but studied each time an angler approaches a body of water.

The maps provided are not clear and when we consider that most streams are not marked by name signs, any anglers who do not know their fishing area intimately are in danger of breaking the law each time they put a line in the water.

Licence fees generate around six million dollars a year in revenue and this amounts to over 50 cents for each fish caught. Surely for this price we can expect regulations which don't require a college degree to interpret.

The recent tragic accident between a ferry boat and a pleasure craft has sparked demands for licensing of pleasure boat operators. Sounds like a good idea but even more important, and an excellent stop gap would be to make boating regulations and a listing of what is expected of boat operators readily available.

Boating regulations as well as fishing regulations are absolutely useless without enforcement. Hopefully, we in Canada will never have to endure the type of enforcement that is seen in the world's police states, but I do feel that there should be at least a reasonable chance that anyone breaking a regulation will get caught. In all the years I have fished and hunted in Canada, I have been checked by the authorities exactly four times. That's about once every seven or eight years.

At some large dog shows I attended recently, the Cocker Spaniel showed up as the most popular

breed of dog, followed by the Doberman Pinscher. The Cocker is quite an old breed having evolved in Britain from the Land Spaniels. The smaller land spaniels became known as "Cockers" or "Cocking Spaniels", because they were used to work in hedge-rows on Woodcock. It has been said that the first Cockers came to America on the Mayflower.

In 1940 in Canada and after World War 2 in the United States, the breed was split into English and American Cocker Spaniels. This happened because a significantly smaller dog had evolved in America. The larger dogs were designated as English and the smaller as American.

Due to large numbers encountered in the show ring, the American Cocker was further split into three sub classes. These are: Black, ASCOB (any solid colour other than black), and Parti-coloured.

Only a few cockers are used for hunting today, but hunting dogs they are. Most are kept as pets and companions at which they excel.

Recreation ramblings

FLAG FOOTBALL TEAM

The Base Flag Football team lost its season opener on Sun 25 Aug 85, to the Loft Gators. Final outcome was 27 - 13. For the first game of the season, all participants put in a good effort yet at the same time found the game to be a great learning experience.

There is a big demand for personnel to try out for any and all positions. Practices are held every Tues and Thurs at 1800 hrs at the Sports Field, behind the Canex, and all games are played on Sunday in Courtenay.

BASE TEAM HOCKEY/85

The prospect for an enjoyable season ahead looks bright. PERSONNEL WISHING TO PLAY FOR OUR TEAM ARE MORE THAN URGED TO ATTEND OUR TEAM MEETING. This meeting will be held on Wednesday September 18 at 1500 hrs in the Base gym. This year our schedule will run from end Sep to mid February. We play in a contact league from Campbell River consisting of 24 games plus play-offs. Most games are played in the Comox Arena. For information contact Sgt Fred Gillis, Loc 2356 or Sgt Al Brazeau Loc 2542.

OLD TIMERS HOCKEY MEETING

An Old Timers' Hockey Meeting will be held at 1500 hrs on Thu 5 Sep 85 at the Rec Centre. All interested personnel are urged to attend. For more information, please call the Rec Centre at Local 2315.

PACIFIC REGION RUNNING CHAMPIONSHIP

CFB Chilliwack will host their Pacific Region Running Cham-

pionship 26 - 27 Sep 85 inclusive. Categories for the run will be as follows:

- (1) four open males,
- (2) three senior males (must be 40 yrs of age as of 1 Jan of the competition year), and

If you are interested in attending the championship, please contact

Sgt Wayne Moore at the Base

Recreation Centre, Local 2315, prior to 30 August 85.

85 - 86 Servicewomen VOLLEYBALL

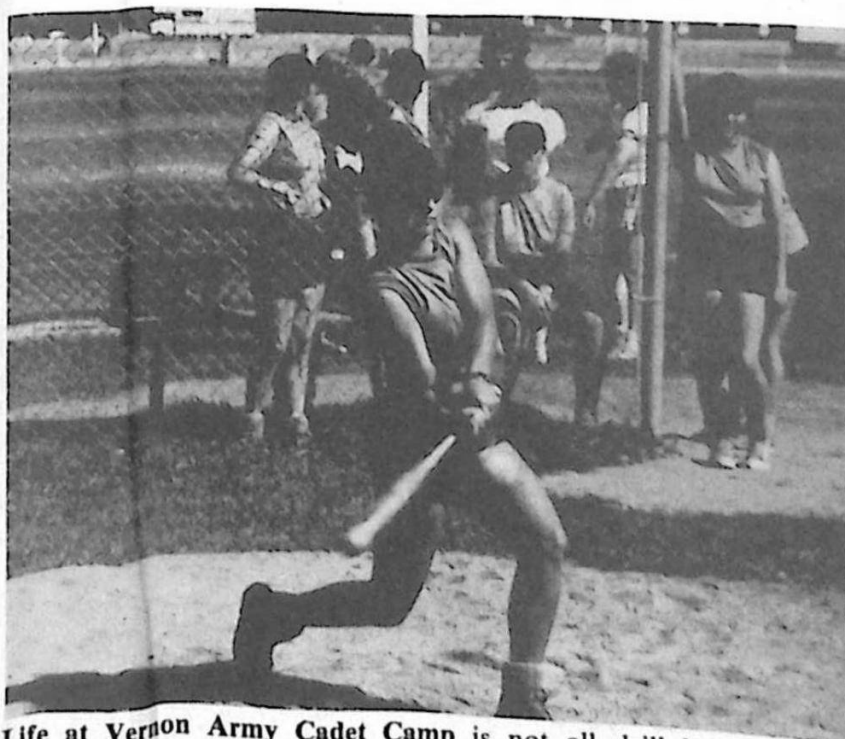
All interested personnel are to register by 17 Sep 85 at the Rec Centre or call MCpl Descoteaux, Local 2315.

The first practice will be held Tuesday on the 17 Sep 85 at 1900 hours.

PAC REGION TENNIS PLAYDOWNS

The CFB Comox Tennis playdowns are underway. There is a total of 9 competitors competing for the four (4) man team. The Pac Region Championship will be held in Det Nanaimo on the 27 - 28 Sep 85.

The other Kempkins.....



Life at Vernon Army Cadet Camp is not all drill but sports and recreation play a major role in a cadet's life. Cadet Gloria Kempkins of Comox, B.C. shows her skill on the soft ball diamond where she connects for a hit.

More than 1,000 Army, Navy and Air Force cadets from western Canada will receive leadership, citizenship and military training at the Okanagan Valley facility this summer. Kempkins training also included the white water canoeing, mountaineering and survival training in the hills near Vernon.

Kempkins, a member of 1726 RCAC Corps (Canadian Scottish Regiment), Comox is the daughter of Carl Kempkins, 2070 Cooke Avenue, Comox BC.

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Sports & Recreation

Englund takes Lett Trophy



MCpl Bud Englundlow net

PAC REGION GOLF CHAMPIONSHIPS

The CFB Comox Golf Playdowns were held from the 15 Jul to the 16 Aug 85. A total of 25 enthusiastic hopefuls competed for the five (5) man team.

The following well deserving (lucky) members shall represent our base at the Pac Region Championship to be held at McChord AFB from the 10 - 12 Sep 85.

1. M/Cpl Dave Ronaldson
2. M/Cpl Dave Murray
3. Capt Doug McArthur

Tied M/Cpl Bud Englund
Sgt Art Johnson

We wish to thank all the competitors who tried, better luck next year. To our team off to the Regionals — Good Luck and bring back the gold.

NEWS FROM THE BLUE TEES

BY Marg Shaw

On August 13th Glacier Green Ladies hosted the ladies from Campbell River.

The lucky winners from Campbell River were:

- 1st Low Gross June Reist 88
- 2nd Low Gross Carol Strachan 89
- 3rd Low Gross Alma Kasdorf 90
- 1st Low Net Stephanie Tipple 65

- 2nd Low Net Alice DeGroot 67
- 3rd Low Net Babette DuMont 67
- Putts Fran Kakoski

For Glacier Greens

- 1st Low Gross Pat Verchere 91
- 2nd Low Net Irene Marshall 68
- Putts Jan Verbeek

CONGRATULATIONS...
To Wally and Trudy Berger, winners of the Mr. & Mrs. Tournament held on Sunday 25th August and to Mike Burrows and Jackie Nolan for the His & Hers.

- 1st Low Net Martha Campbell 67
- 2nd Low Net Marg & Bob Shaw
- 2nd Low Gross Bob & Irene Marshall
- 3rd Low Net Jan & Rick Verbeek
- 3rd Low Gross Fred & Francine Fredrickson
- 4th Low Net Mike Berger & Chris Threder
- 4th Low Gross Doug & Inge McArthur
- 5th Low Gross Bob McIntosh & Lil Davis

Tournament Chairman Ron Carter presenting

K.P. for the Men Stu Mohler
K.P. for the ladies Rose Jakobson

Thanks to everyone for making this tournament a success. Don't forget! The mens' Club Championship, September 7th & 8th, and the ladies 14th & 15th.

Congratulations to Bud Englund on his winning the General Lett with a 61 net.

Pending A Happy Ending

Down on the Golf Course,
Havoc does reign.
There is someone down there,
I am trying to train.
When they say she is short,
They don't mean like me.
They are talking about her float,
And her memory.

She went to the bank,
Change she did get.
If she hadn't cleaned her car,
We would still be looking, you bet.
The barrels of draft,
She orders with ease.
Its the paperwork to follow,
Her memory does tease.

Could it be that walk,
She took on the beach.
When she stepped on that seaweed,
I hear she did screech.
So Edna my friend,
Your paperwork still pending.
Please bring it in soon,
I love a 'happy ending'.

North Island Choral Society

Choral music is indeed alive and well in the Comox Valley thanks to the dedicated choristers of the North Island Choral Society. This choir, formerly known as the Comox Valley Community Choir, under the direction of Christine Purvis, has many treats in store for the choral enthusiast in the 1985-86 season.

A great deal of planning and preparation occurs in advance of any musical event and many factors must be considered such as available rehearsal time, size of group, ordering of music, proper balance of sections, location of performances, time of the year, to name only a few. Choral members are therefore not surprised to begin rehearsing Christmas music early in September. This season's Christmas concert will feature Handel's Messiah accompanied by a small orchestral ensemble. Further planning is occurring for the choir's annual spring concert which usually takes place in May. All that can be said at present is that choral versatility and variety will be the theme. The audience is sure to be treated to a veritable pot-pouri of music ranging from baroque to classical to the more contemporary.

The North Island Choral Society is most fortunate in having a dedicated director in the person of Christine Purvis. This unassuming young woman takes charge of the 35 voices in a gently assertive manner. Her rehearsals are well organized and highly disciplined. This is not surprising as Ms. Purvis' credentials are impeccable. She earned her Bachelor of Music in 1970 at Montreal's McGill University followed by a Masters in Library Science at U.B.C. She later went on to study further the organ and harpsicord in Seattle and England. Throughout her academic career Ms Purvis sang in numerous university and church choirs.

In addition to directing the North Island Choral Society she is Director of Music at St. John the Divine in Courtenay. As a member of the Registered Music Teachers Association she also offers private organ and piano instruction throughout the year.

Base Soccer team

The base soccer team has been in hard training since early June, getting ready for the Pacific Regionals held in Esquimalt mid September. The team then has its' goals set on the Soccer Nationals held in Cornwallis, mid October. At the same time the team is preparing themselves for the North Island Senior Soccer League, which starts up in mid September.

With a few practice games under their belts, the team is starting to look really good. At the moment the team is looking for a goalie with a few years experience, and any other players who wish to try out for the team.

Practices are held on Monday, Wednesday and Thursday at 1800 hrs, behind the Canex on the soccer field. Anyone wishing to find out more about the team can contact Cpl Shanks at Local 2315.

This past summer Ms. Purvis took a break from teaching to participate as a chorister in the C.Y.M.C. choir.

Ms. Purvis established the choir in 1983 and was fortunate to enlist the aid of Janice Stevenson who has served as rehearsal and concert accompanist. Mrs Stevenson's ability to play virtually anything that comes her way as well as her faithful attendance makes her a vital part of the choir's success. Mr. Vince Everett acts as assistant accompanist and handles some of the solo performances.

Since 1983 Ms. Purvis has worked hard to establish the choir's reputation as a first rate amateur choral group. She has tackled many challenging works which include the Messiah, Vivaldi's Gloria and most recently the Bach Magnificat which was performed in honour of Bach's 200th anniversary. The motivation behind Ms. Purvis' dedication is surely not financial, rather it is a labour of love and her wish to introduce choral music, in its varied forms, to the Comox Valley.

Despite all the hard work and community support the choir continues to have certain difficulties. Most crucial is the lack of singers. Tenor voices are in short supply but generally speaking all the sections need expanding. Unfortunately many prospective choristers are reluctant to come out and sing. Although some members have had musical backgrounds previous training or experience is not absolutely essential. Many members have learned to read music just by attending rehearsals. What is essential is regular attendance and dedication. Ms. Purvis' ultimate goal is to see her choir expand to 40 - 50 members.

The North Island Choral Society cannot exist without the continued help and support of this community. The choir hopes to attract new membership and expand its audience base. You, the public, are cordially invited to take part! For further information please call Christine Purvis at 338-9564.

Leslie Ann Dorey

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Section news

Base Supply

Once again --- Supply News.

First let's welcome some new people to our family. Sgt Pat Bolton from Trenton, MCpl Dick Hillard from Vernon, Cpl Tim Gordon from Gagetown, Cpl Dave Spindler and Cpl Elizabeth Hardy both from Halifax and we can't forget Bill Jeffery from Courtenay.

Now for the good-byes to two people we'll miss (so will Rations), Sgt Peter Chellev, have fun on your retirement. Also Cpl Francois Richer who is going back to Cold Lake. Speaking of these two, a week ago they decided to go fishing, it wasn't much of a fishing trip though. Poor Francois had to row for about 3 hours to get himself and Pete back to shore. Pete's propeller fell off - but they were carefully watched by 442 Sqn and Quadra was kind enough to send them a dinghy (once they made it to shore).

Away on his TQ5 course is Cpl Hutchinson whom we wish good luck. Recently WO Beachey returned from her "Couth Course" failing to learn proper dress etiquette. It would appear that the entire Mess Kit picture was retaken as WO Beachey placed her medals on the wrong side of her uniform!!

We would like to congratulate Cpl Deanna Graham on her Suggestion Award acceptance on changing the form of the CF891 for which she received \$350.00.

After 3 years of anticipation, Cpl Carol Greaves found that "revenge is sweet". General Stores sets the scene for the "Sleeping Bag Mon-

ster" which Cpl Graham delightfully discovered. It is said that her screams were heard echoing all over CFB Comox. Pte Kathy Segriff, being the new addition to the DST world finds that 7 Hanger can be eerie after hours. Perhaps someone should remove the bell from the front counter before 1 Group finds her glued to the ceiling!

Currently 1 Group is bustling to make room for 2 Group. Once this amalgamation is complete the question is, will Sgt Cotton still have a job? Upstairs in the Mux, Pte Karen Parrott and Cpl Donna Middelbrook are wondering who the "COTTON" picken guy is giving them "funny" phone calls. As we roam around upstairs we congratulate MCpl Diane Earl on the birth of her baby boy, Stephen 7 lbs 9 oz. Congratulations are also in order for Cpl Clarie Gagnon and husband for finally learning how to remove their pants. They are expecting their new arrival in the Spring. Will T.T. Claire have more patience for golfing now?

The Supply Beach Party on Friday night was a success especially with the addition of Pte Cam Bailey in his wardrobe or lack of!

3 Supply Group are happy to return back to their "hole" as said, after their stay at the firehall.

Appreciation goes out to all the members participating in the "slow pitch" team this year. Better luck next year.

Until next issue..

SAH

Faulty brakes

Vancouver — The chances are only one in four that the car behind you has adequate brakes. Brake fluid tests conducted by the B.C. Automobile Association at Vancouver area shopping malls recently found that 75 per cent of cars tested had brake fluid that either failed to meet minimum standards, or needed attention.

According to Ambrose Kroetsch, General Manager, Motoring Services a check of brake fluid, and flushing of the system if it proves to be contaminated, should be part of a complete brake overhaul, but this is frequently overlooked. He pointed out that proper maintenance was reflected in the results of BCAA's testing. "It wasn't just old cars that failed the test. Some late model vehicles did not meet the minimum standard while older cars passed," he said.

Of the cars that either needed attention or failed the test, one third had had a brake job within the previous six months.

The test measures the boiling point of brake fluid. Contaminated fluid boils at a lower temperature, and can lead to a loss of braking efficiency during panic stops or prolonged stop and go driving or

when towing a trailer. Uncontaminated brake fluid won't boil at temperatures normally reached in your car's brakes, assuring consistent stops under all conditions.



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OFFICERS' WIVES CLUB

The 1985/86 season is about to begin under the guidance of the following executive:

President, Susan Ierfino (338-8898); Vice President Nan Clarke (339-5868); Secretary, Diane Harrison (339-6663); Treasurer, Robin Macauley (339-0468); Entertainment, Heather Rogers (339-6472); Welcoming, Tammy Brabant (339-5880); Telephoning, Laurie Murray (339-7527); Refreshment, Barbara Vermette (339-6439); Publicity, Barbara Vermette (339-6439); Bridge, Heather Ferraby (339-4692).

The Officers' Wives Club meets the third Wednesday of every month in the Main Lounge of the Officers' Mess. September's function is going to be a "Meet and Greet Wine and Cheese", to be

held Wednesday, September 18th, 7:30 for 8:00 pm. Fee: \$2.00 for members and \$3.00 for non-members and guests. Memberships may be purchased that evening for the cost of \$5.00. We encourage new memberships and old alike to come out for the evening and enjoy the festivities. If new to Comox, don't hesitate to call the welcoming chairperson, Tammy Brabant, who will do her best to make that first evening just a little easier.

The Bridge Club meets the 2nd and 4th week of every month at the Officers Mess with the first function being a Meet and Greet Wine and Cheese on September 25th at 7:00 pm. Fee: \$2.00 per night. Beginners who know the fundamentals of bridge are encouraged to come out and share the evening.

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For more information please contact one of the following:

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

WO's & Sgt's Wives Club

Now that summer is at an end, we will all be looking for new activities to do during the fall and winter months. What better way than by making new friends or getting re-acquainted with old ones, perhaps learning a new craft or enjoying a variety of other interesting activities. This year the Wives Club hopes you will keep the second Monday of every month free for just that. So whether you have been in the area for ages or are newly posted in, come to the first meeting of the year on Monday, September 9th at 8:00 pm in the Mess Lounge. We'll see you there!!

Susan Campbell, Secretary
339-4710

Girl Guides of Canada KWAH-NICE District

The new season for Brownies, Guides, Pathfinders will open soon. Registration will be on Saturday, September 14th from 11:00 am — 1:00 pm in the foyer of the Base Exchange. The Brownies need a Brown Owl and two Tawny Owls to open. The Pathfinders need a leader also. Anyone who would be willing to help us will receive training. Please contact Mrs. P. Jackson, District Commissioner at 339-5091 for further information.

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Section News



BAMSO News

By the time you read this we will be almost at the finishing point of the summer holiday season and those with kids will be shopping to get their kids prepared for the annual back-to-school rush. As for the writer, this is the first time in about 19 years that we have been able to go into stores at this time of year and not be concerned about buying school supplies. I sure would like to know how many thousands of sheets of loose leaf paper we have purchased during the time it took to get our three girls through school.

The other topic of conversation in the BAMSO offices is the fishing, or should I say the lack of fish. Apparently they are going to try and get Ken Fehr to give them all fishing lessons. MWO Elliston is a little concerned about the fact that he can fish in the same area as Ken and catch a small rock cod at the same time that Ken limits out. As for the boss's fishing abilities, he hasn't said so yet, but if you are in the market for a good used boat complete with a very recently overhauled motor, just wait a while and you might find one for sale very cheap. They keep talking about the fish being between this buoy and that buoy and don't react very kindly when I say that the cheapest place to get fish is between the Comox buoy and the Courtenay buoy at a place called Portuguese Joe's.

Now for the columns from the shops. They are a wee bit out of place this week as we should have received one from Brake and Wheel but didn't and we got one from Refinishing and AMSE when it wasn't even their turn. Oh well,

things will eventually get back on schedule. First of all we will hear from..

Refinishing

Here we are once again with the happenings in the Refinishing Section. The workload has been somewhat reduced, for those of us who were holding the fort, by the addition of two more refinishers. We got Cpl Rogers from Victoria and Pte Gervais from Borden.

Sgt Keefe from North Bay is replacing "Animal" Chappell, who just received his promotion to Warrant and is off the the school in Borden.

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MCpl Bert Brown had a bit of good fortune when he won the Lyons Club boat raffle. The "Animal" has the boat for sale. Cpl "Beaker" Harvey is going to be difficult to rotate as he has built himself a real nest in the fabric shop. Pte Behmer is presently enjoying his leave on the mainland and that takes care of the Refinishing Section for this time. Next time we should have something good to say about our new Sgt.

AMSE

Hello again from AMSE. this month brings quite a few changes to our section. We would like to welcome Pte Mireille Martin, who recently arrived from Borden where she successfully completed the Aero Engine TQ3 training. Welcome also to Jason Kelly, who is reunited with his mom, Lynette, after spending a

year with his grandparents in Kamloops.

Farewell to Cpl Dan High who is leaving Comox for Cold Lake. Dan has been an asset to the section while employed here. He did an admirable job as chairman of the entertainment committee as well. Good luck Dan, we will miss you.

Goodbye to Pte Kent Storie, who will be leaving as well. Kent was on loan to us from IE/IS Labs. September 6 will see Cpl Slater on his way to Borden for the AMSE course. He is the third person from our section to attend this course. Pte McKay and family are on leave for three weeks. They went to Saskatchewan to attend a family reunion.

That's all folks. See ya next time.

WORKSHOPS

Here we are again with the "As the Machine Turns" column. Workshops bid farewell to four members this posting season. John Gould, Max Haskell, Kevin McPherson, and Danny Sutton all left our shop and we wish them all the best at their new bases. Chris Locke will return soon from Chilliwack after three months of field training and word has it that he enjoyed himself there. Mel Bolton spent three days in the sun at Penticton assisting the local cadet squadron. Some guys get all the breaks.

We see Frank Thalhofer sporting a new land type hat badge as he remastered to the new trade of Materials Tech (441) and we welcome Larry Kozakevich back from his 441 training in Borden as well.

Our annual beach party was a smash. Special thanks to Miles Knapp and Mac McConnell for their extra efforts. JC Marquis is jump qualified now and will probably be applying for duties with the Air-borne. We hear that they even pay you for jumping JC.

Welcome aboard to our new MSO, Lt Wells. Now maybe we will be able to get some free time.

Suggestion award winner



Pte McKay, an IS TECH in BAMSO IE/IS Labs, designed and suggested the use of an Information Pamphlet to be given to pregnant service women to explain benefits and regulations that could affect them. It was not adopted force wide but is used on this base and she was given a \$150.00 award for her proposal. She emphasized that the pamphlet covers the "What to do if" and not the "How to do it" and you will note that when she was promoted to Corporal she even took steps to validate the pamphlet contents. Maj Monahan, our BAMSO, made the presentation.

BASE PHOTO

For a change there is lots of news from Base Photo this time. Our wonderful Sergeant, Doug Slauenwhite returned from Shearwater. He got as far as Vancouver by Service Air and the lucky guy, much to their dismay, had to spend overnight in a luxurious hotel as there was "no room in the Aurora". Anyway he's all clued in on how to hook up to our colour processor. All we need now are some volunteers from CE to do the electrical and plumbing work. Gilles is off at the PNE doing his thing and will return to work on the ninth of Sep-

tember. When he returns Tammy, Attilio, and myself are going to teach him and Doug the joys of tubing down the Puntledge River.

Attilio's been busy around the house but he and his wife Nancy took time last week to go tubing with two other photo techs (who shall remain nameless). Anyway, Attilio is hooked on this sport but Nancy wasn't too keen. Tammy keeps busy cruising around in her "black bomb". She's anxiously counting the days until her beau arrives from Cold Lake. She's going to show him all the hot spots in the Comox Valley.

As for myself, I'm kept mostly in the dark these days. Last week, I had a brief jaunt out of the darkroom and into the real world. I flew to Princeton (on the runaway Buffalo) to shoot the air cadets receiving their wings at the gliding school. The trip over was a wee bit rough and someone mentioned that I shouldn't bother signing up for the spotters course. Oh well, my thanks go out to WO Welch for making the trip back a little easier with the help of gravel and a roast beef sandwich. Thanks to everyone who waited for my tummy to settle before we headed back.

My space is full so that's it until the next time. See you then.

As The Beacon Turns

Now that the summer is almost over the section is starting to get back to normal manning just in time for two exercises, MARCOT '85 and a Base exercise. Only two outbounds this issue, 2Lt Heather Dunbar is off to Cornwall for her VFR/IFR Course and NAVAid Tech Cpl Bob Patterson who is going to Edmonton/Namoo. Congratulations to 2Lt Sandy Gebhardt who recently got her reclassification to security. WO Al Collins just left for California and Lt Pete Foley is headed for the big TO.

Ocdt Michel Millet, Cpls Steve Tinker and Diane Ludlow are soon to depart with the CFB Totems fastball teams for Cold Lake to play at the Nationals the first week of September. Good luck teams!

There will be an ATC Family Fun day to welcome all the new personnel within the section on September the 8th. Festivities include a cornboil, slo-pitch softball and activities for the kids. See posters up soon.

During the last refresher before the base exercise upcoming, the ATCSDF thwarted two dissidents and an air conditioning technician with expired identification. Good work force.

Last week, ATC personnel went on a familiarization tour of the Marine section. A good time was had by all especially the guys that

caught something. Comm Tech Kevin King was the luckiest fisherman catching a 3 lb Coho when he thought his buzz bomb was stuck in the prop. He also caught a good size ling cod and Rick Urban and Paul Mitchell both manhandled a rock cod. Special thanks to the Marine section for their assistance during this expedition.

There seems to be many people crossing the approach of runway 18. The majority of people are transient from a course opposite MP headquarters. It would be safer to follow the road (route 99) to air force beach.

The ATC Orcas fastball team lost to a good 442 Sqn team in the championship round. A good effort was made from all. Thank you Capt Joe (Pacman) Pacowski and Cpl Roy Field for their coaching and coordination of the team. Also, thanks to Pte Paul Fluery for handling the equipment.

Captain Rick Champagne and MCpl Anthony Huntley are now positive that all things that go "bump" in the night are not good. The reverberations lasted two days much to the concern of personnel working.

Finally, WO Dale Campbell has found a home for three unwanted cats. They were flown to their master in Ottawa. Who says cats don't have nine lives?

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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.

Section News

Suggestion Award winners



Cpl Graham, a supply tech in Base Supply, suggested a modification to the CF 891 form that was adopted force wide. LCol Bowes, our new BTSO presented her with an award of \$350⁰⁰ for her proposal.



When she was a IS TECH on 407 Squadron, Pte Marsh designed and proposed the use of locally manufactured signs and switch covers to warn against and/or prevent unauthorized operation of CP140 hydraulic switches and aircraft controls. Maj Sirois, the BAMEO of CFB Bagotville, had the happy task of presenting Cpl Marsh with an award of \$200⁰⁰ and a certificate.

BADO Burlblings

UNITED WAY 1985

It is fast approaching the time when we must once again start thinking of those folk who are less fortunate than ourselves and who require help and encouragement in their day to day living. It is also time to think about the smaller agencies that assist these people but who do not have the fund raising capabilities of the larger agencies such as the Heart and Cancer Funds. As a result many small but vital agencies have to seek fund raising help from United Way. Here in Comox, United Way is run by a group of dedicated volunteers from all walks of life. They have spent many hours of their own time organizing this years campaign so that money will be available to financially assist the many small agencies that provide help to us all here in the Comox Valley. The only costs of the campaign are for printing of material and other publicity and mailing expenses. All but about 3% of all the monies received go to charitable organizations. Most of the money also stays here in the Valley helping our fellow Valley Residents including members of our military family.

This year's Base Coordinator is Capt Jean Langevin of 407 MP Squadron. His assistant is Lt J. Sobierski from the Base

Telecommunications Section. They will be organizing this year's campaign and deserve your full support. We aim to raise \$20,000 dollars this year. It sounds a great deal of money but the need is there. At the same time if we all participate and make a generous contribution it is an easy target to meet. Last year less than 50% of the Base donated to United Way and yet we still achieved our target. If those who have not contributed in the past realize the need they too will join the rest of us in helping to look after our less fortunate neighbours.

Further information will be provided as the campaign develops next month. In the meantime please think about United Way and plan to support your Coordinators to make this another successful year for CFB Comox.

For many housewives, particularly those whose husbands are off on duty to other parts of Canada for lengthy periods, life in the home can become difficult. The days are busy spent coping with the needs of young children and a person can begin to feel cut off from the adult world. It is for this reason that efforts are underway by the Base to provide a meeting place for military wives living in PMQs and in the local area.

Flyers distributed in PMQs outline an initial attempt at providing this needed resource. At 10 a.m. Mondays, Wednesdays and Fridays ladies can meet at the Protestant Chapel Annex. Here they can chat and socialize and share experiences and problems. The knowledge that others also crave a friendly contact and a chance to relax over a cup of coffee can further assist in coping with day to day problems. There is also an opportunity to learn more about the facilities and other resources available to us all in the military family. Too many people carry burdens of worry and difficulties when help and guidance are readily available.

So when you are feeling low or if you want to have a pleasant hour or so chatting with friends, come on out to the Protestant Chapel Annex. If you have young children who cannot be left, bring them along as well. There is an inside and fenced outside area where they can play and also meet friends and still remain under your own supervision.

Please note that this is a Base/PMQ Council Project responding to the requests of military housewives. With your support a much needed facility will be available to further improve our quality of life.



VU33 AIRCREW

"Dawn Patrol" (Cont'd)

You'll recall we introduced you to our infamous Tracker crew 'nip' Owing, 'Tuck' Mhacorn and 'blearie' VanDick in the last issue. Today we will conclude their exploits.....

In search for that dirty red aggressor, Nip gracefully raised the FLOD equipped beast over the mountains to our unguarded west coast. Blearie located the red dot on the radar and Tuck began preparing the sophisticated rocket equipment for the deadly attack. Nip began evasive manoeuvres and set the aircraft into the killer profile quickly computing the data that Tuck was correlating for the most accurate flight path. Nip tucked his head looking through the pepper and the mil setting went blearie as his vision tunelled in on the enemy. Overriding the computerized system, Nip released the CRV7 on instinct and watched his target disintegrate before pulling away.

Rocketing home high level over the rocks, Nip slipped Tuck a "mission accomplished" smile and Blearie breathed a sigh of relief that they were once again in safe territory.

The "Duck" reached forward to give Nip and Tuck a congratulatory pat on the back and suddenly, when he thought he was safe, he realized he was falling out of bed as he reached to turn his alarm clock off. The End

ANKR 99

ADVENTURE TRAINING

The third VU33 adventure training group has just returned from their week in the woods. The four intrepid hikers spent seven days exploring Cape Scott Provincial Park located on the northern tip of Vancouver Island.

Getting to the park was an adventure in itself. Wayne Southward was our driver in a propane powered van. Funny things those propane powered vehicles, it seems they get about 50 mpg for the first half of the fuel tank and about 2 mpg on the second half. Four hours up the island highway, just past the last fuel stop in Port Hardy, we had half a tank indicating on the gauge and decided to press on into the wilderness. As soon as we got on the dirt road the needle began to drop rapidly; after only half an hour it was close to the 'E'. Things were looking grim, Wayne was getting that same look on his face that he had when we lost the Slow Pitch final to the MP's, and the price of dehydrated spaghetti futures was skyrocketing on the Cape Scott stock exchange. Then we came to a junction in the highway with a sign warning "Elephants Crossing", (and Mike Woodward thought he only had to worry about the cougars, bears and wolves.) Luckily an old man lived at this crossing in the middle of nowhere and he made his living selling propane. He was kind enough to put 73 litres into our 75 litre tank and Wayne obliged by giving him a rubber LPO sheet and mentioned something about calling Ottawa if the payment didn't come.

Now with plenty of gas we arrived at the park, the four of us jumped out and began our trek. Our first objective was Nel's Bight where we would set up a base camp for our final assault on the Cape. At the same time we were starting the trail we met a German family of ten headed for the same place. Nothing like a little friendly competition to keep the pace up even if they did have three children under the age of ten and their mother was loaded down like a pack horse. Then, just as we were about half way to Nel's Bight and opening up a nice lead on the German family, Rolly ran out of chocolate bars. Len Mallette absolutely refused to go any further unless Rolly gave him a chocolate bar every ten minutes, so we ended up spending the first night at Fisherman River.

The next morning we continued on for the beach. We took our time leisurely exploring the abandoned homes and farm sites left by industrious Danish settlers that tried to create a dairy farming com-

VU33 Squadron

munity in that area at the turn of the century. At around noon we rolled into Nel's Bight where we found the family of ten had already got the nicest spots on the beach and we ended up in a slum surrounded by rotting kelp and infested with flies.

It was at dinner that night that Rolly, over a nice warm package of Chicken Gumbo, began talking of a mysterious place. He had read of another abandoned settlement that supposedly lay only a mile or two into the hills behind our campsite. He managed to convince the two young, foolish hikers to play "Raiders of the Lost Homestead" and off they went into the bush. After an hour and a half of walking through thick brush, stepping in large piles of bear ka-ka and being poked in the eye by numerous sharp sticks the hikers had to turn around in defeat. Some mutterings were heard as to what Rolly can do next time he wants to play Indiana Acorn.

The following day was spent reaching the Cape where the scenery was spectacular, with many serene, almost tropical beaches, beautiful ocean views and sea lions surfing in the waves.

The weather on the trip was fantastic without a single drop of rain except for one downpour on the very night before our return. Mike and Len decided to take advantage of this abundance of water by placing a groundsheet under their tent which served as a superb rain catch. They were both able to have a nice bath and freshen up for the trip home. Rolly and I didn't have a groundsheet and therefore stayed uncomfortably dry through the whole night and were unable to have a bath. However, not to be outdone by those two other clean smelling guys we decided to finally break down and use the second pair of underwear we'd packed along.

Once again it has been a successful year for VU33 adventure training. On behalf of everyone participating in the trips I'd like to thank Rolly Acorn for all the planning and organization. I'd also like to thank our drivers Wayne Southward and Mick Bradshaw, and Base Supply and MSE for their outstanding support.

NM

TECH SIDE

This weeks article is short for two reasons: to allow other articles more room for printing and because there ain't too much happening. No one seems to be making or breaking the news so I'll blurt out what has been happening and let you and your imaginations fill in the rest.

The Squadron ball team, after winning all but one or two games, fell prey to MP's in the finals and placed second in the slow pitch league. I witnessed the games and found out why our scores weren't enough to win. A rule added just to stop Wayne Southward from hitting the big homer had him automatically walking to first base on a couple of occasions. Sort of takes the fun out of hitting but sure made Wayne feel good to have someone scared of his Big Bat.

This weekend past the ballteam hosted their families to a ball game and BBQ which turned out to be a success. Our thanks to Chef Larrivee for his work on the end of the spatula and also Bruce, Rob and those involved in setting up the day.

On the subject of haircuts I will plug our Sqn Barber, who is saving his pennies to buy a Lincoln Continental or something like that, and could use your money in exchange for a good haircut. Just see Ron in the SS shop and make his day. While you are in his chair don't mention anything about it being him who accidentally inflated a liferaft or he will hand you over to Burt who swears he can do a Cindi Lauper haircut as good as anyone.

The golf course was the place to be last week. Al Beasley was promoted to MCpl and supplied a bit of refreshment.

This is the time in which you let your imaginations write the rest of the article. Keep on making the news and I'll write it. And if you don't want your name in the paper like some people I know then it won't be in the paper.

G.L.



.....from the BTN Shop

Greetings!

Time to bring you up to date on the recent comings and goings from BTN. Our new Chief Trucker Major (Sandy) Tilley reported in on 2 August and we welcome her to our midst.

Other new faces in BTN are: MCpl (Dale) Eadie from Masset, Cpl (Susan) Gettis from Holberg and Cpl (Spud) Smallman from Petawawa have all joined MSE. The Marine world gained PO2 (Harold) Johnston from HMCS Restigouche, LS (Francis) Bury from HMCS Cowichan and LD (Andrew) Parker from HMCS Provider.

Into BM(L) came WO (Rodney) Ellis, Sgt (Lee) Johnson and MCpl (Glen) Mergaert. all from Germany, as well as MCpl (Rick) McDonald from WG, and Cpl (Barry) McKieve from Comox Refinishing section. Finally, BTFC welcomed Sgt Lorne Selby from Damascus only to lose him again, this time to Baden.

So that you don't all rush to your phones and complain to your career managers that Base Transport is now overborne here is a list of our losses: Maj Rose to BCompt. To Germany went Cpls' Hunter, Noel, Tuokko and Mulaire as well as Pte Eagles and Laplante. Cpl Theberge is rattlesnake-hunting in Kamloops and MCpl Kenney went to Chilliwack. The Marine section lost PO2 Leblanc to Esquimalt and MS Grant is on CFC at Comox. Finally BM(L) parted company with Sgt Tuson who went to Toronto, Cpl Molloy to Calgary and Cpl Moreau to Chilliwack, not to mention their Chief Maintenance MWO, Gord Young, who has retired on CRA. We wish Gord and his wife Dot a healthy and happy retirement.

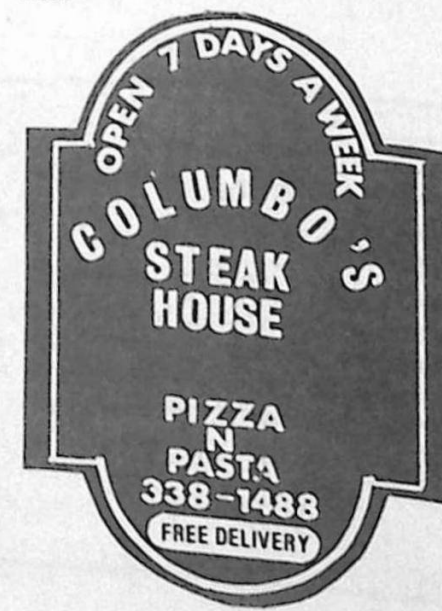
To those who left us we extend a fond farewell and wishes of future success. To our new members a hearty welcome to the Valley eh!

All this coming and going was not the only excitement we had. At least two of our personnel did some jammy TD. Cpls' Pemberton & Corman did a nice stint in Bermuda in support of MARCOT and Harvey Corman received his MCpl while there. Speaking of promotions, Gord Campbell, our new BM(L) Supvr received his MWO recently and Bob Floyd from MSE is a brand new Sgt. Dana Fisher and Al Forrest are now AL/Cpls. Susan Duke and Kirk Snook are substantive Cpls. Sincere congratulations to them all.

I take it the Nanaimo Bathtub Race entry we were supporting had "some" difficulties getting out of the harbour on the day of the event. I know the Air Force should have been there to provide solace but this was not to be, so perhaps we can offer to demonstrate at some future event. Refer to Acts 27 - 29 when all else fails.

Seven of our drivers participated in the Regional. Roadeo hosted by CFB Chilliwack recently and three of them will represent Comox at the National Roadeo held at Borden in early September. At the regionals, Mr Knobby Clark stood first in the 3 ton event, Cpl Bryan Porter had a second place on buses and Steve Wilcock a third in tractor-trailer. In 1984 CFB Comox managed a 2nd place at the National in the bus competition, courtesy of Pte Laplante. We are looking forward to a 1st this year guys, so let's get out there and show them how it's done.

Late flash! Our own Cpl Melissa Cave has a great body, I can say that with impunity because in fact she is heavily involved into body-building and will be competing in the Vancouver Island body-building Championship on 27 October. We wish her well.



Next Totem Times deadline - Monday, Sept 9

Section News

On retirement



Cpl Garry Lynch

LCol Bowes presenting



Bob Bourne to MWO

LCol Rogers presenting

ST. MICHAELS AND ALL ANGELS PROTESTANT CHAPEL

BASE CHAPLAIN (P): Major G. Milne (arriving July)
CHAPEL: St. Michael & All Angels, Wallace Gardens, Bldg #88
OFFICE: Headquarters, Bldg #45, Room #48;
 Telephone: 339-2211, local 2273.
SUNDAY WORSHIP: Each Sunday - 1100 hours.
HOLY COMMUNION: First Sunday of the month.
SUNDAY SCHOOL: From September - May for all children from age three to fourteen.
JUNIOR/SENIOR CHOIR: Commencing in September.
LADIES GUILD: Meets once monthly September - June.
 President: Mrs. Joyce Brown; telephone: 339-2685



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

BASE CHAPLAIN (RC): Padre J. Dabrowski
CHAPEL: Our Lady of the Sacred Heart (on Base)
OFFICE: Headquarters, bldg #45, Room #48; telephone: 339-2211, local 2274
MASS SCHEDULE HOURS: Saturday - 1900 hours.
 Sunday - 1000 hours.
 Week Days - 0900 hours.
BAPTISMS & MARRIAGES: By appointment - notice well in advance 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.

442 Squadron

FROM THE MAIN FLOOR

Sports has usually occupied the final paragraph in this column throughout the year. This time, it is Topic One, due to the outstanding achievement of our 442 Fastball team. What a season they have had. Starting in May, concluding on August 13, 442 has driven hard toward the ultimate prize - the Base Inter-Section Fastball Championship. Out of 26 games played, they won 21, lost 4 and tied 1. They scored 250 runs, for a game average of 9.6, and gave up 118 runs, for a 4.5 average. In the semi-finals they pegged Supply 12 - 3 in the first game, but were edged 4 - 5 in extra innings in the second. The third game went to extra innings also, 6 - 5 for our side.

BATCO were 442's opponents in the final games, but they bowed to our boys 7 - 3 and 7 - 0. In that final tilt, the seventh run was the game's only homer, scored by Dan Daniels. Here are the Champs: Bob Grant, Coach and Manager; Rick Porter, Dennis Booker, Marty Maloney, Mike Johnston, Dave Bisskey, John McKenzie, Harv Kellner, Ross Dowe, Tom Furlotte, Gary Bond, Dave Murray, Dan Daniels and Arnie MacAuley. Great performance. Lest we forget our slowpitch team, they faded in the playoffs, but only after a spirited full season effort. Added to our hockey show in reaching the final against BAMSO, and a good record in Flag Football - leading the league all season, only to fall victim to a manpower shortage (a search was on) during the playoffs, 442 has done well in sports this year. Flag Football gets under way on September 10 - see Rick Macnab for details.

The beach party was well attended, and we all appeared to have a good time. A lot of credit must go to Greg Lewis, and particularly to Mrs Lewis for the hard work that went in to organizing the food, drink and entertainment. Aside from the regular beach games, there was a pretty good demo by

our new CO on a windsurfer, and a demo of another kind - patience that is - by Bill Boran as he tried to stay upright on one of those skittish sailboards. The one event that didn't quite succeed was when we tried to bury Tom Furlotte. We ran out of sand.

New, and welcome to 442 this week are Mario Trudel, Helene Nantel, Josee Beaudry and Yvan Defoy, all Engine Techs. Finally, and a little late, sincere congratulations to new MCpl Jim Gaylor.

Turning to more operational matters, it's been a quiet few weeks on the SAR front, with only a couple of minor boating incidents marring the peace and quiet of a beautiful BC summer. The OTF is gearing-up once again for the next course of Flight Engineer candidates, after a three-week block leave period. On the Buffalo front, no news is good news, however we're forced to make do with another "loner" aircraft, 459 from Summerside, while 456 gets its Greek navigator (Omega) installed. As more than one Buff Flight member noted, "at least this one's not white or camouflaged..."

Labrador-wise (almost a contradiction in terms!), the rotor-heads were out playing 'Movie Star' in Tofino on the 26th. A film for the Canada pavilion at Expo '86, entitled "Earthwatch" includes a brief (1½ - 2 minutes) sequence on SARSAT-aided rescue. Capt Paul Vanderbasch and crew spent a long day working out of Tofino with the film crew as they shot the sequence. Cpl Bob Ridgway, Hollywood's latest discovery played mariner in distress and was eventually hoisted to safety from his life raft. With a whole day of filming for only a couple of minutes of screen-time, it's no wonder movies cost five bucks!

Coming up, a static display at Fairchild AFB, a possible airshow at Salinas, California, and of course, training, training, training. Until next issue: Snakes.....out.

Community Council update

September is fast approaching, and with it all of the things associated with that month, back to school and elections to council.

The numbers on the community council are very small right now as a good number of past councillors have been posted.

For those of you new in our midst the Community Council does a great deal to make Wallace Gardens a nicer place to live.

Council provides monetary assistance to various organizations such as Girl Guides and the Scouting movement. We fund and organize Soft Ball and T-Ball for dependant children and last year sponsored hockey and Miss CFB Lazo in the Valley's Winter Carnival.

The monies to fund the above mentioned as well as Christmas festivities and the annual Easter Egg Hunt comes mainly from the money paid by you the people who live here.

Councillors are elected, (volunteer), to serve for approximately one year and there are several councillors in each ward.

There are those among PMQ residents who feel all we on the council do is take complaints about dogs that are loose, stray garbage tossed about, and generally that it's a crummy job. Not so! Sometimes we handle complaints but usually the MP's, Base Housing and the dog catcher handle these types of persistent complaints.

We serve the community and do so in all matters affecting Wallace Gardens as a whole. We do this by having controllers of spheres of responsibilities:

- 1) Controller of Community Activities,
 - 2) Controller of Publicity,
 - 3) Controller of Recreation,
 - 4) Controller of Works, and
 - 5) Controller of Safety.
- We also have a Mayor, Deputy Mayor and Town Clerk.

For those of you who think you may wish to volunteer as a member of council, please complete the at-

tached form and drop it in the Base Mail or at BOR personally to MCpl Harvey.

Council is certainly a worthy way to serve the community and have your good ideas put to use in the place where it can help you the most; in your neighborhood with your family as those who benefit most.

.....AM INTERESTED IN SERVING ON

WALLACE GARDEN COMMUNITY COUNCIL

LOCAL	HOME PHONE
NAME	

All those submitting their name must be at a meeting on the 19th of September at 7 pm to be held at the Protestant Chapel Annex.

UP-COMING EVENTS

There will be a Bike Rodeo and Cross Country Rally for all MQ dependants on 14 Sep 85.

This event is being organized by our friendly, local Military Police.

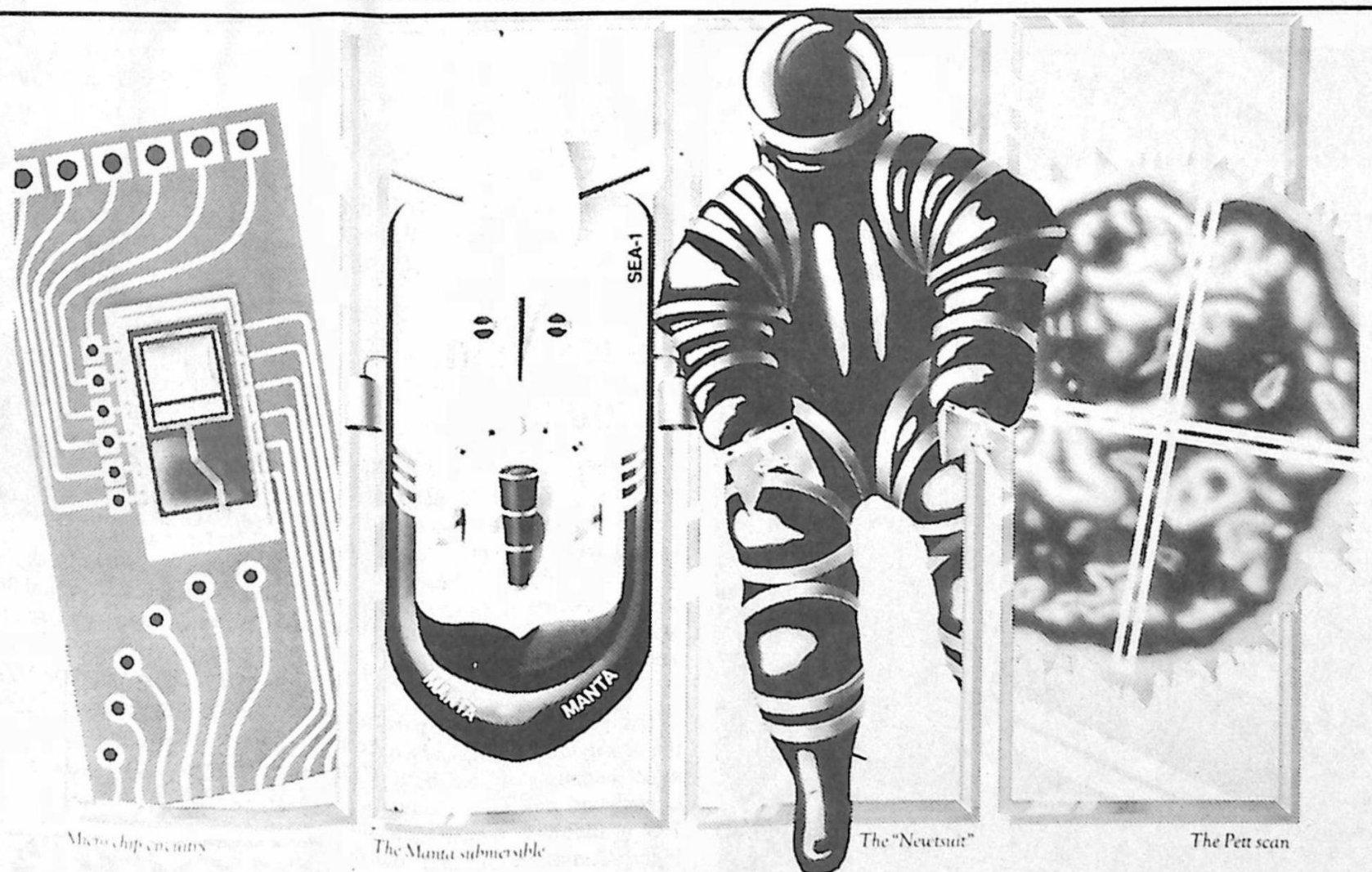
The rodeo will be for children in three age categories:

4-6 yrs, 7-9 yrs and 10-12 yrs. This rodeo will be a fun, learning day for the youngsters. For those aged 13-15 yrs there will be a cross Country Rally the same day. Stay tuned for more exciting news about these events and the prizes to be won from our local police.

The Summer Program run by the Recreation Centre is coming to an end. All the members of council wish to say "Well Done, and Hats Off and Three Cheers to You All!!!"

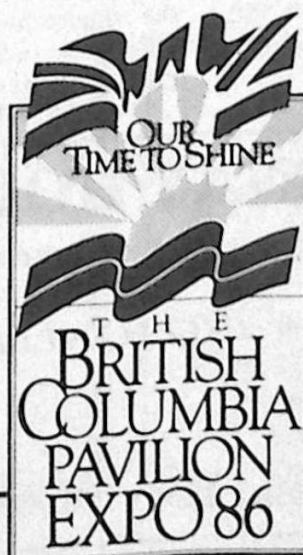
The entire summer program was a great success. We are fortunate to live in an area where facilities are at the disposal of our children. Many children learned to swim this summer. A large number of children participated in Day Camp (my own son three times - his entire body has been tie-dyed!)

Many thanks to all the staff of these worthy programs.



It's Our Time To SHINE.

The British Columbia Pavilion at Expo 86 is our chance to show the world all we've done and all we can do. We'll showcase a sparkling array of exciting innovations conceived and developed right here in B.C. Innovations that place us on the leading edge of world technology. The spotlight will be on areas as new and unexpected as sub-sea technology, remote satellite sensing, micro-technology, as well as resource development expertise and marine transportation design. Just as importantly, we'll present these success



stories in a manner distinctly our own.

The structure itself, a brilliant glass landmark, is a product of our design, engineering and construction skills.

Inside, everything from the unique 'Walk in the Forest' at the entrance to the 'Trees of Discovery' will offer a true reflection of B.C.'s ingenuity and resourcefulness.

The British Columbia Pavilion represents a rare opportunity to build on our successes and better secure a bright future for us all. It's our time to shine.

The Honourable Don Phillips, Minister Responsible.

Canadian Forces Update



Army Cadet Parachutist — Cadet Chief Warrant Officer Kris Brown, 18, of Comox B.C. rigs his equipment for a parachute jump at Canadian Forces Base Edmonton. CWO Brown, a member of 1726 Canadian Scottish Cadet Corps in Comox, B.C. is one of 37 senior army cadets selected from across Canada to participate in the difficult three week course. At the end of his six required jumps from a C-130 Hercules transport aircraft he will have earned the right to wear the coveted Parachutist wings. He is the son of Mrs. Barbara Brown of 34660 Immel Street, Abbotsford.

CF Service Pin to be awarded

To provide a means by which former members of CF may be identified and thereby encouraged to continue observance of the military (MIL) ethos in civilian (CIV) life, a service pin will be awarded to eligible personnel at the time of their release. All members of the CF who are in possession of the CF decoration (CD) at the time of their release from either the Regular or Reserve Force and who were released on or after 1 Feb 68 are eligible for the Service Pin.

The Service Pin is a lapel pin for wear on civilian attire. It measures 17mm x 15mm and is charged with the central device of the CF badge. It is further inscribed with the word 'Canada' at the top and 'Service' at the bottom.

The pin is produced in three finishes: bronze, silver and gold. The classification of the Service Pin awarded is determined by the status of CD and clasps in receipt at the time of release. The classifications are as follows:

- A. Retiring members in receipt of CD—bronze pin.
- B. Retiring members in receipt of the first clasp to CD—silver pin.
- C. Retiring members in receipt of second and subsequent clasps to CD—Gold Pin.

Commencing 19 Aug 85, the CF Service Pin will be issued by NDHQ/DPERS A in conjunction with the issue of a member's certificate of service (Form CF 54/75). On those occasions when a retiring member receives other than a form CF 54/75 but does meet the eligibility requirements for the award of the service pin, the releasing unit shall initiate the demand for the service pin from NDHQ/D Pers A. Former members of the CF eligible prior to issue commencement date are to request the pin from NDHQ/D PERS A and to provide their current address and CD status.

A CFAO will be promulgated in due course.

888 Wing

As a result of the support shown by the local communities regarding turning down commercial bingo in the Valley, we have decided to proceed with our own weekly bingo commencing Thursday, September 5th. Last Tuesday evening we held a briefing session for team Captains and many members at the Lions Den in Comox. The program is shaping up, but we could still use a few more volunteers to assist us in this ambitious attempt to get our building fund moving and support 386 Sqn RCAC over the coming year.

The first general meeting of the fall season will be held at the Hangar on Wednesday, September 4th at 8:30 pm, to be followed by a meet and greet. Please attend, pick up your membership renewal, and bring a friend as a prospective member. We hope to have the first fall edition of 'Contrails' available for the meeting, and it will contain details of the Resources and Projects events planned for the coming season.

We have big plans for the Wing in the coming year, but as usual it all depends on member support and participation. Let's give 888 Wing a big boost this year, and in so doing improve our support of the Air Cadets and the community.

Kudos from Aircom

The ability of the CP-140 to reach the level of 70 percent serviceability is a goal which all concerned have diligently and collectively applied themselves to achieve. Although the goal remains stubbornly evasive progress to that end has indeed been positive.

The past year and in particular the previous two months have been most encouraging as both CFB Greenwood and CFB Comox CP-140 availability reached all time highs. Comox in fact had four out of four of its aircraft available for a seven day period.

This HQ acknowledges the efforts by all addressees to tackle head-on the problems which have plagued the CP-140 since being added to the air command inventory. There is no doubt that we are beginning to win the battle and you are all encouraged to maintain your individual initiatives to ensure that the 70 percent serviceability goal is ultimately achieved and maintained.

Chaplain General (RC) appointed

Ottawa -- The Chief of the Defence Staff, General Gerard C.E. Theriault, has announced the appointment of Brigadier-General Colin J. Campbell, of Westlock, Alta., to the position of Chaplain General (RC) of the Canadian forces.

Brigadier-General Campbell began his military career in 1960 when he enrolled in the Royal Canadian Air Force (RCAF). He served three years in the reserve force in Edmonton prior to his transfer to the regular force. He then served as a chaplain at the National Defence Medical Centre in Ottawa until 1965.

During the next six years he provided chaplaincy services at RCAF Station Uplands in Ottawa, the Central Officer's School at the RCAF Station Centralia, Ontario, Canadian Forces Base (CFB) St-



BGen Colin J Campbell

Jean, Que., and CFB Cold Lake Alta. Brigadier-General Campbell served from 1971 to 1974 in the Federal Republic of Germany (FRG) as assistant base chaplain at

CFB Europe in Lahr and, later on, as detachment chaplain in Baden-Soellingen. He then served as base chaplain at CFB Borden, Ont. and at Air Command Headquarters in Winnipeg from 1974 - 1977 before returning to CFB Europe as senior chaplain.

In 1981, upon his promotion to the rank of Colonel, he became command chaplain (RC) at Air Command Headquarters. He was named Director Chaplaincy Administration (RC) at National Defence Headquarters (NDHQ), Ottawa, in 1984. Brigadier-General Campbell was promoted to his present rank in July 1985 and appointed Chaplain General (RC) at NDHQ.

Brigadier-General Campbell succeeds Brigadier-General George E. Travers, CD, who retires after 27 years in the Canadian Forces.



A Pig's Peck — A kiss by a "pig" doesn't phase Navy Sub-Lieutenant Andy Devlin, a guard commander of the Canadian Forces Tattoo '85. The costumed Leading Wren Brenda Ulley, a member of the 600 strong Tattoo cast, is in Edmonton as part of an eleven city cross-Canada tour.

A highlight of the noontime parade is the wearing of new Canadian Forces uniforms of Navy, Army and Air Force.



CFB Baden-Soellingen, West Germany — Madame Jeanne Sauve listens to pilot Captain Andre Viens of Ste. Madeleine, Quebec as he explains the intricate systems of one of 409 Squadron's newly arrived CF-18's at CFB Baden-Soellingen. Corporal Sue Miranda (left) of St. Telephore, Quebec, a safety Systems technician with 1 Air Maintenance Squadron also accompanied the Governor General during her recent visit to the base.

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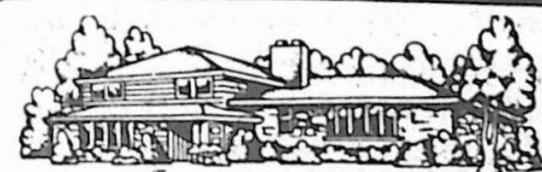
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Private Donald Shears is a member of the Airforces precision drill team performing in the Canadian Forces Tattoo 1985. Pte Shears has been in the Forces for four years and is the son of Helen Shears of Royston, B.C. The CF Tattoo 1985 features over 600 sailors, dancers and musicians and will be touring Canada in celebration of the Navy's 75th anniversary. Five performances are scheduled for Vancouver between August 26 to 30 in the Pacific Coliseum.



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People & Places

A visit to the past



Down memory lane... Mr Murray Smith of Toronto visited recently. Seems that Murray spent some time here during the last big one and wanted to see if things had changed much since '44. The BPIO provided Murray with one of his "two-fifty special" whirlwind tours and after all was said and done the cockles of Murrys' heart had been warmed. "A lot of the old buildings were still around" said Mur — but things did look a little newer and more "High Tech" than in '44. Murray even managed to find a couple of his old girlfriends! — Nice to have you Murray and Bon chance.

Y.B.C. REGISTRATIONS

Sat Aug 31 — 10:00 - 12:00

Wed Sept 4 — 6:30 - 8:30 pm

Sat Sept 7 — 10:00 am — 12:00 noon

— 6 yrs — 19 yrs old —

Leagues will start

Saturday Sept 14th at 9:00 am

For Further information telephone

HARRY LAVOIS ...338-1049



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CANADIAN POWER SQUADRON REGISTRATION

FOR THE
1985 BASIC BOATING COURSE

Thursday, September 5th, 7:30 p.m.

HIGHLAND SECONDARY SCHOOL, ROOM 224

*Classes to be held every Thursday evening 7 - 10 p.m.

*Anyone interested in Safe Boating should register

*CPS Members save money on boat insurance

For Further Information Contact

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TIME TO THINK CURLING

Leagues Start 1st Week In October

LADIES Tuesday Evening
Tuesday Afternoon - Rink of Choice
Thursday Afternoon

MENS Tuesday Evening 338-8324 334-4712
Thursday Evening

MIXED Sunday Evening 2-Ladies
Monday Evening 2 - Men
Wednesday Evening

SENIORS Monday morning - Monday Afternoon
Wednesday morning Wednesday Afternoon
Telephone Roy Watkinson 9-3778
Al Wain 9-2935

Monday Eric Chayco - 334-4240 Phone 334-4712
Mornings John Inglis - 339-4915 338-8324

JUNIORS Jake Volkers - 334-2179
Donna Cunliffe - 334-4272

CLINIC — Beginners & Advanced - First Week in October

DAYS & EVENINGS — Will Be A Charge

MUST REGISTER AT OFFICE

334-4712 - 338-8324

Welcome

TO THE WORLD OF
AQUATICS



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C.V.A.C.

STARTS NEW SEASON OF
COMPETITIVE SWIMMING

AND INTRODUCES THE
ESSO SWIM CANADA PROGRAM

ON MONDAY, SEPTEMBER 9

From 5 — 6 pm

Under HEAD COACH — AL AYLWARD
AT COMOX VALLEY SPORTS CENTRE

Registration: at pool from 4 - 5 pm daily

From Monday, September 9th — Friday September 13th

Phone: 334-3626 for information.



BINGO

888 (KOMOX) WING

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368 Sqn Royal Canadian Air Cadets

NEW ALL PAPER BINGO

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Mini-Bonanza, Floating Jackpot, Late Birds.

Each Thursday Commencing Sept 5th

LIONS DEN, COMOX — BEHIND LIBRARY.

Doors Open 6:45 pm * Start 7:30 pm

OFFICERS' MESS

September, 1985

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 Aug. 30, Sept 6, 13, 20, 27

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.

September 9, TGIF Subs/Fries

September 13 TGIF Meat Pies & Gravy

September 20 TGIF Reubens/Fries

September 27 TGIF Chicken/Fries/Coleslaw

SATURDAY, SEPTEMBER 21, MEET & GREET

SCHOOL DISTRICT NO. 71

SCHOOL OPENING

The first day of school on Tuesday, September 3rd, will be a full day in session but will commence one hour later than normal starting times, which are as follows:

Secondary Schools (10-12)

Vanier - 9:00 a.m.
Highland - 8:40 a.m.

Elementary Schools (K-6) Junior Schools (7-9)

8:30 a.m. Courtenay Jr. 8:50 a.m.
Cumberland Jr. 8:45 a.m.
Brooklyn Lake Trail Jr. 8:50 a.m.
Robb Road Jr. 8:25 a.m.

8:40 a.m. 8:50 a.m.

Black Creek Denman Island
Cumberland
Royston

8:45 a.m. 9:00 a.m.

Arden Airport
Comox Courtenay
Miracle Beach Hornby
Tsolum Puntledge Park

Village Park 8:55 a.m.

Union Bay Glacier View

Keep on Givin'

A Red Cross Blood Donor Clinic if they have received immunizations within the preceding four to five weeks of the scheduled clinic.

will be held on 6 Sep 85 at the Rec Centre from 1000 to 1400 hrs; Aircrew are reminded that IAW CFAO 34-35, they shall be grounded until 72 hours have elapsed after donating blood

All personnel, DND civilian employees and dependents are encouraged to attend but are reminded that they may not donate blood

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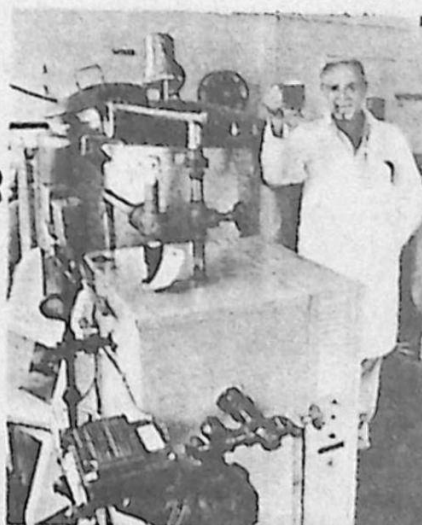


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Quadra

a summer place



In the Salt Chuck.... These two week general training cadets of HMCS QUADRA have just completed an abandon ship drill from the Canadian Naval Auxiliary vessel PURVEYOR in Baynes Sound. The first year cadets, as part of their two week training period at the National Royal Canadian Sea Cadet Training Establishment at HMCS QUADRA, Comox, B.C., spend a day at sea onboard the PURVEYOR. While on the salt chuck, the sea cadets stand watches, act as lookouts, take the helm, act as lifebuoy sentry, etc. At HMCS QUADRA the sea is put into Royal Canadian Sea Cadets.



Parade Deck March Past... The Senior Band of HMCS QUADRA is seen here carrying out a march past during Morning Divisions. The march past at HMCS QUADRA involves six companies, a staff officer division, and usually a 48 man naval guard. The march past is preceded by colours, prayers, and the inspection of the Divisions. It is truly an inspiring sight to behold for the uninitiated. HMCS QUADRA is a National Royal Canadian Sea Cadet Training Establishment located at Comox, British Columbia. At HMCS QUADRA naval discipline, customs and traditions are instilled in the cadets to produce a love for, and a healthy respect for, the sea.

Cadet training is once again winding down at HMCS QUADRA. Nearly a thousand Royal Canadian Sea Cadets from all over Canada attended this Royal Canadian Sea Cadet National Training Establishment located at Comox, British Columbia.

HMCS QUADRA offered ten interesting courses to Royal Canadian Sea Cadets. These courses were; Boatswain (six weeks); Band (eight weeks); Cook (six weeks); Operations/Communications (six weeks); Shipwright (six weeks); Medical Assistant (six weeks); Junior Leadership (four weeks); Drill Instructor (six weeks); Practical Leadership (eight weeks); and General Training (two weeks). The scope of the courses varied from the familiarization offered in general training through the largely academic medical assistant course to the physical stamina and mental alertness demanded by the Practical Leadership Course.

The newest course at HMCS QUADRA was the Drill Instructor Course. This course consisted of 20 cadets. These cadets, who came from every region in Canada, learned how to perform and teach parade drill which will be used in their local Sea Cadet Corps and for ceremonial occasions. During their six week course, the cadets also participated in recreational sailing, overnight hiking, range shooting, regular sports and a variety of physical training available to the trainees at HMCS QUADRA.

All courses were eligible to compete for the Cock-of-the-Walk which is given to the best all round course each summer. This competition taught cadets to adapt to group living and to co-operate with their course mates in order to achieve a common goal.



Prep for Sea.... Before any Sea Cadet onboard HMCS QUADRA sets sail in a 32' open sailing cutter, the cadet is instructed on the parts of the cutter and its sailing rig. All Sea Cadets must wear one of four different types of personal flotation devices. Water Safety is strongly stressed and, here, the cadets who are being instructed on how to attach the sail, are seen wearing the standard life jacket issued to cadets. The staff cadet, who is instructing the cutter crew, is wearing a belt type Mae West PFD. At HMCS QUADRA, the National Royal Canadian Sea Cadet Training Establishment, the sea is put into Sea Cadet training and the emphasis is on adventure and safety.

Next Totem Times Deadline

Sept 9

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 Tomatoes 49

Bacon 99

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 SAUCE 50

GRAVY 75

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

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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

PERIER 1.25 ICE TEA 1.00



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OSOYOOS WHITE SELECT

(White Dry)

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(Red Dry)

ANDRES

HOCHTALER

(White Medium)

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1 2 LITRE 3.79

1 4 LITRE 2.09

5 OZ. GLASS 1.35

House Wines (Imported from France)

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1 2 LITRE 5.70 1 4 LITRE 3.35

5 oz. GLASS 1.95

Beer & Cider

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LIGHT BEER 1.75

LABATT'S BLUE

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MOLSON'S CANADIAN

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EXTRA OLD STOCK

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KOKANEI

1.75

MILLER

1.75

LUCKY LAGER

1.75

HEINEKEN (Holland)

1.75

OLYMPIA (USA)

2.50

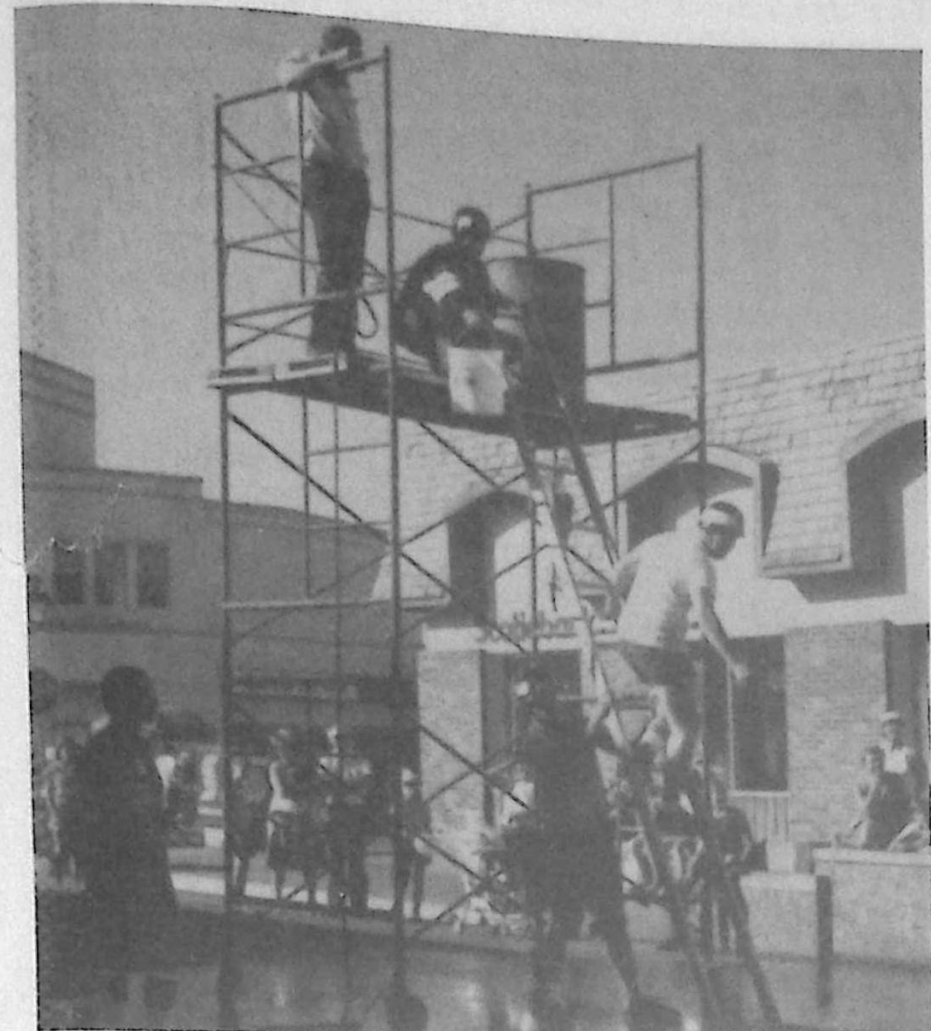
B.C. CIDER - Dry

1.75 Medium

PLUSSS TAX

Around the Base

Our MP's in action



Market day challenge

On 26 July 85, members of the Base MP Section participated in the annual Courtenay Market Day Challenge Competition. This year's challenge, put forth by the Courtenay RCMP Det, consisted of a gruelling three minute bucket brigade relay covering a distance of approximately 50 ft. The object of the relay was to travel the distance from a water tank, through an 80 lb pressure water curtain and up a ladder placed upon a one storey high scaffolding and fill an empty 44 gallon drum. Competing teams consisted of ourselves, Courtenay Fire Dept, Comox Fire Dept and Courtenay RCMP Det. The RCMP proved victorious again this year with the truly dedicated and hard working MP team placing a respec-

table fourth out of five. Five you say, there were only four teams competing! Well one must bear in mind we were also carrying the load for the Base Fire Hall who, although challenged, failed to appear due to work commitments, other commitments, forgot what day it was, couldn't find Courtenay, couldn't get the truck started, hung over, or any or all of the above. No excuse next year! Festivities continued at the Elks Club where a good time was had by all with the MPs again carrying the Base Fire Dept load. Someone had to drink their portion of beer.

Members of the team included Gerry Greentree, Luc Guibord, Ernie Kolmel, Ralph Luppe, Jacques Boissonneault, Rick Sylvain.

Across my kitchen table

- by Rosemary Gibson



Last Friday I watched the Ceremonial Divisions at HMCS Quadra. The combination of over eight hundred sea cadets parading before a Rear Admiral, the band playing "Heart of Oak" with the beauty of the mountains and glacier, the sea and sailboats for a backdrop, brought tears to my eyes and a lump to my throat. Today's young people are often in the news for the trouble some of them get into, but this was an example of what strength and dedication, discipline and the desire to excell can produce. Yea, Quadra!

Summer is almost over. Baseball season in the Valley is coming to an end, hockey registration is starting, the stores are full of pencils and scribbles,

and the latest edition of lunch boxes is being sought by eager first-graders. Summer is a wonderful time of freedom, but there is something very reassuring about getting back into the old routine of organized daily existence.

THE COOKIE JAR

A house should have a cookie jar for when it's half past three And children hurry home from school as hungry as can be, There's nothing quite so splendid As spicy, fluffy ginger cakes And sweet milk in a cup. A house should have a mother waiting with a hug, No matter what a boy brings home, a puppy or a bug.

For children only loiter when the bell rings to dismiss If no one's home to greet them With a cookie and a kiss!!

Here is a good cookie recipe for all those little lunchboxes.

FROZEN ROLLED OAT COOKIES

Ingredients:
1 cup margarine
1 cup brown sugar
1 cup white sugar
2 eggs, beaten
1 teaspoon vanilla
1 1/2 cups flour
2 cups rolled oats
1 teaspoon salt
1 teaspoon baking soda
1/2 cup nuts

Method:
Cream margarine and sugar; stir in beaten eggs and vanilla; mix well. Sift together flour, salt and baking soda and stir in rolled oats. Add to creamed mixture. Mix well. Add nuts. Form into long rolls and put in freezer. Slice very thin while still frozen. Bake at 350°F for 12 - 15 minutes. Put together with date filling.

Filling:
2 cups finely chopped dates
1/2 cup water
2 teaspoons granulated sugar

Cook over medium heat until dates are soft and the mixture is thickened and of spreading consistency.

Now this is a dessert with an interesting name!

NEXT—BEST-THING-TO—ROBERT-REDFORD

Ingredients:
1 cup flour
1/4 cup butter or margarine
1 cup chopped nuts
1 8-ounce package cream cheese
1 cup sugar
1 large container Cool Whip
1 large size instant chocolate pudding mix
3 cups milk

Method:
Combine flour, butter and chopped nuts. Press into a 9" x 12" pan. Bake at 350° for 15 - 20 minutes. Cool. Combine cream cheese, sugar and 1/2 the container of Cool Whip. Blend until smooth. Spread over cooled crust. Whip instant pudding and milk until well blended. Pour over the cream cheese mixture. Spread the remaining half container of Cool Whip on top. Make chocolate curls and put on top. Refrigerate overnight or at least six hours.

HINT:
Use hard boiled egg slicer to slice cooked potatoes for frying.

THOUGHT FOR TODAY:
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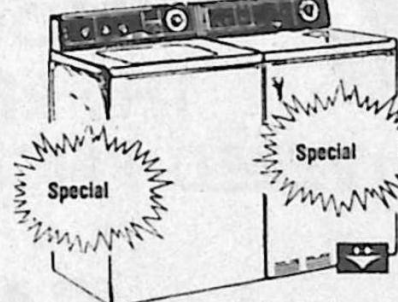


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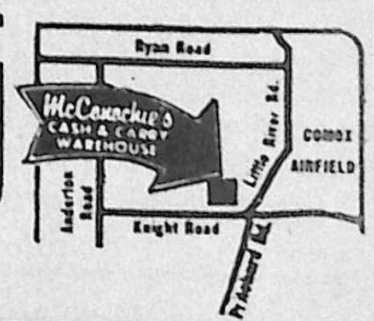
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