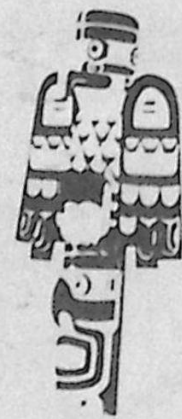




TOTEM TIMES



Vol 27 No 16

CFB COMOX TOTEM TIMES

THURSDAY SEPTEMBER 12, 1985

Deadline is Monday September 23

COST: PRICELESS

Shorties.....

SOVIET BEARS INTERCEPTED

Canadian Forces Base North Bay, Ontario — Two CF-18's from 425 Squadron at CFB Bagotville, Quebec, intercepted two Soviet TU-95 Bear H aircraft about 260 kilometers north-east of St John's Newfoundland at approximately 10:48 am EDT on 20 August.

Canadian NORAD Region air weapons controllers at CFB North Bay, ordered the scramble of the interceptors and then directed them to the Soviet aircraft. The pilots, Capt Eric Matheson, and Capt Chuck Caron visually identified the Soviet aircraft as TU-95 Bears. After being intercepted and identified the Soviet aircraft continued flying away from the Canadian Air Defence Identification Zone.

TOP SHOTS TAKE FOURTH STRAIGHT WIN

Ottawa — Warrant Officer J.R. Surette and Lieutenant K.E. Ferguson have been awarded the Queen's Medal as the winners of the Canadian Forces Small Arms Competition at the Connaught ranges near Ottawa July 28 - August 6. Both won the awards for an unprecedented fourth year.

WO Surette's score was 622 points and Lt Ferguson's 618 points out of a possible 755.

A Queen's Medal is awarded at the conclusion of the competition to the best rifle marksman in the regular force and militia components of the CF. WO Surette is on the staff of the School of Infantry at the Combat Training Centre, CFB Gagetown, N.B. and Lt Ferguson, a member of 1 Nova Scotia Highlanders (North), is a staff officer at Atlantic Militia Area Headquarters in Halifax.

DEPUTY MINISTER (MATERIAL) APPOINTED

Ottawa — Mr. Eldon J. Healey, P. Eng., of Owen Sound, Ontario, has been appointed assistant deputy minister (material) for the Department of National Defence. His appointment is effective September 3.

Mr. Healey, who retired from the Canadian Forces in the rank of rear-admiral this August, has been the chief of engineering and maintenance at National Defence Headquarters since 1984.

In his new appointment, Mr. Healey will be responsible for research, development, procurement, storage and distribution of equipment and systems, managing project offices, construction and maintenance of buildings and facilities, among other materiel matters for the department.

A VERY SPECIAL FIFTIETH ANNIVERSARY

Ottawa — More than fifty years' employment in the Department of National Defence — a remarkable achievement! In recognition of these long years of service, spent in both the Canadian Forces and the public service, Mr. Frank H. Pearce recently received a silver medal and retirement certificate from the hands of the Deputy Prime Minister and Minister of National Defence, Mr. Erik Nielsen.

CFS FALCONBRIDGE FAREWELL REUNION

CFS Falconbridge is planning a farewell/reunion weekend to commemorate its closure.

The weekend of the 4th - 6th of April 1986 has been selected to celebrate this memorial occasion and the festivities will begin with a Meet and Greet at 1700 hrs. On Saturday, April 5th, a full day of activities including a tour of Science North will precede a gala Ball/Dance for all to attend. This event will be followed on Sunday April 6th by a pancake breakfast and final farewell.

Limited accommodations are available on the first come basis. Hotel arrangements will be booked for those wishing to attend. Contact: Sgt Russ Roux, GPSN, 664-6011, Local 267.

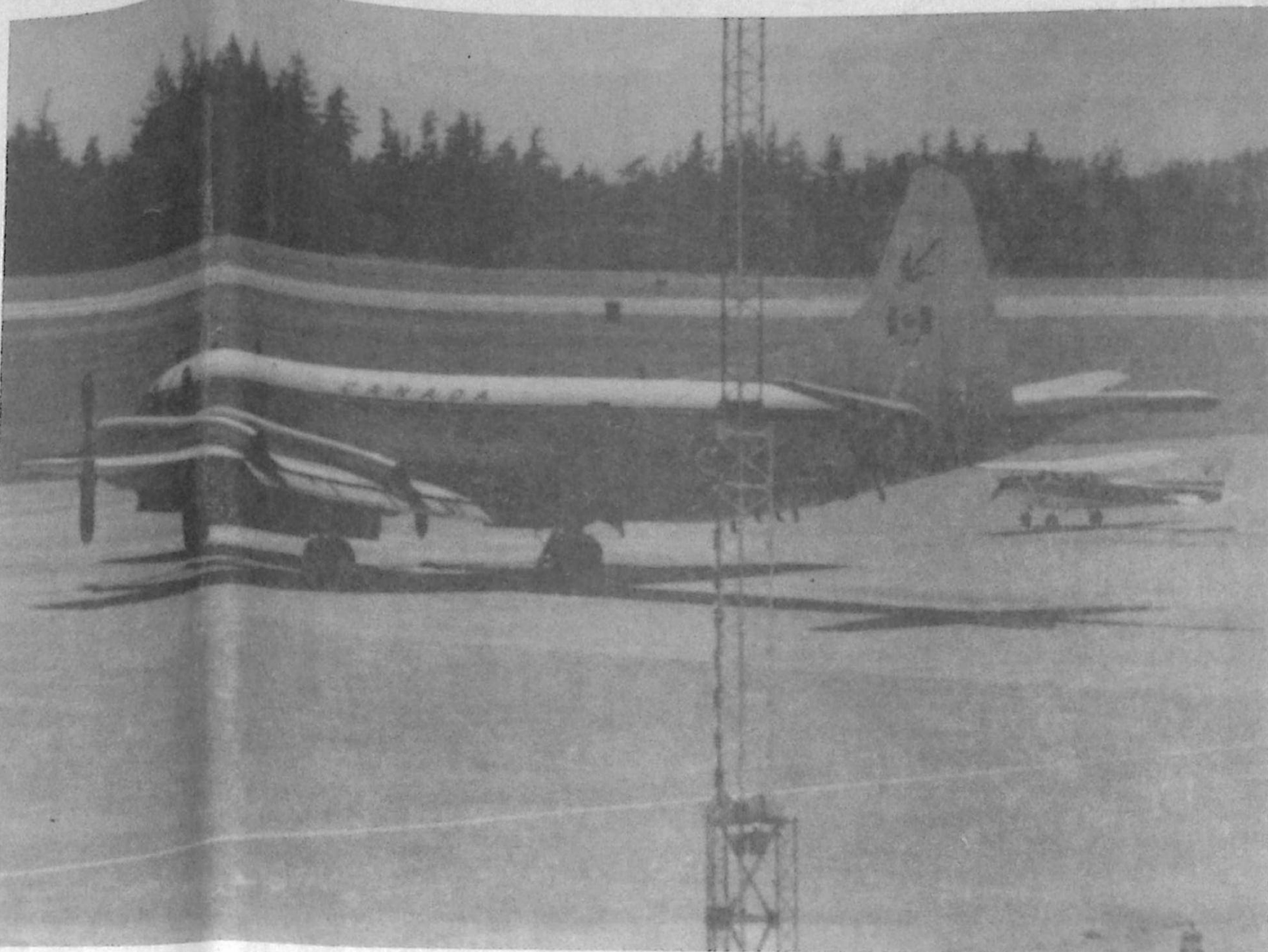
MILITIA CONCENTRATION, 1985

Milcon '85 the annual formation level exercise of Pacific Militia Area was held at Wainwright Alberta from August 23rd to September 1st. The 14 Militia or army reserve units of British Columbia formed operational grouping 11 Training Brigade and trained together. The purpose of this training exercise was to allow the Canadian Forces to achieve the degree of readiness necessary to meet the demands of national defence.

This exercise was the culmination of the September to May training period for the Militia. While at Milcon '85 all the resources and equipment necessary to conduct realistic field manoeuvres were provided to the soldiers who form the integrated units of 11 Brigade.

In addition to its Militia units, 11 Brigade was augmented and supported by other Reserve and Regular Force units from Canada. Communications was provided by 74 Communication Group and 744 Communication Regiment who form 11 Headquarters and Signals Squadron. 1 Canadian Brigade Group of Calgary provided equipment, drivers, operators and advisors to the individual units.

About 1,200 of the 1,500 total members of Pacific Militia Area attended Milcon '85.



VP 407 has introduced a secret weapon for MARCOT '85.... LCol Rogers and the resident Whale Killers have unleashed a new and most lethal air driven machine for the big MARCOT exercise taking place off Canada's West Coast. Its VP407's version of "Stealth" in its most intricate form. For some time now there has been talk of a stripped down version of an Aurora for pilot training.... Well the "Whiz Kids"

at 407 took it one step further and developed the slow burnin', slow turnin' version that has a saddle just rear of the cockpit for the flight engineer. Two bunks will be strapped to the under belly so AESO's will not miss "nappie time". And the weapons system.... a 22 calibre bolt action single shot is provided for those times when detection becomes imminent — Copilot... Action please!

The United Way... A good idea that works

It is now that time of year to pull our resources together and give a hand to those in our community who need our help. As you can see by the diagram, a large group of local charitable organizations are covered under the United Way's umbrella.

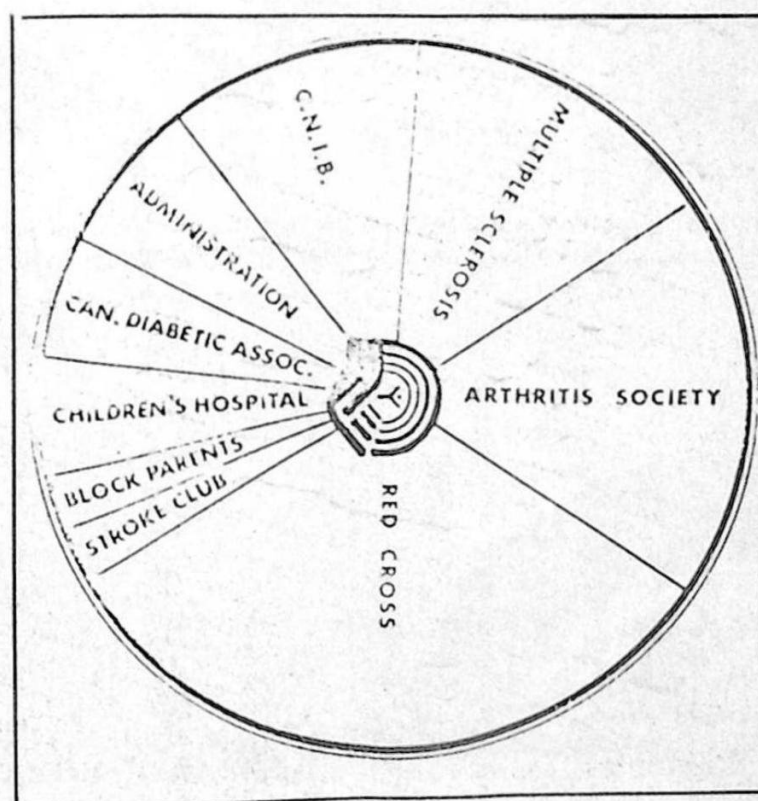
There is a rumor concerning administration costs and salaries for United Way workers that needs to be clarified. Firstly, there are NO United Way workers receiving any kind of remuneration. The United Way committee is composed of local volunteers who give their time to help the community. Secondly, United Way has a 3% administrative cost which is very low in comparison with other charitable organizations.

The United Way Committee reviews annually the needs of local charities requesting allocations. The committee insures that the money from all the other grants are exhausted before allocating any amounts, thus assuring maximum value from every dollar.

This year, the Comox Valley United Way Campaign will be held from 20 Sep to 26 Oct 85. The objective is \$100,000 and the goal for the base is \$20,000. The United Way Campaign is the only officially recognized appeal which the base supports.



UNITED WAY
A good idea
that works.



CFB Comox has traditionally contributed immensely to the yearly campaign, but statistics have proven that less than 50% of the base members actually give. You have the choice to give either a cash donation or make a pay allotment (ie \$2.00 a month), which makes giving less painful to your budget. Either way you save by giving, the new income tax laws state that you need receipts to deduct any charitable donations. Note that donations through pay allotments will be registered on your T-4 slips.

This year, the United Way Campaign promises to be the greatest ever for both the base and the valley. The Committee is striving to get maximum participation. We do not want to get more money from those who already give but we want more people to give.

It is our social responsibility as citizens with a steady income and good health to get together and help our neighbours in need. Let's show some compassion and participate actively by giving generously to this year's campaign.

Jean Langevin

Capt

Base UW Coordinator
Local 2308

Melvin says



To Our PMQ Readers.
Home Delivery will commence in the PMQ area with this issue. The Totem Times will No Longer come in Lazo Post Office Boxes.
We aim to please.....

The Editor

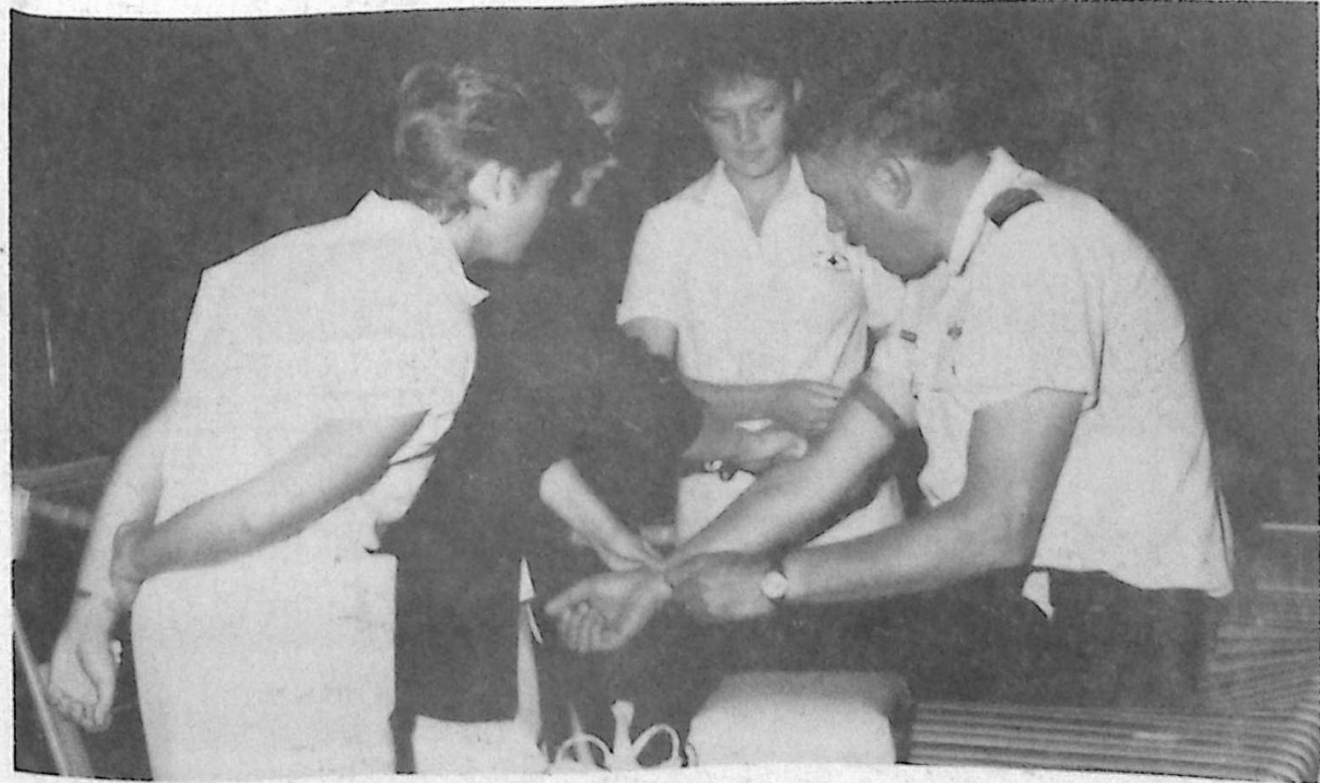
we
need
you

If you have an interest please
call The Totem Times at 339.
2541 or The Editor at Local
2289.

Long Hours No Pay

TYPISTS—PHOTO—LAYOUT

ADVERTISING



Sorry Sir... There's just nothing there! BComd Col Kadonoff opened the recent Blood Suckers Get Together, and sat in to give a pint. Seems that a gathering of experts was necessary in order to extricate the precious fluid. Evidently a vein was found and all went smoothly. Good show Colonel!

Section News



Demon

Doins

A lot of years...



MCpl "Bert" MacDonald
Suggestion award....

Col Kadonoff presenting



When Cpl Coulombe was an IS Tech on 407 Squadron she suggested the use of a CP140 Aurora auto-pilot fault isolation form on that Squadron. She was presented an award of \$200⁰⁰ by Maj Baldwin at her newbase, CFB Winnipeg.

Retirement....31 years



Sgt R.J. "Mickey" Blake

LCol Stuart presenting

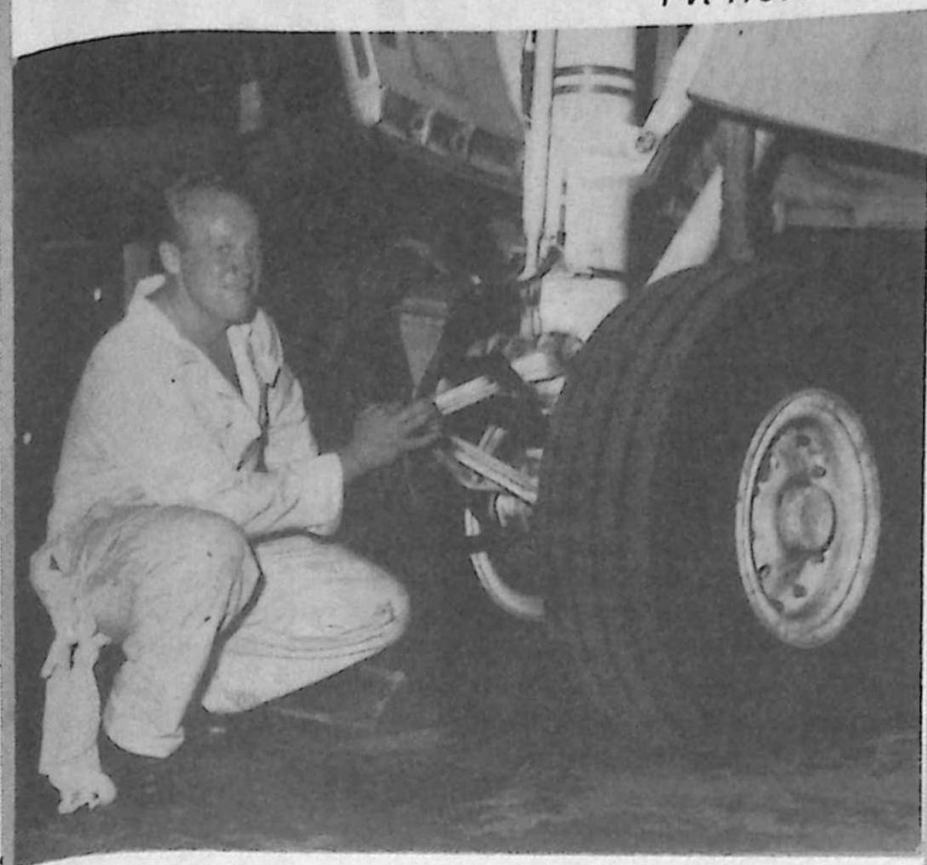
WOs' & Sgts' Mess

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.

Demon Tech of the month

Pvt Trevor Foss



Meet Pte Trevor Foss our Demon Tech of the month. This native of Aneroid, Southern Saskatchewan is presently employed as a Airframe Technician for VP-407 Squadron 3 crew, Servicing. Trevor joined the Canadian Armed Forces at Regina, Saskatchewan in February, 1982. He was posted to VP-407 in September, 1983 from CFB Borden, Ontario. Trevor is presently single. Highly sports minded, he enjoys weight lifting, cycling, socializing and just having fun.

Photo and Article by Richard Bonin

AIRCREW

When looking around the Squadron lounge these days, one cannot help but notice all the bright, new faces. I am of course not talking about the visiting USN and Australian aircrew, but of our own beloved Demons, the last of whom have finally returned from leave. For days the crew spaces buzzed with tales of lives won and lost (mostly lost), as well as stories about various holiday activities including fishing expedition, the likes of which would even make Maj Mazey's head spin. A feat which should be entered in the record books. With our leave period behind us it is now time to gear up for MARCOT '85.

This year's exercise promises to be one of the largest and busiest that 407 has ever participated in, coinciding as it does with the Navy's 75th anniversary celebration. On behalf of the squadron I would like to welcome our Aussie friends on VP10 and our American friends on VP19 and VP9 as well as accompanying support staff. The welcoming party at the Glacier Greens was a huge success and things were kept cool thanks to the ingenious idea of a "bar shower". No names will be mentioned to protect the guilty, but we have it from a reliable source that those beer kegs can be tricky.

Another "tricky" deal is the way that Crew 6 always manages to find itself in print. This time in MacLeans magazine for doing an outstanding job in the last NORPAT. They had some good flying, but were a little cramped for space what with their private secretaries, stenographers and publicity agents. Mind you, they have not allowed all this notoriety to go to their heads and any rumours that the crew 6 check-lists now contain such important items as "Make-Up and Wardrobe" are totally unfounded.

I guess that the biggest staff change in the past two weeks has been the coup replacing Major Bishop (our beloved ex-flight commander) by Major Thomas (our beloved new flight commander). On the squadron it is known as the "Day of Infamy" when Maj T replaced Maj B. When asked to comment on his new position Maj T replied, "Ah pitie de fool who don't do what I tells him to do". Shades of the A-team. Still there have been sightings of Maj T sporting a Mohawk haircut and sporting several gold chains.

One of the first official functions that Maj Thomas participated in as a Flight Commander was the Squadrons Sports Day. Squadron members participated in Volleyball, Softball and Golf throughout the rather wet day. Of memorable note during the day was the umpiring of MWO McKendry whose eyesight and skill are beyond description and the home-run by MAJ Pete Devana. Who says that acoustic people can't hit. Naturally, the great Aircrew/groundcrew softball game was won by the aircrew, but it was a close game with only one run separating the two teams. To be

fair I should also mention the lucky hit that the SAMO had which he just managed to turn into a home run. It was a valiant if futile gesture. Only two people managed to remain dry during the whole thing and that was Maj Gibbs and Lt Crampton. Maj Gibbs by running in between the raindrops and Olwynne by hiding under the Maj's moustache. Bushy little devil, isn't it?

Recently there have been a rush of VPCC boards and congratulations are due to the following new crew commanders: Ralph Southern, Ken O'Brien, Pat Murphy, Maj Thomas and Lt (USN) Brad Lunsford. Brad moved right in to take over crew 7 and together with Sam Nuso have promised to turn out a crew of honest, conscientious, dedicated, hardworking individuals — just as soon as they can find them. They have even adopted a new name and thus the Moosemen have been transformed into the Black Sheep in one easy stroke. Now is that power or what?

Last but not least I turn back to VP 9 whom I mentioned a few paragraphs ago. Two of their aircraft were here earlier in the week and one of them had a small problem that resulted in that crew being here somewhat longer than anticipated. One of their members, when asked how he liked staying in Comox rather than returning to the Diego Garcia of the North (ADAK) replied, "We've never had it so good". Nuff said!!

VP 407's press crew has returned from Inuvik after a week of exposure to Maclean's Magazine reporters and DND Office of Information video cameras. Crew 6 representatives declined comment on their arrival except to say that while in Inuvik they managed to get the shaft (which will be mounted in the Crew 6 office in due time). The mission (northern Patrol) involving surveillance of the U.S. Coast Guard vessel *Polar Sea*. In addition to monitoring the progress of the ice breaker, the crew, led by Detachment Commander Maj Denny Thomas, provided assistance in the form of ice reconnaissance and weather reporting.

Crews from VP405 and 880 Sqn on the East Coast flew several missions in support of the Polar Sea during the eastern portion of its journey through the Northwest Passage. The Demon Squadron's Crew 6 commenced its surveillance and assistance as the Polar Sea entered the ice-bound Prince of Wales Strait between Banks Island and Victoria Island.

The flying was intensive. Each morning the crew woke up before breakfast to prepare for the days mission, flying 8 out of 9 days. Overcoming the vastness of the "Great White North", Crew 6 located the vessel on all missions, checking its progress and mapping and reporting ice conditions in her path.

Of great credit to the Norpats success was the aircrafts 100 percent serviceability throughout the

trip. Thanks to Sgt Stan Lawson and his 6 man team for their efforts. Without their dedication the trips would never have been the success they were.

Similarly, the support of CFS Inuvik was instrumental in keeping the operation moving smoothly, with nearly all of their sections involved.

After the long days of flying in the land of the midnight sun, Crew 6 returned to CFB Comox, having the satisfaction of seeing the Polar Sea steam out of the Canadian Northwest Passage and into American waters north of Alaska.

SERVICING - 2 CREW

Hello out there fellow readers, this is your 2 crew news team telling you about the past events of the month.

First of all, most of the base looks quite confused about seeing four Auroras parked on the 407 flight line. You might not believe this, but no we didn't receive a new a/c from Ottawa. Surprise, all four of our planes were serviceable. We would like to thank maintenance for the great show.

Not too much more has been happening lately because most people have been on leave for the last couple of weeks.

Cpl Stoneman just came back from leave in Ontario, but most people didn't know him because he had a long hairy monster attached to the lower portion of his face. Lucky for us, he had a large sharp blade to cut the ugly creature off with.

2 crew would also like to say hello to WO Bev Kolins, Sgt Bill Folliott, MCpl Ron Elliott, Cpl Larry Green, Cpl Kym Devries and Cpl Dwayne York, we hope your stay with 2 crew is a long and happy one.

We would also like to say goodbye to WO Lyle, Sgt Cash Farrell, Sgt Paul Ervin, Sgt Hans Stoeckel and MCpl Fred Schwab. We all have enjoyed your presence as part of our team greatly.

That's it from 2 crew, so as my Dad would say in Newfoundland "See you later me son".

P.S. All the people out there who know Sgt Miller, will you keep rubbing his belly, he has been a little grumpy lately.

P.S.S. One last word — Barry Sooley got married recently and we noticed that he has been tired lately! You see I have reason to believe he is still on his honeymoon.

PHOTO

Another month has come and gone in *Photoland*.

On Sunday the 11th of August there was a farewell BBQ and plaque presentation at Airforce Beach for MWO Bob Bourne who is off to Esquimalt and MCpl Jean Yves Dionne who's off to Base Photo BFC Bagotville — Best wishes to both of you in your new jobs.

The BBQ was a big success, word of mouth has it that Sgt Stan Lawless was trying to set a record in photo for eating hamburgers (6)? But who's counting.

Cpl Jean Plante is back from his jammy trip to "Balmy" Inuvik on Norpat...Oh well Jean at least your wife made it to the BBQ.

Cpl Bernie Lambillion is also back from his exciting week at the Abbotsford Airshow...Bernie managed to win the draw at Abbotsford and got a ride on the "Goodyear Blimp" —Bernie how do you do a film change on the Blimp?

MCpl Pete Veldhuizen and Cpl Jean Plante passed their pips for the 9L course. You can uncross your fingers now Pete.

Slowly the new comers to Photo are arriving. Welcome to Sgt Stan Lawless in 407 Processing and Sgt Jean Cote in 407 Air Photo.

The news in Processing is Pte Jeanette Mathews has finally taken the plunge and moved off base. Rumor has it there is an engagement in the wind? Pte Gumbi Granger is back off leave from Red Deer, he's desperately looking for someone to buy his motorcycle. Pte Lynn Fralick's burn/tan is finally fading, but freckles are still remaining...

Well this ends the news for this month. Hope everyone enjoys the rest of the summer, and like me hoping fall and winter is a long way off.



442 Squadron

The Rotary Wing Gang....



442's version of "Stuff the phone booth": sixty-plus people on and around a Labrador at the SAR Rotary Wing Symposium.

They came from "miles around" as the saying goes, to the first (hopefully annual!) Rotary Wing SAR Workshop, 30 Aug — 1 Sep 85. Hosted by 442 Sqn, the gathering drew helicopters and crews from the USGG at Astoria, Ore., and Port Angeles, Wa. USAF Reserve at Portland, US Navy Whidbey Island, and the Canadian Coast Guard from Prince Rupert and Victoria. Of considerable interest to the foreign units was the lowest-flying VTOL machine present, the Canadian Coast Guard's hover craft from Parksville. Personnel were impressed with its high speed and shallow water capabilities. Also represented were RCC Victoria, the Canadian Civil Air Search & Rescue Association, and a number of local, retired 442 "chopper jocks".

Originally conceived by Capt Greg Holbrook and other 'Back Bar' cronies from 442 Sqn, the workshop was superbly organized and executed by Lt (USGG) Garry Daniell, assisted by Capt Inge Plug. It afforded an opportunity for the various agencies performing helicopter SAR on the west coast to describe their operational methods to one another, and exchange information on techniques and procedures. Following briefings on Friday afternoon and Saturday morning, static displays at each aircraft allowed attendees to view the various items of rescue equipment. Many visitors also took advantage of a familiarization ride in the Parksville Hovercraft which operated from Air Force Beach on Saturday afternoon. Afterwards, crews participated in a 'social exchange' at a steak barbecue held at Glacier Greens.

As a measure of the overall value of the Symposium and its importance to the West Coast SAR community, it was notable that several crews attended at their own expense, while others maintained back-up standby postures for their units while in Comox. That so many did attend is ample evidence of the interest on the part of west coast helicopter SAR units in improving their performance through an exchange of ideas and techniques. The squadron also hosted BGen K.O. Simonson, Comd ATG last week, on a whirlwind tour of his favourite SAR Squadron. This time the General did have time to try his hand at flying both aircraft types, and dazzled the Buff crew with a near-perfect 'greaser' of a landing in the morning! (wet runway, you say Tilly!) In the afternoon the CO,

Col I.H. Firth (DComd 14 Trg Gp) and BGen Simonson were flown to Victoria by the Operational Training Flight Cpts Rudy Preus and Tom Mitchell in a Squadron Labrador. Along the way, the General showed unusual prowess at handling the Lab, but made no bid for a second smooth landing in a single day! During his brief visit to the Hanger, BGen Simonson toured all sections and chatted with many Squadron personnel.

In other news at the Squadron, the standby Labrador carried-out a boat hoist and medevac of a heart attack victim from the DFO vessel Parizeau, 120 miles west of the Island on Saturday. The standby Buffalo flew top cover during the hoist and met the helicopter at Tofino to transport the patient to hospital in Victoria. Also on the weekend, the standby Buffalo was dispatched on an ELT search to the Ft. Nelson area on Sunday, with negative results. All in all, a fairly busy weekend for the winged serpents.

From a more mundane standpoint, two of the Squadron's aircraft are presently on 'deployment' in Calgary and Portland. Capt Tom Lindsey and crew are still trying to pick up 456 from the Omega installation in Calgary. Bad weather and unservicability hampered plans to be home for the weekend, but the last of the aircraft to be so modified should be home shortly. On the chopper side, Capt Bob Grant and crew have been enjoying Portland hospitality when an unservicable sync shaft prevented their return from an overnight trainer. Two MRPs later, Bob should be back soon!

Up and coming on both flights are Northern Trainers later this month. Cpts Marv Macauley and Lauritz Mamen, and the newest Buff pilot on the Squadron Maj Jim McBain will take SF 620 to the Yukon and Alaska from the 16th to 19th. On the Labrador side, Flight Commander Maj Reg Lanthier and Capt Mike Vermette head north from 17 to 20 September. Better pack the long johns guys! Also this month, the Fairchild AFB Airshow at Spokane on 13 — 15 September will be blessed with a bright yellow Buffalo, piloted by Capt Mark Zwan-ski and crew.

As a final note, Capt Clive Barratt is back at the Unit for a couple of weeks of flying. Seems the desk at Fort Fumble isn't quite as exciting as a Buffalo! When he leaves, Clive will be taking back to Ontario, his new bride Carol Lanyon, following their wedding

planned for this coming Saturday. All this, of course, *IF* the groom makes it back from Calgary this week!

For this issue, that's all for 442....Snakes, out!

FROM THE MAIN FLOOR

We said farewell to Ken Beebe (WO IE Tech) and Mickey Blake (Sgt AF Tech) recently, events which reduced the experienced quotient, not to mention the silver content of 442, by sixty-four years. Ken Beebe joined the RCAF 33 years ago at St. Jean, PQ and then after the training tour at Borden, he served at Lachine (Montreal), Trenton, Grostenquin (2 Wing, France), Cold Lake, Bagotville, Pat Bay (VU-33), Comox, Edmonton and Comox again, at BAMSO, 409 and finally at 442.

Mickey Blake followed the same initial path, then went to North Bay, Cold Lake, Zweibruchen (3 Wing, Germany), Trenton and finally a short stint of fifteen years with 442, which should explain why his favourite song must be "Raindrops keep falling on my head."

Willie Williams wasn't here long, and there he goes again off to BAMSO. Swapping places is Cpl Al Barron. Speaking of Safety Systems Techs, Cpl Gary Graham was out on the tarmac one cold, dark, foggy, rotten, quite normal Comox December morning at 0230 hours when he decided to occupy some Boeing waiting time by doing a FOD search of the tarmac. He came up with a bonding pin from a refuelling truck that could have caused acute indigestion to a Boeing 707, which rather sparsely explains why he received a commendation from the Squadron CO. Good work Gary.

We welcome Sgt Lapatourel from 444 Sqn Lahr, who will be the new TTO. Sgt Leo Uhlenberg is moving to One Crew. This being a small world the name Lapatourel originates in the Channel Island of Guernsey which is situated off the French coast at Cherbourg. The Channel Islands were originally part of the Duchy of Normandy, the Duke of which became William the Conqueror, after my folks went over in 1066 and zonked King Harold and the Kippers. The United Kingdom is now integrated into the Channel Islands but we let the Kippers rule themselves.

Finally, congratulations to Stacey Theissen who is now a Corporal and watch this space for more wedding news. National Enquirer, eat your heart out.

Retirement.....33 years



WO Ken Beebe

LCol Stuart presenting

FOD finder



Cpl Gary Graham found a dangerous piece of FOD material in the Boeing parking area one dark and foggy December morning. For the conscientious effort involved, he received a CO's Commendation from LCol Stuart, 442 Squadron.

Suggestion award...



When MCpl Gallagher was a Search and Rescue Tech on 442 Squadron he suggested a modification to the CC115 Buffalo intercom system to provide the Spotter's position with a hot mike capability for use during parachute operations. He was posted to CFB Trenton before the proposal was adopted but was presented a \$1500 award by Col King, the Trenton Base Commander.

The General cometh.....



Heavyweight discussion: BGen Simonson, LCol Lett, Maj LaGrange and 442 SWO, CWO Ford consider a problem with Buffalo trailing rudders.

Next Totem Times Deadline September 23

Editorial

Food for thought

In this issue the old 'Fish-wrapper' has taken an in-depth look at what we consider to be a social ill — namely Kids & Moms & smoke.

It is not our intent to ram down your throat our beliefs, but simply to pass along some of the information that has been gathered over the years.

Medical reseach has spent countless hours in providing the facts. It's up to us to pay heed and respect our bodies.

Kids need a break and so we have dedicated a page of our paper to detailing their wants and needs as related to smoking.

Your heart is a very precious possession and should be treated with a lot of respect. Smoking will do nothing to enhance your longevity so lets not fool ourselves into believing we are immune. Those that do should get in line for a JARVIK 7.

Young offenders

YOUNG OFFENDERS IN B.C. — the first of five articles

What will happen if your 12-year-old son is caught vandalizing a school? Your 14-year-old grandson shoplifting at a local mall? Your 16-year-old brother holding stolen property?

In all three of these typical cases, the wrong-doer falls under the Young Offenders Act, proclaimed by the federal government in April, 1984, to cover offences by young people against federal laws, particularly criminal laws. The Young Offenders Act applies to people between their 12th and 18th birthdays.

Although each differs in age and the seriousness of the offence, the wrong-doer in each case is clearly not an adult and few of us would want to see the young person treated as seriously as an adult. But we would want to see them treated by the law in such a way that they do not repeat the offence.

In this series of articles, we'll see how each of our young offenders might be treated under this new law. And we'll see what various court officials and others — prosecutors, community workers, probation officers and government representatives — are saying about the effectiveness of this law so far.

In this article, we'll look at the highlights of the Young Offenders Act and how it differs from an earlier law — the Juvenile Delinquents Act. We'll also look at how the law treats people not covered by the Young Offenders Act — children under 12 and young people who violate not federal laws but provincial laws such as those dealing with drinking under age and motor vehicle infractions.

Most Canadians alive today have grown up under the Juvenile Delinquents Act. According to this old law, the courts regarded a juvenile law-breaker "not as a criminal but as a misdirected child" who needed "help and guidance".

In keeping with this view, delinquent children from age 7 to their adult status (an age which differed from province to province) were not charged with a specific criminal offence but with committing a delinquency. Juveniles in rural areas infrequently received the full benefit of legal protection — such as the services of a lawyer — but then they were not being treated as criminals, either.

The Young Offenders Act is based on a different view of the young law-breaker. One of its most important elements is that young people are more accountable for their behavior. It calls for specific criminal charges against a young offender and it stresses the need to protect the public from juvenile crime.

The other side of the coin, however, is that if young people are not "misguided children" but are instead responsible for their actions, then they should have the same legal protections as adults in the criminal justice system. These include the right to be represented by a lawyer and the right to appeal a court decision.

And, even though the Young Offenders Act places greater responsibility on the shoulders of young offenders, it notes that "young persons should not be held accountable in the same manner...as adults." The Act recognizes that "young persons have special needs and require assistance" and that they "should have special rights and guarantees..."

In practical terms, this view of young offenders translates into changes for the young person at almost every level of his or her contact with the justice system. In the following articles we'll see how these changes affect the 12-year-old son, the 14-year-old grandson and the 16-year-old brother who commit crimes under federal law.

But what of children under 12 who commit crimes and 12 to

Letters

Sir:

I only usually write to the Editor when something riles me up, but this time it is to congratulate you on the most recent edition of the Totem Times.

It was lively, topical, varied and even a little bit controversial — in short, something like the Totem Times of the early seventies, before it turned into a collection of CFP releases.

I hope that this is a trend that will continue. Service people are no different from others in that they are entitled to be informed about all issues, from all sources, including our members of Parliament.

Sincerely,
Norm Blondel
(former staff writer, Totem Times)

...First in a series of five...

17-year olds who break provincial laws?

Children under 12, first of all, are no longer held criminally responsible for their acts. This has given rise to the worry — voiced by the police at a national level — that children will be used as "mules", criminal slang for drug couriers, or for other illegal purposes because they cannot be prosecuted.

According to Peter Insley of the Criminal Justice Branch of the Attorney General of B.C., "It's a real concern in the area of drugs and moving stolen property."

But, he adds, children who commit crimes can be apprehended by the police and returned to their homes. If there is a rearing problem in the home, he says, the authorities can resort to a more serious intervention, including placing the child under the provincial Superintendent of Child and Family Services.

In order to deal with young British Columbians who violate provincial laws, such as those dealing with careless driving and underage drinking, the B.C. government has passed the Young Offenders (B.C.) Act. Under the old Juvenile Delinquents Act, conviction of one of these provincial offences resulted in the stigma of a criminal record for a young person. Under the new Young Offenders (B.C.) Act, however, a criminal record does not result.

"It's fairer, I think," Insley says "Why should a kid who drives a car without a license get a criminal record when an adult doing the same thing would not?"

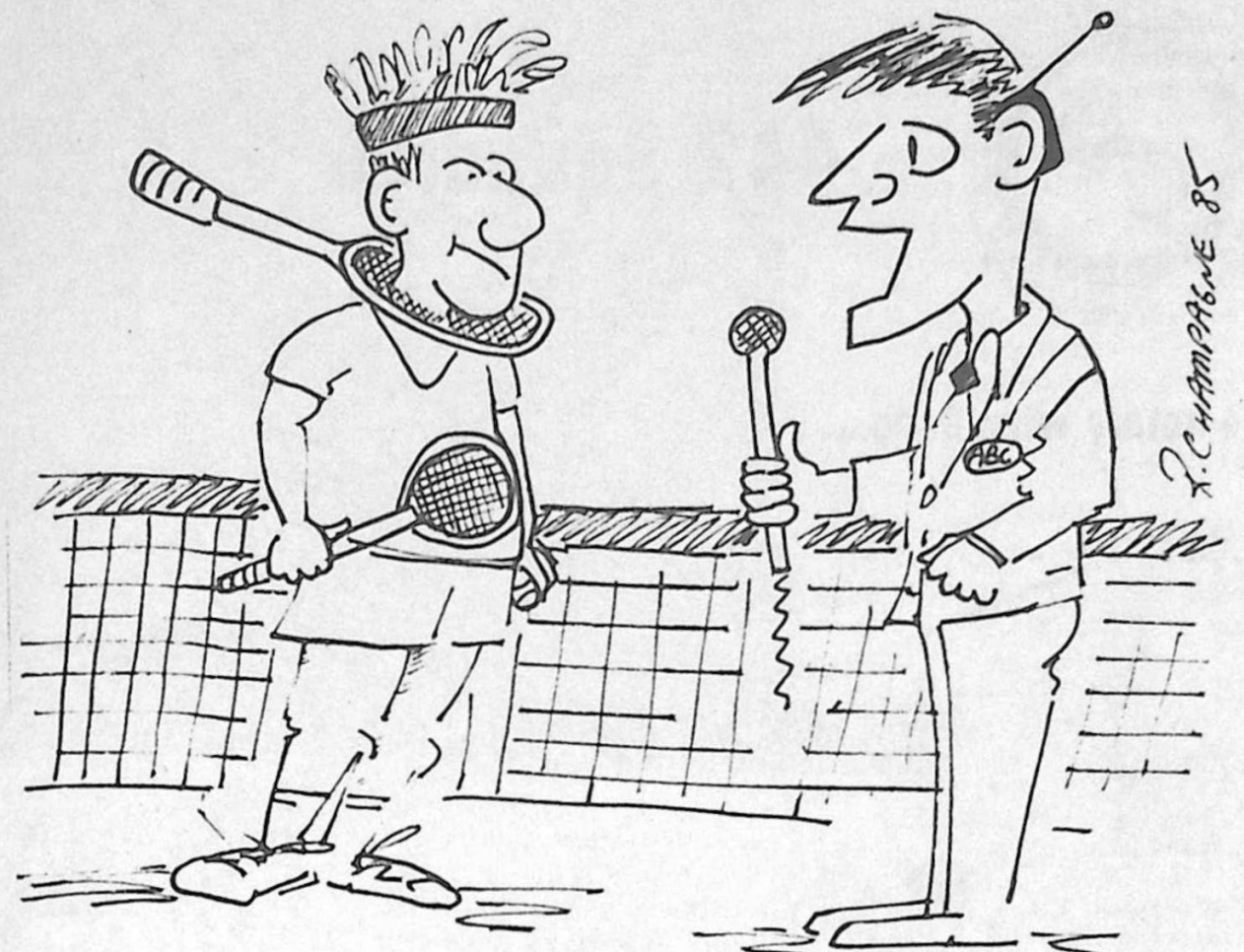
Hank Mathias, Project Director of the Young Offenders Act with the Corrections Branch of B.C., reports that about 25 per cent of the cases involving young people in B.C. are heard as non-criminal cases under the Young Offenders (B.C.) Act.

According to Insley, "The intent of the Young Offenders (B.C.) Act is basically to parallel what happens to an adult for the same offence. A young person will be dealt with in the same way as an adult, but the disposition (sentence) will be tempered somewhat because of the age of the offender."

Mathias notes that the Young Offenders (B.C.) Act differs from the federal law in that it does not guarantee a young person the right to be represented by a lawyer. In fact, a young person charged under the provincial law for an offence such as careless driving is required, unlike an adult, to appear in court in person. This requirement, according to Insley, may have a "Salutory effect" on youthful spirits.

By Gordon Hardy of the Peoples Law School.

Next: Police Discretion, Letters of Caution.



TELL ME JIMMY! DO YOU THINK THE UMPIRES DECISION TO DISQUALIFY YOU, FOR PLAYING WITH TWO RAQUETS, WAS JUSTIFIED?

As I see it

Gord Kruger



PSST!

Hey you over there with the jelly donut and milkshake — why not come over and join us?

Why so secretive? Are you bothered by the masses of gooey jam oozing out or all that thick creamy icing? What's that you're telling me? You just finished a Big Mac; a quarter pounder, fries and a large coke. I see your concern, a junk food addict — but don't panic! There is some good news to all of this. Put down those salt and vinegar chips and I'll tell you.

The truth is — no food is really junk. All of it has some nutritional value. Everything we digest can be used in some way by our bodies.

The problem is not quality but quantity. Eat too much of anything and it's saddlebags over the belt line.

You need balance and moderation to enjoy a healthy enjoyable lifestyle.

We North Americans tend to overdo our calories from fats — and underdo those from carbohydrates. How about shooting for 50% of calories from carbohydrates, 35% from fats and 15% from protein.

If you achieve this balance you will first of all enjoy, and be doing your body a favour at the same time. You will handle your anxieties better and be on your way to a better emotional life.

Need more incentive! Here's the best one of all — you'll lose weight, look better and all your friends and relatives will tell you how wonderful you look. And then you'll go broke either buying new clothes.

It all adds up to a much healthier lifestyle. There is also a comfort zone factor which comes into play here. Carrying all that excess baggage around has got to be somewhat uncomfortable. Think of it as a back-pack, constantly there and the message rings home.

Give it a try then! Remember that junk foods are not really what they seem but in quantity they can be deadly. The Big Macs and milkshakes are okay but in moderation. Along with a good carbohydrate source there is a reduced danger of overextending the diet.

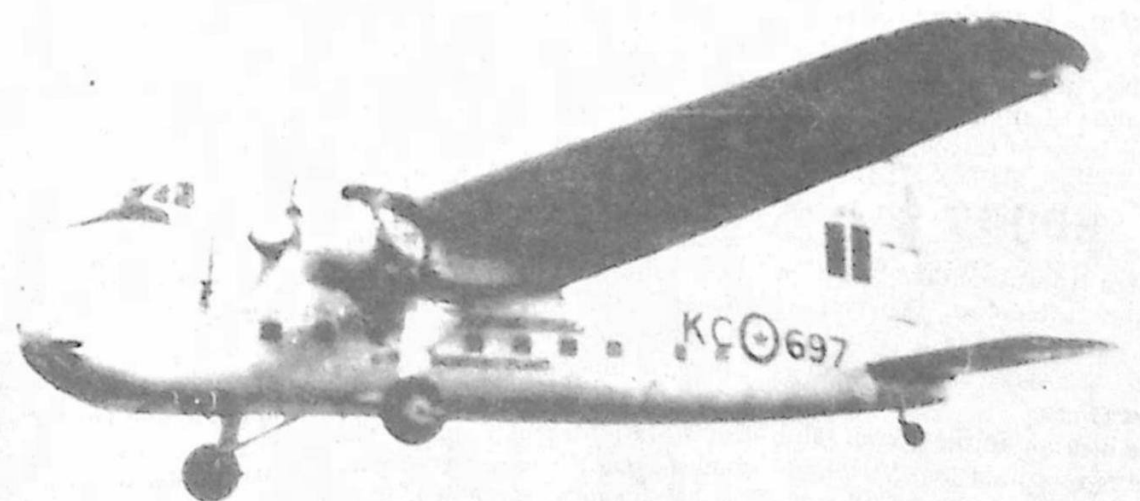
And how about a little exercise — that never hurt anyone

G.M.K.

Next Totem Times Deadline September 23

Air Force Trivia

What? Where? Why? When?



Answer from last issue

What Where Why When

4 Fighter Wing Sabre Team (422, 444 Sqns)

Rygge AFB Norway

50th Anniversary of Flight in Norway

June 1962



TOTEM TIMES

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

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Have a change of heart

Eat less saturated fat.

Sept 16 — 30th

The facts

In Vancouver and Victoria, 65% of all traffic injuries or deaths occur at intersections. Overall, 53 per cent of all serious traffic crashes in towns and cities take place at intersections.

Provincially, half of the serious accidents in which pedestrians are injured or killed occur at intersections.

It is estimated that intersection traffic crashes result in ICBC claims costs of \$124 million annually.

Police records show that in 1984, intersection accidents involved about:

24,000 crashes resulting in damage to vehicles only
9,900 crashes resulting in injuries
89 fatal crashes

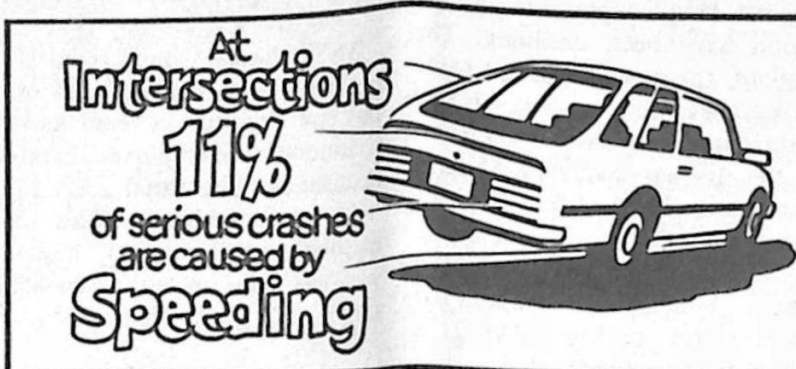
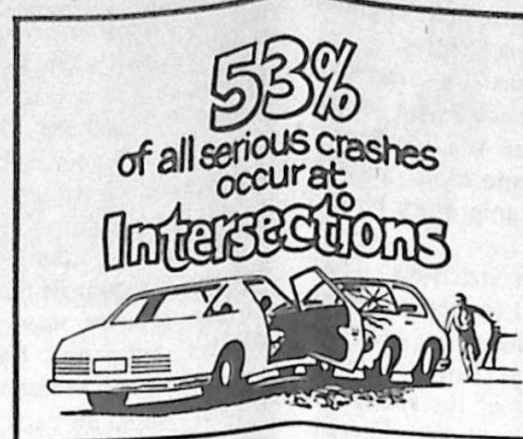
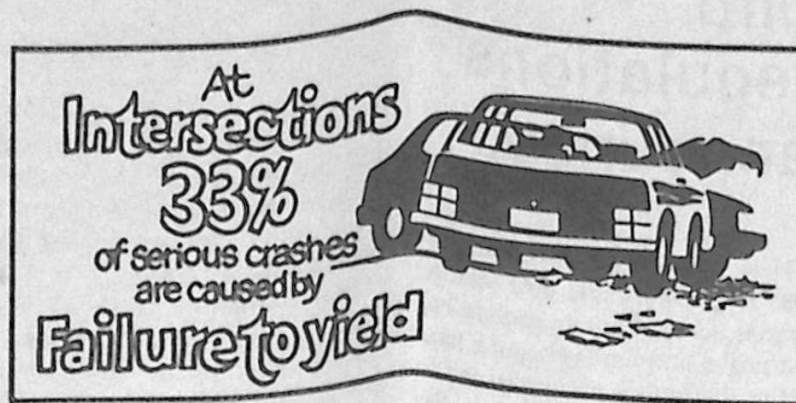
In B.C. last year, major causes of intersection crashes were:

Failure to yield: 33 per cent
Driving without due care: 30 per cent
Speeding: 11 per cent
Tailgating: 9 per cent

The most common accident situations included:

Moving across traffic: 37 per cent
Rear end collisions: 22 per cent
Left turns: 13 per cent
Right turns: 2 per cent

Intersection crashes tend to occur more often towards the end of the week - Thursday through Saturday - and during the peak traffic hours between 2 p.m. and 6 p.m.



Next

Totem Times

Deadline

September 23

Intersection crashes in B.C.

SAFER INTERSECTIONS THE GOAL OF ICBC AND POLICE PROGRAMS

Whether you ride on four wheels or two - and particularly if you're on foot - be warned, intersections can be the most dangerous place in town.

In urban areas, half of all serious pedestrian traffic injuries and fatalities occur at intersections. More than half of all casualty accidents take place there. So do thousands of aggravating and costly fender benders.

It is conservatively estimated that ICBC will pay out more than \$124 million in claims settlements to the victims of 34,000 crashes that took place at intersections last year. A third of those involved injuries; 89 crashes resulted in deaths.

Responding to the increasing human and financial costs of these traffic conflicts, ICBC and provincial police are launching programs designed to reduce the number of crashes that happen where roads join, cross or merge.

On September 16, RCMP and municipal police in 34 B.C. communities swing into action with Operation Intersection, a two week campaign co-ordinated by the Provincial Police Advisory Committee to ICBC.

Police will intensify enforcement at intersections around the clock, seven days a week. They plan to make motorists, cyclists and pedestrians aware of hazards and encourage observance of basic safety rules.

Although all intersections will be included in the police project, local 'black spots' will get special attention. Failure to yield right of way and following too closely are major causes of crashes at intersections, say police. They will also be observing pedestrian and bicycle behaviour, use of crosswalks and traffic signals.

Operation Intersection will be carried out in selected B.C. communities from September 16 to 30. The campaign follows a successful pilot project which substantially reduced intersection violations in the Victoria area during a two week period earlier this year.

While assisting the police in enforcement campaigns and public education programs, ICBC is also researching ways to prevent accidents by making intersections safer for everyone.

This summer, the Corporation's Traffic Safety Planning and Research Department has been measuring patterns of vehicle behaviour at selected intersections in Vancouver and Burnaby.

Trained observers have recorded details of traffic conflicts - non-collision incidents typically involving braking, swerving or other evasive actions. By analyzing this data, it should be possible to identify potential collision situations or locations - even though no serious crashes have yet occurred.

"We are looking for unsafe situations which take place repeatedly at specific intersections," says Peter Cooper, Manager of ICBC's Traffic Safety Planning and Research Department.

"Although such incidents do not always cause collisions, we know that repetition over a period of time will likely result in accidents."

If the project is successful, ICBC hopes to make this system of traffic analysis available to municipalities, traffic engineers and consultants throughout the province.

Research into vehicle conflicts is widely accepted in the United States and Europe as a technique for evaluating traffic safety and pedestrian risk.

Local Intersection Campaign coming

Vancouver Island police swing into action on Monday, September 16, with Operation Intersection, a two week campaign aimed at intersections, the most dangerous place on our roads.

Police will intensify enforcement at intersections in the Victoria area (including Oak Bay, Saanich, and Esquimalt), Courtenay and Nanaimo around the clock, seven days a week. They plan to make motorists, cyclists and pedestrians aware of hazards and encourage observance of basic safety rules.

In B.C., 53 per cent of all casualty accidents occur at intersections. Of the Island communities involved in the campaign, Victoria has the highest intersection accident rate with 61 per cent. Courtenay has 59 per cent, Nanaimo 56 per cent, Oak Bay 55 per cent, Esquimalt 50 per cent, Saanich 48 per cent and Central Saanich 43 per cent.

Although all intersections will be included in the police project, collision 'black spots' will get special attention. Failure to yield right of way and following too closely are major causes of crashes at intersections, say police. They will also be observing pedestrian behaviour, use of crosswalks and traffic signals.

Operation Intersection will be carried out in 34 B.C. communities from September 16 to 30. The campaign follows a successful police-media-ICBC pilot project which substantially reduced intersection violations in the Victoria area during a two week period earlier this year.

The program is co-ordinated by the Provincial Police Advisory Committee to ICBC's Traffic Safety Education Department. Members include traffic police

supervisors from municipal police and RCMP detachments throughout the province, plus representatives of the Motor Vehicle Department, Justice Institute, and Counter Attack, a joint program of the Ministry of Attorney General and ICBC.

Thought provoking

Dear Mister Driver:

If you don't do anything else today, please read this letter. It's addressed to you.

Dear Driver: "A few weeks ago I saw a little girl struck by a car as she tried to cross the street. I saw a father race toward her and hold her to him as she struggled in the agony of death. I saw all the plans that had been made for her dashed, and I saw the look of despair that came over his face. I could only offer a prayer that such a thing might never happen again.

Today, my son who is not yet five years old started off to Nursery school with his eight year old brother. We watched them leave. Tonight we talked about school.

He told me about the girl who sits in front of him, a girl with yellow curls, his girlfriend; about the boy across the aisle who makes faces; about the teacher who has eyes in the back of her head; about the trees in the school yard, and the big girl at school who doesn't believe in Santa

Clause. We talked about a lot of things - tremendously vital and important things - to a five year old.

Now as this is written, he is sound asleep with his favourite comic tucked in his arms. When his toys get broken or his finger gets cut or his head bumped, I can fix them, but when he starts across the street - then Mr. Driver, he is in your hands.

Much as I wish I could, it is not possible for me to be with him all the time. I have to work to pay for his home, his clothes, his education.

So Mr. Driver, please especially during the busy periods of every day, and particularly week-ends and holidays when the children are at play, help me look out for him. Please drive carefully. Please drive slowly past schools and at places where cars are parked. Please don't run over my little boy.

With deepest thanks for whatever you can do for him, I am,
Very sincerely yours,
A Father

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Sports & Recreation

Sport shorts...

BADMINTON CLUB

The Base Badminton Club will hold a meeting on Sunday 15 September, 1985 at 1800 hrs at the Base Rec Centre. All interested personnel are urged to attend. For more information contact Sgt Ken MacDonald at Local 2417.

BASE BROOMBALL TEAM

All personnel interested in playing for the Base Broomball Team are asked to attend a meeting on Tuesday, 24 September, 1985 at 1500 hrs in the Rec Centre. For more information please call the Rec Centre at Local 2315 or MCpl Bedard at Local 2565.

MENS' BASE VOLLEYBALL TEAM

The Mens' Base Volleyball Team will commence their 1985/86 season on 1 October 1985. Military personnel interested in playing are urged to meet at the Base Rec Centre on Tuesdays and Thursdays from 1800 - 2000 hrs. The team will be seeing BCVA Single "A" Tournament action this year as well as possible League Play and the Regionals.

CFB COMOX TENNIS PLAYDOWNS

The Pacific Region Tennis Championships will be hosted by detachment Nanaimo, September 27 - 28, 1985. At present we have nine (9) personnel playing off for the right to attend. All matches must be finished no later than 13 September 1985.

INTERSECTION CURLING

It is the intent of the BPERO Section to implement Intersection Curling this winter as part of the Base Physical Education and Recreation Program. Available times at present are Monday—Thursday, 1500 - 1700 hrs or 1700 - 1900 hrs.

If your section is interested in placing a team in the Intersection Curling League, please contact Sgt Wayne Moore at the Base Rec Centre, Local 2315 with the following information: Day preferred and time preferred. *NOTE: Individual applications accepted also.*

INTERSECTION HOCKEY MEETING

There will be a meeting to organize an Intersection Hockey League in the MSE Safety lecture room, Tuesday, 1 October, 1985 at 0900 hrs. All sports reps and any interested personnel are urged to attend.

INTERSECTION VOLLEYBALL MEETING

There will be a meeting to organize an Intersection Volleyball League in the MSE Safety Lecture Rom, Tuesday, 24 September, 1985 at 0900 hrs. All sports reps and any interested personnel are urged to attend.

PACIFIC REGION RUNNING CHAMPIONSHIPS

CFB Chilliwack will host the Pacific Region Running Championship, 26 & 27 September, 1985, inclusive. Categories for the run will be as follows:

- Four open males
- Three Senior males (must be 40 yrs of age or older as of 1 January of the competition year) and
- Two open female runners

If you are interested in attending the championship, please contact Sgt Wayne Moore at the Base Rec Centre Local 2315.

PACIFIC REGION GOLF CHAMPIONSHIPS

The Pacific Region Golf Championships are hosted by 25 NORAD Region McChord AFB Washington, from 10 - 12 September, 1985. The following personnel from CFB Comox won the right to represent our base at the championships: MCpl Ronaldson, Sgt Johnson, MCpl England, Capt McArthur and MCpl Murray. CFB Comox will be well represented by these individuals and we wish them all good luck in their quest for the gold.

BASE SOCCER TEAM

The CFB Totems soccer team are busily preparing for this year's Pacific Region Championship, the first obstacle on the road to the CF Nationals to be held this year in Cornwallis. In addition to Monday, Wednesday and Thursday practices the team has played five pre-season exhibition games. The team has played Courtenay Old Timers three times (Totems won twice). Woodrow and most recently Courtenay Labatts.

The Totems played a good learning game against the more seasoned Labatts team, but were significantly outshot with the final outcome being six goals to one in Labatts favour. Notable performances for the Totems were played by Lt Ken Rodrinyak, who was tireless throughout the game, Capt Jim Richardson, Lt Stuart Cox and Pte Al Behmer. In goal, novice Pte Sean Price made many brave efforts but was overcome by the tidal wave of Labatts Blue.

The team will be playing one more game before the regionals which are to be held on 16 - 19 September, in Victoria. Practices will continue through the Autumn, Monday, Wednesday and Thursday evenings, beginning at 6 pm on the base soccer field. People interested may show up for practice or contact Cpl Al Shanks at Local 2315 for more information.

Migratory bird regulations announced

New regulations governing the 1985 migratory game bird hunting seasons across Canada impose bag and possession limits on duck hunters in the prairie provinces and in eastern Canada, and stipulate the purchase of a \$4 validation stamp to be attached to all migratory game bird hunting licenses.

The regulations are enacted by the federal environment department's Canadian Wildlife Service, the agency responsible for the management of migratory birds in Canada.

"Hunting restrictions have become essential for the protection of declining waterfowl populations, and funds obtained through the sale of the stamp will be used to protect and improve habitat for wildlife."

Since the mid-seventies, duck populations throughout the prairie region have been declining. The Mallard, the most important game duck across the region, has suffered particularly high losses. Compared to the 10-year average, Mallard numbers are down 32% in southern Manitoba, 37% in southern Saskatchewan and 23% in southern Alberta. Similarly, total ducks for the same area are down 31%, 23% and 26% respectively. Poor water conditions, widespread degradation of nesting cover, and low reproduction rates are largely responsible for the decline.

A long-term waterfowl harvest strategy being developed jointly by Canada and the United States calls for regulations to effect a 25% reduction in the sport harvest of Mallards when numbers of this species fall below 6.5 million breeding birds. As the continental population was below the critical level this year (5.47 million), hunting restrictions have become necessary.

PRAIRIE REGION OUTLOOK

Although pond counts in the southern prairies have increased by 75% compared with 1984 and 20% over the 10 year average, habitat conditions remain poor and ducks have not yet come back in their full numbers. Preliminary results from this spring's cooperative survey show little change in the breeding Mallard populations in the Canadian prairies, and a decrease in the U.S.A. New hunting restrictions have been introduced to help slow down or reverse the large overall decline in prairie duck populations.

PACIFIC REGION OUTLOOK

In this region, the breeding season was late this spring even though habitat conditions were good. This could result in a diminished production of the Barrow's Goldeneye. Breeding conditions for Canada Goose populations were normal.



Pipe Smoke

By Gerry Gerow

An extremely interesting book just popped out of the mailbox. Nice to receive something worthwhile, with the deluge of junk mail one finds these days.

Sea Canoeing by Derek Hutchinson, A&C Black, London, and Collier MacMillan, 50 Gervais Drive, Don Mills, Ontario. Hard covered, 224 pages.

This is the third edition of Hutchinson's book on sea canoeing, or kayaking, as it's known in Canada. In essence it is a text book on the subject. It has been written by an expert for the novice, but even the experienced kayaker will learn something from it.

The book is divided into nine chapters: Equipment, technique, surfing, rescues, waves, wind and weather, tides and tidal streams, navigation, and the arctic origins of the sea canoe. In each chapter the entire subject is covered completely. Almost everything in the book is illustrated by the authors drawings.

The chapter on rescues is especially well written with every possible situation covered and the technique to be employed, carefully detailed and illustrated.

Derek Hutchinson is an international authority on kayaking who has been an enthusiast of the sport for 20 years. He has led major

expeditions around the British Isles, and in Alaskan waters. He has designed and developed a number of kayaks himself.

I would go so far as to say that everyone who is interested in kayaking can't afford not to purchase this book. It really should be required reading in any kayaking course. It's available from book stores or the publisher at \$22.50.

Recently I wrote about the lack of law enforcement in regards to hunting and fishing violations. I can't help wondering if the game and fish wardens don't have a lack of enthusiasm, brought about by the Mickey Mouse sentences generally handed out by the judges, when a charge is laid. To fine an upper or middle class person an amount such as \$150. for an intentional violation of the law, is to do nothing, except charge him a higher licence fee for the privilege of breaking the law. Most of these people spend more on a months entertainment than the fine that is imposed.

The question that must be asked, is, are our judges and prosecutors properly educated as to the eventual consequences of game and fish violations or do they feel that such an offence is akin to spitting on the sidewalk, and of no great impor-

Or maybe, they don't want to discourage the tourists. If so, are these the kind of tourists we want? I don't think so. Anyone can make a mistake, but deliberate violations of the law must not only be discouraged, but stopped. I personally favour the European system, whereby deliberate violation of a game law, or an unsafe act, results in the removal of the individuals right to hunt or fish for the rest of their life. It's quite an effective deterrent.

With the coming of fall, all too many poorly equipped and improperly trained individuals will take to the woods, and the fields with guns. These are not hunters. They are, purely and simply, meat hogs, who don't even enjoy the sport.

Unless this year is an outstanding exception, people will be killed and injured, property damaged or destroyed, and livestock shot. In most cases the victim will receive little or no compensation.

We need a law making liability insurance coverage, a prerequisite to obtaining a hunting licence. This won't get rid of the problem hunters, but at least the victim will be compensated.

INTERSECTION CURLING

Monday Thru Thursday
1500 Hrs to 1700 Hrs
OR
1700 Hrs to 1900 Hrs

INTERESTED?

If your section is interested in placing a team in the Intersection Curling League please contact Sgt Wayne Moore at the Base Rec Centre Local 2315 with the following information: Day Preferred and Time Preferred. *Individual applications will be accepted.*

BOWLING

The Base Bowling Alleys
are open for the Fall and Winter
SEASON

Casual/Open Bowling
Sunday 1230 - 1600 hrs - Thurs 1800 - 2100 hrs

League Bowling
Mens, Monday Evening; Ladies Tuesday Evening; Ladies Wednesday Afternoon; Mixed Wednesday Evening and Mixed Sunday Evening.
BOWLING SHOES ARE AVAILABLE AT THE ALLEY

IF MORE INFO REQUIRED CALL

PAT HUDSON
manager
339-3965

COURS D'ANGLAIS À LA BASE NIVEAU ELEMENTAIRE

La base prévoit offrir un cours d'anglais élémentaire aux femmes de militaires, débutantes en anglais, et désireuses d'apprendre les rudiments de la langue seconde.

Le cours se veut assez souple, et sur le plan de l'horaire, et sur le plan du contenu, de façon à répondre adéquatement aux besoins individuels.

Prière de faire connaître vos besoins et votre disponibilité en téléphonant à la base (339-2211) au poste 2545.

1985 Military Police Bicycle Safety Rodeo

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 Rodeo 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 Rodeo 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 Rodeo 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



CURLING INFORMATION 1985-86

LEAGUES START SEPT. 30

LADIES Tuesday afternoon 1 - 3 Rink of choice. Tuesday evening 7 & 9 alternately, Thursday afternoon 1 - 3

LADIES GENERAL MEETING & POTLUCK SUPPER

TUESDAY, SEPT. 25th, 6:30 P.M.

Babysitting service available for Tues. & Thursday afternoon curlers.

PHONE LUCY WOOD 339-3854, IRENE McMURTRIE 334-4740

MENS Tuesday evening 7 & 9 alternately, Thursday evening 2 draws 7 & 9 p.m.

PHONE 334-4712 or 338-8324

MIXED LEAGUES Sunday, Monday & Wednesday evenings 7 & 9 p.m.

334-4712 or 338-8324

SENIORS Monday & Wednesday

PHONE R. WATKINSON 339-3778, AL WAIN 339-2935

SUNDAY MORNING 9 a.m. and 11 a.m.

PHONE ERIC CHAYKO 334-4240, JOHN INGLIS 339-4915

JUNIOR CURLING

PHONE DONNA CUNLIFFE 334-4972, JAKE VOLKERS 334-2179

CURLING CLINIC prior to leagues starting

LAST YEARS RINKS AND CURLERS WANTING SAME LEAGUES MUST CONTACT THE OFFICE IMMEDIATELY.

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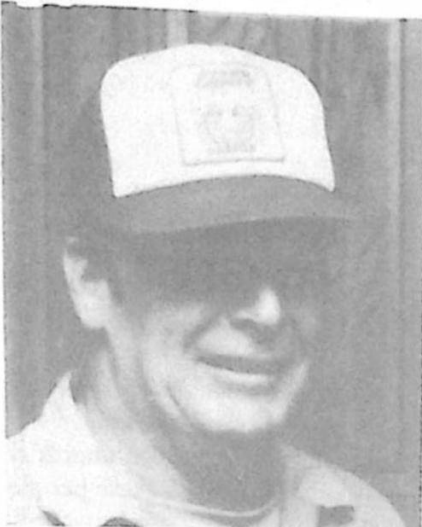
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B Flight winner



Doug Slauenwhite

C Flight winner



Dale Robertson

Hole in one



Bud Peters

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A Flight Winners

1st Low Gross Mike Berger
1st Low Net Bud Peters
2nd Low Gross... Craig Hart
2nd Low Net Bob Marshall
3rd Low Gross ... Jim Wilson
3rd Low Net Steve Edwards
4th Low Gross Doug McArthur
4th Low Net Jean Cote

B Flight Winners

1st Low Gross Dale Robertson
1st Low Net Gene Miles
2nd Low Gross ... Lance Thodeson
2nd Low Net Fred Harvath
3rd Low Gross ... Bob MacIntosh
3rd Low Net Russ Wreggitt
4th Low Gross ... Vern Lewis
4th Low Net Stu Mohler

C FLIGHT WINNERS

1st Low Gross ... Doug Slauenwhite
1st Low Net ... Bill Jefferson
2nd Low Gross .. Stan Stevens
2nd Low Net Warren Campbell
3rd Low Gross ... Gene Graham
3rd Low Net Joe Riordan
4th Low Net Art Drager
4th Low Net Derek Tobacco

Our congratulations to all the winners and thanks to everyone for making this tournament a great success.

Congratulations to Bud Peters on his Hole-in-one. Anna Sutton was on hand to present Bud with the hole-in-one trophy which is sponsored by Anna's Coiffures. Bud also won a \$300. suit sponsored by Comox Mens Wear.

Our thanks to all our sponsors — Tye Moving and Storage, Comox Men's Wear, Anna's Coiffures.

See ya' all next year.

NEWS FROM THE BLUE TEES

By Marg Shaw

Tuesday, 3rd September saw the ladies play their annual Jac-Len Low Gross Tournament. This Trophy was donated by Jackie and Len Wilkie and is competed for every year on our Tuesday Ladies Day.

Congratulations! to Trudine Berger on winning the Trophy, Trudy had a great game shooting an 88 gross.

2nd Low gross winner was Millie Legg. Putting went to Marg Shaw.

Don't forget!!! The Ladies Club Championship on Saturday and Sunday, 14th and 15th September. Sign up in the Pro Shop by Thursday 12th September.

NATIONALS SOFTBALL UPDATE

FINAL RESULTS

Mens: 1 Win 4 Losses
Ladies: 3 Wins 2 Losses

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(Tier 1) (Tier 2)

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1 P.M.

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Courtesy Totem Times

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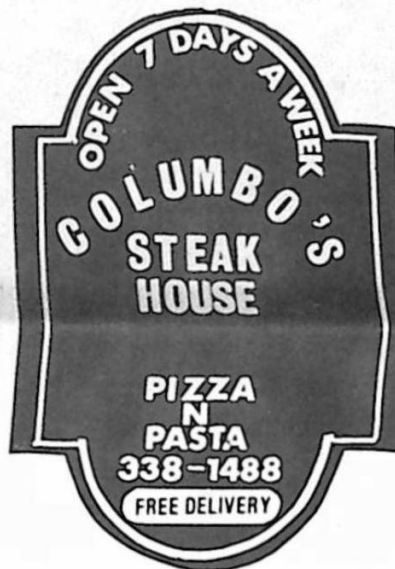
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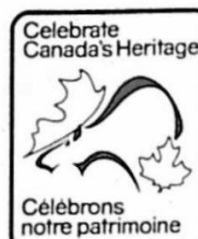
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Section News

Retirement.....



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Best damn Stake Truck driver around



"Knobby" Clark is presented with the spoils of victory by the BTNO Maj Tilley. Knobby placed first in the 3 Ton Stake Truck Event of the recent Regional Rodeo held in Chilliwack. He now goes on to represent us at the Nationals in Borden which will be held 16 - 19 Sept. Good Luck Knobby!

Suggestion award



Mr Spencer Rohne, a vehicle technician in the Base Maintenance (Land) shop, received \$150⁰⁰ for his proposal that all hydraulic hoses on CFB Comox Ford 7600 Tractors have pipe thread ends replaced by swivel connectors to improve maintenance and reliability. Maj Tilley, our new BTNO, made the presentation.

Aerobic Award



PO2 Russ Wildin

Maj Rose presenting



VU33 Squadron

It was a slow morning and Nip Owing found himself wondering if there really was "something mystic about the north". "Only one sure way to find out", he thought to himself and proceeded to assemble a power crew capable of tackling the rigors of a northern foray. Tuck Hacom (keeper of the money) was recruited for the trip. After all, how could Tuck complain about the TD expenditure if he was along for the ride. Nip, however, decided against having Tuck making the travel arrangements. This trip, he decided, was going to be done in true ATG style — single rooms in the finest hotels. He decided to call in a TD specialist for the job, BB Oh'lets (alias, TD-ous Expendituous Muchos). To ensure there would be no whimpering in the back during arrival procedure, Puts Gibson was selected as the AESOP. The boss wanted a communication

specialist, preferably with experience in Inuit, also along for the trip. Radar Weber's name was submitted by the SAMO.

First stop on the grand tour was Yellowknife. The intrepid ones decided to attend TGIF at the mess where Nip, Tuck and BB bumped into an old friend and ex-Stoof driver. Despite the fact our friend was currently serving on a VP Sqn (we all have our crosses to bear) he was invited to sit with us whereupon we talked of the days when he too was a real pilot and flew a classic airplane. The following morning most of the crew gathered in the hotel lobby early to ensure we would not miss the look on Tuck's face as he was presented his hotel bill. The north is not cheap, and poor Tuck nearly fainted as he saw his TD budget going down the porcelain.

After showing the flag in several northern communities, the boys recovered in Whitehorse. The cab which stage-coached the crew from the airport to the hotel left no doubt in anyone's mind that we were definitely in a Klondike frontier town. The fact that this vehicle was capable of any semi-controlled forward motion was a marvel in itself.

Elmendorf AFB (Anchorage, Alaska) was the next day's destination. In town, the crew heard tell of a local establishment which claimed to offer 101 different brands of Scotch. To ensure this was not just another case of false advertising, Nip, Tuck and BB decided to investigate. When queried by Puts the next morning as to the validity of the bar's claim, most had to admit they somehow lost count during the evening.

All in all, a truly enjoyable trip.

ANKR 92



BAMSIO News

I don't know just how to start this column. I could go directly into the results of our recent fish derby and golf tournament but I feel that I must make a couple of comments on the last issue. Maybe I could say something like "Congratulations 407 Squadron for having such a long column" or maybe I should say "Sorry NAV/COM Labs that you couldn't find your well written column under the BAMSIO NEWS banner and that you had to search the whole paper only to find it tucked away at the end of the 407 column." It's ironic, when you think of it, but you will remember that we ended up with too many section inputs last time and for once we finally had enough for a full page all to ourselves. All kidding aside though, the people who put this paper together do a real good job and I would consider my life very well conducted if I were to make as few mistakes as they do.

Now that I have said that, we can take a look at the fish/golf get together. We had a fish derby that lasted a week and sure didn't have any trouble deciding who was to get the five prizes as there were only five who caught any fish. The prize for the largest fish went to Rick Farina for a 2 kilogram coho. Larry Thompson and Doug Slauenwhite shared the largest coho honours with 1.8 kilogram trophies. Ken Fehr, who was not up to his normal level, only ended up with the hidden weight prize with his 1.4 kilogram coho. Not to be left out, Monty Elliston took a weeks leave, worked (fished) like a dog, and that's all he caught except a 1.25 kilogram rock cod that also won him a prize for the largest cod. Bud Bryant and Joe Ireland were heard mumbling something about catching larger fish than those mentioned above but apparently they didn't register for the derby.

As for the golf, apparently everyone had a good time and at least they didn't have to give a prize to everyone who played. Clyde

Levy was the best with a 34.5 net and Al Walsh was close behind with a 35.5 net. Barry Silk had a nice 37 and Larry Kozakevich shot 39. The prize (six golf balls) for the most honest golfer went to Debbie Burns who shot a sizzling 74.

Things have been interesting lately. Some of the guys spent a day on one of the nearby mountain tops gathering up wreckage from an old aircraft crash site. Apparently it was enjoyed by all and some of the younger officers on the party found out just what kind of shape they are in. If you were to try and determine, from the conversations you hear, just what the BAMSIO Section's main task was you would have to guess that we are either aircraft servicers or in the furniture moving business. The big thing now is to get ready for the MARCOT that should be well underway by the time you read this. Oh well, it does make life interesting.

That's enough of an introduction. Now for the highlight of this column...our one and only shop write-up, which comes from—

IE/IS LABS

Writing this article for the IE/IS Labs isn't very hard, even though I've gone through five pages just to find a theme. I almost settled on one: The 'Esprit de Corps' in the labs' but since this article should be more than a sentence long, I'll write about something else. How about each individual in the labs? You probably know them already, and if you don't, well shame on you.

In our lab, we have quite the motley crew. First we have Karen Thompson, an IE tech from Newfoundland. She is married to a guy from BC who sounds more like a Newfie than she does! And how about Kent Storie, working down in G.S.E. The only problem is that there isn't enough food to keep him there. Claude Ouellette is another IE tech who is on course, and only the BAMSIO...I mean...only God knows when he is due back. The

head honcho, Sgt Mike Gauthier, who is in charge of all these people, is just as bad as they are because he plans on travelling across Canada, but is going west from here. What do you expect from a Frenchman? (Editor's Note: The last sentence was approved for publication by Sgt Gauthier)

Now for the IS techs. Karen Stockklausner, who is on leave at the moment, will be back when this article is due. Since she has more rank than I do and just happens to be the same trade...well what can I say? She's perfect! No fault found. Then we have Mary Penney, another Newfie, who is dating a Frenchman who can hardly speak English let alone Newfanes! Imagine listening in on one of their conversations: "How's it goin' bye?", "Non, I got a car!" Let's not forget James Scally who recently invested in a boatmobile that used more oil than gas. It sunk. Sue McKay is another IS Tech, but from flat Saskatchewan, she's not. She's expecting a baby, but the broken elevator doesn't care! Sgt. Ken Sullivan, recently in from Cold Lake, still thinks he is with a fighter squadron. The other day he was day-dreaming about shooting down MIC 25's, with a Tracker!!!

I'll tell you it's no fun working with this bunch. They are totally out to lunch, at 11:30 every day. Most of the time I can handle working with them, but every now and then they get on my nerves. They tell me that I should fix at least one thing this week. They don't seem to realize I've got better things to do, like criticize their work, take coffee breaks, per-coffee breaks and after-coffee breaks. I take even more time to figure out if they've been nice enough to me so I won't write anything bad about them in the "Totem Times." But I guess they haven't learned yet that a pen is mightier than a soldering iron. Ouch! Who burnt me? Hey, you're new here. Well just wait till next time, I'll get you back.

Base Supply

Welcome to the world of "Supply" and demand, you demand and we will try to supply. We'll start off by welcoming aboard MCpl Karl Cameron from CFS Kamloops. Word has it that this is Karl's terminal posting; he was born in near-Cumberland. One sees very little of our leader the Major; one has it he is working hard on his French course every morning — must be looking for a posting to Paris! The latest in unconfirmed rumours has a certain Major heading for the Holy Land for a fixed period of time. I guess he does not want to see what happens when you

amalgamate 2 SG with 1 SG. Congratulations go out to Wally who won the Glacier Greens Men's Open this past weekend. He did it by defeating his son by one stroke. That's pressure! JP, how did you break your finger? You sure did something wrong. Maybe in our next issue he will advise us on how not to do it. Our SAO is back after a couple of weeks holidays. Word has it he locked himself in his bedroom and became a "Word Banger", "Computer Nut". Whatever you call it he is now a bonafide "Key Puncher". When wishing to make a macaroni salad

and you want it to look like "glue" ask JP for the recipe. By the time you read this we hope Darrell Sears will have coached our base fast pitch team to a national championship. If you've seen very little of Yves lately, it's because he is trying to count everything on his DA, good luck on your quest.

Finally, don't forget our Supply Family Day Picnic, Sunday 15 September starting at 1200 pm (high noon). Place, base pavilion. Don't forget your food or your kids if you have any. Should be one great day if only the weatherman co-operates, hey Neil.

HEART TO HEART

Why Children start smoking

—By Leigh Carter

"I remember when I had my first cigarette. I was 11 years old, visiting a couple of cousins who had reached the worldly age of 16, and they gave me an unfiltered 'coffin nail' (their words) so I wouldn't tell their parents that they were smoking! I nearly choked on the first few puffs (and on most of the rest of it, if the truth were known), but boy — that cigarette made me feel big! I was part of the group, on the inside, a member of a select, grown-up club. Or so I thought. Although I didn't immediately begin to smoke regularly after that cigarette, I was an occasional 'borrower' of others' smokes, and by the time I was 17, I was buying and smoking my own. It took me 12 years to realize how incredibly ridiculous smoking was, and to finally quit — for good."

That story is a common one. It has been stated that it only requires the smoking of 3 or 4 cigarettes during adolescence to virtually ensure that the individual will go on to become a regular smoker, and that only 15% of adolescents who try smoking do not become smokers! Research has also shown that young people, in junior high school, present the greatest likelihood of being influenced to start smoking. Their desire for autonomy, identity and growth in social functioning is strong (in other words, they want to be independent from their parents, yet part of their peer group). They are often confused about their identity, as they are in a state of fluctuating maturity, and are unskilled in a new marketplace fraught with pressures. It is felt that the most successful attempts to counteract influences that lead children to start smoking must be made before the eighth grade.

Role models play a very important part in all aspects of children's lives, and it stands to reason that a smoking role model will influence a child in a different direction than will a non-smoking one. When a child is quite young, before he or she has reached the pre-teen age, parents are the biggest role models in their lives. In families where one or both parents smoke, a child is more likely to begin smoking. Older siblings play a role too; U.S. research has shown that 43% of those with older brothers and sisters who smoked, began smoking themselves. This is more than double to the percentage of those whose older siblings did not smoke. As children grow, role models change, and there is some evidence that non-smoking teachers tend to have fewer smoking pupils than do teachers who smoke.

As well, peer pressure becomes important as the child grows and it is known that children who smoke tend to have smoking friends, and that children who smoke openly are much more likely to continue the habit than are children who smoke secretly, because it is frowned upon by their parents, friends or other role models.

Advertising cannot be overlooked. The images of well-to-do, tanned, fit, happy young people having lunch in French bistros, hang gliding over grassy meadows or sailing on clear blue waters do much to promote the idea that cigarettes belong with that lifestyle. To do those things, like the people in the ads, you should have a filtered cigarette dangling from your fingers, just as they do. You will look the same, and have the same kind of fun, say the ads. Canadian research shows that boys who begin to smoke chose cigaret-

tes with a "macho" image, while girls tend to choose more sophisticated, "feminine" brands. The ads work.

There are other reasons why kids begin to smoke. For some, smoking is a defiant rejection of parental or other adult rules, or it makes them feel more a part of the very world from which they are trying to assert their independence.

Sadly, although the number of teenage boys who smoke is declining, there are more teen age girls refusing to give up the habit. A 1981 survey of Canadian teenagers showed about 23% of boys and girls were regular smokers. Since 1966, smoking among teenaged boys had declined about 35%, but unfortunately it is up about 3% for teenaged girls. It is felt that for some girls, smoking acts as a rejection of society's stereotypical female image; that is, girls can be just as rebellious and daring as the boys. Girls also often fear gaining weight if they stop smoking once they start, or they see cigarettes as an alternative to food to keep them slim. (Studies have shown that no more people gain weight than don't gain weight once they have stopped smoking, provided their eating habits remain the same.)

Despite all this seemingly bad news about smoking and teens, it is heartening to know that less than a third of all teenagers smoke, and that B.C. has the lowest percentage of male smokers in Canada.

More and more children are choosing not to start smoking, and this must relate to the fact that more and more of their role models (parents, teachers, celebrities, etc.) are giving up the cigarette habit. Currently, non-smokers form 62% of the Canadian population. Smoking is becoming less and less socially acceptable and as information about the detrimental effects on health grows, is being perceived more and more as a habit that informed people would not take up.

With parents giving their children a home filled with clean, smoke-free air, it stands to reason that areas outside the home where young people gather should also provide smoke-free spaces. Smoke Free Spaces for Kids, the B.C. Heart Foundation's newest program, offers incentives to schools, based on the degree to which the area is smoke free. This program is co-sponsored by the B.C. Home and School Federation.

If children see that smokers are in a minority (which they are) as more and more space becomes smoke free, they will realize that non-smoking is the norm, and furthermore, that it is okay not to smoke. Smoke free air allows the majority of students who now choose not to smoke the right to breathe air free from the sidestream and mainstream smoke of others, whether it is teachers, group leaders or smoking peers.

As well, creating a smoke-free environment at school would eliminate what seems to be a hypocritical situation, whereby the hazards of smoking are taught in health classes, yet smoking rooms for students are provided on the same premises.

Now that young people are making the decision in greater numbers than ever before to reject the smoking habit, providing a smoke free space is one important step on the way to creating an entire generation of non-smokers, and a world of smoke free air!

For more information on the Smoke Free Spaces for Kids program, contact the B.C. Heart Foundation.

FOCUS ON

Youth

Have a change of heart

Stop smoking.

WE'VE TOUCHED THE HEART OF SOMEONE YOU KNOW.

B.C. Heart Foundation

Smoking and pregnancy

—By Leigh Carter

Pregnant women would never dream of taking Thalidomide today. They inoculate against German measles, restrict or eliminate alcohol intake and try to have a balanced diet. All this to maximize chances of having a healthy baby. Yet, millions of these same women interfere with that chance every day ... every time they light up a cigarette!

Smoking while pregnant has been proven to reduce a baby's birthweight, to increase the risk of having a premature baby, a miscarriage, or congenital abnormalities and deformities. There is research going on now which may link smoking while pregnant to learning disabilities later in life, and perhaps even to SIDS - sudden infant death syndrome.

Let's look at a few biological facts. When a woman is pregnant, a placenta forms inside the uterine cavity. The placenta is a spongy organ that has one side attached to the wall of the uterus and the other side in contact with the fetus, via the umbilical cord. The placenta is a communications link between the mother and child. The exchange of food and oxygen between the blood supply of the mother and the fetus takes place across the "villi" — projections from the cells of the placenta.

The baby receives oxygen nourishment in this transfer, but it can also receive a lot more — more of some very negative substances, because the placenta can't recognize or reject harmful sub-

stances, though it can slow the rate of transfer. For example, tobacco smoke is inhaled into the mother's lungs and then is absorbed into the mother's bloodstream. From there it goes throughout the body and in the case of pregnant women, through the placenta as well. Nicotine crosses the placenta freely and enters the fetal circulation.

The Vitamin C levels are reduced in all smokers, and for a smoking mother-to-be, that means her unborn baby is lacking this vitamin too, which is important to fetal growth.

Smoking and reduced birthweight are also linked (perhaps due to reduced nutritional levels). A recent California study found that babies weighing less than 5.5 pounds at birth were twice as common among smoking mothers. The majority of babies who die before labour, during labour or in the first few weeks after birth have a low birthweight (i.e. less than 5 and a half pounds). It's never too late to change that, however, for research shows that if a pregnant woman quits smoking in the very early stages of her pregnancy, her baby will weigh about the same as that of a non-smoker.

Smoking can also contribute to life threatening physical anomalies, such as heart defects (it's a factor in heart disease in people who are born, too!). A U.S. study of 50,000 births found that the rate of congenital abnormalities increased if the mother smoked ten or more cigarettes a day during pregnancy.

Stress smoking and school

—By Leigh Carter

"The good old days". That's how childhood and adolescence are viewed by most adults. The look back, through rose-coloured glasses and with a very selective memory, provides a carefree world of kids growing up ... a world without problems, without anxieties, without fears and without stress. Most adults view their own problems (paying bills, finding or holding a job, aging, keeping a marriage together) as big problems, and see a child's or a teen's troubles as trivial. In fact, 'childstress' or 'teenstress' is very real, and is a leading factor in young people becoming addicted to a variety of substances, including tobacco.

First, let's look at what smoking is perceived to do for young people. Then let's look at the kinds of stress experienced by this same group which leads them to need what they believe smoking gives them.

Smoking provides something to do with the hands (even adults say that!). The giving and receiving of cigarettes aids in the establishment of new friendships, and improves the cohesiveness of social groups, so important to children and teens. Smoking in a group establishes a camaraderie; young people feel it makes them look older while setting them apart in a rebellious way from the adult world.

As well, just as an adult sits down with a coffee and a cigarette "to relax for a moment" at work, so the teen does the same with a soft drink and a cigarette after an exam, or a tough school day. It is naive to suppose that whatever feelings of relaxation adults gain from cigarettes are not gained by young people, too. The question that most people would ask however, is "Why on earth would children and teenagers have a need to relax? What could they possibly be uptight about in the first place?"

Today's child has become the unwilling, unintended victim of overwhelming stress, borne of rapid, bewildering social change, and constantly rising expectations.

As mentioned earlier, problems of youth viewed from an adult perspective often seem small, but the facts borne out by suicide rates, various addictions and increased counselling indicate that the stress upon young people from their home and school life is no small matter. Adults should not judge troubles by their size, but by the size of the pain they produce.

The Life Event Scale developed by Dr. Thomas Holmes and Dr. Richard Rahe of California, lists 43 major events which may occur in an adult's life to cause varying degrees of stress. (e.g. death of spouse rates highest at 100 points). Adding up points accumulated in a year gives an idea of the degree of stress one is under. When the same 43 life events are adjusted to fit situations if the life of a child, the value of each event remains exactly the same. (e.g. adult has 36 stress points for "change to different line of work", and child has 36 points for "change in studies".) That is exactly the same stress level for each, though the child's situation would likely be viewed by most adults as less stressful.

In school, where the average child spends at least 6 hours a day, 10 months of the year for 12 years, stressors occur daily, involving everything from problems with teachers, change in teachers, going into a new grade, failing a grade or subject. There are homework deadlines, exams, winning awards (even good things can cause stress), and not winning awards. There is making new friends, losing old ones, not making the team, social rejection... on and on and on. Stress in a school situation is constantly there, and each event is just as big a deal to a child or teen as a comparable event to an adult. School and stress go hand in hand. Sometimes, smoking does too.

Like adults, children cope with stress in different ways. Not all adults drink, smoke, take drugs, have breakdowns or commit suicide — but some do. Likewise not all children do those things as a result of an inability to cope with stress — but some do.

Besides the rebellion and "something to do with the hands" in which cigarettes play a part, smoking, like drug abuse or suicide, is self-destructive behavior. Self-destructive behavior is engaged in by those who are too depressed or stressed, and cannot express their feelings outwardly. Children and teens often suffer greatly from an inability to communicate their feelings to others — parents, teachers, even peers — and they engage in self-injurious behavior as their feelings turn inward. Cigarette smoking is one form of this behavior.

Smoking can be a signal to parents and teachers that says "Hey! Pay attention to me! I'm doing something I shouldn't be." It can be a signal that says "I'm tense. I'm uptight, and I can't talk about it — I'm doing something to myself because I can't lash out." Agreeing to smoke might be a way to avoid suffering extreme stress from being an outcast by peers who offer cigarettes or encourage a student to "light up".

If you asked most students why they smoke, of course, they will not say it is because it is an authority challenge or inward anger. Polls of students in the United States cited the usual reasons for smoking were "because it makes me feel cool and calm my nerves" and "because it gives me something to do when I get nervous at parties", and "because my friends do". Though not outwardly stated, or perhaps not even realized, all those statements indicate stress or potential stress (if I don't smoke, my friends won't like me), which cigarettes are seen to help alleviate.

Happily, this trend appears to be changing. Although school stress is not lessening and is unlikely to do so, given the pace of today's achievement-oriented world, the tendency by students to use cigarettes to cope with stress is diminishing. There are several reasons for this.

First, as more adult role models give up smoking, fewer young people are apt to begin the habit. Currently, 67% of the Canadian population does not smoke, with more people "butting out" all the time. It is statistically proven that non-smoking parents tend to produce non-smoking children. Older non-smoking siblings tend to have the same effect on younger brothers and sisters. There is even some evidence that non-smoking teachers have fewer smoking students. Never underestimate the power of a role model!

Secondly, peer pressure to smoke would seem to be decreasing as today just 23% of teens are smokers — in 1966, nearly 50 % of teen aged boys smoked. Peer pressure may be reversing with more knowledge about dangers of tobacco. A 1983 Canadian survey found that stopping smoking was seen to be a status symbol in schools; "cool not to smoke and stupid to start".

Finally, by-laws preventing smoking in public places, non-smoking areas expanding in restaurants and airplanes, and programs like the B.C. Heart Foundation's "Smoke Free Spaces for Kids" in school all go a long way to creating a generation of non-smokers.

Smoke Free Spaces for Kids offers incentives to promote non-smoking areas where young people congregate. By rewarding the creation of non-smoking areas, young people see the acceptability of not smoking. In a pilot project last year, Smoke Free Spaces showed students that non-smoking is the norm, that it is okay not to smoke, and that students who do not smoke (the majority) deserve to breathe clean air. This fall, Smoke Free Spaces will be offered to all schools throughout B.C.

Programs like Smoke Free Spaces for Kids cannot take school stress away from students (counselling and good communication at home can help that), but they can help to show young people that cigarettes are extremely dangerous tools for coping.

For more information on Smoke Free Spaces for Kids, please contact the B.C. Health Foundation.

Take this

Have regular medical check-ups.

to heart

Have your blood pressure checked.

WE'VE TOUCHED THE HEART OF SOMEONE YOU KNOW

Around the Base

Our People



WO Neil Peters... "The Ump"

WO NEIL PETERS

Neil "The Ump" Peters hails from Duvar P.E.I., which he says is NOT VAR from Summerside. Neil joined the CF in 1963 and became a Met Tech.

Neil has served in various locales over the years including Her Majesty's Boat Assiniboine. He arrived in Comox in 1981 and hopes to be here until '91 — good luck Neil.

Hobbies include bowling and umpiring softball. Neil served as the Umpire in Chief for Intersection Ball for the past couple of seasons.

Neil — Welcome to the pages of Her Majesty's Paper "The Totem Times" and thanks for your help on the diamonds of the valley.

G.M.K.

It Is Not My Age

*Just a line to say I'm living,
That I'm not among the dead.
Though I'm getting more forgetful
And more mixed up in the head.*

*Sometimes I can't remember,
Standing at the foot of the stairs,
If I must go up for something
Or if I have just come down from there.*

*I'm before the fridge so often
And my mind is filled with doubt.
Have I just put the food away
Or have I come to take something out?*

*And there are times when it is dark,
My nightcap on my head;
I don't know if I am retiring
Or just getting out of bed.*

*If it's my turn to write you
There's no need getting sore,
For I may think I've written and
I don't want to be a bore.*

*Just remember - I do love you.
I wish that you were here.
Now that it's nearly mail time
I must sign off my dear.*

*I'm standing by the mailbox
With a face that's near beet red,
For instead of mailing you my letter
I've opened it instead.*

Battle of Britain Remembrance

888 (KOMOX) WING, RCAFA

RCAFA 888 (Komox) Wing will celebrate Battle of Britain Sunday with a parade and Remembrance Service on Sunday 15 September. Personnel from CFB Comox are invited to attend.

The Parade will form up in front of the RCAFA building (Canex parking lot) at 1015 hrs and proceed to St Michael and All Angels Chapel (P) for a commemorative service at 1100 hrs. A commemorative Service will also be held at Our Lady of the Sacred Heart Chapel (RC) at 1000 hrs on Sunday 15 September 85.

All personnel are invited to attend the above services at the Chapel of their choice. Service dress uniform is encouraged but not mandatory.

Following the 1100 hr service at the Chapel (P), a reception will be held at the RCAFA. All participants are invited to attend.

We appear to be off to a roaring start on our 1985 - 86 season. Despite some trepidation, the first "big" bingo was a huge success. The folks from Victoria will be up again to-night to help us, so if you haven't had your check-out, come out and at least play a few games.

The first Saturday event was an "ethnic" pot luck. It went very well, although we hope not all of the costumes reflected true ethnic background. Entertainment evolved to the do-it-yourself school, and we were treated to a dissertation on cleanliness by our new "lay" preacher, a scalping, gun fight and a strip tease amongst other notable events. Also, the food was delicious. Come on out to the next event, and keep the ball rolling.

Our newsletter, "Contrails", included a calendar of events through to the end of next June. There were three errors in it: entertainment on Sept 28th, October 5th and March 22nd will involve the nominal \$2.50 charge for food etc. If you haven't got a copy, pick up "Contrails" at the Hangar, as we can no longer afford to mail it out.

Don't forget the next few events — bingo at the Lions' Den to-night, September 12th, mini-bingo and dance at the Wing on Saturday the 14th, and the Battle of Britain parade and reception on Sunday the 15th. And by the way, please don't forget those membership renewals! Per ardua ad astra.



LOIS ELLIOTT

For your new or used car or truck, see the "LADY SALESMAN"

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Heads up to prevent insurance woes

There has been concern at the demise of the Northumberland General Insurance Company, the insurer for Marsh and McLennan. Recommendations and numerous

communiques were put forth to direct everyone affected to replace their insurance needs through Marsh and McLennan or some other in-

surer.

Attention is now directed towards recovering from Northumberland any premiums and claims owed to members. The latest communique from the liquidator of the Northumberland account, Coopers and Lybrand Limited, informs members to direct requests for refunds/claims settlement by 17

September direct to their office at Box 126, Postal Station A, Toronto, Ontario. M5W 1A2. Members are encouraged to inform DCanex/DCanex 6 on their submission.

DCanex has received numerous queries from concerned members associating the demise of Northumberland with our other Canex

sponsored programmes, CAN-SUREX and Gold Circle. The affairs of Marsh and McLennan/Northumberland are, in no way, connected with insurance offered through CANSUREX or Gold Circle.

Personnel are to act as quickly as possible in light of these developments.

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.

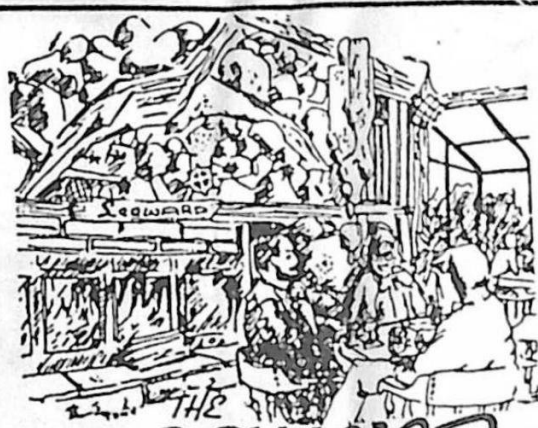
PARISH COUNCIL: Second Wednesday/month at 1300 hours in Parish Hall.

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.



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RES: 334-3219

THE "SPIRIT OF CHEMAINUS"

Canada's Newest Tall Ship

The "Spirit of Chemainus" is a replica of the first vessel to sail into Victoria Harbour in 1837, called "Cadboro" and sailed under the command of Captain Brothie.

She is owned by the Robertson II Sail & Life Training Society, will be chartered by the Municipality of North Cowichan during 1986. "Spirit of Chemainus" will be involved in Expo Tall Ship events and will be made available to schools, communities, corporations and other interested groups.

Considering the many different ways one can get to the Fair, the arrival at Expo on a square-rigged Tall Ship, after a most romantic voyage from Chemainus, on Vancouver Island, must surely be the highlight of a lifetime.

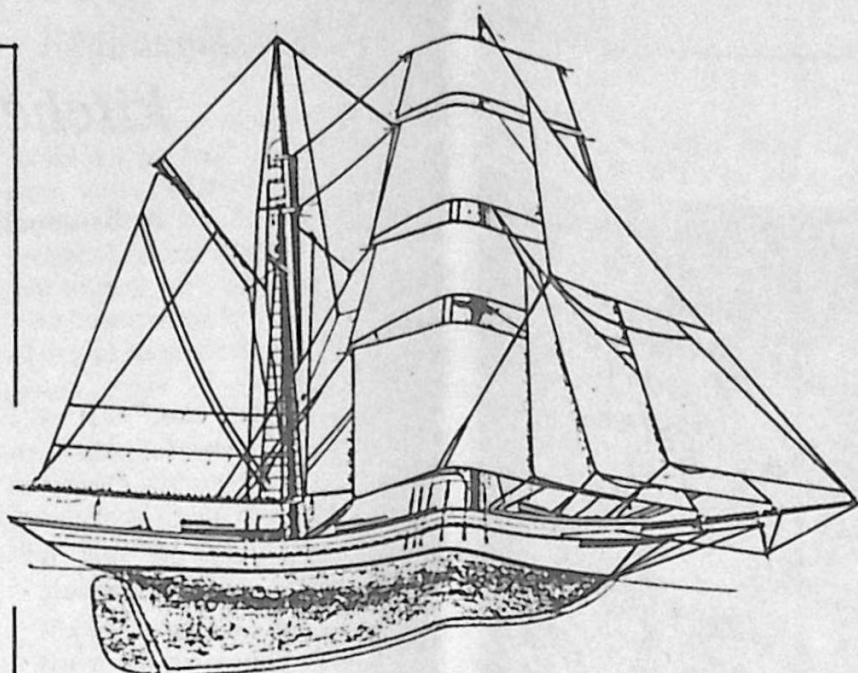
It is anticipated that Expo, the B.C. Pavilion, as well as foreign countries, will use the vessel for special events.

In addition, she will provide the opportunity of a lifetime to sail on a romantic square-rigger between the Island and the Mainland. Pulling on ropes, steering the ship, climbing the mast, can all be part of the exciting experience, as will be standing-by and watching it all happen.

For young students, the "Spirit of Chemainus" will provide an outstanding opportunity to learn about the quality of teamwork, discipline, seamanship, developing balanced minds, honesty and integrity before the mast.

Canada's latest Tall Ship will be launched on Saturday, September 14, 1985, with His Honour Lieutenant-Governor and Mrs. Rogers in attendance.

The two days of celebrations will start on September 13 and will feature bands, entertainment, food fairs, street dancing and fireworks. Make a date and join us - "we have the most fun in history" in THE LITTLE TOWN THAT DID".



TENTATIVE TIMETABLE BRIGANTINE LAUNCHING CELEBRATION

Friday, September 13, 1985

4:00 p.m. - start of street entertainment (Entertainers include: "Theatre On The Spot", "Red the Juggler", "Dan The Man And His One-Man Band")

6:00 p.m. - Hillbilly Band
- Muriel Bertrand
- Shanty Singers with Paddy Hernon

8:00 - Dance with "Dan Hughes Band"

10:00 p.m. - Fireworks
- Street Dancing

Saturday, September 14, 1985

8:00 a.m. - Chemainus Rotary Club's famous Pancake Breakfast

10:00 a.m. to

4:30 p.m. - Street Entertainment

2:00 p.m. - "Strawberry Tea"

4:30 p.m. Launch of "SPIRIT OF CHEMAINUS" accompanied by Naval Honour Guard and Naden band.

Lieutenant-Governor Rogers presiding.

"SPIRIT OF CHEMAINUS" Open House

6:00 p.m. - Start of "Gala Evening" in M.P.H. at Cowichan Community Centre

7:00 p.m. - Official VIP's speeches & ceremonies (Gala could run to 12:00 p.m.)

6:00 p.m. - Showcase of Local Entertainment in Chemainus

Sunday, September 15, 1985

10:00 a.m. to

4:00 p.m. - "SPIRIT OF CHEMAINUS" Open House

"SPIRIT OF CHEMAINUS"

Specifications:

Sparred length: 92'
Length on Deck 65'
Beam: 18'
Draft: 9' 6"
Rig: Brigantine
Hull Design: Howard Chapelle (Smithsonian Institute)
Builder: Alex Spiller and crew
Sail Plan: Robert R. Lally & Associates
Trainees: 20 Crew: 5
Construction: Wood

Background:

The first vessel to sail into Victoria harbour was the brigantine "Cadboro" — square sails on the foremast, fore and aft sails on the mainmast. This rig presents the ideal combination for a vessel which must stand offshore and run for long periods of time before the wind (square sails) and yet be able to make some headway to windward in coastal waters (fore and aft). Irving Johnson, as documented by the National Geographic Magazine, sailed the 90' brigantine "Yankee" successfully around the world several times with a young co-ed crew. The rig has proven itself for this kind of work and for sail training has the added attraction, not to mention romance, of square sails and yards.

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SEPTEMBER

ENTERTAINMENT SPECIAL EVENTS:

Sept. 6 Band: Katz 'N Jammers 2100 hrs
Comedian Don Hamley
TGIF - Darts

Sept 13 Boss's Night
DJ - Summit Music 2000 hrs
TGIF - Crib

Sept 20 TGIF - Euchre
DJ - Terrible, Terrible, Terrible

Sept 27 DJ Wayne's Mobile Music
(Special Lighting)

SNACK BAR: 339-4333

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 Sept 13, 20, 27

REGULAR TGIFs

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

Saturday Sept 21

Meet & Greet

Dinner at 1900 hrs - Honey garlic spareribs/fried rice Breaded chicken/cranberry sauce BBQ Meatballs, Fantail Shrimp/Seafood Sauce. Dress: casual.

Cost per couple
Members \$20.00 - Guests \$25.00.

Saturday Sept 28

CANDLELIGHT DINNER

Dinner at 1930 hrs - Consomme Regency, Scallop St. Jacques, Chateau Briand, New boiled potatoes, Broccoli, Cauliflower, Carrots, Chocolate Mousse.

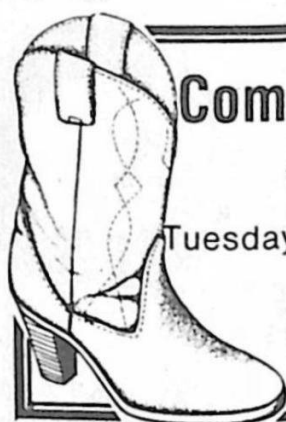
Cost per couple
Members \$25.00 - Guests \$30.00

September 13 TGIF Meat Pies & Gravy

September 20 TGIF Reubens/Fries

September 27 TGIF Chicken/Fries/Coleslaw

COMING EVENTS: OCTOBER 1985 TBA - OKTOBERFEST



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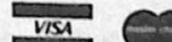
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Section News

BADO Burlblings

10 years of dedicated service...



Mrs Dennie Ayres

LCol Jackaman presenting

UNITED WAY

In the last edition of Totem Times I reminded everyone of the forthcoming United Way Campaign. Captain Jean Langevin has provided further information on this years campaign in a separate article. He and his deputy Lt John Sobieralski are busy preparing the way to make this years effort a great success. In the meantime I promised to keep you informed of some of the personalities involved in United Way in the Comox Valley.

The United Way consists of a number of directors. These are completely unpaid positions and are filled by a number of folk who care about others and who are prepared to give their time and their skills in helping to run a successful fund raising programme.

The Chairman of the United Way and Chairman of this years fund raising efforts is Delbert Doll who is a teacher at Vanier High School. The Deputy Chairman is Marianne Muir who likes to be considered a homemaker but who is also very active in other service organizations. The hard working secretary is Dianne Bossom who not only is a homemaker but finds time to further her education on a degree course. Public Relations is the responsibility of Dick Stubbs who is a contractor as well as a Comox Alderman. Organized labour is represented on the Board of Directors by Erik Eriksson who is an Electrician at Fields Sawmill as well as being 1st VP of the local branch of the International Wood-

Promoted.....

workers of America. The United Way treasurer is Mike Taylor, a chartered accountant with Wharram, Standeven and Company. The above Directors form the Cabinet of the United Way Campaign Fund Raising for this year.

In addition to the Cabinet, other Directors of the United Way head divisions which are responsible for fund raising in specific groups. George Muir a local lawyer, heads the division of volunteers that canvasses the professionals in the Comox Valley. His group contacts the lawyers, doctors and dentists for their contributions. Fred Bosson, who is President of Comox Valley Insurance approaches the various corporations and business men in the area. Jack Jackaman, CFB Comox Base Administration Officer is responsible for the Federal Government employees which not only includes the Base but also the other Federal Agencies in our area. The Municipal Government is handled by Brody Porter who is an assistant planner at the Regional Board. The staff of the schools in the area will be canvassed by volunteers under the direction of Phil MacLaren, a teacher at Vanier. The workers employed at local hospitals and health care units in our area will be approached for donations by a team under the leadership of Don Brown the Assistant Administrator at St Joseph's Hospital. Last but not least is the local mail programme and individual gifts which is organized under the enthusiastic supervision

of Jeannie Harder, another one of our hard working homemakers.

This year the United Way is blessed with some additional help thanks to the generosity of Nanaimo Realty Insurance who have loaned their Sales manager Bob Emmerson to provide overall assistance to this years campaign. He is what is called a Loan Representative and in preparation for his task he will receive a week of training and orientation at United Way HQs in Victoria.

One thing that all these folk have in common is that they are already very active individuals in their various professions and occupations. They say if you want a job done then find a busy person. There is no doubt that everyone involved this year qualifies. They are all very committed to a variety of other responsibilities but are still finding time at no remuneration to help a deserving campaign. Their commitment is to provide help to a large number of fellow Canadians here in the Comox Valley who are less fortunate than those of us who enjoy good health and financial security. The only reward they will receive or want is for this years campaign to be a great success. SO PLEASE THIS YEAR BE PARTICULARLY GIVING. Consider a pay assignment that is generous. We can all spare a few dollars each month which would then add up to a substantial amount, some of which will be returned to you at income tax time.



Donna Tiley to MCpl

Capt Grant presenting

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COURTENAY HOUSE -- 498 Island Hwy., Courtenay

Across my

kitchen table

— by Rosemary Gibson



September song—the fruit is picked and the scent of apple sauce and plum jam cooking on the kitchen stove permeates the house and mingles with the scent of burning leaves and rain dampened grass. September smells nice.

This month, like January, has the feeling of a new beginning, a good time to make resolutions to become more organized, to discard old ideas and old clothes, to start fresh with a clear mind and a new wardrobe. Summer clothes are packed away, and cold weather things are resurrected and refurbished in preparation for the new season. We start to tidy up the garden for winter, do some painting we have been putting off throughout the long, hot summer, and make a list of things to be done at the lake cottage before winter begins. The Christmas catalogue arrives in the mail, and I start my shopping lists. My husband shudders...and then shrugs his shoulders. I guess he has become accustomed to me over the years!

HINT

Use the cardboard rolls inside of wax paper, foil wrap, toilet tissue, etc. to store electric cords used for small appliances. Just fold them and push them into rolls. Mark each roll. Stores them neatly.

I'm sure you've seen this before, but I think it's worth repeating.

SOME TIME

Some time when you're feeling important, Some time when your ego's in bloom, Sometime when you take it for granted You're the best qualified in the room; Sometime when you feel that your leaving

Would leave an unfillable hole, Just follow these simple instructions, And see how it humbles your soul.

Take a bucket and fill it with water, Put your hand in it up to your wrist, Pull it out and the hole that's remaining Is the measure of how you'll be missed. You may splash all you please as you enter,

You can stir up the water galore; But stop, and you'll find in a minute That it looks quite the same as before.

The moral in this quaint example, Is to humbly do just what you can; Be proud of yourself—but remember, There is no indispensable man!

Ingredients:

vegetable oil
2 cups flour
1/2 teaspoon salt
2 cups milk
4 eggs

Method:

Preheat oven to 450°F. Pour 1/2 teaspoon oil in muffin tins and place in oven to heat. Blend together flour and salt. Gradually add the milk. Beat until smooth. Beat the eggs and add to flour mixture with 2 tablespoons of oil. Beat 2 minutes with mixer. Pour into muffin tins. Bake at 450°F for 20 minutes, then at 350° for 10 minutes. Turn out onto cake rack; cut hole in side (stab with a paring knife) to let steam escape. Makes 16 - 20 puddings which may be served immediately or may be frozen and simply reheated to serve at a future time.

THOUGHT FOR TODAY:

Whatever you have received more than others — in health, talents, in ability, in success, in a pleasant childhood, in harmonious conditions of home life — all this you must not take to yourself as a matter of course. In gratitude for your good fortune, you must render in return some sacrifice of your own life for other life.

—Dr Albert Schweitzer

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\$53.95 6 Cylinder

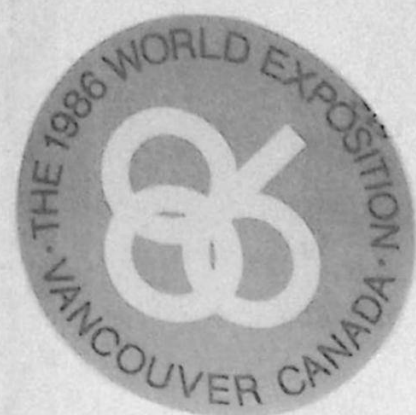
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Most cars and light trucks - imports - small trucks



Expo Update

FOLKLIFE PREVIEW

Perhaps more than any world exposition, EXPO 86 will highlight the future, the triumphs of technology, the almost bewildering pace at which environments are transformed before our eyes.

Futuristic, yes, but organizers of the 1986 World Exposition also recognize that the past is the underpinning of the present. The Folklife area of EXPO 86, where the folk culture of Canada's native and settler groups will be celebrated, will give visitors a delightful taste of centuries past.

Located a few steps away from the futuristic Expo Centre, Folklife features natural wood buildings, wooden boardwalks and a picturesque grassy area much like a village green. Traditional native and ethnic ceremonies, games and sports will be presented here, many inviting audience participation. Ethnic cuisine, in many cases the only living remnant of otherwise vanished folk groups, will enjoy its own special Folklife area with ample opportunity for taste-testing samples from around the world.

To accommodate the music, dance, story-telling, theatre and other performing arts of native and folk cultures across Canada, there are two Folklife theatres, the 400-seat Settlers Theatre and the 300-seat Native Theatre.

FOR THE DISABLED

The Honourable Claude Richmond, Minister of Tourism/EXPO 86, today announced a special ticket program that will give disabled persons a discount on admission to the 1986 World Exposition.

In detailing the program which goes into effect September 3, B.C. MLA Doug Mowat, himself a paraplegic, praised the minister and the Expo Board of Directors for taking into consideration the needs of the disabled community. Mowat also thanked the task force who assisted in creating the program.

"EXPO 86 is being built with accessibility in mind. Now it is even more accessible," said Richmond. "Disabled British Columbians will be able to experience all this exciting Exposition has to offer at a reasonable rate."

The program is intended for those individuals who have a disability which would definitely impair their participation, enjoyment and realization of the total educational, sensory stimulation entertainment or amusement experiences of EXPO 86. This would encompass those with severe mobility, sensory or mental disabilities.

HOLLAND AMERICA WESTOURS WELCOMED

EXPO 86 announced today that Holland America Westours Inc. is the official cruise line and tour company of the 1986 World Exposition.

To mark the occasion, the Seattle-based company's new luxury liner, the M.S. Noordam, made history by being the first ship to dock at Canada Place, home of the EXPO 86 Canada pavilion and a new state-of-the-art cruise passenger terminal.

As the 22nd corporate participant in EXPO 86, Holland America Westours will play a vital role in promoting EXPO 86 to its passengers and in a major U.S. West Coast consumer travel promotion in conjunction with EXPO 86.

Holland America's fleet includes three cruise ships; the Rotterdam, the Noordam and the Nieuw Amsterdam. During EXPO 86 and the Alaska 1986 cruise season, Vancouver will be one of many ports of call for all three of the company's ocean liners, bringing 70,000 to 80,000 seafaring guests to the home of EXPO 86. In addition, Holland America Westours' motorcoach division, which has major hotel blocks throughout Vancouver, will be bringing thousands of visitors to the Exposition city.

CROWN LIFE JOINS EXPO

Crown Life Insurance Company has become the 23rd corporate participant in the 1986 World Exposition.

Crown Life will be involved both as the Official Insurer and as sponsor of two Specialized Periods, highlighting the Expo theme of transportation and communications. Under their designation of Official Insurer to the 1986 World Exposition, Crown Life will provide coverage for each visitor to EXPO 86.

From July 20 to 25, 1986, the Crown Life symbol will help showcase the technological advances which can assist mobility and sensory impaired persons under the "Communications and Mobility for Elderly and Disabled People" Specialized Period. From August 18 to 24, 1986, "Transportation for Recreation" will be a celebration on land, sea and air. Events planned include the Jeep Cup Rally, the Women's World Sailing Competition, ultra light aircraft and hot air balloon rallies and an international travel camping showcase.

Regimental Coin

Cdn Sig Regt has produced a nickel-bonded-steel regimental coin, antiqued in bronze and encapsulated in plastic. The coin is serialized and available to all past and present serving members who have been posted to 1 Cdn Sig Regt or any of its predecessor units. The raison d'être of the Regimental Coin is to foster regimental esprit de corps. Therefore, it shall be customary for serving and former members of 1 Cdn Sig Regt to have the "Regimental coin" always on their person. Failure to produce the coin when challenged by any possessor of the coin, shall entail a forfeit as negotiated at the time: normally a round of drinks. Should the coin be produced, it is then the responsibility of the challenger to honor the forfeit as previously agreed.

Only one coin per member may be purchased, at a cost of six dollars by visiting the Regimental Kit Shop in Bldg E30 (Clement Bldg), McNaughton Barracks, Kingston Ontario. Those unable to purchase their coin in person may do so by mail by forwarding the following:

- A cheque or money order for nine dollars (six dollars for the coin plus three dollars for registered postage and handling).
- SIN/SVC No, Name, Rank, Position held, and dates of service with the Regt, and
- The names of at least two persons (preferably serving members) who could verify your service with the regiment.

The address for mail orders is:
Attention: Kit Shop Officer, 1st Canadian Signal Regiment,
Canadian Forces Base Kingston,
Kingston Ontario. K7L 2Z2.

Holberg Book

The 1954 - 1984 30th Anniversary book for CFS Holberg is still available. It is hard-bound with many interesting articles and stories about CFS Holberg and surrounding area.

Cost is 15.00 dollars prepaid to 30th Anniversary Book, c/o Lt D.P. Mulders, P.O. Box 62, San Josef, B.C. Book will be mailed upon receipt of payment.

For more info, contact Lt Mulders at NTAS 334-6220 or GP 255-6220.

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WHERE? = C.F.B. Comox Rec Centre (On Base)

WHEN? = Mornings: Monday, Wednesday and Friday, 9:30-10:30 a.m. Beginning Monday, 16th Sept.
Afternoons: Tuesday and Thursday 4:15-5:15 p.m. Beginning Tuesday, 17th Sept.

COST? = 14.00/month Mornings and Afternoons.
10.00/month Mornings Only (approx. 13 classes)
7.00/month Afternoons Only (approx. 9 classes)
2.00 drop-in anytime.

Cheques Payable to Base Fund please!

REGISTRATION? = for Morning, Friday, Sept. 13th (At CFB Comox Rec Centre) Classes 9:30-10:30 a.m.
for Afternoon, Monday, Sept. 16th Classes 4:15-5:15 p.m.

A Babysitter will be available during morning classes for a nominal charge of \$1.00 per child, Parish Hall (on Base)

CONTACT INFORMATION? 339-6790

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For more information please contact one of the following:

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Lt P.E. Godbole, Vice President	2523	339-0541
Cpl P.E. Cloutier, Secretary	2524	339-2184
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