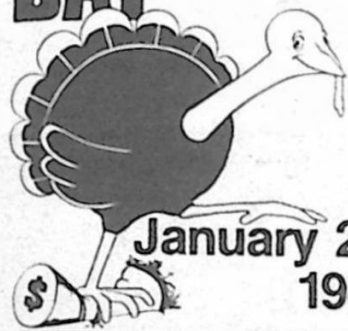


COLD TURKEY DAY



January 22,
1986

British Columbia
Lung Association



COLD TURKEY DAY JANUARY 22, 1986 PLEDGE TO QUIT SMOKING

I, _____ of _____

NAME

ADDRESS

CITY/TOWN

POSTAL CODE

do hereby pledge to quit smoking on January 22, 1986. This pledge arises from my sincere wish for improved health, an extended life and all other physical, social and monetary benefits which will accrue to me as a result of this decision.

SIGNATURE

WITNESS

Mail This Form To: Cold Turkey Day Pledges
B.C. Lung Association
906 West Broadway
Vancouver, B.C. V5Z 1K7



For more information on
quitting, call:
THE QUIT LINE
toll-free at 1-800-387-0661
from January 1
February 8, 1986.
Or, write:
Stop Smoking,
80 Bloor Street West,
Suite 1500,
Toronto, Ontario M5S 2V1



TOTEM TIMES



Canadian Forces Base Comox B.C.

Vol 28 No 1

Thursday January 16, 1986 Deadline is Monday January 27, 1986

Cost: Priceless

Official visit made to Base Premier Bennett visits CFB Comox



The Honourable William R. Bennett, Premier of our fine province made an official visit to CFB Comox recently. As well as touring the base the Premier, on behalf of the province, hosted a testimonial dinner at the Courtenay Legion. The dinner was held in honour of VP 407 as a result of their big Fincastle win and RCC Victoria for winning the Mynarski Trophy.

The premier arrived by government aircraft and was greeted by George's finest. A 50 man honour guard was in place and was duly inspected by the Premier.

A small reception and base briefing followed in the Officers Mess. The Premier was most intent on learning about the base and its functions. Several questions were fielded by Col K to enlighten the premier on our operations.

The Premier was then taken on squadron tours to both 407 and 442 Squadrons.

While at 407, Mr Bennett was given a thorough briefing and tour of the Squadron and its operational role. The Premier toured the Aurora aircraft and met many of the Squadron members who were available with their normal enthusiastic sales pitch.

It was over to 442 T&R next and the Premier was in for another upbeat enthusiastic introduction to operations at our base. The members of 442 that were on hand detailed for the Premier the every facet of the search and rescue business.

Tours through both the Buffalo and Labrador followed and an extensive display of SAR equipment was on hand for the Premier to inspect.

*Continued on page 22
'more pictures page 12 & 13*

A Peck for Jimmy....



Jim Pattison was the centre of attention last Thursday evening. Mr Pattison is shown with an admiring fan after completing an upbeat promotional talk on EXPO 86. Jim's talk was the highlight of a very fine evening that was well organized by the local Chamber of Commerce.

Warm wishes for the troops

Courtesy Base Photo

SECTION NEWS



VU 33 Squadron

VU-33 AIRCREW

A happy New Year to all from the fighting Thirty-third! We hope that everyone had a safe and happy holiday season.

Just back from vacation myself, I've been busy around the squadron trying to accumulate a few New Year's revolutions. For example:

✓ Dave (Radar) Gibson — stop smoking, gain weight, take more courses in Summerside.

✓ Wayne (Rocky) Lachapelle — quit partying so much, stop going to aircrew dinners, protect pilots more when travelling.

✓ Blearie (Barry) VanQuack — learn to operate radar, stop idolizing pilots.

✓ Maj (Nip) Owen — reduce gaseous intestinal expansion (Cathy's nose is happy), become a passive hockey player.

✓ Rollie (Tuck) Hacorn — decrease CF's and Canada's deficit, open a counselling service for new sap pilots.

✓ Nick (H.T.) Murgatroyd — have another baby to further delay posting, pose nude for Playgirl.

✓ Normus Potvinus — become bilingual, have picture taken with Mickie Mouse.

✓ Dave (Bek) Bekolay — become the life of a party, to refurbish the CF with state-of-the-art furniture.

✓ Bob (Russian) Ouellette — renegotiate contact for an option of another year of travelling, decide what to do when he grows up.

✓ Wayne (Monty Hall) Cuthbert — win Archie Bunker award of the year, trade a Tracker for a prime piece of logging land.

✓ Don (C.P.) Fair — fly with as many companies as possible in one year, buy a townhouse and an EPA stew in Summerside.

✓ Andy (of Mayberry) Clark — sell car to reputable junk yard, join the "jet set".

✓ Bernie Kipling — learn to smoke and type at the same time, 100 wpm.

✓ John Reimer — all round nice guy.

ANKR 99

VU 33 TECHSIDE

Well, the first column of 1986 is starting out on a positive note, with no bad news to report. Everyone made it back safely and is hard at work after the annual festive change

of pace. One amongst us missed work so much, that after a slightly extended holiday, volunteered his services for a little unpaid overtime. Hopefully everyone noticed how clean and shiny 577 is.

After over thirty days away from the job, it was thought that Bruce Driver might need a period of OJT. However, he turned up Monday morning clean shaven with no cuts. It seems Joan kept him familiar with proper shaving procedures.

Eagle Eye Kerekes and Fast Hand Woodworth returned from 'sunny' Reno still wearing their shirts. I don't think they have the fever, but I'm not sure we should trust the new deck of cards in the canteen. Who has been winning at hearts lately?

The hockey teams' undefeated record for 1986 lasted a full eight days until dealt a crippling blow from BTNO. There must be a way to blame this season's dismal performance on Ken Farrar's absence. It would be terrible if Craig Flewelling felt we were missing him. Maybe Randy Batson remembers what a T-bird is.

Jenny and Wayne are packed and set for their two week holiday to Cold Lake, where they will be supporting AETE in the Tracker SKAD trials. They will be replacing Ian Taylor and Al Beasley. Jenny is bringing an empty suitcase for a side trip to the West Edmonton Mall; Wayne has his full of extra sweaters. I hope they need the sweaters.

Speaking of replacements, Barb Southward has taken a week off from the high pressure job in the canteen. Harry Weed's wife is filling in. Barb was heard saying that she needed the week to compile a list of replies and retorts for Bob Wrightson.

Would someone please tell Ron Fortin that flying in a T-bird is free. He is always leaving behind his lunch.

A warm welcome to Paul Nolan and Dave Sabourin, the newest squadron members, who incidentally do not play hockey. Dave and Paul are AF techs just arriving from Borden. They are curious as to when the rain stops.

Leaving us after three months OJT is Micky Martin, and engine tech from GSE. I hope your stay was informative and enjoyable. Thanks for your hard work and enthusiasm.



While stationed at CFS Inuvik, Cpl Peever, a Radio Technician now working in BTelO, suggested a modification to a receiver power supply and NDHQ granted him an award of \$350.00 for his proposal. LCol Bowes, our BTSO, and now his CO, made the presentation on behalf of the Commander of Communication Command.



In 1983, when Sgt Steele was an IS Tech on 407 squadron, he suggested that technical orders be amended to prohibit unnecessary landings when the Inertial Navigation system degraded to the dead reckoning mode. NDHQ assessed the suggestion as providing very substantial and extensive intangible benefits and granted him a \$450.00 award. Col Torck, the CFB Toronto Base Commander, presented Mr Steele, who now works for Litton, with his award.

SECTION NEWS

Base Supply

New Years Greetings and Salutations from one and all in Base Supply.

The Holiday season has passed by successfully with Santa dropping off promotion and posting presents to several Sup Techs. First off, congratulations to Fran Fredrickson on her promotion to MWO and with it a much rumored posting to CFE Lahr HQ. Fran's hubby Fred can now be heard practicing his German every chance he gets. By the way Fred, Fran wants you to quit saying "Ein Gros Beer, Bitte" in your sleep. Larry Potter received his present from Santa in the form of a promotion to A/Corporal. Well done Larry.

MWO Wayne Bowerman made his annual foray to NDHQ and a visit to everyone's favorite Career Managers and came back with a whole bunch of presents from Santa. Those who received the presents will have to stay in suspense a bit longer though until official written confirmation is received from Santa. After all there is a dirty rumour going around that monies for postings are being cut-back!!!!

Of course with Postings Out, we have Postings In. A welcome back to Capt Sandy Foster who has returned from her year long French course and can be found back in her old position of SCO. A hearty brand new welcome to our two new Sergeants, the husband and wife team of Rick and Cathy Olsson recently of HM-CS Kootenay and CFB Esquimalt respectively. Rick can be found in Customer Services and Cathy at 5 Supply Group (C.E.). Also a hearty welcome to our three new civilian employees working under (and I do mean under) the watchful eyes of Sgt Bob Cotton and Cpl Jack Picard. Jerry Marks, John Ewert and Roy (Ogie) Ogden have been hired for the disposal of the CF101 Voodoo Spares. Apparently their first request was for a step ladder so that the could see inside the Tri-walls!

Wedding Bells were heard over the holidays with Cpl Donna Middelbrook officially changing her last name to Forget. Congratulations to Donna and Dan. Everything went according to plan for WO Starr Beachey who was seen taking scads of pictures of the wedded couple. Starr was extremely pleased that she managed to get over fifty pictures onto a 24 picture film until she opened the camera up

the next day and discovered no film! Nuff said about that.

The annual supply gift exchange was held just prior to Xmas over at General Stores, with Bill Jefferson doing the duties as Santa and Starr as his Mrs. Presents ranged from hilarious to weird to just out and out strange, but a good time was had by all.

Cal Francis was back in the area over the holidays and could be found staying at Dan Martins. By the way Dan can now articulate with the best of us as he had his jaw unwired just prior to Xmas.

Also of note, the Career Managers will be here on 17 January '86. Anyone in Supply wishing to see them should call Starr as she is the OPI.

Last but not least, Cpl J.P. Ullock has a new toy to play with in LPO. An IBM Personal Computer has been installed to help out with the budget and JP can be found sitting at the keyboard in mass confusion and panic. The SAO, ever vigilant, noticed this and has been kind enough to arrange a week long swan, er course, in Borden for JP in February. Pack your Long Johns, JP.



We have been silent for too long. It is now time to speak out and reveal all from the Base Transportation shop.

A great deal has happened since the last Truckin Tale and a Herculean effort will be made to cover every event of significance but...should we omit some please don't feel slighted.

First of all new arrivals and there were a few, not all of whom were posted in by NDHQ. Babies, babies we have babies. Not to be outdone by the Snooks whose baby came in October, Moira presented husband Bryan Porter also with a lovely, healthy baby boy and the Lebls, Bert and Brenda are the proud parents of a baby girl, who arrived in time for Christmas.

Speaking of new arrivals to our section, a belated welcome to Cpl Hurley and family from Petawawa, Ptes Kevin Derhousoff, Linda Chasse and Michael Gallachan. Which

As The Beacon Turns

The new year has begun on a happier note for a few people within the ATC section. Sgt Dave Garipey received his new rank on New Year's Eve and he already looks a few pounds lighter. On Friday, the section presented Corporal hooks to Cpl Sylvain Houde. They both deserved these promotions for the work they have accomplished within the section.

Congratulations to Cpl Warren Webber for completing the PAR course in Cornwall and on his recent posting to CFB Chatham. There will be a mug out at the Glacier Greens on Friday 17 January, to congratulate these people and wish Warren a warm farewell. Another oldie in the section received his CD, namely MCpl Paul Mitchell.

There has been a change in the Standards office. Capt John Myers has been replaced by RCAF vet Capt Dave McLeod. Capt Myers has volunteered to spend his mornings taking french and then controlling in the afternoon.

Truckin' tales

brings us to our Christmas party (the one where Kevin D picked his own door prize at!)

It appears everyone who was there had a great time. It was good company, good food and the music provided by Perry Johnson of BCE was first rate and certainly recommended.

Most who wanted their leave got it, although with the prevailing fog it's hard to imagine anyone going very far. MSE was once again involved in providing Little Toot for two worthy events with different sponsors but whose aims were closely related, ie: making Christmas a happy and memorable time for as many as possible. Again, sincere thanks go to Harvie Corman and Len Lucas for giving of their time for such worthy causes as toys and food for those who might otherwise go without.

The SNIC people were kept very agile for a two/three week period prior to Christmas and it was comforting to some of us to see the hard nosed dedication of some of our personnel during these heavy-going periods. Both the operators and maintainers put out great efforts to maintain

So if you hear "Demon 54 vous etes numero deux apres le Buffalo en approche final," it means "Demon 54 you are number 2 to a Buffalo on short final." And please humor him!

Pte Paul Fleury will soon be under checkout in the DATA Position. When he is checked out, Cpl Marcel Pepin will be returning to the tower. There will be three senior Captains replacing Capt Jim Hatton. Lt Mike Maillet and Lt Pete Foley, as the latter will be proceeding on course in Cornwall shortly. The Captains going to the tower are Lee Burnham, Bernie Murphy and John Myers.

A tremendous work party turned out for the movement of DF&E from one PMQ to another for Capt Rick Champagne. His wife Andrea is expecting an addition to the Champagne family soon. After the move, a feast of the Col's best chicken and some cool ones eased the muscles of all those who laboured. Cpl Steve Tinker and wife Debbie

are also expecting soon. Congratulations!

The ATC/MP Orcas are having a midseason dry spell. They have lost consecutive games to 407 and BTNO. They lost 7 — 3 to the Demons. In that defeat Farmboy Young picked up his first goal with SloMo Tinker and Pass the Puck Anderson adding the others. The BTNO team defeated the Orca's by a 7 — 4 score. Single talley went to Hammer Foley, Shots Worthington, Longhair Greentree and Cardiac Fleury for the Orcas.

The ATC curling team won their last game over BPAdmO 6 — 5. This time around, Neil Ice Garlough had no requirement for Dale Broom Campbell to sweep as Ice curled each rock perfectly!

There is a family ski day on the 30 January on Mt Washington. Only one week left to sign up. And the entertainment committee advises that there will be a Spring Ball in late April.

RTF

glasses behind the beer machine. Rod decided to tie the knot with Angie which brought tears to Tina's eyes — hope that Audi hasn't raised their price on vent windows though.

Rick and Dave decided to make it legal and shack up downtown and its nice to see that Ellie is starting to get better. Wayne and Gabby returned recently from their respective courses and Gabby celebrated by buying a new 4x4 truck. Spence is counting the days but Gary is excited because his Hustler parts came in finally. Clay is madly in love with his new Walters Fire Truck and Glen's new member of the family (Wally) showed his appreciation by lifting his leg on the Michelin's. All in all everything and everybody are geared up for the winter's activities and the beat goes on...

Arte et Marte

In closing, I wish to take the opportunity, on behalf of Major Sandy Tilley our BTNO, to offer everyone best wishes for 1986 and a sincere thank you to all the units and sections on the base for their close cooperation of the past year.

EDITORIALS

Butt Out eh!

It's time to start talking turkey — "Cold Turkey" that is! It's upon us, that inevitable day of self reckoning when we stand up and are counted.

Yes folks, it's once again the time to "butt out". The annual denial day is January 22nd and hopefully thousands of Canadians will take the plunge and become a nation of non-coughers at the expense of the tobacco industries' coffers.

Criticism of the tobacco industry seems to get shrugged off at the expense of some 33,000 Canadians a year. This is the toll smoking takes as the industry pleads its case to a somewhat sympathetic government. After all, look at all those tax dollars — never of course considering the millions more it takes to treat the destruction smoking causes.

But an effect is beginning to show through. The industry is being hit in the only place they can be hurt — reduced corporate profits. Sales have fallen by more than 8% in Canada

during the initial eight months of 1985. The anti-smoking war is being felt.

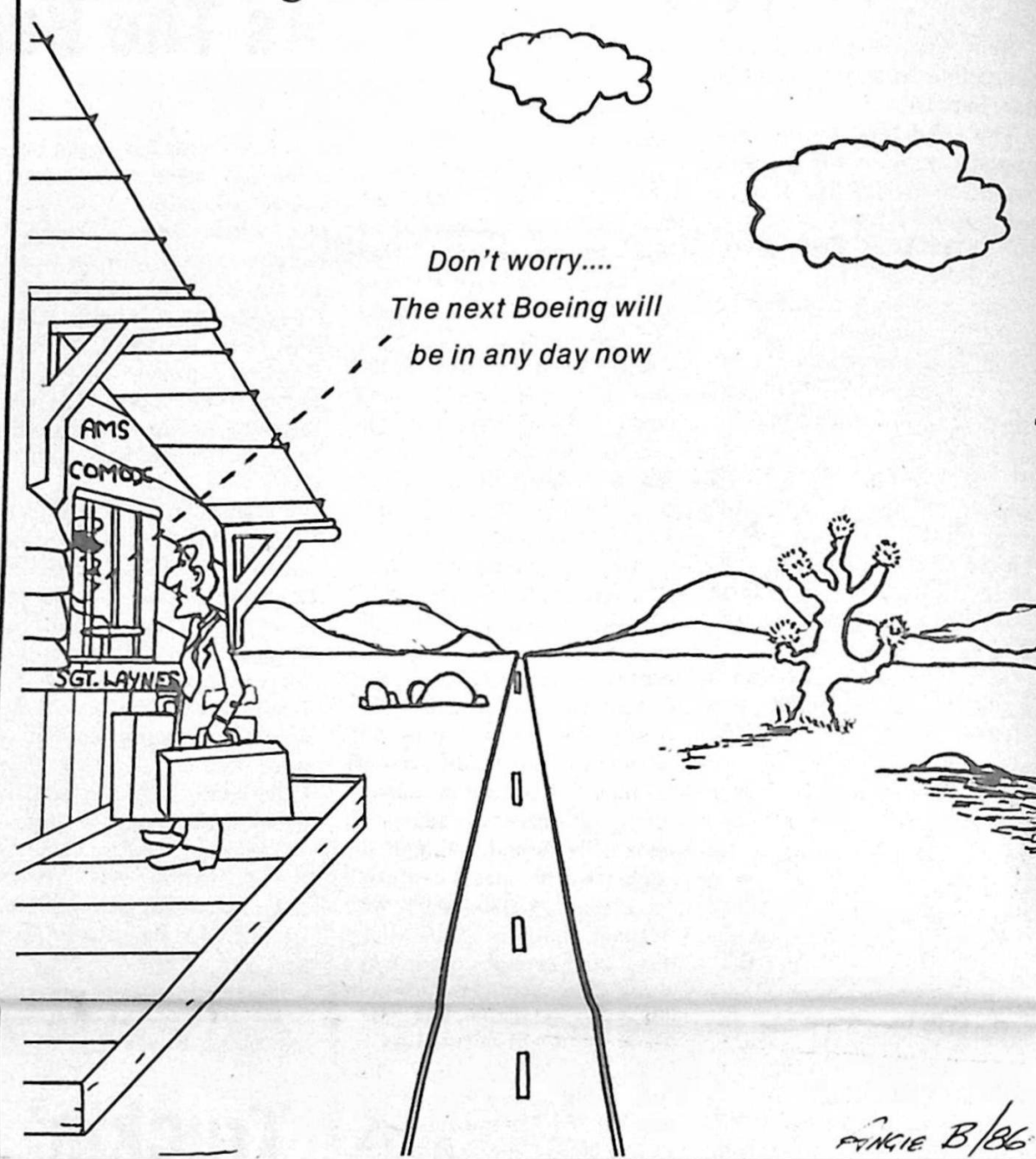
There is an ever growing disapproval of smoking and it is no longer considered fashionable to be brandishing a weed. The good old days of Bogard and Brando flashing a smoke throughout every scene seems to be passe — and high time too!

Reduced profits have led to the beginnings of price cutting by the industry giants. This has incensed competing firms and the whole procedure appears to have caused a rift in the Canadian tobacco industry. That is good! However, the action has caught the eye of anti smoking groups which fear that lower prices will persuade smokers to "inhale more often".

So lets talk turkey folks! Remember that January 22 is "Cold Turkey Day". Butt out and take up the challenge. You'll be a better person for it.

G.M.K.

The Boeing blues!



Letters we get

ROYAL CAPE BRETON AIR FORCE (RCBAF) — 30TH ANNIVERSITY

CIAD Mile Failte. Greetings from the Royal Cape Breton Air Force which is alive and flourishing in its 29th year at CFS Sydney.

1986 is a very special year for the RCBAF as this coming April marks the 30th Anniversary of the founding of that illustrious organization. In keeping with inviolable tradition, a grand reunion Mess Dinner is being planned for 26 April 1986 at CFS Sydney.

This "August", organization has grown steadily since its inception in 1956 to its present size now approaching 350 members. All members of the RCBAF are invited to return home to Cape Breton for this auspicious event and we are looking forward to meeting many old friends. Notification of attendance should be received at the earliest opportunity at which time more specific details will be forwarded. Mail to: CO, CFS Sydney, MPO 200, Sydney, N.S. BOA 1B0. ATTN: RCBAF

715 RCAC SQUADRON — 25th ANNIVERSARY

All former Cadets are invited to return for the Squadron "Silver Anniversary Homecoming" on Saturday and Sunday, 24 - 25 May, 1986 at the Royal Canadian Legion, 828 Legion Road in Burlington Ontario.

A 'drop in' reception will be held from noon to midnight on Saturday 24 May and Annual Inspection will be at 2pm (1400 hours) on Sunday, 25 May. Our first Commanding Officer and founder, Flight Lieutenant A.E. Brown, DFC., AE., CD, will be our Reviewing Officer, ably assisted by all the other former Commanding Officers of 715 RC (Air) CS.

All former 715 Squadron members please contact me at 715 RC(Air)C Squadron, P.O. Box 188, Station 'A', Burlington, Ontario. L7R 3Y2. (Telephone 416 335-2946.

W.M. Smith,
Captain,
Commanding Officer

My article "Weihnachtsfest Mit Der Deutsch Luftwaffe" appeared in the Totem Time issue dated 19th December 85. This is a special day as far as I am concerned, and a particular coincidence.

On the 19th of December 1941 I was awarded my pilot wings at 34 SFTS Medicine Hat. Thirty-seven completed their training, the majority were RAF personnel with nine Canadians. Imagine what my fellow trainees would have said had I told them that in 44 years I would be writing a story about a Christmas party with the Luftwaffe!

Of those who graduated, fewer than seven survived the war, indeed, some were lost in less than a month while enroute to England, for the U-boat campaign was at its height. Quite a few others were lost at OTU, or in accidents on the squadron. I do not have the exact numbers but I believe only about fifteen were lost on operations.

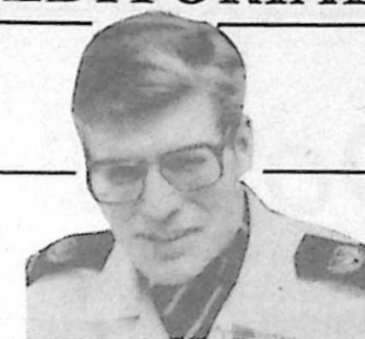
Each 19th of December brings back memories.

D. Warren

EDITORIALS

George says

with MWO George Murley



Supplementary death benefits plan

All members of the Regular Force and Members of the Reserve Force currently serving are participants in the Supplementary Death Benefits Plan (SDB); except those members who on 1 Jul 54 were either employed in the Public Service or were members of the Regular Force and who elected on or before 1 Nov 54 not to participate.

The Basic Death Benefits payable on the death of a participant who is a serving member is an amount equal to his annual pensionable pay at the time of death or to the nearest multiple of \$250, above his pensionable pay if his pensionable pay is not a multiple of \$250. (Example: if your pensionable pay was \$36,185 your beneficiary would receive \$36,250).

The SDB Plan is not free, we the participants must pay. Contributions are calculated on the basis of five cents for each multiple of \$250 of annual pay, including the nearest \$250 above the annual pay of a participant for that portion of annual pay which is not a multiple of \$250.

To whom is the death benefit payable? The death benefit is payable to the beneficiary where a deceased participant has designated a beneficiary or if no beneficiary has been designated by the deceased participant, to his estate. In the case of a male member who was married and a participant in the SDB Plan prior to 20 Dec 75 — to his widow or, if there is no surviving widow, to his estate. A member who wishes the benefit paid to a beneficiary other than his widow or estate must complete a designation of beneficiary form, CF 497 available at the Base Orderly Room.

As a participant you may designate only one of the following as beneficiary:

- a. your Estate;
- b. any person who is over the

age of 18 years at the date on which the designation form is signed and witnessed;

- c. any charitable organization or institution;
- d. any benevolent organization or institution; or
- e. any eleemosynary religious or educational organization or institution.

Naming a beneficiary is one thing but changing your beneficiary if the need arises is the most important thing. Case in point, two years ago it was discovered that a service couple had divorced and later remarried but never changed their beneficiary. Had the participant died his SDB would have been payable to his ex-wife. The new Mrs. Smith might not have been very happy. Another problem area is when a Serviceperson enters into a Commonlaw relationship naming his Commonlaw wife as his beneficiary and later dissolving this relationship forgetting to change his beneficiary.

Designating your estate as beneficiary will cause a delay in the payment of benefits until your estate is settled. It could also result in an income tax problem causing hardship to the recipient and possible loss of partial benefit. You may want to think about this before naming a beneficiary.

Proof of marriage is required at NDHQ to effect payment of the death benefit to the widow if there is no named beneficiary. Consequently, the importance of ensuring that proof of marriage is on file at NDHQ. It is equally important that a participant notify his Commanding Officer of any change in marital status by reason of marriage, separation, divorce or death. Failure to notify a change in marital status may result in serious delay in the payment of the death benefit.

Next Totem Times Deadline
January 27th

P2000/VPI reunion

On the weekend of 13 — 15 June 1986 there will be a reunion, open to all P2000/VPI members and their ladies, at CFB Greenwood. The reunion is to celebrate the 20th anniversary of the forming of the P2000 club in 1966.

A variety of social events are planned including a meet and greet on Friday evening and a dinner dance on Saturday evening. Further events are planned for the Saturday to ensure that a good time will be

had by all. In order to add international flavour to the event the overseas wings of VPI are being encouraged to participate. The reunion will end officially on Sunday morning following a farewell brunch.

The cost of the weekend will be kept to an absolute minimum and anyone interested is asked to contact the VP Headquarters Wing — P2000 Club, CFB Greenwood, Nova Scotia. BOP 1N0

Did you know



The highest city in the world is Lhasa, Tibet, which is 12,002 feet above sea level.

Military trivia What? Where? Why? When?



Thanks to Doug Morgan of Comox

Answer From Last Issue



Beechcraft C-45 "Expedito" of 1 Air Division at 4 Fighter Wing, Baden, Germany 1958.



SECTION NEWS

Demon Doins

Suggestion award presented...



Courtesy: Bud Photo

Tools required to load paniers and skads into the CP140 Bomb Bay were not contained in the tool pouch normally used by Weapon Technicians on that squadron. This meant that they had to draw the tools from the tool crib which was time consuming and could lead to errors. Pte Rooke designed and suggested the use of a special pouch for that purpose and he was given a \$150.00 award for his proposal. Major Caddy, his SAMO, made the presentation.

Although this is a new year and we are starting off with a clean slate, fans of this article (both of you) will be pleased to know that the editorial policies have not changed — i.e....New Year — same old dirt. Reports state that everyone had an excellent holiday break, and in fact many of us are presently attempting to lose some of the extra lbs (kgs?) created from being a couch potato for a couple of weeks.

I'm sure all of you curious readers "want to know" what the brass of the squadron have set for their New Year resolutions, well here is an exclusive report to the Demon Doins;

LCol Terry Rogers, CO: With the advent of the change of official title for the Demons from VP 407 to 407 Sqn, the skipper has promised to reflect this change by obtaining new licence plates for his car. This is not to say, however, that the present plates will be allowed to become souvenirs of foreigners who have tried to capture these

prizes many times before.

Maj Rick Young, ExO: 1985 being a bumper year for scooter thieves, Maj Young has stated he would not allow his precious 'Blue Thunder' out of his sight. The most difficult part of this resolution will be to maintain a watchful eye while at the mess, as earlier attempts to keep it in the mess were frowned upon by the Wives club.

Maj Dave Caddey, SAMO: Considerable opposition was launched against our head maintainers' fancy for aircrew cookies in 1985, thus Maj Caddey has agreed to cut back his annual consumption considerably stating he would stick to peanut butter or chocolate chip cookies only.

Maj Fred Bishop, SStandO: His is the most admirable of resolutions, as it is perhaps the most difficult. Maj Bishop, after years of intense study is finally admitting that pilots are, in fact, human beings, and will attempt to treat them as

such. When questioned about this major policy change, Fred mumbled something about the Charter of Rights, but still maintained he would not let his daughter marry one.

Maj Bill Mazey, NStandO: Renowned Forces wide for his outstanding heckling ability, Maj Mazey simply says he will try to continue to maintain the present quality of heckling, and has promised to issue a squadron order on the art and etiquette of heckling.

Maj Dennis Thomas, Ft Comd: Maj T has proclaimed that in 1986 he shall make watching the 'A Team' a mandatory part of the OJT program, as well as making the mohawk haircut the official haircut of 407 Sqn, although the colour need not necessarily be grey. Also big on his list was taking his Deputy Dawg out for a walk more often, as there were some messes in 1985.

Maj Bob Eby, SPOsO: Smiling more often tops Maj Eby's list for 1986. Also in-

cluded is ridding himself of that silly gas guzzling North American car, and go for a far more sensible Lada station wagon. Since his experiment on the ability of the Aurora to taxi solely on the APU was a miserable failure, he has also decided not to make another attempt in '86.

Maj Terry Small, SMCsO: The most obvious change will be the name. 1985 brought more Big & Small jokes, and they are wearing very thin. The leading contender for the new name is Hugh Mungus, although suggestions are still being accepted. Maj Mungus also promised he would find out just what Pat Murphy does in the DIAC, and that he would take it easier on the CO during their runs.

Maj Chris Hansen, VPCC Crew 5: 1985 was a very revealing year for Maj Hansen, however when queried about his dress for 1986 he stated that his appearances in female attire would be cut way back to perhaps one appearance this year. Cosmopolitan and Chatelaine are presently battling it out for photo rights to this event.

Squadron spaces has been the sight of much edginess lately, what with the large number of people attempting to quit smoking as a New Years resolution. Standards in particular is a bad place to hang around because Maj Bishop, Maj Mazey and Capt Deutsch are all trying, but they have a tendency to take out their frustrations on innocent exams handed in by the unwary.

There is fun to be had for the non career-oriented...just ask Maj Bishop if you could buy him a pack of cigarettes. This is also an excellent way to improve your cuss vocabulary! Maj Gibbs took the easy way out as his resolution was to quit buying cigarettes, although in the past I don't recall that he had a strong addiction to buying anyway. As a matter of fact he could be the cause of so many Quitters, unable to sustain the financial burden of the good Majors habit!

For a couple of weeks last month it seemed the entire vocabulary of the West Coast Metmen was WOXOF, which wreaked havoc on our flying schedule, as it is difficult to fly a plane when you cannot find it. The "Quote of the Year"

from one of the weather briefers was "It's a beautiful day for flying, but there's nowhere to take off and nowhere to land". Thanks Guys.

If you think you've noticed the senior Lts hurrying to work in the morning and checking the mail slots, then looking disappointed for the remainder of the day, it's not your imagination. It's that time of the year again, when the great computer in Ottawa spits out the fate of many young men, in the form of promotions to Captain. The list never comes out until your fingernails are gone. Sounds like a B grade movie. Another B grade movie "The Monsters From Down the Hall" is now being played out on various crews over the next month and a half, in the form of crew training by the standards and training people. This is the intensive training period prior to the crew checks, to be held in the spring to decide who will go to the O'Brien Competition to defend the cup. Best of Luck to all crews, and have a great 1986.

DIAC

Yep! It's all over. The festive season is once again history. Hope everyone enjoyed their holidays.

The section's normal activities have been severely disrupted with the start of the FTAS 8601 course. A warm welcome is extended to MCpls Don Plume, Kevin Dwyer and POI Chuck Berry who have flown all the way from Nova Scotia to admire our liquid sunshine for the next month or so. Guys, if you wonder about the webbing growing between your toes, not to worry. It's only normal with all the rain around.

For Roger Skidmore and John Haugen who are also taking the FTAS course, it's another chance for them to heat up a chair and play the student roll all day long.

Professor Jean-Louis, on his part, makes a "grandiose" return to his teaching duties after a long break.

For the rest of us, we'll be doing rotations between the shop and the training cell for a while, each having to do some instructing.

And for you people, well...that's it for now. So Ciao!

SECTION NEWS

...more Demon Doins

SERVICING 3 CREW

Hello again from 3 Crew. Its good to see everyone back from Xmas and New Years without too many bumps or scratches. The Xmas party season took its toll though. The crew Xmas party was a big success, and it was good to see a few old timers such as Rick Shelton and Erik Stockon. There were also a few rumblings about assorted armourers making noises in the corner later in the evening. It was too bad that there was a San Diego deployment at the same time where Russ Anderson, Mike Smith, Wayne Fast, Dan Desmanches and Bob Roche were forced to spend those balmy days before Xmas in the San Diego sun; of course they worked the whole time???? It was said that Bob met his real father there. Bob was able to recognize "Dad" because pop was driving Bob's truck.

The crew was lucky at Xmas, as you all know, the fog came rolling in and gave everyone a few days of rest before Xmas. Also the crew managed to have the days around Xmas as normal days off.

Between Xmas and New Years there was yet another party held at WO MacDonald's newly acquired house in Royston. Everyone was thoroughly impressed with the renovations and antiques.

New Years didn't pan out to be as good as Xmas. The crew ended up working all night celebrating New Years between aircraft in the coffee room.

All are back from holiday leave and from various courses in balmy Greenwood. O.G., Rob Haswell and Owen Coffell all returned from Greenwood with healthy sun tans, ha ha. Others are of to courses, Tom Cooper on his run-up course, and Doug Warner, our most recent Sgt Promotion, off on his Battle Damage Repair course. Its about time after so many gears up landings at the Junior Ranks in Cold Lake.

O.G. will be doing another sentence of six weeks in Greenwood on a JX course, and Bruce is off for his Virgin trip to Greenwood on his 1st line course.

Up coming events will probably include a triple promotion party when Dan Desmanches, Treva Foss and O.G. Pond get their Cpls in late January, early February.

On a closing note PER time for Cpls and Ptes is over, you can all let your hair grow out and your boots scuff for another 10 months. Hope

everyone has a terrific '86 and all the best 3 Crew.

407 PHOTO

Welcome to Photo's Trivia! A New Year has arrived, and as in previous years, we've lost and gained personnel.

Jean Yves Dionne and family were posted to the Big City "Bagtown", Bagotville, Quebec. A great maintenance tech and boss. All the best to MCpl Dionne at his new job. A new member in processing arrived in mid-November, John Clevette and wife Helen arrived from St Margarets, New Brunswick after 3 years of fun and joy. Welcome to 407 Sqn Air Photo.

Talking about Sittu, we said goodbye to Jean Pare and family who are now at St Margarets.

Rick Bonin and Jenny Mathews finished their TQ5s, congratulations to them, well done. Jenny got married in the Xmas season, another one bites the dust. Next thing you'll know Jenny, little feet will be running around the house. Congratulations.

Talking about little feet, Dee and I had the little one, a boy, 8 lbs 13 ozs. I only had to leave the delivery room twice, because of the flue and heat of the room. "Of course" — not to mention 14 hours by my sweetheart's bedside standing and rubbing her back. 25th December, his name is Adam, "the earth's first born". Debbie Eckert is another newcomer to Air Photo. I heard Santa bought her her own special pair of boots for Xmas, Finally! Chris MacKay finally got her husband back from course. Gets pretty lonely doesn't it Chris. The Photo Xmas party was a smash. John Clevett won 3 bottles of wine, 1 bottle of liquor, 2 boxes of chocolates. Lt Francois Luneau proved to be "a true Armourer". MCpl Peters collected a slew of bottles from all the parties he's been to. When's the open house Serge? Overall everybody left with a goody from the party. Peter Veldhuizen, Joe and Chris are some of those who played a major role in the success of the party — thanks people, you did a great job and I was truly glad I could make it for once.

I ran into Rob Granger at the gym, his leg was rigged with wires and a cast. He was in a good emotional condition all considering. Hang in there Rob. Happy New Year from all of us in VP407 Air Photo.

Hazards..

with Norm Blondel

A two-man team toured CFB Comox during the week of 13 — 17 January, collecting data from CF and civilian personnel, about the hazards that they may be facing in the workplace.

The survey, carried out by MWO Des Desjardins of MARPAC HQ and Sgt Ken Paulsen, Base Hospital, is also being done concurrently by other Preventive Medicine personnel at all DND establishments in Canada and overseas. With a target date of 31 Mar 86 for completion of the survey, a representative group of non-commissioned CF members and civilians is being asked if and where they are presently being exposed to the following general hazards, in their job: — biological hazards, such as human wastes, dust of various kinds, ranging from metal powder to sand, petroleum products, noise, vibration, thermal stress, ergonomics (these can cover any energy related activity, from lighting and heating, to movement), and general work activities such as fuelling, printing, firefighting, welding and woodworking.

One item, which is covered under Exposure to Chemicals, is boot polish. Some people can be affected by the chemicals which are present in their can of shoe shine. This is not likely to lead to a change in policy on the care of footwear, however, if the reaction of various Chief Warrant Officers at Comox, when informed of the potential hazard and a possible end to the 'Spitshine' as a result, was received. Their reaction could be described as unenthusiastic. When all of the data has been collected, it will be passed to McGill University in Montreal, for analysis. The results will determine the content of another, more specific survey to be carried out later.

Meanwhile, keep those boots shined, even if you have to wear rubber gloves....

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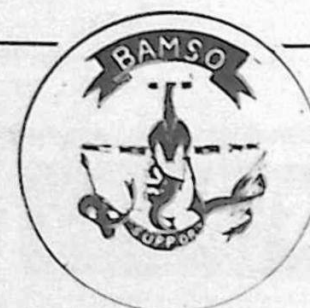
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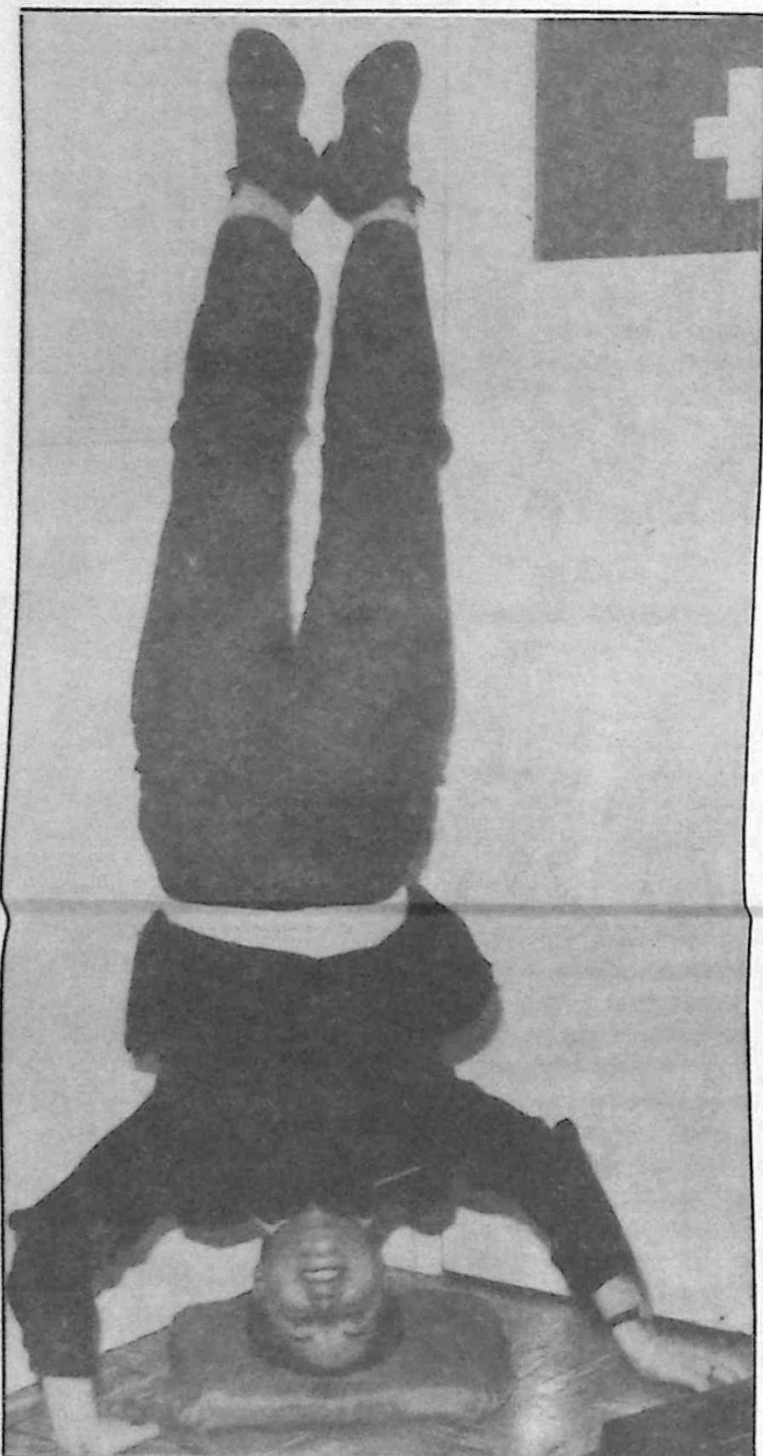
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SECTION NEWS



BAMSO

Upside down Andy.....



Courtesy Base Photo

...Do in' it all for us!

Here we are starting our second calendar year with the Bamso News column. The first thing that comes to mind is the fact that I would be very remiss if I didn't take this opportunity to publicly thank Larry Thompson for the BAMSO party that he organized at the Westerly Hotel. It was a good one Larry and thoroughly enjoyed by those who attended. I thought it was cute when Santa came in and realized that he had forgotten something and had to leave to get it. The fact that the BAMSO was giving us his Christmas best wishes at the time may have had something to do with it.

Speaking of Christmas, from all reports most of us did pretty well. My wife opened up a bank account for me for us to

save for my home computer. The other Bob had all of his family at home for the first time in two years. Mike, from all reports, had a good time in Ontario and can hardly wait for his upcoming marriage this spring. Monty apparently had a good time in Alberta and the Major's wife was doubly pleased with her present from him. Firstly she was pleased with a ticket to Montreal to see her family and secondly, she was relieved to see that he had purchased her a return ticket. Did you have any doubts Mado?

You will note that we have included a picture with this issue's column (if the editor prints it). As a matter of fact the picture was taken as a special favour to him. He made

a statement that he gets a little tired of the standard "grip and grin" photos that he has to print and that he really appreciated action shots. He said that he would appreciate any action shots, even one of someone standing on their head. That triggered me to realize that we could meet his requirements as well as letting the world know that the staff in the BAMSO Orderly Room "stand on their heads" to provide service. Here you see Andy demonstrating that point.

The various BAMSO sporting teams are doing OK lately with our curling team holding the top position out of nine rinks and the hockey team, that we share with BTelO, holding the second spot out of ten teams. We aren't doing to bad in the bowling either with the BAMSO team being first, the IEIS team being fifth, and the workshop's team holding sixth spot out of fourteen. As we go to press these statistics may be a wee bit out of date but they are fairly indicative of the calibre of our sportsmen. Speaking of sportsmen, or should I say sportspersons, we have a ski day coming up. Maybe someone will pass a report on this event to me for a future column.

QUESTION: Who in the AMCR staff used to be a radio announcer on the Number 2 Fighter Wing radio station in the fifties? When you find out some of you "down homers" might ask him if it is true that he played the same Don Messer record for a week or so and gave it a different title every time he played it. You might also ask him if it is correct that not one "down homer" even realized what he was doing.

FACT OF THE WEEK: We may be the only base in the Canadian Forces to have two BWOs since Sgt McKay, of 407 Squadron Mobility Spares Shop, has been given the unofficial title of 7 Hangar Breeze Way Officer. Guess we can take some credit for that as he is being well trained by an ex-BAMSO MWO (no names, but he waxes his mustache.)

Hate to admit it but one of the "Bobsie Twins" may be losing his memory. Apparently one of them accused the other of losing his memory and not remembering certain events that happened during their younger days. I was a little embarrassed when I found out that it was me who was losing

my memory as the other Bob wasn't even on the base during the time I was talking about. Sorry for the accusation Bob.

Heard a report that Kim, in Base Photo, became a grandmother over the holiday season. If they don't explain that one in their column this time maybe they can do so the next time. (Read on, they explained it.)

Larry just walked in and told me that they new have the new BAMSO crests in the Orderly room and they are for sale at \$1.00 each. The line forms to the right please.

On rereading this and reflecting back over some of the previous columns I realize that Gerry Fleming is in the unique spot that his name never appears in this column. We will correct that by mentioning it now — Gerry Fleming. Maybe you could be the one that gives me the ski report for the next column Gerry.

BASE PHOTO

Goodness gracious, here it is early 1986 and I have already broken every resolution that I made. I hope everyone had a nice holiday. Things are buzzing right along down here. Our new baby colour processor is spitting out prints left, right and centre, and we are enjoying every minute of it. Modern technology — wow!

I imagine that by the time this goes to print congrats will be in order for Tammy, but I guess we can wait 'till she gets back from Ottawa to know for sure.

Congratulations though to Doug Slauenwhite, our fearless leader, who made the CFB Comox Base bowling team. He finished second overall with an average of 241. The bowling team heads down to Victoria on 22 January for the Pacific Region playdowns. Well done Sarge, and good luck to the team.

I would like to announce the birth of my ten little grand-puppies. My dog looks at me now with those big, brown, sorrowful eyes, while her young'uns scurry around trying to get just a little more to eat. They'll be great Easter presents if anyone is interested.

Our intersection bowling team is still having some fun, even though we are not doing so good in the points part of it. The mixed team is doing OK too. Nancy and Attilio went to Port Alberni to qualify for the BC Winter Games. Unfortunately, they didn't make the

team, but they did win the Turkey Bowl. Better luck next year guys.

Gilles has been kept busy plotting those silly looking colour patches that the machine spews out every morning at 0900 hours. Do you have the whole situation under control Gilles?

Well, since he does, I guess I should close for now and get some work done. Until next time then, keep smiling.

WORKSHOPS OR — AS THE MACHINE TURNS

With the new year here many of us will be trying to start or stop habits we have developed. Good luck to all in their attempts.

In workshops we ended up the year very busy. Cpl McConnell was in Ottawa for a special welding course. Word has it that he now can weld anything (with the aid of a putty knife). MCpl Fehr also had a one week swan in Ottawa for welding requalification. He wanted to stay here because of all the parties but by the looks of his shiner I think there was another reason. Sgt Tremblay worked a two day TD trip to Trenton for NDT training into eight days. Way to go Ivan.

Cpl Silk is still running his wife to the doctor and awaiting that new baby, or is it babies. She sure is big Barry. What's this I hear about JC being single again.

A special thanks from the gang to Cpl Knapp and Cpl McConnell for all the work they did in making our Christmas party one of the best ever.

BRAKE AND WHEEL

This is the first column in a new year that will see a lot of personnel changes to the old Brake and Wheel Section once again. Pierre Larivee has a tentative posting to Germany and is already planning ski trips and holidays. Canada's Red Baron of the ultra lights has decided to put his aircraft into storage. Good idea Pierre with all those F18s flying around.

Our other departure is Dave Devries, the JLC's answer to Rambo. He'll be going to tool control for up to six months before going on to one of the squadrons. Coming in from Borden is a young private, Private Young. He'll be the 30th person to spend a tour in our shop in the last three years; a feat the Guinness people are looking into. Caroline spent Christmas at home in Mon-

SECTION NEWS

More with BAMSO

treal. When anyone asks her if she had a good time all she does is nod and smile.

Gerry Bodner is over in Germany celebrating the festive season. Hope those new pants fit for the return trip to Canada. Gerry, Doug Poole was reflecting the other day how it was only eleven years after the end of World War II that he joined the Air Force. That's why the aircraft look a little different now Doug. A North Star and a Comet are now things you see in the sky at night.

Ted Stensen was looking very dapper in his skivees (an old naval term) at the BAMSO party. One of the younger attendees was overheard to remark that he hadn't realized that you were actually allowed to touch your partner while dancing. All the Brake and Wheelers that attended commented on having a good time at the party.

The best to all in the new year.

NAVCOM LABS

There were no silent nights and the season was certainly jolly for the lab during the holidays this year. Though not all of the attempted social activities went over as planned, the roaring success of the infamous NAVCOM Christmas party made up for any disappointments.

The party was deemed, during a later vote, successful due to the fact that nobody could remember anything bad about it. There were a few vague impressions expressed concerning Cliff Perry and Sylvie Locas competing in a 'bare as you dare' Limbo contest and over three straight hours of the 'Bird Dance'.

Sometime during all this, gifts were exchanged and it would appear that Santa Clause has developed a perverted streak in his old age. Here are the highlights: George Stecko...his own full set of hair, complete with Elton John glasses. Carl Charko...a BS bag (self explanatory) and a supply of grouch pills. Sylvie Locas... a custom made executive decision wheel. Perry Johnson... an official BAMSO's Token Zipper Head identifying hat. Steve Walters... a GI Snugglebum. Dave Maloney... some X-rated sunglasses (size small). Not to mention many more as they were (you guessed it) unmentionable.

A slightly less successful event was the attempted 'Operation Snowball' on the 29th that was thwarted by 'Peewee Herman' Charko who cleverly managed to elude the NAVCOM Party Recce (NPR) team assigned to getting the mission off the ground. By wimping out completely, Carl, you have shattered the shop's image of you as one of our better Party Animals. Have you gone into your preretirement slump or is it just your change of life coming on?

Two elite members of the NPR team volunteered to seek out strange new Christmas trees and go where no other ranks have gone before. We hope the Officers' Mess will not charge the lab for the impromptu landscaping and will be proud of the fact that their tree made the finals in the annual Charlie Brown Christmas Tree look alike contest.

Although the fog covered the tree capture it hindered other more civilian endeavors such as getting flights home for Christmas. Steve Walters and Deb Burns made it out of Vancouver on their way to Mexico and Sylvie Locas set the new land speed record as she passed through the airport metal detector. Bruce Aitken was not as fortunate and spent his holidays shuttling to and from the mainland on the ferry no less than four times. Maybe that course in Shearwater you just returned from has given you a taste for the sea, eh Bruce. (ar-de-ar, Billy, any thoughts on your next posting?).

While we're at it, Bruce is off to a quick start in the 'Twit of the Year Contest' with a couple of absolutely brilliant stunts. It seems that he was totally convinced that his car's brake system was failing and after purchasing a new supply of brake fluid he discovered that a simple solution to the brake light being on is to pull that little handle down by his left knee. That move was followed by the old locking the keys in the car trick; a trifle passe' but an excellent prelude to the piece de resistance which involved moving the entire contents of his locker temporarily into Brian Chesworth's without an invitation. A performance truly deserving Twit status and it will be difficult for other competitors to top this superb display.

Speaking of Twits, when asked to provide some words of wisdom for the article, Sgt Dave Crittenden from the RTT

section replied "I don't care what you write in that thing!" Editor's comment: One way to get back at a remark like that is to write a column yourself.

That's a challenge.

That's OK Dave as we get more than enough words of wisdom from the new resident HRS (that's High Reliability Soldering to those of you who are uninformed on this subject) expert Professor Joseph Glidye. Anybody in the shop who has done any soldering lately has developed an inferiority complex in the face of Joe's intimidating expertise. Many have resorted to cowering in the screen room to do any soldering work and thus avoid the Professor's critical eye and subse-quent wrath.

Even our budding supply tech, John Forbes, could not escape the effect of Joe's presence as the orders for every new fangled tool and gadget for the HRS bench are piling up on his desk every day. We don't think that the orders will be sent out in the very near future as John seems to have his own project in the works; we don't have any clear details at the moment but John has been seen with his nose buried in a book entitled "How to Pick Up Girls". Further investigation revealed that he was concentrating on the portion titled "How to get rid of them".

Maybe John can give a few lectures on his new interest right after Joe's HRS lectures. If this does occur we will be sure to pass on all the details to you in the next articleif we're still alive after this one hits circulation. So bye for now.

Thanks too, for your continued patronage of the Base Canex. We never do as well as we want to but at least our sales showed a small increase. It is not easy to compete with the local chain stores and the special offers made to get you into their stores. We try, but it



Courtesy Base Photo

BTSO Branch members pose with BTSO and BTnO following recent promotions and CD presentation; (Back row L to R) MWO Edens, Cpl English, Sgt Crittenden, Sgt Lloyd. (Front row L to R) MCpl Dunsmore, LCol Bowes, Maj Tilley, Cpl Thompson.

BADO Burblings

By the time this edition of our paper hits the news-stands it will be pay day and a great relief for everyone. It has been a long time since we were last paid and the festive season is not conducive with saving any money. It looks though that there were indeed savings this year for we managed to survive the festive season without any untoward incidents or accidents. I was pleased to find my in-tray almost completely empty of any reports from our military police. It seems that folk are heeding the warnings and avoiding the pitfalls of drinking and driving. I must admit I am nervous about making these comments for it seems that one is tempting fate. But I do feel that a word of congratulations is in order. Lets hope we all keep thinking and acting wisely for 1986.

Thanks too, for your continued patronage of the Base Canex. We never do as well as we want to but at least our sales showed a small increase. It is not easy to compete with the local chain stores and the special offers made to get you into their stores. We try, but it

is difficult to keep pace with price changes and other marketing devices. All we ask is to give us a chance and remember the profits are returned to you in a variety of ways. Without the money we earn through our CANEX operations many of the recreational facilities would have to be reduced significantly.

We hope soon to be obtaining more space for community affairs and recreational facilities in the Base Gymnasium. It is great to see so many folk there at lunch times and during the day. Many of us are just a tickle heavier than we were late last year so it is time once again to burn off that extra poundage. Come and join us. They say that misery loves company!!

Finally I remind all personnel to keep their personal documents up to date. There has been a steady increase in traffic through the Orderly Room by personnel who care enough to check their SDB, SSIP etc. to ensure they and their families are fully covered. We are always ready to serve you so pop in for a visit soon.

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SECTION NEWS



442

Squadron

This issue finds most of the flying side of 442 deployed to the Fort St. John area on SAR Trask, a search for a light aircraft missing between a ranch north of Fort St. John and a frozen lake in the "Trench", running north from Williston Lake. Three Buffalos, two Labradors, four Twin Otters from 440 Squadron, Edmonton, and a host of civilian aircraft have been braving poor weather and densely wooded terrain in the area in an attempt to locate the missing 25-year-old pilot. Searchmaster Captain Marc Levesque of 442 Squadron has had to contend with several 'non-flying' days in the search area due to snowfall of several inches which will undoubtedly make spotting any downed aircraft or wreckage extremely difficult. At this writing the search is in its 13th day, having begun on January 4th.

In case you missed it, as did this writer, the CBC "Danger Bay" episode featuring SAR sequences by 442 Squadron was aired on January 6th. Television's penchant for reruns, especially during the summer season, should offer another opportunity to catch this 'gem' of spine-tingling adventure! In other movie news, a copy of the sequences shot for the Expo 86 film "Earthwatch", filmed off Tofino last summer with Capt Paul Vanderbasch, Mike Vermette and crew is reportedly on its way to the Squadron for viewing. General display of this film will take place in the Canada Place pavilion at Expo later this spring.

As if the glory and glamour of the electronic media weren't enough, the front page of last Sunday's (January 12th) Province contained a colour shot from the front door of a Labrador on SAR Trask, and an inside two-page story while outlining the difficulties of the search, described our SAR Techs as "Daredevils", and the "Evil Knievels of Rescue". Their interest piqued by this story, radio station CJOR in Vancouver has requested an on-air interview with two of our "Daredevils" on Thursday, January 16th at 1630 hrs. Catch it, if you DARE....!

In more mundane news (at least to some of us) another Labrador flight engineer course

is underway at the OTF. Joining us for the learning experience are MCpls Colin MacDonald and Gord Cutler, both posted to 442; and Ralph Mercer, posted to 424 Squadron, Trenton. Welcome to the balmy climes of Comox...enjoy your stay!

As posting season approaches, we've already received a few of the early notices for this year. Sgt Rick Porter, an FE with the Buffalo, left last month for the Hercules OTU and a posting to 436 Squadron in Trenton...good luck on the Herc, Rick! Also going 'Charlie, Charlie, One-Three-Zeros' and very very glad of it is Capt Marv Macauley from Buff Flight. Currently flying on SAR Trask, Marv is apparently experiencing difficulty calling himself a CC-115 on the radios, now that his message is in. Marv leaves for the OTU in early March, followed by posting to 435 in Edmonton...good luck, Marv!

With SAR Trask still on, and many Squadron members away or being rotated through search tasking, there's not a whole lot else to report on the aircrew side. Elsewhere in this issue, catch a laugh on us with another of Ian Murray's "Snake Eyes" cartoons... 'Til next time.....Snakes, out!

FROM THE MAIN FLOOR

Ah, 1986: This time for resolutions made, soon to be broken. I'm shooting for twenty push-ups by March. Haven't done one yet. You can tell by the scowls who has resolved to give up smoking. The scowls are remarkably similar. There's the same strained, twitchy look, shortness of temper and addiction to chewing gum. If carried to a successful conclusion, there will be the same expansion in the midriff. Except perhaps in the case of MWO Cameron, who is off the weed and on to a bike, reportedly on a diet of leaves. Watch out, Mrs Cameron: rabbits eat that stuff too.

Also off the weed are the Major and Al Davies, both of whom are still looking svelte. Corey Sooley celebrated New Year with a new hairdo and a set of Corporal's hooks. Congratulations on both, Corey. Congratulations also to Cpl Rick Macnab, who



acquired an attractive new bride in Kamloops in November. The latest on postings is that Avionics' John Smith will be off to the land of Bratwurst and Brocton in May, and Blain McMillan will be in the sands of Sinai for a six month tour commencing in March. Dianne Dunham will take his place in Safety Systems. Sue Brassard is our SOAP expert (those of you who are now visualizing Sue in the shower, knock it off. SOAP stands for Spectrometric Oil Analysis Programme), vice Karen Tulk,

At 442: a job well done!

We are writing on behalf of Captain T Chiang, Master of M.V. "Palm Ace", who has asked us to convey his deep gratitude to all personnel involved in his rescue.

The "Palm Ace", a car-carrier laden with new Toyotas, had been enroute from Nagoya, Japan to New Westminster, B.C., due to arrive about October 3rd, 1985. We understand that on about October 1st, Capt Chiang had suddenly collapsed with severe intestinal pains and internal bleeding. Due to adverse weather conditions and dis-

taur, he was unable to return to his family in Taiwan in early November, and has plans to return to sea after full recuperation.

Had it not been for the excellent services of radio medical advice and air-sea rescue, his chances of survival would have been improbable. We share with Captain Chiang a great appreciation of the Search and Rescue network which has made this happy ending possible, and wish to assure you that these services are not taken for granted. Montreal Shipping Inc. Agents for M.V. "Palm Ace"

ce offshore, the ship could only rely on medical advice through Canadian Coast Guard Radio Station Vancouver and RCC, until a Canadian Forces helicopter was able to airlift him from the vessel on October 2nd. After a short stay at the hospital in Tofino, he was rushed by air-ambulance to Vancouver, and admitted in serious condition to Vancouver General Hospital. During his four weeks at VGH he underwent major surgery to correct a malfunction of blood vessels near his liver. With a successful recovery, he was able to return

recently in Duncan and Victoria, securing fifth place on the six person bowling team which will go to Prince George at Easter for the B.C. finals. The Nationals will be held in Burnaby. You may yet see Awesome Ab on TV.

442 intra-section bowling is still on hold leaving Mr T snorting and frustrated up there in Log Control, unable to get at his arch-enemies, Awesome Ab's Avionics, who are the current champs.

Happy New Year everyone!

SPORTS & RECREATION

Sports shorts

NELLES X-COUNTRY RACE

Royal Roads Military College will host the 39th annual Nelles X-Country race on the 8 February 86. The race will consist of a seven (7) kilometer course over hilly terrain.

Race categories as follows: Open men, open women, master men, master women, military men, military women, high school boys and high school girls. CF personnel are encouraged to enter as individuals or teams of six (6) with top four to count towards a military team trophy.

Entry fee three (3) dollars per competitor. Entries accepted up to 4 Feb 86 at the Rec Centre. For more information contact Base Rec Centre at Local 2315.

SNOW TO SURF

CFB Comox will be forming a top notch Snow to Surf team to participate in the annual Comox Valley Snow to Surf.

The team is looking for one (1) downhill skier, one (1) cross country skier, two (2) runners, one (1) bike rider, two canoeists. The Rec-Centre will be holding tryouts to decide on the team.

If you are interested, please submit name to the Rec Centre no later than 30 February 86. For more information contact the Rec Centre at Local 2315.

PACIFIC REGION BROOMBALL CHAMPIONSHIP

The PAC Region Broomball Championship will be held 3 — 7 February 86 in Nanaimo. The CFB Comox Broomball team is looking to recruit military players. Practice times are as follows:

Monday & Wednesday 1130 Hrs

Saturday 1800 Hrs

Practices are held at the Glacier Gardens Arena. For more info contact M/Cpl Bedard or Cpl Beaudoin at Local 2487.

PACIFIC REGION HOCKEY CHAMPIONSHIP

CFB Comox will be hosting the Pacific Region Hockey Championship at the Glacier Gardens Arena from the 14 February 86 to 18 February 86.

Teams participating are CFB Comox, CFB Chilliwack, CFB Esquimalt and 3 PPCL. The game times are as follows:

Sat 15 Feb 86	1400 Hrs	1st Game
	1900 Hrs	2nd Game
Sun 16 Feb 86	1400 Hrs	3rd Game
	1900 Hrs	4th Game
Mon 17 Feb 86	1400 Hrs	5th Game
	1900 Hrs	6th Game
Tues 18 Feb 86	1400 Hrs	Championship Game
	1900 Hrs	Championship 2nd Game if needed.

Come on out and support CFB Comox Totems for the PAC Region Hockey Championship.

INVITATIONAL WOMENS VOLLEYBALL TOURNAMENT

CFB Comox will be hosting an invitational womens volleyball tournament from the 24 — 26 January 86 at the Base Rec Centre. Teams from CFB Cold Lake, CFB Chilliwack, RRMCC, Powell River, Courtenay/Comox and our own Totemettes will be battling it out for the gold. Come out and enjoy some good volleyball and support our Base Womens' Volleyball Team.



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Pipe Smoke

By Gerry Gerow



Another super book for all those that live on the West Coast, or wish they did. **Living Off The Sea**, by Charlie White, special interest Publications, 202 - 1132 Hamilton St., Vancouver.

Good old Charlie White has done it again. Basically, this book is a small encyclopedia describing the edible fish, shellfish and other seafoods to be found on the Pacific coast. How to find them and prepare them. I found myself surprised at the goodies I didn't know were edible, such as Limpets, Moon snails, sea cucumbers, sea urchins, and barnacles.

The first part of the book deals with shellfish. Here we learn how to take crabs and prawns, including well illustrated instructions on the construction of traps to catch them, and what makes the best bait. How to shuck an oyster, and dig for clams. It's all here and more. Also included is an informative chapter on P.S.P. (paralytic shellfish poison), or the so called Red Tide. In the chapter on exotic seafoods, you will find out how to prepare sea cucumbers, barnacles, limpets and sea weed.

Part two deals with finned fish, where to find them, how to catch them and instructions on such techniques as filleting salmon, bottom fish, cod, halibut and others. All receive equal coverage. Charlie wraps up with a short chapter on survival.

An excellent book that should be in the possession of everyone interested in taking seafood on the west coast. It's just published. Look for it in sporting good stores and book stores, or order from the publisher. The \$6.95

price, is quite reasonable.

The trend in recent years has been away from publicly funded recreational facilities and towards commercialized facilities, including frequent attempts to make publicly funded facilities as self supporting as possible. We in Canada have tremendous resources on which to build recreational facilities, and we sadly neglect it. Let's get it together.

Much could be done in Canada to improve our forested areas for the use of the general public. Anyone who has spent time in Europe is familiar with the many hiking paths and trails that are maintained for the enjoyment of the population. In Germany only three percent of the population doesn't wander in the woods, and a whopping 29 percent walk in the forest at least once a week. In the Swiss Alps, the network of hiking trails are marked with sign posts, giving the distance to various destinations in walking time rather than in Kilometers.

We need hiking trails and parking areas close to them. There are those, who for reasons of personal gain don't want to see the forests opened up to recreational use by the general public, but it is one place where Canadians, particularly those who live in the centre of urban areas, can get a maximum amount of pleasure for a minimum of expense.

Try a stroll through the woods this spring. You'll find it refreshing and educational. I always enjoy walking in the forest, particularly with one of my dogs. Dogs, of course should always be kept under strict control when in the woods.

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The Premier visits

A picture essay by Gord Kruger
Photos Courtesy Base Photo



George's Finest in place



This is the Nerve Centre Mr Premier...



What are chances of putting it in my old chevy?



If you fill it full of salmon heads the crabs go nuts!



And you guys call this work?



The funny thing is...I used to know how to untangle this thing.



For your Fincastle efforts Terry



And for you Don...a little something for the office wall.

AROUND THE BASE

Book news

Champions: A British Columbia sports album
By Jim Kearney with Sport B.C.
19.95 paperback

CHAMPIONS: A BRITISH COLUMBIA SPORTS ALBUM is a highly entertaining and attractive book that documents through anecdote and illustrations the marvellous achievements of the province's athletes as well as the major sports events to occur in British Columbia. The book was written by Jim Kearney who has been a sports writer for B.C. newspapers for forty years. From 1963 — 1980 he was the sports columnist for the Vancouver Sun and since 1971 he has broadcast a daily sports editorial on CBC Radio. In recent years he has been manager of publications at Sports B.C.

Many famous athletes are documented in Jim Kearney's new book and it also includes many great events in the world of B.C. sport.

Provincial legend has it that the first sporting event to take place in British Columbia involved the infamous Judge Begbie. To resolve a mining claim dispute, he challenged the two contenders to run over two miles from the courthouse to the claim carrying an axe and a stake. The first man to drive in the stake was the winner.

There were, of course, more genteel sports in the early days, cricket being the favorite. Horse racing was also popular — the track usually the town's main street — or in the case of Vancouver, Howe Street.

Canada's national sport, lacrosse, came late to B.C. with clubs being formed in the late 1880s. The legendary New Westminster Salmonbellies won an impressive string of championships and could draw crowds equal to a quarter of the then population of Vancouver.

Though lacrosse was the game in terms of crowds and money, hockey was making inroads. Canada's first artificial ice rink was built in Victoria in 1911 by the Patrick family,

who also added 22 points to the NHL rule book including the revolutionary blue line.

CHAMPIONS: A BRITISH COLUMBIA SPORTS ALBUM

A B.C. character whose contribution to baseball in this province cannot be overestimated is Nat Bailey. Aside from considerable financial support "Caruso Nat" also announced the line-ups, pitching changes and other information without benefit of a PA system. In between announcements he flogged hotdogs and peanuts to the spectators!

In 1954 the face of sport in B.C. was changed when Vancouver hosted the British Empire and Commonwealth Games. Besides the construction of Empire Stadium and a renewed interest in sports as a result of the Games, Vancouver received world attention as the two sub-four-minute milers, Roger Banister and John Landy, raced against each other. The "Miracle Mile" remains one of the most dramatic sports events of all time.

British Columbia has produced unusually large numbers of brilliant athletes: Percy Williams, sprints winner in the 1928 Olympics; Harry Jerome, a sprinter who was coholder of the world record for 4 years in the 1960s; Ralph Hutton, one of many Olympic swimmers from Ocean Falls who won a silver in 1968 and Doug Hepburn, world heavyweight weightlifting champion to name a few.

The province also has a very strong female contingent: champion skier Nancy Green; Elaine Tanner, greatest-ever woman swimmer for medals won and records broken; Debbie Brill, one of the top women high jumpers in the world; Karen Magnussen, 1973 world figure skating champion; Gerry Sorensen, the skier from Kimberley who won the 1981 World Cup and Lori Fung, first-ever gold medalist in rhythmic gymnastics.

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Dental plan explored

This question was the subject of prolonged discussions in the Standing Committee on Health Care Programs of the National Joint Council of the Public Service during the late nineteen seventies. This committee is made up of representatives of the Treasury Board, the public service unions, the CF and the RCMP. The subject ceased to be an active item of discussion when the Treasury Board representative advised the Committee that the government, as employer, was not prepared to share in the cost of premiums for such a plan. The effect of this decision was that any dental care plan for the dependants of CF members would have to be funded entirely by the members.

Research done during the same period indicated that the insurance industry in general did not consider employee fun-

ded plans to be viable propositions. Most underwriters would not accept the risk and those that would were insisting on a minimum of about 75 percent participation by those eligible for membership. A survey of the CF conducted in 1978 using recognized sampling techniques indicated that only 55.6 percent of eligible members would be interested in a plan in which the government did not share the cost of premiums. In view of the prevailing professional opinion in the insurance industry and the lack of interest among eligible members in the CF it was obvious that an employee funded plan for CF dependants would not be viable.

The public service unions and the RCMP also did extensive studies into the feasibility of employee funded dental plans in their jurisdictions.

They also reached the conclusion that dental plans without government participation were not feasible.

CF dependants are free to join private dental plans where these are available. However, we are not aware of any such plans that are now active. The Co-operative Health Services of Ontario for a time operated the "Delta Dental Plan" aimed at the CF market. However, the company and the plan collapsed in early 1981.

This department is currently awaiting the outcome of negotiations between the Treasury Board and the public service unions which, inter alia, include proposals for a dental plan. Should a viable plan be negotiated, it is likely that the same benefits will be offered to the CF in due course. This department will then have to decide whether participation in such a plan is in the best interests of the CF as a whole.

Whimsy

FIRST LOVE — a little foolishness and a lot of curiosity.



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- Chart of distances to assist you in planning trips around British Columbia

Correct Category Important

It is extremely important to insure your vehicle in the correct category. If your vehicle is improperly rated, a claim on your Own Damage coverage (e.g. Collision, Comprehensive) can be denied and you will be required to reimburse the Corporation for any Third Party claims paid on your behalf.

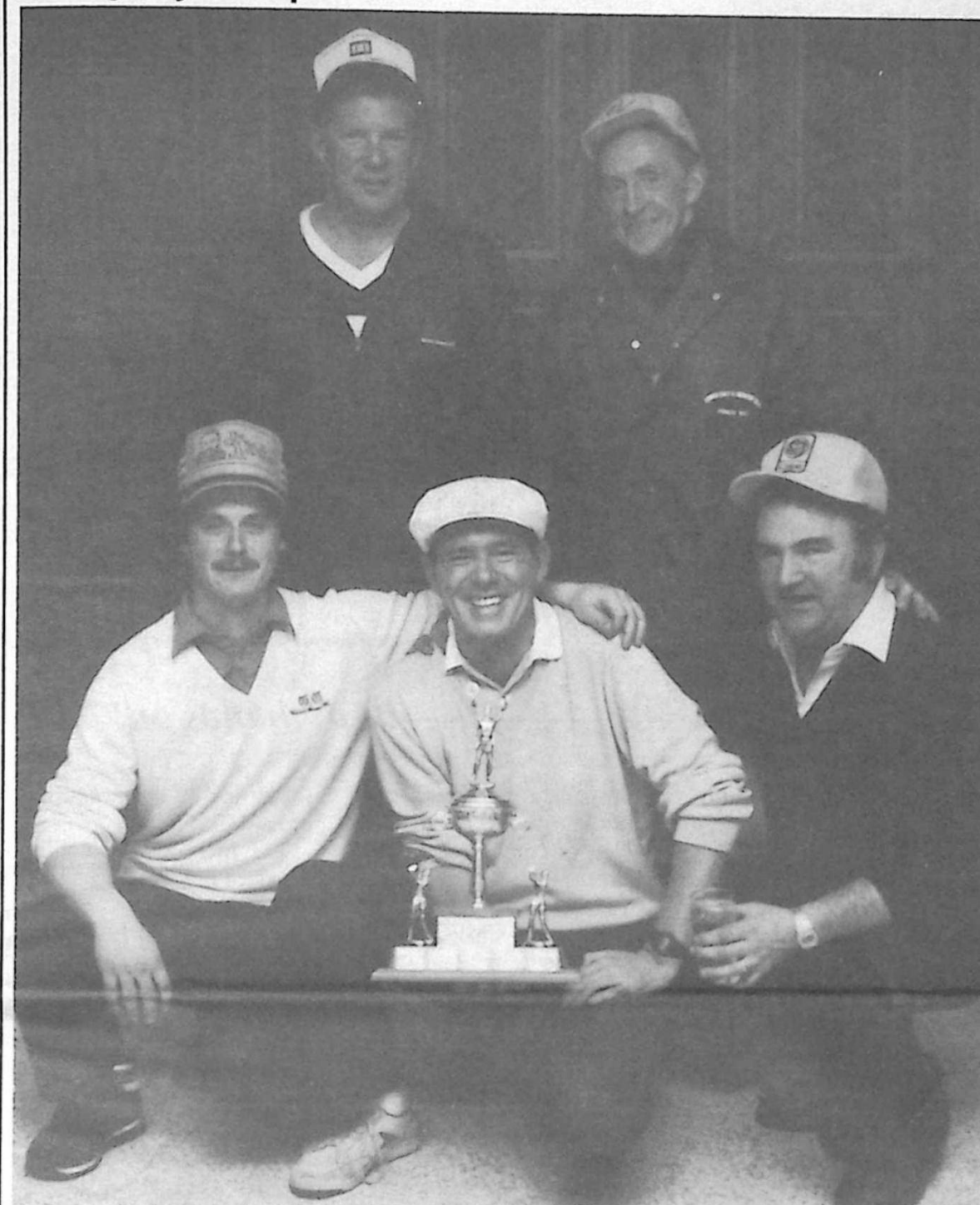
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SPORTS & RECREATION

Boxing Day Champions!



Boxing Day Tournament — The annual boxing day golf tournament was held on a heavy foggy 26th of December, 1985. This year's tournament was organized by the Officers Mess and turned out to be a success. The Junior Ranks team composed of Dave Ronaldson, Dan Forget, Bud Peters, Wally Berger, Fred Schwab and Jim Taillon (missing on the photograph) won the event. Some of the other prizes went to: Wally Berger, 1st low gross; Doug McArthur, 1st low net; Ron Carter, 2nd low net, and Dan Forget, 2nd low gross. Many thanks to all participants.

Retirin'.....



Sgt Rod Verchere
32 years of service

M. S. E. Driver Safety

What would you do?

You're driving 65 Kph in the no. 1 lane of a four lane highway. As you approach an intersection a car on your right cuts in front of you to make a left turn in the intersection. There is no traffic on the right. What should you do?

- ☐ Hard brake, ease off to medium brake and swerve right.
- ☐ Honk and stomp on the brake to stop.

Answer on Page 22

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Whimsy

A bore is a man who when asked how he is — tells you.

B.C. PAVILION REPORTS

THE B.C. PAVILION MEANS BUSINESS.

EXPO 86 is bringing the world of business to British Columbia in 1986. And the Host B.C. Pavilion will be there with exhibits, programs and a first-class conference facility designed to advance the B.C. business and investment story.

WITH A VISITORS PROGRAM. To take full advantage of the Expo opportunity, the Ministry of International Trade and Investment launched a world-wide marketing effort last fall. This is the Business Visitors Program — a series of invitations for key business contacts the world over to visit Expo. Since then, over 30,000 business people in 60 nations have been invited to the fair and thousands of responses have already been received.

In addition, 25,000 information packages highlighting the business potential of an Expo visit have been distributed through international banks and airlines worldwide.

CONFERENCE FACILITIES. A full service conference facility has been created at the Challenge B.C. building. And at plaza level, a business centre has been developed for visitors seeking information on B.C. business and investment opportunities. Both will have the full information base and staff resources necessary to tell the story of B.C. business both large and small.

From here, business visitors will move out through the province as companies all over B.C. work with the Ministry of International Trade and Investment to coordinate plant-tours, briefings and business seminars for our special business guests.

AND A TECHNOLOGICAL SHOWCASE. Our exhibits themselves are a reflection of B.C. skills and enterprise. The B.C. Pavilion worked with all industry sectors to ensure the key stories of B.C. industry were told to our international audience. Both our traditional resource and energy sectors and new high technology industries are presented at the B.C. Pavilion: all carry a message of opportunity and innovation.

We've fine-tuned our programs, exhibits and facilities to convey one message — B.C. is a confident, resource-rich province with exceptional trade, investment and business opportunities. It's a message our guests will remember and act on in the years ahead.

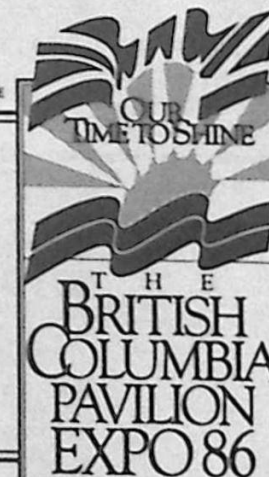
THE HONOURABLE DON PHILLIPS, MINISTER RESPONSIBLE

UPDATE

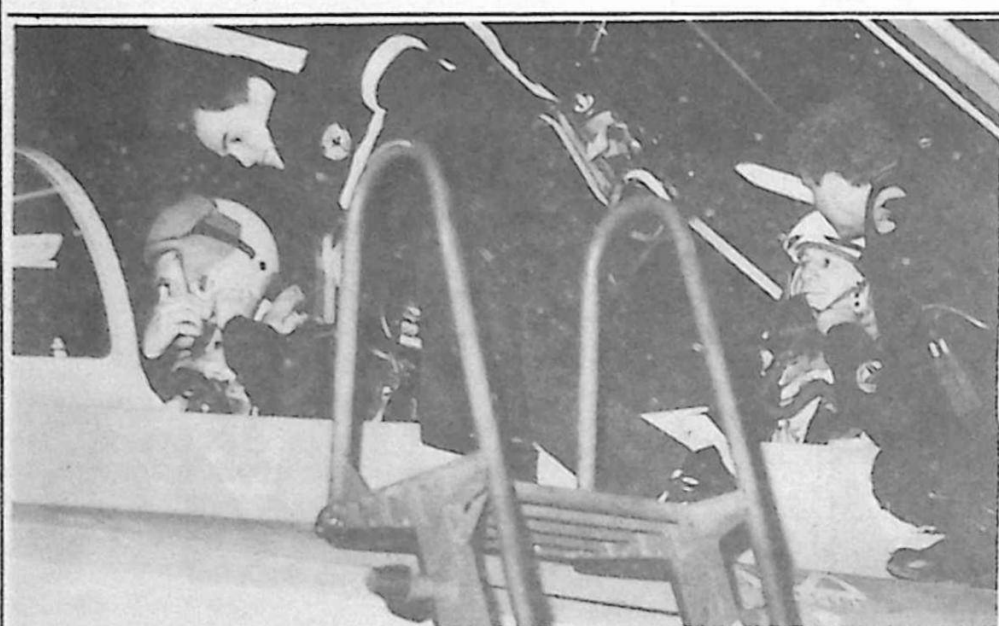
PROVINCE-WIDE AUDITIONS FOR THE REGIONAL SHOWCASE WILL BE HELD JANUARY THROUGH MARCH.

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TOTEM TIMES
CFB COMOX



Canadian Forces Update



CFB Baden-Soellingen — The Honourable Erik Nielsen and Lieutenant Colonel Dixon Kenny prepare for the MND's first flight in Canada's newest fighter aircraft, the CF-18 Hornet. LCol Kenny is Commanding Officer of 409 Tactical Fighter Squadron, the first squadron in Canadian Forces Europe to be equipped with the CF-18. Assisting the MND with final adjustments is Captain Paul Noack, a pilot with 409 Squadron, while MCpl Ron Smith assists LCol Kenny.

Erik goes to Europe

CFB Lahr — During his first official visit to Canadian Forces Europe (CFE) recently, the Minister of National Defence, the Honourable Erik Nielsen was given a thorough introduction into the varied operations of 4 Canadian Mechanized Brigade Group (4 CMBG) and 1 Canadian Air Group (1 CAG).

The MND's tour began at 409 Tactical Fighter "Nighthawk" Squadron with a 'dream come true' flight in the Hornet with Commanding Officer LCol Dixon Kenny, at the controls. As a pilot himself, the MND described the flight as a highlight he will always remember.

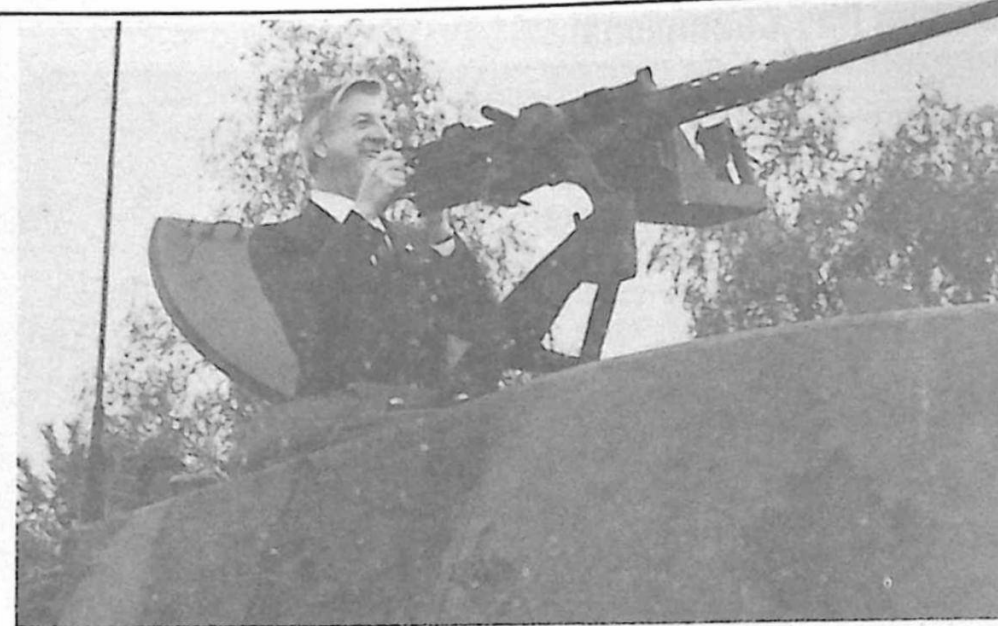
Mr. Nielsen was the guest of honour at 1 CAG's official welcoming ceremonies for the newly arrived pilots and crew of 409 Squadron and their CF-18 Hornet. Speaking to the parading Squadron and a 'Whose Who' list of NATO military and civilian guests, on hand for this historic occasion, the MND expressed his pride in seeing such "tangible evidence

of Canada's continuing commitment to NATO and to the process of conventional defence improvements".

The MND then spent time with units of 4 CMBG, at CFB Lahr, where he had opportunities to speak to soldiers and to discuss their duties and equipment. His visit concluded with tours to the newly installed personnel shelters and

the airfield air defence facilities around CFB Lahr.

The MND's visit not only provided him with a first hand insight into the operations and issues of concern to CFE but, also demonstrated to the CFE community, through his meetings with many soldiers and commanders, his great personal interest in the Canadian Forces.



CFB Lahr — 4 Canadian Mechanized Brigade Group's newest recruit, the Honourable Erik Nielsen, gets the feel of the 50 cal heavy machine gun position in one of 1 Royal Canadian Horse Artillery's M-109 self-propelled howitzers. During his rigorous day-long tour of Brigade lines, the MND showed great interest in the soldiers' weapons and equipment.

(Canadian Forces Photo by Sergeant Rich Sanschagrin)

— its a "hands on" visit

Did you know

Only one fighter has ever been knighted. Sir Dan Donnelly, champion of Ireland around 1815, received this singular honor!



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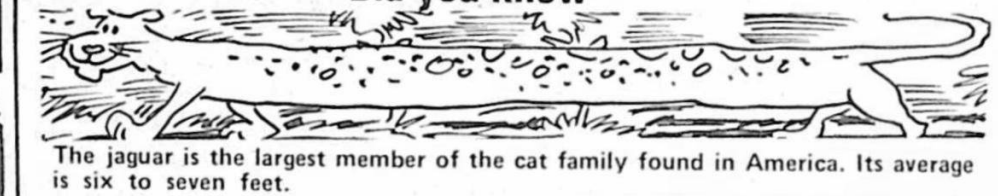


THIS IS IT — Just about the best priced family home in Comox. 4 bedrooms, family room, dining room, view, super landscaped lot. Very close to schools \$64,900.

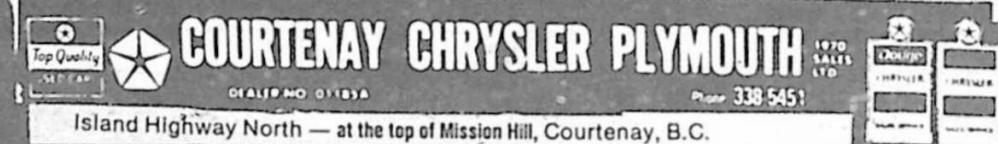
BRIAN WILLIS

RES: 339-0520

Did you know



The jaguar is the largest member of the cat family found in America. Its average is six to seven feet.



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CANADIAN FORCES UPDATE



Old Crow, Yukon — Sgt Paul Perry, 742 Communications Squadron Edmonton, keeps the attention of a rapt audience. The detachment hosted a number of meetings in the town hall and at the local school to explain why it was at Old Crow and what it was doing. As well as quick tours, films and a pick-up volleyball game helped establish good relations with the community.

Winter in Old Crow

Old Crow, Yukon — For over a decade Communications Command has deployed units to the Arctic to hone the skills of its communicators and practice the vital role they would play in case of a major disaster in the North.

This Fall three regular and one reserve detachments opened their nets at Watson Lake, Dawson City, Whitehorse and Old Crow in the Yukon. As well, single-sideband HF and Satcom contact was made with Yellowknife N.W.T., Namao and Penhold, Alta.



Pull Pole — Arctic training is serious business — and dangerous as well. Prior to flying north all units rehearsed their routine at CFB Edmonton. Eighty foot antenna masts and a satellite communications dish were erected, tested and dismantled as each detachment practiced their SOPs to ensure everything would work properly. With temperatures in Edmonton at -20°C, the rehearsals were too real by half.

— the pleasures of the Yukon

With the help of Anik, the six-man detachment from 742 Communications Squadron CFB Edmonton was able to feed the Grey Cup game into the town of Old Crow, amongst the oldest sites of human habitation in North America. Tours, lectures, films and a pick-up volleyball game at the local school helped to round out a busy two-week stay. Despite cold and active Aurora Borealis, the Northern Lights, which play havoc with radios, HF teletype communications were kept humming for over 55 per cent of the time.

PINETREE closures

On New Years Eve an important step occurred in our North American Air Defence modernization programme: as scheduled, five military radars of the Cadin/Pinetree line ceased operations. The sites now dormant, from west to east, are 43 Radar Squadron, Penhold Alberta, CFS Yorkton Saskatchewan, CFS Beausejour, Manitoba, CFS Falconbridge Ontario, and SFC Lac St Denis, Quebec. They have served us well.

In 1952 Lac St Denis was the first Radar Station to be completed after WW II. For 33 years those many radars that followed to form the Cadin/Pinetree Line — part of the NORAD surveillance, Command and Control System — contributed immensely to Canada's sovereign control of airspace and, with the United States, to the Joint Defence of North America.

There is nostalgia for many who now serve or have served on the sites. The closure is a measure of the need to update our systems to keep pace with changing developments and new circumstances. Even as we power down at these five sites, we work vigorously on the north warning system and other components of our modernized capability. The mission continues. The phasing of the closures will ensure a structured transition to our new sur-

veillance systems and the continued security they will provide.

Most significant, however, is the fact that even after two to three decades of operations

with some very old equipment the surveillance data still flowed properly from all 24 Cadin/Pinetree Radars to the Canadian NORAD Headquarters on New Years Eve. To stop

the flow from the five sites we had to pull the plug, turn the power off — a great tribute to

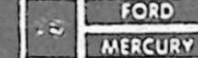
the skills and dedication of all the men and women who work the Cadin/Pinetree line.

TIM KENNELLEY

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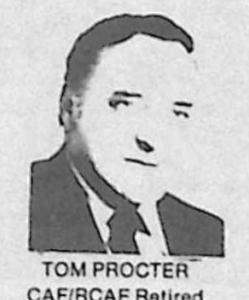
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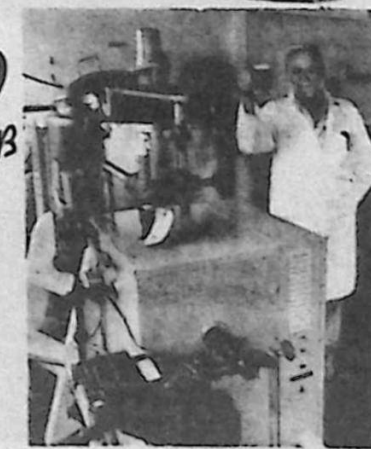
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AROUND THE BASE

15 years with CANEX.....



Col Jackaman presenting....

Capt Arnie Jacobson accepting

Photographers get photographed...



"Now we're colour capable"...Maj Monahan officially opens the new "colour capable" Base Photo Section. MCpl Terry Wood was invited down to hold the birdie and do the shutter work.

Aerobic Excellence Award



Major Rose presents...

Jo-Anne Reed accepts

ATTENTION - KOREA VETS

This could be very important to you! For information re the Korea Veterans Association (yes, one does exist), for contact with buddies who served with you, for news about reunions, social events and other items that have pertinent value regarding service in Korea:

Contact Jim Stewart 338-9756



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BLIZZARD	THERMO SL	\$384.95	\$324.95
BLIZZARD	VCS COMP	\$299.95	\$199.95
KASTLE	FW1	\$289.95	\$199.95
ROSSIGNOL	CHAMOIIS	\$134.95	\$109.95
ROSSIGNOL	E450	\$219.95	\$139.95
ROSSIGNOL	MISTRAL	\$299.95	\$209.95
ROSSIGNOL	4S JR	\$199.95	\$164.95
ROSSIGNOL	SP 824	\$284.95	\$189.95
ROSSIGNOL	STRATO	\$350.00	\$289.95
ROSSIGNOL	V.A.S. EQUIPE 3G	\$384.95	\$274.95
ROSSIGNOL	V.A.S. JUNIOR 3G	\$249.95	\$199.95
ROSSIGNOL	V.A.S. EQUIPE 4S	\$384.95	\$274.95
ROSSIGNOL	XRS COMPETITION	\$299.95	\$209.95

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AROUND THE PROVINCE



Expo Update

ON THE MOVE — Following a brilliant reception from Vancouver audiences this past spring, the EXPO 86 feature film, *Freedom to Move*, is going on tour to the Aquarium Theatre Omnidome in Seattle, Washington through February. Filmed on location worldwide using an OMNIMAX motion picture projection system, the film takes an eclectic look at transportation from zany, fun vehicles to transportation for survival.

NAUTICAL NORWAY — 1986 marks the 1000th anniversary of the first European sighting of North America by Viking Bjarni Hjerulfson in 986 A.D. Norway's maritime traditions and modern skills above and below the waves will form the central theme of the country's pavilion at EXPO 86. Models and pictures of Norwegian vessels will be among the highlights of the various displays, which include a tribute to the great Norwegian explorers.

All Aboard — Saskatchewan is going all out in its efforts to bring its residents to EXPO 86. Reminiscent of the legendary Grey Cup trains, two VIA Rail cars, departing from Regina and Saskatoon, will carry 550 passengers to Vancouver. A 3-Day Ticket to Expo as well as a crack at cheering for the home football team when the Roughriders meet the B.C. Lions is included as is the return trip for all survivors.

Food For Thought — Hungry? How about a taste of fresh fish flown in from Hawaii? A scoop of macademia nut ice cream? Or an authentic musk-ox burger? These are but a few of the delectable food items available at restaurants scattered throughout the Expo site.

Say Cheese Please — Your EXPO 86 Season Pass won't be valid until it's transferred into a photo I.D. It's time to get in the picture! Pop down to any B.C. Woodward's Store and exchange your certificate for an EXPO 86 photo I.D. today!

EXPO Ernie Lives — Expo Ernie camera-ready artwork is available free to community groups for non-commercial uses. The official Expo Community Involvement logos show Expo Ernie in 15 different poses. Ernie will appear in high school year books, on decorated cakes and balloons and in brochures throughout the province.

Applications are available from Public Affairs, EXPO 86, P.O. Box 1986, Vancouver, B.C., V6C 2X5

Paddling with History — A big welcome to the 93rd Expo committee — the West Coast community of Bella Bella, located 500 kilometers north of EXPO 86 and halfway between Vancouver and Prince Rupert.

The Bella Bella community of 1400 people is reviving a tradition that has been dormant for 70 years. Two *gelwa*, traditional ocean-going canoes, will be carved from cedar logs, just as they were a century ago. The Heiltsuk, the people of the Bella Bella area, were famous for their craftsmanship and travelled far along the B.C. coastline in these powerful vessels.

In August, the canoes will leave Bella Bella for a 20-day journey to Vancouver. Their arrival in False Creek promises to be a spectacular EXPO 86 event.

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The Noorduyn Norseman...

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Surrey, B.C. — It was fifty years ago today, on November 14, 1935, that the prototype Noorduyn Norseman bush plane made its first flight from the St. Lawrence River, near Montreal. An example of this famous aircraft is now being restored by the Canadian Museum of Flight and Transportation and will be displayed at Expo 86.

The Norseman was the first aircraft specifically designed as a bush plane for the Canadian frontier. Today, at the Museum's workshops in Surrey, south of Vancouver, one of the most famous examples of this versatile aircraft is nearing completion after two years of work.

Robert Noorduyn understood the needs of Canadian bush pilots when he designed this robust aircraft to land on wheels, floats and skis. With a fifty-one foot wing span and a large, box-like fuselage, the Norseman could carry nine passengers or about one ton of cargo.

Over 900 Norseman were built between 1935 and 1959; the majority for the Canadian and American military during the early 1940s. Norseman hauled freight throughout northern Canada, and served in other remote areas of the world, such as Norway, Australia, and South and Central America.

The tubular steel, wood and fabric aircraft was a frequent visitor to virtually every community, logging camp and mining camp in British Columbia.

Aviation pioneer Grant McConachie's Yukon Southern Air Transport used a Norseman to fly mail between Vancouver and Whitehorse in the late 1930s; and other aircraft serving in British Columbia carried the colours of Queen Charlotte Airlines, Canadian Pacific Airlines, Pacific Western Airlines, B.C. Airlines and the Royal Canadian Air Force.

"We are delighted to have this aircraft," said Fernando Vashon, a director of the Museum who as a youth helped build the first Norseman in Montreal. "The aircraft was a real workhorse; easy to maintain and always reliable."

Museum's Norseman is historic.

The Museum's Norseman is a historic aircraft in its own right. It is the most famous and beloved aircraft of Canada's oldest airline, Austin Airways.

For twenty-five years, or 1.2 million miles, the black and red aircraft served the communities of northern Ontario and the coastline of Hudson's and James Bay. One man, Rusty Blakey, who recently received the Order of Canada for his bush flying achievements, flew this aircraft (registration CF-

BSC) for over 10,000 hours.

Since receipt of the Norseman as a donation from J. "King" Perry of Delta, B.C. in 1983, restoration work has been ongoing. The lengthy restoration has seen the aircraft stripped to its smallest component, and rebuilt piece-by-piece. An airworthy engine is still needed.

The Canadian Museum of Flight and Transportation is a self-supported, non-profit society dedicated to the establishment of a permanent transportation museum in British Columbia. The current collection includes over fifty aircraft; and the museum enjoys the support of over 1000 members.

Together with similar societies specializing in road and rail transport, plans are now being developed for a Transportation Heritage Centre near Vancouver.

Further information on the museum, its collection and future plans can be obtained by writing to The Canadian Museum of Flight and Transportation, 13527 Crescent Road, Surrey, B.C. V4A 2W1, or telephone (604) 531-3744 or 278-9804.



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Across my Kitchen Table

By Rosemary Gibson



The holiday season is over, the decorations carefully labelled and stored for another year. Resolutions are made (for me, the same ones as last year — I haven't given up!), and we look ahead to 1986. We sincerely hope this is a better year for the world, and a great one for you, personally. For my better-half and me it will be a year of endings and new beginnings, as we say farewell to a 35 year career, and start a new part of our lives. Its been a wonderful 35 years, for the most part, the lonely separations more than made up for by the many friends we have made, the places we have learned to call home. Thirty-five years is a long time. And a short time, too. We feel some sadness that this chapter is completed, but we're proud of each page we have turned. It's been great!

And now we start fresh on a brand new life, full of opportunity, and we're very excited at the prospect. There are so many things we want to do, and at last we will have the time, and the freedom to do them.

This recipe has been a favourite with my family for over 25 years. It's easy and economical, too.

ROMAN HOLIDAY

Ingredients:

1 pkg Macaroni and Cheese dinner (Kraft Dinner)
 1 large onion, chopped
 3/4 pound medium or lean ground beef
 1 tablespoon butter
 1/4 cup milk
 1 cup grated medium cheddar cheese
 1 tin sliced mushrooms
 1/4 teaspoon garlic salt
 Salt and pepper to taste

Method:

Cook macaroni according to package directions. While macaroni cooks, cook and stir ground beef and onion in skillet until meat is browned and onion is tender. Drain off fat. Drain cooked macaroni; stir in butter, milk, packaged cheese, grated cheese, mushrooms, beef, onion and spices. Serve with plenty of buttered toast and a green salad. For variety, add one cup of drained stewed tomatoes.

When you need a quick dessert, you can make this one in a jiffy.

Chocolate Bananas

Slice a banana in half and saute it flat-side down in a tablespoon of butter for a couple of minutes. Turn it over, sprinkle with chocolate bits or broken pieces of a chocolate bar and cook for another couple of minutes or until chocolate is melted. Spread chocolate evenly with a knife and cool briefly before serving.

HINT

A two inch paint brush makes a marvellous duster for furniture with crevices or carved detail.

THOUGHT FOR TODAY

If God seems far away, who moved?

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 Food — Fish & Chips

Friday January 24 — Mixed TGIF

Friday January 31 — TGIF
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CFB Lahr — Instruction on the operation of the anti-aircraft weapon, the Blowpipe, by Bombardier Colin Foster and section leader, Master Bombardier Ronald Moses, was part of the MND's thorough tour of 4 Canadian Mechanized Brigade Group. MBdr Moses and Bdr Foster are both members of 1 Royal Canadian Horse Artillery.

(Canadian Forces Photo by Sergeant Rick Sanschagrin)

More Bennett

Continued from page 1

The evening's activities which were held at the Courtenay Legion were testimony to the fine effort of VP 407 and RCC during the past year. LCol Terry Rogers, CO of 407 and Capt Don Blair from RCC were on hand to accept their kudos from the man. The evening activities were well attended by a full compliment of dark greens.

Thank you for your visit Mr. Premier!

G.M.K.

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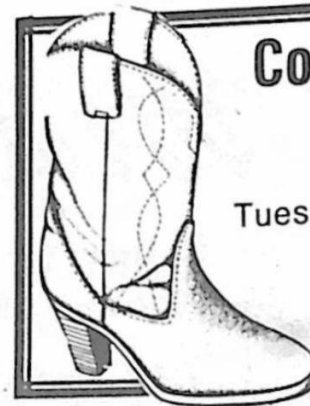
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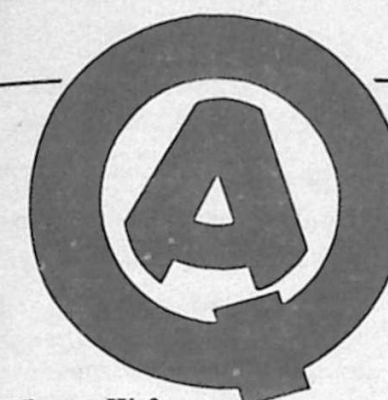
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SECTION NEWS



Quality Assurance Section

Who are We?

In our last contribution to the Totem Times we introduced ourselves as the new kids on the block. Actually, most of us are old enough to remember Marilyn Monroe's first movie. Boy, that's old, but that is also experience. We have a MCpl who worked on DH Mosquitoes and Vickers Wellingtons in 1949. Another MCpl cut his teeth on North Stars, and the C119 Packet, aka the 'Flying Boxcar.' A Sgt in this section has uploaded many a DH Vampire in his day, and the WO has worked on Cessna L19s, Otters, Expeditors, Daks, Cosmos, Sabres, Clunks, CF104s, Voodoos and most of the aircraft presently flying in the CF. Our MWO has an extensive background in flight

simulation, and he initiated QA at Comox, in 407 Squadron. We can all remember cases where a quality assurance inspection might have prevented injury or damage, or made a good system better. Now we are in a position to put all of this experience to use. With your participation, QA will become an accepted, essential part of the maintenance world.

Q-Tips

One of our most common (section) QA observations is "Extraneous Material in UERs." You are limited in the things that can be stowed in this ubiquitous little folder. Any remaining personal material, such as letters, medical chits, leave passes, etc, can be kept in the accompanying CF478 Personal Envelope, but the UER folder can

only contain the following: CF 743A Qualification Record Sheet, CF 743B Miscellaneous Entries Sheet, CF 743C Qualification Summary Supplement, and CF 743D Employment History Record. Also authorized are: CF 742 Personal Emergency Notification and CF 490A Personal Record Resume, provided only the most recent copy is retained.

Keep Your Fingers to Yourself!

We realize that the human beast has a desire to decorate itself, or hang various useful things on its person, but why is your boss so down on geegaws, fripperies and furbellows? He'd like us to keep our hands and fingers, that's why — they are so useful. Consider the tech who makes an unorthodox descent down a T-bird ladder,

wearing a ring. If he is lucky, he will only wreck the ring, and have a bloody and sore finger besides. A lot of people have had worse happen. Again, if you have an allergy your medic-alert bracelet is just waiting to grab any piece of moving machinery. Goodbye hand.

That is why there are CFTOs and an ACMI which refer to wearing rings and things around aircraft and moving machinery. Others learned the hard way; regulations were written so that you can benefit from the pain of others. If you want to win those arguments in Servicing, here is a little reading to fill in a slow morning: ACMI 02-040 001/TS-DO2, C-04-040-012/TS-000, C-12-040-002/TS-001, and C-29-040-001/TS-000.



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PEOPLE & PLACES

A Book Report with the Duke

by Duke Warren

The Royal Air Force Auxiliary Squadrons were formed in the 1920s to supplement the regular squadrons, and Royal Canadian Air Force Auxiliary Squadrons were formed for the same reason. Members of the regular RAF squadrons were sometimes sceptical of the value of the Auxiliary personnel for they did not always follow the laid down procedures. In addition, the Auxiliary squadrons boasted of a high style of social life, and each auxiliary squadron tried to outdo the others, both in the air and on the ground. For example, not content with the regulation colour for the lining of the officers tunic, light blue, each auxiliary squadron selected a different colour, often brilliant. "Simply not done, old boy" said the regular RAF officer.

Lions Rampant is the story of one of the most famous of these squadrons, number 602, the City of Glasgow Auxiliary Squadron. The squadron crest contains a heraldic device called a 'lion rampant', and the

crest was painted on each aircraft. The motto, in Latin, read 'CAVE LEONEM CRUCIATUM' which supposedly translates as "Beware the Crucified Lion" but which 602 advertised as meaning "Beware the Castrated Lion". Still the squadron badge to this day, and as one of the original members points out, "and still pretty sound advice too".

602 Squadron was one of the first to receive the new Spitfire aircraft in 1939, and there is a beautiful description, (one of the best I have ever read) of the impression the aircraft made on both air and groundcrew when they first saw the pride of Supermarines. Later that year, on the 16th of October, a 602 pilot scored the first "kill" of the war when a JU88 was shot down after attacking ships near the Forth bridge. In mid-August, 1940, 602 Squadron was moved south to become part of the famous Tangmere Wing where there were some of the heaviest engagements of the Battle of Britain.

A good deal of the book is about the squadrons activity in

that historic and crucial battle. 602 squadron had the second highest number of "kills" and the lowest pilot loss rate, while at the same time served longer than any other squadron in the front line of Fighter Command during the Battle of Britain. Over a dozen DFC's were awarded, and the top scorer in the battle, Archie McKellar, DSO, DFC and Bar, was a pilot with 602 during this period. A particularly interesting point, which is not mentioned in the book, would be a comparison of the number of operational sorties flown by 602 as compared with other squadrons engaged in the defence of the UK.

I was pleased to read of the work and importance of the WAAF plotters, the servicing crews in general as well as individuals associated with a special pilot and aircraft. The description of the large numbers of Luftwaffe aircraft flung against the UK in the massive raids at the time, the confusion of the big dogfights, the casualties wearing down the squadrons, the problems of

sector control, is well done and the tense situation of the time comes alive.

In addition to the main story of 602, the author has included short accounts of some other interesting events of the time, one of them being the tragic loss of the famous aviatrix, Amy Johnson. Another, is a brief summary of the career of Paddy Finucane, twenty-one victories, twenty-one years old, he was promoted to be the youngest Wing Commander in the RAF. Not to long after he was lost when he had to ditch in the Channel, but by then he had a score of thirty two confirmed.

The City of Glasgow squadron flew Spitfires all through the war. Indeed, 602 were associated with various marks of Spitfires longer than any other unit in the RAF, for a total of 12 years. Following the Battle of Britain, the squadron went through the usual routine of alternating between the south, "where the action was" to taking their turn at "rest periods" in the north. Always the citizens of Glasgow

Lions rampant
Written by Douglas McRoberts
Published by William Kimber

supported their squadron, and ties remained close. Although during this period the squadron acquitted itself well it never had the opportunity to show its full potential as it did during the Battle of Britain when targets were plentiful. Indeed, for a period when 602 flew the Spitfire Mk V, against the FW190 they were fortunate not to lose more, and only the skill of the pilots let them survive.

My only criticism of Lions Rampant is with the author's portrayal of some of the r/t chatter. I am sure 602s radio discipline was often better than it appears to be in the story, while at the same time I realize the difficulty of the author to relate this aspect of operations which took place over forty years ago.

An excellent book, giving a true and accurate account of life on an operational fighter squadron during the war, and brief periods before and after. It is the authors first book, and one which both he and The City of Glasgow Squadron can be justly proud.

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SAUTÉED SEA PERCH TOPPED WITH AVOCADO, HAM AND LIME BUTTER	9.95
SCALLOP AND PRAWN NECKLACE ON WATERCRESS PURÉE	11.95

Enjoy!

* NEW MENU * NEW PRICES * IN THE WESTERLY HOTEL