



TOTEM TIMES



Canadian Forces Base Comox B.C.

Vol 28 No 6

March 27, 1986

Deadline is Monday April 14, 1986

Cost: Priceless

Update....

THE SNOWBIRDS ARE COMING

Just as sure as the SWALLOWS return to CAPISTRANO each year, the SNOWBIRDS faithfully return to Comox.

They are due to arrive on Easter Monday and will remain with us until April 13th. Nesting facilities are in place and the Valley will again be treated to a dose of daily airshows.

MARCH FOR MAYOR

Capt Bill March has been appointed the new mayor of the PMQ Council. His term of office will run until 1 March 87. Bill is an aspiring young navigator with 407 Squadron. Congratulations Bill.

COLONEL COMMANDANT EXTENDED

Ottawa -- The appointment of His Excellency Archbishop Joseph L. Wilhelm MC, CD, DD, as Colonel Commandant, Canadian Forces Chaplaincy (RC) Branch has been extended to December 31, 1986. A native of Walkerton, Ont., he was appointed Colonel Commandant January 1, 1982.

Archbishop Wilhelm began his military career in 1927 with the Bruce Regiment (Militia) in Walkerton. He served until 1933, leaving with the rank of sergeant, to devote himself to church duties. He re-joined the Canadian Army in 1940 and retired from active church duties in March, 1982, after more than 48 years of dedicated service.

FIRST C7 RIFLE ACCEPTED

Kitchener, Ont. -- Associate Defence Minister Harvie Andre accepted the first C7 rifle on behalf of the Canadian Forces in a brief ceremony here today at the Diemaco Inc. factory, where the weapons are produced. The rifle is the first of 79,935 C7 rifles as well as 1,565 C8 carbines, which will be manufactured by Diemaco between now and 1991.

The weapons are part of a new family of small arms for the Canadian Forces designed to use the new 5.56 mm NATO standard ammunition. The C7 and C8 carbine, both based upon the new American M16A2 rifle, will replace the 30-year-old FN C1 rifle with its heavier 7.62 mm ammunition.

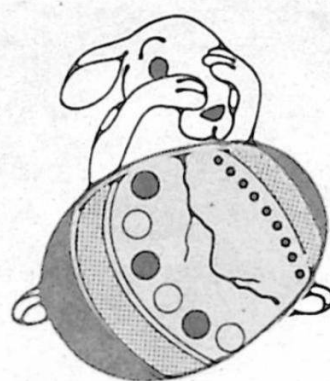
Under the small arms program, 6,570 C9 light machine guns will also be produced for the Canadian Forces by Fabrique Nationale of Belgium. The C9 is based on the FN MINIMI light machine gun, and will replace the FN C2 light automatic rifle now in service with the CF. The first C9s have already arrived in Canada.

25 FAMILIES NEEDED

Interculture Canada, a leader in the field of International Educational Exchanges, will offer to young students from Brazil, Spain, Japan and thirty other Countries, the possibility of continuing their high school education in Canada, during the 1986-87 school year. Interculture Canada is searching for 25 families in British Columbia, who would be interested in hosting these students, aged from 15 to 18 years old.

Interculture Canada is a not-for-profit, Non-governmental organization and a member of the AFS International/Intercultural Program.

Interculture Canada offers the Families of British Columbia a unique human and cultural experience. Families wanting more information may call Interculture Canada's toll free number 1-800-361-1879 or write to 59, St-Jacques, Suite 700, Montreal, Quebec, H2Y 1K9



EASTER....

WHAT IT REALLY MEANS

The origins of Easter are buried in mythology. Some say the festival is named after a pagan goddess Oester, who had as her symbols of renewal and fertility the egg and the rabbit. Good choice. Some say the Old Testament Jewish Queen Esther - she who offered herself into concubinage to Persian king Xerxes to free her people from slavery - deserves the honour.

The Christian and Jewish religions are inextricably interwoven in the Easter festival. The Passover, the Resurrection, Renewal. Ukrainians celebrate with meticulously painted eggs - the art of Pysanky. Citizens of Comox celebrate by cutting their lawns for the third time (not so in Courtenay - it's still raining). All over the land, we hear the sound of roto-tillers refusing to start.

Little children took forward with joy to an Easter Egg Hunt, while parents contemplate their cavities. Buds burst, broad bean seeds are slam-dunked into the cold, wet earth, where - miraculously - they will thrive, and chocolate by the tonne is poured into molds of Chicken, Rabbit, Egg, GI Joe, Rambo or anything else that serves a commercial purpose.

While Christians and Jews take renewed joy from the Resurrection and Passover, more secular minded in-

dividuals find less worthy ways of celebrating the holiday. The producer who thought up a commercial in which a rabbit lays chocolate easter eggs - and clucks, for pete's sake! - should be run through by seven Persian swords.

But however you celebrate this, the first holiday since the New Year, may we at the Fish-wrapper wish you all, Happy Easter!

...N.V.B

Hot & Heavy action....



Exercise third step '86 kept everyone extra busy last week. In preparation for OpEval 86 the guys and gals at CFB Comox went through the paces. Here we see our firemen in action at a simulated potential disaster at the propane tanks. (more third step on page 16)



SECTION NEWS

VU 33 Squadron



Base Commanders Commendation

Courtesy Base Photo



MCpl Len Mallette Sgt Merv L'Arrivee Missing: Cpl Michelle Vantomme

look past our hangar floor to find pride and professionalism — you'll see it in Shane and Dave, laboriously working a tail section into shape, Mike Woodworth in some awkward position, feet sticking out of the cockpit, or Gil, Fred and JP with an engine as stripped clean as the Engine Bay is spotless.

One of the more 'colourful' people in VU ended his bachelorhood last week. Phil White tied the knot in a small but meaningful ceremony Saturday afternoon. Phil didn't go as quietly as he had hoped for; there was a gathering a couple of days before the wedding, where Phil was promptly "tackled and shackled". He was somewhat upset when he showed up for work the next morning, still in shackles, to find that Dave Maloney (his neighbor) had the keys all night. Best of luck to

Phil and Tracey White.

There was no luck needed for VU to safely survive this past exercise, for Gil (Rambo) Lessard was on the prowl. Rambo-Lessard single handedly captured one Fantasian subversive, and wreaked terror in the souls of countless others. The MPs who had trouble deciphering exactly what "bang-bang" meant, could learn a thing or two from Gil's tactics.

There seems to be a bit of OJT going on around the hangar — those of you needing haircuts for the next parade should drop in to see Dave Coyne, who has been practising on Ron Fortin. He was heard saying how much like shaving it is. For those of you requiring some instruction in the art of giving or receiving hickies — Randy Arrowsmith and Bert Hatin were seen sporting some winners. ...Till next time

VU 33 AIRCREW

Congratulations to Sgt Barry Vandusen on achieving 5000 hrs military air time. On a night trip in the Tracker, Barry accumulated the 5000th hour. This time is a combination of Dakota, Sea King, Argus, Tracker and T-33 air time.

Congratulations also to Maj (to be) Rollie Acorn who received word of his promotion effective July 86 while skiing the snowy hills of Whistler. Maj Owen and Maj Acorn once again managed to find accommodation with a bed for four and headed out on another joint vacation. (Yes, they took their wives)

The aircrew have been noticing Bob Wrightson's new youthful look. He's been using some method of hair restoration to sprout a few "short and curls" on the top of his bald bean. I guess he's never heard that "bald is beautiful". Our latest Major has been seen in intense conversation with Bob, pointing to his excuse of a moustache. We can only assume that Rollie is so embarrassed that he's attempting hair restoration to try and catch up with the CO's moustache.

My thanks to Rambo II (Merv) and the 33rd Crusaders who took up arms to guard our great fortress. The last exercise was a success and VU-33's hangar was impenetrable thanks to the keen UDF personnel.

ANKR 99

VU 33 TECHSIDE

The last two weeks have seen things a bit busier at the hangar, with an increase in flying (due to some fire-ex's and fish pats) and the exercise. Though we still had time to squeeze a ski day in.

Those hearty souls brave enough to face the rigours of Mt Washington were given the opportunity to up and show Merv a thing or two on the slopes. Although Merv has quit smoking he was still hard pressed to keep up to Bob Wrightson, whose philosophy is to point the boards downhill and GO!!

Also trying to kick the habit are Pete, Jenny, Gene, Wayne, Litch, and if you can believe this — Glen Caslake. Only Merv, however, has taken up the Base Commander's challenge to stop, but he would do just about anything for five more days on the slopes. My only advice is to buy stock in the candy companies.

If they work as hard to quit smoking as a group in our squadron do, fixing T-birds, there should be no problems. I am referring to those people in T-bird Maintenance. This team of hardworking techs take a lot of ribbing from the servicing crews, but they can always be seen smiling when it's raining outside. Maintenance does the inspections for both Cold Lake and Comox T-33s, and very rarely do they get a break; in fact, they often have two birds in at once. You don't have to

Suggestion Award Winner



Maj Owen presenting

MCpl Len Mallette

Courtesy Base Photo



334-4401

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SECTION NEWS

Thunderbird Base Supply
Notes

Bicycle Safety

Bicycle theft and bicycle safety have become serious problems for Military Police. The rapidly growing number of bicycles on the road, most of them operated by untrained cyclists, annually contributes to hundreds of deaths and thousands of injuries.

A recent Canadian study revealed that 85% of all bicycle-vehicle accidents were related to manoeuvres by cyclists who were trying to enter, cross or turn into the flow of traffic.

Presently, very little formal training in bicycle riding is given to the vast majority of cyclists. Training children to ride bicycles has traditionally been left in the hands of the parents. Therefore, training has been uneven because the parent usually lacks any access to systematic training information that he or she can use for instructing children. Many responsible parents attempt to train their children in safe riding procedures, but many others merely give the child a

bike and tell them to go learn how to ride it. The child learns the rules of the road by trial and error on the street in front of the child's house. The study reported that 57% of all accidents occurred within one block of the child's home.

Bicycle Enforcement

The rules for the operation of bicycles are the same rules for the operation of the motor vehicles. In addition, many of the same skills (observation of traffic and response to traffic situations) are involved in both bicycle riding and automobile driving. A bicycle, in general should be operated on the road in the same manner as a motor vehicle. Essentially the same rules of the road and safe operation apply to cyclists as to the operators of motor vehicles. When violations occur the Military Police have no alternative but to stop, identify the offender and either issue a warning, or a traffic violation ticket. Some of the common traffic violations committed by bicycle riders are:

- riding on the wrong side of the road;
- failing to yield right of way or failing to stop for traffic signals or signs;
- disregarding one-way traffic signs and no turn signs;
- riding at dusk or in the dark without proper lights and/or reflectors;
- carrying passengers on handle bars;
- riding on sidewalks; and
- improperly parking the bicycle so that it blocks pedestrian traffic or creates unsafe sidewalk conditions.

Personnel should be aware that they can be issued the same traffic ticket they would as a motor vehicle operator, which means the same fine. The most common offence committed by Civilian and Military personnel is disregarding one-way traffic signs and riding in the dark without proper lighting.

Ride Safely — Obey the rules of the road!

SECURITAS

New Pavilion at Beach

AIR FORCE BEACH AND PICNIC AREA

Visitors to the Beach area will have noticed that the old Beach Pavilion is no more. Instead a new structure has been built to include a large deck area with glassed in wind screens. The new facility is a great improvement on the old one and will make a lovely setting for Branch, Squadron and Section Beach parties in the upcoming summer season. Already the facility is receiving firm bookings so get in touch with the BPERO organization to confirm the date of your choice.

It will be obvious to all visitors that the Beach Pavilion cost a great deal of money to build. A great deal of effort went to find the money to produce the facility and the Base Construction Section did their part by making sure it is a quality building. These points are mentioned to ensure that all personnel know that the new facility is for our use and also that we are all responsible for its protection.

Already there have been indications that some people do not appreciate the cost and efforts made to produce this new facility. Recently a young boy was observed using the inside of the building as a hockey practice area and was shooting a tennis ball against the walls. His parents were nearby on the beach. It is this sort of complete disregard of responsibilities that can be very frustrating. The inside walls of the building are now painted (three coats worth) and we hope that this will be the last of the incidents. Unfortunately we cannot arrange for continuous military police patrols.

We must rely to some degree on everyone in the area to assist. If anyone sees the buildings being abused they must take action. It is your money we are protecting. We must not allow the small percentage of antisocial individuals ruin our enjoyment. It's a great new facility — let's all keep it that way.

Grand Opening at (New) AFIS



Col "K" cuts the ribbon to officially open the new AFIS facility at CFB Comox. Captains Dave Blamire and Doug Hutchison gingerly hold the ribbon which understandably was purchased at great expense. Rumor has it that only students with narrow bottoms will be accepted for courses at AFIS — Something to do with the new seats they say!

Courtesy Base Photo

Next Totem Times Deadline April 14...Noon

EDITORIALS

Petitions: Can we?

Recently, a petition was circulated for signature to members of the Canadian Forces by certain Federal members of Parliament. The Petition asked the Government to rescind the January changes to the Unemployment Insurance Act because of inequitable and unfair treatment which would be suffered by members of the Armed Forces and the RCMP as an alleged consequence of such changes. The covering letter signed by the members of Parliament in question indicated that it was intended to present the completed petitions to parliament.

In the opinion of the JAG, QR & O Arts 19.09, 19.10,

19.14 and 19.36, which are regulations made by the Minister, prohibit the signing of these petitions by members of the Canadian Forces and also the soliciting of signatures for them.

In light of these regulations, no member shall sign or solicit the signature by other members of these or similar petitions. It is emphasized that this position is taken based on legal considerations, and is in no way intended to curtail the right of expression or communication with one's member of Parliament concerning purely personal and private matters.

Apostrophe Shock

In almost every publication these days, including our own esteemed WROs (and occasionally, if we don't get to them first, the Fishwrapper), we see signs of "Apostrophe Shock."

It seems the letter "s" makes people nervous. Like something with AIDS, the "s" is kept away from good healthy words, by sticking apostrophes in between, usually where they don't belong.

Can only a Ladie enter a room marked "Ladie's"? What do citizens of Greece think when they see Athen's

Restaurant? Is souvlaki being served in there by some guy named "Athen?" And what about the local grocery which has Banana's... on special? Banana's what?

Banana's good for you, that's what. The misplaced apostrophe is NOT good for the English language though. CFTOs, WROs and who knows what other plurals do not need your apostrophes. They're used to replace a missing letter, or signify possession.

Please be kind to your Mother Tongue.

N.V.B.

Hazard Warning

Owners of Motomaster L.E.D. 6 amp battery chargers are warned to stop using them immediately. According to the manufacturer, Tenatronics Limited, and the Canadian Standards Association (CSA), these chargers pose a potential shock hazard.

Investigation has revealed that the positive battery lead could become energized with full line potential of 120 volts. CSA has confirmed one incident where this occurred. No injuries have been reported.

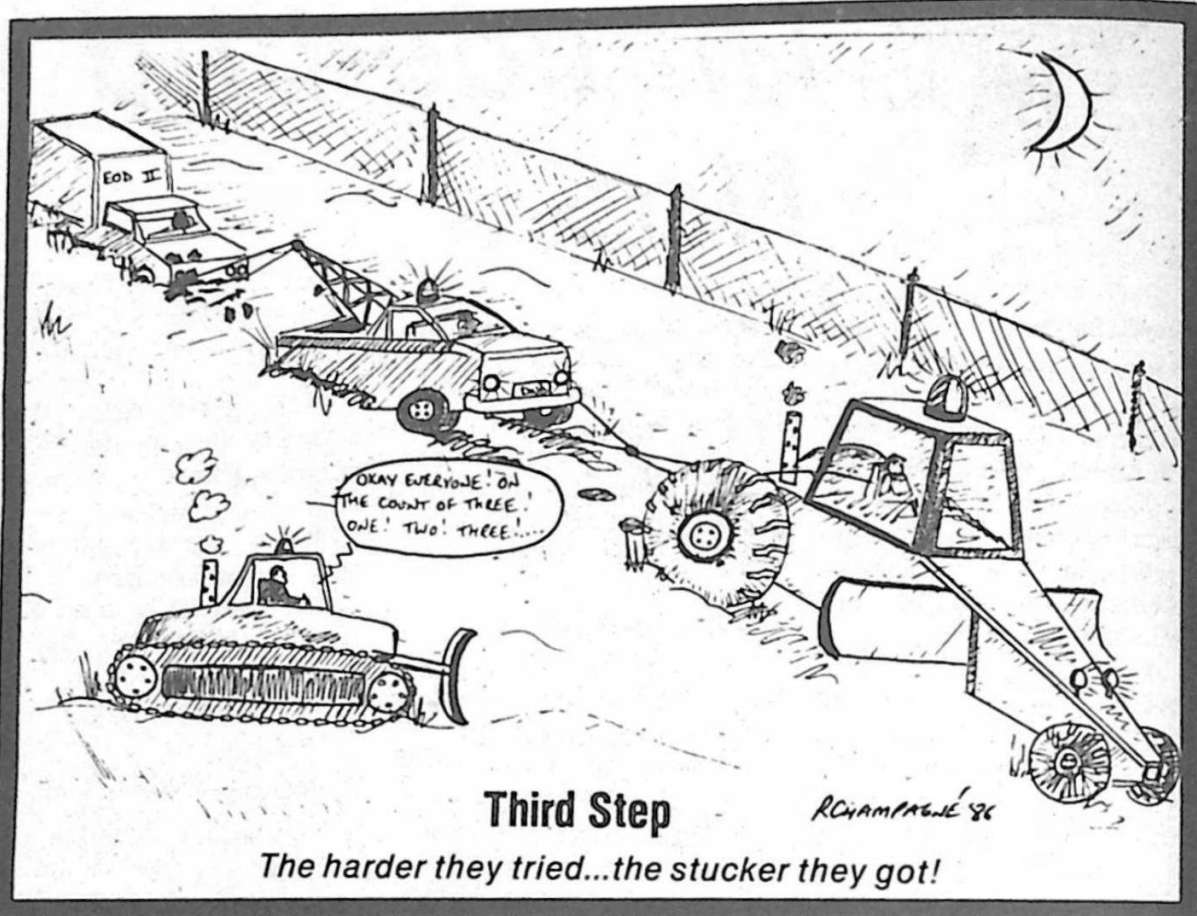
These battery chargers, sold exclusively by Canadian Tire Corporation stores since October 1985, carry the model number 11-1517-0 on the front of the units in the lower right hand corner. The serial numbers on the back of the affected

units range from 65766 to 106698. Approximately 7600 Battery Chargers are involved in this recall.

If you own one of these Battery Chargers, pack it securely and return it by parcel post to the manufacturer for a minor modification to Tenatronics Limited, 776 Davis Drive East, Newmarket, Ontario. L3Y 4X1.

Once modified, the battery charger will be returned prepaid. The manufacturer will also refund the customers postage at that time.

Modified units will be distinguished by a green check mark adjacent to the serial number, and new units produced will have a four-digit number printed in green ink adjacent to the serial number.



Third Step

The harder they tried...the stucker they got!

Letters we get

Dear Editor:

1986 marks the second year of the dynamic effort to restore the Canadian Warplane Heritage Avro Lancaster MKX Bomber, an important and unique example of Canada's aviation history. This year the volunteers forming the Lanc Support Club will strive to get FM 213 flying again. This major accomplishment can be achieved with your support.

memorial to V.C. winner Andrew Mynarski. The Lanc will serve as a highly significant symbol of man's determination and sacrifice during the Second Great War. For further information please write to: Canadian Warplane Heritage

Hamilton Civic Airport Mt. Hope, Ontario Canada, L0R 1W0 Attn: Lancaster Support Club Advanced thanks for your consideration Very truly yours, Robert M.P. Winninger P.R. Volunteer



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Next Totem Times Deadline
April 14....Noon

EDITORIALS

Budget Impact

This analysis of Finance Minister Michael Wilson's February 26 budget was prepared by Larry Davies, Associate Deputy Minister of Finance.

A healthy economy is the government's primary objective because it will be the basis for the support of its programs.

In spite of the requirement for restraint in all areas, the Defence Budget will continue to grow, although at a lower rate than originally forecast for the next two fiscal years.

Defence remains a high priority area and the government is committed to make every effort to further increase defence allocations. Thus, while all departments of the Federal Government were adversely affected by the budget, the Department of National Defence fared better than most. The defence budget is to increase by 2.75 per cent in 1986 - 1987 and 2 per cent in 1987 - 1988. Moreover, the government is committed to retaining that 2 per cent rate of real growth as a minimum until 1990 - 1991.

Should the budget generate the anticipated savings and strengthen Canada's fiscal and economic position, it is the government's intention to provide for a greater rate of growth in the defence budget than now forecast for the period 1988 - 1991.

In making the announcement, Finance Minister Michael Wilson said, "While defence remains a high priority, even here it has been necessary to reduce the rate of real growth for the defence budget by one per cent in both fiscal years 1986 - 1987 and 1987 - 1988."

The Department had estimated budgets of 10,055 billion dollars for 1986 - 1987 but will receive, instead, 9,955 billion dollars. For 1987 - 1988 the budget will be 10,575 billion dollars, rather than the 10,760 billion dollars.

The Department of National Defence, because it purchases so much of its equipment

abroad, is at the mercy of the international currency exchange rates. For every cent of change in the exchange rate, there is a change of approximately 12 million dollars to the defence department. In recent months the Canadian dollar has slid from 1 dollar 35 cents per U.S. dollar to 1 dollar 40 cents and that has cost DND an additional 60 million dollars more than planned.

Because DND buys its goods and services from the private sector, it will also be affected by changes in new corporate income taxes which its suppliers will pass along to the customer. Those are expected to be 9 million dollars in the current fiscal year and 12 million dollars next year.

The budget also contained changes to personal income tax regulations:

A three per cent surtax on the "Basic Federal Tax" in addition to the surtaxes previously announced, as of July 1, 1986 and lasting for the next two years.

The "Married Exemption" will be reduced by the spouses income for the entire year, rather than from the month of marriage.

A "Sales Tax Credit" has been introduced and will apply to those earning up to 15,000 dollars. It will be reduced by 5 per cent of family net income for those earning over 15,000 dollars.

Similarly, the "Child Tax Credit" (maximum of 300 dollars) has been extended to those whose net income is less than 15,000 dollars and will apply to only a small number of personnel.

Part of the reason for the loss in value of the Canadian dollar is the international perception that Canada's deficit is too large. The weak dollar has a direct effect on interest rates. As the dollar goes down in value compared to other currencies, the cost of borrowing — interest rates — goes up. Conversely, as the dollar is strengthened, interest rates should go down.

Tax tips

Spread High Earnings Over Future Years

(By Ron Park, Executive Vice-President, The Institute of Chartered Accountants of British Columbia)

So, you've made a big gain on the stock market. Or you've sold a business. Or you have suddenly come into a lot of cash. You've got your T4 and your dividend and other income slips spread out on the desk.

You realize suddenly that while you've paid a lot of income tax, you're going to have to pay more. What can you do?

Fortunately for you, there's a calculation called "forward averaging." Forward averaging permits you to spread eligible earnings from a high-income year over future years when you may be in a lower tax bracket.

If you earn a lot of money in one year only a few times in your life, as you did this year, you may be better off under

this government-administered formula.

To qualify for forward averaging, your net income for the year must be at least \$1,000 greater than 110 percent of your average net income for the three immediately preceding years. Your income amount is calculated on the basis of your three previous year's income adjusted for inflation.

Other income eligible for forward averaging includes the full amount of income from a literary, musical or dramatic work, and income earned by an athlete or entertainer.

Forward averaging requires that you elect to pay the maximum amount of tax (approximately 50 per cent) on the amount of income to be averaged in the year you receive it. The amount you elect on goes into a special pool called the accumulated averaging amount.

In subsequent taxation years you would include all or a portion of that amount in your income again and have it taxed at the rate applicable for that year. Presumably this will be at a lower rate than in the initial year.

You will then receive a tax credit equal to the amount of tax you paid on that share of the money when you first reported it as income. The government will automatically index the accumulated averaging amount and the tax paid on it.

You will need to file Forms T540 and T581 which are available from your taxation office. The calculation is complex and you may require professional assistance from a Chartered Accountant to determine if forward averaging will be of benefit to you when completing your 1985 tax return.

Military trivia What? Where? Why? When?

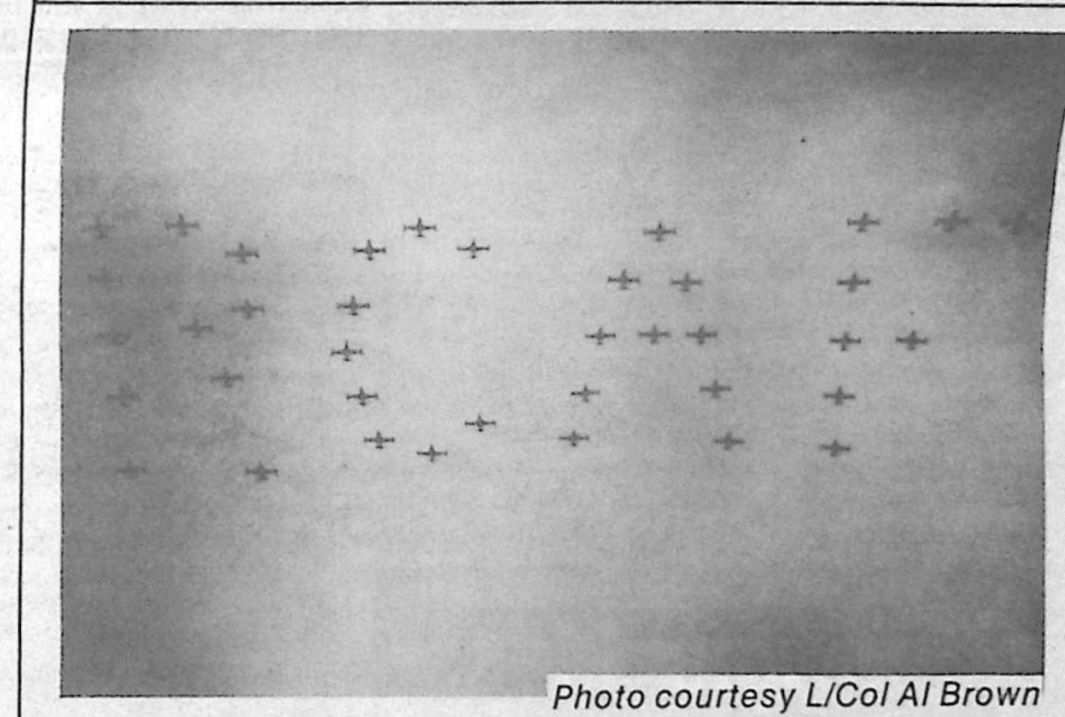


Photo courtesy L/Col Al Brown

Answer From Last Issue



The flight line at RCAF Station Trenton in 1962. Some of the aircraft shown are the C-119, North Star, C-130B and DHC 4 Caribou.

Did you know?



Sometimes when deer flies are biting, moose will wade out into a stream until only the tips of their noses show above water.

SECTION NEWS



442 Squadron



So the 'Flying Snakes' have done it again! On the 12th day of March a Buffalo crew headed by "Bam-Bam" Zwan-ski, invaded the Cold Lake Officers Mess. When they abandoned the premises in the wee-wee hours, they had in their possession the conqueror's prize: the bell! This liberation was accomplished with the albeit unwilling assistance of one ex-442 member (who shall remain unnamed, lest he be "drawn and quartered" by the go-fast boys). It has been noted that inscribed on the bell is the last date it was stolen — 1965. 'Tis a shame that with all their fast, fancy equipment, the freedom-fighters of Canada cannot even protect their own territory!

On the SAR front, 442 Squadron has seen more than its share of aircraft crashes in the past two weeks.

On the 12th of March, both the Buffalo and Labrador were tasked to search for an Okanagan Bell - 206 helicopter missing since the previous evening. His last reporting point was 20 miles SW of Campbell River. The aircraft was located late morning by our RCMP compatriots in 3 Hangar; unfortunately the sole occupant did not survive the crash.

On Saturday the 22nd, the helicopter on Herring Roe and the standby Buffalo were launched to locate an ELT west of

Fort St-John. The ELT was localized by the Buffalo as being somewhere on Mount Lloyd George, a 9800' mountain in the middle of Kwadacha Wilderness Park. On Sunday the crash was located at the 9300' level. Unfortunately, due to weather and power limitations, the Labrador helicopter was unable to penetrate the crash site, so an A-Star helicopter was chartered. An interesting point was noted on this incident: even helicopters can make contrails, as the Buffalo saw watching the Lab flop along at 10,000 feet. (Didn't know they flew that high — must be scary up there! Do mirrors and magic work at that altitude? Don't rubber bands lose their stretch?).

On the marine side, Squadron resources were used on a few cases to look for persons missing out of boats, overturned, many for the use of. On 17 March a Buffalo spent the day looking for a missing crewman from a 75' fishing vessel overturned in the Juan de Fuca straits., USCG helicopters and CCG vessels recovered six of the seven persons on board.

Well, that's it for this edition, folks. Your author has just been tasked to go to Fort St-John so must dash off! 'Till next time, be careful out there; and why don'tcha consider bringing a friendly SNAKE home to dinner soon.



Good Show award

Courtesy Base Photo



Col Kadonoff presenting

Cpl Bergeron

WOs' & Sgts' Mess

ENTERTAINMENT

April 1986

Road Rally ...12 April

With Mixed Games Night that evening.

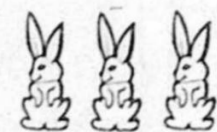
FREE FOOD & FUN

D.J....AUDIO EXPRESS...

Cost \$1.00 for entry into Rally which includes Mixed

Games Night Free.

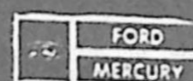
T.G.I.F. April 4, 11, 18 and 25.



Happy Easter



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SECTION NEWS



Demon Doins



Base Commanders Commendation

Courtesy Base Photo



Col Kadonoff presenting

WO Greg Clarke

Another Demon Night has come and gone and once again a crew was forced to bare its thespian talents. This year it was Crew Two, with a couple of ops wieners and a terminator thrown in for good measure. The skit went off well, and with much critical acclaim. Ken Rodzinyak stole the show with his fantastic juggling talents, and although the skit didn't win any Oscars Monday night, apparently there were a couple of midgets and a bearded lady around the squadron looking to recruit Ken into the circus. Due to overwhelming demand, (and the CO told them to) the skit will be repeated at the RCAF anniversary mess dinner on the first of April. This dinner promises to be the one to attend, and the sign up is outside the Deputy Flt Comd's Office.

The skit itself was finished off with another fundraising scam by the Reunion Committee, which seems to be in vogue these days. The initial fund raising revue was held at morning brief last week when Jeff Logan and R B teamed up to put on a briefing like no other, complete with video and upbeat music. The culmination of their efforts came with a 50/50 draw, with Rick Sponder and John Moris splitting the \$100.

prize. Next was a solo effort by the reunion committee chairman, Maj Devara where the winner had to guess the time the OPEVAL exercise ended. Dick Rousseau walked away with the C-note that time. The latest was the draw following the skit, with Push Godbole walking away with the priceless (\$12.50 at the orderly room, still some available) first prize - a beautiful squadron tie! Chris Smith won the second prize of \$50. The forecast is for many more of these 'Big Buck' galas — so give until it hurts! While we're on the subject of the reunion, responses are pouring in these days from all parts of the globe, and things are beginning to take shape. Everyone is still asked to ensure everyone who is or has been a Demon is informed of the upcoming event — the more the merrier!

So I'll bet all you dirt-mongers out there are awaiting the new posting list; well here's the latest: The new head Demon will be LCol Bruce 'Suds' Sutherland, coming in from Greenwood to take over at the 407 reunion during the first week in August. The present Head Demon is tentatively scheduled to move down the hall and become the BOPSO. Maj Young is ecstatic

over his coveted posting to the fighter world in beautiful Cold Lake (you thought Greenwood was bad!) Maj Eby is off to somewhere in Ottawa. Maj Caddey, our beloved SAMO is off to be educated at Staff College in Toronto.

Other postings are: WO Al Baumhour to Victoria, Capt John Bouffion to Kamloops, Sgt Barry Burke to Greenwood, Lt Oliver Crampton to Chilliwack, Capt Mike Deutsch to Halifax, Capt Chuck Ellis to Moose Jaw, Capt Dave Harris to post-grad in Monterey, Calif, Capt Nick Ierfino to Greenwood, SGT Claude McKay to Greenwood, Capt Sam Ness to Shearwater, Capt Ken O'Brien to Winnipeg, Sgt Al Smith to Shearwater, and Capt J.T. Williams is off to Winnipeg.

Best of Luck to all of you — Nuff Said

407 Maint

Well! Hello again from the friendly folks in Maint and E Bay. As you last heard Eva Lintner was stuck in maint until her debt to the coffee fund was paid up. Well, she is now on 3 Crew (Now if we could get

some of the other deadbeats? to pay up, we might have enough for a well deserved party.)

Speaking of people, Brad Morris just passed the Dog Haters of Canada final exam by taking out a black lab with the side of his car. The car is in the shop for major repairs, as the dog (a member of The Light Blue Camaro Haters of Canada) did quite the job on it before he passed into Doggie Heaven.

Many thanks to the M.O. for getting us that picture window on the east side of the hangar. I guess he had enough cases of mold, mildew and mushrooms to last him a while. The added light is much appreciated (Now if we can only keep it.)

The spring shuffle comes early this year, with Hughie Lynn, Yvonne Carruthers and Doug Warriner replacing Red and Eva. Serge Beaudoin is posted this summer to the land of nine months of hard winter, and 3 months of bad skiing. Hello's and Good-bye's to those applicable. So long once again from Maint and E. Bay.

continued on page 19

Suggestion Award Winner



MCpl Buell, an Air Frame Technician on 407 Squadron, realized that portions of 7 Hangar are in complete darkness during power failure and suggested that some form of emergency lighting be provided for these areas to ensure a quick and safe evacuation. His proposal was not adopted but as a result of it "glow in the dark" exit signs were provided and HQ granted him a \$50.00 award for bringing a problem that required alternate corrective action to light.

Maj Caddey, the 407 SAMO made the presentation.

Courtesy Base Photo

SECTION NEWS



BAMSO



Boy, does time ever go by fast. Here it is almost the end of March and it seems like only yesterday that I took the Christmas tree down. If my wife could edit this she would probably say that it was only yesterday that I took it down.

Enjoyed the story Bill Hill was able to pass on to me the other day. Apparently a few years ago the people who ran the Sea Survival School had quite a time deciding whether to put their Safety Systems tech on charge or give him a medal.

Here's the story as he put it. On this particular day the school was putting an RMC class through the portion of the sea survival course where they are towed into the air and released over the water so they can drop by parachute and experience a real water drop. One of the responsibilities of the Safety Systems tech was to ensure that the person being dropped had all of his safety gear on. This particular day had been a long one and he made a mistake and failed to notice that the last person going into the air had no life jacket.

Now, here is where the school had the big decision to make. There was no question that this tech had goofed and to make matters worse it was discovered that the guy in the air couldn't swim. All indications were that some form of punishment was in order. The thing that made the decision difficult though was that the non swimmer who was in the air behind the boat before he realized that he had no life jacket was none other than our fearless WO I/C Safety Systems, Bill Hill.

What did Grace think about that when you told her Bill, or is she going to find out about it by reading this column.

As you know, I always like to report on how our sports teams are doing. This time, as normal, I have some good and some bad news, and a question. First the good news. The BAMTeO Hockey team played the RCMP and beat them 5 to 3. The bad news was that the RCMP were noted in the parking lot shortly after the game jotting down the license numbers of all those cars with a base sticker. Maybe my question might throw some light on the matter. Isn't it football where all the players throw each other onto the

playing surface and end up in one big pile after a play?

Also understand that there was a person who was very surprised to find out that the BAMTeO team could win without the services of "our Mikey." Speaking of our Mike, we are all wondering how he is going to fare out on his wedding day next month considering that the doctor has ordered that he cannot partake in any strenuous sports until well after that time. Good luck Mike.

To change the tone a wee bit, I would like to quote a portion of a document that emphasizes the hazards under which our EOD personnel are sometimes required to operate.

"Los Angeles Police Department (LAPD) uniformed officers executed a search warrant at a north Hollywood residence in a case stemming from a near fatal ambush of a local union representative. During the search of a garage, two pipe bombs were discovered. Two members of the LAPD bomb squad (we call them EOD) responded to the call for help. The chief ordered the establishment of a safety perimeter and they commenced a render safe operation. The last comment heard from the team was on the possibility of it being a booby trap. The pipe bomb exploded, killing both LAPD technicians."

Our sympathy goes out to the dependants of these men and we hope that this report will make all readers aware of just what our EOD personnel could get involved in. Hazard pay sure doesn't compensate for loss of life does it?

My compliments to those base personnel who do such a good job of putting posters and bills all around the base to remind us of every thing from mess functions, safe driving weeks, sports events, and many other things. A big "Boo" to those same people who don't come around after the event and ensure that all of the posters they put up are removed in a timely manner. Posters and bills are good as long as they are current and not left up too long. Tell me Win, are we advertising last year's Canada Savings Bonds or this year's?

Speaking of posters all over the place, maybe we can expect some help in the displaying of safety posters and the like, as a

member of this base has suggested that NDHQ should standardize the size and shape of all these posters and provide proper display frames through the supply system. He suggested that the frames could be permanently mounted in appropriate positions and that new posters could just be slipped in from the top when received. Late News...the base evaluation of this suggestion resulted in a recommendation that the proposal not be submitted to higher headquarters but that user sections should make use of commercial cork boards that are already available in the supply system.

Made Monty's morning the other day. With his Army background he had never seen an officer mopping an office floor and taking the time to wash out the inside of the typist's desk drawer. He did admit though that he was a mite surprised that I was doing it with coffee. I was real conscientious that morning as, ten minutes later, I decided to give my desk drawer a thorough house cleaning. The fact that it fell to the floor, spilling all contents, as I was trying to find some corporal hooks for Mike to present, may have influenced me there too. No, I'm not falling apart. The rest of the week was good.

Years ago we were all taught

how to answer a phone. We were told to say the name of the shop or office and the name and rank of the person answering. They also told us that the above may be shortened somewhat as you increase in rank but that in all cases the name of the person answering shall be given. I heard the ultimate the other day though when I was in a major's (not ours) office and he had to reprimand one of his own people (not a young person either) for answering the phone with a "yeah". Maybe this will remind us that there is a proper businesslike, military, and courteous way to answer a phone.

Apparently there is confusion in the minds of some people as to which one of the "Bobsie Twins" writes this column. I'll give you a hint. We both weigh the same amount but I am the taller.

I'm the type of person who appreciates new and unique ways of presenting methods for us to remember practices that may have become second nature to us. Saw one today that fits into that category and I repeat it here as a reminder to all of us that work on aircraft. The catch words of the day are those that are used in the computer world and they took advantage of that fact by printing

the letters IBM in large print down the left side of a poster and filling in the rest of the poster with the basic rules of FOD control as follows: 'I'n-ventory before and after the job..B'roken, then turn it in and get a new one. 'M'issing, report it immediately. This was in a US Navy magazine. Wonder if the boys (sorry, persons) in Ottawa will pick it up and use it.

My spies tell me that there was an UMPIRE on the loose in the Canex/Post Office parking lot the other day. Don't quite understand what they were talking about but maybe the editor can clear the situation up (or delete this entire paragraph).

The Bobsie twins had the honour of representing BAMSO at the official opening of the new Air Force Indoc-trination School (AFIS) the other day and I must say that I was impressed with what I saw. We were unofficially shown the portion of the building (the old theatre) that will eventually house the Air Force Museum. These two facilities will go a long way to preserving the heritage of the old Air Force and to instilling the lessons we have learned into the minds of our new officers.

continued on page 9

A "Good Show" for Garry

Courtesy Base Photo



Col Kadonoff presenting

MCpl Garry Grass

SECTION NEWS

More with BAMSO

continued from page 8

MCpl Nichols, of our AMSE shop, brought me an interesting document today. He just came into possession of his great grandfather's apprenticeship (not military) certificate dated January of 1885 and I repeat part of it here to let some of our young (and some that are not so young) know how things have changed:

"That Robert Nichols doth put himself to apprentice to learn his art (as a joiner) unto the full end and term of five years from thence next following to be fully complete and ended. During which term the apprentice his master faithfully shall serve his secrets keep his lawful commands everywhere gladly do and shall do no damage to his said master nor see to be done of others but to his power shall tell or forthwith give warning to his said master of the same and shall not waste goods of his said master nor lend them unlawfully to anyone shall not contract matrimony within the said term nor play at cards or dice tables or any other unlawful games whereby his said master may have any loss with his own goods or others during the said term without license of his said master shall neither buy nor sell and shall not haunt taverns or playhouses nor absent himself from his said masters service day or night unlawfully but in all things as a faithful apprentice shall behave himself towards his said master and all his during the said term."

For the above services William Farndale agreed to "pay him the sum of one shilling per week for the first year, two shillings per week for the second year, three shillings per week for the third year, four shillings a week for the fourth year and five shillings per week for the last year."

After Dave finishes his "tour" in Penhold in June, he'll only have a couple of weeks left in the shop before he starts his leave prior to heading for Germany at the end of July. He will also be in Edmonton for his Level II Ultrasonic practical exam in mid April.

SAFETY SYSTEMS

It's that time again and for some strange reason Safety Systems gets to write about another party. Not that all we ever do is have a good time or anything! Dianne Koning was presented with a silver goblet, which made a nice change from the usual plaque. Ken and Vivian Lanphier were given a sketch done by a local artist. We won't say what Ken was supposed to be doing at the bottom of the ladder. Everyone had an excellent time and many thanks to Kathy and Gil Bullock for the use of their home. Frank even heard about the party, up in Cold Lake, and gave us a phone call. It seems someone told him it was his party. Nice to see we can still get a rise out of you in your old age F.J.

Ian has just returned from Moffett, bringing back a half-decent tan and about five extra pounds of hair. Bet the barber was happy to see you Ian! Unfortunately, he was only home for about two hours and duty called again. We got the impression May didn't think too much of that.

The next time you decide to visit our shop, take notice that there are only two smokers left and the other 50% of our personnel are either chewing gum or some other form of candy.

The next time you decide to visit our shop, take notice that there are only two smokers left and the other 50% of our personnel are either chewing gum or some other form of candy.

The thanks are to her and all the other hangar personnel who took steps to show that my prediction in the last column was accurate. You will remember that I commented on the fact that we should all be careful as the military police were probably going to clamp down on bicycle riders breaking traffic rules on the base. Well, she and a lot of other riders were given a ticket today for riding against the arrows while approaching the DIAC portion of the hangar. I'm still waiting for someone to design some bicycle paths on the base like I suggested.

We have a well done for Sgt Al Rice in Base Armament this issue. During the last base exercise, on his own initiative, (or did Frank help him) he introduced a completely separate senerio to test the effectiveness of the Base Maintenance Land staff. Is it correct Al that you were stuck right up to the axles. Also, it was very kind of you to donate your high rate hazard allowance for the rendering safe procedure to the BCEO to help relandscape the site. Now here are the shops, starting with

So far, so good. At least no ex-smokers have let their withdrawal symptoms get the better of them. As for our remaining smokers, Tony says he'll quit by the end of the month and Dianne figures the drive back to Ontario with her mother should do the trick. Just remember, we're all behind you, and besides, we've got just as much to gain as you do.

Well, that's it for the gossip column until next time. Bye for now.

NDT

Well, it would seem to be that time again, another column for the Times. If anyone has dropped into the downstairs shop lately he would think that it has been enlarged. No, we haven't removed any of the walls yet, but we have moved everything around on the inside to make the most efficient use of space available, especially with the arrival of our new Magnetic Particle Inspection machine that takes up quite a bit of area. The Bay-Oil for our MPI machine has come in, which will enable us to get the whole machine in working order.

VU 33, 442 Sqdn, and Brake and Wheel have been keeping us busy with a steady flow of parts to inspect. We just finished inspecting steering parts for MSE's five ton crane as there were problems on similar equipment at other bases.

Scotch has just bought a home in Comox. We'll be on hand to help you move boss, as long as there's plenty of refreshments and food. He is already thinking of attending the 1987 Brier in Edmonton, which isn't until next March.

After Dave finishes his "tour" in Penhold in June, he'll only have a couple of weeks left in the shop before he starts his leave prior to heading for Germany at the end of July. He will also be in Edmonton for his Level II Ultrasonic practical exam in mid April.

At the time this is being written George is at D.R.E.P. (Defence Research Establishment Pacific) in Victoria doing his Level II Radiography practical exams. Blake will be going to Edmonton for his Level II LPI and MPI practical exams later in the year as well as preparing for the next CGSB writing in late June. He's also looking forward to his first full summer in BC and hoping the housing market doesn't shoot up too much in the next while so he can save up for a house.

Jim Lewis is working diligently on his retirement plans. He's leaving the country so if it's not nailed down he will sell it. Frank Bliss has just returned from two wonderful weeks of

Suggestion Award Winner



When Cpl Conard was an AERO Engine Technician on 407 Squadron in 1982, he designed and proposed the use of an adapter and valve extension to be used for draining residual fuel from sump drains in the CP140 Aurora fuel tanks. The suggestion was finally adopted in 1985 and NDHQ granted him an award of \$250.00 He is shown here just after receiving his certificate on 427 Squadron at Petawawa where he is now a Helicopter Flight Engineer.

Courtesy Base Photo

Until the next column, CIAO, and talk to ya in a month or so.

BASE ARMAMENT

Hello once again from the lair of the Tasmanian Devil. At Base Armament we are still enduring a multitude of courses and still have people scattered from here to Kingston. Presently on course we have Rick Jacques, Alain LaDouceur, and Jeff Campton for POET training and John Fraser for XG/XH training. Soon to be back is Harold Hskell and Jardy Olsen from their POET courses and back from the fearsome, fantastic CF-18 course is Caroline Wilson and Jeff Fairweather. The extremes some people endure to get an overseas posting.

We have a special announcement from the Armament conference recently held in Cold Lake. It seems that our very own Joseph Ireland has been declared the senior Armourer (WTA) in the CF. He does insist however that he is not the oldest, but who counts hours and minutes?

Jim Lewis is working diligently on his retirement plans. He's leaving the country so if it's not nailed down he will sell it. Frank Bliss has just returned from two wonderful weeks of

painting the inside of his house. He got back just in time to relieve Al Rice as Range Safety Officer for BDF and UDF training just before that training ceased.

There have been signs of spring all around the section lately. Glen Litchfield insists on driving his bike in the rain (Capt Williams asks what is wrong with that?) Dave Oakie is trying to dig trenches around the X Area, Don Wilson is fishing in every puddle, and Dave Koens (alias Freddie Kilowatt) has returned from VU 33 to roost at Base Armament.

Congratulations to Bob Patinaude on his recent promotion to Master Corporal. Everyone was glad to see this as Bob is indeed deserving of his new rank.

I guess that brings us up to date once more except for this small classified ad to help out a couple of our young gentlemen in pursuit of their happiness: Wanted: Two lovely young ladies (19 - 25) to entertain the two most eligible bachelors north of Nanaimo. Gaetan Thibault and Russel Payne will provide necessary details to any applicant. Please address all queries to Base Armament, Attn: The Phantom Armourer.



SPORTS & RECREATION

SOCCER TOTEMS IN ACTION

After quite a lay-off due to bad weather, CFB Comox Totems gave the Campbell River Sounders a run for their money recently. After the first half the Totems were up 2 — 1 as Ziggy Carigan and Ralph Luppe scored for the Totems. In the second half the Sounders quickly put 2 goals away to take the lead 3 — 2. Totems held the Sounders off for a while, but they kept attacking until they scored another goal to make it 4 — 2.

Glen Rooke got the chance on a penalty shot and slipped it past the Sounders goal to make the score 4 — 3 for the Sounders. The Sounders scored another goal to make the final score 5 — 3.

With their goalie Wade Aucoin back, the Totems were looking good and played as a team instead of as individuals.

SNOW TO SURF

TEAM IS SHAPING UP AT CFB

With the race dates creeping up for the Snow to Surf, the Base team is training hard to make sure the team will be up at the top.

The race consists of many different types of events, each demanding a great amount of skill and dedication to each sport to attain the highest level of fitness for the individual. Yet the team has to be on the same level of competition to participate well together.

The following members have been putting many hard hours of training in to make sure the team makes a good showing for CFB Comox;

BPERO	Cpl Shanks	Downhill skiing
407 Squadron	Lt Marsden	Running
VU 33	Cpl Schouten	Running
407 Squadron	Capt Langevin	X-Skier
407 Squadron	Cpl Kneitel	Biking
VU 33	Cpl Ashcroft	Canoe
VU 33	Cpl Belanger	Canoe

Pipe Smoke

By Gerry Gerow

I'm going to digress from my normal subjects this week and write about a subject which is bothering me. This is the cadet movement and more specifically, because it is closest to my own world, the air cadets. I am under the impression that the purpose of the cadet movement is to build good citizens who will be better prepared to take their place in our Canadian society, and for some of them, the Canadian Forces.

However, observation of any group of air cadets seems to reveal that some people, and I can only assume this to be the Air Cadet League, see the cadets as nothing more than a way to feed their own nostalgia. I'm referring to the rank system these youngsters are given. L.A.C.s, Flight Sergeants, W.O.1s and W.O.2s. These ranks died with the RCAF, and even if the RCAF was reborn tomorrow, the old rank system would remain dead.

I'm proud of my RCAF background. I too, didn't like unification and still don't. But it is a fact of our Canadian society and isn't likely to change. Whether or not we ever see separate services again in Canada is up to the politicians. However, as I said, the present members of the air element of the Canadian Forces like our present rank system and do not want to revert to

the old ranks, and so why are they forced on the cadets?

Those who live in the past generally do so because they know they don't have much of a future. The air element of the Canadian Forces has a brilliant future. We have new, modern, state of the art, aircraft and other equipment, and vibrant young people to operate and maintain it. Those who are retired should not use the youth of Canada to foster their own nostalgia. Have a few drinks on Friday night and talk about the good old days. I do. But just because you miss seeing someone wearing L.A.C. or Flight Sergeant rank insignia, don't force a youngster to wear them for you. No doubt certain other commonwealth air forces enjoy seeing our youngsters wearing their ranks. Has anyone ever asked the cadets, in a straight forward, unbiased fashion, which they would prefer. Not likely.

There are many ways to keep the RCAF traditions alive. The RCAF association is one of them. Reunions, Air Force Magazine, Nov. 11th, Battle of Britain Sunday etc. I hope these never die out. But lay off our youth. Remember that the RCAF faded into history, before most of our air cadets were born.

Did you know?



Never store lettuce next to apples, plums, pears, avocados, tomatoes or melons. These fruits give off ethylene gas which can spot lettuce.

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SPORTS & RECREATION

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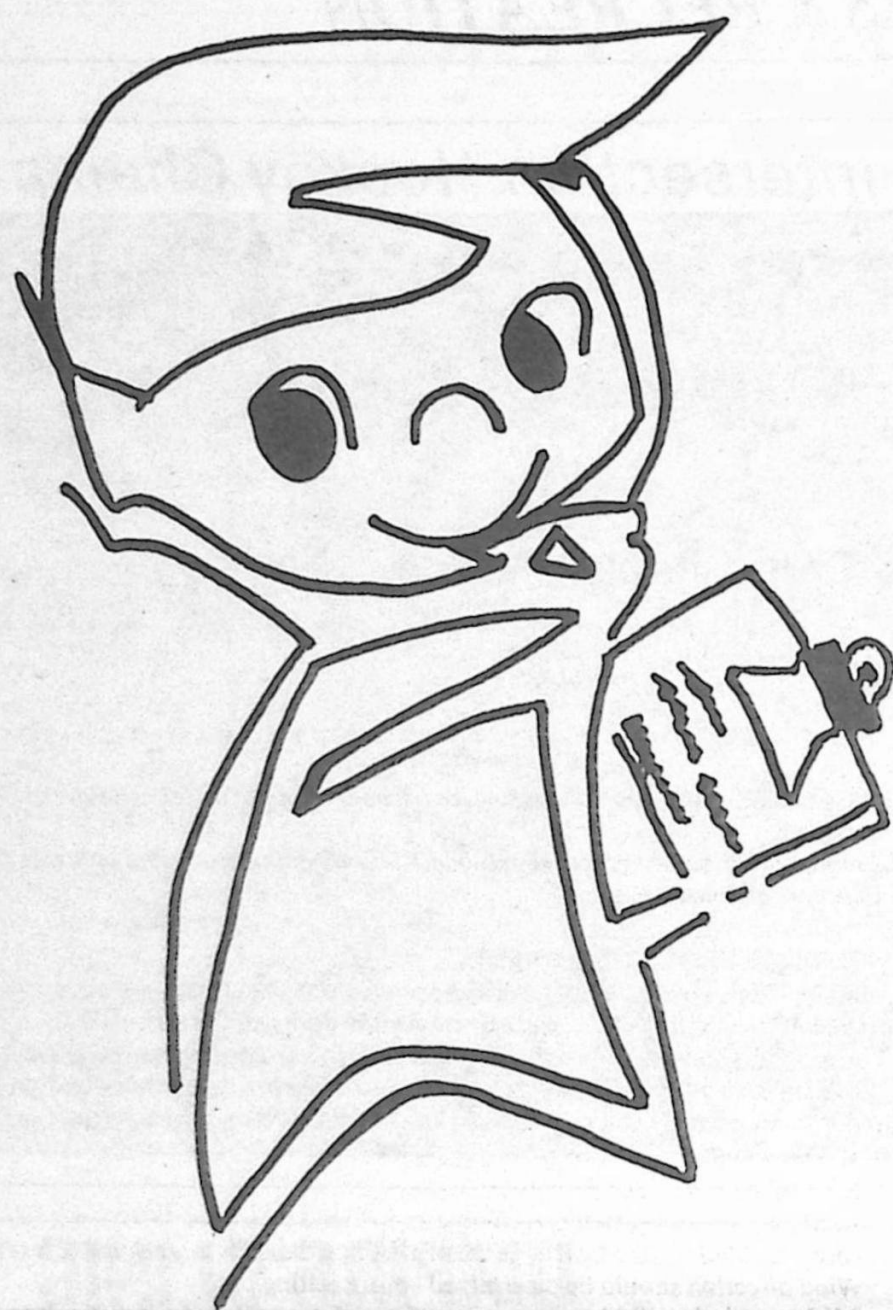
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Hypothermia

WHAT IS IT?

Hypothermia is abnormal loss of heat from the body's inner core. It is the number one killer of outdoor recreationists. It can kill you in your boat, in the water, or on the shore.

HOW DOES IT HAPPEN?

Hypothermia is caused by exposure to cold, aggravated by water, wind, and exhaustion.

HOW CAN I AVOID IT?

— Nibble at high energy food on day long trips

— Avoid exposure; protect yourself from wind and water - choose clothing with hypothermia in mind; wet suit on head, body and feet will hold heat in and keep cold out.

— Terminate exposure; be wise - call a halt to the trip in bad weather conditions; get out of the wind.

— Make a shelter; never ignore shivering.

WHAT ARE THE SYMPTOMS?

EARLY — Uncontrollable fits of shivering

ADVANCED — Vague-slow, slurred speech

— Unco-ordinated movements in boat

— Lack of reaction to water obstacles

— Drowsiness, apparent exhaustion

FINAL — Unconsciousness

WHAT CAN I DO?

Believe the symptoms, not the victim. Immediate, drastic treatment is demanded.

PATIENT CHILLED

— Sit victim out of water and wind

— Have him exercise vigorously (stride jumps, push-ups, running on the spot)

— Administer warm fluids (Non-alcoholic)

PATIENT IMPAIRED — SEMI-CONSCIOUS OR WORST

— Set victim out of water and wind and into dry warm clothes

— Keep him awake; Administer warm fluids

— Place him by fire or in a pre-warmed sleeping bag

— Evacuate him to hospital for further treatment as soon as possible

"REMEMBER THE WILDERNESS CODE"

IF YOU PACK IT IN
YOU PACK IT OUT



Water Safety '86

Be Water Wise & Be Water Safe

The Do's and Don'ts of Water Safety

THE DOS OF WATER SAFETY

Do wear an approved life jacket or approved PFD in a small boat, whether or not it has lifesaving cushions.

Do obey the regulations regarding life-saving equipment, using only that stamped or labelled "Approved" by Transport Canada.

Do Head for the nearest safe anchorage or landing when a storm threatens avoid the temptation to buck it.

Do learn the rules of the road and practise them.

Do Slow down when passing row-boats and canoes, especially in narrow waters.

Do slow down in bad weather and when making sharp turns.

Do assist any boat in distress. Watch for the vertical or circular waving motion of a piece of light-coloured material, or of a light at night, or the arm signal.

Do slow down when passing dredges or water where divers may be working.

Do keep the bilges clean and free of oil, gasoline and rags, vent any enclosed areas into the open air.

Do check the battery and its ventilation.

Do respect your boat and know its limitations.

Do obey the regulations regarding fire precaution and fire extinguishing equipment.

Do always carry the latest corrected charts and related publication when on a cruise.

Do Carry an anchor and a sufficient length of cable, rope or chain (at least five times average anchorage depth). Be sure that the inboard end of the line is fastened securely.

Do join a yacht or boat club, if possible, and keep fully aware of regulations and other information.

Do obtain annual and weekly notices to mariners (available free from Aids and Waterways, Canadian Coast Guard, Ottawa, K1A 0N7).

Do (for children) always wear a PFD near water.

Do remember that the following items carried aboard your boat must be Transport Canada approved.

-Personal buoyant water safety devices

-Pyrotechnic distress signals (flares)

-Life buoys

-Throwable device when it is a cushion or lifebuoy

Do keep some spare clothing in a watertight plastic bag, plus a flashlight, whistle, knife, adequate first aid kit and emergency rations.

Do look out. Avoid contacting overhead electrical wires while launching or sailing.

Do have some suitable means for persons in the water to board the boat.

Do carry a few red flares, of an approved type, in a water tight container; Although approved flares are required only on boats longer than 5.5M, all boaters should carry a few.

THE DON'TS OF WATER SAFETY

Don't stand up or change seats in a small boat, particularly when it is fully loaded. If it is necessary to move, crouch low, keep your weight on the centreline and hold onto both gunwales.

Don't stand up when starting an outboard motor.

Don't operate near swimmers.

Don't mix liquor and boating.

Don't use a leaky or poorly built boat.

Don't cruise fast enough to create a dangerous swell near small boats or marinas.

Don't leave your tiller to steering wheel unattended when underway, especially in harbours, anchorages or narrow channels.

Don't throw garbage overboard.

Don't sound your horn or use the spot light unnecessarily.

Don't wait until the last minute to signify your intention of obeying the rules of the road.

Don't anchor close to other boats.

Don't hold impromptu races with other boats. Rowboats, canoes and other small craft are endangered by the wash.

Don't be a show-off.

Don't cruise at high speed in or near an anchorage.

Don't attempt to swim ashore if your boat is capsized or swamped. Hang onto the boat until you are picked up.

Don't buzz bathing beaches. Swimmers are hard to see in the water.

Don't carry outdated charts and outdated publications in your boat.

Don't create an excessive wake. This can endanger others in your vicinity and also cause bank erosion and property damage.

Don't overload your boat.

Board Sailing



Board sailing is the fastest-growing water sport in the world. It's fast paced, colorful, and exciting.

In Canada, with our cold water and rapid changes in the weather, it can also be dangerous.

Common-sense safety practices can make board sailing enjoyable and safe for experienced sailors and novices alike.

PERSONAL FLOTATION DEVICE

Each person is required to have an approved personal flotation device (PFD) or an approved lifejacket. It should be comfortable and designed for active use.

Approved PFDs also are available with built in harnesses for board sailing.

NOTE: A wetsuit is not an approved personal flotation device. Its flotation is inadequate and it is not brightly colored. It does, however, provide good protection against the effects of cold water.

WEATHER

Changing weather can mean trouble and should be watched, so check weather forecasts before you head for the beach. Successful sailing depends largely on the weather.

Wind direction should be determined before setting out.

Offshore winds will blow you away from shore and make it difficult to return. Wave direction, flags and trees all indicate wind direction.

PERSONAL LIMITS

You can get into trouble by over extending yourself. Play it safe. Know your personal limits.

Sail with a buddy for support and assistance in case one of you can't continue.

In bad weather, stay close to shore as you will get tired faster working against the elements. If you do get tired, head for land immediately.

On long-distance outings, use an escort vessel.

AREA OF OPERATIONS

Be fully aware of local hazards. Avoid heavy traffic areas, including shipping lanes, marina entrances, swimming beaches and narrow channels.

It is very difficult for other vessels to see you. Try to keep your sail out of the water so you may be seen.

While a sailboard is very manoeuvrable, other larger vessels may not be. Give them a wide berth at all times.

RULES OF THE ROAD

A sailboard is legally defined as a vessel and must be operated in a thoughtful and courteous fashion.

Normally, a power vessel must keep clear of a sailing vessel.

However, in situations where a large vessel is operating in a restricted channel or shipping lane, and has difficulty in manoeuvring, this rule does not apply and a sailing vessel must keep clear.

In situations where two sailing vessels meet, the following rules apply:

1. A sailing vessel with the boom to the left (port) has a starboard tack and right-of-way over sailing vessels on port tack.

2. If both vessels have the boom on the same side, the one most downwind has the right-of-way (leeward rule).

3. In an overtaking situation, the overtaking vessel must keep clear.

NOTE:

All vessels have an obligation to avoid collision, regardless of right-of-way.

DISTRESS—SELF RESCUE

If you should find yourself in trouble, there are certain things you can do:

Furl your sail, place the mast and sail on the board, and paddle to shore.

This is the preferred method to use, especially if you have a long distance to go.

DISTRESS SIGNALS

To signal distress from a sailboard, use the recognized arm signal.

You can have a personal flare set or distress strobe attached to a PFD.



SPORTS & RECREATION



Poetry in motion....

BTSO Bonspiel the winners

A Event

Steve Edwards....skip
Bill Baker....third
Paul McAlloon....second
Bryan Eggleston....lead

B Event

Ken Hall....skip
Claude Gagnon....third
Carl Charko....second
Harold Peacock....lead

C Event

Derrell Sears....skip
Brent Aitken....third
"Doc" Fleming....second
Debbie Merghert....lead



A determined effort....

Take a Hike

Once again the Comox District Mountaineering (Hiking) Club offers an extensive Hiking Schedule for the 1986 Hiking Season. Designated trip leaders are experienced and familiar with scheduled trips. In order to judge trip difficulty the following criteria may be used:

Easy trips are those that can be walked in running/sport shoes with less than 2000 ft vertical climb in one day.

A moderate hike is one in which more appropriate footwear is required and a vertical climb of from 2000 ft to 3500 ft can be expected.

Strenuous hikes are those that would involve good hiking

footwear and a vertical climb in excess of 3500 ft.

Some moderate and strenuous hikes are conducted off established trails for portions of the trips.

New members should pick easy or moderate hikes in order to judge their own physical ability.

Club members will be conducting a course called "Introduction to Day Hiking". This course will be offered through the Courtenay Recreation Association's (CRA) Spring Program, to be announced at a later date.

Further information on Hiking in the Comox Valley may be obtained from Capt John Hackett at Local 2322.

Competitive swimming....

Comox valley aquatic club begins new season

The Comox Valley Aquatic Club is beginning a new session of precompetitive swimming training on April 7th at the indoor pool at the Comox Valley Sports Centre.

This special swimming programme, using the Esso Swim Canada skills development system, gets under way on April 7 and continues until the end of June.

Participants between the ages of sex and over may join as long as they can swim a length or two of the pool comfortably. Some basic swimming ability is suggested before joining-up. The main purpose of the programme is to provide an opportunity for youngsters to further their interest, involvement and skill development in the sport of swimming.

A recently trained instructor, who has specialized in the Esso Swim Canada programme, will be available to train your youngster.

A very flexible training schedule and economic fee structure is available for the programme. Swimmers can practice on any one or two or three days on Mondays, Wednesdays and/or Fridays between the hours of 5 and 6 pm.

The fee structure is: for once a week (12 hours over three months), \$20.00; for twice a week (24 hours over

three months), \$40.00; for three times a week (36 hours over three months), \$60.00.

A \$5 fee gives you membership in the Canadian Amateur Swimming Association and provides insurance against accidents.

You may register at the pool between 5 and 6 pm any day, Monday to Friday, between now and April 7th.

For more information phone 338-8654 or 334-3626, and ask about CVAC's pre-competitive swim programme.

Next Totem Times Deadline

April 14....Noon

mother nature
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AROUND THE BASE

Thought for food

—March is nutrition month?

Why March, you ask? Don't we eat twelve months a year? Why not choose February or April?

Well, it may be because nutrition is too important to celebrate in a month that's only 28 days 3 years out of 4. As for April, that's the beginning of Spring when our attention turns to other matters -- especially the figures of members of the opposite sex who have started to watch what they eat in March!

Anyway, for one month a year, we should simply reflect on the way we feed ourselves day after day.

—Again you ask, don't we have dietitians to do that for us? —Well, yes we do. Our dietitians assure that meals served at the mess hall offer a healthy nutritional balance. Even our field rations receive careful study.

Should we think about getting fat? You bet!

You should give some thought to the foods you eat between meals.

That pizza last night, for example. You put it away less than an hour after supper! And how about that bag of chips you're trying to hide behind your back?

—PARTICIPATION suggests you use nutrition month to think about the relationship between what you eat and what you do -- the energy equilibrium.

the balance between mess hall and EXPRESS Program.

See, if the energy you put into your body in the form of food and drink is balanced by the energy you expend in physical activity, you'll keep your weight steady.

Eat too much in comparison to what you put out, and you'll pack on the fat. In theory, then, you could lose weight by eating less. But the point is this: you must eat properly to stay fit while you follow your exercise program to the letter. That's what we call the Superior Energy Equilibrium. It will help you keep proper weight or lose excess poundage. You could put yourself in your best shape ever!

OFFICERS MESS

April 1

RCAF 62nd Anniversary

Mess Dinner

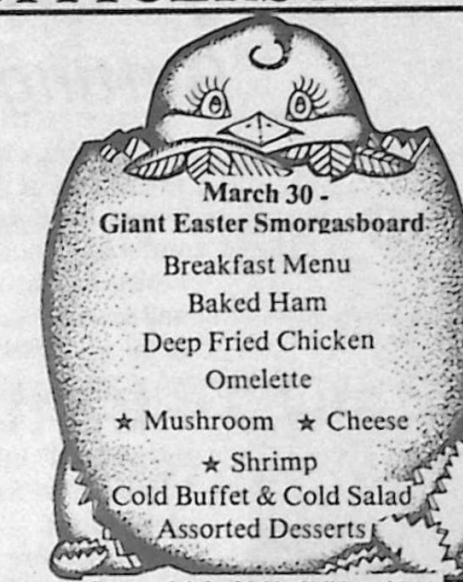
Friday April 4

TGIF Clam Chowder
& Egg Rolls

Friday April 11

Mixed TGIF

...Truckers Night



March 30 -
Giant Easter Smorgasboard

Breakfast Menu
Baked Ham
Deep Fried Chicken
Omelette

★ Mushroom ★ Cheese
★ Shrimp
Cold Buffet & Cold Salad
Assorted Desserts

CostAdults \$6.00, Children \$3.00
Reservations to Mess Manager

...April, 1986...

Friday April 18

TGIF Meat Pies
& French Fries

Friday April 25

TGIF, Chicken

Cacciatori

Give a student that first big break.

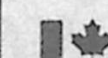


Give them a summer job.

Every summer, students provide a wealth of talent, knowledge and ingenuity that every employer can tap. As an employer, you will benefit from the energy and enthusiasm students bring to their summer jobs. The students in turn will gain the experience so valuable to entering the working world.

Of course students are willing to do just about

any sort of work available, but ideally, they would like to find employment related to their field of study. This would help ease the transition from school to work, and help eliminate the "no experience/no job" bias that they may face when seeking full time employment. Hiring students makes good business sense. For every type of job you can offer, there's a student more than willing to work.



Employment and
Immigration Canada

Emploi et
Immigration Canada

Canada
Challenge '86

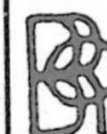
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Exercise Third Step '86

Getting ready for OPEVAL



Following a loud explosion, a huge fireball engulfed the North East end of the MSE building. One person was seen running away from the scene. Responding to the alarm, the Fire Chief suffered a heart attack, and the On-Scene-Controller (OSCAR) vehicle was involved in an accident which broke the OSC's legs and severely injured his driver. The Deputy OSC was thrown into the windshield and suffered head injuries.....

"Exercise, Exercise, Exercise."

This was a scenario — an "event" in exercise lingo, and there were 27 other incidents of this and other sorts during the long hours of Exercise Third Step '86., which ended last Thursday evening.

The purpose was to check out every kind of response required from Base sections, in readiness for OPEVAL '86, to be held at CFB Comox commencing April 7. The response was excellent by all concerned, with special kudos to the Fire Hall, Base Hospital and the Trusted Agents, few of whom got any sleep.

Using blank ammunition, the Canadian Scottish Regiment — our local militia — were tasked as infiltrators. "Bombs" popped up all over the place. One would-be bomber was nabbed by Control Tower personnel before he could do his dirty deed, but for exercise value, the bomb was allowed to remain.

442 rescued a crewman from a drifting boat in Comox Bay. A T-33 splashed into the chuck, leaving a big oil slick. Even Supply got into the act. MCpl Diane Earle was forced to evacuate everyone from CMTT when a carton began to "leak" corrosive oxidizer all over the floor.

A CE worker fell into a man-hole. Water mains leaked, and steam exploded in the Steam Plant. A piece fell off an aeroplane and pierced a propane tank. People were laid low by tainted water.

Murphy's Law ran rampant.....

It was all good, useful preparation for the April test. Although some sleeping arrangements were made for participants, some never saw a bed during the whole exercise. Trusted agents and the BNDO staff put in 40.5 hours apiece before "Fade-Out." As usual, the exercise finished up with shelters and simulated fall-out. One small NERT exercise remains.

If the OPEVAL team is going to top this work-out, its members have some midnight oil of their own to burn.....We're ready.

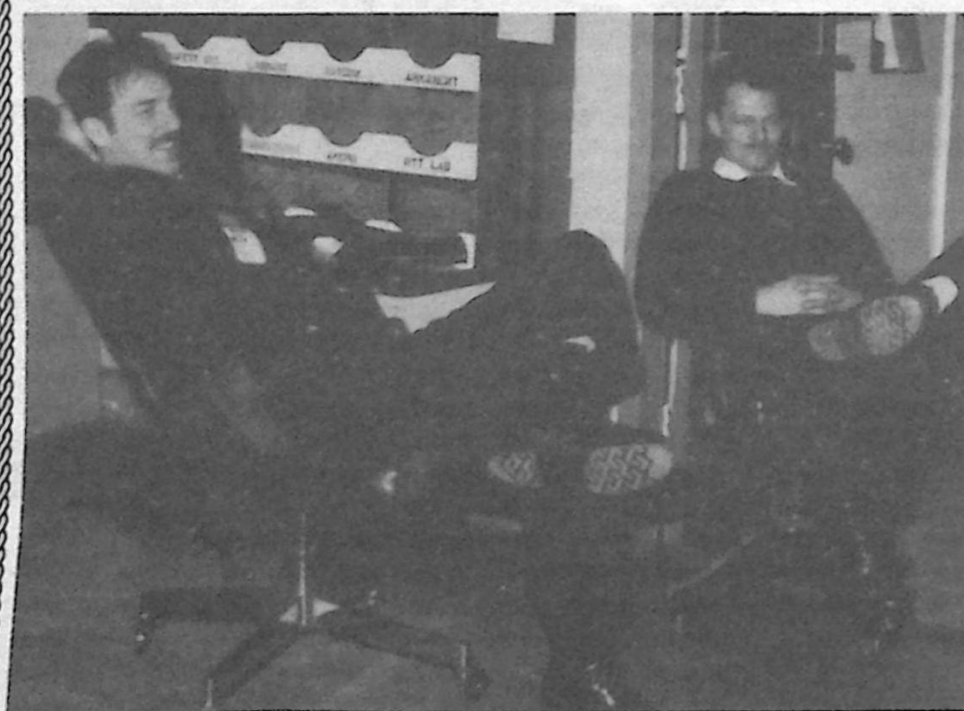
—Norm Blondel



Ready and waiting....



Catching forty winks....



Nice to have everything under control....



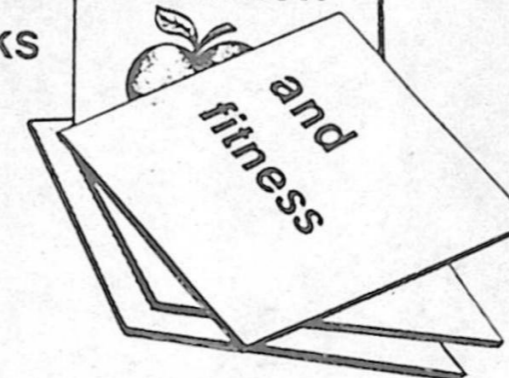
Remember...No dosage card — no candy....

Next Totem Times Deadline....

April 14th

Reliable
reference
books

on
nutrition
and
fitness



THE ATHLETE'S KITCHEN

Clark, N., M.S., R.D., Bantam Books, 1983 (666 Fifth Avenue, New York, New York 10103). Sensible nutrition advice for athletes and fitness enthusiasts alike. Includes tips on shopping sensibly and snacking constructively along with more than 200 quick, easy and nutritious recipes.

This book can also be ordered through: 35 Fitness Group Ltd., Box 5520, Station B, Victoria, B.C. V8R 6S4. Price: \$3.95.

FOOD FOR SPORT

Smith, N., California: Bull Publishing, 1976. (P.O. Box 208, Palo Alto, California 94302). An extensive new look at the effects of diet on physical performance. For the lay person as well as coaches and athletes.

NUTRITION FOR ATHLETES

American Association for Health, Physical Education and Recreation, Washington, D.C. 20036. Shows the relationship of diet to health and of health to physical performance. Translates nutrition into food needs.

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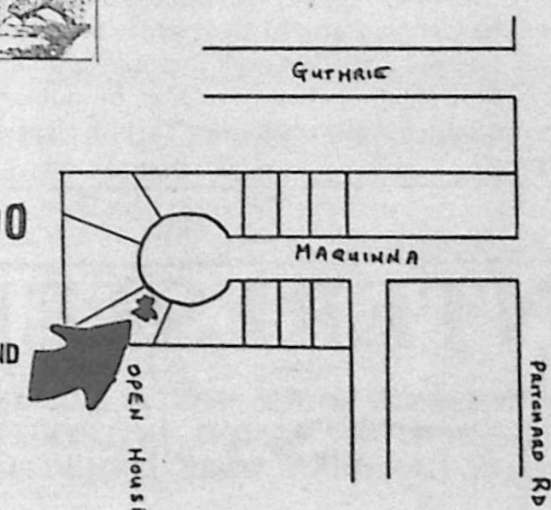
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CANADIAN FORCES UPDATE



The Canadian contingent entrance gate in Nicosia, Cyprus leading to Headquarters, at Wolsley Barracks and old Ledia Place Hotel where many of the contingent members now live.

(CANADIAN FORCES PHOTO BY SERGEANT RICK SANSCHAGRIN)



NICOSIA, CYPRUS - Corporal Trond Halle (L), a militiaman with the RCHA in Toronto and Corporal Jean-Paul Dorion from the Governor-General Foot Guards in Ottawa patrol a narrow street, known as the "green line", in the capital city of Cyprus.

DND OFFICE OF INFORMATION — LAHR, FRG

To preserve the peace

By LCol Len Dent

Many of the tasks you will be called upon to do will be tedious and some may, on occasion, be dangerous, but they are all essential to the preservation of a peaceful atmosphere...within which progress towards a lasting solution to the problems can be pursued.

These words spoken to the soldiers arriving in Cyprus last September by Col W. Dean Wellsman, commander Canadian contingent, have a familiar ring to them. Similar words have greeted Canadians for more than 22 years as they arrived for a six-month tour of peace-keeping duty with the United Nations Force in Cyprus (UNFICYP).

The 2nd Regiment, Royal Canadian Horse Artillery, with its three batteries of gunners, with under command 3 Commando of the Canadian Airborne Regiment and a company's worth of soldiers from various support trades make up the 44th Canadian contingent to serve in Cyprus since March 1964. This is the first time that 2 RCHA has served in UNFICYP.

Cyprus, formerly under British sovereignty, became an independent republic in 1960 with a constitution intended to balance the interests of the island's Greek and Turkish communities. A treaty of 1960 entered into by Greece, Turkey and the United Kingdom guaranteed the basic provisions of the constitution and the territorial integrity and sovereignty of Cyprus.

In December 1963 inter-communal differences erupted in open hostilities which also involved the Greek and Turkish governments. On 4 March 1964 the UN Security Council authorized the establishment of UNFICYP to prevent the recurrence of fighting between Greek and Turkish Cypriots, to help maintain law and order and to promote a return to normal conditions.

Since 1974 UNFICYP has had the additional role of helping to maintain a cease-fire between the Cyprus National Guard and the Turkish Cypriot Security Forces. The new role emerged after the Greek Cypriot National Guard staged a coup d'etat on 15 July 1974, followed five days later by military intervention by Turkey. Turkish troops subsequently established Turkish Cypriot control over the northern part of Cyprus.

Since 1964 about 26,000 Canadians have served with UNFICYP. They have always served in difficult areas where there have been concentrations of troops and where the majority of the incidents have occurred — first in the Kyrenia district and then in the Nicosia district.

As a result of the intervention of 1974, responsibilities changed and the Force was deployed along the buffer zone between the two opposing forces. Canadians now carry out their tasks by means of a number of static observations posts and mobile patrols.

Canadians are stationed in the Nicosia City area. This sector of the buffer zone includes the winding streets and alleys which closely follow the "green line" within the city wall. The contingent is also deployed in the northeastern and north-western suburbs of Nicosia.

Initially the Force had a strength of about 7,000 drawn from eight countries - Austria, Australia, Canada, Denmark, Finland, Ireland, Sweden and the U.K. Today the force totals about 2,350 of whom 515 are Canadians.

Included in the Canadian contingent is a militia contingent of one officer and 38 men which makes it the largest single militia augmentation of a Canadian peacekeeping force in history. The militiamen are drawn from the units of the Central Militia Area which has its headquarters in Toronto.

The 39, who represent only those lucky few who were picked from dozens of applicants, carry out duties alongside their regular force counterparts, including the manning of OP's, typing, cooking and MP assignments.

As they draw near the end of this six-month experience and prepare to begin rotating back to their units within the next few weeks, many of these soldiers have decided that they want to join the regular force.

On their arrival, Force commander MGen G.G. Greindl told this contingent that they were tasked with responsibility for a very sensitive part of the UN buffer zone and that their diligent fulfilment of the task was vital to preserving the status quo in the area.

Today, the situation in Nicosia is relatively quiet and, like many contingents before them, this one can return to Canada in March knowing that they have helped to maintain peace for yet another six months.

SECTION NEWS

....more Demon doins

continued from page 7

407 PHOTO

Hello again from the Polaroid Punk. Here's what's developing this month: Chris Mackay & Jo-Anne Parker just returned from their pre-POET course in Greenwood. The poor ladies were forced to take Air Canada Connoisseur (767) all the way to Vancouver. What upset the girls the most, however, was to leave the snow and cold temps behind.

Pte Robert Granger had

some good news and some bad news. First the good news, he is now TQ4 qualified. The bad news is that Rob is again a resident of the hospital in Victoria. Hang in there Rob.

More bad news. Pte Bonin who was out skiing decided to watch the girls rather than his skis. It cost him a broken thumb. Too bad Rick.

In the battle of the Sgt's golf wars, the early returns have Stan Lawless beating Jean Cote in both the score and the

gallon. Appears Sgt Stan's team finished with the 2nd low net in the end of the winter golf tournament while Sgt Jean's team finished with the 3rd low gross. Congratulations to both. Jenny Labelle who is trying to find out which way her electrons are flowing, just passed a PIP exam in math and DC Theory. Way to go Jenny!!!

Well it's time again to put our thoughts back into the soup so they can develop for the next time.

Jr. Ranks Club

ENTERTAINMENT

APRIL

04 April DJ "SUMMIT MUSIC" 21:00 to 01:00 hrs
11 April DJ "TERRIBLE, TERRIBLE, TERRIBLE" 21:00 to 01:00 hrs
18 April "ROSCOE'S ROCK VIDEO" Admission \$3.00 21:00 to 01:00

The Newly Wed Game

25 April DJ "SUMMIT MUSIC" 21:00 to 01:00 hrs
Lucky winning couple get dinner down town.
Sign up at PMC's Office
(Must be married less than 2 years)

407 SQN REUNION

August 1 — 3, 1986

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Nanoose: Nothing to hide

There's nothing sinister about the Canadian Forces Maritime Experimental Test Ranges at Nanoose, a delegation from the Nanaimo Chamber of Commerce was told recently.

Twenty people took part in the chamber-sponsored tour of the Canadian military establishment at Ranch Point and Winchelsea Island.

Lieut Cmdr. Mike Dunn conducted a question and answer session after the tour. He said he and the military has nothing to hide — the facility is simply a testing station for torpedo guidance system and submarine monitoring devices.

The facility has been the target of numerous protests in recent years from disarmament groups seeking its conversion to non-military use. Those groups have expressed a fear that the work going on at the facility makes it a possible target for enemy attack in case of war.

Throughout the tour, the chamber delegation was told that all torpedoes tested by both Canadian and U.S. forces are unarmed, it's the guidance

systems that are being tested. The torpedoes are fired from ships, submarines, helicopters and aircraft.

The range is located in Georgia Strait in an area 15 miles long and varies between two and five miles in width. Specially-instrumented objects are tracked in three dimension through the instrumented portion of the range. Tracking is done through the use of complex system of transducers, receivers and computers.

Evenly spaced on the ocean floor are 24 "arrays" each holding four acoustic hydrophones for full tracking of devices on the range. Canadian ships from Esquimalt and Aurora aircraft from Comox use the range for test.

The U.S. Navy ships torpedoes in by truck for testing. They are then test fired, retrieved and sent back by truck, to the home base at Keyport Wash.

The U.S. facility at Ranch Point is little more than a warehouse and communications station. However, just up the private

road is the Canadian facility, a modern building which is the real activity centre. Here also is the sonobuoy research operation.

Sonobuoys are listening devices designed to monitor submarine activity in the ocean. They are dropped from aircraft and float in the water, transmitting information for only up to eight hours before they scuttle and sink to the bottom.

All the testing done here is by civilians who live in the area from Nanaimo to Parksville. The dropping of the sonobuoys into the water is handled by a private firm, McCulley Aviation, of Nanaimo.

The base is also the repair and overhaul facility for the hydrophones and projectors of helicopter sonar used by the Canadian Forces Sea King squadrons.

In all there are about 195 people working at the facility in various roles, from six permanent Canadian Forces members to 93 civilian Canadians. There are five permanent U.S. military, approximately 50 U.S. temporary

military and 30 U.S. civilians involved. By country, figures released by Dunn show 107 Canadians and 88 Americans.

Those figures do not include private outside contractors like the Striker Charters which transports personnel to Winchelsea, or McCulley and other services needed by the base.

In addition to the military testing work carried out by CFMETR, personnel from both the Canadian and American forces are available for search and rescue on a 24-hour basis. One torpedo recovery vessel is always on standby, around the clock.



Legion Log Entertainment

BRANCH 17 — COURTENAY
March 27 TGIF 6:30 MUSIC BY WESTWIND at 10
Friday March 28 Closed (Good Friday)
Saturday March 29 Dance to the ever popular melodies of WESTWIND
Friday and Saturday April 4 and 5 Country Club entertains patrons for listening and dance
Tuesday April 8 Ladies Auxiliary General Meeting
Friday April 11 Vimy Lunch for WW1 Veterans 4-4322
Friday April 11 and 12 Come early if you want a seat. Music by COUNTRY MEN
Regular Activities:-
Monday.....Fun Euchre Friday....TGIF & Money Draw at 6:30
Tuesday.....League Darts Saturday Fun Bridge at 12:30
Wednesday....Crib "More Players Welcome"
Thursday.....Fun Darts

"JOIN COURTENAY LEGION WHERE THE ACTION IS"
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BRANCH 160 — COMOX

Entertainment:
Friday March 28 Good Friday Legion CLOSED
Saturday March 29 Long weekend bash music by BRANDY 9pm
Friday April 4 Spring Hoedown
Saturday April 5 Music by ALLEYCATS 9pm
Friday April 11 Friday night special Music by WESTWIND 9pm
Saturday April 12 Honours and awards night 6:30 Upper Hall limited number of tickets available at \$5.00 per person. On sale March 24 Music by WESTWIND

Sports:
DARTS...DARTS...DARTS...DARTS
Mens League every Monday night.
Mixed League every Tuesday night.
Open to Legion members and bonafide guests only.

Friday April 4 Dart Tournament
Registration 6 - 6:30pm Upper Legion Hall
Mixed doubles - blind draw - steak shoot
Ladies Auxiliary Bingo - Every Monday night, Upper Legion Hall. Doors open 6 p.m....Early Bird 7.30. p.m.

Navy League Bingo - Every Wednesday night, Upper Hall
Doors open 6:30. Early bird 7:30pm
...Everyone Welcome

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By Rosemary Gibson

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CHAPEL: Our Lady of the Sacred Heart (on Base)
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MASS SCHEDULE HOURS: Saturday - 1900 hours.
Sunday - 1000 hours.
Week Days - 0900 hours.
BAPTISMS & MARRIAGES: By appointment - notice well in advance please.
CATHOLIC WOMEN'S LEAGUE: Second Tuesday of the month in Parish Hall, preceded by Mass in the Chapel at 7:30 p.m. (No meetings during July/August). President: Mrs. Edna Sinclair, telephone: 339-6883.
PARISH COUNCIL: Second Wednesday/month at 1300 hours in Parish Hall.
CATECHISM CLASSES: From September - May in the PMQ School at 1830 hours.

CFB COMOX MILITARY
CHRISTIAN FELLOWSHIP

Meetings held from Monday to Thursday from 1130 - 1230 hours in the R.C. Parish Hall next to the Tennis Courts.

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Venice is right there before us when we step out of the train station. The Grand Canal, with its gondolas, vaporettos and motor launches, stuns us with its beauty. In the twilight, we stand and gaze in awe at the magnificent Coliseum in Rome, and throw a coin into the fountain of Trevi.

The sights and sounds of these ancient cities overwhelm us, becoming almost too much to assimilate. But the people of the countries we have visited leave the deepest impression. The contrasts (beggars on the streets, more fur coats per square inch than I've ever seen) are great, the lifestyles different and fascinating. Italians seem to be preoccupied with food -- every second store front is a "ristorante," a "trattoria," a "pastriceria" or a "gelateria." And the food is delicious!

The car drivers seem to be mad or insane, speeding down the streets and stopping on a dime (if, indeed, they decide to stop) at corners or traffic lights. Crossing the road becomes a matter of opportunity rather than following the rules, ala Canada. If you can nerve yourself to step in front of a car, it will stop -- probably.

There's a bus and Metro strike today -- we've been assured it will only last one day -- so here we go again, riding "Shank's mare."

Variety, I think, is the keyword for this "fantastic voyage". Variety in the people we have met, in their customs, their food, their history, their architecture; variety in the trains we have travelled on, and in the magnificent scenery unfolding before our eyes.

We gazed over Paris from the Eiffel Tower, lost ourselves in the Louvre, watched skaters on the canals of Amsterdam, and walked enchanted through the ancient streets of Bruges in Belgium. We tramped through the snow to tour the little towns and beautiful castles of Germany. We rambled for hours in the Roman Forum and explored every available alley in the ruins of Pompeii, as our history books came to life. We gazed entranced at Michaelangelo's "David" and the Sistine Chapel, and fell in

love with Venice. We climbed the pretty hills of Capri and gambled (with very small stakes!) in the casinos at Monte Carlo. We photographed the changing of the Palace Guard in Monaco, walked in the water on the beaches of Nice and Cannes, explored every inch of the replica of the Santa Maria in Barcelona harbour at the foot of Columbus' statue, climbed the hills of Malaga to an ancient Arabian castle, and finally found some warm sun in lovely Seville.

And in a little pub in Sorrento we found a plaque on the wall. I don't know who the writer was, but the message is priceless.

Prayer For Tourists

Heavenly Father, look down on us your humble, obedient tourist servants who are doomed to travel this earth, taking photographs, mailing postcards, buying souvenirs and walking around in drip dry underwear. Give us this day Divine guidance in the selection of our hotels, that we may find our reservations honoured, our rooms made up, and hot water running from the faucets. We pray that the telephones work and the operators speak our tongue. Lead us, dear Lord, to inexpensive restaurants where the food is superb, the waiters friendly, and the wine included in the price. Give us the wisdom to tip correctly in currencies we do not understand. Forgive us for under-tipping out of fear. Make the natives love us for what we are and not for what we can contribute to their worldly goods. Grant us the strength to visit the museums, the cathedrals, the palaces and the castles listed as "musts" in the guidebooks. And if perhaps we skip an historic monument and take a nap after lunch, have mercy on us, for our flesh is weak.

For Husbands Only -- Dear God, keep our wives from shopping sprees and protect them from purchases they do not need and cannot afford. Lead them not into temptation, for they know not what they do.

For Wives Only -- Almighty Father, keep our

husbands from looking at foreign women and comparing them to us. Save them from making fools of themselves in cafes and nightclubs. Above all, do not forgive them their trespasses, for they know exactly what they do.

And now, on to Lisbon and the British Isles.

Triple-Orange Ambrosia Salad

Ingredients:
2 cups boiling liquid (water or fruit syrup)
1 6ounce package orange sherbet
2 cans (11 ounces each) mandarin orange segments, drained
1 can (13 1/2 ounces) pineapple chunks, drained
1 cup flaked coconut
1 cup miniature marshmallows

Method:
Pour boiling liquid over gelatin in bowl, stirring until gelatin is dissolved. Add orange sherbet; stir until melted. Stir in 1 can of the mandarin orange segments (1 cup). Pur into 6-cup ring mold; chill until firm. Combine remaining orange segments, the pineapple, coconut and marshmallows. Fold in sour cream. Chill at least 3 hours. Fill centre of unmolded salad with fruit mixture.

HINT
Fasten screen door hooks to both ends of a clothesline, screwing the eye sections to the posts. Presto! a clothesline that can be put up or taken down in a jiffy.

THOUGHT FOR TODAY:
Home cooking is what a man misses when his wife isn't.

INSIDE OUT
Some folks in looks take so much pride They don't think much of what's inside; Well, as for me, I know my face Can ne'er be made a thing of grace And so I rather think I'll see How I can fix the inside of me; So folks'll say, "He looks like sin But ain't he beautiful within!"

SECTION NEWS

Quality Assurance



"Following Along Ahead of the Plow."

We observed an ingenious method of getting an aircraft and its energiser on the line recently: The mule pushing the aircraft, also towed the energiser; or was the aircraft towing the mule and the energiser, or was the energiser pushing the mule and the aircraft? The sight of this admittedly efficient use of time, transportation and manpower reminded us of Charlie

Farquarson's "Following Along Ahead of the Plow," but we can find no reference which forbids the practice. However, may we voice a caution: "Please be careful; as the mule driver, you are the meat in this kind of sandwich!"

Whose Pin!

Quickly now: Turn to the person nearest you and ask: "Who is responsible for removing the pins on our aircraft before start-up? If s/he doesn't know, or you don't know, then be prepared to wear "It."

Two techs and a pilot (not from here) are most assuredly wearing piles of "It" after a recent incident where a nose landing gear pin was left in a CF-18 prior to flight. One of the techs should have been designated Crew Chief, or Number One Man, thus assuming responsibility for the pins. And the pilot missed the NLG pin on his walkaround.

We're all responsible for "Last Chance" inspections at various times. Let's do ourselves and our squadrons a favour: Review procedures, pull the warning streamers and pins, do a QA. Wear heaps of pride instead of piles of "It."

Rust

The CF-18 has a skin of carbon-fibre epoxy (like those very expensive fishing rods) and it is subject to corrosion. The Devil, you say; plastic, corroding? Well, not quite, but the surrounding material does. If this can happen to a state of the art airframe, imagine what rust other aerodynes can come up with. Be sure that you adhere to your squadron's corrosion control program. Ensure that those areas protected by paint are in fact painted, and those areas covered with corrosion inhibitors get the right dose of the right stuff.

Safety Wire

A slim little book in our library concerns "Aircraft Safety Wiring." Aside from using whatever the last guy tied things up with, what do you know of the subject? Was the previous job done correctly? Be ahead of the game: know what safety wire to use, and how to use it. C-12-010 023/TP-000 refers.

QA Comment

Another comment on complacency, from an impeccable source: "For the waywardness of the Naive shall kill them, and the Complacency of Fools shall destroy them." (Proverbs 1:32)

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Sgt Deveau

Courtesy Base Photo

Community Council news

Well hello again from your Community Council. It's been a while since our last article but we have been busy just the same.

The Snow Queen pageant was a tremendous success for our Miss Lazo, Sue Murley. I'll have more to say on that when

we have all of the photos in. Susan represented us well, and certainly did us proud. Many thanks to Mrs Kadonoff for attending the pageant and making a presentation to Susan at the Sunnydale Golf Course.

Congratulations to Captain 'Wild Bill' March, (name from

his old T-ball days) on his appointment to Mayor. Many thanks for a job well done to our departing mayor Captain Steven Harrison, we will miss you.

Congratulations also go to Sgt Uncle Pat Tinnion on his appointment to the position of Deputy Mayor. It is rumoured around council that he is trying to cancel his Calgary posting so he can be on council for just one more year!

Many thanks to all those people who did the Heart Fund canvassing — thank you for your time and effort. Thanks to all of you in MQs who made a contribution, it is certainly a worthwhile charity and your donation was greatly appreciated.

Easter is just around the corner and as usual we will be

conducting our annual Bicycle Parade and Easter Egg Hunt.

The first exciting event will be the parade. It will start at ten o'clock Saturday 29 Mar 86. Everyone will meet at the Base Arena, and then proceed to Airport School. The bicycles should be decorated in keeping with the Easter theme. Prizes will be awarded. The egg hunt will take place in the woods behind Airport School.

Schedule Of Events
10:00 - 10:30 Bicycle Parade
10:30 - 10:45 Judging of Bicycles
11:00 - 12:00 Easter Egg Hunt

The egg hunt will be in groups; ages 3 - 5, 6 - 10, and 11 - 14. Find a hard boiled egg and receive a silver dollar! Come out with the family on Saturday and have a fun time! Happy Easter!!

ON to other interesting stuff, like elections. Many of our councillors are posted this year

and we desperately need new council members. Remember that it is your community and things don't happen if no one helps. An example of help required is T-Ball and Softball. We need the help of all interested parties to coach teams, etc. Anyone interested in council duties or helping out for T-Ball and softball should contact our mayor, Capt March, at home 339-7245 or local 2308.

Council members are receiving complaints of garbage cans not having lids, trash littered all over various lawns, animals running loose, and pet owners not cleaning up after their pets. Please, could we all try to clean up our yards and look after our animals. For those MQ residents who are unsure of requirements, to license dogs or have trash receptacles with lids and other such problems, the Base Housing Officer should be contacted at Local 2322.

DAVE GARLAND

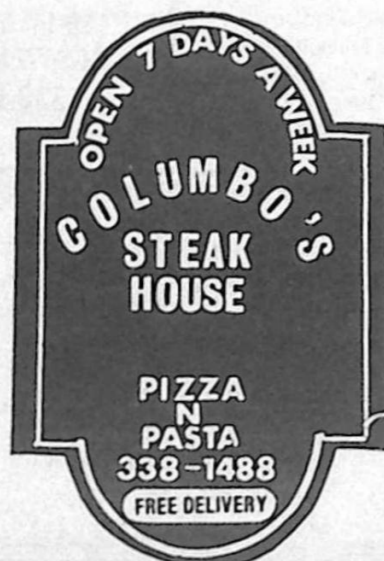
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AROUND THE BASE

Short Course Swimming Champions



If the results of the latest 1986 BC Short Course Age Group Championships are any indication, swimming in BC continues to grow in great swells.

Last weekend 496 swimmers from 31 BC clubs and 2 Alberta-based teams dumped on Victoria and carried the three-day meet into a marathon of energy out-put.

The Crystal Pool in the capital city bubbled and churned continuously for hours on

end as the swimmers vied to attain personal best times and to gain a berth into the finals, dominated by the eight fastest in each event. The Victoria Olympians hosted the largest-ever provincial meet held in BC.

Four members of the Comox Vally Aquatic Club were there, swimming with the same objectives and determination as the other 492 competitors. Eleven year old Erica Flath, Lance Blomgren(15), Bill Dale(14),

and John Egan(15) were there with coach Al Aylward encouraging them on.

Competing in the 15-17 age division, Lance Blomgren made it into two finals, both in his breaststroke specialty. He came out of the meet with personal best times in four of his six events, slicing off an impressive 10.22 seconds from his previous top times.

Fourteen year old Bill Dale, eligible for a free swim because of his other qualifying times,

chose the demanding 1,500 metre freestyle event—a first time event. The race, swam as a timed final, saw Dale placing fifth over-all in a championship time of 18:41.85.

Competing in the 15-17 age division, John Egan further reduced personal best times by 2.16 seconds, times achieved only two weeks ago in Pentict at the BC Junior Provincial Championships. Egan's final standings were: 30th in the 100m butterfly, 1:07.74,(pb)

and 25th in the 100m breaststroke, 1:21.60(pb).

Be Water Wise

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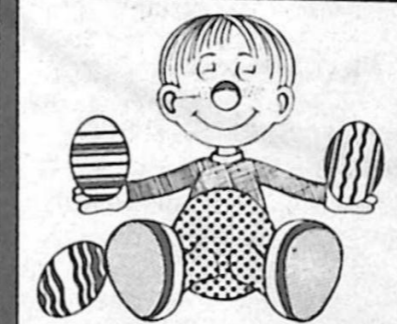
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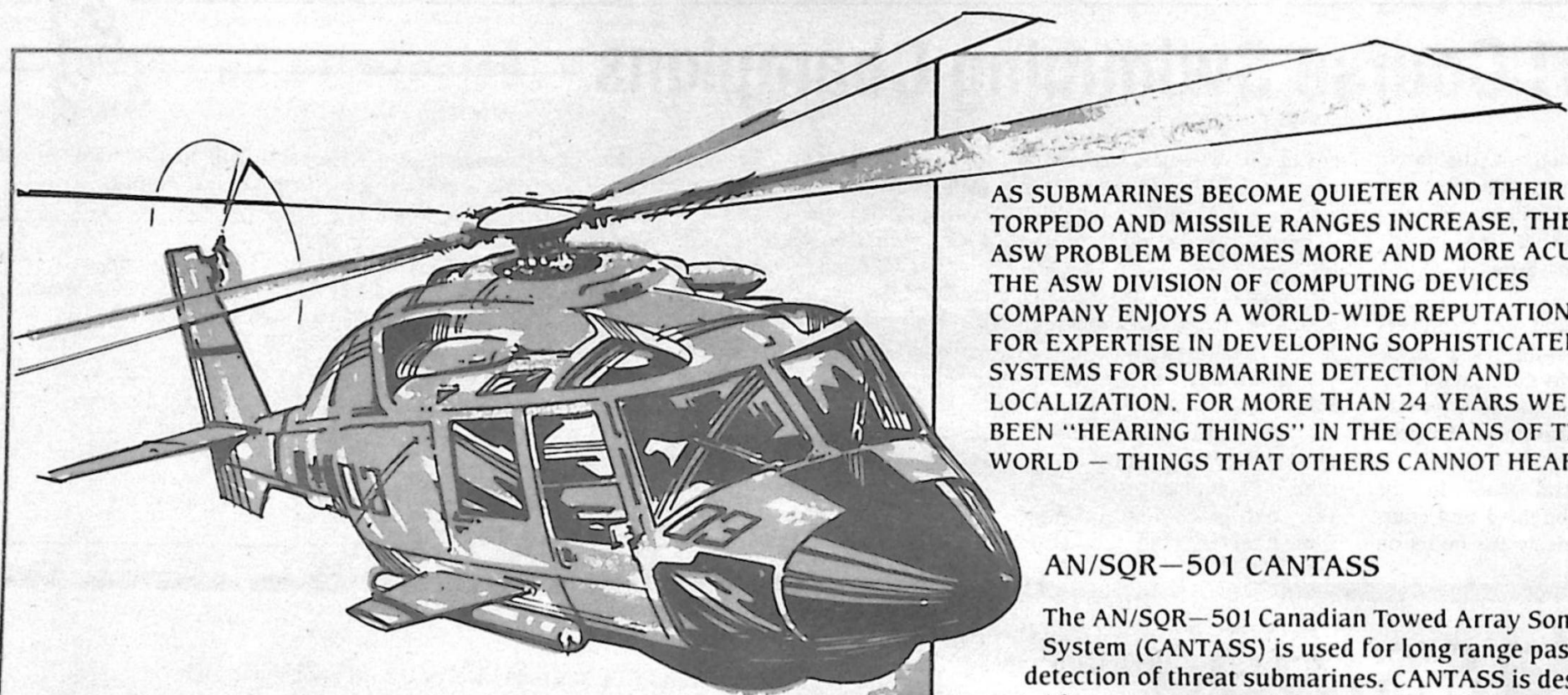
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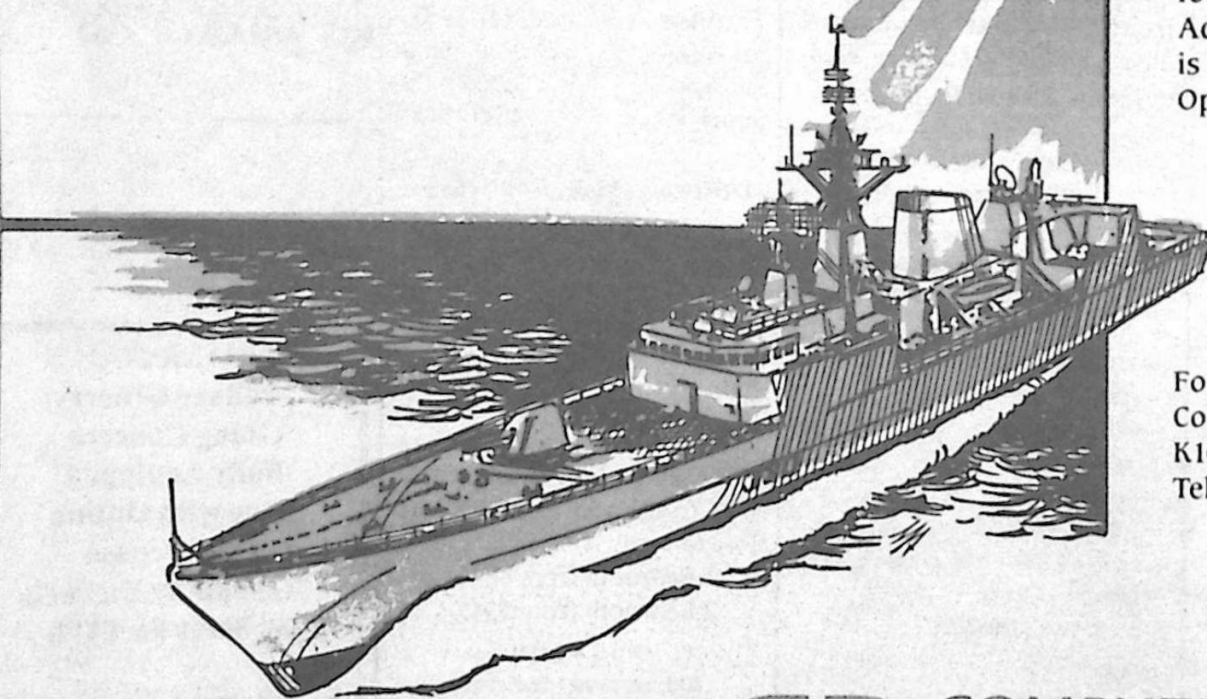
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