



TOTEM TIMES



Canadian Forces Base Comox B.C.

Vol 28 No 10

June 5, 1986

Deadline is Monday, June 16, 1986

Cost: Priceless

Briefly

Tribal Class update

Assoicate Defence Minister Harvie Andre announced government approval of the \$1.2 billion Tribal Class Update and Modernization project (TRUMP) at an Ottawa press conference recently.

Litton Systems (Canada) Ltd. of Toronto has been selected as the prime contractor for the project. Treasury Board approval to proceed with the Tribal Class Update and Modernization Project (TRUMP) clears the way for the contract award.

Under TRUMP, Litton Systems Canada Ltd. will upgrade HMC Ships Iroquois, Huron, Athabaskan and Algonquin, all of which entered service in 1972-73.

Assistant Deputy Minister (Policy) Appointed

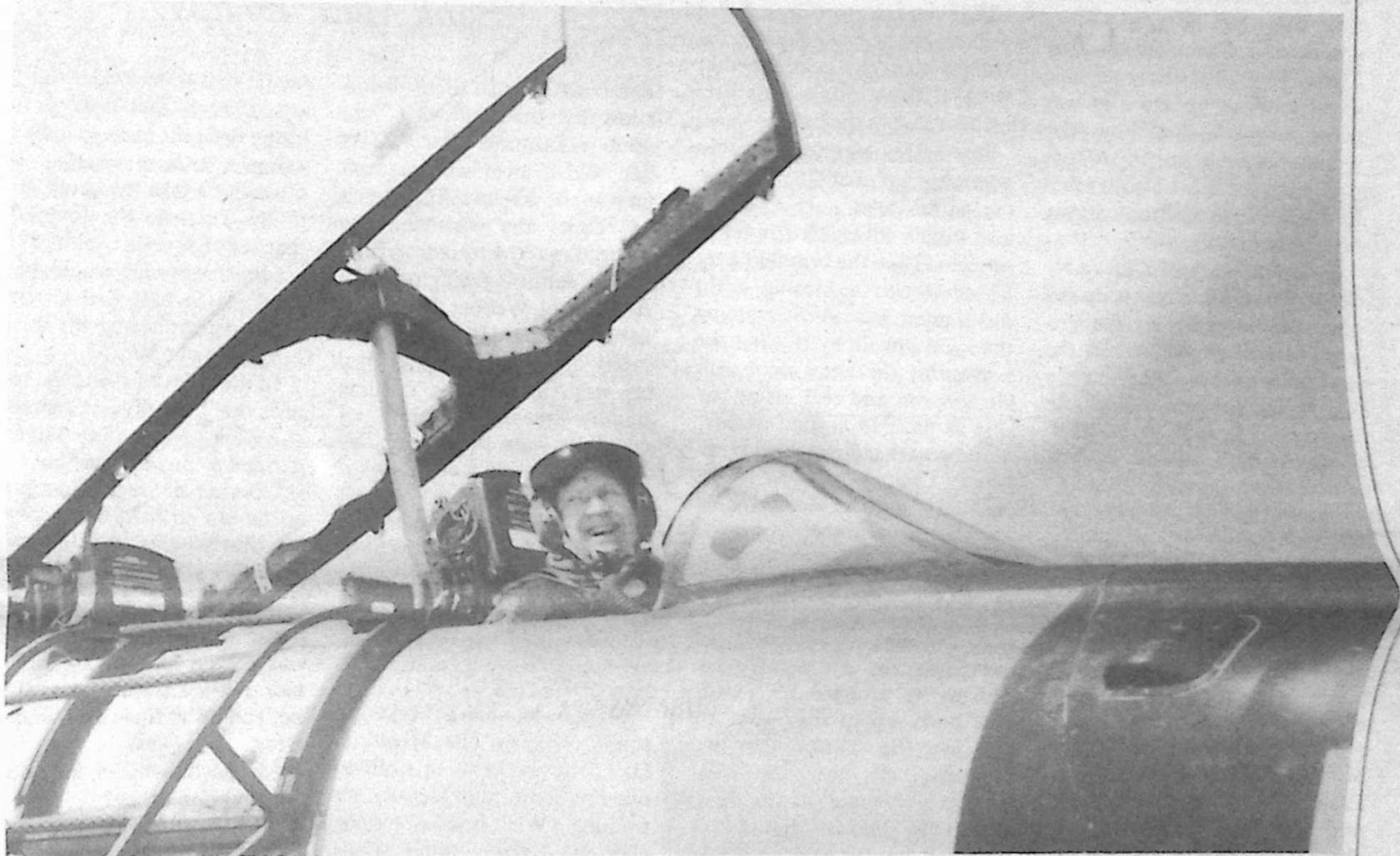
Ottawa -- Mr. Robert r. Fowler, 42, has been appointed Assistant Deputy Minister (Policy) for the Department of National Defence (DND). His appointment is effective June 2. Mr. Fowler, a native of Ottawa, joined the Department of External Affairs in 1969.

Colonel of 1st Canadian Sigs extended.

Ottawa -- The Chief of the Defence Staff, has announced the extension of the appointment of retired Colonel Peter H. Sutton as Colonel of the 1st Canadian Signal Regiment until June 1988.

The position of Colonel of the Regiment is an honorary appointment of great prestige awarded to a high-ranking retired officer in his field of specialization. A Colonel of the Regiment acts in an advisory capacity on matters of significance to his regiment and plays an important part in fostering esprit de corps throughout his regiment.

32 Years Later



Way back on the 30th December 1954, then F/O A.C. Brown flew T-33 serial number 119. At that time he had amassed a grand total of 305 hrs. This was composed of 203 hrs prop and 102 hrs of jet time. Almost 32 years later, on 29th May 1986, LCol A.C. Brown flew what will probably be his last trip in the Canadian Forces in the very same aircraft. LCol Brown, known familiarly as Red Lead is the Base Operations Officer at CFB Comox.

At this time his log book shows an impressive 5237 hrs total and guess what? Still only 203 hrs prop time. Red Lead flew a

Trackex accompanied by Major Don Harrington. Don's remarks after the trip were: "He hasn't lost his touch." VU-33 fittingly painted his name on the bird and the servicing crew wore their VIP white coveralls for the historic occasion. What's it like to fly an aircraft that you flew before some of your staff were born? We think his grin speaks for itself. Incidentally 119 has amassed a total of 8800 flying hours and it probably had around 1000hrs in 1954, so the bird has done a bit more flying than the Colonel but then it never had any of those damn ground tours.

Gunships returning to Comox

Six Hercules aircraft - three of them configured as AC-130 Gunships-will be deployed with four HH-3 helicopters, and their personnel and equipment at CFB Comox from 15 to 29 June, 1986.

Two American units - 129th Aerospace Rescue and Recovery Squadron (ARRS), and 919 Special Operations Group (SOG), will conduct

joint training operations, including tactical and live-firing exercises.

Approximately 330 personnel are involved. Both squadrons will operate out of CRA, and use hangars 10 and 11 and buildings 102 and 116 for their maintenance, administration and operational duties. Most of the personnel will live on base, and use base facilities: they also hope to

hold exhibition soccer and baseball games during their stay.

VU 33 and 442 squadrons will participate in the exercise, which is a repeat operation at Comox for our American friends, who will assemble in the 7 hangar briefing room at 0930, Sunday 15 June for short talks by the Base Chief, Base Security and BPerO sections,

plus an outline of local Air Traffic Control procedures by Air Traffic Control.

CFB personnel who wish to fly on the USA gunships during live fire sorties should submit their names through section heads to Base Ops as soon as possible. D/BOPsO will coordinate replies and advise personnel of their trip. Please make our visitors welcome.

Environment Week June 1-7

SECTION NEWS



Anker Klankin'



"Look Ma....no tips"

What an event filled past two weeks it's been at the fighting 33rd. The squadron is proud to welcome the newest member into its family of fine dudes - Pamela Clements, who is the little baby girl born to Gloria and Richie Clements on May 23rd. We all believe Richie when he says he knew it was going to be a girl, how else would he have known to use pink yarn for those booties that he's been seen knitting during his coffee breaks.

It was all work and just a little play as 33's birds were off doing airshows during the Victoria Day weekend. While the CO and Enormous Potvin were busy trying to keep their static display area in Edmonton clear of scantily clad, bikini bearing beauties who insisted on sun-tanning alongside the mighty Tracker, 500 miles to the south in Spokane, Barry Bam Boosle was busy trying to keep up his image as a sweet talker/hustler with the ladies. This reporter happened to notice what little success the Sarge was having and attempted to give a few helpful tips and pointers, but even this resulted in Barry being forced to hit the cold showers. Nevertheless, he was still in fine enough spirits, as the Tracker taxied past the air-

show spectators, to stick his torso out the hatch and give them the unofficial official VU-33 salute. Needless to say the airshow announcer was almost fooled into thinking VU-33 had a squadron wing walker, but he came back to his senses when he realized that wing walkers don't get their bellies stuck in the hatch.

Honorable mentions on this trip also go out to Russian Ouelette, Mountain Mikey, and Ray Webber. Ouelly (kind of sounds like the brand of beet he developed a kinship with) did a great job at entertaining the local vocals by trolling the bottom of the hotel pool with his new rod and reel, using car keys as bait. Mountain Mikey, on the otherhand, showed great Johnny Canuck prowess as he accepted a Yankee challenge to waterski in water, which was unknown to him until his legs were actually numbed from the spray, was verging on subzero temperatures. Despite the agony which he was in, he kept that maple leaf grin on his face even as he dragged his numb blue body up to the beach to reassure the Yanks that we Canucks ski in that temperature of water all the time. Let it be known that MCpl Webber has earned the title

Retailer Ray with great distinction by the following act: upon realization that VU-33 had sold a mere six squadron hats at the airshow in the past 3½ hours and whereupon he realized that the squadron fund was in danger of stagnating in size, MCpl Webber with total lack of regard for his own safety and well being, pushed his way through the swelling airshow masses, a box of squadron hats bore upon his shoulders, and sold an unprecedented 30 hats in 20 minutes. For a normal man this would have been an incredible feat, but the squadron recently learned that Ray has had former experiences as a professional gypsy street salesman in the old country. So that's how he did it!

Some members of the squadron spent the Memorial Day long weekend in California for some high density air training. Well besides coping with the large volume of air

traffic that is particular to that area, the crew had its hands full trying to fit the large volume of souvenirs, trinkets, clothing and other FOD into the cargo area of the Tracker. No doubt the number of articles coming back across the border would have been cut in half had Gibby's wife commandeered his credit card before he left.

In the spirit of being the red-neck that he really is, Chainsaw Cuthbert, while in Tijuana decided to buy not one but two six shooter holsters. That in itself is not so bad, but remember that Chainsaw only owns shotguns. Captain Reimer even got into the purchasing mood while in Tijuana. He has a fetish for leather goods and was forced to buy his wife a pair of black leather pants after he couldn't find any underwear.

My gosh, what a life those 33rs live don't they?
ANKR 95

Tech Side

"Play Ball" - Diamond talk was the dominant subject at the coffee breaks this past week; our ball team manager Bruce Driver has been signing up the VU 33 line up. If you haven't checked in then give it some thought as Bruce says he needs a few more. Who would want to miss being coached by our own Pete Morrow and represented by Dan Dureau. First game is Wed. June 3rd, 1700, at the Canex Sports Field. Its VU 33 vs BTNO.

Wayne Hay is sailing it on Wayne Southward's single master. Skipper Wayne S. figured that with sailor Hay rotating the spokes a little fishing could be done. But tillerman Hay played hard tack all day and helm's aleed all oe'r the bay.

We wonder if a certain captain was transferred from BAMSO to the BISO's office because he was getting to old to climb the stairs to the third floor of 7 hgr. We also wonder what the BAMSO is going to do about the trauma resulting from splitting up the Bobbys

Twins.

Rumour has it that all the "has been" aircraft in the air-park will soon be joined by the pride of the fleet, a CT 113, in proud VU 33 colours of course.

The Friday afternoon "Mug Out" was an enjoyable event. Laurie Lowrie, a former member of the VU 33 O.R., was presented with a special "Clerk O the Room" plaque. Tech O the Quarter went to Cpl Mike Woodworth. Great work Mike! Our "Best of Friends" award went to Barry Vandussen. He was presented with the "never empty" mug with built in 2X1 circular, nose pressed, low range indicator. Going away plaques were given to Sgt Tom Livingston who is off to Camp Borden and Bill Kerekes who lucked in on an overseas tour. Tom will do anything to lunch at McDonalds. Tom also received a brass pointer set to deck out his Borden class room. The SAMO, Capt Irvine, was presented with a brass pointer kit designed for one who can put it all together.

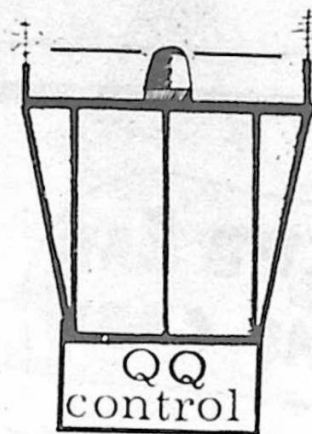
VU 33 Greenpeace Rep. Is Gerry Gerow so hot on conservation that he trolls up and down the straight keeping Dogfish and throwing Salmon back in???

Ted Kaler was called front and centre by Major Owens to receive the pleasant surprise of a promotion to the rank of Sgt. effective 1st July. Now we'll really have to listen when he says something. Congratulations Ted.

Vicklund on the Ram-Denis had a disagreement with NCO 1/C supply the other day. While boating off the A.F. Beach Denis spotted him and set ram course and speed Angler(?) and temporary first mate Ray Morrison alerted the unsuspecting Supply 1 just in time.

Fred is such an avid fisherman that when he lost his last hook he took the prop off his motor and used it as a flasher. That's what I call Savoir Faire!"

SECTION NEWS



As The Beacon Turns

It's been a great week not only weather-wise but career-wise. This place could become well known not only for its climate but for promotions. Congratulations go out to Cpl Kiodhis promoted to MCpl effective 1st July; MCpl Huntley promoted to Sgt effective 1st August; and Sgt Garlough promoted to WO effective 1st July. Congratulations are also extended to WO Campbell who received his letter indicating he is the next MWO on the list. As a result the resident MWO is watching his six O'clock.

The standards team made up of Maj. McCrimmon, Maj. Highway, and CWO Graham will be visiting the unit from June 8 to June 13. Maj. Marchment and MWO Camplin from 14 TRG GP and Maj. Garbutt from DEEM 3-7 and Maj. Al-Molky from TRACS STU are also visiting at that time. I am sure the ATC crew will make them feel welcome and help make their stay enjoyable.

Everyone enjoyed good weather and good food at the June 1st mug out. The Fishing

Derby was extended until June 6, so there's still a chance for any late comers to sign up.

While we are all accustomed to the eccentricities displayed by our controllers, we just had to have an explanation from Capt. Tom McQuade when he arrived at work with a plastic squirt gun. He claimed that he brought it for his baby daughter, Chelsea. (Who by the way is only 1½ years old). But we all know different. Spring fever takes many forms doesn't it.

Dave

Proud New Papas



Brown and Bowes take over the DIAC

Base Supply

Welcome once again to the bi-weekly Supply news.

Baseball season is almost upon us and the Supply teams are preparing to take it all. Knock em dead folks!

Sticking with sports, Supply had its annual golf tournament last Thursday. The champs were Wally Berger's team. Keith Gelder's team took second place, and George Seykora's team finished in third. Speaking of golf, best of luck to Wally Berger on his upcoming golf tournament. He will be competing in the First Annual Club Champions Championship in Kelowna. It's not the B.C. Games Wally, but win it anyway.

Recently retired Jack Gibson is working once again in the Supply world. He has just climbed aboard with all the

happy people at Quadra.

Cpl Martin has changed desks and is now working in Customer Services. Sgt McConnell, our Resident Administration Clerk is moving over to the B.O.R. She will be replaced in July by Sgt Trevina. Pte Price is on his way to the Golan Heights on a six month tour.

What comes with new furniture? A new Sgt. Sgt Sears will soon be sitting comfortably in charge of Clothing Stores and Sgt Pearce takes over the reins in General Stores.

With this great weather I'm sure MCpl Boudreau is having a great time on his week long trip up the coast by boat. We are going to be hearing some great fish stories after this I'm sure.

A Logical Technical Explanation



its normally a Small problem

WOs & Sgts Mess

JUNE ENTERTAINMENT

JUNE 6th - Fishing Derby, T.G.I.F.

6 June through to 15 June at 1400 Hrs \$2.00 entry fee.\$400.00 in prizes to be awarded at the mess at 2000hrs., 15 June.

JUNE 13th

Mug out Bamso and M.P.s - T.G.I.F.

JUNE 18 - GOLF TOURNAMENT

Tee off 1400 hrs. Entry fee \$2.00 plus Greenfees. Prizes at mess after tournament.

JUNE 20th

Mug Out, 407 and 442 Squadrons - T.G.I.F.

JUNE 21ST

Candlelight Dinner, Cost \$35.00 per couple. D.J. Country Gent, Corsages for the ladies.

CUT OFF JUNE 6th

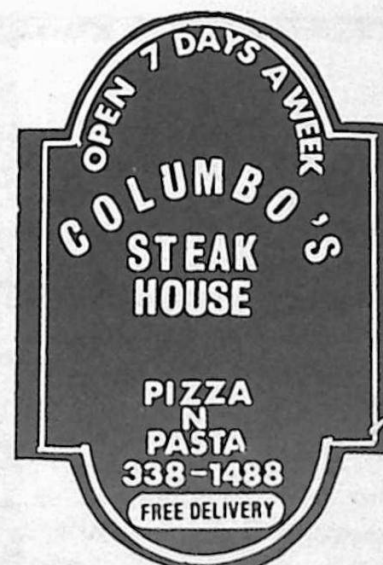
JUNE 27th -T.G.I.F.

Retirin'



Maj Owen presenting

MCpl "Woody" Woodburn



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EDITORIALS

The Coquihalla... its great!

Emerging from the tortured snake that some are pleased to call the Island Highway, Vancouver Islanders, long deprived of decent roads to drive on, might feel a little disgruntled at their first sight of the opulent, magnificent Coquihalla Highway. Leave your grumbles behind. The Coquihalla is beautiful. Not only that, it is good value for your eight dollar toll.

Even with the Merritt-Kamloops stretch (Due for completion in 1987), which is a smoother version of our Nanaimo-Campbell River torture track, the Hope to Kamloops loop can be driven

about two hours faster than the Frazer-Thompson Canyon route. Why? Flagpersons—that's why. There are dozens of 'em on the Trans-Canada, which is undergoing extensive repairs, and that's what slows you down.

Want another reason to drive the "Coq"? The highway runs high in the mountains for most of its path, and the scenery is gorgeous. No clearcutting, no smokestacks. Just trees, grass, lakes and mountains, largely unspoiled.

This highway is an engineering marvel, built for its time...Now, about the Island Highway Mr. Premier...N.V.B.



Motorcycle Safety

Base Commander's Policy

As your Base Commander, I have become very concerned over the increasing numbers of personnel involved in motorcycle accidents. These accidents create a terrible cost in terms of lost manpower, medical expenses and subsequent rehabilitation of the individual, if he is fortunate enough to survive the crash;

In order to ensure that every motorcyclist on this base is aware of the skills required to operate his/her vehicle safely, I have directed that a one-day seminar on motorcycle safety be conducted under the coordination of the Base Transportation Officer, as part of the Privately Owned Motor Vehicle Safety Program. This seminar will consist of classroom instruction only and will be compulsory for all military and civilian personnel who wish to operate a motorcycle within the confines of CFB Comox. Personnel who can produce documentary evidence of having previously attended a Canada Safety Council (CSC) approved motorcycle course may be exempted from attending the seminar. Further information on the seminar will be available in WROs or by calling the MSE Safety section, Local 2263.

Col. B. Kadonoff
Base Commander

Dad...

Father's Day is on June 15, which happens to be a pay-day, an opportune time for working mothers and children in receipt of allowance, to dig down and Do Something For Dad.

He'd like a B.M.W., but will probably settle for a Big Mac or a Whopper, if it is with his near and dears. He'd like breakfast in bed, or to hear the sound of his lawn mower from inside the house.

He'd like dinner with his family, or with his lady. He'd like any small thing that tells him he's Number One for the day.

It's not easy being a Dad. On June 15, tell him he's OK. N.V.B.

Our Next Deadline 16 June

Our Environment...

In the last two decades, we Canadians have become aware as never before of the importance of the environment to our well-being and economic health.

Acid rain, toxic chemicals, polluted air, nuclear accidents, noise, litter and disease seem to be the legacy of Man on his planet.

We've got to clean up our act if we want ourselves and our children - and all the fauna and

flora of this Earth - to live in good health.

Our centre pages and the green colour of this Totem Times edition are dedicated to the Environment, and what we can do to prevent it from becoming so fouled that it will eventually put mankind itself at risk.

Observe Environment Week, June 1 to June 7, by learning the part that you have to play in the future of this Earth. N.V.B.

TOTEM TIMES

Read in the Best Messes in the Canadian Forces
CFB COMOX, LAZO, B.C. V0R 2K0

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Second Class mail registration is 4098. Office phone: 339-2541

EDITOR: Gord Kruger (Local 2289)

ASSISTANT EDITOR: Gerry Gerow (Local 2615)

EDITORIAL STAFF: Bob Hollowell, Dick Ulm and Norm Blondel

BUSINESS MANAGER: Ron Fisher (Local 2560)

CIRCULATION MANAGERS: Shawn & Susan Johnson 339-0580

SECRETARY: Cathie Gibson 339-6557

CAMERA OPERATOR: Dave Gibson, Dave Blamire and Jerry Walton

PHOTOGRAPHY: Base Photo

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EDITORIALS



Lightside Norm Blondel

BEING FOLLOWED

I dislike being followed. It happens to me a lot—at work, at home and in stores—all the time it seems, there is someone behind me.

Sometimes it's a dog. Do you notice that dogs always try to come around behind you? Sneaky devils—they want a piece of my ankle.

Automobiles follow me when I'm driving. That's fairly normal, but occasionally a big black Lincoln plants itself on my rear bumper, turning when I turn, speeding up when I speed up, slowing when I slow down. Is it the CIA? Or the Godfather and his henchmen, perhaps. None of the above for me—so far.

At night, following automobiles get in my rear view mirror with their high beams. Turn the mirror down, and the beams slice in from the side-views. I end up driving with my bum on one side of the car, and my head on the other.

Being followed on foot is more nerve-racking. Just walking along a corridor can put a crimp in my cool. If the footsteps behind are big and heavy and coming closer, certain parts tend to pucker. The body edges towards the wall, regardless of what my feet want to do. Up goes a shoulder as the giant draws level: "Have a nice day," he says as he clumps by, and I feel just a bit

paranoid. Running upstairs is a by-product of not liking being followed. There I am, having a nice upward plod in Seven Hangar, when the first sounds echo from under. Pride will not let the feet overtake me, so I speed up a bit. The feet are one flight below, and gaining. So I crank on the gas, chest heaving a little, eyeballs protruding a touch. Still the feet tattoo behind, only a few steps away. Panic replaces pride: my steps are taken two at a time now, and the body doesn't like this one bit. It gives me chest pains, shortage of breath, leg cramps, wobbly knees and blurred vision from a set of fully bulged eyeballs.

With a last desperate lunge, I reach the door—first, triumphantly holding it open for my youthful pursuer, who is breathing normally. Young turkey—I tell myself, when there's enough air back in my lungs to restore consciousness—not as fit as I was in my day.

It's not all that bad when footsteps follow. Sometimes, the cadence behind is light and rapid—high heels perhaps—so you slow down a bit and veer sideways. This gives a good rear view, so to speak. In these "enlightened" days though, your dainty follower might possess a set of hairy legs.

Next Totem Times Deadline 16 June 1986

PARTY TIME

The Base Social Centre is open 7 days a week for your pleasure. Section socials, casual gatherings, or just sit and enjoy the wildlife.

Facilities Available

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- ★ ALL WEATHER BBQ
- ★ CABLE TV
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The Children's Wish Foundation

WHO ARE THEY

The Children's Wish Foundation of Canada is a non-profit federally chartered organization established to grant wishes to terminally ill children residing in Canada.

The main purpose of the foundation is to grant the favourite wish of a terminally ill child. It hopes to provide the family with some special memories, and possibly a diversion from hospitals, treatment and maybe a little of the pain.

During a time of heart-wrenching turmoil for a family, a "WISH" provides a welcome respite—a time of normalcy and just plain fun.

The foundation will consider the wish of any terminally ill child up to the age of 18 years residing in Canada.

A BRIEF BACKGROUND

A chance viewing of a television programme dealing

with the U.S. based Make-A-Wish Foundation provided the inspiration for Deborah Sims

Sims, the mother of three healthy children, was so moved by what she saw that she contacted the U.S. group the very next day. She was named President and Executive Director of THE CHILDREN'S WISH FOUNDATION OF CANADA. Operations began in February 1985. The foundation is a non-profit organization whose main objective is to grant wishes to terminally ill children residing in Canada.

Sims states the foundation's objective simply. "Our goal is never to say 'NO' to a 'WISH CHILD.'" All cases are carefully considered. Often the first request for a wish comes from the hospital where the youngster is being treated.

In its brief history, the

Canadian group has granted 57 wishes. Wishes have ranged from a visit with Mr. "T" in California to dinner at a favourite restaurant.

Timing is crucial. Terry, who had been suffering from recurring Ewing Sarcoma, had been asking to go to Disneyworld. The trip was arranged. On the return flight to his Ontario home, Terry passed away.

Provincial chapters have been established in Quebec, Ontario, Alberta, Nova Scotia, New Brunswick, and Saskatchewan, with Manitoba, Newfoundland and British Columbia being established by July of 1986.

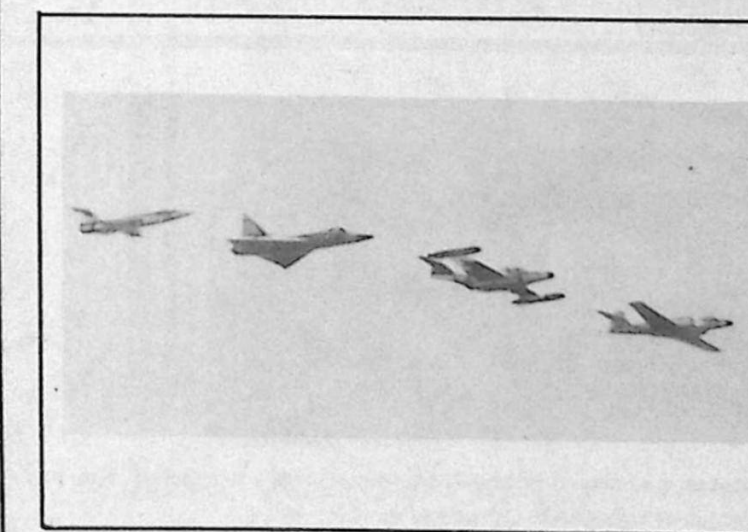
Donations should be sent to the Director of that Province.

Deborah Sims
(514) 844-2575

Military trivia What? Where? Why? When?



Answer From Last Issue



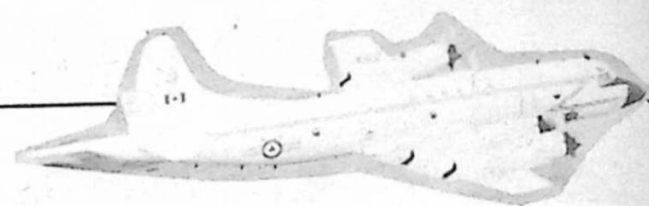
TRIVIA

The caption on this one calls it a "NORAD" formation, however we don't think the 104 was ever assigned to NORAD. The other odd machines are the F-102, F-89 and CF-100, circa 1960.



SECTION NEWS

Demon Doins



Diac maintenance goes to Base



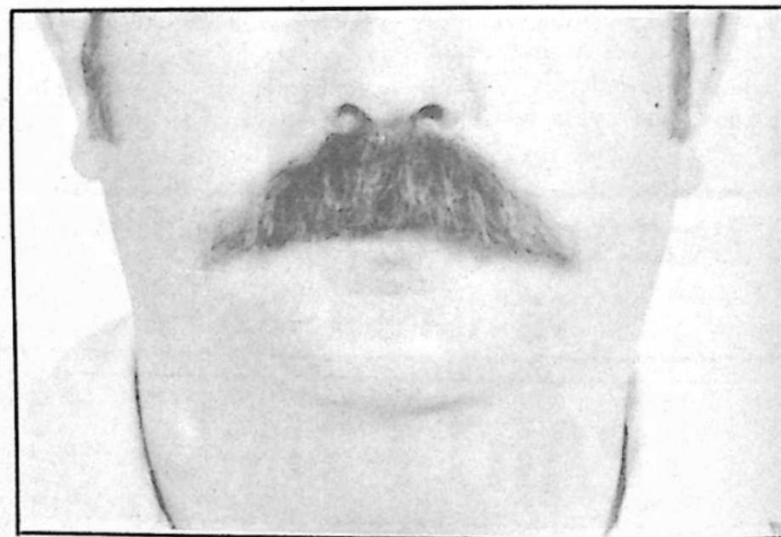
this is Eby's wrench Sir...he's still crying!

Summer has finally crept into the Comox Valley just in time to console the "other" half of the squadron not in Hawaii. We only hope that they find a quiet moment in their hearts for those of us left behind holding the fort, holding daily standby and picking up all their secondary duties. Of course there are some advantages, with crew three gone it is possible to get work done around the squadron, and with the depleted numbers it is easy to get your name on the list for the upcoming Mess Dinner. Also conspicuous in their combined absence has been the CO, XO, Flight Commander, Deputy Flight Commander, and Squadron Training and Standards section. But, no need to lose any sleep, JT Williams is back from Oberammergau with very clean pores so we are all in good hands, if we can keep him interested until his COS date.

Crew Six has not let its spirits be daunted, last week they had their barbecue at the beach, and no there wasn't anyone left past eleven o'clock. They did make up for it on Saturday by

having a "participation" type baseball game. Of note was the appearance of free agent Jeff Byam and the incredible glove and throwing hand of Herb Lightfoot. Crew Two has had its moral bolstered by the addition of Spike Lavigne and Jamie Keenan, late cuts from the Hawaii trip. It's good to have a couple of guys around who almost made it to cheer up those of us who weren't supposed to go anyway. For crew Four there is a special treat, Lt. MacKay is gone on a month course.

Last, and certainly not least is the case of the missing, well rather the case of the Mystery Moustache. You see, its not missing...yet. But, for one crisp dollar, if you can identify this moustache, and your name is drawn from the hordes of names wanting the honour, you may be one of the lucky ten people to shave this famous 407 moustache off its respective owner. Tickets available at 407 OR and 407 servicing. This has been a 407 reunion fund raising committee paid political announcement.



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888 Wing...the cadet success

After a long and apparently very successful training year, the results of the competition for scholarships has been announced. 386 Sqn has been very fortunate as the following cadets have been selected for scholarships:

Cpl Preiss - Flying Training
Sgt Baker - Gliding Training
Sgt Murphy - Gliding Training
Sgt Rice - Senior Leaders Course
Sgt Barker - Athletic Leadership

Penhold, Alberta. Cadets Laliac and Duke will attend the Aircrew Survival Course at Camp Wright, Alberta, and Cadets Cote, Johnston and Hayward will receive Aircrew Survival Training at Saskatoon, Sask. Cadets Shaw, Boley and Oke will attend the Vernon Band Camp in Vernon, B.C., and WO Masson and Sgt Windley will be employed on the staff of the Princeton Gliding Unit. FSgt's Forsyth and Neimi will be staff NCOs at Camp

Penhold.

All of those who have been selected for scholarships, training and staff employment are to be congratulated for their dedication and hard work. The wide variety and quality of training provided these Valley teenagers, the opportunity to meet other cadets, and to travel to the camps across the USA and Canada will undoubtedly assist them in their future endeavours.

Officers Wives Club

The members who attended the O.W.C. Farewell B.B.Q. Dinner at the Mess, Wed. May 21st, got a wonderful surprise when they found the main lounge of the mess transformed into a little french restaurant called "Chez Bernards." The restaurant's owner, "Bernard" Kadonoff was out of town for the evening but he entrusted his place into the very capable hands of his maitre D, "Terrance" Rogers and a staff of wonderful waiters and cooks. Entertainment was provided by "Jean" Reimer.

After an evening of delicious food, marvelous entertainment and door prizes galore, we retired to the other end of the lounge for our elections. Your Executive for 1986/87 is as follows.

President - Barbara Vermette
Vice President - Cindy Reimer
Secretary - Judy Kerkhoff
Treasurer - Lorie Russell
Refreshment - Shelly Lunsford
Welcoming - Jane Tasse
Publicity - Angela Rodzinyak
Telephoning - Shirley Carlyle
Bridge - Eleanor Pasanen



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AT THE WESTERLY HOTEL

TUESDAY, June 10, 1986
COME EARLY !!
8:30 pm.

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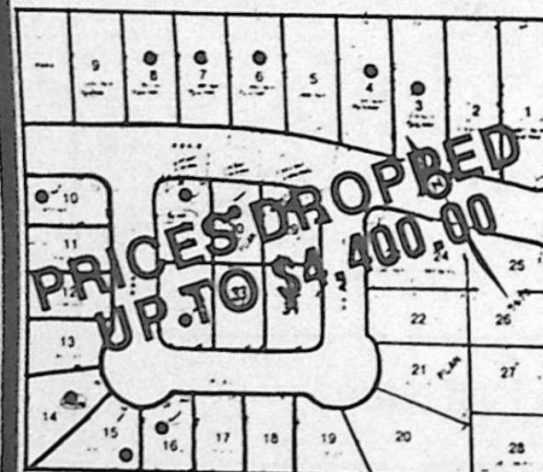
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fashions by pant-a-mine WESTERLY

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ANN DEN ESTATES



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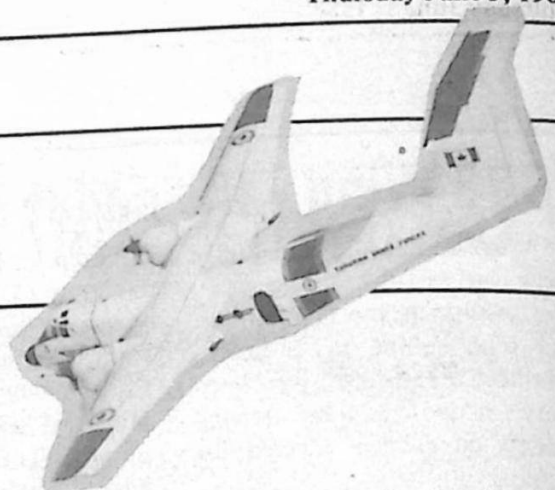
DIET CONSULTANT & 12 MONTH FINANCING PLAN

Looking for male/female Masseuse Therapist
Call for appointment.



SECTION NEWS

442 Squadron



Suggestion Award Winner...



SGT KEN NED

When Sgt Ned was a Flight Engineer on 442 Squadron he designed and suggested the use of a strap and pulley assembly to facilitate functional and cable inspections of the Labrador and Voyager Helicopter rescue hoists. His proposal was adopted and NDHQ gave him an award of \$150.00. Sgt Ned is now a Flight Engineer on 103 Rescue Unit at CFB Gander.

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As many of you will have noticed, the Snake's Lair has been rather quiet as of late. Most of the Squadron is spread across British Columbia searching for a missing aircraft. The aircraft, a Grumman Tiger with 2 persons on board, went missing on the VFR flight from Vancouver to Calgary on Monday, May 19. Search Headquarters is located at Kelowna with the illustrious Capt Bob Grant at the helm.

To cover the search area effectively, there is a Lab flight detachment at Abbotsford. Along with three relatively serviceable helicopters is the squadron resident hanger queen, Aircraft 312, now taking up valuable ramp space. Scuttlebutt has it the SAR Techs have tried to exchange it for a few cases of beer (the number goes down daily) but the locals

have understandably refused. They've all seen it parked there so long they feel it must be terminally ill (and they're right, in lieu of flowers, donations can be sent to the 442 Sqn beer fund). The three Buffalos are stationed in Kelowna. Capt Rick McLure, Acting Aircraft Commander, figured out a great way to save a quarter when calling Search HQ from the Kelowna terminal: call collect via the long distance operator. Nice work, Rick!

As well as the Buffalos, two Twin Otters from 440 are stationed in Kelowna.

On the home front, we have news of a few postings. Capt Art Sakamoto has received a 3 year extension which he will serve at RCC in Victoria. To replace him, the Squadron welcomes Capt Harold Mulder from 436 Sqn in Trenton. We

also welcome Lt Louise Neil from 3 CFFTS in Portage; she is the newest addition to Lab Flight. Unfortunately for Lt Neil, her OTU does not start til September so she will help the squadron in more mundane duties, such as Ops Officer.

Congratulations to Dave and Lori Vanderspek on their recent wedding. As Lori found out very quickly, SAR Ops have priority over a new wife.

442 Sqn has greatly appreciated the help received from 413 Sqn, Summerside. 413 Sqn sent down a crew headed by LCol Forrester to augment the Buffalo flight. As well, we appreciate the many part runs performed by VU 33 Sqn. They've probably hauled the parts required to build a complete Labrador and Buffalo. Thank you very much, guys!

Jr. Ranks Club

JUNE

- June 6 LIP SYNC II FINALS
DJ TERRIBLE, TERRIBLE, TERRIBLE
21:00 to 01:00 hrs
- June 13 ROCKY HORROR PICTURE SHOW
DJ TERRIBLE, TERRIBLE, TERRIBLE
21:00 to 01:00 hrs
Admission: \$2:00 in costume
\$3:00 no costume
- June 20 DJ SUMMIT MUSIC
21:00 to 01:00 hrs
- June 27 DOWN HOMERS NIGHT
FIGGY DUFF BAND Straight from NFLD
21:00 to 01:00 hrs
admission - \$3:00 in costume
\$4:00 no costume

Officers Mess

JUNE 86

JUNE 6 Mess Dinner June 13 T.G.I.F. (Pizza)

June 15 - Father's Day Smorgasbord

Reservations to mess Manager by 11 June

June 20 Monster T.G.I.F. English Fish and Chips

June 27 B.B.Q. Chicken

June 4, 11, 18, and 25

Coffee Hour 1000Hrs

1500 Graduate from UVIC

Degrees, certificates and diplomas were conferred upon more than 1,500 students the largest class ever to graduate from the University of Victoria, during Spring Convocation ceremonies May 30 and 31. Students in the largest graduating class in UVic's history came from Victoria, British Columbia and beyond.

Among the students from Comox who received degrees from UVic were:

Shayne Earl Craig, Bachelor of Arts
Kevin Bruce McPhail, Bachelor of Arts
Paula Lee Murray, Bachelor of Arts
Sandra Jean Robinson, Bachelor of Arts
David Anthony Sheehan, Bachelor of Arts
Kathleen Donna Urdahl, Bachelor of Arts
Jonas Erik Kvarnstrom, Master of Music



Banana oil does not come from bananas; it's a synthetic compound.

SECTION NEWS

CASARA: becomes a reality



OTTAWA--Bob Goldie, president of the new national chapter of the Civil Air Search and Rescue Association (CASARA), signs a Memorandum of Understanding with the Department of National Defence and Transport Canada during the chapter's inaugural meeting. Michael Forrester, parliamentary assistant to the Minister of Transport, witnessed the signing; Lieutenant-Colonel Robert Nicholson represented the Directorate of Air Operations and Training at NDHQ. The objective of the agreement with the Civil Air Search and Rescue Association (CASARA) is to preserve life and property by promoting aviation safety education and by securing civilian air search support services to augment search and rescue units of the Canadian Forces. The establishment of CASARA is a major step in the revitalized government program to harness the talent, energy and resources of many to provide the National search and rescue system with an additional capability. When fully operational, it is anticipated that CASARA will provide 1,500 aircraft and 6,000 motivated and safety-conscious search and rescue volunteers.

WELCOME TO LYCOMING IND.
ARLINGTON VIRGINIAI WONDER IF WE CAN GET A
COUPLE OF BALL CAPS OUT OF THIS?

ATTENTION

RELOCATION of Dr. D.A. Doty

Dr. D.A. Doty would like to announce the relocation of his main office to Victoria. For the convenience of his patients and the physicians of the North Island his office at Suite 110 520 2nd Ave. Campbell River B.C. will be open on a regularly scheduled basis. For information and appointment telephone 286-0735 or 1-384-4561 (24hrs).

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Yellow Tees

Tuesday the 27th of May was a busy day for the Glacier Greens ladies. Congratulations go to Irene Marshall who shot a 64 net to win the Powerhouse Trophy. The trophy was donated by Stu Moller.

The CLGA pin day awards went to Trudine Berger - 2nd low net and to Barb Carter putting.

The Telephone Challenge Trophy day was won by Port Hardy.

SPORTS & RECREATION

Sport Shorts

PAC REGION GOLF PLAYDOWNS

The CFB Comox PAC Region Golf Playdowns will be held on the 16, 23, & 30 July 1986. All rounds will consist of eighteen (18) holes and the best two (2) rounds will count. Registration cost is \$3.00, plus Green Fees for non members.

The top five (5) golfers will proceed to MCCHORD AFB, Wash. for the PAC Region Championship 12 - 14 Aug 86. Interested personnel are to register with the Base Rec Centre Local 2315.

Deadline for registration is Mon 14, Jul 86.

BRONZE MEDALLION/BRONZE CROSS COURSE

A Bronze Medallion and a Bronze Cross Course will be conducted at the Base Pool 16 - 27 Jun 86 from 1800 - 2100 Hrs. Cost for the course will be approx \$40.00. All Candidates must be a minimum of 13 years. It is recommended that each candidate hold the Lifesaving III and Senior Resuscitation Awards. To register contact the Base Rec Centre Local 2315 NLT 13 Jun 86. The course will be available to the first 12 applicants.

ADULT LEARN TO SWIM

As part of our Water Safety Program here at CFB Comox we are going to offer adult learn to swim classes. These classes will be open to all Military, DND and NPF Employees. Twelve (12) people are required to run the course. The course will commence on 23 Jun 86 and will be held on Mon, Wed, and Thurs from 1600-1700 Hrs. Registration deadline will be 19 Jun 86.

CASUAL SWIMMING

The Base Pool will be open for Casual Swimming on Mon, Wed, and Thurs from 1800-1900 Hrs Commencing Mon 9 Jun 86.

COED AEROBICS

With the summer here, the Gym is running COED Aerobics Classes. The instructor is Lt. Linda Becker and the Classes are held on Mon, Wed, and Fri 1200 - 1300 Hrs. There is a muscular endurance segment of 15 minutes which will continue until 12:45 Hrs for those who can attend. These classes are open to all Military, DND and NPF Full Time Employees.

Also all Military personnel are cordially invited to attend the Physical Fitness Classes being conducted at the Base Gymnasium on Tue, Wed and Fri from 0730 - 0830 Hrs. Come out and enjoy an hour of fitness and recreation.

SOCCER CLINIC

CFB Esquimalt will host a class III (SR LEVEL) Soccer Clinic from the 25 - 27 Jul 86. Cost will be \$35.00 including material and examination, no experience is required. If you are interested in attending the Clinic, submit your name to the Rec-Center at Local 2315, no later than the 10 Jul 86.

TOTEM WOMENS SOFTBALL

The Servicewomen's softball team is again participating in the very competitive Comox Valley Ladies League which is comprised of 8 teams from local and surrounding areas.

There are many new faces this year plus a great deal of enthusiasm, and with coach Barry Vandusen, the team is spending many hours practising for League play and some upcoming Tournaments. The end result of course, is the Regional competition in July and if successful, a chance to regain the National title in August.

TOTEM MENS SOFTBALL

This year is shaping up as another excellent year for CFB Totems Men's Base Team. New additions to the team are proving beneficial to the defensive aspect of the game. The pitching staff is very strong with Ron Pennell, Pat Armstrong and Dave Lepatrourel manning the cannons.

There is lots of experience on the infield with bill Talbot, Ken O'Brien, Steve Tinker, Ken Jenkins, Ken MacDonald, Jack Picard and Darryl Sears. Bryan Beals has helped the team and will remain with us until his transfer date. In the outfield we have Gord Jones, Mick Hatch, Denis Mahoney-Bruer, Rick Manczuk, Dave Biskey. Al Rice is the coach and ass't coach is Dave Lepatrourel. Sharing the captain duties are bill Talbot and Ken O'Brien and manager for the team is Graham MacDonald.

So far this season the team's track record is 2 wins and 4 losses, however a few of the games were very close and as the season progresses we intend to get the sticks going and be a contender in the Bill Moore League.



Ontario Wildlife of Canada

Pipe Smoke

By Gerry Gerow



I've got an excellent book for you this week. *Smoking Salmon and Trout*, by Jack Whelan, Aerie Publishing, RR 1, Bowser, B.C., V0R1G0. \$15.95.

When a writer friend first told me about Jack's book he seemed overly enthusiastic. After reading it, however, I have to say he wasn't enthusiastic enough. Jack, himself, is very proud of the book and he has reason to be. It's nothing short of a masterpiece, and I doubt if there's anything comparable on the market.

If I was to criticize it at all, it would be that the title is slightly misleading. Every possible means of preserving and preparing salmonid fish is included. many of the techniques are applicable to other types of fish as well.

It is a cook book, full of recipes for marinades, pickling solutions, brine and other preservation preparations. As well there are many recipes for preparing fish for the table, especially those that have been smoked, marinated or pickled.

Want to learn how you can prepare red caviar from salmon eggs, every bit as good as the stuff people pay \$60.00 a pound for, or how to make fish sausage? Just read Whelan's book!

Smoking, of course, is thoroughly covered. Both hot and cold, and the differences between the two explained. Salting fish for preservation is another subject well detailed. Ever wonder what is meant by terms such as Scotch smoked or hard salted?

Everything is carefully detailed and explained. There are well over 300 photographs illustrating the various techniques of fish preparation and preservation. The book has an impressive 230 pages.

After reading the book, I firmly believe that everyone who catches fish, needs it in his home. I happen to be an individual who enjoys the finer things of life, especially when it comes to food. This book tells me, in detail, how to prepare, at home, fish delicacies that I have

previously only seen in expensive European restaurants. In fact, Whelan did a lot of his research in Europe.

Whelan lives in Deep Bay on Vancouver Island, in the heart of salmon and steelhead country. This gave him the opportunity and plenty of raw material to test and perfect the many processes and recipes he has included in the book. many of his techniques have painstakingly been developed over a number of years.

You should find it in most book stores, or you can write to the publisher and receive an autographed copy.

XXXXX

Reading the book I have just reviewed brought to mind a lot of points, so often neglected by fishermen, particularly beginners. If fish aren't handled properly after they're caught, much of the eating enjoyment may be lost, and worse yet, the fish may spoil. I like to clean my fish, right on the water. This gets air into the body cavity to cool the fish and the parts that spoil rapidly, away from the rest. I favour returning fish entrails to the water, as they are food for other fish. Why waste them? Don't leave them littering the shoreline, however. If you leave the head on, and you should, be sure and completely remove the gills. they spoil very fast. Why leave the head on? A couple of reasons are: It makes it easy to transport and hang the fish in the smoker, and the cheeks of pan sized fish are probably the most delicious morsel of the critter.

It was surprising to find out that many fishermen don't know that what appears to be congealed blood along the spine of a fish, is the fish's kidney. it should be completely removed as it is slightly poisonous in some species and can cause a bitter taste to the fish.

All fish should swim three times: Once in water, second in cooking oil, and thirdly in a good wine.

New Parks on Coquihalla

NEW PARKS ON COQUIHALLA HIGHWAY

Parks Minister Jack Kempf announced plans for major park and recreation developments along the Coquihalla Highway. The announcement includes three new parks totalling 306 hectares, capital improvements totalling more than \$800,000 and plans for further park expansion as phases two and three of the Coquihalla project proceed. Highlights of the announcement include:

KENTUCKY-ALLEYNE RECREATION AREA-this existing provincial recreation area will be expanded to accommodate two new campgrounds totalling 100 new campsites. In addition, boat

launches for small craft and car parking facilities will be constructed at both Kentucky and Alleyne Lakes.

Future sites for further park development are now being planned near the Coquihalla Summit, the Lac Le Jeune Plateau and in the lakes district between Merritt and Peachland.

"These parks will take advantage of the spectacular scenery surrounding the new highway and will provide attractive year round recreation opportunities. Plans at Kentucky-Alleyne and other sites along phase two and three of the highway will ensure that ample recreation facilities will be available to meet the needs of the public."

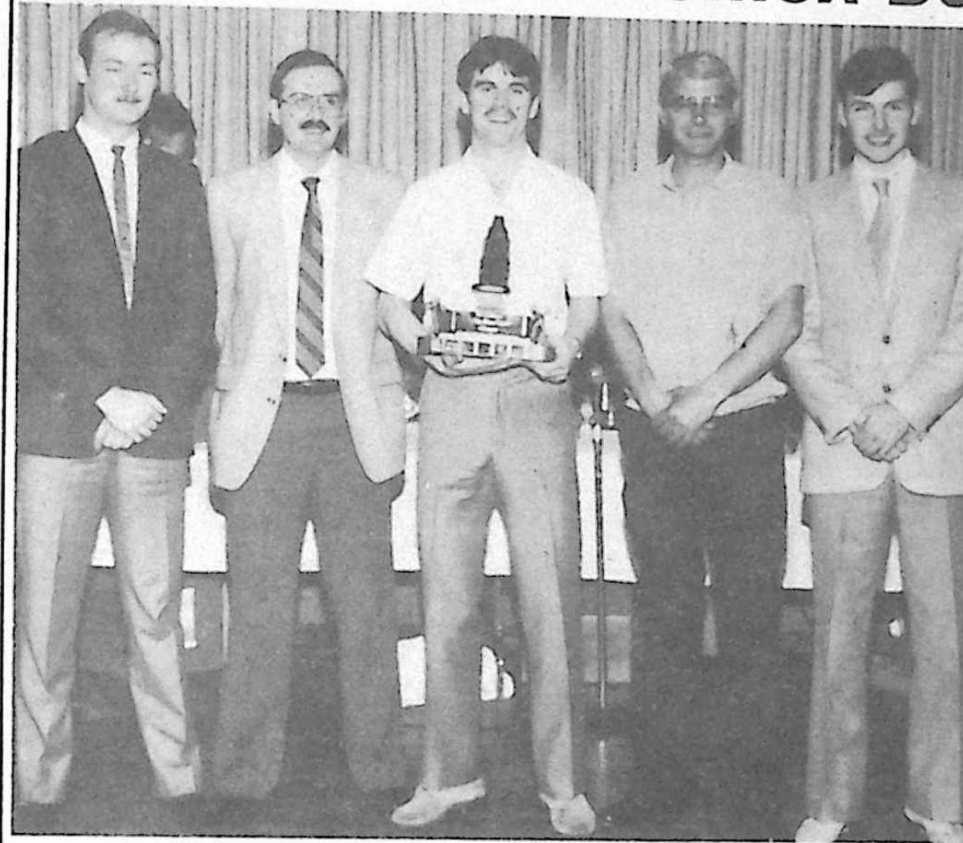
COQUIHALLA RIVER RECREATION AREA (100 hectares) - a provincial recreation area designed to provide summer day-use access to the river for fishing, hiking, and picnicking.

COQUIHALLA CANYON RECREATION AREA (100 hectares) - a provincial recreation area to be developed close to the highway to protect the recreation and heritage values of the river and abandoned railway tunnels. Parking, trails and a viewpoint have been developed by the citizens of Hope.

COLDWATER RIVER PROVINCIAL PARK (76 hectares) - a park to provide access and protection for recreational uses including fishing, walking and picnicking along the river.

SPORTS & RECREATION

CFB Comox Bowling Association



The "Whogaf"



The "Twist Tops"



The "Rowdies"

CFB COMOX 5 PIN BOWLING ASSOCIATION REPORT

The bowling season has finally come to an end. This season was the most successful season that the Association has had. The members participated in more tournaments than ever before, and we even hosted a few for Northern Vancouver Island.

The annual banquet was held at the Westerly Hotel on the 9th of May with 176 persons attending. The music was supplied by Audio Express and quite a few danced until closing. The Westerly again put on an excellent meal with no one going away anything but full.

The new Association President MCpl Harry Weeds was elected, and all league trophies (purchased at Nu World of Awards) were presented at this time. The Winners are:

Monday Mens League - WHOGAF
Sunday/Wednesday Mix League - TWIST TOPS
Tuesday/Wednesday Ladies League - ROWDIES

1st low gross winner
Bill Bolch, Calgary

Once again CFB Comox Engineering Section played host to Western Canada Engineers in a 36 hole golf tournament which took place on April 25th and 26th. Ninety-nine golfers took part in the event.

Host for the tournament was Capt Tom Esler who started the event off in fine form.

The annual event has become some what of a reunion for participants from the Construction Engineer World.

The 10th Annual CE Golf Tournament

1st low net winner
Dave Campbell, Victoria

Many thanks from all engineers to the very helpful hand of Base Transport, Base Housing, Quadra Supply Section and the organizing committee.

WINNERS:

1st Low Net - Dave Campbell 138 from Victoria
1st Low Gross - Bill Bolch 148 from CFB Calgary
Sgt Ted Harvey was the winner of the Air B.C. Return Trip-for-two anywhere in their flying world.

Remember Father...June 15

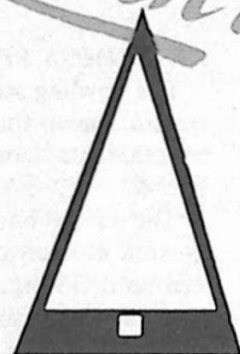
*Let's
Clean it up!*



Take a good look around your home or office - are you storing any toxic cleaners, paints, solvents or deodorizers? Are there any aerosol cans or spray containers in your cupboard? Do you use chemical pesticides or synthetic fertilizers in your garden?

A growing number of personal and household products we use every day are both harmful to human health and damaging to the environment. Many contain poisonous compounds that release contaminants into our air, soil and water. They also contribute to the problem of hazardous waste. Now's the time to get rid of these dangerous products and replace them with non-hazardous substitutes. But before you throw away any left-over chemicals or containers, find out how they should best be disposed of, in a safe and environmentally sound manner.

*Let's
Green it up!*



Plants and trees are important environmental elements in our neighbourhoods. Besides being visually pleasing, greenery helps to improve air quality by absorbing and filtering pollutants. It provides us with shade and windbreak, and a home for birds and other wildlife. To protect this valuable resource, find out about alternative methods of pest control, and use chemical pesticides only as a last resort. It's up to all of us to make our urban environment a greener, healthier and more attractive place to be. Let's green it up!

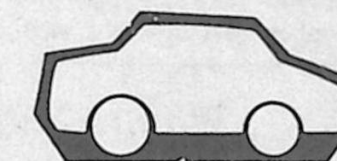
Does the area you live in need some environmental maintenance? Improving the appearance of your yard and the area around your home can be as simple as raking up the leaves and pulling out a few weeds. If there's a park in your neighbourhood that needs care, find out how you can help keep it alive.

Environment Week... June 1-7



*It's up to
all of us!*

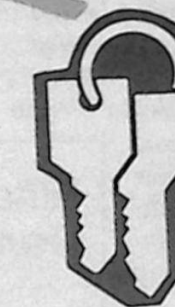
*Let's
Tune it up!*



Did you know that motor vehicles are the largest single source of air pollution in Canada? When your car is well-maintained, it burns as much as 15% less gas than poorly maintained car - and that means more savings to you and less pollution from exhaust emissions.

Why not launch Environment Week with a car tune-up? And when you're filling up, make sure the gas you choose is lead-free. Burning leaded fuel in a car designed for unleaded fuel not only increases the amount of lead emitted into the atmosphere, but also causes serious damage to your car's catalytic converter, reducing its ability to control air-polluting emissions. Lead-free fuel is safe for all cars built since 1971. It helps keep spark plugs clean, and prolongs the life of your car's exhaust system. Don't exhaust the future; tune it up!

*Let's
Give it up!*



Did you know that if everyone in Canada left their cars at home for just one day, air pollution would be reduced by more than 20% that same day? Cars are an integral part of life in Canada, but they are responsible for polluting the environment with noxious chemicals that cause acid rain and smog, as well as posing a serious risk to human health.

During Environment Week, let's give up our personal cars and walk, cycle, join a car pool or take public transportation when we need to go somewhere. By leaving your car at home for even one day, you'll not only cut down on air pollution, you'll also reduce your expenses and save energy. While some of us may not be able to give up our cars altogether, we can learn to use them more selectively, and rely on alternatives instead.

22 Ways to Improve the Environment

Organize a park or beach clean up and recycle as much litter as possible. Publicize the results of your success in your local newspaper.

Sponsor a poster or essay contest with an environmental theme for school children.

Organize a clean up campaign or litter drive.

Organize walking, biking or hiking tours highlighting historic or natural themes.

Write a song or a poem with an environmental theme.

Arrange for a speaker from the Horticultural Society to give a talk on organic gardening.

Organize visits to historic buildings and sites in your region.

Organize a tree planting ceremony in honor of Environment Week through your municipality.

Consider a donation, bequest or funding to a conservation organization to purchase properties with environmentally significant or sensitive areas.

Sponsor a photo contest, with prizes for best natural landscape or wildlife photo.

Conduct a survey in your community to determine possible environmental concerns.

Investigate the possibility of setting up a recycling depot in your community.

Encourage your community to establish biking paths or hiking trails.

Join an environmental or conservation group and learn about the issues in your area.

Write an article on your environmental concerns and distribute to local media.

Learn what kind of wildlife once inhabited your local area and whether it can be reintroduced.

Organize a nature treasure hunt to find and map locations of natural interest. Remember to leave the area as you found it.

Encourage businesses to use an environmental theme in their window displays and advertising.

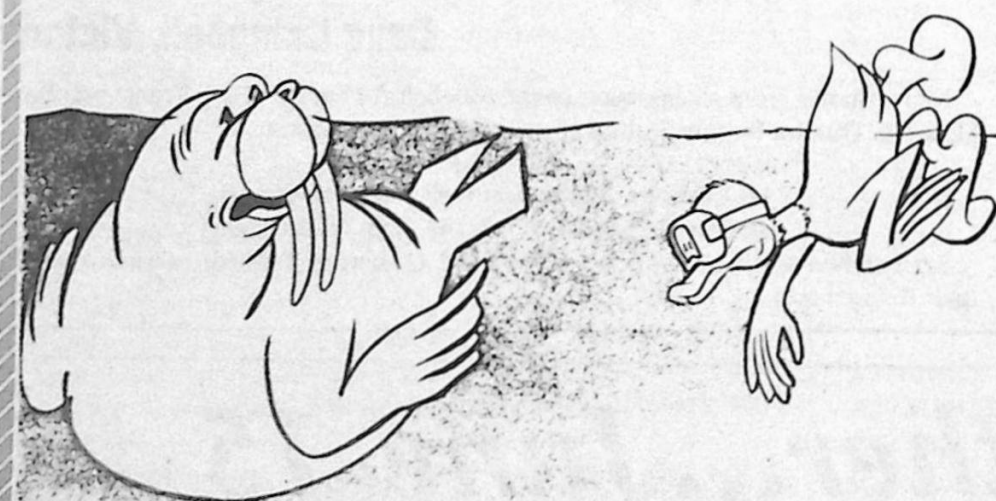
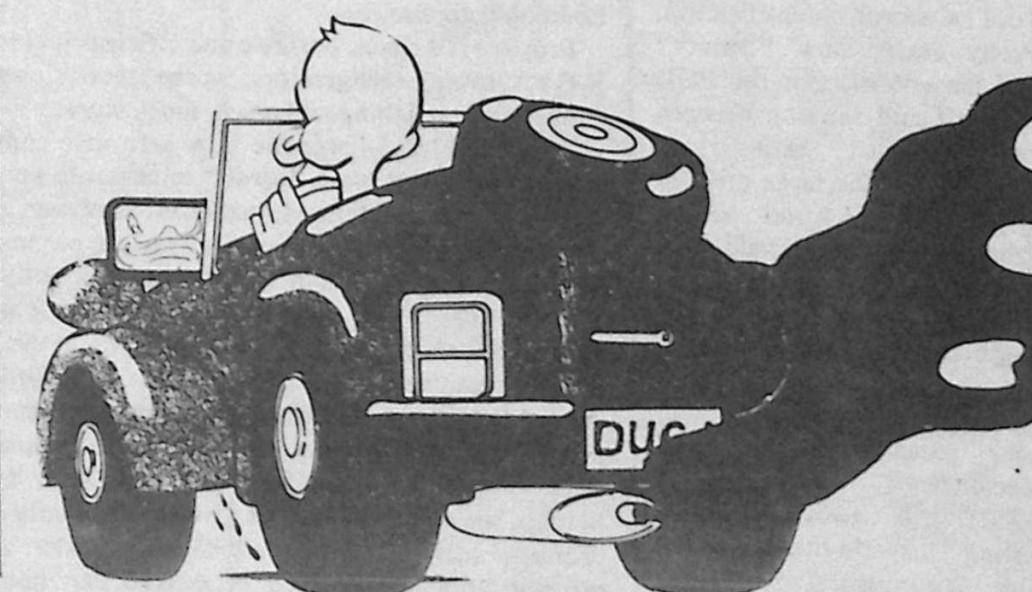
Compare the local natural environment with various periods in the past, using archives, oral histories or wildlife and bird counts.

Find out more about our marine and northern environments: What they are like, how they are different and why are they threatened.

Participate in outdoor activities such as birdwatching, biking, swimming, and canoeing.

Tune up your car to cut down on harmful emissions and save money on gas.

...Norm Blondel



AROUND THE BASE

FREE-TURN'N'



MWO J.A. Muir..
..31 years



Sgt D.R. Bryan..
..30 years



MWO B. Keryluk..
..33 years



Sgt R.C. Morrison..
..30 years



Sgt K.G. Parker..
..32 years



Sgt B.W. Miller..
..28 years

Golf Tips

...courtesy the "old pro"



Hey..what's this! Don didn't like the lie of his ball so he pulls up grass to improve it. You may not improve your lie by moving, breaking, or bending: growing vegetation. In match play, Don would lose the hole. In stroke play, the penalty is two strokes.



But he can move loose, natural impediments like tree branches, fallen leaves, or loose stones, although if he moves the ball in doing so, the penalty is one stroke (no penalty on the putting green). Moving loose impediments is not permissible in hazards unless the ball is covered by sand, leaves or the like, in which case enough may be removed to enable the player to see the top of the ball.



After the tee shots, the player whose ball lies farther from the hole plays first. Here Sue's ball is farther away and she plays before Betty. And notice where Betty stands - a safe distance from Sue and facing her. This is the courteous and safe thing to do.



If you play a stroke or strokes with a wrong ball, except in a hazard, you lose the hole in match play, or are penalized two strokes in stroke play. In stroke play, you then have to play out the correct penalty if you play the wrong ball in a hazard, providing you then play your own ball. Strokes played with a wrong ball are not included in the score for that hole.



Whenever a ball must be dropped in accordance with the Rules of Golf, you must stand erect, hold the ball at shoulder height and arm's length and drop it. There is no restriction on the direction you face. If the dropped ball touches you or your equipment before or after it strikes the ground, you must re-drop it.

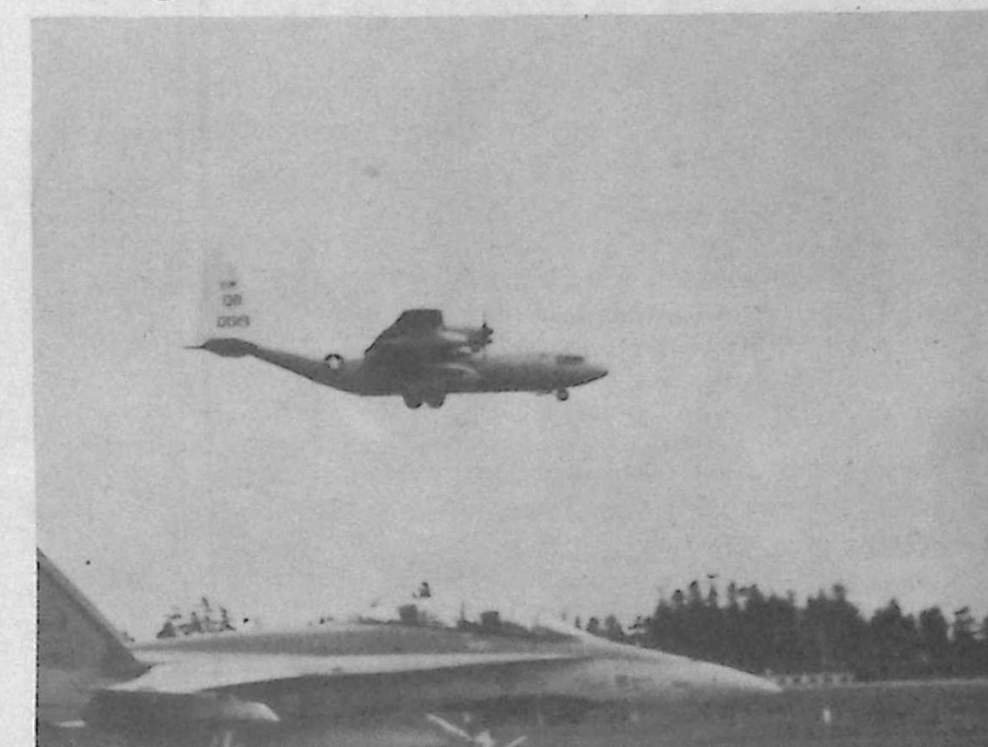
AROUND THE BASE

Raider Rage



Look out...here I come!

by John Bradley



Marine Herc on final

On Saturday 10 May 86, four KC-130R Hercules aircraft from VMGR-352, and two A-4M Skyhawks from VMR-214 arrived at CFB Comox from their home station at MCAS El Toro in California. The aircraft and crews were on detachment for Exercise Raider Rage under the command of Maj. Terry Phelps. The Marines were at Comox to practise various techniques including low navigation, low level refueling, with and without the use of radios. Comox had been chosen for various reasons including its mountainous terrain. Also, a detachment from 410 Squadron out of CFB Cold Lake led by Maj. Mike Leboldus was to take part in the Marines' various refueling missions to acquire the skill and practise required in operating with dissimilar aircraft other than 437 Squadron's Boeing refuellers.

All of the Marine aircraft departed the desert conditions of El Toro earlier on Saturday morning and upon arrival at Comox, several of the Marines were heard to make comment on all the great looking trees, mountains, and snow in the area. They were quickly introduced to the famous "Q", from where, for the next 5 days, they were to work. Rapport was quickly established with all areas and units at Comox, which was to lead to what was described by Capt. M.B. Sagaser as "the best support from any place they have been to in the world". One example of the excellent support they received was supplied by MSgt "TIA" Tiamango. After one mission, one of the Hercules had returned with a damaged wing, and to ensure that the aircraft was airworthy to both continue the exercise and to be able to return home, CFB Comox was asked to assist with the repairs. Sgt Locke of BAM-

SO and Sgt Sloan from 407 Squadron quickly joined in and in a record time the aircraft was repaired and back on flying status.

Normal Comox Valley weather reared its ugly head and as a result some of the missions were held up for the first couple of days, but they were made up over the last few.

In spite of the weather, and because of the excellent support we at Comox provided to our American visitors, all of the Marines, from aircrew to groundcrew vowed that they would all fight to return in August for Raider Rage 2.

VMGR-352 and VMA-214 are both part of Marine Aircraft Group-13 at El Toro. VMGR-352's missions include trans-Pacific aerial refueling, transport of troops and cargo, aerial illumination and providing airborne battlefield illumination. VMGR-352 arrived at Comox with four aircraft piloted by Maj. Phelps, and Capt. Cow, Obluda, and Bader. VMR-214 Blacksheep Squadron detachment consisted of two aircraft flown by Capt. J.T. Gilliland and Capt F.W. Delanaty. Groundcrew consisted of E.5 Cavanna, E.5 Leonard, E.4 Priano, and E.3 Matril. Halfway through the detachment both Capt. Gilliland and Delanaty returned to El Toro and the Squadron Commander, LCol Fromelt and 1Lt Faires flew up to Comox to take part in the exercise. From all Participants, American and Canadian, valuable lessons were learned or reinforced, friendships made and new training areas explored.



Cuckoo birds lay one egg and deposit it in another bird's nest.

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PEOPLE & PLACES

PROFILE



The Soul of a Poet — Jessie "Bunty" Abrie

At her desk in NPF Accounts sits a prize-winning poet. She looks at you through bottle-thick glasses, and speaks in the soft lowland tones of Blantyre, stating a paradox: "I don't read poetry. I had a surfeit of the Scottish bards at school."

Jessie "Bunty" Abrie came to Canada from Blantyre, Scotland in 1957, and joined the RCAF as a Safety Systems technician. At the time, her writing - prolific as a teenager - was subordinated to twin careers, as she followed a familiar path: - St Jean for basic training, SSyst training at Aylmer, a posting to Gimli, then marriage. She'd remustered to Clerk Accounts by then, and that is what she's doing today, as a civilian employee in NPF (BX) Accounts.

"Bunty," (short for "Short" in Scottish), re-discovered her muse two years ago, when she was requested to write an amusing poem for a lady golfers' wine and cheese party. A friend later on persuaded her to enter some of her works in a contest. She won a certificate of merit.

Asked to submit another poem, she won again. The next request was for her works to be included in an anthology of poems. She won the 1985 Golden Poet award, and was invited to Reno to accept it. She won again in 1986, with an invitation to Orlando, Florida this time. 5 contests entered - 5 awards won, so far.

Now, Bunty is working on a novel: "It's a Mystery," says this fan of Agatha Christie and John Dickson Carr, "and to create my characters, I have to delve into psychology. A benefit of this is that I understand myself a lot better now. All this from poetry!"

Like most writers, she read prodigiously as a child. "I loved Agatha Christie novels," she says, "when I was 12, I always had a Christie on one side of me and a dictionary on the other. I have her entire collection and re-read them all the time."

Other authors would drool at her next statement: "Writer's Block? Never had it. I couldn't turn off the poems if I tried. In fact I was doing them in my sleep at first and then having trouble getting to sleep later on, so I've taken up charcoal drawing as a form of relaxation." Bunty also relaxes with her golf, and long walks down to the beach at Goose Spit.

Her poems deal with Life, Love and Death: infinite subject matter for the seemingly infinite output of a lady who, although she views the world with great difficulty through fading eyes, sees it clearly through the soul of a poet. Photo-Story by Norm Blondel

Western Canada Military Police Golf Tournament



Golfin' Cops

...no one told us we had to bring clubs!

On 23 May, CFB Comox Military Police Section hosted the annual Western Canada MP Golf Tournament. This was the fourth annual tournament and our Base Commander, Col Kadonoff, graciously gave the go-head to Capt Cossette, BSecurO, to be the official host. A total of 54 golfers participated, representing CFBs Comox, Esquimalt, Chilliwack, Cold Lake and Edmonton, also CFS Inuvik and SIU Esquimalt and Vancouver.

The festivities started on Thursday with a meet and greet. However, a good number of our participants took advantage of our great area and arrived earlier to do some fishing. Many old acquaintances were renewed, new friends made and the odd battle strategy for the next day's

event laid out over some bubbles.

At eight o'clock Friday morning, Capt Ray Cossette, surrounded by an enthusiastic throng of golfers, opened the Tournament with what was later described as "rather anemic looking drive". The game was on. When the dust, or rather the grass, settled, all of the participants headed to the Beach Pavilion to attend a BBQ, await the judges decision on the final outcome and continue the festivities.

The long awaited announcement was made and the team trophy was awarded to CFB Chilliwack. Individual awards were presented to Cpl John Charbonneau, CFB Comox, for low gross, MWO Gene Garrett, CFB Comox, for low net, Cpl Phil Grant, CFB Chilliwack, for longest drive

and the award for closest to the hole went to first time golfer Cpl Scott Trapnell, CFB Comox. It was modestly noted by all of the CFB Comox based MPs that we had taken three of the four individual awards and that in spite of the team standings.

A great time was had by all. All of the visiting MPs expressed their appreciation for a well run tournament and indicated that CFB Comox should consider being the host for next year's tournament.

The Military Police Section would like to take this opportunity to thank the following sections for their cooperation and support, making this a very successful event: Glacier Greens Golf Course, Base Housing, Food Services and Base Transport.

Next Totem Times Deadline

16 June 1986



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SPORTS & RECREATION

Mens Volleyball News

Comox represented the Pacific Region in the Canadian Forces Nationals for Volleyball May 11-14th this year in St. Jean Quebec.

Sunday morning the tournament commenced with opening ceremonies at 08:00 hrs and our men playing the first match against the Atlantic Region. It was a close match, but the Gagetown players came out on top. Later that afternoon they played Valcartier from the Quebec Region. They started to notice how high the calibre of Volleyball this tournament had as they lost their second match. The day ended with a banquet and an early bedtime for some well needed rest.

Monday had a special match for the men as they met the

Prairie Region Representatives from Winnipeg. Arch-rivals from this team included ex-Totems Ken McDonald, Kaz Orizak and Francis Nadon. Winnipeg went on to win the match and continued winning to become the tournament champs. This was the only match for our guys that day which was to their advantage because they needed rest, especially one certain injury-prone player who hurt his neck.

Tuesday proved to be the toughest day as the boys from Comox started to feel the pressure of their standings and played a very good match against the Boom-Pah! boys from Lahr, Europe but lost it. Then they played their final match against NDHQ from the Ontario Region. The Ottawa team outlasted our tired men

and won.

All in all, the Volleyball Nationals was an excellent run tournament and the work of the organizers, officials and our own Peri Staff was greatly appreciated! Thanks guys!

The Totems were a very new team this year with several rookies on the roster.

TEAMS MEMBERS ARE:
Coach (Mean) Gene Graham
(The Doc) Gord Jones
(Spike) Chuck Harvey
Randy (The Hammer) Chaulk
Jim England (The Fasion Victim)
(Red) Longval
Perry (DJ) Johnston
Joe (JP) Ullock
Don (The horny florist) McCaulley
Wayne (Fly-Boy) Chamberlain

Swingers Wanted

Membership in the Base Golf Club is always available to Base Personnel and dependants. Membership fees are pro-rated for new members (i.e. EFF 1 Jun - Single \$130. Man & Wife \$220.)

Membership Includes

Social events, Tournaments for Jrs, Srs, Women, men, Business Ladies, Tri nite mixed two balls are a riot, or add your choice of salami, anchovies, etc for a personal combination. Inter-club visits (see the rest of the province), Locker rentals, VTR tapes (Instructions and Rules), Full Pro shop and club rentals. DND DOLLARS ACCEPTED AT PAR.

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AROUND THE BASE

Battery Charger Recall

Owners of Motomaster 2 Amp maintainer underhood battery chargers are warned to stop using them immediately. According to the manufacturer, Tenatronics Limited, and Canadian Standards Association (CSA), these chargers pose a potential shock hazard.

Investigation has revealed that because of reduced internal spacings, the chargers enclosure could become energized with full line potential of 120 volts if the charger is plugged into an electrical system that is not grounded. The problem was discovered during examination of the retailers stock and no field incidents have been reported to date.

These battery chargers, sold exclusively by Canadian Tire Corporation stores since July 1985 carry the model number 11-1503-2 on the front of the units in the lower right hand

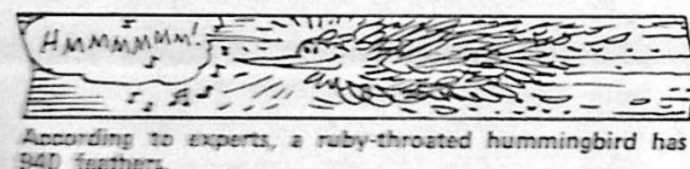
corner. The serial numbers on the back of the affected units range from 50008 to 106516. Approximately 7500 battery chargers are involved in this recall.

If you own one of these battery chargers, pack it securely and return it by parcel post to the manufacturer for modification. Tenatronics Limited.

776 Davis Drive East
Newmarket, Ontario
L3Y-4X1

black 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.

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



Chapel Chimes

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Sunday - 1000 hours.
Week Days - 0900 hours.

BAPTISMS & MARRIAGES: By appointment - notice well in advance please.

CATHOLIC WOMEN'S LEAGUE: Second Tuesday of the month in Parish Hall, preceded by Mass in the Chapel at 7:30 p.m. (No meetings during July/August). President: Mrs. Edna Sinclair, telephone: 339-6883.

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

CATECHISM CLASSES: From September - May in the PMQ School at 1830 hours.

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HOLY COMMUNION: First Sunday of the month.

SUNDAY SCHOOL: From September - May for all children from age three to fourteen.

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LADIES GUILD: Meets once monthly September - June.

President: Mrs. Joyce Brown; telephone: 339-2685

Across my Kitchen Table

By Rosemary Gibson



Once again, June brings the annual celebration of Father's Day, when we honour that very special person who has done so much for us that we can never repay. Remember Dad, not just with a card or a gift, but with the sincere communication of your love and regard for this Very Important Person in your life. He's really very special-tell him so!

Warm summer evenings in June, and the barbeque season returns. It takes just one or two good whiffs of the aroma of meat sizzling on an open grill to bring the crowd to your picnic table. You can barbeque literally anything that can be pan-fried or broiled or oven roasted indoors, but a beautiful barbequed steak is, without doubt, the *piece de resistance* from the outdoor grill. And the technique of getting a juicy steak to the state of delectable perfection is an art in itself. Remember to choose the right cut. Top sirloin, T-bone or porterhouse can be grilled as they are. Blade, chuck or round steak are less tender and should be marinated for a few hours ahead of time. The

marinade below is an excellent one, and may also be used for basting.

Worcestershire Marinade

Ingredients:

1 cup boiling water
¼ teaspoon pepper
2 tablespoons brown sugar
½ teaspoon garlic salt
1 teaspoon regular salt
½ cup cider vinegar
1 small onion, chopped fine
3 ounces worcestershire sauce
juice of 2 lemons

Method:

Combine all ingredients. Simmer 10 minutes. Marinate meat at least 3-4 hours. To use this sauce as a basting sauce after marinating meat, add 2 tablespoons butter and simmer until butter melts.

And here are a few more tips to ensure the Perfect Steak.

-Trim outer edges of fat to avoid fire flare-ups;
-Avoid curling by scoring the edges of the meat;
-Spray the grill before lighting it with non-stick spray, such as Pam, to keep steaks from sticking;
-Use meat tongs to turn the steak-spearling with a fork lets the juices escape;
-Don't salt the steak until it

has been turned once, because salt draws out the juices.

Someone once said, "It's the little things that count." At a barbeque, the little bite-sized nibblers and "walking around food" for your guests to nibble on while they get acquainted can really help your party get rolling. Grilled shrimps, scallops, mushrooms, chicken livers which have been marinated in soy sauce, chunks of green pepper, onions, cherry tomatoes, water chestnuts or pineapple all make tantalizing appetizers.

Remember to set your table to suit the season. Bright colours and a flare for originality are especially welcome at a barbeque.

HINT

Be cautious. If you want to bend your eyeglass stems, heat them first in very hot water, or with a hair dryer. I learned this one the hard way!

THOUGHT FOR TODAY:
A closed mouth gathers no feet.

HAPPY FATHER'S DAY!

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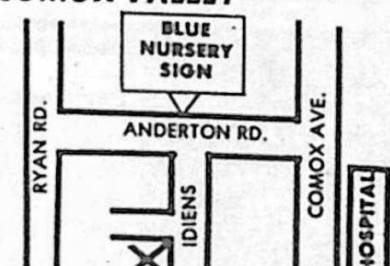
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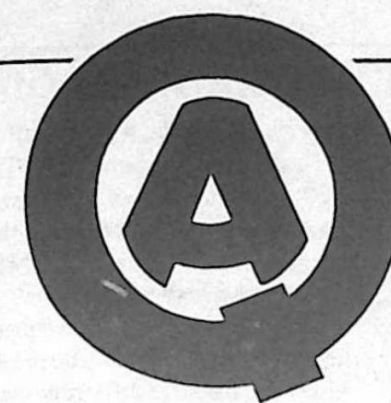
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SECTION NEWS



Quality Assurance

THE NAKED QA...II

Reader comment on our last column indicates we should feature section news more often - such as one can get from a six man org., but since our original purpose was to Spread the Word on QA as a philosophy, our major message will still concern ways to improve air and ground safety, work habits, and so on, but first:

Bill Ouellette is scheduled for some internal repairs in June, and Perogy Paul, who has already undergone the process, has been trying to cheer him up. To judge by Bill's stricken expression, Paul won't be getting any Lester B. Pearson award. In fact, Bill has taken to wearing his ear defenders around the office.

Norm Blondel (our token grey) returned last Monday from Calgary, raving about the Coquihalla Highway, which he drove (unscathed) at flank speed. Coming up to a (relatively) slow driver near Chilliwack, he applied a little autobahn pressure, and was rewarded with red and blue lights and a ticket for following too close.

Perogy Paul Hiebert is preparing for civvy street by not cleaning his shoes every second day, and letting his hair grow long. He's having more success with his shoes. Jonesey - ever the optimist - has acquired a huge down-rigger with stainless steel line (meatline) for his new boat.

Probably going after killer whales.

Al (Mangler) Munkeskov has been practicing darts in preparation for his new job in Ottawa, and Kevin (Hawaii Vice) Buell has been flashing a photo of himself and Don Johnson around; it's hard to say who is the cardboard image. And now to work:

TRICRESYL PHOSPHATE

This is a lubricant used in IE and SS labs, and as a constituent of Turbine Oil. Residual and potentially fatal effects are not only found on radioactive materials; this stuff is *dangerous*. It should not be inhaled, ingested or touched

with bare hands. Furthermore, there are special disposal instructions for this nasty stuff. Refer to C-82-040-003/TS-001 before getting rid of "TCP."

NO PARKING (BRAKES)

A recent ground incident (not here) involved some people who relied on parking brakes instead of chocks for keeping their aircraft stopped.

They (the aircraft) didn't stay put, and they (the techs) got their names taken. Part of our QA check of hangar lines is to see that aircraft are properly chocked, and the chocks are in good condition. i.e.: not broken or worn, and equipped

with a good rope. C-19-010-004/MB refers.

WARNING STREAMERS - YUM YUM!

We're using the aside ("not here") a lot in this Comox QA column, which is testimony to good practices in our squadrons and shops, but it only takes one "Remove Before Flight" streamer to be ingested, left in the wrong place, left in the right place but after take-off, or missing, to put CFB Comox at the head of an incident report. We'd recommend your streamers be kept clean and legible, and in the right place. If they can't be cleaned, replace them, in accordance with C-12-010-024/TP-000.

ALATEEN GROUP

If there is a problem drinker in your home, you can see what the alcohol is doing to them. Can you see what it is doing to you? Call Cathie at 339-6557 after 5pm or come to a meeting on Monday nights, 8 pm., in the Protestant Chapel, CFB Comox. You are most welcome!

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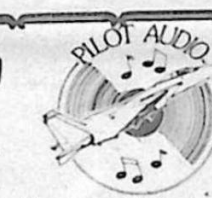
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-I'll see you at the RODEO

AROUND THE BASE

More with BAMSO

continued from page 14

everybody, and remember us slaving away back here.

Gilles spent the weekend in Vancouver at a big train show and parade. He said it was great. Gilles is our resident model train expert. (Editorial Note: For the information of other model railroaders, Gilles is registered as the General Manager and Chief Engineer of the Acadian National Railroad.)

Doug bowled in a tournament Friday night. He did well - 992 over four games.

Attilio took some time off work to drive his wife crazy. I hear he's busy repairing (or doing something) to his deck. Hurry back Attilio, and drum up some business for us.

Well, I can't think of much more to occupy this space. So, til next article, remember, photographers do it in a flash. Bye.

WORKSHOPS

"As the Machine Turns" is rapidly grinding to a halt as we lose more and more of our per-

sonnel. MCpl...OOPS, Sgt Fehr will soon be leaving for Trenton, Cpl Elliott is off to 427 Sqn in Petawawa and will be taking a honeymoon on the way as he was recently married. But our new MCpl, MCpl Barry Silk is back, now that his Swan to Penhold is over. Congratulations!! to all of you. There is one more temporary loss as Sgt Yvon Tremblay decided to take his summer vacation in Sunny Alert. He has been told he has to spend a little of his time welding but, is going to spend the rest of the day sunbathing, or until the end of June, which ever comes first...if this is so then why did he need "Arctic Clothing"?

Even with the loss of members we did manage to get the Shop floor painted the long weekend in May so now everyone who comes in thinks the floor is wet. Well one thing for sure is we do not have to bother with much of a clean up because nobody is there to get it dirty.

Until next time then, Salut! NAVCOM LABS

Today's hot story in Navcom is the incredible flood of mail between CFB Shearwater and Comox. Investigators have so far traced the bulk of the correspondence to a base mail box owned by a Corporal in this section. The military is particularly interested in the use of certain code words, such as S.W.A.K., on the envelopes. We'll have more on this late breaking story later on in the column.

In sports news, scandal has reared its ugly head over the Navcom Stanley Cup hockey pool. With initial charges of territorial infringement from the Bamso hockey pool, the Navcom organization persevered and managed to sell an entire card for the final game. However, the final scores resulted in all of the prizes being awarded to personnel within the lab itself which has led to unofficial allegations of fraud. Pool commissioner

Warren Sutton has reminded critics that the number drawing was conducted and witnessed by individuals from outside the shop, including Dan Lefebvre from IE/IS and Larry Thompson from the Bamso orderly room.

Also in sports, a new competitor in the Rambo Cross Country Event hopes to continue the tradition established by Steve Walters at Bob Gauvin's promotion party. Sam Dunsmore was seen in training on the rugged course between the Loft and Tye

Park. We're expecting big things in the future from Navcom's latest super athlete.

Finally, some serious sports news. Clive Webb of the FLIR Shop is preparing to represent the CFB Comox Sport Parachuting Club at the B.C. Provincial Competition in Abbotsford at the end of June. The shop wishes the best of luck to Clive.

Now for the latest courses, postings and other comings and goings in the section. Perry Johnson has just returned from

BRIAN HORLEY

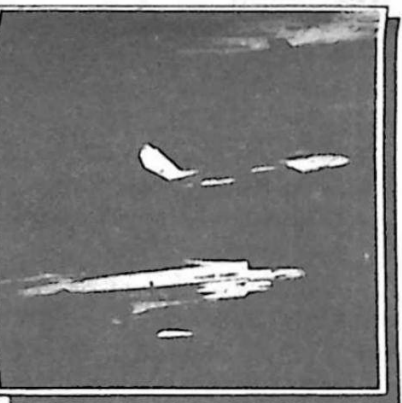
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CANAV Books announces...

THE CANADAIR SABRE



At last, a fitting tribute to that classic jet fighter—the Sabre. Larry Milberry's fine new book is by far the grandest ever produced about this superb aircraft, though it deals exclusively with the 1815 examples built by Canadair, including the incomparable Sabre 6.

The Canadair Sabre looks first at the Sabre's early years—preparing for production in Canada, forming the first squadrons, then setting up Canada's NATO Sabre contingent in Europe first at North Luffenham and finally on the Continent. All the excitement of the Air Division is here, dug out of the squadron diaries, and enlivened by personal reminiscences of those who flew and maintained the Sabre in the heyday of the postwar RCAF. There is plenty of technical "gen," and coverage as well of the OTU at Chatham and of the RCAF fighter pilots who served in Korea, where Canadians downed at least nine MiGs. A full chapter is devoted to the various Sabre aerobatic teams, with special treatment of the famous Golden Hawks. As well the book covers the Overseas Ferry Unit, CEPE, the auxiliaries and test flying.

Besides the RCAF, The Canadair Sabre deals with the other air forces that flew the mighty "Sword." The RAF and Luftwaffe are treated in separate chapters, and "Sabres Around the World" covers such operators as Italy, Turkey, South Africa and Colombia. The short-lived Israeli Air Force episode is included, and the Pakistan Air Force Sabre 6s in combat against Hunters, Gnats and MiG-21s in the 1971 war with India. Among the various little-known aspects are Sabre 4s with the UN Congo operation in 1963 and with the Honduras Air Force in more recent years. The book concludes with the many Sabre 5s and 6s still flying on the civil scene. The appendices include a massive list of all 1815 aircraft, with particulars for each, squadron lists, diagrams, maps, poems, a list of over 500 Category "A" Sabre crashes (all operators) and a beautiful set of fold-out line drawings of various marks.

The Canadair Sabre includes the grandest collection of Sabre photos ever published—over 600, each beautifully reproduced, with over 70 in colour. A total of 368 pages of great aviation history. Without question, the ultimate Sabre book!

PRE-PUBLICATION OFFER

The Canadair Sabre will be published in July 1986 at \$40.00 (US orders US\$35.00 postpaid). Order your copy now and receive free one of CANAV's 1987 Sabre wall calendars with a different Sabre photo for each month, and a suitable-for-framing print of Geoff Bennett's painting of a 413 Sqn Sabre 2 commissioned by CANAV Books.

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"THE SAUNA"

PURPOSE— Is to induce perspiration through a hot atmosphere. this is achieved by either the use of a moist atmosphere of approximately 120 degrees F or a hot dry atmosphere between 190-212 degrees F.

When moisture is used, the increased hot humidity results in a feeling of heaviness and a burning sensation in the nostrils and lungs if the bather stays in longer than 5 minutes. The water forming on the body surface is not perspiration but condensation, in fact the real perspiration is only slight. Most people need a temperature of 150 degrees for 10 minutes, before perspiration begins and even longer before sweat flows freely. For this reason the wet sauna is not preferred. (So guys! Stop pouring water over the rocks.)

Now listen to this: The drier the air the greater the heat that can be endured and thus the greater the perspiration. If perspiration is slow to begin with it is a good indication that the moisture content of the air is low. As perspiration slowly forms it is evaporated by the hot air. When it begins to flow more freely it no longer evaporates completely; instead the skin gradually becomes more moist and eventually the whole body is wet.

HOW TO ENJOY IT — A full stomach and the sauna do not agree; the stomach needs an abundant supply of blood after eating, but the heat of the sauna draws blood to the surface areas of the body, thus proper circulation of the blood is hindered and an unpleasant feeling of heaviness results. For the same reason one should not drink much fluid and in no case should one take alcohol.

One should not be too tired; after hard and prolonged physical exertion it is best to rest a while first. The sauna has a most calming effect on nervous and tightly strung systems. A sauna can ease stress and tension. It can calm uneasy dispositions, grouchy attitudes, surly manners and just make you feel good. You've just got to try it.

Courtesy The North Bay Shield

Did You Know



The graham cracker was named after the Reverend Sylvester W. Graham who in the 18th century recommended a diet of bread made from coarse flour eaten slightly stale.

SECTION NEWS

...more with BAMSO

continued from page 22
his ATAT rotation to 442 Sqn., thus sending Andre LaLiberte back to VP407. Steve Walters has just gone to 442 for his ATAT training and George Krueger from 407 begins his lab tour this week.

Within the shop, the Radar side has had a few changes in duties; Barry Whillans is now out of the FLIR ship and in charge of the floor for Radar and Carl Charko is taking over the supply and test equipment duties for John Forbes who will be going to Edmonton.

The ship has several people on courses or awaiting courses: Bob Gauvin...DATS Maintenance in Greenwood Bruce Aitken...APX 502 (IFF Interceptor) in Greenwood Marc Neumann...Chopper Training in Cold Lake Perry Johnson...ARN 82 VOR/ILS) in Trenton

John Forbes...Twin Otter course in Edmonton

As far as leave goes there are a few news worthy developments. Brian Chesworth has just left for a vacation to England which should make for an interesting column next time. Ron Davies and Sylvie Locas are both going to Ontario and Quebec which is quite a coincidence considering that their names have also been mentioned in the coded mail incident.

Well, that's about it for this article. Be sure to read next week for details on the annual Navcom Barbeque, the adventures of Gilles and Bruce at J.J.s, the thrilling conclusion of "S.W.A.K.", the untold Story! and whether or not Warren will ever show up at aerobics class (I forgot my sneakers again!).

407 SQN REUNION

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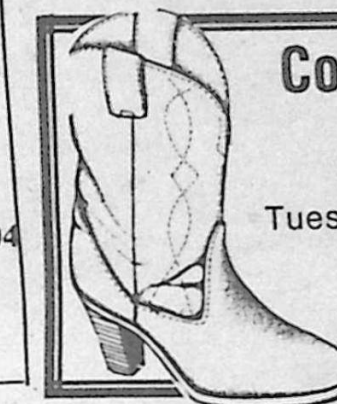
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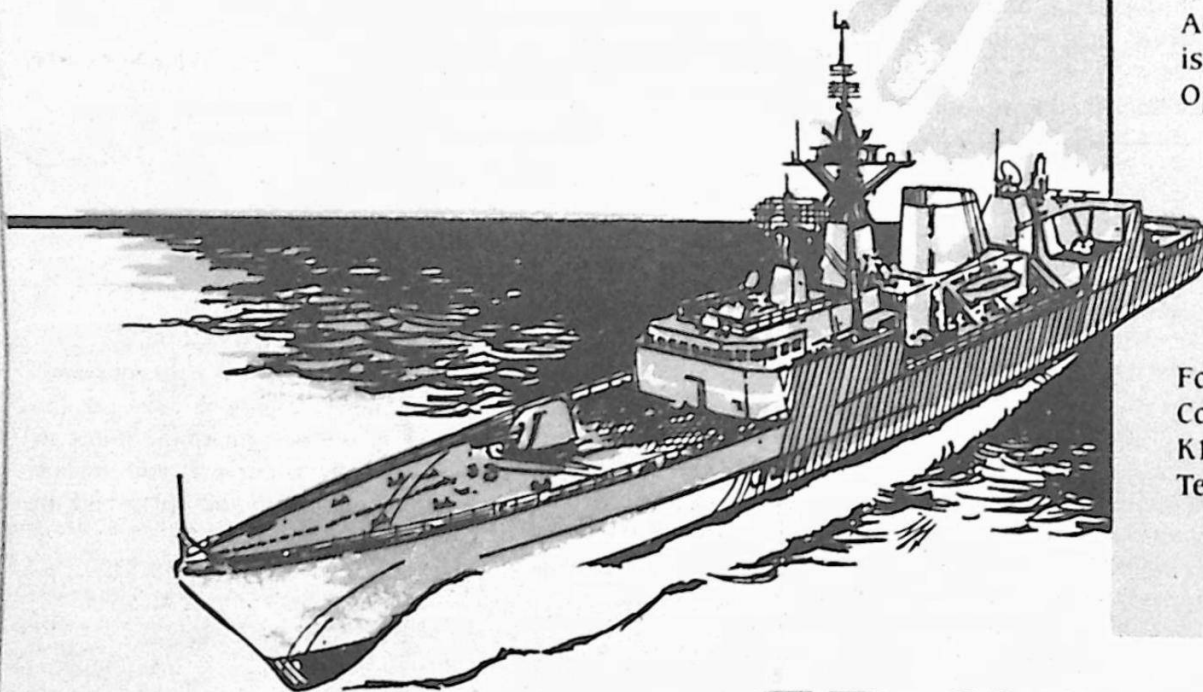
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For information please contact: Computing Devices Company, ASW Division, P.O. Box 8508, Ottawa, Canada, K1G 3M9 Telephone (613) 596-7051, TWX 610-563-1632, Telex 053-4139.

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